Students volunteer for Legacy

Fifteen students from Hastings Secondary College reported for duty to the President of Port Macquarie Hastings Legacy, Mr Peter Bruce, early on Thursday 3rd September. The students had volunteered their time to sell Legacy badges and other items to help raise much-needed funds for the Legacy cause. Mr Bruce gave the students a quick lesson on what was involved before they took to the streets of Port Macquarie enthusiastically. The students were supervised by Mr Jake Orman from Westport Campus and Mr Stuart Jackson from Port Macquarie Campus. They worked hard all morning from 9.30 am until 1.30 pm. Mr Bruce later thanked the students and teachers for their wonderful efforts. He said the students were a credit to themselves, their families and their schools.

Mr Peter Bruce President of Legacy with Amelia Keep, Tiffany Bartlett, Kate Clarke and Kristy Field.

Ethan Dennis, Elijah Hargraves, Allana Butlin, Sam Harris
From the Principal

This will be our last newsletter for the term. I have stressed to students that except for Year 12 we will be in class learning until the end of term. There are still many activities that are going on in the school, with Year 11 completing their exams, a combined college executive meeting and the Year 12 graduation assembly. I would like to congratulate both our Basketball teams on their successes and wish them well in the next level of competition.

College news

We are very pleased that we have been able to staff all the new classes we are putting forward for next year in Years 7 and 8. We are having 2 sport academies, two creative arts academies and 2 STEM (Science, Technology, Engineering and Maths) academies. Year 7 and 8 will be joined together for 4 periods a fortnight to do these. We expect that the academies will involve work with guest lecturers as well as classroom teachers. At the same time we will be running some personal interest classes for students not in the academies. These will include classes based around, Communications, Agriculture, Home Science and History. Students will soon be given the opportunity to apply for the academies or a personal interest group. The personal interest groups will focus on individual and group projects. The students in Year 6 at the moment will have our staff come to their schools to explain the process and how they can apply. The other major change effecting Year 7 will be a new approach to the high achievers class called Zenith. Zenith will try to engage the students at a deeper level, it will include project based learning and across faculty projects. We are very excited about these changes. The college is also working on a formalised staff dress code so we can inform new and casual teachers about our expectations.

Year 7/8 High Achievers Day

Last Friday we had our high achievers day for Year 7 and 8. I interviewed two students of the many who completed the day.

Holly Lamont

Holly thought the whole day was very successful. She particularly enjoyed the jellybean activity at the start of the day. They had hard cards, plates and a bowl full of jellybeans. On each card they had some cultural exclusion governing the eating of the jellybeans e.g. a person could not eat out of a bowl that a person of the opposite gender had eaten from. All the problems had to be resolved before a person could eat. The theme of the day was communication and she also enjoyed the session in the Connected Classroom around identifying types of communication and evaluating their effectiveness. Holly thought the day was very worthwhile and should be offered to other groups of students.

Chloe O’Neill

Chloe really enjoyed the art activity based on anti-bullying. Mrs Holland had prepared a picture of a big fish yelling at a little fish, with the title “a bullying free zone.” The picture was cut up into squares. Each student had to decorate a square that was later put back into the picture. She also enjoyed the jellybean activity because it made you think about respecting other people’s cultures. Overall Chloe thought it was a fun day where people worked very well together on important issues.

I would like to thank Mrs Holland, Wayne Anderson from District Office and Karen Mann from the college for presenting and Nettie Riethmuller for organising such a wonderful day.
Farewell Year 12

Year 12 have an intense and exciting week next week. Wednesday they have a beach breakfast with their teachers starting at 730 am before coming back to school for some activities on the oval. Thursday is their formal graduation starting at 9:15. On Friday they are on a road trip Coffs Harbour to celebrate the end of 13 years of schooling. The following are some hints for the study time at home before the exams start. A study space must be chosen that provides minimal distractions, which also means no mobile phones or other electronic devices. Students should ensure they take breaks from studying so that they don’t become stressed Schedule yourself some down time when you can just relax and do what you want to. Go for a long walk or participate in some intense exercise. It'll allow your body to work out physically rather than just mentally. It’s important to get the heart pumping to help release all the stress building up inside of you. Students need to ensure they have a good night's sleep every night. You should avoid drinking coffee and other drinks with caffeine during the evening because it will affect your sleep and performance. Good luck with your study Year 12.

