

NEWSLETTER



Friday, 26 July 2013

Gundagai High School
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Principal: Jennifer Miggins

DATES FROM THE CALENDAR:

Term 3:

- ✓ **Friday 2 August**
School Photos
- ✓ **Tuesday 6 August**
YR 8 & 10 subject selection evening
- ✓ **Monday 12th – Friday 16th August**
HSC Trials

School Photos
Friday 2nd August



We acknowledge the Wiradjuri people who are the traditional custodians of this Land.

Principal's Message

Term 3 School Development Day

On Monday 15th July staff were actively engaged in professional learning activities that focused on our *Improving Literacy and Numeracy National Partnership Project* and student and staff learning strategies. Discussions and planning were around literacy strategies that will best support students for their learning as benchmarked against the NSW Literacy Continuum.

This explicit literacy focus will support teachers in the implementation of the new BOS NSW syllabuses.

Welfare Day

Monday 22nd July, was an exciting opportunity for students to experience new and different information to their usual subject studies. The guest presenters were exceptional and very well received by the students. The areas covered were: Respectful Relationship, Emotional Wellness, Drugs and Alcohol, National Parks and Wildlife, Sports Psychology, Police, Healthy Eating and Literacy.

A big Thank you to the Guest Presenters!

A big Thank you to Mr Bridgeman who organised this event!

Parent-Teacher Night

This was a very well supported event by Parents. There was a positive atmosphere during this time when teachers and parents were discussing the learning of students and how to better support students in the future learning experiences.

Stage 4 into 5, and Stage 5 into 6 Subject Selection Evening Invitation Tuesday 6th August at 6pm. Students and Parents are invited to attend this evening to gather current information from the Principal's presentation, Head Teachers and Careers Adviser.

Congratulations

To Stephanie Cribb on her efforts at the State Cross Country Carnival. She has been a very successful participant across all levels of cross country over the last few years, Well Done Stephanie!



THANK YOU to ALL those STUDENTS who are in FULL SCHOOL UNIFORM

You all look very impressive members of the Gundagai High School Community. Visitors to the school have commented on how fantastic you all look and, how you are responsible and respectful.

These are great compliments. Well Done!!

Jennifer Miggins

Principal



Deputy Principal's News

Stephanie competes at state

Gundagai High School is celebrating the achievements of talented Year 12 student Stephanie Cribb after she travelled to Eastern Creek in Sydney to represent the Riverina at the NSW Combined High Schools State Cross Country carnival on July 19.

After qualifying at the Riverina Cross Country carnival held at Gundagai last term, she competed in the 18 year girls 6km course at Eastern Creek. Stephanie wore an electronic timing device that tracked her place and time in the event, finishing in the every creditable place of 35th in the state.

After walking the track with fellow competitors before the event, Stephanie commented that she noticed some big changes in the course since her last appearance there in 2012. She competed against around 70 other girls from all over the state from both public and private schools and, now back home, is proudly sporting her Riverina and State cross country apparel.



Stephanie thoroughly enjoyed running at the state carnival and is very grateful for the opportunity to compete in an event she loves. "it was great fun – I love competing" she said. "I've also loved meeting other competitors and staying in touch with them, forming some good friendships".

The school is very proud of Stephanie's efforts in representing the Riverina in both cricket and cross country this year.

Simon Bridgeman

Deputy Principal

Student Medical Forms



During Terms 3 and 4 we will be updating our medical records systems to ensure we have the most up-to-date information on your child's health.

All students will receive a copy of the new forms at roll call on Monday to take home. These will need to be filled out and returned to us as soon as you can.

The good news is we have already started collecting some of this information, which means less for you to do.

The new forms will help us collect your child's important medical information and the introduction of new systems will mean we'll be able to better manage the daily and emergency health needs of your child.

We appreciate your support as we start collecting the information, and if you have any questions please call.

Welfare Day Keeping Kids Informed

Gundagai High School held a day with a difference when students embarked on a new level of learning by having the opportunity to talk to a number of different agencies who visited the school as part of Welfare Day last Monday.

Deputy Principal Simon Bridegeman said the aim of the day was to allow an introduction to agency support for the children and also allowed the agencies in to create links with students and staff.



Senior Constable Matt Davenport, a school liaison officer based in Wagga Wagga, was there on the day to speak to the students about cyberbullying and other online issues, while a sports psychologist was also on hand to address students along with a representative from the National Parks and Wildlife Service. The children also heard from experts in the fields of healthy eating and emotional wellness, and were spoken to on the topics of drugs and alcohol, as well as maintaining respectful relationships.

