From the Principal’s Desk

Oberon High School students have their heads down working consistently at the mid-way point of Term 3 and our Year 12 students have now completed their Trial HSC Examinations. Results and feedback will soon follow and the students will need to focus on areas of improvement so they make the most of their last 20 days of official schooling prior to their external Higher School Certificate examinations.

The last few weeks of school for Year 12 will contain many opportunities to access extra help from teachers and Mrs Fitzpatrick as many students are already preparing for university early entrance applications.

I am sure there will be many mixed emotions over the last four weeks as Year 12 look back and reflect on 13 years of schooling. I wish all our students the very best in their final few weeks of school and I would encourage them to pause and appreciate all that is great about Oberon High School.

As I will be in the United States of America for the last two weeks of term, my next opportunity to address Year 12 will be at their graduation in November. Reports will be complied over the next two weeks and issued to Year 12 students at their farewell assembly on the last day of term. Details of the farewell assembly will be sent home in the near future.

On Friday 14th August 2015, a bus load of students and community members travelled to Homebush to watch the Australian Diamonds play Wales in the Netball World Cup. Mrs Pringle and Mrs Hotham arrived home in the early hours of the morning very excited with our students and the quality of netball. Australia went on to defeat the New Zealand Silver Ferns in the final on Sunday.

I would like to thank our two teachers for such a huge time commitment which allowed our students to experience world sport at the highest level.
School Captains’ Nominations
During Week 6, Year 11 students were addressed by Mr Luccarda and Mrs Mackay-Galea about leadership at Oberon High School. Students were all given a nomination form for the position of School Captains in 2016. The responsibilities and the role were explained and the process used to elect captains was also outlined. Students who nominate will address staff at a staff meeting on Tuesday 25th August 2015 and then the students at an assembly on Monday 31st August 2015.
Voting will occur on Tuesday 1st September 2015 and the school captains will be announced later that week. These results will be published in the final newsletter in Term 3.
I wish all the candidates the best of luck and I’m sure we will continue to receive quality leadership nominations.

New Senior College
The commencement of our new Senior College is only ten school weeks away and all students will roll into their new year of learning in Week 6 of Term 4 – Monday 9th November 2015. Oberon High School will also welcome many new students from St. Josephs at this time after an extensive transition plan over the next two months. I would like to thank the staff from St. Josephs who have supported their students with their educational decisions and assisted with developing a worthwhile transition plan. Our school staff look forward to starting the new compressed curriculum model in Year 11 and also supporting all secondary students in Oberon.
If there are any questions about the new structure or any aspect of our school, please contact Craig Luccarda or Ken Barwick at the school on 6336 1606.

Dates to Remember
Thursday, 27 August 2015 - HSC Drama exams - Mrs Crouch
Thursday, 27 August 2015 - Homework Centre - Miss Grace
Friday, 28 August 2015 - Free food in Room 9 before school - Miss Marshall
Friday, 28 August 2015 - Mirage Medical Student visit - Mrs Fitzpatrick
Tuesday to Friday, 1 - 4 September 2015 - Aspire Group 2 Outdoor education - Mr Luccarda
Tuesday, 1 September 2015 - Election of school captains - Mr Luccarda
Tuesday, 1 September 2015 - Year 6 into 7 transition evening - Mr Luccarda
Thursday, 3 September 2015 - Alice and the Rabbit performances - Mr Boyd
Thursday, 3 September 2015 - Homework Centre CANCELLED due to Alice and the Rabbit
Friday, 4 September 2015 - Free food in Room 9 before school - Miss Marshall
Thursday, 10 September 2015 - HSC Music exams - Mrs Crouch

Lights! Camera! Action!
Rehearsals and preparations are well underway for the school’s showcase performance on Thursday, 3rd September - Alice and the Rabbit. See page 7 for more info - tickets are available from the school office now.
Curriculum Set-up for 2016  
The curriculum lines have been set for 2016 timetable construction after our students in Years 8, 9 and 10 made their elective choices, following their respective subject selection sessions and careers interviews. Massive thanks to Mr. Luccarda for his organisation of the information evenings and the careers interviews, along with significant support from Mrs. Fitzpatrick and Mrs. Wiggins (Edval line construction).

