



FRANCIS GREENWAY HIGH SCHOOL GAZETTE



Mrs Edwards (Principal)

We Value Your Input

Please feel free to contact us at any time:

PO Box 124, Beresfield NSW 2322

Phone: 02 4964 1282 Fax 02 4964 1147

Email: francisgre-h.school@det.nsw.edu.au

Website: <http://www.francisgre-h.schools.nsw.edu.au>

**Edition 5
June 2018**

Calendar of Events

June /July/ August 2018

Tuesdays June 12, June 19 & June 26	YAM – Youth Aware of Mental Health
Monday June 18 to Friday June 22	Work Experience for Year 10
Tuesday June 19	P & C Meeting 6pm in Library
Wednesday June 20	Subject Selection Night/BYOD Information Night
Wednesday & Thursday June 27 & 28	School Production "Disconnect" in the MPC at 7pm
Tuesday & Wednesday July 3 & 4	Subject Selections for Year 10
Thursday July 5	NAIDOC Day
Tuesday July 24 to Friday August 3	Dental Bus
Monday July 30 to Friday August 10	HSC Trials

FROM THE PRINCIPAL

Firstly, I would like to thank all those parents who work very hard to ensure students attend school in the designated uniform. Our P&C determine our uniform. As young adults it is our students' responsibility to have their uniform clean, dry and ready for school just as they would if they were going to work.

Our school production is nearly here. The CAPA faculty and their students are working tirelessly to present a professional and thought provoking production. I encourage you to purchase a ticket and come along for an evening of fabulous entertainment.

At present there is construction occurring in D-Block with a lot of scaffolding in place. There will be the need to move classes out of the area for a period of time. We are also having issues with our bell system. I congratulate the students on their resilience and cooperation during this period.

The Student Voice Team has raised with me their concern over road safety. The speed hump just before the school is not a pedestrian crossing as some of our students think. Please reinforce this to your children. They have also noticed some students not behaving in a safe manner when crossing the road and when riding their bikes and scooters. This will be addressed at school level through assembly and year meetings.

The Student Voice Team consists of student representatives from all year groups. They meet fortnightly to discuss events at the school, celebrate school successes and determine areas needing improvement. The senior leaders meet with me and we discuss the agenda items. They are a group of innovative and big picture thinking students who present themselves in a respectful and professional manner. It is an absolute pleasure to work with them.

Semester 1 report writing is well underway. The reports offer a snapshot of where your child is, at a point in time. If you require additional information or clarification around a report please make contact with the individual teacher. Teachers are mostly on class and may not get back to you the same day but will endeavour to contact you as soon as possible.

**Jo Edwards
Principal**

FROM THE DEPUTIES

Year 11

Year 11 are working well. All students should have a diary; given to them at the start of the year and is expected to be with them every day. We have endeavoured to provide opportunities for students to learn the skills and tools to maximise their performance for the HSC in the 'Reaching Your Potential' Program. Every student spends a 45-minute session with his or her mentor teacher each week. This program will continue for the rest of this year.

Flexible timetables have been offered to Year 11 with the opportunity to leave early on Monday Week A and Week B. The flexible times are a privilege and not a right and may be revoked at any time for infringement's such as Uniform, Truancy, Regular Lateness, N-Awards unresolved, to name a few.

Year 12

Year 12, Trial Exams are coming up at the start of Term 3. Time management and prioritising is imperative in these last months as the HSC quickly approaches. They each have a diary and this diary should be at school every day and used as a tool to help them with their homework and revision study timetable, mapping Assessment Tasks and even managing their school, work and social calendar.

A reminder to Year 12 that flexible timetables are in place and can be revoked at any time. It is an expectation that they are on time to their first class of the day.

Year 12, also have access to an individualised HSC timetable on Students Online. At this stage, they should have logged on, checked their exams, printed or copied their personal timetable, and added their mobile phone number to their account so they can get their HSC results via their mobile phone. If any student needs assistance with this they can see me.

Amanda Usher
Deputy Principal Year 11&12

ENGLISH



The Tempest Excursion

On a very early and cold Wednesday morning, fortunate English students from Years 9 to 12 travelled to The Seymour Centre in Sydney to see a theatre production of William Shakespeare's *The Tempest*. *The Tempest* is a prescribed text for Year 12 Advanced English so the opportunity to watch the play performed on stage was extremely beneficial. The excursion was also offered to students in 9S and 10S English classes with our Year 11 cohort studying the text when they start their HSC course in Term 4 of this year.

