

# Smith's Hill High School

PROMOTING EXCELLENCE IN A SPIRIT OF TRUST AND CO-OPERATION

**Newsletter 15**

**28th September 2009**

## Coming events

<b>Week 10</b>	<b>Beginning Monday 28th September</b>
Monday	Duke of Edinburgh bronze test hike
Thursday	Creative Writing Workshop Yrs 8-10
	Jnr Boys Soccer team to play New Zealand Academy Team
Friday	Year 12 Graduation
	Last Day Term 3
<b>Week 1 Term 4</b>	<b>Beginning Monday 19th October</b>
Monday	Students return Term 4
	P&C Meeting 7.30pm

## YEAR 12 GRADUATION

This will be held at the Figtree Anglican Church on Friday. We will need to transport all students to the venue by bus and the return trip will have a subsidised cost of \$5. This is necessary because our school population and Year 12 visitors will not fit in the MPU. We ask for your support for this function as a school community. It is important that the whole school participates in the Graduation Assembly to farewell Year 12. We thank you for your assistance and support.

## YEAR 12 DRAMA STUDENTS' SUCCESS

Congratulations to Adam Skorulis and Caitlin Seymour-King whose individual pieces have been nominated for OnStage and to Caitlin, Mitchell Crouch, Michelle Steel and Lachlan Walmsley whose group performance has also been nominated. A special thank you to Mr Cutler for his support for these students which involved many extra hours and weekends.

## LANGUAGE REVIEW

The Language review has been completed. Thank you to all those parents, students and teachers who contributed to this valuable process. All comments were insightful and are being analysed to enable the faculty to develop a plan for the future.

## PONYO

Following the worldwide success of Hayao Miyazaki's movie 'Spirited Away' the latest film from Ghibli Studio, "Ponyo", has been released in Australia. The closest cinema showing the film is in Newtown, so we have secured an exclusive viewing at Greater Union in Wollongong.

Monday Oct 5 (First Monday of the holidays)  
4:30 for 5pm

Tickets are \$10 and available from the front office.

All members of the school community, friends and family are welcome to attend. Only 100 tickets can be sold through school. Otherwise they will be sold on a first-come-first-served basis from the cinema on the night.

## FORENSIC WORKSHOPS

These will be held at NSW University during the upcoming holidays and in January. They give students practical hands on experience in crime scene investigation. Please see Mr Carlon for details.

## AUSTRALIAN CHEMISTRY COMPETITION

Congratulations to the students who did so well in this national competition. We received 40 High Distinctions, 17 Distinctions and 13 Credit Awards. Rhys Fenwick, Dylan Sahlin and Mandy Wang achieved a High Distinction Award of Excellence for their perfect score. Thanks to Mr Meredith for organising this competition.

*Greg Carlon*

## 2010 SCIENCE EXPERIMENT AT MACQUARIE UNIVERSITY

This is a 3 day program in January for current Year 9 students. Please see Mr Carlon for information.

## YEAR 7 YOUNG DESIGNER AWARDS FOR TECHNOLOGY (MANDATORY)

Congratulations to the following Year 7 students for being the finalist in the Young Designer Awards for semester 1 work in Technology (mandatory).

Belinda Bertram, Michelle Royters, Katrina Perera, Vishal Pandian, Scott Martin, Rachel Jones, Lachlan Moodie, Rianna Ledwoz, Mandy Li, Laura Hallam, Timothy Talbot, Keira Spencer, Nicholas Zengoski, Adrian Wright, Rachel Dowavic, Veronica Mantei, Kyle Jackson, Emily Cambell, Phoebe Rankin-Starcevic, Amy Jones. Patrick Bell, Lucy McCarthy, Jacki Hodge, Jarrod Bridges, Brooke Evans, Connor Pontarolo, Matthew Donnelly, Mikaila Ng, Keiden Cheung.