Now that the lines in Year 11 have been set and aligned under the existing Year 12 lines, Head Teachers can now consider staffing allocations for 2016. Next year our school has increased the number of electives in Stage 5 to fifteen. Almost every student received their elective choices, therefore student movement after the commencement of our new school year in Week 6 Term 4 (9th November 2015) should be minimal. We all need to remember that the last 5 weeks of school this year are about increasing the intensity and starting new courses, NOT a time to wind down for Christmas.

Soon after class allocations have been completed, year advisors will work on class lists for next year. These class lists will be constructed with the input of many key staff such as Head Teachers, Deputy Principal, Year Advisors, Girls Advisor and School Counsellor. Where subjects are streamed, class composition depends on the academic results of the students throughout 2015. If parents have any questions about these processes please please contact Craig Luccarda or Ken Barwick on 6336 1606. Staff are now working hard to construct our new Google platform to support our students in Stage 6 who are entering the new senior college red model.
After extensive investigation into the indicative face-to-face hours for secondary students each day, our school staff have decided to make some minor changes, in consultation with the school P&C and community. Our current learning and support period which occurred each Tuesday to Friday for 20 minutes has been merged into the other six periods, making each period 3 minutes longer. In 2016, each period will be 53 minutes in length and there will be two 30 minute breaks for students. This is a change from a 20 minute recess and 40 minute lunch break. A student survey revealed a longer early morning break would be more suitable as it divided the day up evenly with two periods – break – two periods – break – two periods. The changes were happily accepted by students, staff and the community. Assembly will only occur once per fortnight on Monday 1. We will endeavour to make our assemblies open to the community as often as possible to celebrate student successes.

**Bell Times and Period Lengths in 2016**

<table>
<thead>
<tr>
<th>Periods</th>
<th>Monday 1</th>
<th>Periods</th>
<th>Day 2 to Day 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period 1</td>
<td>9:00 am</td>
<td>Period 1</td>
<td>9:00 am</td>
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<tr>
<td>Period 2</td>
<td>9:45 am</td>
<td>Period 2</td>
<td>9:53 am</td>
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<tr>
<td>Recess</td>
<td>10:30 am</td>
<td>Recess</td>
<td>10:46 am</td>
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<tr>
<td>Assembly</td>
<td>11:00 am</td>
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<tr>
<td>Period 3</td>
<td>11:32 am</td>
<td>Period 3</td>
<td>11:16 am</td>
</tr>
<tr>
<td>Period 4</td>
<td>12:17 pm</td>
<td>Period 4</td>
<td>12:09 pm</td>
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<tr>
<td>Lunch</td>
<td>1:02 pm</td>
<td>Lunch</td>
<td>1:02 pm</td>
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<tr>
<td>Period 5</td>
<td>1:32 pm</td>
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<td>1:32 pm</td>
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<tr>
<td>Period 6</td>
<td>2:25 pm</td>
<td>Period 6</td>
<td>2:25 pm</td>
</tr>
<tr>
<td>End of Day</td>
<td>3:18 pm</td>
<td>End of Day</td>
<td>3:18 pm</td>
</tr>
</tbody>
</table>

**Homework Centre continues to Support Students**

Oberon High School continues to support student learning after hours in our homework centre on Thursday afternoons. Thanks to the staff who volunteer to assist with the Oberon High School Homework Centre. It continues to be a great success with students remaining at school to take advantage of this great initiative. Our fantastic Teacher Librarian Ms Ruth Grace organises the structure and afternoon tea.

Learning support is offered to all students who attend and extra assessment help provided. I’m sure the numbers will continue to grow as parents and students realise the opportunity and benefits.