What a production! The stagecraft was visually spectacular and very appealing to the audience. The large sail element of the set design was cleverly used in all the major scenes, from an introductory shadow show of silhouetted characters, to an unstable banquet table, to a screen where images of royal weddings were projected. Rarely would theatre goers expect to hear titillated giggles, raucous laughter or roaring applause from a modern audience viewing Shakespeare. But we did. The director, Damien Ryan had obviously carefully considered his audience, just as Shakespeare himself did, and the mash up of contemporary songs that conveyed the wedding night of Ferdinand and Miranda was effective and engaging to say the least. Music was not the only element of the stagecraft that made this play so appealing. The effects employed to enhance Ariel's voice and the special sound effects used to convey the sinking of the ill-fated ship and its travelers certainly heightened the action. This part of the play was so realistic and one could do nothing more than look on with awe and great appreciation for the director's vision.

The characterisation of Ferdinand and Caliban was another significant element of the production and one that also explored the universal issues of freedom and post colonialism. Ferdinand was the well born son to the King whereas Caliban was the slave whose island had been invaded and stolen. The characterisation and costume of the spirit Ariel certainly added to the otherworldliness of the setting with her beautiful glistening feathers that she shook and shimmied as she appeared and disappeared and wielded her magical power over the other characters.

As always, seeing a Shakespearean play is a worthwhile and relevant experience and this was certainly evidenced as we exited the theatre by the opinions provided and discussion from the students and staff in attendance.



Danielle Walsh and Kylie McElwain
English Faculty

WELLBEING TEAM

Student Centred – Learning Focused – Wellbeing Driven

Smashed Project

In Week five of this term, on Friday June 1, students in Year 9 participated in the Smashed Program. 'SMASHED' is a 60 minute alcohol awareness theatre in education performance that aims to break the culture of underage drinking and reduce alcohol related harm amongst young people. The program involved a 30 minute performance and a 30 minute interactive workshop. This year the Smashed Program will be delivered in 15 countries and reach over 250,000 students on six continents.

Smashed Live uses powerful live theatre and interactive workshops to engage students on the dangers of underage drinking. Students follow the lives of three young people and witness how they become involved with alcohol and how it affects their lives, culminating in a tragic accident. Interactive workshops enable students to explore the facts about underage drinking, and develop strategies for resisting peer influence.

Parent Information

http://www.francisgre-h.schools.nsw.edu.au/documents/86908461/86916200/yam_youth_aware_of_mental_health_parent_information_1.pdf

Youth Aware of Mental Health Program (YAM)





The Department of Education is working with the Black Dog Institute to run a school-based peer support and mental health literacy program called Youth Aware of Mental Health (YAM). YAM is a program aimed at addressing the mental health needs of young people. YAM involves discussion and role play. It aims to get young people involved and talking about mental health.

By doing this young people will learn problem solving skills and gain knowledge about mental health. This is a free program for all Year 9 students. The Department of Education has funded all costs associated with the YAM Program.

YAM will run over 3 weeks and is delivered in the classroom setting (up to 30 students) by accredited trainers external to the school. YAM will be running at Francis Greenway High School on Tuesday June 12, Tuesday June 19, and Tuesday June 26, 2018. If you would like more information or you do not want your child to participate please see our school website for further details.

Opt Out Letter - http://www.francisgre-h.schools.nsw.edu.au/documents/86908461/86916200/yam_letter_opt_out_for_website.pdf

Parent Information

http://www.francisgre-h.schools.nsw.edu.au/documents/86908461/86916200/yam_youth_aware_of_mental_health_parent_information_1.pdf

Wellbeing Wall Nutrition & Wellbeing

Our children are often suffering from a lack of concentration, brain fog, low energy, mood swings, and poor immune systems which all lead to issues with self-esteem. Diet can improve every aspect of health. It can improve gut function, which allows for greater absorption of vitamins and minerals and therefore improve nutritional status. This in turn can lead to improvements in behaviour and brain development.

