PRINCIPAL’S REPORT
Welcome to EHS

Welcome back to 2015. In particular may I extend a warm welcome to all our Year 7 students, new students to other year groups and our new staff.

Once again we start the year with a number of staff changes. The changes are as follows:

- At the end of 2014 a number of positions at our school were filled through the merit selection process. Ms Ferris was successful in gaining the Head Teacher Science position, Ms White was successful in gaining the teacher/librarian position and Mrs Nath was successful in gaining the Science/Ag position.
- The following staff also joined our school as permanent members of our staff – Ms Jeffries (PDHPE) and Ms Ames (TAS – Home Economics).
- We also have the following staff assisting us this year in casual or temporary positions – Ms Garner (Learning And Support Teacher), Ms Hissey (CAPA - Music), Mr Price (Maths), Mr Macadam (Maths), Mr Quinn (History/English), Mrs Buist (History), Ms Roberts (Social Science), Ms Sakr (Social Science), Mrs Rouen (Careers – Wed, Thurs, Fri) and Ms Murray (Careers – Mon, Tues).
- In addition the following teachers have returned to Elderslie HS following a period of leave – Ms Crossingham (Head Teacher PDHPE), Mrs Grimston-Eason (Dance/PDHPE-Wed only).

At the end of 2014 Mr Burke was offered a seconded Head Teacher position for 2015 as part of the Positive Behaviour Team for the Ultimo Group. We wish Mr Burke every success in his new role. As a result Ms Dennis will be the Acting Head Teacher Creative and Performing Arts.

Student Welfare
In 2015 the Year Advisers and Deputy Principals are:

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<th>Year</th>
<th>Year Adviser (Faculty location)</th>
<th>Deputy Principal</th>
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<tr>
<td>7</td>
<td>Mr Atterton (PDHPE)</td>
<td>Mrs Lawrence</td>
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<td>8</td>
<td>Ms Keily (English)</td>
<td>Mrs Martin</td>
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<td>9</td>
<td>Ms Bolton (Maths)</td>
<td>Mrs Lawrence</td>
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<td>10</td>
<td>Mr Townsend (Maths)</td>
<td>Mrs Martin</td>
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<td>11</td>
<td>Ms Malcolm (History) (T1 Wks 1-5)</td>
<td>Mrs Lawrence</td>
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<td>Mrs Kelly (History) (T1 Wk6-T4)</td>
<td>Mrs Martin</td>
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<td>12</td>
<td>Ms Woo (Science)</td>
<td>Mrs Martin</td>
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If you wish to speak to anyone about your child’s welfare then the Year Advisers above are a good starting point. Mrs Kelly, Relieving Head Teacher Welfare, is also available for you to ring in matters relating to your child’s welfare. For highly sensitive or confidential matters please contact the Principal or Deputy Prinicpal. For all other matters relating to courses/subjects please contact the Head Teachers of the key learning area or the Deputy Principals.

HSC Results
The 2014 Year 12 students (their teachers and families) are to be congratulated for their outstanding HSC results. In particular we would like to pass on our congratulations to Ani Hoxha our 2014 Dux. Ani achieved an ATAR result that enabled her to enter into her chosen course of study - Architecture at Sydney University.
The school had one student on the HSC Top Achievers List – Raelene Carter who came 10th in Textiles and Design and we had 13 entries on the HSC Distinguished Achievers List for students attaining a Band 6 result. The students were Danielle Attard, Raelene Carter, Kate Dawson, Ani Hoxha, Erin Middleton, Isabel Suleau and Demi Woods.

Supervision After Wednesday Sport
A reminder to all parents that if their child cannot make their way home immediately at 2.30pm on Wednesday after sport, or they cannot be picked up at this time they are to return the permission note to the Student Admin Office. We will create a roll that will be marked every Wednesday. The students will be supervised until 3.25pm – depending on numbers this will be in the library (enabling students to complete homework, assignments or study).

First P&C Meeting
We hope to see many of our parents at our first P&C meeting to be held next Tuesday evening 10 February 2014 at 7.00pm in the School Library.

Below is an article that is provided by Enhanced Learning Educational Services. The school subscribes to this web service to support out student and families. The login and password are provided at the end of the article.

