OUT & ABOUT: Students visit Yogurtland to conduct a Pick-Me-Up celebrating Amber’s birthday.
The tragedy of MH17 has hit home for many of us. Any of us could have been aboard that flight on the way home from holidays. So many of you travelled, either interstate or abroad for the Term 2 break. Melbourne, Thailand, Hawaii, among other exotic destinations. You all have wonderful memories and stories to tell. You have had the opportunity to absorb new things, new sights, and new places.

Our learning here is a bit like travelling from your seat. What are you learning and absorbing that is new and exciting? How far are you stepping outside your known world and venturing into a new one? How far are you willing to go?

I always talk about traditional schooling around the idea that students are ‘done to’. You sit there, a teacher at the front of the classroom delivers a lesson and you are supposed to sit there and answer only at the appropriate time. How do we ‘do school’ differently?

We ask you to go deeper. To ask questions. To explore your questions. To learn and to keep on learning. Then go deeper again. What can you evaluate? Analyse? Justify? These are higher order thinking verbs that are designed to MAKE you ponder!

Where in your learning Plan this term are you going deeper, exploring further? Asking more and finding answers?

**Giving and Being.**

Two words to ponder this week.

*Where are you in the giving and being at home?*

*In Advisory?*

*In our school?*

*In your community?*

*To the world?*

Life is not served on a platter, it is worked for, earned and THEN Appreciated.

**TRACEY BREESE**
From Darren’s Desk

Questions for this week:

“Have you completed your Term 2 Student Narrative, and given it to your advisor?

Does it contain meaningful reflection and evaluation of your learning during Term Two?”

As you are aware, we are gearing up for the introduction of Stage 6 to the Cooks Hill Campus. As you have come to expect from our campus, we have designed a highly innovative and effective method of delivering year 11 and 12 at CHC. We will be holding an information session here on campus, aimed at unveiling the model and advising students and families of what to expect from each subject. This will be held on Wednesday week 4, the 6th August at 6 pm in the campus Town Hall area.

As mentioned in the previous TGIF, we have been invited to take part in the Aspirations Research Project with the University of Newcastle. This project aims to determine what influences student aspirations for their future with regard to tertiary education and career paths, and to ascertain how students could be assisted to reach their true potential. An ‘opt-out’ letter has been mailed out to families this week. Please read this and return the ‘opt-out’ letter to the school if you wish to remove your student from the project.

A reminder that this term’s learning plan meetings are being booked online. This time has been set aside for parents, their child and the advisor to jointly construct the Term 3 Learning Plan. Students should book a time slot through ‘teacher interviews’. The process for this can be found on the front page of our Moodle site (to access CHC Moodle, simply type ‘Cooks Hill Moodle’ into google and it should be one of the first two links. Time slots are being extended to the end of week 3. Please ensure that you make a booking before Friday 1st August. We would welcome any feedback on the appropriateness of this online booking process.

As always, please don’t hesitate to contact me if you have any questions regarding your family’s experience at Cooks Hill Campus.

Regards,

Darren Ponman

Deputy Campus Leader

Cooks Hill Campus
Darren.ponman1@det.nsw.edu.au
DATES FOR YOUR DIARY:

TERM 3 WEEK 3

Tuesday: 29th July - Careerlinks SBAT Information Night (see flyer on following page)

TERM 3 WEEK 4

Wednesday: 6th August @ 6pm - Stage 6 Information Night for parents and students. Come along and find out how Year 11 & 12 will be delivered @CHC

INSPIRATIONAL QUOTES

“Some people DREAM of success, others wake up each day and WORK HARD at it.” -Shihan Peter Kirkwood.
Find out about becoming a School Based Apprentice or Trainee in 2015

The Career Links SBAT Information Event will explain how you can combine paid part-time work with a nationally recognised qualification while completing your HSC.

You will find out:
- What is an SBAT and how it fits into the HSC
- The benefits of starting a career while completing the HSC
- Who can help you become an SBAT - speak directly to them!

Career Links SBAT Information Night

Date: Tuesday 29 July 2014
Time: Session 1 - 6:00 – 7:30pm
       Session 2 - 7:00 – 8:30pm
Seated presentation followed by time to speak individually to exhibitors

Venue: Club Macquarie - Auditorium
       458 Lake Road, Argenton

Register Now Visit careerlinks.nsw.edu.au or
Phone 02 4953 7099
LTI

After taking on the LTI role full-time this term, I am excited to start working with such a caring and committed team of staff at Cooks Hill Campus. I have found the campus to have such a welcoming and positive vibe, from both the students and the staff.

I have had many conversations over the past two weeks with students about their experience in the CHC school setting and I have been so pleased to hear such overwhelming positivity about how they have started engaging in their learning. It is so refreshing as a teacher to be a part of such a unique place. I look forward to getting to know every individual student, each with their unique interests, needs and abilities.

I am especially excited about closely working with the LTI program which is such a fantastic opportunity for students to explore their interests further and expand their vocational education. The real-world skills learnt from their experiences outside the classroom with their expert mentor can have great benefits to their learning at school.