The main neurotransmitters that underpin behaviour, mood and learning are serotonin, dopamine and noradrenaline. We can improve the benefits of these neurotransmitters by eating real whole foods:

- Proteins – essential for happy and calming neurotransmitters which assist in attention and learning
- Carbohydrates – which contain Vitamin B which is required for energy
- Fatty Acids – our brains are around 70-80% fat and require omega 3 fatty acids for brain development



You don't need an extreme approach to improve your child's diet. Start with the five following steps:

1. Avoid processed and packaged foods – full of sugar, glucose and flour
2. Avoid preservatives – do not eat food with numbers in it
3. Avoid prepared food – often full of MSG, trans fat and hidden sugars
4. Reduce sweetened drinks – instead drink water
5. Eat regularly – if we don't eat regularly our blood sugar drops and we binge to fill the gap

Local Events & Resources

The following events/opportunities are available in the local area in the coming weeks. If you require more information please contact Natalie Conway for more information.

Are you a young person looking to spice up your week with something extra?

Headspace Maitland have you covered with a range of free activities:

- Chopped (creating your own cookbook and taste testing) - Friday June 8, 3.30-5pm
- Zumba class - Friday June 15, 4.40-5.30pm
- Treat yo'self (self care) - Friday June 22, 3.30-5pm
- Crafternoon - Friday June 29, 3.30-5pm

Natalie Conway
Head Teacher Wellbeing

LAW

"Law Day Out" with Year 11 and 12 Legal Studies

On Tuesday May 22, students in Year 11 and 12 Legal Studies travelled to Newcastle Court House to attend 'Law Day Out', which allowed students to see firsthand the legal system in action. Students met with solicitor, Ms Lauren O'Brien who kindly acted as our host, guiding students through the court process and introducing them to the various staff and professionals in the court system. Students attended an information session with Judge Gartelmann in the District Court who discussed the practice and procedure of the District Court in New South Wales.

Students were then able to see the Local Court in action, and observed part of a Local Court hearing as well as bail applications. Magistrate Price also discussed the Local Court system with students and answered student questions. Students were lucky enough to enjoy the views from the top floor of the new University of Newcastle Building for a 'Q and A' with Barrister, Ben Bickford who discussed the role and responsibilities of a barrister and shared some interesting stories about cases he has worked on. Students did a great job of representing the school and will now be able to link their experiences back to their legal studies in the classroom.



Laura George
HSIE Teacher

CAPA

Year 11 and 12 Photography, Video and Digital Imaging students have been given an exciting opportunity to exhibit their photographs in the foyer of the Woodberry Family Centre. These outstanding photographs have given the students the opportunity to frame and display their own works collaboratively. These works will be displayed for the whole of the term so if you get a chance, head over and check out the students efforts. CAPA are very proud of all students involved.

