Principal’s Message

Homework Centre
Starting this Thursday 29th May Lake Illawarra High will be starting our Homework Centre for students who would like to gain some extra support with their assessable tasks, homework and even some extra help understanding some of those tough concepts that are taught in class.

The Homework Centre will then be open every Tuesday from 3pm to 4pm and every Thursday from 2pm until 3pm and will be held in the school Library.

There will be three tutors who will be on duty at each of these sessions, including retired teachers, university students and our own wonderful tutors who work at the school. There will even be some food to nibble on in order to get you through your late afternoon hunger!

Thanks must go to The Smith Family, our hard working Careers Adviser Mrs Willingham and also our tutors for their efforts in making this a reality.

P & C
I am extremely pleased to announce that Lake Illawarra High now has a fully functioning Parent and Citizens committee who will be working hard in the coming months and years to ensure that the students at Lake High have the best possible resources at their disposal.

My sincere thanks and gratitude go to all of those parents who have helped to make this possible. I am sure that this team will achieve some great things.

My particular thanks go to the Office Bearers who were elected at our AGM.

President: Tracey Linsell
Vice President: Jacqui Leef
Secretary: Nicole Hilton
Treasurer Gaynor Chalmers

Everyone is welcome to join the team so that you can have your input into the future directions of the school.

Our next meeting will be on Wednesday 4 June at 6.30pm in the school library.

SRC
With the SRC elections looming I would encourage every student to nominate to be part of this very important organisation. Not only do you benefit personally with the gaining of very important leadership skills but more importantly you have the chance to improve the school life of every student at Lake. Please nominate today!

School Attendance
Just a reminder of the importance of attending school. Even just having one day off can put a student at a disadvantage in their studies. Please make the effort to attend school every day. The staff love having you here! Have a great fortnight!

Tony Hicks
Principal

A reminder to parents to notify the school about your child’s health

We welcome information from parents about your child’s health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the Principal. This will greatly assist our school in planning to support your child’s health and well-being.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.
Dates for Your Calendar
Term 2

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Week B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 26th May</td>
<td>Year 11 Exams</td>
</tr>
<tr>
<td>Fri 30th May</td>
<td>Project Able – Careers Workshop Years 10-12</td>
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<tr>
<td>Wed 28th May</td>
<td>Regional Cross Country</td>
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</table>

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Week A</th>
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</thead>
<tbody>
<tr>
<td>Mon 2nd June</td>
<td>Shoe Horn Sonata Yr. 12 Excursion</td>
</tr>
<tr>
<td>Tues 3rd June</td>
<td>All schools Rugby Knockout</td>
</tr>
<tr>
<td>Wed 4th June</td>
<td>Commerce/Legal Excursion to Sydney Courts</td>
</tr>
<tr>
<td>Thurs 5th June</td>
<td>Yr. 9 Powerhouse Museum Excursion</td>
</tr>
</tbody>
</table>

As part of the PBL initiative we will be focusing on our value of respect in lessons in the coming weeks. Students will be learning what it means to be respectful in a variety of school settings. We have adapted the THINK slogan below to help remind students to be respectful when they are interacting with others.

At the recent Year assemblies it was terrific to see the large majority of students in full school uniform. Unfortunately, there are a number of girls who are still wearing brief black shorts. These are not school uniform and students are not to wear them on any occasion. Students who are attending school excursions must also be in full school uniform or they may be prevented from attending. If you still require assistance in providing your student with warm winter clothing, please contact the school.

Remember it's cool to be at school.

Respect, Responsibility and Safety
Mrs Powell and Mr Munn
Deputy Principals

SRC
“Milkshake Monday” Every B Week $2.50 each
Four Flavours
- Chocolate
- Strawberry
- Vanilla
- Caramel

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Remember it’s cool to be at school.

Respect, Responsibility and Safety
Mrs Powell and Mr Munn
Deputy Principals
Careers Expo
On Tuesday 13th May, students of Yr. 10 and 12 had the opportunity to attend the annual Careers Expo with other schools of the Illawarra. Over a hundred stalls from various fields were exhibiting and handing out information regarding TAFE, University courses, apprenticeships and private colleges and businesses to name a few.

All students would have collected various brochures and sheets of information for them to browse through. Now they can begin to discover what they would like to do beyond school or start to consolidate their future ambitions. This is an exciting time for many, especially Year 12, as they make future decisions. As always, I am more than happy to help them in the process.

