Students from Years 7 to 12 participated in what is sure to be the annual event of the year; Splendour Out of Class. In a celebration of the Year 12s finishing their schooling career, students were given the opportunity to spend the afternoon dancing and listening to music with their friends whilst eating and drinking from market stalls set up by students.

The DJs of Playground Sounds provided the perfect sound track for some great moves and lots of smiles on a perfect afternoon of fun in the sun at Hastings Secondary College Port Macquarie Campus.

The staff vs students dance off was narrowly won by the outgoing Year 12 team however the class of 2017 have been put on notice as the teachers are out to redeem themselves next year.

The conclusion of the afternoon saw staff farewell Year 12 in a shower of colour and well wishes for their studies in the weeks to come.
News

We have had an exciting end of term. Splendour Out of Class was a wonderful experience for all. It was great to see the students having so much fun and raising money. Year 11 end of course exams are being held and we are preparing for their Year 12 Orientation Day at the start of next term. We are also preparing for the Year 12 graduation next week as we work on preparations for next year's Year 7. At this time of year the cycle of school life is close to our hearts.

College News

Hastings Secondary College is busily planning for next year and beyond. We are given 3.6 teachers to supplement our staffing and we are considering how to best use this next year. There are many college areas to cover including promotion, transition, technology and professional learning. We have our Community Advisory Board meeting on Monday where we will start to look at data collection to write the school planning process section of our 2018 to 2020 plan This plan will be a college plan.

Top Honour for Kiara Tonning

At our last formal assembly Kiara Tonning from Year 10 was named as the local Aboriginal student of the year. The Aboriginal Student of the Year is a new annual award recognising young people who demonstrate leadership within the school and broadly in their local community. The award was announced by Member for Port Macquarie and Minister for Aboriginal Affairs Leslie Williams. Leslie was pleased as a local member to nominate Kiara for this award. Mrs Williams said, “Kiara is an outstanding student and representative of the Aboriginal community with a deep interest in her culture. She is an excellent role model to Indigenous and non-Indigenous students. As recognition of her achievements I along with Minister for Youth John Ajacka am proud to present Kiara with a certificate and a gift voucher." The award program recognises emerging leaders, rewards student commitment to their local community and connects students to community leaders and role models.

Year 7 2017 Scholarships

We are in the planning stages for the Year 7 scholarships for 2017. The school and the P&C combine to offer four scholarships - academic, sport, community participation, creative and performing arts. Each family who have completed their enrolment forms will be mailed an application and details of submission dates. The successful applicants will be chosen by a panel including school and P&C representatives. The winners will be presented with their certificates and cheques on our Night of Excellence in December. I encourage all students to apply and thank the P&C for their support.

The start of Term 4

All students return on Monday 10 October. There is no staff development day at the start of Term 4. It is very important that all students attend on the first day to fully understand the expectations of their teachers.

P&C

Our next P&C meeting is next Tuesday September 20th at the Town Green Inn starting at 6:30 pm. The P&C will be discussing funding of applications from faculties for additional funding as well as Year 7 scholarships and award assemblies. They have a major fund raiser coming up on the first weekend of the holidays. They will be catering for the Antiques Fair at the Basketball Stadium. If you can assist please ring Leanne Burbridge 0416 976 964.

I wish you and your sons and daughters a safe and restful holiday.
Slam Poetry

Students from Westport and Port Macquarie Campus were lucky enough to spend the afternoon with 2014 Australian Slam Poetry champion Zohab Zee Khan. Zohab spoke to students about his introduction to slam poetry and growing up as the only Pakistani student in a small Australian country town. His honest discussion about racism and gender inequality left students feeling empowered and inspired to make changes with their words.

B.E.S.T. Day

The second B.E.S.T. Day for top Mathematics students from both campuses of the Hastings Secondary College was held last week at the Port Macquarie Campus. The ‘Be Everything, Succeed Together’ programme is about providing students with the motivation and skill to improve study habits and broaden career choices. Year 7 and 8 students began Thursday at Oxley Beach with the challenge to excavate one cubic metre of sand. The winning team realised that they needed a larger area rather than digging deeper.

Year 9 and 10 students began Friday also at Oxley Beach with the challenge to keep a golf ball rolling for as long as possible. Whilst there were many creative solutions, the winning team utilised the natural conditions and slope of the beach for an impressive time of 15.75 seconds. Mathematics staff presented summary topics to both groups, providing students with a model for exam preparation. The day ended with CSU staff from the School of Biomedicine talking about the science behind the Paramedic profession and giving students the opportunity to do some hands-on investigation for themselves.
**SPORTS NEWS**

**Port Campus Under 15’s Netball Team**

The Under 15’s Netball Team competed in Rounds 1 and 2 of the State Knockout Competition last Thursday. Whilst they weren’t successful they certainly played with enthusiasm and were proud ambassadors for Hastings Secondary College Port Macquarie Campus.