P&C

The P&C meeting will be on Tuesday next week (September 15th). The meeting is in the school common room at 7:30 pm. Come to the main entrance, the door will be open. We will be talking about the new learning models. The whole school starts together at the beginning of next term after the public holiday. There is no School Development Day. Classes start on Tuesday October 6th. The first week of term will feature the CAPA excursion to Sydney see Matilda, an orientation day for the new Year 12, Agriculture students competing in the Taree Show and a whole school formal assembly. We will need the holidays to build our strength up.

Lorraine Haddon
Principal

Table Tennis Champ

Year 9 student Ryan Campbell has tasted what success feels like. Ryan has been progressing through the rankings at Port Macquarie Table Tennis Club and is now ranked 14th out of 60 active players. At a recent competition at Lismore where there were 33 teams involved, Ryan won every one of the 12 games he played in. He won 12 singles and five out of five doubles.

Ryan admits to playing three times a week: four hours on Tuesday, four hours on Thursday plus one other day. He looks forward to participating in the eleven or twelve inter-club competitions, which include the Country Championships in Gosford. Other places that host competitions include Coffs Harbour, Kempsey and Wauchope. Ryan has an ambition to be part of the Port Macquarie team travelling to New Zealand next year as one of the club's juniors.

Even though Ryan has been playing table tennis since he was seven years old, he still attributes much of his success to his coach and mentor, Ken Sands. Ken is 83 years old, has won four Australian titles and is currently ranked the number one player in the club. Ryan knows that he can continue to learn a lot from Ken and his immediate goal is to continue to improve his ranking in the club. He has already played and defeated players ranked better and feels it is only a matter of time.

We wish him continuing success in his chosen sport.
YEAR 11 BUSINESS STUDIES BECOME THEIR OWN ‘$20 BOSS’

Students in Year 11 at Port Macquarie Campus have completed an innovative new program to inspire their inner entrepreneur. The initiative, called ‘The $20 Boss Program’, has been developed by the Foundation for Young Australians in partnership with the National Australia Bank and aims to unleash the creativity of young people and build innovation, enterprise and financial skills.

Each Year 11 Business Studies student was given $20 in 'seed funding'. The students decided to pool their money and work as a team. Plans and strategies were developed to budget and market their business idea, and then one month was allocated to run their business. A Project Manager was elected and the students chose to run a hot chip store. The business was such a success that Mr O’Brien had to make a quick dash back to the takeaway shop for more hot chips.

At the end of the month the Year 11 Business Studies students paid back the $20 with a $1 legacy donation (to support the sustainability of the initiative) and they had a choice to donate any profit to their school or a charity of their choice, or retain a portion for themselves. The students are still in discussion regarding the last options.

Mr O’Brien emphasised that the point of $20 Boss is for the students to spend time understanding how an enterprise is set up and operated. He wanted the students to see themselves not just as job seekers but as job creators. “If they can understand these skills of enterprise and entrepreneurship, they can create really fulfilling and interesting careers.”

Louise Newbound  HSIE Teacher

PARENT HELP NEEDED FOR P&C FUNDRAISING OPPORTUNITY

URGENT

P&C really need parent help to run a BBQ and cold food outlet over 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!

Sign up to help either by:
Email P&C on pmhs.pandc@outlook.com
Or ring Leanne on 0416 976 964 or Kellie on 0438 430 454
The BEST Initiative in Mathematics

‘BEST’ is an acronym for Be Everything, Succeed Together. The purpose of the BEST Initiative is to promote mathematical thinking and to improve student study skills and habits. Essentially to help parents and students realise what academic expectations are required for students to achieve their future goals. We also have the secondary goal for developing study groups and friendships between students at both Campuses. Begun in 2014 with Year 7 and 9, the BEST Initiative was expanded to include all top year 7, 8, 9 and 10 mathematics classes at the Hastings Secondary College in 2015.

Recently, Year 7 and 8 students from both campuses took part in workshops conducted over a whole day at the Westport Campus. The organizing teachers, Mrs Sue MacGibbon from Port Macquarie Campus with Mrs Regina Stewart and Mrs Erica Browning from Westport Campus, were very happy with the outcomes from the day’s sessions.

