PRINCIPAL’S REPORT

In a society that places so much emphasis on the individual, what future does a collective mindset have in our schools? How much of our focus is on the individual and what level of importance should we place on programs that focus on the broader goals of students as a group? The current educational landscape is flush with initiatives that are centred on the individual and as a school, we too strive to meet the individual learning needs of our students that enable them to achieve to the best of their abilities and talent. As parents, we naturally want the very best for our children as they prepare themselves for their future lives. Education plays an important role in this preparation and just as we strive to meet the individual learning needs of our students, it is important that we develop the individual to be more than just independent and increase their potential by engaging with a higher mindset of interdependence.

Visiting ‘Bush School’ during Week 3 this term, it was evident that engaging in an educational program while camping in tents for a week was not meeting the individual learning needs of every student in Year 10. Yet, every Year 10 student was in attendance (apart from 3 who were overseas at the time). “I don’t do camping” would have been understandable comment for a student to make and opt out of the program. However, this program is part of our school culture for more than the reason of meeting the learning needs of individuals. It has a strong emphasis on the broader goals of students as a group and as such, we observed the development of student capacity to interact, relate and support each in both the academic and personal development activities embedded in the Bush School program. The developmental benefits gained by the individual were evident and achieved through the interdependent relationships developed between the students.

Not only do we see the benefits of interdependency at Bush School, it is evident every day in the school setting. We see it in the way in which students study together. The way in which they develop a greater understanding of concepts and content by sharing together in small groups. We see it in the way in which our teachers are engaging in practices where they reflect upon and improve their teaching practice through professional discussion around pedagogy. Through supporting each other in the ongoing improvement of teaching practice, our students as a group and as individuals are the beneficiaries.

Smith’s Hill High School is a school of individuals. We value and celebrate the individual and strive to meet their individual learning needs. Smith’s Hill High School is also a learning community. We work together within an interdependent culture to support and enhance the achievement of all students.

David C Deitz
Principal
SCIENCE NEWS

Year 7 and Year 10 students are off to Luna Park to study and experience the forces that they will soon be learning about.

The excursion is on Friday 27th March and costs $45. This covers the cost of the buses and entry to Luna Park. The students can make their normal way to school but will need to make alternative arrangements home as they arrive back at school at approximately 4.00 pm.

The cover note will be issued later this week and can be found on the schools web site. Thank you to Mr Dileva for organising this excursion.

All of Year 9 students have been issued their ESSA results. These should have been given to their respective parents/caregiver.

CONGRATULATIONS TOM ZHENG

Congratulations on Tom’s achievement so far in the Informatics Olympiad programme. The next phase in the programme for him is to compete in the Australian Invitational Informatics Olympiad (AIIO) and the French Australian Regional Informatics Olympiad (FARIO) on the 13th of March.

After the two competitions 15 students will be invited to attend a 10 day camp at Macquarie university in April where a team of 4 students will be selected to compete at the International Olympiad in Informatics. Best of luck to Tom.

UNIFORM SHOP

The uniform shop will be having a shop refit on the week starting 2nd March. The shop will be closed for trading for that week at least.

Our normal opening hours are Tuesdays 8am - 11:30am and Wednesdays 10:30am - 1:30pm.
LIBRARY NEWS

Last year the school spent many hours knitting squares through the winter months. It was not easy as many of us had limited skills and dropped stitches can be tricky things to find. We did however manage to make two beautiful rugs for the Red Cross. They sent a representative last week to collect the rugs and were really impressed with the skills and workmanship in the rugs. The Red Cross plan to raffle them as a fund raising enterprise which made us feel very humble to think our work was good enough. We will try again this winter to make a further two rugs and hone our knitting skills further.

BOOKCLUB

Last meeting saw a lot of new faces from all years in the school. We have around 35 students listed on our BookClub file and we plan to be even more active this term. I have organised a trip to a publishers (HarperCollins) in the last week of term and we will be taken through the publishing house and be able to talk to some authors as well as editors and graphic designers and illustrators. It is an excellent opportunity for students who are interested in the printed word and may look to publishing as a career. HarperCollins has been publishing the student’s book reviews on their website and our students will be able to see exactly who looks at their work and how decisions re printing are made. The book reviews can be found at this web address. http://teachershub.com.au/secondary/

At present we are updating the School library web site so apologise for any inconveniences this causes.

BOOKS

A lot of new titles have come our way and we are always welcome suggestions. There is a book located on the front desk for students to suggest new titles. Last year, on the survey I mentioned last new letter, we asked what type of resources were needed for the library. Students were keen to have more reading material available in particular genres, such as adventure. At the moment it is hard to find male protagonists in teen reads as the trend seems to be promoting the power of girls to save the world. Something to think about!
SMITH’S HILL HIGH SCHOOL NEW ONLINE PAYMENT FACILITY.
Parents and carers can now make online payments for school costs including voluntary school contributions, subject contributions, excursions etc.
A ‘$ Make a payment’ link can be found in the utility bar on the front page of the school’s website.

By selecting the ‘$ Make a payment’ link parents will be taken to a secure Westpac Quickweb payment page, they will no longer be in the school’s website.

Visa or Mastercard credit or debit cards only accepted.

**Entering payment details**
- Student’s name, class or year, date of birth
Please note: The payment must be made before 6pm for the school to receive the funds the next day. i.e. pay before 6pm on Monday, the school will have the funds on Tuesday morning. If the payment is after 6pm then there will be a 24 hour delay in the school receiving the funds i.e. pay after 6pm on Monday, the school will have the funds on Wednesday morning.