A special thank you to our helpers, Isabella Bruce, June Bruce, Kayla Milroy, Lauren Beasley and Faith Elliott who did an excellent job scoring and umpiring.

L – R
Back row: Mrs H. O’Brien, Taylah Walsh, Holly Garratt, Hayley Sutcliffe-Blackhall, Cassie Hoy, Kate Blackhall.

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**CLONTARF NEWS**

**Clontarf Oz Tag Competition**

On Thursday 8 September, Port Macquarie Clontarf Academy held its first ever Mid North Coast Clontarf Oz Tag Carnival at Hastings Secondary College Port Macquarie Campus Oval.

Eight teams and over 100 Clontarf boys from Port Macquarie, Chatham, Kempsey, Melville Academies competed. Also present were special visitors to the area, Armidale Clontarf Academy. The final was played between Chatham 2 and Melville 2 Teams and it went down to the wire by 1 try with Chatham winning the first ever Mid-Coast Oz Tag Carnival for 2016. All the boys had a great day and interacted well with each other and showed wonderful Clontarf Spirit throughout the Carnival, which was just fantastic to see.

On behalf of the Port Macquarie Campus Clontarf Academy we thank our school for letting us host this great event. Special thanks to all the available teachers that came down to watch, all the visiting Clontarf staff and boys and the Ready Mob program for taking the time to run their health sessions around tobacco and smoking to all of our Clontarf boys.

We look forward to many more Mid Coast Clontarf Carnivals in the near future.
Rotary Public Speaking Competition

The Rotary Club of Port Macquarie asked our school to compete in their Annual Public Speaking Competition last week. Our two fantastic speakers were Shawn Wilson, Year 11 and James Jackson, Year 10.

Each speaker gave a fantastic five minute performance. Shawn spoke about the need for economic and moral justice through the philosophy of John Rawls. James spoke about his recent experience visiting the WW1 battlefields and the need to search for truth while looking to the future.

It was a very tight competition with Naomi Langley, a MacKillop College student, winning and James was runner up. James will go on to compete at the Zone final on 9 November at Panthers. Congratulations to both students.

Thank you to the Rotary Club which has been very supportive of our students.

Bodyboard Champ Addresses School Assembly

Former world bodyboarding champion Damian King came to the school assembly to speak with our students about his sporting achievements, love of the ocean and the importance of keeping a clean litter free environment. Damian was interviewed during the assembly by student PBL member Ethan Dennis as part of a campaign in the school of managing our disposal of litter and keeping a pristine coastal environment.

P & C Association

Volunteers are required to help with the BBQ at Antique Fair, Basketball Stadium, Hastings River Drive on Friday 23 September, Saturday 24 September and Sunday 25 September. If you can assist please ring Leanne Burbridge 0416 976 964.

Acknowledgement

Thank you to Cruise Adventures who are great sponsors of the PBL Short Film Competition currently being held within the school.

STUDENT PROFILE - 2016

Name: Jaxon Pollard Year 12

1. How long have you been at the Port Macquarie Campus?
   ‘Since Year 7, so over six and a half years.’

2. Which subjects have been your favourites?
   ‘I love music. Art is a bit of fun and even some English here and there.’

3. Which teachers / staff have played a memorable role in your time here?
   ‘All of my teachers are guns but Heddles, Farmer and Noble are cute.’
4. What have been some highlights / achievements for you while at this campus? ‘The Battle of the Bands have always been a tonne of fun and I froth a good fuelled study session.’

5. What type of music do you like listening to? ‘Jazz is god. I'm pretty rounded though, you've got to appreciate all forms.’

6. Which hobbies / sports have you taken part in both in / out of school? ‘Any soccer stuff, futsal, was in the choir for a bit and a bunch of other music stuff.’

7. What do you plan to do after leaving high school? ‘I wanna have a chilled gap year, earn some cash and then attend a uni course in music later.’

8. What do you hope to be doing 5 years from now? ‘Being happy would be a priority. Hopefully music plays a part in achieving that.’