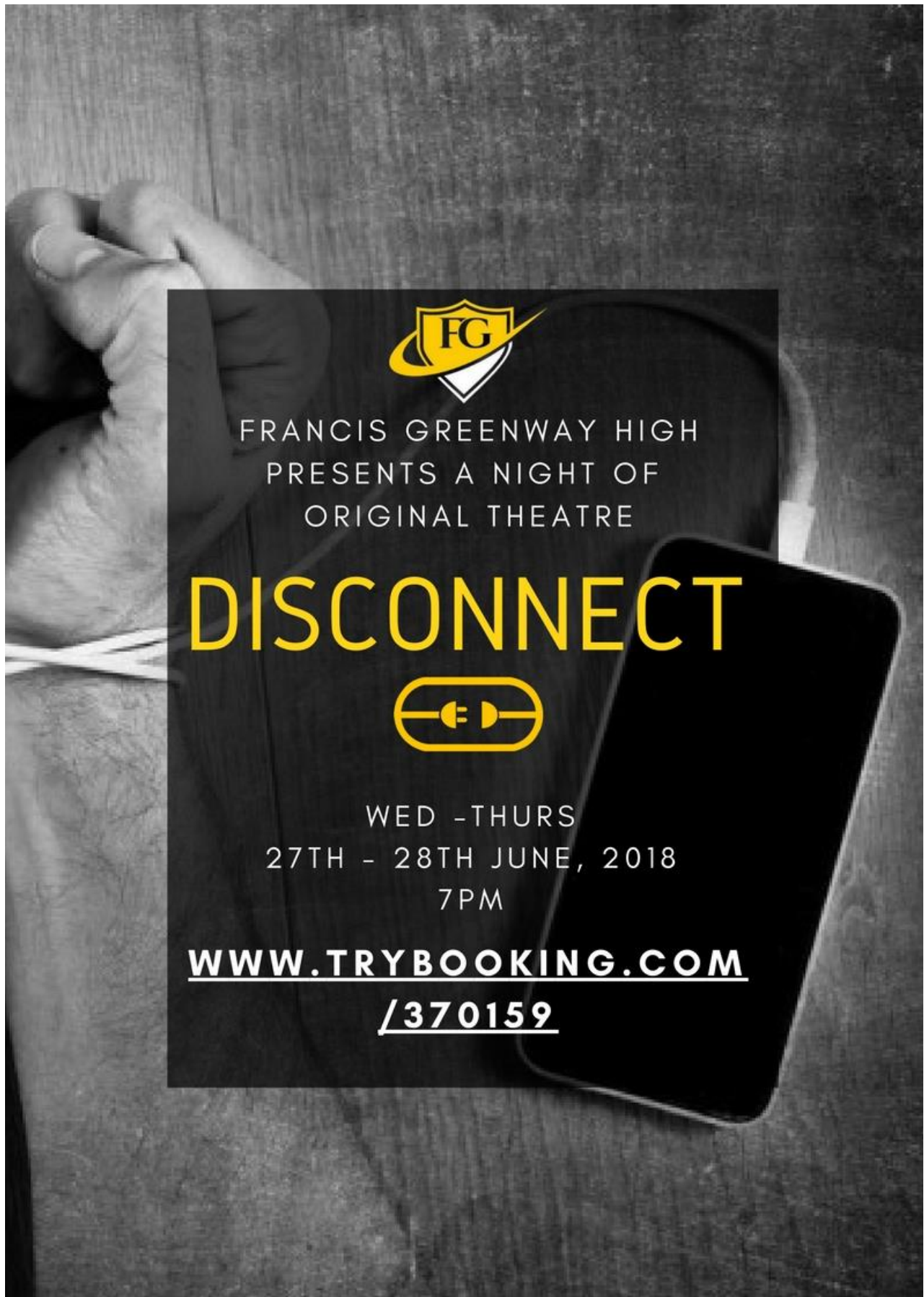






2018 School Production

Rehearsals are well underway for the 2018 School Production "DISCONNECT". With 2 weeks to go before the show, students are working every day on learning lines, characterisation, blocking, singing and choreography for the big two nights. If you haven't done so already, purchase your tickets and come and see the show. **Tickets are \$10 each or a group booking of 5 is \$35.**





**FRANCIS GREENWAY HIGH SCHOOL
PRESENTS**

DISCONNECT

Refresh, Scroll, Like, Repeat.

We all know somebody that has a love affair with their phones. I bet they are within an arm's length of it right now... Are you?

Francis Greenway High presents an original production which follows the lives of four teenagers addicted to technology and their fed-up parents. This situation is one, I am sure, many of you can relate to.

Over-the-top characters, a relatable score and a thought-provoking script, combine to create an entertaining and eye-opening play for all to enjoy.

www.trybooking.com/370159



WRITE IT RIGHT

Murrook Cultural Excursions

Indigenous students from Years 7, 8, and 9 who participate in the *Write It Right* Program undertake fortnightly visits to the Murrook Cultural Centre in Williamtown, and various other sites in the area. Below are a few of the images taken by students on our visits, and their thoughts about the experiences.

Coolamon Cutting at Clarencetown

At the end of March, we met John and Chris from Murrook at Clarence Town to learn to cut Coolamons, which are traditionally used to carry, food, water and even new born babies. The photo below disguises how much hard work and precision is required to cut a Coolamon so that it doesn't break or damage the tree. All the students worked exceptionally hard at cutting Coolamons despite the heat and the giant flies.



Glenrock Lagoon Walk

My favourite Murrook excursion so far, was when we went on a long walk to Glenrock Lagoon. It was a beautiful day for a hike. At the end of the walk there was a beautiful beach. As we walked along Steve explained about the uses of the native plants along the way. Besides the TERRIBLE mosquitoes, I really enjoyed the journey. My favourite leaf was the Sarsaparilla, it is a very lumpy and rough leaf, it felt like sandpaper.

Kaleah - Year 8



The vine was twisted and tangled. Steve told us about the plants and vines that were along the track and what they are used for. We all had a great day but there were a couple of people who were very funny, like Brayth singing all the way and Ben trying to eat everything. We had to hike through the bush and we got attacked by mozzies, but it was worth it because as we got to the lookout there was the beautiful beach.