Individual interviews with Year 12 students have commenced and various options and plans for their future are being discussed. This process will assist them in being prepared for their future ambitions. Prior to these meetings I am urging students to have their resume and portfolios organised to ensure all relevant information is ready for future jobs, TAFE and university applications.

Apprenticeship and Traineeship Information Sessions
An upcoming information session is at the Shellharbour Club on Wednesday 18th June. Check the attached advertisement for further details and book this date into your diary if you are interested in gaining some insider information from employers and training centres or find out about School Based Apprenticeships and Traineeships.

CAREERS NEWSLETTER can be read for further information about upcoming university open days, apprenticeship information and other useful websites. This is always sent to Years 10 – 12 and can be accessed on the school’s website.

Public Education Foundation Awards
Congratulations to our Year 12 student Sharnae Kennedy, who was selected to be a part of the Public Education Foundation Awards for 2014. On Tuesday 20th May Sharnae received a highly commended certificate at the Sydney Town Hall and was publicly acknowledged for her efforts within public education. It is wonderful to see her positive academic pursuits being acknowledged as well as her excellent efforts as SRC President within the school community at Lake Illawarra High School.

‘As always, I am here to help you.’
Rhonda Willingham
Careers Adviser
Greetings one and all.

Great things have been happening in the Library over the last few months. The Blind Date with a book display is a huge success with over 25 books being borrowed so far. We have also started a Dungeons and Dragons club and an Anime Club which is on the way to starting. There will be a UNO tournament; mine craft Competition, and Trivia Challenge happening throughout this term so make sure you keep an ear out for those. For year 12 students, we are starting a Mathematics and English weekly trivia challenge during your study periods. There will be food and drink provided each week and there is a major end of year prize for the winners of the competition being BIG DAY OUT TICKETS!!!!

We have sent away a new book order, which will include the rest of the Naruto series as well as many other student and teacher requests, yet another thing to get excited about.

All the best from your local Library team and we look forward to seeing you all soon.

Library News
Visual Arts’ Students visit the Biennale and Artexpress

Last Thursday, a large group of Year 10, 11 and 12 elective Visual Arts’ students visited the Art Gallery of NSW and the Museum of Contemporary Art in Sydney to see two very exciting exhibitions. The Sydney Biennale occurs at various venues around Sydney every two years and features cutting edge, contemporary art from around the world. Students were challenged by unusual artworks such as massive surround video imagery, sculptures made from unexpected materials like books, safety pins and massive pools of glass, colourful digital works, thought provoking, political digital images, installations and performance art. Biennale exhibitions featured at both the Art Gallery of NSW and the Museum of Contemporary Art. Students also made the most of the opportunity to see works specifically related to their studies at school. The Yiribana Aboriginal section was of great interest to many of our students.

The Art Gallery of NSW also featured Artexpress. Artexpress is the exhibition that showcases a selection of the best HSC artworks from the previous year. This was an excellent opportunity for senior students to gain ideas, confirm progress and to be inspired! Year 10 students had the opportunity to see the range of creative possibilities available to students who elect to study Visual Arts in Years 11 and 12.

Our students enjoyed the opportunity to see artworks, especially the more unusual; in gallery settings and lunch at Circular Quay was also an enjoyable and interesting experience! The behaviour of all students was exemplary and it was a pleasure to take a group of such keen, polite young adults on an excursion.

Mrs Hudson
Head Teacher CAPA
Reducing exam stress for kids

It’s never as stressful going into an exam if he feels that he's as prepared as he can be. Remind him that he only has to tackle one question at a time - he shouldn't get overwhelmed by the size of the paper.

- Help him to develop strategies to deal with his stress.
- Talk to his friends and find out what works for them in dealing with stress.
- Make sure that his expectations aren’t unrealistic and that he isn't putting excessive and unnecessary pressure on himself.
- Remind him that you’re there to help - whether it’s to help him revise, refuel him or to do the last-minute dash to the newsagent for that all-important lucky pen.
- Find a quiet space for her to study without distractions.
- Find out what he's studying and how his time-plan is working.
- Offer to lighten the load around the house during her study period.
- Force him to have breaks from study - at a certain point he will not be studying efficiently if he never takes a break
- Develop some revision techniques with her - there are many ways to revise and they don't all work for everyone, but revising methodically and calmly is the best way to study, as opposed to a panicked cram session the night before an exam.
- Help him to find balance. While studying is important, it’s also important that he take regular breaks, engage in some physical activity and eat regular and nutritious meals.
- Make sure that the weight of your expectations isn't what's causing her excessive stress.
- Encourage him to take some time away from the books for friends.
- Make sure that she asks for help if she needs it.
- He may be interested in learning a bit of yoga or meditation. At the end of a long study session, it can really help power down an overworked brain.