Years 9 and 10 students from both campuses were involved in similar but more advanced activities on Tuesday this week, again held at the Westport Campus.

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Red25 Blood Donation Update

It’s great to see staff, student and parents from Port Macquarie Campus rolling up their sleeves to donate blood as part of the national Red25 Schools Challenge. The Red25 Schools Challenge finishes in December and so far this year we have saved 264 lives. Our Red25 Ambassadors of Jake Hawes, Steph MacKedie, Callum Murray, Caitlyn Powell and Liam Eastwell are performing an outstanding role in encouraging students, staff and parents to donate blood. Therefore, we need more students, staff and parents to donate so we can be the number one blood donor school in the region and it’s through your help we can achieve this goal.

Port Macquarie Campus has a permanent booking at 1.15 pm on Wednesdays and averages four donations per week. Many teachers are already regular donors and the Red25 Ambassadors hope to enthuse the remainder of the teachers on staff and also parents. When asked about the community donating blood, Stephanie Mackedie said, “Any person who donates blood for school will be counted in Port Campus tally and all they have to do is fill out a Red25 form which is available from us, or the form can be found online, or they can ask for the form at the Blood Centre” Many people who are healthy and aged between 16 and 70 are able to donate. To check your eligibility and make an appointment, call 13 14 95 or visit www.donateblood.com.au

Mark O’Brien
Dakota goes boating, camping and fishing!
Last week Year 10 student Dakota Barnes undertook a five day work experience program at BCF in Port Macquarie. Dakota spent time learning new skills such as pricing, product display, customer service and stock control. She enjoyed a different week learning about the world of work.

Important Information for Year 12 Students
- **If you are applying for university** you should be submitting your application now at [www.uac.edu.au/undergraduate/](http://www.uac.edu.au/undergraduate/). **UAC on time applications close:** 30th September 2015.
- **Early entry to university applications are now open.** To apply for early entry (SRS) to these universities the process will be through UAC - online. It will be a single application. **See:** [http://www.uac.edu.au/srs/](http://www.uac.edu.au/srs/) **Timeline:** Close **Wednesday 30th September 2015.**
- UNE early entry - UNE has simplified the process for Year 12 students, **providing a direct online application for Early Entry to UNE.** Students who are not eligible for an ATAR are also able to apply to UNE Early Entry. For all details you need to see: [http://www.une.edu.au/study/study-on-campus/get-early-entry](http://www.une.edu.au/study/study-on-campus/get-early-entry) Applications are open and close on 30th September, 2015.
- **Apply for any scholarships** you may be eligible for. Time lines and requirements for these vary. You will need to do your research and take note of closing dates. These can be any time from now till the end of March 2016.
- **Also look into on campus accommodation if this is required.** Applications may need to be lodged by the end of September. Application fees are often charged and are not refundable. Interviews may also be required.

Interested in an Aviation Career?
Join us for a special flight training and aviation career open day on **Saturday 12th September at our college located at Port Macquarie Airport.** Australian International Aviation College (AIAC) provides flight training for airline pilots, flight instructors, aeromedical and corporate pilots. Find out more and register online at [openday.aiacollege.com.au](http://openday.aiacollege.com.au)

Mr White – Careers Adviser
High Achievers Day

Last Friday students from our Year 7 and Year 8 High Achievers classes participated in a variety of workshops based around the theme of ‘Communication’. This was a great opportunity for students to develop their understanding and consider the multifaceted aspects involved in effective communication.

The science of communication was explored with students taking part in a number of hands-on activities to determine what sound is and how can we detect it; how humans make sound and the requirements for sound to become speech for effective communication.

Activities included students having the limit of their hearing tested using an app called fgenerator. They learnt about sound as a vibration, using tuning forks and ping pong balls.

They were able to amplify sound, find out how loudspeakers work and what implications this has for human communication. They made music with PVC pipes, created high pitch and low pitch sounds with lots of fun equipment and observed these sound traces on an iPad oscilloscope App.

Students then completed an activity to distinguish letters in speech without using their tongue and lips and observed our vocal chords in action via a camera. They can now explain why we can talk but chimpanzees can’t, based on physical structures of the body.