Jemma – Year 8



Plant Propagation at Murrook

At Murrook on March 14 the Francis Greenway Write It Right students got a tour around the area. We travelled around the grounds with the help of the Green Team, to show us how to identify plants and their uses. The Green Team's job is to propagate plants, remove introduced species and rehabilitate with native plants. We walked around the lake in the middle of Murrook and learnt that the plant named Lomandra is a plant that you can pull a reed from and gently bite the bottom of and then suck it, it will help to keep you hydrated.

Emily - Year 8

At Murrook we were with the Green Team and learned that Lilly Pilly fruit can make water sweeter and you can also make jam, so you can put it on your toast. We then went to help the Green Team plant some plants. I planted some gum tree seeds. Firstly, we collected the soil and put it into pots, then gently put the tiny seeds into the soil. When we finished, we had to water the pots by gently swooshing the water back and forth over the soil.

Harley – Year 8



Samantha Woolnough
Murrook Co-ordinator



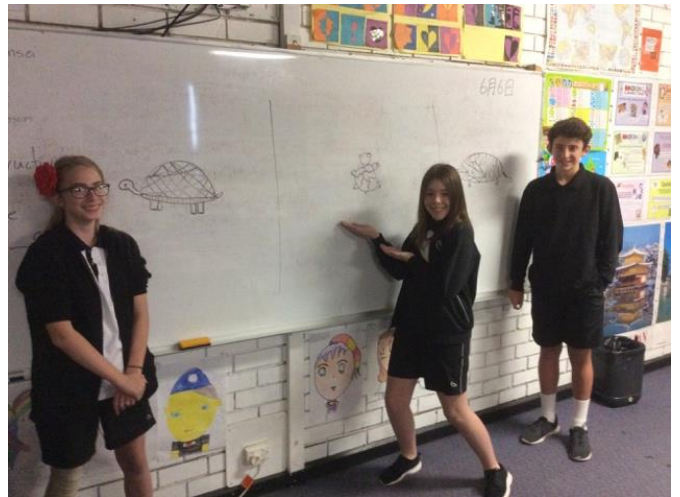
Language Other Than English (LOTE) – JAPANESE (日本語)

Konnichi wa!

This term has been a busy and exciting one for our Year 7 students. Fortnightly sessions with our Japanese Assistant, Mrs Eri MacAskill commenced. Eri *sensei* is from the most northern island of Japan, Hokkaido, and has many years of experience in New South Wales schools. We also welcomed Mr Matthew McInnes in Weeks 3 – 6 from the University of Newcastle. He has recently returned from a year and a half in Japan and keen to share his experiences. McInnes *sensei* will continue to visit our school each Thursday as a volunteer through the University of Newcastle's Teach Outreach Program.

Included below are photographs of Year 7 students participating in small group work activities. Each Thursday classes break into small groups and revolve through work station activities which develop their language skills. Students have to be cooperative and responsible learners for these work stations to function effectively. They are all to be congratulated. *omedetoo gozaimasu.* (Congratulations)

Azhure from 7K, with her origami *tsuru* (cranes). Students compete in a *kendama* challenge and drawing challenge then later talk about their skill at the games in Japanese.



Work station activities include card games, reading/writing activities, board games, using Japanese realia as a stimulus for conversation in English and Japanese.



Students work with playdough to create *kanji* characters (Japanese script) and models of food and animals. They are asked to talk about their creations in Japanese. Included in models are the Japanese characters for big 大 and small 小.





Ciarra from 7S, with her model zoo (elephant).



Sharon Waller
Japanese Teacher



Student Volunteering and Service Learning

Volunteering is activity you do of your own free will to meet genuine needs. Although you often learn new skills and knowledge, you receive no payment or advantage for your efforts. Volunteering involves giving your own time to help others.

Many students see volunteering as 'doing good stuff', putting a smile on other people's faces and generally helping out. At FGHS we have a lot of students currently involved in volunteering activities. They are our Student Voice team, Year 9 Peer Support students, surf life savers, SES volunteers and wildlife rescue organisation volunteers. Some students regularly perform duties at their local sporting clubs, visit aged care facilities or provide assistance to people with disabilities.

Students who volunteer may be suitable for inclusion in the NSW Premier's Student Volunteering Awards program. Attainment of these awards enhance a student's resume and formally recognise the service they are providing to the school and community.