The Homework Centre runs from 3:30pm until 4:30pm. I would like to thank Mawhood’s Supa IGA for continuing to support this extremely worthwhile program as many students are keen to remain at school and access extra support.
Campbell’s Vision Update
During the recent school holidays my son Campbell travelled to Vision Australia in Orange for his annual check-up and vision assessment. As usual, Campbell was put through a variety of tests to determine the level of deterioration and vision loss over the past twelve months. In 2014, Campbell’s result was 6/60 which placed him in the legally blind range. This means that what you and I can see from 60 metres away, Campbell needs to be 6 metres away to see. In other words, ten times closer to everything. This year his result was 5/60 which is a loss of a metre in the past twelve months. 3-D tests and colour vision tests were similar to 2014 and therefore it was determined that his vision deterioration over the past year was at a slower rate than in previous years. This was great news and we all hope the rate of loss and deterioration continues at a slow rate. Vision Australia do an amazing job with Campbell, teaching him many skills which will enable him to cope later in life. They work with technology to support his learning and they provide recommendations for Campbell’s school and class teacher.

Campbell is doing very well at Bathurst Public School in Year 5 accessing his education with the assistance of various technological devices. He is supported by his dedicated and committed class teacher, Mr Attard who supports Campbell socially and makes important adjustments and accommodations in his learning. Campbell receives extra class support twice per week from his vision teacher, Mrs Jobling, who he really likes working with on many activities, especially touch typing. Campbell also enjoys working with Mrs. Angus, his school learning support officer and he plays soccer at lunch times with his best friend Tyler.

Campbell attends Bathurst High School every second Wednesday as part of a Science Gifted and Talented Program. I would like to thank Mrs White and the staff at Bathurst Public School for their outstanding level of care they provide Campbell. He feels that he has every chance to fulfil his dream of working in the science field later in life.

Netball World Cup
On Friday 14 August some students and staff attended the Netball World Cup in Sydney. They watched Australia defeat Wales, and had photo opportunities with some of the players.

Last year our year 7/8 Boys Netball team made it through to the state finals and many students play in the Bathurst competition on weekends.

They all appreciated the opportunity to watch the world’s best netballers in competition.
Four key ways you can help
1. Be supportive: be consistent, ask questions and cultivate trust
2. Be involved: show that you are interested in young people's life, friendships, hobbies
3. Establish and maintain good communication: ask open ended questions and listen
4. Be prepared to seek help: establish a support system and remember that help is available

What is bullying?
Bullying is the intentional (often repeated) intimidating behaviour by an individual or group against another person or group. Bullying is not simply ‘part of growing up’; it is a destructive issue that can have serious effects on a young person’s physical and mental health. Bullying takes many forms and can occur in a real (face to face) or virtual (online) environment. Face to face bullying can be verbal, physical, relational (social), or indirect (involving a third party). Cyber bullying involves intimidating/degrading behaviour via technology such as text messages, email, chat rooms, and social networking sites such as Facebook and tumblr. This enables the bullying to occur outside of the school yard, 24 hours a day, seven days a week. Bullying is a complex and dynamic issue and individuals may at different times (or in different situations) be the target, the perpetrator or the bystander in relation to bullying behaviour.

Parenting and bullying: what helps?
Warm and positive family relationships can help buffer young people from the negative consequences associated with being bullied (Bowers et al, 2010). Young people, who receive high parental support, report fewer depressive symptoms than those receiving low parental support, regardless of whether they are the ones engaged in bullying behaviour or the target (Connors-Burrow et al, 2009).