The top Young Designers for the 7IT grouping are Adrian Wright and Keira Spencer and the 7SM grouping is Nicholas Zengoski and Amy Jones.  
Jann Rojas HT TAS

## SOUTHERN STARS

Mrs Rojas would like to say thank you to all students who participated in Southern Stars 'Just for the Fun of It'. The show was a great success and this can only happen with support from the students and the parents. She is looking forward to supporting this show next year and giving the students this wonderful opportunity to participate in this magnificent event. A very special thank you to her for her work with the group - particularly in relation to the costumes



Southern Stars Performers - *Just for the Fun of It*

## PERFECTIONISM – WHAT'S BAD ABOUT BEING TOO GOOD?

This is the title of a newly purchased book for the school library. Written by Mirium Adderholdt, PhD and Jan Goldberg, published by Free Spirit Publishing, it covers the dangers of perfectionism rather than seeking excellence.

You can also see the table of contents and read extended extracts from the book on the internet at <http://books.google.com.au>

The following extract shows the distinction which, once realised, could mean the difference between mental health and well-being, and anxiety and depression. Many students at Smith's Hill HS would do well to borrow this book and heed its excellent advice. While we appreciate the efforts of our students we don't want to see them burn out and become unhappy because they are setting themselves impossible standards.

Extract- "Wanting to achieve and persistently trying to succeed are signs of the healthy pursuit of excellence. But when what you achieve becomes who you are, when you tie yourself in knots trying to meet your own high expectations or to please your parents and teachers and coaches and friends, that's a problem. When you're afraid to take a healthy risk, that's a problem.

Perfectionist tendencies seem to exist on a continuum – ranging from healthy to dysfunctional behaviours. But there's a big difference between the healthy pursuit of excellence and the unhealthy striving for an impossible ideal.

People who strive for excellence may have a strong need for order and organisation and high expectations of themselves, but they also accept their own mistakes and have positive ways of coping. They admire role models who emphasise doing one's best and they enjoy their parents' high expectations of them.

Perfectionists, on the other hand, live in a constant state of anxiety about making errors. They have extremely high standards and perceive excessive expectations and negative criticisms from others, including their parents. Sometimes those external pressures are real, sometimes they come from within. Perfectionists question their own judgments, lack effective coping strategies, and feel the constant need for approval. They fear being exposed as frauds or impostors. Many avoid healthy risks that will help them grow,

procrastinating or refusing outright to try new experiences for fear of failure.

Gifted kids in particular can struggle with perfectionism.”

This is an excellent self-help book with awareness raising information on how perfectionism can affect not only mental health but physical health as well.

The book has some very easy-to-follow strategies to help overcome this debilitating condition and I strongly recommend it!

*Ms. Sharon Mearing - HT Welfare.*

## ART & PHYSICS

Earlier this year the Visual Arts department was approached by the School of Physics and Institute for Superconducting and Electronic Materials at the University of Wollongong. They were applying for a grant to run a project to promote connections between Arts and Physics. The main idea was to stimulate interest in science, physics and technology through various art activities, plays, creative installations and competitions.

Unfortunately they were not successful in getting their grant but Ms. Mearing’s Year 7 Art Workshop class has engaged in a unit to explore the relationships between Art and Physics anyway! So far students have investigated the scope of physics and gained some understanding of the topics of this area of knowledge. After an imaginative drawing project entitled “What if?” where students drew amusing impossible scenarios that equate to the way physicists try to explain natural phenomena, they then looked at how things work. This enabled them to practise useful drawing skills such as enlarging using a simple grid on intricate images of the internal workings of machines.

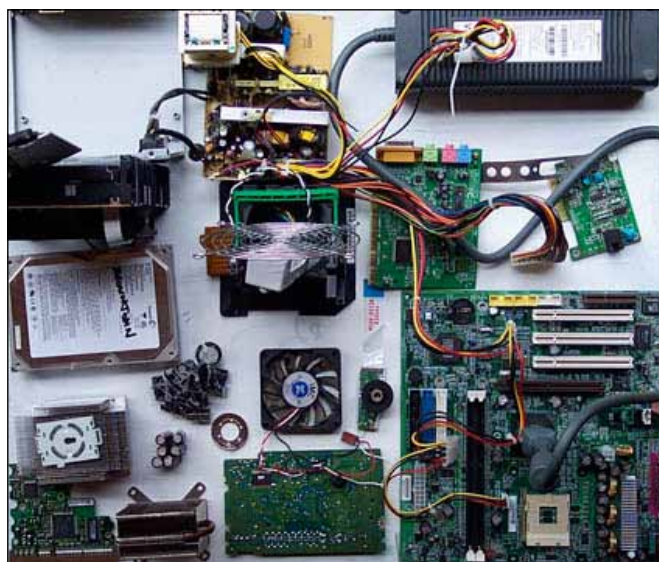
Groups have also used the conceptual framework tool from the syllabus content to investigate artworks that depict impossible worlds. Artworks by artists such as Maurice Escher, Salvador Dali and Rene Magritte were analysed and findings shared via verbal presentations.