**Hastings Moonlight Movies**

Catch a free movie these school holidays, BYO Chairs and picnic rug

All screenings start at 6.15pm

**Thursday 29 September - Inside Out**
- Dunbogan Reserve, Camden Head Road, Dunbogan

**Friday 30 September – Alexander & the Terrible, Horrible and No Good, Very Bad Day**
- Lake Cathie Reserve, Ocean Drive, Lake Cathie

**Saturday 1 October – Storm Surfers**
- Town Green, Port Macquarie

**Port City Leagues Magpies**

The Port City Leagues Magpies Cricket Club will hold Registration and Training Days at the Oxley Oval Nets on Sunday 18 and 25 September between 10am and midday for the 2016/17 season. No matter what your age or ability all are welcome to participate at this family-friendly Club. Training Days will be also held on Thursday afternoons throughout September.

Port City Leagues, Club Champions over the past 3 years, are celebrating their 50th Anniversary in the HRDCA this Season. For more details contact Nik James on 042 999 88 36 or via e-mail njames@hccu.com.au

**Fast5s@ Fairmont**


**COMMUNITY NEWS**

**Comboyne Spring Spectacular**

Sunday 25th September
Lots of activities, fun for everyone
Adults $5, Under 16 free

**Soccer - Play the Liverpool Way This Summer**

Coffs Harbour – 5-7 October
Expertly designed practices, activities and skills sessions professionally deliver by our LFC International Academy coaching team.
Cost: $280.00 per person
More information: www.LiverpoolAcademyNSW.com.au

**Port Macquarie Little Athletics**

Come and try nights
Friday 4.30pm 16 & 23 September
www.laansw.org.au
or Facebook – Little Athletics – Port Macquarie Club
Football Mid North Coast

Football Mid North Coast – High Performance trials 2017 will be held at various venues and dates from the 9 October. For more information www.footballmidnorthcoast

Tacking Point SLSC - Nippers

Sunday 18 September
Registration Day, Clubhouse 9am – 11 pm
Swim proficiencies, Town Pool 11am – 1pm

Sunday 16 October – 8.30 am
Season commences
More information contact
admin@tackingpointslsc.com.au

Weekly Events

Friday 16 September
- All day Preliminary End of Course examinations -shared lines
- BOSTES Year 12 Non-completion docs submitted to BOSTES
- BOSTES submit HSC assessment marks, VET estimates and Life Skills deadline
- NRMA Driver Education Sessions
- STEM Sydney trip

Monday 19 September
- All day Preliminary End of Course examination

Tuesday 20 September
- All day Preliminary End of Course examination

Wednesday 21 September
- All day Preliminary Exams (PMC only)

Thursday 22 September
- All day Preliminary End of Course examination

Friday 23 September
- HSC Graduation Assembly
- BOSTES Literacy and Numeracy tests deadline Year 10, 11,12
- BOSTES Principal certification of assessment data

Refill & Rehydrate @ School

Enjoy a smoothie for breakfast or as a snack after school or sport, and you will be well on your way to meeting your recommended daily intake of fruit and milk, yoghurt, cheese &/or alternatives.

Mango and mint smoothie
Ingredients (servers 2)
- 2 cups reduced fat milk
- 1 cup reduced fat natural yoghurt
- 1½ cups chopped mango, fresh or frozen
- 6 mint leaves

Method
1. Process all ingredients in a blender until smooth
2. Pour into glasses and serve

More flavour combinations:
- Peach and honey
- Banana and passionfruit
- Strawberry and vanilla

Find this recipe and more information at www.legendarial.com.au or www.dairyaustralia.com.au

Refill & Rehydrate @ School

Soup is a great way to boost your fluid intake during the cooler months. Stay hydrated this winter with this delicious recipe.

Red lentil, pumpkin and tomato soup

Ingredients (Serves 4)
- 2 tsp olive oil
- 1 brown onion (chopped)
- 2 cloves garlic (pressed)
- 1 large carrot (grated)
- 400g pumpkin (peeled, chopped)
- 1 cup diced red lentils (rinsed, drained)
- 3 cups reduced-fat vegetable stock
- 400g can no-added-salt diced tomatoes
- 4 slices granary sourdough bread
- 1 small avocado (sliced)
- 1 tsp finely-chopped fresh flat-leaf parsley
- 1½ cup low-fat natural yoghurt (to serve)

Method
1. Heat oil in a large saucepan over medium heat. Add onion and cook for 5 minutes, or until soft. Add garlic, carrot, pumpkin, lentils, stock, 2 cups water and tomatoes. 2. Bring to the boil, reduce heat and simmer, covered, for 20 minutes or until pumpkin is very tender.
3. Remove from heat and puree using a stick blender.
4. Meanwhile, toast bread and top with sliced avocado, sprinkle soup with parsley, dollop with yoghurt and serve with avocado toast.

Find this recipe and more at www.nswf坛royalaustralia.org