REMEMBER!

If your child is obviously not able to do well, or is not working as well as he can, remind yourself that there are other ways to do well in life without passing exams. You don't necessarily flunk life if you flunk an exam.

Having a plan of action on the day of an exam may help your child to focus and stay calm.

- Double check the time and place of the exam and leave plenty of time to get there.
- Make sure she has everything she needs to write with etc., and provide spares for just-in-case.
- Eat a good breakfast - even with a stomach in knots, he needs to eat something that will sustain him.
- Go to the toilet just before the exam starts. A nervous stomach can result in a nervous bladder! Once in the exam, she should read all the directions on the paper and all the questions first so she knows exactly what she needs to do.
- Remind him to plan out the allotted time so he has enough time for each question.
- Tackle the easiest questions first. If there is something that's hard, leave it and come back to it if there's time at the end.
- Once pens are down, and the exam is done, don't let him torment himself by rehashing everything he imagines he did wrong.

LOOKING FOR VOLUNTEERS!

Our school is currently looking for parents, grandparents or caregivers who are available to assist in a reading program for Year 7 students. Anyone who is interested in being involved please contact Tony Hicks or the Learning Support Team on 4296 3844.
The Education Act 1990 requires your child to attend school each day that instruction is provided unless prevented for doing so by sickness or another approved reason. The Principal will only grant leave for the following instances:

- Sickness where the absence is satisfactorily explained as being due to illness
- Misadventure or unforeseen event
- Domestic necessity such as serious illness of an immediate family member
- Attendance at funerals
- Recognise religious festivals or ceremonial occasions

If a student is absent, a note explaining the absence should be handed in to the roll call teacher on the first day of their return. The explanation should contain:
1. Date that the note was written;
2. Student’s name
3. Days/dates the student was absent from school
4. The reason why the student was absent
5. The signature of the student’s parent or caregiver.

Students can collect an absence note book from their roll call teacher or the Front Office Staff. This makes absence note writing easy as it ensures all relevant information is given to the school.

Parent/s and caregivers are required by law to provide a written or verbal explanation to the Principal within seven days of any absence as to why their child was not at school. It is important that the school receives a written or verbal explanation because:
1. It is the parent’s legal obligation to explain their child’s absence within seven days
2. It is a requirement that the school investigate all unexplained absences

3. It is the way the school knows your child was legitimately absent and not truanting from school.

Failure to explain your child’s absences within seven days of their occurrence will result in an unjustified absence being recorded. This will be displayed on your child’s report.

It is important for parents to make attending school a priority. Allowing children days off for birthdays, to look after younger children, to go shopping, to keep you company or because they were tired from a late night, not only send the wrong message to your child, it is against the law. Children who get used to having days off school for these kinds of reasons develop an attitude that their attendance at school is not very important. This can become a big issue as a child gets older.

An attendance rate of 95% or above is a good target. This equates to no more than three days absent per term.

**1 Day A Week**

<table>
<thead>
<tr>
<th>Per term</th>
<th>Per Year</th>
<th>7-10</th>
<th>K-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 weeks</td>
<td>40 days</td>
<td>160 days 3 terms</td>
<td>440 days 2.5 years</td>
</tr>
</tbody>
</table>

**5 Days A Term**

<table>
<thead>
<tr>
<th>Per term</th>
<th>Per Year</th>
<th>7-10</th>
<th>K-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 week</td>
<td>20 days</td>
<td>80 days 1.5 terms</td>
<td>220 days 1 year 0.5 term</td>
</tr>
</tbody>
</table>
Celebrate Attendance
Hints and Tips No. 8: Tips for Parents

There are some simple yet effective tips that parents can follow to ensure their child has a happy day at school.

Make sure your child has a good nights sleep.
Make sure you and your child get up early enough to
• have breakfast
• get lunch ready
• pack a school bag
• get dressed

Be organised – help your child pack bags and have homework and sports gear ready for the next day.
Be involved with your school – meet with your child’s teacher and talk regularly.
• Offer your support and help.
• Read notes from school and reply on time.
• Phone the school if you want information.
• Listen to your child read.
• Show an interest in homework.

If you would like to place an ad for your business in our newsletter please phone the school on 4296 3844 for more information.

