Parents and Carers can be assured that their Year 11 and Year 12 senior students are well supported on their pathway to HSC success at Hastings Secondary College Port Macquarie Campus. A new teaching position introduced this year confirms the College is committed to students achieving HSC success.

Miss Davis has been appointed as the Supervisor of Senior Students during their study periods.

"Senior study areas have been set up in a number of regional and metropolitan schools which have been deemed successful in supporting the study time utilized by senior students that translates to improved learning outcomes and HSC results," Miss Davis said.

"An exciting aspect of the project has been experiencing the enthusiasm of staff and students in the design of the Senior Study area. The resources available have been improved to meet the many and varied needs of all senior students studying a vast range of subjects."
A number of Year 11 students study Dance, Engineering as well as Software Computer Design through Distance Education, and initiating contact with their Distance Education teachers has been valuable support for these students at the start of the school year. They can go to the Senior Study area and complete their lesson work. Computer desks are available, as well as private desks for students with laptops or iPads or textbooks for study. Video conferencing for Distance Education students is available as well as larger desks for group study sessions.

Students accessing the Senior Study in Year 11 are those who study extension courses such as Maths and English or Distance Education courses such as Dance, Engineering and Computer Software design.

"The Year 11 students have had a great transition into the expectations of Senior Study and are well mentored by our current Year 12 students who model effective study practice during their study periods," Miss Davis said.

"My greatest joy is seeing the students benefit from having a well resourced area devoted to their needs along with access to the support from a designated teacher. I feel satisfied that I can assist students with their organization, study skills and academic success in a safe, proud and motivated environment. And having all teachers at our campus involved and invested is extremely rewarding. Teachers come in throughout the day and connect with their students and can achieve great results and rapport in a short amount of time which has been rewarding for everyone.“ Miss Davis said.

Another senior student resource the College provides is a “Senior Norta Norta Tutor”. Fiona Irving is a qualified teacher who provides academic assistance and pastoral care to Senior Indigenous students at both campuses. Fiona attends Port Macquarie Campus on a Tuesday and Wednesday and West Port Campus on a Thursday and Friday. Students can access her support and expertise during their study periods on these designated days.

The Senior Students at Port Campus are grateful for the staff support provided this year. Feedback has been positive and rewarding from all students. “Having someone here to make sure we have everything we need, from calendars to paper, to a holepunch has made a huge difference! Being able to improve the environment has given us a pride of place and the support has been awesome, it has really helped!” Sam Harris said. Sam is a talented and motivated Year 11 student and champion swimmer at Port Campus.

Miss Davis herself is no stranger to the academic world and good study techniques. When she attended Port Macquarie High School she was school captain in 1992 along with Martin Barrow. Becky was a top Science student. Not only her Science teachers but all her former teachers spoke very highly of Becky Davis and recognized her leadership qualities and commitment to her studies. She is now a valued member of the Port Macquarie Campus staff and is very popular with all the students she is mentoring and tutoring.

Reminder
School photos are next Tuesday 1st March. Please bring your envelopes with the money sealed inside on the day.

Information for the Europe study tour for 2017 has been handed out
What’s happening in Week Six

Monday: Zone Swimming
Tuesday: School Photos, Zone Rugby League, English HSC Assessment Task
Thursday: Zone Football Trials Boys
Friday: Zone Football Trials Girls

Year 7 Presentation on the Consequences of Bullying – Helen Cox

Year 7 were very fortunate to have Steve Jefferey, the police liaison officer come to Port Macquarie Campus to deliver a very interesting multi-media presentation about cyber-bullying and bullying. Steve made it very clear to the students about not communicating with strangers on social media such as Instagram, Facebook, and Snapchat. He talked about how important it is to make sure students had their privacy settings correctly on to save being stalked.

Steve spoke about how important it is not to take inappropriate photos and send them. He said the 10 second rule should be applied: wait before sending as you may regret it.

He said students should never share private information online.
He showed a video about how online relationships can be dangerous, as some people claim to be young. However, they are actually adults.
He told students if mobile phones were used to bully someone, the data is stored and can be retrieved even if the phone owner has deleted the message or photo. He didn't want any of our students to be placed under the Young Offenders Act. “THINK BEFORE YOU ACT” was his message.
Taronga Zoo Opportunity

Once again a Port Macquarie Campus student has been selected for a wonderful opportunity to undertake Work Experience at Taronga Zoo. Competing against all the students across the state for this sought after position, the school was pleased to receive the news that one of our students will be undertaking a five day Work Experience Program with Taronga Zoo in March 2016. Grace Rogers in Year 10 has been selected for Work Experience at Taronga Zoo in Sydney during Week 7 of Term 1. Grace has a keen interest in working with animals and is an active member of the school’s cattle team. This opportunity will provide Grace a great opportunity to explore her future career options in this field.

Yr 12 Parent Information Evening

Wondering what to expect for the year ahead? Join CSU’s Information evening for parents and carers for information on:

- what information you need to know and where to find it
- important dates
- how the application process works
- what you can do to support your child

When: Thursday 17 March at 6:00pm
Where: Port City Bowling Club, 4 Owen Street

Mr White – Careers Adviser
Jade Carrick

Twelve year-old Jade Carrick is a high-achieving, hard-working student in Year 7 at Port Macquarie Campus. She is also one of four recipients of a P&C scholarship. Each year the P&C, under the leadership of President Leanne Burbridge, generously awards these scholarships to four students who have demonstrated outstanding qualities while in Year 6 at primary school.

The other three scholarship winners are Jesse Beard, Imogen Brunner and Jade Vaughan and all three will be featured in our campus newsletters in coming weeks.

Jade arrived in Port Macquarie from Wagga with her family when she was in Year 5. Jade attended Port Macquarie Public School while her sister Ashley started in Year 9 at Port Macquarie High School. Ashley is now in Year 11.

