It was the turn of the talented artists and performers in Years 9 and 10 to shine on Tuesday night. Earlier in the year the Senior CAPA night was a huge success and these students knew they had a hard act to follow. But they certainly rose to the occasion as the appreciative audience indicated with regular applause. There were 26 acts listed in the program. Even the few technical glitches didn't dampen anyone's enthusiasm and, as always, the CAPA teachers, Mr Keddie, Ms Noble, Mr Heddles, Ms Farmer, Mrs Holland and their team of helpers were on hand to put things right. The students showed their talent and versatility in both group and solo performances including some very funny dramatic skits. The number of students who excel in the school with their virtuoso on musical instruments is exceptional. The Year 9 and Year 10 music groups looked and sounded fabulous.

It's never easy to single out individuals in such a whole team effort but Blake O'Connor singing his original composition, 'For the rest of my Life,' certainly entertained with a high quality performance. Imel Munday on the grand piano showed talent beyond his years. Other musicians to shine were the Saxophone Quartet and Ambrose Kranitis on the clarinet. Riley Pritchard as the Scottish dad with James Jackson as his son in a comedy piece were very funny. Layla Forbes, Brianna Abel and Bernadette Bruen combined their voices beautifully in a standout performance of 'Boy.'

Everyone who performed should be proud of themselves. Well done! A big ‘thank you’ to so many who put in so much effort on stage, back stage and by helping Renae Heddles in the canteen. It was a most entertaining evening and everyone in the CAPA faculty is to be congratulated for their continuing hard work and long hours nurturing such promising talent.

Art works: Layla Forbes, Paetyn O’Connor, Tiah Edwards, Georgina Dover and Shona McKechnie.
FROM THE PRINCIPAL

It has been an exciting week for the school. We had the Sky Stories Friday night with over 250 people in attendance and the CAPA Stage 4 performance night on Tuesday night with over 350 parents in attendance. We have also had a Year 12 parent and student information night, the Year 12 practical Drama exams and a Gifted and Talented Maths day for primary schools.

College News

The main topic for discussion at the principals’ meeting has been the alternate learning options to improve student engagement. We are considering four options at the moment. Firstly a behaviour centre, secondly an engagement class based on students who are not productive in conventional education settings, a Zenith class for gifted and talented and a series of academies to focus student interests. Each campus is now considering their preferences and resources. We also discussed the organisation of across college exams and the budget for the college musical next year. We were kept busy for over four hours; there is always a lot to consider in a developing college.

Sky Stories

The Science faculty will be writing up the details of the night. I got lost on the way, one and a half hours driving up a very dark road looking for Sancrox Reserve but I heard it was a wonderful night. I interviewed June Bruce to get her impressions of the night.

June

June travelled out to the reserve on the bus. She went to hang out with her friends, to do something different and to get the chance of seeing the planets through the big telescopes. She was very impressed with the traditional Aboriginal dancers. She got to see the Moon and Saturn and carefully read the information about the stars and planets. She was particularly interested in the story of the dwarf planet Pluto. June also found the indigenous Sky Stories very interesting and would like to go again next year.

I would like to thank Joanne Bourke and the Science faculty for all the effort they put into organisation and also all the staff who attended. It was a very special night for our students.

40 Hour Famine

I also interviewed two of our students Sarah Hill and Samantha Chang from Year 10 who did the forty hour famine. I didn’t realise there are a number of things you can give up not just food.

Samantha

Samantha did the famine because she believed in the causes that she was raising money for. She has been thinking about doing it for a number of years but this was the first time she got a chance. Samantha gave up furniture and electronic devices. The electronic devices were the most challenging for her. She found it torture. She had forgotten to tell her friends so they kept attempting to contact her. Samantha raised $250 dollars through selling chocolates. She was pleased to able to contact her friends on Sunday and explain why she had ignored them. Samantha felt a real sense of achievement and challenged me to do it next year. I hope to take up the challenge.

Sarah

Sarah liked the idea of helping kids who don’t have what she has. She also raised $250 dollars through selling chocolates. Sarah gave up food, electronic devices, TV, furniture and talking. She thought it gave her realistic sense of what some other children go through. Sarah has done the famine every year since Year 7. She made sure she got done everything she had to do before 8pm Friday. She read three books during the 40 hours. Her dad cooked her a special lunch on Sunday to celebrate. Dad and her brother were very proud of what she had achieved.

I was very impressed with both girls and their dedication to helping others. I would like to thank Marion Napier for organising this wonderful opportunity for our students.

Year 12 parent and student information night

On Tuesday night Year 12 parents and students from both campuses got together with representatives of Charles Sturt University, Newcastle University and University of New England to discuss the courses available, application processes and university life in general. About 60 people attended. Mark White did a wonderful job organising the night and stepping in for Sandra Wallace from CSU. As well as Mark, I would like to thank Sharon Combe, one of the Year 12 Year Advisers for attending.

Week 8 will be another busy week with a girls Futsal competition, a Best Maths day for Year 9 and 10 and our speeches from those going for the captain’s position. I will be writing abound our wonderful CAPA night next week.