If you know bullying is occurring
If bullying is occurring or suspected, don’t ignore it – the consequences can be serious – ask your young person how they are, listen and take their feelings and fears seriously. You can:
- Normalise any feelings of embarrassment, hurt or fear
- Reassure them that bullying is not their fault and that they are not responsible for what is happening to them
- Make sure they are safe. Sometimes this may require taking action they are not happy with. Have a conversation if this might be the case
- Try to give them as many options as possible to find solutions so they feel more in control. Solving problems, with your support, can increase self-esteem
- Work on improving the young person's confidence by building on the things they do well
- Help them feel good about other things in their lives
- Reassure them that they are not alone, it shouldn’t be the responsibility of your young person to ‘do something’ about the situation by themselves. [Adapted from Parenting SA, 2010]

Other useful websites:
Help lines and support:
- Lifeline www.lifeline.org.au
- Kids Help Line www.kidshelp.com.au
- There are parent helplines in every State and Territory of Australia; Google “Parentline” along with your State or Territory

Websites and further information:
- Bullying No Way – www.bullyingnoway.com.au

Ken Barwick, Principal
0418 629 198
Oberon High School

presents

Alice and the Rabbit

Showcasing a variety of performances in music, dance and drama from the students of 2015

Date: Thursday the 3rd of September in the school hall
Time: 6 for 6.30 pm start

Tickets on sale at the school office. Hurry, Don’t miss out.

Single entry $5.00  Family Ticket $20.00

P&C Happenings

Popcorn is returning.
The Fairyfloss has fluffed its way back!!
Yes, that’s right!
These super fresh treats will return on the 3rd of September
at Alice and the Rabbit showcase

• Popcorn................$1.50
• Fairy Floss.............$2.00
• Drinks...................$1.50

$5 Fun Deal!

Popcorn
Fairy Floss
and Drink

Refreshments will be available for purchase from 5:30 to 6:30 and also during interval
This term has witnessed many changes pertaining to three by three curriculum structures that the school will be embarking upon during term four. Some significant changes have occurred in the way Science will be delivered in the new curriculum.

This semester has been a busy one for the Science faculty. The final module is being completed in both the Preliminary and HSC science subjects and it is hoped that enough time will be devoted by the teachers in the faculty to undertake constructive and systematic revision work in the subjects they teach. This will definitely bring about solid consolidation of the skills that the students feel they are deficient in and pave way for greater level of achievement in the respective science subjects.

HSC students are presently completing their trial examination while the Preliminary examination will be held in week 10.

Year seven students have completed their presentation task. This task required them to use ICT in class or computer laboratory. Majority of the students used Kahoot in conjunction with PowerPoint to present their True False and Multiple-choice questions that they created as part of the task.

It was humbling to witness the creativity in their presentation. Some students also tried using Powtoon but since they do not have their own chrome books, they found the application a bit complicated.

The science faculty is building its own website and will be linking it with the google platform by the end of this year to incorporate, enhance and foster collaborative thinking practices while at the same time developing higher order thinking skills in all science classes.

Years Eight, Nine and Ten Science classes are all engaged in completing their syllabuses and will be appearing for their yearly examination in the 6th week of term 4.

Year ten students are currently studying the Chemical World topic, while year nine will be embarking on the Resources topic and the Year eight and Year seven are studying the Resources and Forces topic.
During this semester many of the Science students were awarded commendation awards for achievement and consistent efforts in Science. We are also planning to give some awards during the Science Week in the School assembly.

Currently our focus is on completing all the activities and tasks as set out in the various scope and sequences for Science and Agriculture subjects and preparing our students to embark on the new curriculum structure from week 5 of next term.

**Careers News**

HSC students who wish to apply for university places in 2016 need to complete their UAC applications by Wednesday 30th September 2015. Students have been given information on alternative/early entry schemes run by various universities. Students need to ensure that their applications are completed before the due dates (e.g. University of Wollongong is 28th August 2015).

HSC (2015) students wishing to enrol in TAFE courses commencing in 2016, can see Mrs Fitzpatrick for information and assistance in completing enrolments.

Jackson Denham, 2015 HSC student, has been successful in gaining an automotive apprenticeship in Sydney. Best wishes for the future Jackson.

On Friday 28th August students from the Mirage Rural Health Club at the University of Sydney will visit the school. Students in Years 10 and 11 will have the opportunity to attend a presentation and workshop with this group. The university students are currently studying medicine, but will cover all health related careers in their presentation.