Games and Technology. What are electronic games doing to the adolescent brain?
Mobile and handheld technologies provide great opportunities for learning. However, with the vast number of electronic games also available, it is easy for students to become distracted by these games at any hour of the day or night and in any location. Globally, addiction to electronic games is becoming an increasing issue - with some players spending more than 12 hours a day playing games.
Here is some of the evidence about the negative impacts of too much gaming, including what is happening to the adolescent brain of students who spend too much time on these activities.
This two year longitudinal study conducted in Singapore followed over 3,000 children in middle and high school. It found that students who spent more time gaming had lower social confidence, greater impulsivity and were more likely to become pathological gamers. Further, the study found that those students who were pathological gamers were more likely to have lower school performance, along with disorders such as depression and anxiety.


This study examined the relationship between energy intake and gaming in 22 adolescent males. It compared their energy intake after a period of gaming and also a period of rest. Biological markers (appetite hormones and blood pressure) were used as measures, along with behavioural observations (spontaneous food intake). The study concluded that participants had a higher energy intake when engaging in gaming than during rest and that this was regardless of their appetite sensations. This means students were eating more than they needed.
http://ajcn.nutrition.org/content/93/6/1196.short

In this study, the brains of 12 adolescents with a diagnosed internet addiction were examined in comparison with 11 “healthy” adolescents. The study found that there was reduced functionality in parts of the brains of those with the addiction.

This study commenced with a screening of over 500 middle and high school students to identify those with an internet addiction and compared 59 internet addicted students to 43 non-addicted students using an IQ test. Results showed that the students with an internet addiction had lower scores in relation to comprehension than the control group. Further research is required to determine whether this is cause or effect ie. Does the lower comprehension predispose the student to internet addiction, or does the internet addiction cause brain changes?

Learn more this year about how to work effectively at home and manage distractions by working through the units on www.studyskillshandbook.com.au. Our school’s access details are:

Username: eldersliehs
Password: 128results
I have also included an article on strategies to support transition to high school from Enhanced Learning. The school implements a number of these suggested strategies but it may help students and parents to read this article on page 6.

Meredith Fawcett  
Principal

DEPUTY PRINCIPALS’ REPORTS

Jennifer Lawrence (DP Years 7, 9 & 11)

Welcome back to 2015! It's hard to believe that this is my third year at the school.

As Mrs Fawcett has indicated, this year I will be responsible for Years 7, 9 and 11 and as such, will work closely with the Year Advisers of those year groups. Already, I have attended several Year Meetings with each of my year groups to focus on relevant issues pertaining to their successful start to the school year.

Year 7's Fantastic Start

I have loved chatting to the new students as I have moved around the school and although the first day was coupled with a few nerves for both students and parents, I've been delighted to find such a high proportion of students who are already comfortable in finding their way around. The vast majority have settled quickly into their new classes and are making new friends from other primary schools. Any broader issues related to academic progress in a course should be referred to Head Teachers and social and development issues should be referred to the Year Advisers, Mr Atterton and Ms Donaldson.

Year 11 and Year 9 Subject Changes

Each year, at the commencement of Year 9 and Year 11, a small handful of students express a desire to change one of their elective subjects. All students have been alerted to the fact that there is only a very short timeframe for doing this. In fact, following the end of Week 3, it will no longer be possible to make a change as too much course work will have been missed. If your child does wish to make a change, he or she should approach me in the front office in their break time. Parental permission for the change will be sought.

Home With Permission – Year 11 and 12 Students

All Year 11 and 12 students received a note on January 29 outlining arrangements for leaving the school grounds early. If seniors have no timetabled classes to attend at the end of the day, they are able to leave the grounds with permission (and make their way directly home) but must return the note in order to facilitate this process. We ask all parents to check student timetables to ensure you are always aware of when your son or daughter is required at school. Any student who did not receive this note should collect one from their year adviser as soon as possible.

Natalie Martin (DP Years 8, 10 & 12)

Welcome Back.

