Congratulations to staff member Tanya Porto for entering and completing the 70.3 Ironman event. Tanya put a lot of thought, planning and long hours of training into preparing her body for this grueling event.

Tanya is no stranger to Ironman competition but feels a little disappointed with her time this year compared to last.

“The swim and ride were good,” she said, “Better than last year. But the run was not so good. The swim is the leg I fear the most as I’m not a good swimmer and that was the leg I took most time off compared to last year.”

Preparation was over 20 weeks, Tanya admitted, with most of the training starting around 5 am each day and on weekends.

Training involved 8 km of swimming, 40 km of running followed by 200 km of cycling all of which took around 15 hours a week.

When asked what kind of food and drink she required, Tanya said that she had no special diet but probably didn't eat and drink enough while on the cycle leg this time.

“I did enjoy it though. Competitors in triathlons are all very friendly, encouraging and helpful towards one and other,” she added.
What’s happening in Week Five

Monday 2nd November: 14’s Cricket - Kempsey
Tuesday 3rd November: LNC Girls Cricket – Kempsey
Thursday 5th November – Year 7 common exam, RRISK Seminars Year 11

Techno museum

Well done to all of year 8 who took part in the Science Techno museum last week. Students were asked to choose an item of technology and trace its development over time, describe the impact of their piece of technology on society and explain the science behind how it works. All students took part and created some amazing displays. I was especially proud of the way the students worked to organise their time and resources. Some students heading to Mr Appleby to make models making their display more interesting, others working with Mrs Holland to make them more eye catching. Science teachers worked with students all day to ensure they had a clear understanding of the Science behind their item of technology and had an experiment to engage their audience. The displays were marked by Year 7 students; the final winners will be announced on our presentation night. I was so proud of how the students explained their understanding of their chosen technologies so clearly and confidently. Well done Year 8!!!

The following photos show a sample Year 8’s wonderful work.
Tayla Dures, Jamie Henry, Camilla Moen, Zara Hellman with Mrs Winfield who was interviewing the students as part of a Positive Behaviour for Learning project interviewing the students about the social capabilities they developed throughout the project such as self-confidence, perseverance, communication and collaboration.
Careers News

Excursion to Southern Cross University (SCU)
SCU is a vibrant, contemporary Australian university with beautiful campuses at the Gold Coast, Lismore and Coffs Harbour. Last Tuesday the new group of HSC students travelled to Southern Cross University – Coffs Harbour Campus for their Schools Open day. The students were given an overview of the University’s courses and facilities and then were able to investigate specific courses of interest. The students experienced what it is like to be a university student for the day and started their quest on investigating options for life after the 2016 HSC.

Year 10 Work Experience Program 2015
Year 10 students should now be investigating options for their upcoming work experience opportunity. The allocated two week period is from Monday 23rd November (week 8) or Monday 30th November (week 9). Students should be discussing suitable placements with the Careers Adviser and completing the necessary documentation. Any further enquiries please contact the Careers Adviser.
Mr White – Careers Adviser

14s Cricket Knockout
Our 14s Cricket team played Westport Campus on Tuesday at Wayne Richards Park. Our team were sent into bat and scored 198 runs in 40 overs. Our top scorers were Hasindu with 57, Matthew Covetz with 40 and Ben Harris on 14 not out. We were helped by a poor bowling performance by Westport who added 58 extras to our total.
Westport were bowled out easily for 41 runs. Our best bowlers were Hasindu with 6 for 5 and Jamie Chalhoub who had 3 for 5.
Well done to our boys and Lilly who all played with enthusiasm and great sportsmanship. We take on Kempsey High at Kempsey on the 2nd of November in Round 2.
Celebrating “Gonski Week”

A group of teachers from the Port Macquarie Campus of Hastings Secondary College posed for a photo in the rain, in front of their school mural, to celebrate “Gonski Week.” The teachers said they wanted to recognise the wonderful work being achieved with the current Gonski needs-based funding. Schools throughout the State have acknowledged the numerous additional programs that have been initiated with the extra resources. Students with specific needs are being catered for more comprehensively as a result. The teachers claim that implementation of the full six years of the Gonski reforms would continue to give each student the same real prospect of educational success, regardless of their family circumstances.