COMING EVENTS FOR TERM 3

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**Corrimal High School P&C**

The Bunnings BBQ that was held on Saturday 21 June was an extremely successful day. With only two parent helpers from the current school body (thank you Erica Chalmers and Dave Esdale) we are pleased to announce that we raised $1575.45. Due to the lack of parent helpers the P&C offered the day to the Special Education Department Faculty and the Chinese Language Teacher Mr John Matthes, who will benefit from the proceeds to purchase equipment as required by the students, to enhance their educational learning.

The next meeting of the P&C will be held on Monday 1 September at 7:00pm in the executive room in the administration building.

Jannette Parker
Secretary

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**Southern Stars #webelieve2014**

There are only two more weeks until Southern Stars hits the stage at the WIN Entertainment Centre on Friday August 29 and Saturday 30 and there are still tickets available to all four shows, with Saturday night selling quickly.

Please support Southern Stars by getting along to the show. Buy your tickets today through Ticketmaster.

**Parent Community Meeting Days and Time**

Thanks to the parents who have responded already to the survey in the last newsletter as to best day and time for meetings with parents. If you have not already completed this survey could you please do so, so we can get your input on school planning for future years. There are only 3 questions. The survey can be found at [https://www.surveymonkey.com/s/KCCXPR9](https://www.surveymonkey.com/s/KCCXPR9)

**Sport Uniforms and Pullovers**

Girls / Boys Sports Uniforms are only available at Corrimal High School front office.

- **Polo Top:** Sky blue air tech with panels & crest $30.00
- **Shorts:** Navy air tech $25.00
- **Navy Pullover:** With school crest $35.00
Your support of the Core Rules is Appreciated

As a school, one of our core rules is:

All students are expected to maintain a neat appearance, including adhering to the requirements of the school’s uniform code.

The school community has decided that Corrimal High School is a school uniform school. The school community, students, parents and staff have negotiated the uniform. It is one that can be worn throughout the year to keep costs to a minimum. The consistent wearing of correct school uniform is also an important employment related skill.

Corrimal High School has set a standard in dress requirements and the students are expected to maintain that standard. The school, over the rest of this term, will be ensuring that this core rule and uniform code is followed by students.

Your support for the school in helping your child meet this core rule and standard is appreciated.

- If a student cannot be in correct school uniform for any day, parents should provide a note explaining the reason.

- The parents of students who are not in correct school uniform and whose children do not provide a note, may be requested to come to the school to discuss uniform requirements. Students out of uniform with no note may be required to wear the correct uniform provided by the school from the uniform pool.

- Students out of uniform and with no note can also expect to be placed on detention. Please support us on this discipline measure.

Consistent failure to wear correct school uniform will be treated as persistent disobedience under the school’s behaviour code. The following articles of clothing are not acceptable: Jeans, bike pants, board shorts, clothing with conspicuous or inappropriate logos e.g. large writing or inappropriate messages on caps.

If your child needs to modify the length or style of this uniform for physical, religious or cultural reasons or you need financial support in purchasing of uniforms please do not hesitate to contact the Principal.
The staff at Corrimal High would like to support both the family and the student in this process, allowing physical, religious, cultural and school requirements to be met in a flexible and supportive environment. We do ask that all modifications or additions to the school uniform remain in the school colours of navy, light blue and white.

Our uniform can be purchased from Crystal Bears in the Park Mall CORRIMAL. Pullovers and sports uniform can be purchased from the school office.

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**Sport Report 19 August 2014**

**South Coast Regional Athletics 2014**

Six students braved the less than ideal weather conditions on 1 August to compete at the South Coast Regional Athletics Championships in Canberra. The weather channel described the conditions that day as an “arctic blast” and Canberra certainly did deliver.

Well done to all our competitors on the day who performed extremely well and did our school and zone proud. They were: Lewis Grimshaw (Year 7), Lia Nawauwi, Natalie Lower and Kosta Kamaris (Year 10), Eboni Fraser and William Rakua (Year 11).

Huge congratulations to both Eboni Fraser and William Rakua who qualified for the NSW CHS Athletics Championships in September at Homebush. Eboni will compete in the 17+ Year Girls Shot Put event and Will in the 17+ Years Boys Shot Put event.

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**Year 7 and 8 Touch Gala Day**

Any Year 7 or 8 boys or girls who would be interested in playing in the Touch Gala Day on Tuesday 2nd September at Dalton Park needs to sign up at the PDHPE staff room. The day is FREE and is a great opportunity to play touch with your friends and learn some new skills.