Years 8, 10 and 12 have all returned to school and have begun the settling in process required at the beginning of each year. All students have been issued with their diaries which they are expected to use on a daily basis to keep track of school events, assessments and homework. Good organisational skills will help students to manage the workload and plan their time effectively and ultimately keep stress to a minimum for both students and parents. We are also looking into the benefits of using electronic diaries for students who would be able to access them on their digital device. More information about this will be made available later in the semester.

Welfare Support

Our school Chaplain Aaron Williams works with our students all day Monday and Tuesday mornings. He is available for one to one mentoring support and he also coordinates breakfast club in Food Lab 1 every Tuesday morning. Students can find him in the Learning and Support Staffroom in the Library.

A Girls Group Workshop began this week and will run for approximately 10 weeks for 1 period per week. Tiaarn Page from Camden Community Connections will be coordinating the group. Topics to be covered include; self-esteem, communication, sexual health, cybersafety, drug awareness, positive relationships and safe decision making. The workshops will be targeting Year 10 students and aim to provide welfare support for students as they face the challenge of being a teenager.

Aboriginal Students

Two of our Year 12 Aboriginal students Catherine Lambeth and Kimberley Rouland were successful in obtaining KARI Scholarships. These funds will go towards their educational expenses in their final year of school. KARI is an Aboriginal organisation that focuses on students completing their HSC and they also provide a variety of other services for Aboriginal people.

The Aboriginal Education Team will also be reviewing and updating student Education Plans this semester. We endeavour to consult with our Aboriginal families before they are finalised and distributed to parents and teachers.

SPORTS REPORT

Welcome to the 2015 sport year. All students should have signed up for their summer session sport. If any student has not signed up for a sport, please go to the PDHPE staffroom to speak to staff about sport options.
Permission notes for sport need to be returned to your sport teacher ASAP.

Note to Parents/Carers: Elderslie High School has a long tradition of students achieving sporting prowess, either through school or outside activities. As you can imagine, keeping track of every talented student’s achievements is a large undertaking and invariable some achievements are not realised or recognised. If your son or daughter achieves any sporting accolades of note could you please inform the PDHPE department in writing or by email so that your child can be recognised and congratulated in future Parent Bulletins, and considered for sports awards at the end of the school year. For any sporting achievements relating to your child please forward the information to the school email address attention to Ms Jeffries. Email: elderslie-h.school@det.nsw.edu.au for future newsletters.

MOCK TRIALS, DEBATING AND PUBLIC SPEAKING UPDATE

Mock Trials, Debating and Public Speaking are back at Elderslie High School for 2015. Preliminary meetings will be taking place in the next few weeks for students interested in participating in any of these activities. Competitions will be under way later this term. So if there are any students who are interested in participating in any of these activities in 2015 please see Ms Dennis in the Studio for more information.

Ms S. Dennis

CAPA REPORT

South Pacific is coming to Elderslie High School

This year Elderslie High School will see the return of a Musical Performance. We will be presenting South Pacific. Come along and join in all the fun as Elderslie High School sings, dances and embraces an island paradise during World War II. Featuring some of Elderslie High School’s hottest young talent, South Pacific is a performance not to be missed!

Auditions for all roles and the chorus are now finalised and rehearsals are going strong. Everyone is very excited and nervous about the upcoming event. So stay tuned for regular updates on our progress. South Pacific will be presented to the school community on the 25th June – 27th June, 2015 at the School Hall.

CAPA Update

It is early Term One and already CAPA students are working tirelessly to improve their skills, plan performance items and participate in as many experiences as they can during 2015.

Just a reminder that the CAPA Information Evening is on Tuesday, 10th February, 2015 in the School Hall from 6.00 – 7.00 pm. It is a must for parents with children involved in the School Musical, Dance, Drama, Vocal Ensemble or Orchestra at Elderslie High School. We hope you will gain all of the information you require about the year ahead.

Auditions for the Transition Dance Ensemble, Dance Ensemble, Ballroom Dance Ensemble and Dance Company were held during Week Two of Term One. A number of students auditioned for the ensembles with students selected for the groups commencing rehearsals this week.

The Vocal Ensemble has begun during DEAR time. All students who would like to audition for the Vocal Ensemble please see Ms Prigg or Ms Dennis. Hurry! The Vocal Ensemble fills up quickly. A Senior Vocal Ensemble will also be running during a lunch time, depending on expressions of interest.