Lorraine Haddon, Principal
Year 11 PARTY Program

On Thursday 20 August a combined group of Hastings Secondary College students travelled to Port Macquarie Base Hospital to participate in the P.A.R.T.Y Program. P.A.R.T.Y. is an acronym for the Prevention of Alcohol and Risk-Related Trauma in Youth.

P.A.R.T.Y. is an in-hospital injury and trauma prevention program that is being run out of Royal North Shore Hospital Trauma Service and is designed to show students first hand some of the tragic consequences that can occur if they participate in risk-taking behaviour, as well as the choices they can make to avoid trauma and injury. RNSH is the first hospital to run the P.A.R.T.Y. Program in New South Wales. It is aimed at students between the ages of 15-19 years old and its long term aim is to reduce the gross over representation of young adults in trauma statistics. This program has now been extended to and delivered in regional areas, including Port Macquarie.

Students were able to listen to various health and emergency service professionals as well as follow the journey of a simulated patient through the various sections of the hospital, including the Emergency Department, the Intensive Care Unit and the morgue, as well as physiotherapy and occupational therapy services. They learnt about the true reality of the impact of head and spinal injuries on individuals and their families, as well as hearing first hand from some of those who have suffered these devastating injuries and have in turn been left with life time disabilities.

It was an extremely powerful day and all students recognised the importance of the messages being delivered. I would like to thank Mick Sanderson and Ursula Schwartz who assisted with supervision and congratulate the students from both campuses on the excellent way that they conducted themselves during this very worthwhile program.

Geoff Duck PDHPE
What’s happening in Week Eight

Monday: Yr9/10 Commerce Excursion
Tuesday: Captains candidates speeches
Friday: High Achievers day

Futsal

Last week Port High competed in the Nth NSW Champion of Champions. Monday was U14 boys who unfortunately were short on numbers but were very competitive yet did not make it through. Tuesday saw the U16 boys take on all challengers after winning the mid north coast title earlier in the year. Firstly saw Port defeat Great Lakes Tuncurry 4-1 (Harvey 2, Billy 1, Ryan 1) then Camden Haven 7-3 (Kane 3, Billy 1, Harvey 1, Ryan 1, Oscar 1) and finally Bishop Druit from Coffs went down 5-2. This placed Port top of pool one and we then played a talented Coffs High side in the first semi. Class saw a dominant performance by our lads with everyone putting in a top showing of skill and speed. 6-1 was the final score (Kane 2, Harvey 2, Billy 1, Oscar 1) This put us in the final against our old foes Camden Haven who won their play off. This match was hard and fast with exceptional skill shown by all players with our backs Ryan, Ambrose, Noah and particularly our keeper Jacob shutting out the Camden Haven boys to nil. Billy 2, Kane 1 and Harvey all got on the scoresheet in yet another dominant performance which showed that the Port boys are the best in Nth NSW. Our boys scored 26 goals and conceded only 7. Standout performer for the team even though everyone excelled was Kane Pollard who showed unequal skill on the day. Congrats to the boys who now qualify for the Australasian championships later in the year.

The U16 girls played their matches on Thursday coming up against some hot competition. Firstly we played Westport who had traditionally been on the positive side of the scoreboard but this day saw a sterling performance by the Port girls and a 0-0 result was achieved. St Clares Taree was next and a great 5-3 win. Taree Yellow defeated us 3-1 followed by Coffs giving us a lesson in another defeat 7-1, A come back to form against Taree Black saw Tarsh score from the initial kick-off and the score remain 1-0 until the end. This meant we played the undefeated Bellingen girls in our final match and in the best performance from our girls of the day saw us go down 2-1. This meant we made the semis and played Bellingen again. Unfortunately they had all guns blazing and dominated the match 9-2. All the girls Tayla, Molly B, Mooly H, Jacana, Tarsh, Allana, Drew and Dorothee played with great sports womanship and skill and enjoyed a great day. Dorothee in goal must have saved at least 20 more probable goals on the day and was the outstanding Port High player though again it was a pleasure to see the effort and dedication all girls displayed.
Year 9 Sport Studies Port Primary K-2 Athletics Day

Every year Port High PE department help out Port Primary in their K-2 athletics carnival. There were eleven Year Nine Sport Studies students who went to Port Primary on the 14/8 to help out with the K-2 athletics carnival. Events which were run by the students were long jump, high jump, relays, throwing events and tunnel ball. It was a great experience for the Year Nine students learning about leadership and how to successfully run an event as well as mentor the young primary students in the skills involved in each event. The primary students thoroughly enjoyed themselves and we received great positive feedback from parents and teachers of Port Primary. I am proud of our students and the excellent manner in which they conducted themselves.

We look forward to next year's carnival.