A special thanks to our Year 11 Physics mentors Liam Eastwell, Ryan Johnson and Christian Familar. They were outstanding in working with the students to discover how sound can be used as a way of communicating and how it led to the development of modern society. Visual Communication is a powerful tool used by artists to connect and engage people. Students learnt about visual communication by creating a small square that went into making a large statement to communicate to students at our school. “We were really surprised that humans remember up to 80% more of information if it's presented as a visual or if they experience it” said one year 7 student who admitted that they never remember much of what they are told but if they see pictures they remember much more. Visuals are so important in our digital world where we are bombarded with information and visuals. On our high achievers day student learnt a few tricks to help them be good creators and visual communicators while having some fun making an artwork.

Students learnt about the effectiveness of visual art and images as a means of communication.

By the end of the day each student had contributed to the completion of a large mural

Mr Wayne Anderson, Aboriginal Education and Engagement Advisor led the students in a number of activities to experience patterns of behaviour and communication through different cultural lenses. Students gained an appreciation of the importance of verbal and non-verbal cues as a means of communication. They had to listen to, learn and teach the meaning and pronunciation of twenty new words from the local Aboriginal language.

Another session operated as a community of inquiry about communication, where the aim was to consider a range of different forms of communication and discuss whether or not they were examples of effective communication. Students were encouraged to justify their opinion by providing reasons, giving examples and making distinctions.
Some students used counterarguments to demonstrate erroneous thinking and all students deepened their understanding of the concept of communication. Discussions identified as the most interesting by the students were about emoticons, sexting and breaking up by text.

Congratulations to all of our outstanding students who took part in the day’s activities.

Mrs Nettie Riethmuller
The students and I would like to thank all the parents for the opportunity to go to Sydney University and the Zoo in Sydney to participate in workshops related to our Biology HSC topics.

And as we get ready to say goodbye to our Year 12 students of 2015, I would love to be able to reminisce with you about the wonderful time we spent on excursion together this term.

It all started at 6am on the Tuesday morning; we were awake and excited and on the school bus ready to go before the sun came up!

We arrived at the Zoo on the school bus around 11 and after a quick snack, went to our first workshop "Maintaining A Balance" HSC Topic 1. We studied this topic term 4 last year at the start of Year 12, so the kids found it VERY rewarding revisiting this content and putting it all together. We were especially grateful in that the lecturer this year was an ex High School Science Head Teacher from Northern Beaches Secondary College Cromer campus with extraordinary HSC Biology and HSC marking experience. We lovingly referred to her as "Sergeant Steph" as she had us all in line like good little animals!

We got free time to explore the Zoo after our 2.5 hour tutorial, and this was awesome. We loved everything the Zoo had to offer from the spiders, to the gorillas and even the train driver! Well... the train driver loved us anyway! The boys got clever with the skyscrapers and the girls got in touch with their inner child in the playground too! I think the highlights for the kids were the seal show and the chimps! My goodness those chimps get up to some CRAZY stuff?!!?!

That night we slept like babies at the Zoo after watching a movie in the lecture theatre! The kid’s role- played what it would be like being at Uni... "But where do we put our books and pencil case?"! And I had fun role-playing as the "lecturer" on stage at the lectern with a cinema sized projector behind me... (It doesn't get better than that, right?)

Up early for breakfast with the sounds of the frogs and birds and all the other dawn risers, then hit the city streets in our school bus once again b-lining it for Sydney University! Man, Mr Neilson is incredibly slick on those city streets! Early morning traffic... No worries! He was a "back-street bonanza" champion driver! While Liam got the award for being the "best camper"... it was Harriet who got the award for being the "awesome-est navigator"!

So we got to Sydney University with time to spare! We then enjoyed three sessions covering the rest of our HSC topics. We even attended a workshop on our "Option" topic for the first time. This was a great chance for my Biology class to cut open eyeballs, sing into microphones and dissect brains! Best brain dissection I've ever seen or done! I was so impressed. I came back and practised being just like the "brain lady" on my Year 8 class (we were studying Chemistry at the time but of course they didn't mind)!