The employability skills and strong connections that students are making also puts the students at a unique advantage for improving their transition to further education and the workforce beyond their schooling.

I’m looking forward to working with staff, students and parents on our Big Picture journey!

Amanda Hine
LTI / Careers Coordinator
On Tuesday I went to my internship placement at Rowe Automotive Services located in Melbourne St, East Maitland. The shop opens at 8:00am and closes at 5:00pm, and I had an hour lunch break during the day.

I worked with Allan and Darren (Daz). They weren’t too busy but we still did a lot of work.

I learned how to perform a service on a car and do registration checks on two other cars. On both the cars I did registration checks, I also did brake tests, and made sure the lights worked.

I enjoyed my first day on this internship and can’t wait until next Tuesday when I get to go again.

Jacob Dick
(The Zen Pen)
At Yogurtland, we scour the globe looking for REAL ingredients to put into our frozen yogurt...we go to Hawaii for bananas, Belgium for our chocolate, and India for mangos. Now, we’re searching for some REAL talent right around the country!

We are launching our first ever TALENT QUEST at Yogurtland – complete with a $2,000 prize!

We are looking for artists to perform in our stores every Saturday. Do you sing, dance* or play an instrument? Are you a solo artist, dynamic duo, or chorus ensemble? Do you tell hilarious jokes, perform mind-blowing magic tricks, or draw uncanny caricatures?

Whatever your talent, we want to see it!

For more information, check out the link below: https://www.youtube.com/watch?v=vkG1Ga7slP0

Your closest Yogurtland store is located at Marketown Shop 12, 135 Parry Street, Newcastle West NSW 2302.

The team there will be able to set you up with an audition day. Good Luck!

*Some stores may be unable to facilitate a dance performance
Next week, on Friday the 1st of August, The Zen Pen (Matt’s Advisory) will be participating in Jump Rope for Heart. Heart Foundation Jump Rope for Heart is an Australian organisation established in 1983, and is celebrated for being one of Australia’s most popular physical activity and fundraising programs in schools. This year, The Zen Pen is attempting to be healthy by participating in physical activity and learning lots of new skipping tricks to help keep our hearts healthy. We have students in our class with heart conditions and understand how important heart health is.

This year, the Zen Pen is going to be attempting to keep our hearts healthy and fundraise for this organisation through physical activity. We plan on learning a lot of new skipping tricks and raising as much money as we can. Please support this wonderful cause by donating money to those involved - every cent counts!

DONATE TODAY!!!!
Competitions

COMPETITIONS
Hunter Writers Centre
Young Writers + Competitions
http://www.hunterwriterscentre.org/young-writers.html

More writing competitions...
http://www.austrwriters.com/AWRfiles/competitions.htm

Australian STEM Video Game Challenge
Designed to develop skills and engagement with STEM (science, technology, engineering and mathematics) areas through fun, creativity, problem solving and ingenuity.

Targeted at Australian students in Years 5-12
Students are encouraged to design, build and submit an original educational video game that includes STEM content or themes. The entrants have an opportunity to earn recognition and great prizes for themselves, as well as a significant cash prize for their school or chosen charity.
The games will be played by industry professionals as part of the judging, and the winners will be recognised at a national level, and by international bodies within the global gaming industry.
Completely free to enter, links to tools are provided
Open for registrations now! Closes 30 September 2014

Screen It - Video competition
Closes: 12 September 2014

My Story, My Content - Video competition
Closes: 8 August 2014
http://mystorymycontent.com/

JMusicAustralia - $50,000 Music Scholarship
The $50,000 scholarship includes production of an album, a professional photo shoot and video clip, 500 copies of a CD, a website, set up and management for three months of social media accounts, professional written materials, electronic press kit, business plan, marketing consults and media coaching.
Webinars for more information: Thurs 12th June & Fri 13th June
Closes: 31 July 2014

Events

International Children’s Games
6-11 December 2014
Calling for volunteers now!
http://icg-lakemacquarie2014.com/volunteers
Week Two in the Wolf Pack and we’re all happy to welcome back Lizzy, and sad to say goodbye to Sheri. When Lizzy had back surgery, we welcomed a substitute, Sheri, and she quickly became one of our own. Thank you, and we all hope to see you again.

We are starting a new term and that means new Personal Interest Projects and Internships. Many of our classmates are returning to their last LTI, and many starting fresh.

- Keira is at the BTAC preschool, working alongside teachers and their students.
- Ally is at the Charlestown police station, handling their interviews.
- Tayla is at the Hotel Delaney working as a waitress and barista.
- Dylan is at working with a carpenter.
- Justin is working with a diesel mechanic, Gilbert & Roach.
- Sam is working at Bright Horizons Preschool.
- Jasmine is at the Raspberry Butterfly Cake Decorating School.

Along with Lizzy, we are having new students arrive in our school and classroom. Those who are joining the Wolf Pack this term are Jazz and Shayla. Welcome and good luck to you both!