Benson is proudly sponsored by:
McGrath Estate Agents
Now servicing your area
Phone: (02) 4232 2888
Email: fomkiama@mograth.com.au
Call today for a FREE market update

LAKE’S BREAKFAST CLUB IS OPEN TUESDAY & THURSDAY 7.45am

Our proud sponsors of our breakfast club are: Warilla Grove

MISSING (SCHOOL) = MISSING OUT

MAKE SURE YOUR CHILD IS IN SCHOOL EVERY DAY.

If you would like to place an ad for your business in our newsletter please phone the school on 4296 3844 for more information.
Flute lessons available in Albion Park, taught by an experienced teacher.

Whether learning for fun or for a career, all music styles and abilities are catered for.

Call Jodi Lamanna (BCA Music Performance) on 0402 843 004.
Hey guys,

I am a new small business in the Illawarra and I specialize in providing security services for parties and events/functions. I am happy to provide security for school balls and functions at a competitive price. If you would like to take advantage of my services please feel free to contact me on 0447 778 874 or at jmsecurityservices@hotmail.com for an obligation free consultation.

Regards

Jamie Moore
JM Security Services
Fundraising
For
Lake High

This book is $55 (you can get an electronic version too) and $11 gets donated to Lake Illawarra High School!! If you do buy one simply click on the link below or copy and paste into your browser

Make sure Ria Douglas’ name is up in the top right hand corner or there should be somewhere where you can type in Lake Illawarra High School. Message this page if you need help! Thanks for your support. For more info on the book www.entertainmentbook.com.au make sure you search through the NSW South Coast book for all the amazing deals you get! Also if you would like we can collect the books for free rather than paying the shipping fee (make sure you select pick up on checkout) just give the school a ring to let us know you have picked this option.

The Prevocational Programs Unit at TAFE NSW Wollongong Campus will be conducting an Employment and Training course for people who want to develop skills for employment or further study. The course will commence in July 2014.

This course is suitable for women and single parents and covers employment and further study skills. The course is the Certificate III in Employment and Training, course number 10699, and includes units in English, Computing Skills, Science, First Aid, Employment Skills and Maths for Work.

Please contact Antonia on 4229 0036 for further information or attend one of the following information sessions: Wednesday 18 June 2014, 4pm to 5:30pm or Wednesday 25 June 2014, 4pm to 5:30pm at Wollongong Campus, Building L, Room L2.17.
Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and textbooks
- computers, laptops, and tablets
- excursions and camps
- sports equipment, uniforms, and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Lindi Jamieson-Brown, your local Saver Plus Worker: (02) 4254 4505 / 0427 439 234 or lindi.jamieson-brown@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Illawarra and Wollongong by The Smith Family. The program is funded by ANZ and the Australian Government.
INSPIRED TO CHANGE A LIFE?

BECOME A CARESOUTH FOSTER CARER

EVERYDAY

CareSouth

www.everydaycaresouth.org.au
1300 554 260

INFORMATION SESSION

To find out more, come and talk to us at your local information session:

Tuesday
Date: 3rd June
2014

Time: 5.30pm

Location: 2 Matilda Way
BERKELEY

CareSouth Office
Calling all budding cartoonists and caricaturists - we want to exhibit your work!

Produce your own cartoon or caricature that reflects a popular news topic or personality from an Illawarra Mercury news story during May and you could be walking away with some awesome prizes!

PLUS the best entries will be printed in the Illawarra Mercury and exhibited at the Wollongong Art Gallery.

**Competition judges:**
- Alister Langford-Wilson, Illawarra Mercury Editor
- Peter Broelman, Illawarra Mercury Cartoonist
- John Monaleone, Wollongong Art Gallery Program Director

**Winner Prize Pack:**
- $1,000 cash from the Illawarra Mercury
- Intuos Pro Medium Special Edition valued at $429 (RRP) provided by Wacom
- Complimentary associate membership for a year to the Australian Cartoonists Association
- Your caricature by Australian Cartoonist Peter Broelman
- 2 tickets to the Stanley Awards to be held in Sydney in November

4 runners up will receive:
- Intuos Pro Medium valued at $399 (RRP) provided by Wacom

**Entry details:**
- Entries open: Saturday 3rd May
- Entries close: Sunday 25th May
- Entries judged: Monday 26th May
- Top finalists announced: Tuesday 27th May
- Exhibition opening night and winners announced: Thursday 29th May
- Exhibition period: Thursday 29th May – Thursday 12th June

**Entry criteria:**
- Must be between 15 and 25 years of age
- Open to amateurs only, with no more than 2 published works.