**Wednesday Sport**

Grade sport finals week will be Wednesday 3 September 2014. Students in Years 7-10 will be signing up for a Term 4 Recreational sport in Week 9. See the notice boards in the coming weeks for choices.

**Rugby League Gala Day**

There will be an upcoming 10-a-side Gala Day for Under 14’s and 15’s boys' rugby league on Tuesday 9 September. The boys have commenced training and are looking forward to the day. See Mr Abbott for details.

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**Corrimal High Annual Snow Trip**

During week 3 of this term Mr Wellings, Ms Allan and I had the pleasure of taking 26 Corrimal High School students to Thredbo for the annual Snow Trip. It was a fantastic opportunity for students to learn new skills and explore the alpine environment of the Kosciusko National Park. This year also saw CHS join with Marsden High School to ensure we had a full coach and the trip could go ahead.

The students attending the snow trip for the fourth time were certainly spoiled with the on snow accommodation. Being able to wake up, walk down the hall to breakfast, lunch and dinner and then straight onto the snow was a real luxury. Not having to have a 45 minute bus ride to and from the snow each day made the extra money really worth it.
We had a fantastic time in Thredbo but were certainly challenged with the weather and conditions on the mountain. Our first day on the slopes brought very strong winds and had students confined to either the beginners’ area of the hill or a much more advanced section. This was challenging, exciting and scary for students who would normally progress through an intermediate area of the hill but had to be thrown into a much steeper and faster blue run.

This certainly helped students refine previous skills and had first timers learning how to locate their skis and poles after crashing and sliding down the mountain. Although challenged with difficult terrain our students handled themselves very well and should be very proud of how they progressed. The first evening gave our students the chance to visit and use the aquatics centre. It was a great time to relax and recover from a tough day on the ski hill. Students were able to use the pool, water slide, inflatable obstacle course and the downstairs basketball courts and rock climbing wall. It was thoroughly enjoyed by those who took part.

Day 2 was not as windy and we were able to explore more areas of the mountain including the Merritt’s intermediate runs. This gave our students the chance to use the skills from their morning lesson and progress through some tougher blue runs and even into the beginner’s terrain park. As the day progressed more and more students where hitting the higher elevated peaks of Thredbo Alpine resort and Keaton James completed the high noon run in only 45 minutes compared to the hour and half it took him on the previous trip in 2012.

Another special mention must go to Jarra Vreman-Naughton for her amazing double ejections coming down high noon. Clare St George also had some difficulties with High Noon as she lost control, fell and continued to slide down the hill at speed, eventually knocking me over in the process.

Day 3 was cold, windy and very wet!!! The mountain weather really turned it on and after only a matter of minutes outside everybody was soaked through. Even though the weather was terrible our students still persevered and got through their lessons and some even stayed out right up until it was time to get changed and head home on the bus.

By day 3 almost all of our students were able to ride the green and blue runs with some of the stronger riders tackling the black most difficult terrain on the mountain. There were far too many laughs, tears and crashes to go into much detail but on a whole those students who attended had a great trip (apart from the weather) and it was a pleasure to run the snow trip for them.

I would like to thank all of the students who attended and can’t wait to get a bigger and better group organised for next year.

Mr S Abbott
Girls Basketball 15 Year Knockout

Congratulations to the junior girls’ basketball team who competed at the Zone level knockout on Thursday 15 August. The day began with the girls playing a well drilled team from Smiths Hill High School (who made it to the final); unfortunately they were beaten after struggling to score for most of the match. However, Grace St George managed to get more blocked shots (on some of the taller girls I might add) than she did points, which was a great effort!

During the next game they went down again to Wollongong High School of the Performing Arts. However, the team was much more confident during this game and scored more points than in game one. Grace shone again with a fantastic three-pointer along with a few other shots.

A special mention for Tatum Etherden who was a great asset to the team and improved the more she played. She displayed a wonderful ‘never give up attitude’. This was the first time Corrimal High School has had a team entered in this competition for a while and hopefully this is just the start of things to come, as most of the team will be eligible to play again next year.

Miss L Craig

Top Row: Stacy Richards, Tatum Etherden, Tayla Denniss, Brooklyn Reay, Bottom Row Samarah Winter, Serena Pluess, Leah Madin, Grace St George (Captain), Ashley Starr

Le jour de crêpe

Bonjour les étudiants et les parents,

Jeudi le 24 juillet, Patrice Dupont qui est chef de pâtisserie dans un restaurant à Sydney, est venu à notre lycée. Il a fait des crêpes magnifiques avec le chocolat, la crème, de la confiture et le citron.