Mr Huens

The Team: (L-R Front Row) Matt Borg, Makayla Miles, Draedyn Sawtell, Sam Smith, Samet Portakadali and Chelsea Jewel

(L-R Back Row) Jordan Jones, Tommy Stace, Matthew McDonald-Kearns, Cooper Dawson, Kearyn Eastwell
Sky stories

What a great night of stargazing we had last Friday night out at Sancrox Reserve – a terrific venue that provided a wonderfully relaxed atmosphere for viewing and learning about our night sky ... and for being part of the Guinness World record achievement of having – **Most people Stargazing Across Multiple Sites in a Country (Australia)** - We did it !!

This community event was hosted by our local Public High Schools - Hastings Secondary College - Port Macquarie and Westport Campuses and Wauchope High School with the idea of making Science Education more accessible to our students, to develop a greater understanding of the relevance of ancient Indigenous culture to science today and to build stronger community links.

The Future Moves Team from Charles Sturt University initiated the Sky Stories project, supplying each of our high schools with a great new reflecting telescope which not only allows us to view the night sky but allows daytime viewing as well. We thank Sandra Wallace for her involvement and assistance, and look forward to continuing a rewarding partnership with CSU into the future.

The event was held on Biripi land and we thank Debb Robinson and the Indigenous Djiyagan Dhanbaan Choir and Dance group for providing cultural contribution to our event.

We also wish to thank the many expert astronomers from Port Macquarie Observatory and the Mid North Coast Astronomy group, who gave up their time to share their expertise, enthusiasm and equipment with us. They were also on hand to answer questions from many budding astronomers.

Although we had to compete with some degree of cloud cover on the night, most people managed to see Saturn and its rings, get up close and personal with our moon and its craters and enjoy an informative laser directed viewing of the night sky.

A very big thank you to all those people who attended, especially our students and their families who took time out to enjoy this opportunity and to our wonderfully supportive staff at Port Macquarie Campus who came along with their friends and families to support the event.

We can't wait until next year's event!

Nettie Riethmuller
Science Teacher
NEWS CORNER

PARENT HELP NEEDED FOR P&C FUNDRAISING OPPORTUNITY

URGENT

P&C really need parent help to run a BBQ and cold food outlet on the middle weekend of the next school holidays (Friday 25th September to Sunday 27th September). If you have a couple of hours to spare on one or more of those days, please come and help us do some vital fundraising for our school. This is a great opportunity and should be a lot of fun as well!

Email P&C on pmhs.pandc@outlook.com
Or ring Leanne on 0416 976 964 or Kellie on 0438 430 454

P&C RAFFLE - DON’T MISS YOUR OPPORTUNITY TO BUY SOME TICKETS IN OUR GREAT RAFFLE

Tickets are $1.00 each
Drawn October 6th, 2015
1st Prize: Glamour/Portrait Photo Shoot worth $400 with Steve from Fab Photos
2nd Prize: One nights accommodation with breakfast at Rydges Port Macquarie
3rd Prize: Gift voucher worth $100 to spend at Shanti Butterfly
4th Prize: Full set of Acrylic Nails from Professional Nails and Beauty in Horton Street
5th to 9th Prize: Variety of Haircare Gift Packs from Kylie McKechnie Hairdressing
Tickets available in the canteen
Or ring Leanne on 0416 976 964 or Kellie on 0438 430 454

UNIFORM SHOP
Don’t forget our Uniform Shop (at the back of the MPC) is open on Mondays and Thursdays from 1:45pm to 2:45pm.
**SPECIALS** great for this cold weather we’re having.
- Taslon zip up jackets have been reduced from $45 down to $25.
- Matching Taslon tracksuit pants have been reduced from $30 down to $15.

What a bargain!

CANTEEN

Have you seen the new refurbishments in the Canteen?
It is now a sparkling, functional workspace that looks great. Pop in for a look and grab a great coffee while you are there!

We are always looking for volunteers to assist for an hour or two in the morning. If you have an hour or two to help out, once or week or once or a month, in a friendly atmosphere, we’d love to hear from you. Please have a chat to Karen while you sip your delicious coffee. If you call in on the right day, there might be a piece or two still left of her infamous Vanilla Slice!

P&C FACEBOOK PAGE

We are now live on Facebook! Make sure to find us and like us to keep up with all our activities and fundraising ventures. Search for Hastings Secondary College Port Macquarie Campus P&C Association.

P&C WEBPAGE

Our Webpage is still under construction. Apologies! Some elements are available, like sending us an email, and we are working really hard to get the rest up and running. If anyone is a webpage whiz and would like to assist our Techno-unsavvy President, please feel free to call Leanne on 0416 976 964. Thank you to our very busy Sara for getting me this far!

You will find us at Hastings Secondary College Port Macquarie Campus P&C Association

P&C MEETINGS

If you want to join us at a meeting, we meet in the school staffroom in the Admin block on the 3rd Tuesday of every month at 7.30pm.
We’re currently trying to establish a Fundraising Group separate to the General Meeting, who will purely look for, and stage, fundraising opportunities. If this sounds like you, come and talk to us.

Next meeting: 15th September, 2015

We’d love to see you there! Have a great week –
Leanne Burbridge   P&C