**How To Enter**
Create your work on an A3 sheet of paper and drop it at the Illawarra Mercury office at 77 Market St, Wollongong. Make sure you include your full name, age and contact number on a separate piece of paper.
New Government Child Dental Scheme for Children
$1000 for Dental Health

Dear Principal,

The Australian Government hopes to improve the dental health of an expected 3.4 million children through a new Government funded dental scheme. The Child Dental Benefits Schedule commenced in January 2014 and will assist eligible children between the ages of 2 and 17 years.

Each eligible child will have access to $1000 to use on selected dental services over a 2 calendar year period. Services that will be covered include: examinations, x-rays, cleaning, fissure sealing, fillings, root canals and extractions. Benefits will not be available for services carried out in hospital, or for orthodontic or cosmetic dental work.

To benefit from this scheme, children must be eligible for Medicare and the family must be in receipt of Family Tax Benefit Part A or receive a relevant Government payment.

Pacific Smiles Dental is accepting Child Dental Benefits Schedule patients. Parents simply need to contact our dental centre, confirm their child’s eligibility (which can be done over the phone), then book their appointment.

If you would like to include some information about this scheme in your school newsletter, please see over the page. If you would like an electronic copy of this information or an image to use in your newsletter, we would be happy to provide this to you.

Please email: marketing.assistant@pacificsmiles.com.au for information.

We look forward to helping the children of your school smile for life!

Yours Sincerely,

Kirsten Bennett - Centre Manager
Pacific Smiles Dental, Warilla

Government Child Dental Benefits Schedule
THE ILLAWARRA ABORIGINAL MEDICAL SERVICE
DENTAL CLINIC HAS A DENTAL THERAPIST TREATING
CHILDREN TUESDAY AND WEDNESDAY. WE ARE ALSO
NOW SET UP TO CLAIM THE CHILD DENTAL BENEFIT
SCHEME SO PLEASE CALL US TO BOOK AN
APPOINTMENT AND HELP KEEP FUNDS IN OUR SERVICE
TO BE ABLE TO CONTINUE TO TREAT OUR
COMMUNITY.

THE IAMS DENTAL CLINIC IS A SERVICE FOR THE ILLAWARRA ABORIGINAL
COMMUNITY FROM GERRINGONG TO HELENSBURGH.

WE HAVE A SHORT WAIT TIME SO PLEASE CALL US FOR YOUR DENTAL CHECK
APPOINTMENT TO GO ON OUR LIST.

OUR DENTAL THERAPIST IS VERY FRIENDLY AND DEDICATED IN LOOKING
AFTER THE CHILDREN OF THIS COMMUNITY AND CAN TREAT CHILDREN 0-17
YEARS OF AGE.

THE IAMS DENTAL CLINIC IS LOCATED AT 150 CHUCH STREET WOLLONGONG.

OUR PHONE NUMBER IS 02 42 299755:
Cannabis & Today’s Young Person
FREE PARENT WORKSHOP

This parent workshop will enable you to address issues concerning cannabis relating to your son or daughter by equipping you with NEW;

*KNOWLEDGE
*AWARENESS & UNDERSTANDING
*PRACTICAL STRATEGIES

It will EMPOWER you to establish a positive healthy relationship with your teenager by creating:

*BOUNDARIES
*OPEN DISCUSSION
*TRUST

Venue: Wollongong Central Library
Theatrette
41 Burelli Street, Wollongong
Date: Wednesday 25 June
Time: 6:30 PM to 8:30 PM

Light refreshments will be served!

GUEST SPEAKER:
Ngaio Chandler,
Drug & Alcohol Youth Worker
St George Youth Services
READY PROGRAM

Booking essential!
RSVP by Monday 23rd June
Phone on 0401 718 469
or book online

[Logo]
[Logo]
The Tom Farrell Institute for the Environment Presents...

Hunter Valley EV FEST 2014

16-17 August

Come and try Demos

FREE ENTRY

Gates Open 10am-4pm

Load of great exhibitors
Come and try an electric bike
Sunday EV Prize Competition and Demos

The future of transportation is here

FREE ENTRY

Newcastle Kart Raceway
Cameron Park Drive Cameron Park

www.hunterrevfestival.net

Brought to you by

An Australian Government Initiative
Inspiring Australia - Newcastle
THE TOM FARRELL INSTITUTE FOR THE ENVIRONMENT