Signing out,

The Wolf Pack, GRRRRR!
This term, our school will be participating in the Premier’s Sporting Challenge. This will run for the entirety of term three, and participation is highly encouraged.

All that is required is that you log the hours of physical activity you’ve done – write down the time you spend at sport on a Friday, log the amount of hours you spend playing sport for your sporting club during the term.

Be sure to log any physical activity you’ve done both in and out of school – any and all physical activity counts! From walking, to bike riding, to yoga, make sure you log everything you’ve done!

The more exercise we do, the more funding we will receive to continue building the gym!
THE LINCHPINNS

We’re already into the second week of the term and we’ve been very busy finalising our work from last term. So of us are carrying our projects over to this term because they are so big! Others are looking to create an LTI project at their internship workplace.

As part of the Big Picture framework process of PREPARE, ACT, REFLECT, we wrote our student narratives this week to reflect on and evaluate our effort last term. We’ve got to set our goals for this term and work hard at achieving them.

At the end of Week 1 Brendt asked us to complete an Advisory Evaluation where we wrote down our thoughts about how our advisory is functioning. This allowed us to share our common beliefs about what makes a good advisory and helped us to think about how we can make our advisory a nice place.

On Friday some of us went to Yogurtland at Marketown as a pick-me-up activity to celebrate Amber’s 16th birthday. Pick-me-ups are activities that we can do when we need a break and help us to bond as an advisory.

Until next time!
Health & Wellbeing

CAFFEINE - Friend or Foe?

During the holidays I was with my family at a play centre and came across an interesting magazine article by a Central Coast nutritionist named Diana Arundell that I thought was quite interesting and that I want to share with you. Let me say from the outset, while I do appreciate a regular cup of coffee or tea, I am totally against energy drinks, especially for teenagers. Before I read this article I didn’t realise how much I didn’t know about this substance that I put into my body most days.

As with any substance we put into our body, caffeine has positive and negative effects. On the positive side caffeine has a stimulating effect on the central nervous system and research has shown that attention may be improved with a small amount of caffeine intake. The downside to this is that it raises adrenalin and can “increase blood flow to the heart and for this reason people with anxious tendencies or a sensitive nervous system are recommended to eliminate sources of caffeine from their diet.” Research also suggests that “over stimulation with caffeine [from sources with a large amount e.g. energy drinks] can have the opposite effect and reduce concentration and cognition.” So while we feel more awake, our ability to learn can be impaired.

I can recall hearing a recommendation that coffee intake should occur around 10.30am as this is the optimal time for that pick me up that caffeine can provide. When we start our morning (e.g. 7am) with a coffee then our nervous system is jump-started and stressed. I sadly shake my head when I see students arriving at campus with an energy drink in hand (as a school we have stated to the students that energy drinks aren’t welcome, but they still persist on drinking them before school). As Arundell states: “energy drinks are incredibly dangerous due to the huge amounts of caffeine and other stimulants such as guarana and sugar which can result in heart palpitations and a crash of energy when blood sugar levels drop, leading to fatigue.”

I ask myself why these young people feel the need to take these awful cocktails of chemicals - I can remember how much energy I had as a teenager (completely caffeine-free) and I wonder if they know what they are doing to themselves? Or why they feel the need for this dangerous energy boost? Apart from the physical effects outlined above, caffeine also suppresses the appetite and may “disrupt healthy eating patterns and contribute to haphazard eating, reduced nutrient intake and, consequently, impaired health and wellbeing.” How many people eating energy drinks are snacking on an apple or banana? Chances are they’re eating a chocolate bar or some other fatty, nutrient deficient “food”. Students need to look at what they’re eating as well as what they are drinking. If their diet is lacking in natural, unprocessed sources of energy then no wonder they’re lacking energy!

Caffeine may also negatively affect mental health as it has been shown to “reduce B vitamins which are required for mental wellbeing. Good adrenal health is also positively associated with good mental health and, because caffeine can increase adrenal stress, it’s recommended that those prone to depression reduce or eliminate caffeine.”

Now before any teenagers jump up and down saying “but you adults are always drinking coffee, why can’t we have our caffeine too!” you need to be aware of the role age and genetics play in how the body processes caffeine. The way caffeine “affects one individual may differ hugely from how it impacts another...there is no place for caffeine in the diet of children...[who] don’t have the same detoxifying capabilities when given adult doses. Caffeine will more than likely increase hyperactivity, anxiety and poor mental and physical wellbeing” (Arundell).

I’ve always believed that knowledge is power and hopefully you, like me, are now a little more informed about caffeine and can share this with your child and generate some discussion around energy drinks.

Brendt
SHOUT OUTS!

Shout Out to Sheri for her awesomeness in taking Lizzy’s place while she was away.
Shout Out to Amber Bradley who turned 16 this week.
Shout Out to Amanda who is helping us with our LTIs.
Shout Out to Bryent for showing us an awesome, inspiring video on bullying and survival ‘To this Day’ by Canadian performance poet, Shane Koyczan. Click here to view the video yourself.

Internship Workplaces who support us