STUDY SKILLS - 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.

http://pediatrics.aappublications.org/content/127/2/e319.short


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 i.e. 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: forsmithshillsonly
Password: 46results

CANTEEN NEWS

The Canteen desperately needs two volunteers on 1st Friday, 2nd Thursday, 4th Monday of every month. Please phone Carmel Faull on 4228 5912 if you can help.

Canteen Roster for the next fortnight:

4th Monday - 23/2/15 - K. Williamson, M. Marks
4th Tuesday - 24/2/15 - L. Babister, M. Rodwell, J. Farrar
4th Wednesday - 25/2/15 - K. Bailey, S. Moffatt, Q. Hing
4th Thursday - 26/2/15 - J. Anastas, K. Lampe, R. De Mayo
4th Friday - 27/2/15 - J. Wright, J. Kaul, C. Allen

1st Monday - 2/3/15 - K. Burnard, J. Littler
1st Tuesday - 3/3/15 - L. Barone, C. Read
1st Wednesday - 4/3/15 - T. Abey, L. Bacic, V. Betts
1st Thursday - 5/3/15 - J. Chapple, C. Romelingh, S. Eager
1st Friday - 6/3/15 - Vesna

Did you know that our canteen is a P&C run canteen. It has one full time paid canteen manager, Carmel Faull and one part time canteen supervisor, Joan Long.

All profits made by the canteen are returned directly to the school for resources. For the canteen to remain financially viable we need to bank approximately $600 per day or $3000 per week. Anything over and above that is profit.

If students spend as little as $1 per day or $5 per week it will benefit the school greatly. So please remember every time a student purchases something from the canteen you are also helping your school.

Some students have now begun to serve in the canteen at recess and lunch, this is working really well. The extra help the students offer in the canteen makes waiting times for purchasing items much shorter. If you are able to assist in the canteen please call Mrs Faull in the canteen.
Bush School 2015
Maths and Stats by Email is a free fortnightly email newsletter featuring maths news and activities.

Maths and Stats by Email contains:
- the latest news from the world of maths
- hands-on maths activities to try yourself
- curious and interesting maths websites
- puzzles to tease your brain
- news about the latest maths events
- occasional competitions.

Explore maths through experiments and activities you can try at home or at school. The activities:
- use easy-to-find, everyday materials
- explore maths in a hands-on way
- are explained using everyday language
- are tested, so you can be sure they work.

Follow the link to this fortnight's newsletter- Social food webs, and Sprouts game

Saturday 21st March
8.30 am until 12.00 pm

A working bee will be held Saturday 21st March from 8.30 am until 12.00pm. The goal of the working bee will be to do edging, mulching, continue working along Gipps St., garden outside the canteen. Please bring along any tools you have that will assist with heavy and light pruning, digging. If you have a whipper snipper please bring it along. At a minimum ensure you bring a pair of garden gloves, a hat, sunscreen and please wear sun safe attire.

STUDENTS, accrue volunteer hours for the Leadership Program and the Premier's Volunteering by helping out! Any questions please do not hesitate to contact Michelle Maltby (michellem01@optusnet.com.au)

Morning tea is provided!
Space academy and field studies
(teacher and student) program
presented by
LAZSTA Inc
(The Metropolitan South-West Science Teachers’ Association)

Saturday 19 Sept – Tuesday 6 Oct 2015

LAZSTA (Metropolitan South West Science Teachers Association) and iSTEM will again embark on an enrichment program that will see 56 teachers and students participate in Space Academy in Huntsville, Alabama in September 2015.

This will be a once in a lifetime opportunity for teachers and students. During Space Camp 2015, participants will be provided with opportunities for science enrichment and leadership development which will be supported with visits to science centres, schools and universities.

. Eligibility
Open to all year 9-12 students and teachers.

Advanced Space Academy
US Space and Rocket Centre, Huntsville, Alabama.
During this weeklong program trainees are provided with hands-on training as well as learning about the mental, emotional and physical demands astronauts must face. Fields of study include Engineering, Space Technology and Aerospace Science.
The program will also include visits to attractions in Los Angeles, San Diego, San Francisco and a cultural visit to South Korea.

- Los Angeles Hollywood
- Venice Beach and Santa Monica Pier
- Griffith Observatory and Planetarium
- Universal Studios
- California Science Centre
- Fossil Tar pits
- Sea World
- USS Midway
- Alcatraz
- Disney California Adventure
- Baseball game and more
Seniors (16 yrs +) come and join UOW Rotaract in their 3rd annual ‘End Polio Now’ fundraiser.

Humans Vs. Zombies is a great day of zombie filled action for all competitors with proceeds going to a campaign of global significance.

Ticketing information will be available through UOW Rotaract’s Facebook page.

Any further enquiries can be made to Angus Brooks – angusbrooks@msn.com
LIKE TO BE INVOLVED WITH YOUTH WEEK 2015, TO BE HELD APRIL 10-19?

We need volunteers for a dance party, Globe Lane Art Markets (GLAM), live music events and art exhibitions. If you’d like to be involved or have ideas to share, we’d love to hear from you!

Contact us by calling 4227 8222 or email mball@wollongong.nsw.gov.au

Wollongong Youth Services is a service of Wollongong City Council