Musicians are needed for the Orchestra for all students who are playing Brass or ANY instrument. Please see Ms Hissey or Ms Dennis if you are interested.

Once again, Elderslie High School is offering the students in Year 7 the opportunity to participate in the Junior Drama Ensemble. This group will meet on Tuesday morning from 8.00 am to 8.55 am. Classes will start on Tuesday, 10th February. You just need to see Ms Dennis in the Studio for a permission note.

Once again, Elderslie High School is offering the students in Year 7 – 12 the opportunity to become a member of the Stage / Hall Crew, as well as take on a student leadership role within the school community. The operation of this venue is now a very challenging task and the CAPA Faculty needs dedicated students to assist in running major events. Their roles will include lighting set-up and operation, sound operation, front of house, stage managing and much more. If there are any students who have not signed up for this crew there is still time. You just need to see Ms Dennis in the Studio for a contract.

The Year 10, 11 and 12 Drama students will be attending a performance of ONSTAGE (the best of the HSC Drama Performances and Projects from 2014) on Monday, 9th February, 2015 at the Seymour Theatre Centre. The students will gain a much clearer understanding of the expected level of performance required for the HSC Drama course.

The Year 10, 11 and 12 Dance students will be attending a performance of CALLBACK (the best of the HSC Dance Performances and Projects from 2014) on Thursday, 12th February, 2015 at the Seymour Theatre Centre. The students will gain a much clearer understanding of the
expected level of performance required for the HSC Dance course.

All Drama and Dance students are offered the opportunity to audition for the State Dance and State Drama Companies and Ensembles for 2015. All interested students must see Ms Dennis or Ms Donaldson to organise an application form and audition date.

So during 2015, come along and enjoy the performances of our talented CAPA students.

**Talent Quest, 2015**

The Elderslie High School Talent Quest is back for 2015! All students are invited to enter the Quest. You can enter in a variety of categories. Entry Forms are available from Ms Dennis in the Studio. Entry Forms must be returned to the Studio by Friday, 13th February, 2015. Heats will be scheduled for lunchtimes during Week 4 & 5. The Talent Quest is on Friday, 13th March, 2015 in the School Hall from 7.00 pm. If you are interested all you need to do is pick up your entry form from the Studio TODAY!

**SOCIAL SCIENCE NEWS**

Geography – Photography Competition

The Social Science Faculty will be running a photography competition this year. At the end of each term, a prize will be given to the student with the best photo. It could be a photo of an Australian or overseas landmark or an environmental issue you have dealt with within the community. So if you are travelling or being an active citizen take a photo and tell us about it. Be sure to include yourself in the photo.

**ATTENTION PARENTS & CAREGIVERS**

Information from Home School Liaison Officer

About School Attendance

Good attendance at school by all students is a high priority at Elderslie HS.

The law in NSW states that all children between six and seventeen years of age are required to attend school regularly, it is the responsibility of the parent/carer to make sure that their children attend each day the school is open for instruction.

Regular attendance at school enables students to develop a sense of belonging to a peer group and build important coping and friendship skills. These children are less likely to engage in anti-social behaviour. All children have a right to an education and through regular attendance at school can make the most of educational opportunities leading to happy and successful future.

At various times throughout the year, the executive teacher in charge of attendance and/or the HSLO will interview students with identified concerns in their attendance. Concerns with attendance may include:

- An attendance rate lower than 85%
- Unexplained or unjustified absences
- Regular lateness / part day absences.
- Extended periods of illness.

The purpose of an interview is to promote and support improved attendance at school. Please contact the school if you have any concerns about this.

Parents are encouraged to work with the school to resolve any attendance concerns to ensure the best outcomes are achieved for all students at school and in their future opportunities. If you are having trouble with your child’s attendance please contact the school as soon as possible.

Tom Pastor
Home School Liaison Officer

**PARENT/DRIVER COOPERATION REQUIRED!**

Recently a number of parents/drivers dropping off students have been obstructing the school driveways.