Pendant la visite, Patrice nous a dit de son enfance en France et aussi de son voyage en Australie. Les étudiants de français ont demandé des crêpes en français qui étaient vraiment super pour pratiquer de la langue française.

Beaucoup des étudiants et des professeurs ont acheté les crêpes et tous ont dit ce qu’ils étaient délicieux.

Merci beaucoup à Patrice pour venir à échanger son temps, ses pensées et la culture de la France.

Hello students and parents,

On Thursday 24 July, Patrice Dupont who is a pastry chef at a restaurant in Sydney, came to our school. He made amazing crepes with chocolate, cream, jam and lemon and sugar.

During the visit, Patrice told us about his childhood in France and his journey to and arrival in Australia. The French students were able to ask for the crepes in French and this was a great opportunity to practice the French language.

Lots of students and teachers bought crepes and all said they were delicious.

Thank you to Patrice for coming to share his time and knowledge and the French culture.

Year 10 French class
From The Counsellors Desk

Parents Are Having Much Farther Reaching Effects Than They Know

We were pretty good at keeping computers and televisions out of bedrooms, but as technology developed we somehow missed that phones and tablets ARE computers.

One of the main conversations I have with parents is about their exhaustion at parenting with so many devices in the home. Parents feel out of control. At my seminars I often ask for a show of hands and the majority of families own a collection of iPads, iPods, other tablets, an Xbox, a Wii, a DS, iPhones and more…

Most parents wonder if their limit setting is actually worth it.

It’s so constant isn’t it? I have 3 children and it feels like I have to remind them of the boundaries with technology regularly.

But be encouraged, it IS worth it.

Two Immediate effects of placing limits on media (which seem obvious but are great to see):

1. Those children spent less time on TV and video games
2. Those children saw less violent media content

However, it is the long-term effects that surprised the researchers the most. Children whose parents set more limits on the amount of time spent with media 7 months before:

1. were now getting more sleep
2. were getting better grades in school
3. had an indirectly positive change in Body Mass (because children were simply moving around more)

Additionally, parents limiting children’s content exposure (to violent media) 7 months before resulted in:

1. increased prosocial behaviour – exhibiting more helpful and cooperative pro-social behaviors at school
2. less aggressive behaviour toward their peers

Please be encouraged

“When you tell your child that they’ve reached their limit of screen time for the day or that they aren’t allowed to play a particular game because of its content, you aren’t going to see their grades improve immediately or better behavior tomorrow (in fact, you might see a lot of complaining today).

But this study demonstrates that the effects of setting and enforcing limits has powerful benefits for children’s health, school, and social outcomes. That’s remarkable when you realize that these are all very different types of outcomes, and setting media limits has a measurable impact on all of them for the future!” A/Prof Douglas Gentile

In our home we don’t always get it perfectly right, but this study is encouraging to all of us ‘limit setters’. It is worth it. We do have a positive effect, even if we don’t notice it today.

Bullying and Harassment

We would like to remind the school community that Corrimal High School has a zero-tolerance approach to bullying and harassment. It is the responsibility of all of us to take steps to prevent bullying. Please have a look at our school website for all our policies as well as related links.

Go to: Caring for Students – Student Safety: Bullying and Harassment. There are a number of links on how to address and counteract bullying, including cyber bullying.

Welfare Team
Year 11 Physics, Chemistry and Biology workshops

On the 5th, 8th and 12th of August, students from Corrimal High’s Year 11 Physics, Biology and Chemistry courses travelled to Wollongong University to take part in the University’s enrichment workshops. On the day the students had the opportunity to take a tour of the campus to see the various facilities and sample the University’s lifestyle. The workshops included a “Meet the Scientist” sessions where students engaged with scientists and were able to see and hear about the area of research as well as asking questions about their pathways into a scientific career. A practical experience was also undertaken in the University’s laboratories with the students benefiting from using equipment not available to them at school. There was also a series of interactive lectures aimed at enriching the students’ knowledge of the course content and improving understanding. Feedback from the students was that they benefited from the experience and if given the opportunity they would participate again in the future.

Mr A Laidler

Year 7 Special Interest Project

This term the students in the Year 7 Motivation Class, 7B, have been working on a Special Interest Project. Students were asked to choose a topic they had a special interest in, or passion for, and produce a 700 word persuasive essay, plus display. One lesson a week has been allocated across all curriculum areas and the students have been working in the library.