If your child is involved in any of the above activities or another activity which you think might qualify as volunteering, please encourage them to speak to Mrs Waller at school about registering their volunteer hours. Alternatively, if you would like to speak with me, please call during school hours on 4964 1282.

Sharon Waller
Mathematics / Japanese Teacher



Preparations for the Tournament of Minds (TOM) competition have commenced at FGHS. This term, practice sessions are held each Tuesday at lunchtime in E12. It's called "TOM TUESDAY". Students who are interested in joining a team should come along to see what it is all about.

In brief, TOM offers teams of students the opportunity to solve authentic, open-ended challenges that foster creative, divergent thinking. In our practice sessions this term, students will get to know each other and will start to develop their collaborative teamwork skills.

TOM challenges are set in the following disciplines... The Arts, Language Literature, Social Sciences and STEM. At the beginning of Term 3, our team(s) will decide which on one challenge from the discipline of their choice and work as a team to present a solution. Competition day is Sunday, August 26.

For more information about TOM you can go to <https://www.tom.edu.au/> or contact me at school on 4964 1282.

Sharon Waller
TOM Coordinator FGHS



PD/H/PE

Personal Development, Health and Physical Education

What an exciting term we have had with students representing our school and the Port Stephens zone. We had a number of students attend the Zone Athletics Carnival at Hunter Athletics Centre on Thursday May 3. We are yet to learn of the students who are progressing to represent at the regional carnival but a huge congratulations is in order for the following students:

Year 7: Jordan Lee, Leah Davidson, Liueli Vaha'i, Kiara Falua, Amelia Jenkinson, Michelle Ryan, Breahanna Shelton, Alyssa Kehoe, Regan Fitzpatrick, Dylan Maxted, Chelsea Raymond, Imogen Titmuss

Year 8: Latifah Osai, Dylan Tranter, Marina Vaha'i, Felicity Edwards, Sarah Wardle, Zac Perrett

Year 9: Jenna Brown, Brendon Elliot, Emily Holding, Jake Lee, Joshua Logvyn, Montanna Ninness, Eli Packham, Kiarne Pluck, Bentley Titmuss, Blake Watson, Mackenzie Whiting

Year 10: Hunter Cole, Domanik Cummings, Hayley Giles

Year 11: Kayla Bazley, Steven Vaha'i, Finepolo Wade

Year 12: James Hunt

Thank you to parents/carers who supported our students to attend this event and for allowing us to have such a respectful team.

Along with the Athletics Carnival, we took 8 students to the Regional Cross Country Carnival in Cessnock on Friday June 1. The students were wonderful advocates for our core values and demonstrated why they are being selected to represent Port Stephens Zone at this level. Congratulations to the following students for their selection:

Year 7: Amelia Jenkinson, Chelsea Raymond, Jacob Tudball

Year 9: Eli Packham

Year 10: Luke Lawrence

Year 11: Kayla Bazley, James Hunt

Year 12: Caleb Carpenter

We also need to congratulate Amelia Jenkinson on her 5th place on the day. She will now attend the State Carnival in Sydney representing the Hunter Region.

Harmonie Attwill
Head Teacher PD/H/PE



We will celebrate our NAIDOC Day on Thursday July 5 at the school. Our students and committee has planned some great activities for students including a smoking ceremony to begin the day, in class lessons for all students, art, sport and an awesome surprise on the day. The theme this year is *Because of Her We Can* and we ask you to reflect on this, thinking about what it means for Aboriginal Communities, as well as those who have been instrumental in mentoring our students and even teachers.

Harmonie Attwill
Head Teacher PD/H/PE



Glenda de Wit
Defence Transition Mentor

BYOD Year 11 2019

Students in Year 11 2019 at Francis Greenway High School will be involved in the relaunch of our Bring Your Own Device (BYOD) Policy. For information about how these devices will be used in class, recommended devices and leasing plans please come along to our Subject Selection Night. You will hear from teachers using technology in their classrooms as well as Harvey Norman representatives.

What: Subject Selection Night/BYOD Information Night

When: 5pm Wednesday 20 June, 2018

Who: Year 11 2019 students and parents

Where: MPC

Student Voice Team

The Student Voice Team (SVT) participated in our GLC Leadership day on May 29. Students listened to keynote speakers detailing their own leadership journeys and participated in workshops designed to build leadership skills. Our SVT received praise from teachers and students at our partner primary schools on their willingness to help others and respect which they demonstrated on the day.