The concept of how things work was expanded into 3D through a sculpture task where pairs of students had lots of fun investigating how things worked by dismantling simple appliances such as toasters, mix-masters, cameras and computers.

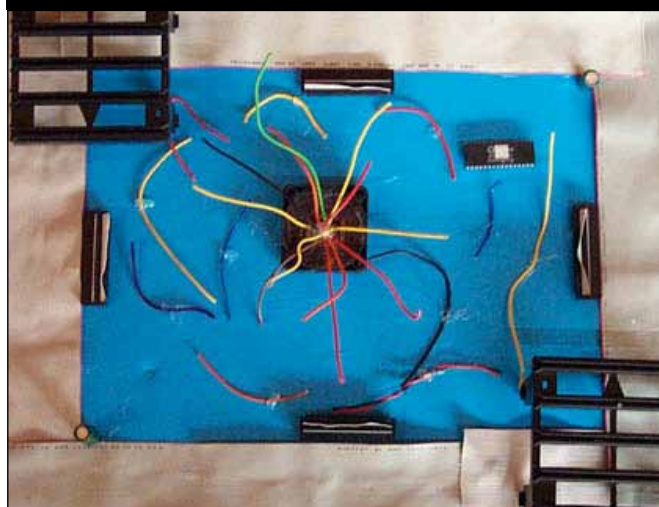
The parts were then reassembled into new relief compositions to achieve a pleasing arrangement, face or figure. The results of that experience are shown in the accompanying photographs.

We are now looking into space as a subject for drawings of nebulas, galaxies, stars and planets and learning about some of the techniques used to capture these beautiful images. We are also looking forward to creating images based on fractal theory using fractal generators on the internet.

Ms Mearing believes Year 7 will certainly have a good body of work which thoroughly explored this topic, had a lot of fun in the process and linked learning in the Arts and Science & Technology.



**Art & Physics** linking learning in the Arts and Science & Technology



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## LOCAL FOSTER CARERS NEEDED

We are looking for local people to provide care for children and young people who are unable to live with their own families. Foster carers provide short (e.g. one weekend a month) or longer term care.

Individuals, couples and families from varied backgrounds, cultural groups, Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, support and financial assistance.

Apply at

[www.community.nsw.gov.au/fostercare](http://www.community.nsw.gov.au/fostercare)  
or call 1800 2 FOSTER (1800 236 783)

## \$1,000 TO HELP PAY FOR EDUCATION COSTS

Do you have a child at school or are you studying?

Would \$1,000 help with your education costs such as:

computers, excursions, music/ swimming/dancing/ sport costs, books, uniforms or TAFE fees etc

Saver Plus is a nationally recognised savings program developed by The Brotherhood of St Laurence and ANZ and is being run by the Benevolent Society in the Macarthur and Illawarra regions. Saver Plus helps people save for educational expenses and matches \$1 for every \$1 they save (up to \$1,000) to help with education costs. To be eligible you (or your partner) need to have some paid work, be 18 years or older and have a Centrelink (health or pension) card.

Contact Liz Tinney today on 4655 8644 or 0407 310 205

We have had such a wonderful response from parents hearing about Saver Plus in their school

newsletters that we have extended the offer of a free entry into the draw for a lovely hamper every time a parent mentions your school when enquiring in the Saver Plus program until the end of Term 3.

## BULLI PCYC DISCO

VENUE: Bulli PCYC  
253 Princes Highway Bulli

Phone: 42843878

Date: Friday 2nd October, 2009

TIME: 6pm – 8.30pm

AGE: 8 years old – Year 8

Admission \$5.00

Fully Supervised  
Canteen Open  
Bring your friends  
Enjoy & have a great time!

No Pass Outs  
Parents must sign children in/out.