The students were asked to produce two drafts of their essay, which would be marked and then complete a self-edited final copy. All their workings will be on display for parents and judges to view on the day.

Some interesting topics have been chosen and include “Laughter is the Best Medicine”, “Travel Broadens the Mind” and “Geology is the Most Practical of all the Sciences”. Quite a challenge.

The end result of their labours will be a display in the school library of all the projects on THURSDAY, SEPTEMBER 11th between 11.30 am and 1.30pm. The announcement of winners will take place at that time.

All visitors are very welcome. We look forward to seeing as many grandparents, parents, carers and friends as possible.

Ms K Limon for Ms S Cutsforth
Teacher/Librarian

Respect Responsibility Safety
Boat Show Visit

On Friday 1st of August students from Corrimal High School’s, Year 12 Chemistry class and the Year 9 and Year 12 Marine Studies classes visited the Sydney International Boat show. At the show the students were able to gather information about study options following on from years 9 to 12 in Marine Aquaculture & Technology, and Marine Studies. TAFE NSW presented an array of study options from Marine Mechanics and Shipwright as well as an assortment of another 10 study options related to the recreational marine industry.

The show also provided an opportunity for the students to investigate careers options with the Boating Industry Association hosting a Careers Workshop for Corrimal high school students. They heard industry experts talk about various topics that highlighted the exciting career choices with recreational boating industry. Following the careers workshop the students explored the trade displays and investigated as part of the “Shipwrecks and Salvage” option of the HSC Chemistry course how materials used in the marine environment are protected from corrosive effects.

Mr Laidler

Rescue education

On Tuesday of Week 4 Mr Biela organised a special presentation for Year 10 students. These students were fortunate enough to be presented a rescue extrication demonstration to increase awareness of the dangers involved with young and inexperienced drivers. Students were shown a video presentation about a serious car accident and the ramifications for those involved and then were witness to a real car being cut apart in a rescue simulation.

Students were both amazed and alarmed with the power of the tools used to free people stuck in cars after a serious accident.

A special thank you to Mr Biela and his colleagues from Wollongong Fire station. Our students and staff thank them for their time and efforts during this invaluable presentation.
2014 Arts Initiatives
Boys Hip Hop Workshops - Illawarra

Are you a boy in Years 7-12 at a public school? Interested in Dance and Hip Hop? Then this experience is for you!!!

Urban Dance Crew:
From these workshops, a number of students may be identified to form the 2014 Urban Dance Crew.

Any student who is unable to attend the workshops and would like to audition for the Urban Dance Crew must contact Kirsten at Kirsten.dickason1@det.nsw.edu.au to seek approval to audition via YouTube.

Workshop dates and venue:
Tuesday 9 September Keira High School
Cost: $22.00 (inc GST) 10.00am – 3.00pm Lysaght Street, Fairy Meadow
Apply online at: Senior Boys Hip Hop Workshop Application
Applications close 28 August 2014 - Don’t miss out!
For further information please visit our website at www.artsunit.nsw.edu.au or contact Kylie Watts – 0437679581 Kylie.watts@det.nsw.edu.au

Join in with others in taking pride in what you see and share in the Corrimal town centre.

This Saturday 23 August from 9.00 - 9.30 am (for registration) we are cleaning out the weeds (under guidance of Bush Care people)

Then on Saturday 30 August from 9.00 - 9.30 am (for registration) we are planting native species and the Lord Mayor is officiating with planting the first tree.

Help out for whatever time you have available.

This activity is firstly a preparation for Spring into Corrimal on Saturday 14 September and secondly a first volunteer activity by the Corrimal Revitalization Action Group (CRAG) in conjunction with Wollongong City Council.

September school holiday soccer skills development 23rd, 24th, 25th September
- Improve soccer skills
- Regular program 3 hours per day over 3 days - $100
- Mighty mites program for under 7's 1.5 hours per day over 3 days - $60

Location - Wollongong & Shellharbour
See website for more details
Ph: 0459 532 223 nswwscah@coerver.com.au

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CareSouth's FAMILY CHOICES PROGRAM supports children with a disability and their families. Children come from a happy, stable family who simply need a break or support.

With a limited time commitment of every second weekend and some school holidays, you can make a real difference in a young person's life.

All our carers are provided with caseworker support and training for the individual needs of the child. An allowance is also provided to cover daily expenses incurred whilst caring for a child.

You can make a difference today! A family in your community could really benefit from your help.

To find out more, please call on 1300 554 260 or visit our website www.caresouth.org.au.

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