Jade said it was definitely an advantage having Ashley at the school when she enrolled. "She teaches me a lot," Jade said.

"Lots of my friends and other students have come to this school from Port Primary. I've already got a whole group of friends."

Jade admits to loving school and to learning new things every day. Maths is her favourite subject. She has interests outside of school also. "I do drama every Thursday at Centre Stage Theatre Factory and my teacher says I should take up acting as a professional career," Jade said. "But I've always loved animals and would love to become a vet or a zoologist." She was pleased to learn that Year 10 students get the opportunity to do work experience at Taronga Zoo and at Western Plains Zoo at Dubbo. "I will definitely apply for that when the time comes."

Her family took her rock climbing for her eleventh birthday. "I loved it," she said. "I went climbing every single Tuesday after that. But drama changed to Tuesdays and I stopped climbing. Now that drama has changed to Thursdays again I'm thinking of going back to rock climbing."

Jade admits she likes doing homework. "My sister Ashley tells me I'm already getting more work than she is." One of Jade's Year Advisers, Ms Clare Farmer, said that Jade takes on school tasks whole-heartedly and that she is a delightful student. Ms Farmer said she expects that Jade will develop her full potential while at school. We wish her luck and every success.
Competitions for Science Students

1. Science Competition

This is a highly regarded assessment program. Every student entering the competition receives a certificate acknowledging participation. Achievement is recognised with High Distinction, Distinction and Credit certificates and prestigious UNSW Medals are awarded to the student/s who achieved the highest score in each year group. Medal winners in Year 11 and 12 are eligible for bonus ATAR points when they apply to undertake an undergraduate degree at the University of New South Wales.

This year the Science Competition will be held on Tuesday 31st May 2016. Cost is $8.00

2. Chemistry Quiz

This is conducted throughout Australia as well as many countries around the world. The aims of the Quiz are to promote and encourage awareness of the nature and relevance of chemistry amongst secondary school students. Questions will be based on the fundamental aspects of Chemistry as well as questions involving its application in modern society. Participation certificates will be awarded to all students who enter the quiz. Certificates of Merit (High Distinction, Distinction and Credit) will also be awarded. Awards of Excellence go to the top students in each level.

This year the Chemistry Quiz is online and will be held on Thursday 21 July 2016. Cost is $5.25

The Science Faculty at Hastings Secondary College – Port Macquarie Campus encourages all students to participate in either or both of these competitions, especially those who are in our top Science classes, to develop skills with multiple choice questions. In addition, students who are studying Chemistry should take advantage of the opportunity to experience the variety of skill and knowledge questions that the Chemistry Quiz presents.

Any further questions may be directed to Mrs Nettie Riethmuller (Science Competition) or Ms Amanda Leach (Chemistry Quiz)

Please make your payment to the Front Office by Friday 1 April 2016 (End of Week 10)
FutureTahs Camp

FutureTahs Camp is here in 2016 for U7s – U13s! Camp includes 1 full day of rugby fun filled coaching and a FutureTahs sports pack, (Boot bag, water bottle and FutureTahs hat)

9am-3pm

Ballina – 12th April
Grafton – 13th April
Port Macquarie – 14th April

$95

To register please follow the link below.
https://rugby.force.com/rugbyportal/

Please note: You will pass through the Rugby Learning Centre. Once you are in you will need to search NSW Rugby FutureTahs Camp
BULLYING

Anyone can be bullied – it’s a lot more common than people think and can happen at school, at home, on the sporting field, at work or online. If you are being bullied, it’s important to remember that you are not to blame, and that there are steps you can take to stop it. Bullying is a serious matter and no one should have to put up with being bullied.

WHAT IS BULLYING?

There are many ways that someone can be bullied. Bullying can be:

- Verbal: Including name calling or put down, threats, teasing and sexual harassment – even if it is done in an indirect or suggestive way. This can also take place online or through mobile phone text messages.
- Physical: Including being punched, tripped, kicked or having your belongings stolen or damaged. It might also include sexual abuse.
- Social: Including being left out or ignored, or having rumours spread about you. This type of bullying is very common.
- Psychological: This is often less obvious or direct than other forms of bullying. You might be given dirty looks, be stalked or made to feel intimidated.
- Cyberbullying: This is a form of bullying which takes place online, for example via email, chat rooms, discussion groups, online social networking, instant messaging or web pages. This can also take place via mobile phone text messages. For more information, see Youth Beyond Blue Fact Sheet 23 – Cyberbullying.

WHEN ISN’T IT BULLYING?

Bullying isn’t a one-off incident – a friend being in a bad mood one day, calling you names and then apologising later, it’s when name-calling or threats continue that it becomes bullying.

HOW BULLYING AFFECTS PEOPLE

Bullying can have a serious impact on how someone feels about themselves. People who are bullied often feel that they are alone and think there is nothing they can do to change the situation. Ongoing bullying can have some serious impacts, including:

- Feelings of sadness and depression
- Feelings of anger and anxiety
- Feelings of hopelessness
- Feelings of frustration
- Feelings of helplessness
- Feelings of anxiety
- Feelings of guilt
- Feelings of shame
- Feelings of isolation
- Feelings of hopelessness

In one case, it is of great concern. It can lower a person’s self-esteem and lead to feelings of sadness, depression, anger and confusion. If you are being bullied, remind yourself that it’s not your fault and that there is something you can do to stop it. The best place to start is to talk to people you trust – friends, family and teachers – about what is happening to you and to discuss with them some ways of dealing with the problem.

Visit: www.youthbeyondeblue.com
Info line: 1300 22 4636  Email: infoline@beyondeblue.org.au
Youth beyondeblue, the national depression initiative.