I think our highlight was the hands-on dissections. However, the visit to the Pathology building was so interesting. We got to see specimens, both healthy and unhealthy, on every part of the body showing every type of disease and how it "looks". This was disturbing for some... and others just couldn't get enough! (I think I may have been a part of the latter!) The tissue of the zygote was just incredible to see. I have never seen anything like it, or even thought it would be possible to see anything like it, and our kids have seen that at their age, so inspiring. (Thanks for the photo Trowy!) We fell in love with "Alfie", our lecturer at the Pathology centre and we are so grateful that he got us altogether for a photo to remember our time spent there.

So, unfortunately, as the saying goes, "all good things must come to an end"... we found ourselves hungry and back on the road! To get us over the devastation of the prospect of not being together anymore in just a few hours' time... we lifted our spirits with some TRIVIA games on the bus! I have to say, I may have missed my calling as the "trivia-master!" No-one could defeat Shanley on the day! She is just invincible! I think I can speak on behalf of all the kids that the highlight was the "karaoke" component of the games! Mr Neilson has a great voice too! And he is such a bad influence!!
We had a great fun time. Our kids here at our school are amazing. They are such beautiful, independent and capable young adults who made Mr Neilson and me so proud on tour. Feedback from the staff at the Zoo and University was all about how “sparky” and “clever” the kids were, which tells me that they presented themselves as keen, interested, motivated and involved in every opportunity. We will remember our time together and cherish the memories and laughs!
Ultimately, we couldn't have had this experience without Mr Neilson, the parents and our kids. Thank you so very much. I hope you enjoy the photos and get a “feel” for what we got up to!
Thank you,
Becky Davis.
Student Volunteering Awards Program

It's fantastic to see 24 Year 10 and Nine Year 9 students from our school have signed up for the NSW Department of Education Student Volunteering Awards Program. The program teaches civic responsibility and citizenship through direct community involvement. We are instilling a sense of community pride and respect amongst our students. International research tells us that volunteering has positive impacts on student engagement and academic achievement.

**Snapshot of the Program**

- Volunteering is seen as something that adds value in the school and/or community.
- It is open to all students in Years 9 and 10
- Students will be encouraged to undertake a minimum of 20 hours of volunteering over a two year period. Certificates will be issued to reflect voluntary contribution.

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<th>Awards</th>
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<td>Bronze</td>
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- Students at our school receive information about the program in their HSIE subjects.
  - Students need to complete an online logbook of the number of volunteer hours they have undertaken.

In 2015, 30 students have achieved the following Student Volunteering Awards,

**Bronze:** Brittany Chandler-Rosewell, Cayla Templeman, Brianna Abel, Jacob Barnes, Jay Beasley, Layla Forbes, Blake Goodridge, Aisha Green, Zoe Hayes, Molly Higgins, Chaise Lytinski, Alaina Menzies, Jasper Miller, Jade Milroy, Brittany Temple-O’Brien.

**Silver:** Tanisha Palmer, Dakota Barnes, Savanna Elias, Brent Hutton

**Gold:** Regan Elias, Kayla Keegan, Hailey Sutcliffe-Blackhall

**Diamond:** Flynn Broughton, Kearyn Eastwell, Ryan Jarrett, Ashley Carrick, Samantha Cheng, Ashlyn Dures, Ebony O’Brien

**Black Opal:** Ambrose Kranitis

- **Handy Hints**
  - Volunteering can take place within the community, school and neighbourhood in and outside school time.
  - Who needs our help?

Examples

- Red25 Blood donations
- Iron man Volunteering
- World Vision-40 Hour Famine
- Sport coaching and umpiring
- Surf Life saving

The program runs until the middle of term 4 for year 10 students. Therefore, year 10 students still have the opportunity to log hours and receive recognition for the great work they do and the difference they make to our community. Year 9 have until the end of next year to complete the program.
How does the program work?

- Year 9 and 10 students can include any volunteer work undertaken in year 9 and/or year 10.
- The logbook (which records your volunteer hours/types of organisations), is only available on-line. You can access your logbook electronically through your DET portal account. Once you are in your portal site go to “Other sites” and you will find the NSW Premiers Volunteering Program. Click on this and follow the prompts.
- If you have any questions please see Mr O’Brien in the HSIE staffroom.

Good luck!
Mr O’Brien