Please be mindful that staff are arriving and trying to enter the school premises at the same time and if they are not able to enter the grounds; traffic jams are created.

Please do not stop and/or park across the driveways.
Coping with Transition

Many students will be experiencing some form of transition this year. Perhaps they have moved from Primary School to Secondary School. Perhaps they are now a senior student. Maybe they are trying a new subject or changing levels within a subject.

With change, can come uncertainty and anxiety. Whenever we are in a new situation, we have a period of time where we are learning and adapting. Below are some tips to help students make their transitions this year as smooth as possible.

1. **ASK QUESTIONS**: Ask lots and lots of questions. If you are unsure about something, don’t sit there in silence, ask a question. If you are uncomfortable asking the teacher directly, then ask a friend or ask the teacher after class. But be aware, there are probably many other students with the same question and they will probably be thankful that someone asks the question they also have!

2. **FIND A BUDDY**: It is much easier if you have someone to talk to about what you are both experiencing. Someone you can check things with, even just someone to listen to you when you want to moan and groan, or celebrate! You don’t have to specifically say ‘let’s be buddies’, but look out for a like-minded person so that you can help each other along the way.

3. **CONSOLIDATE**: When you are learning new things, or have lots of new information heading your way, it’s important to take time to consolidate. This could be explaining what you are learning to someone like your parents, or it could be writing a short list or summary of what you have been told so you don’t forget it.

4. **POSITIVE ATTITUDE**: Your attitude can make a world of difference to the type of experiences you have during any transition. Start noticing your thoughts. Are they negative or positive? You can start to take control and direct the way you think about a situation and this in turn will change how you feel. For example if something goes wrong and you notice you’re thinking something like ‘what an idiot, I can’t believe I did that’ immediately catch yourself and say ‘that’s a bit negative, after all, everyone makes mistakes, at least now I know what I need to do for next time’. Eventually you can start to have a more positive reaction to things, look for the good in situations.

5. **AIM FOR PERSONAL BEST**: Don’t compare yourself to other people. Aim for your own “personal best”. Strive to do the best you can, to learn, to grow and develop. We all have different skills and strengths and sometimes these aren’t always evident in the school situation. So just focus on being the best student you can be and celebrate all of your strengths and gifts – whether they show up in the school arena or in your outside life.
## School Canteen Menu

### Monday
**Mexican Omelet**
- $4.00

**From the Bakery**
- Rolls, Bagels, Donuts, Muffins, Cookies
- Gathering Cloth
- Hawaiian Shaved Ice

### Tuesday
**Pasta Basta**
Mamma Mia's Classic Recipe
- Pasta, Chicken, Cheese, Spaghetti Sauce
- $5.35

**From the Bakery**
- Croissants, Muffins, Cookies
- Gathering Cloth
- Hawaiian Shaved Ice

### Wednesday
**It's a Wrap!**
Traditional wrap options
- Chicken, Lettuce, Tomato, Cheese
- $4.50

**From the Bakery**
- Croissants, Muffins, Cookies
- Gathering Cloth
- Hawaiian Shaved Ice

### Thursday
**Some Like It Hot**
- Sausage, Cheese, Tomato, Onions
- $4.50

**From the Bakery**
- Croissants, Muffins, Cookies
- Gathering Cloth
- Hawaiian Shaved Ice

### Friday
**Italian Fiesta**
- Pasta, Ratatouille, Marinara Sauce
- $4.00

**From the Bakery**
- Croissants, Muffins, Cookies
- Gathering Cloth
- Hawaiian Shaved Ice

### Drinks
- Water, Milk, Juice, Coffee, Tea
- $1.00

### Awesome Deal
- Can or Softie $1.30
- Spring Water $1.00

*With any hot food purchase*
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<th>MONDAY</th>
<th>TUESDAY</th>
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<td>2015 3A</td>
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<td>School Photo Day</td>
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<td>CAPA Info Meeting 6pm</td>
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<td>Yr 7 Vaccinations</td>
<td>Zone Swimming Carnival – Camden Pool</td>
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<td>School Library 7pm</td>
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<td>Talent Quest School Hall 7pm</td>
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Excellence Honour Service

EHS - Proud to be a public school