Tegan Xenos
Head Teacher Teaching and Learning

CANTEEN REPORT

We have been very busy in the canteen trialling new recipes. We have had some great feedback from the students. One of our biggest challenges is how much food to cook and put out each day. We encourage everyone to order in the morning so they don't miss out. The other benefit is there is no lining up either if you have a lunch order. Eftpos is also going very well. Volunteers are always respected and appreciated, so if you can spare any time please call Lisa or Darlene on 4964 1282.

Lisa Rowley and Darlene Ruming
Canteen Supervisors





Francis Greenway High School

Notification of Student Absence

Student Name: _____

Year: _____ First Day Absent: _____

Last Day Absent/Possible Duration: _____

Reason: _____

Notifier's Name: Mr / Mrs / Ms / Dr _____

Relationship to Student: Mother / Father / Nan / Pop _____

Signature: _____



Francis Greenway High School

Notification of Student Absence

Student Name: _____

Year: _____ First Day Absent: _____

Last Day Absent/Possible Duration: _____

Reason: _____

Notifier's Name: Mr / Mrs / Ms / Dr _____

Relationship to Student: Mother / Father / Nan / Pop _____

Signature: _____

Student's Surname: _____
 First Name: _____ Middle Name: _____
 Year Group: _____ Date today _____
 New Address: _____

 _____ Postcode: _____

New Carer Phone Numbers:

Non-Emergency Contacts:

Name: _____	Name: _____
Home: _____	Home: _____
Mobile: _____	Mobile: _____
Relationship to student: _____	Relationship to student: _____

Name of person making changes _____ relationship to student _____
Best phone/ email if contact is required today _____

[illegible]

Student(s) Name:
(Please list all students)

Year:

Parent/Carer Name:.....

Email address:

(To be returned to the Front Office)

Francis Greenway High School Uniform Shop



FRANCIS GREENWAY
— HIGH SCHOOL —



Shop Hours

Monday 1.00 – 3.30pm
Wednesday 8.00 – 9.30am

Contact Details

(02) 40286466
francisgreenway@alinta.com.au
Lawson Ave, Beresfield 2322

Girls Uniform Yr 7-12	Size	Price
S/S Blouse Yr 7-10	J8-L20	\$39.50
Formal Polo Yr 7-10	J8-3XL	\$44.00
S/S Blouse Yr 11-12	J10-L20	\$39.50
Tartan Skirt	J8-L20	\$69.00
Formal Shorts	J8-L20	\$48.50
Fitted Pants – on sale	J8-L20	\$39.00
Boys Uniform Yr 7-12	Size	Price
S/S Shirt Yr 7-10	J8-3XL	\$39.00
Formal Polo Yr 7-10	J8-3XL	\$44.00
S/S Shirt Yr 11-12	J8-3XL	\$39.00
Formal Shorts	J8-3XL	\$48.50
Formal Trousers	J8-3XL	\$55.00
Sports Uniform	Size	Price
Sports Polo	J8-3XL	\$44.00
Sports Shorts	J8-3XL	\$38.00
Trackjacket – on sale	J10-3XL	\$49.00
Trackpants – on sale	J8-3XL	\$29.00

Outerwear	Size	Price
Polar Fleece Jumper	J10-2XL	\$55.00
Knitted Jumper	10-16	\$82.00
Knitted Jumper	18-24	\$92.00
Super Fleece Jacket	J10-2XL	\$65.00
Cotton Cardigan	10-20	\$55.95
Rugby Jumper	J10-2XL	\$84.00
Accessories	Size	Price
Socks Ankle	All sizes	\$ 6.50
Sport Socks 2pk	All sizes	\$13.95
Microfibre Tights	All sizes	\$10.00
Leather Belt	All sizes	\$17.00
Tie	N/A	\$23.00
Fabric Marker	N/A	\$ 4.00

Note: Sizes not carried are available by custom order. Three month lead time applies.
An additional \$10.00 is applied to all sizes above and including a 4XL/L22
Online orders are distributed from the Uniform Shop the next opening day of the shop.
A postage charge will occur for all orders marked for delivery.
Payments can be made by cash, credit card or debit credit cards only.

Prices effective from 1/10/2017 and are subject to change without notice.