I will now leave you with some great quotes from Sir Isaac Newton:

"By such deductions the law of gravitation is rendered probable, that every particle attracts every other particle with a force which varies inversely as the square of the distance. The law thus suggested is assumed to be universally true."

"I do not know what I may appear to the world, but to myself I seem to have been only like a boy playing on the seashore, and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me."

Mr Gyan Mudaliar
Head Teacher
Little Athletics is a uniquely Australian sport for children aged 3-17 years. As the name suggests, it is based upon the sport of athletics (track and field) and the events are specially modified to suit the ages and abilities of all children. A wide range of running, jumping, throwing and walking events are conducted.

With the season quickly approaching we will be holding registrations outside IGA Oberon on:
- Saturday 29th August from 10am – 1 pm
- Saturday 12th September from 10am – 1 pm
- Friday 25th September from 3.30pm -5.30pm

Registration is $65 per athlete. You are able to register your little athletes online at www.lansw.com.au following the links. You will need to get your username and password for RE-registrations, if you put in your email address it will be sent through to you easily (check your junk folder too). If your email address was not registered, just contact me on 02 6336 1626 and I can get your username etc to you.

It really is a sport for the whole family to enjoy together. Hope to see the old faces and some new faces on the track and field...

Little Athletics NSW and Oberon’s Little Athletics committee encouraging healthy living...

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**Community Support Skills**

Connecting community members with the help they want

Would you like to know how to recognise when someone may not be travelling well? Would you like more information about how and where help is available for mental health concerns?

This 1.5 hour short course will cover:
- signs that someone may not be travelling well
- understanding services and how to access them
- how to have a conversation with someone you’re worried about and encourage them to seek help
- how to provide simple and helpful support
- how to help someone at risk of suicide
- how to look after your mental wellbeing

**When:** Friday 4th September 2015

**Where:** Oberon RSL Club

6-00 pm to 7-30 pm

**RSVP:** Elaine Boxer on 63360441 or Jim Hawkes on 0409 288 132

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**Community Seminar**

**Oberon RSL Club**

Suitable for smokers, those supporting someone to quit, or for anyone with an interest in nicotine addiction. The facts …. & the fallacies.

**Come along and find out more ………….**

**Date:** Friday 28th August 2015

**Time:** 1.30pm to 3.30pm and 8.30-7.30pm

**Venue:** Oberon RSL Club

- Nicotine Dependence …… The Physical v The Psychological
- How dependent are you?
- Immediate Benefits of Quitting
- Does cutting down actually work?
- Treatments and how to use those products correctly (evidence based)
- Avoiding withdrawal & tips to help prevent a relapse
- Is my treatment working …….. how can carbon monoxide monitoring help?
- Am I on a medication that needs to be adjusted if I quit?
- Smoking & Alcohol
- Tobacco Smoking and Carnabys

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**PCYC | Safer Drivers Course**

For Learner Drivers

**The Safer Drivers Course involves two modules:**

**Module one:** a three-hour facilitated group discussion on how to manage risks on the road. This will involve a maximum of twelve participants and will be delivered by a facilitator.

**Module two:** a two-hour teenage coaching session on driving (risk) sharing strategies. This will involve two participants and a coach. Course cost: $140

Participants must have completed 50 hours of actual on-road driving experience to be eligible for the course. Cash paid under the 3 for 1 scheme cannot be included.

Participants who complete the course will receive 29 hours credit recorded in their learner driver log book.

**Our next courses will be held on:**

- **Sunday 2nd August 2015** at 10am
- **Tuesday 17th August 2015** at 5pm
- **Saturday 29th August 2015** at 9am

To book in, check out our website [www.safedrivers.org.au](http://www.safedrivers.org.au)

For more information, call us on 6331 2191 or email bathurst@pcycnsw.org.au

[www.facebook.com/BathurstPCYC](http://www.facebook.com/BathurstPCYC)