One of the highlights of the day was an hour long performance by two members of Brainstorm Productions, Emily Carr and Blake La Burny. From Brisbane, Emily and Blake are currently touring New South Wales schools, both primary and high schools, performing in shows to teach students simple strategies on how to deal with the problems that Aussie kids in the 21st century have to contend with.

The duo performed 'Cyberia', a show based around cyberbullying, alienation and responsibility. The story of Ruby whose brother Tim goes missing after a meeting with a stranger he met online, the performance is based on a true story. Although the tale did have a happy ending, it also delved into the darker side of social media and the consequences that go along with engaging in unsafe as well as illegal activity online,

such as cyberbullying. Given the number of headlines we see today regarding cyberbullying, Emily said it is clear that this is a growing problem that children today are subjected to on a whole new level as the widespread use of technology enables perpetrators to expand their reach and the extent of their harm. “No matter which high school we go into or where it is, this is happening in every school because technology is so available,” she said. “We also try and teach the kids about the dangers online.

“They get warnings all the time, from parents and from teachers, but I think it's still good for them to see things like 'Cyberia' and we find they're usually very receptive to our message. We often get quite a lot of questions at the end and while a lot of the kids joke, I'd like to think that the message still gets across. “It's definitely a rewarding thing for us to do and it's always exciting to go into different schools and gauge all the different reactions.”

Senior Constable Davenport, whose role is to work primarily within schools, said cyberbullying and online abuse has becoming a very serious issue and that while the internet can work for you, it can also work against you.

“The internet is such a good tool but people do abuse it,” he said.

“Kids really need to think about what they're posting online because they can't take it back. Once it's on there, photos included, it's everywhere. If you read the fine print on Facebook, once it's there, it's their property, it belongs to them and it's no longer yours. Same with Instagram and Twitter.

“Also what people write on Facebook, if they're harassing someone for example, can be used as a legal document in court. If you use the internet or your mobile phone to harass people, it becomes a police matter. It's a criminal offence and you can be charged and convicted and then have a criminal record. And the evidence is right there online. Forever. It can be dug up 20 years later if need be.”

Senior Constable Davenport said the effects of cyberbullying can be far reaching and long lasting and points out the tragic case of 13-year-old Sydney schoolgirl Madeleine Milne who took her own life on April 25 after a senseless set of circumstances, possibly sparked by bullying.

“Unfortunately too many kids are doing it (bullying), and young people are taking their own lives as a result. The bully may never have thought it would lead to that point, but you don't know how people are going to react.”

He said students who find themselves being bullied need to tell someone – teachers, parents, Police or school counsellors.

“It would be so nice if we didn't have to have these kinds of talks in schools and kids didn't have to worry about this, but unfortunately they do.

“Gundagai is a nice place, but things like this can happen anywhere.”

The Senior Constable also spoke to the students about the dangers of befriending people they don't know online.

“My advice to parents in regards to cyber safety is to be on your kids' friend list.

“These children are someone's son or daughter and we need to look after them.”

Article courtesy of the Gundagai Independent

Maths Faculty News

Semester 2 Mathematics Schedule for Years 7 - 10

YEAR 7

Topics: Decimals

Length, Perimeter & Area

Geometric Figures

Fractions

Volume, Mass & Time

Algebra

Graphs & Tables

Task	Type	Weighting	Date Due
1	Topic Test or Assignment	20%	Term 3-Week 5
2	Topic Test or Assignment	20%	Term 3-Week 9
3	Topic Test or Assignment	30%	Term 4-Week 3
4	Topic Test or Semester Review	30%	Term 4-Week 6
Total		100%	

Assignment: In class quizzes, homework sheets, mini assignments

YEAR 8

Topics: Pythagoras' Theorem

Collecting & presenting Data

Ratio & Rates

Area & Volume

Equations & Inequalities

Analysing Data

Deductive Geometry

Task	Type	Weighting	Date Due
1	Topic Test or Assignment	20%	Term 3-Week 5
2	Topic Test or Assignment	20%	Term 3-Week 9
3	Topic Test or Assignment	30%	Term 4-Week 3
4	Topic Test or Semester Review	30%	Term 4-Week 6
Total		100%	

Assignment: Includes in class quizzes, homework sheets, mini assignments

Note: This is a guide only. Times vary depending on classes and work covered.

Extra assignments or homework can be included for assessment with a corresponding reduction in the value of topic tests

YEAR 9

Topics:

Maths 5.3	Maths 5.2	Maths 5.1
Indices	Indices	Pythagoras
Perimeter, Area, Volume	Coordinate Geometry	Further Algebra
Coordinate Geometry	Time, Length & Area	Indices
Exploring Data	Exploring Data	Coordinate Geometry
Equations & Inequations	Equations & Inequations	Time, Length & Area
Congruence & Similarity	Congruence & Similarity	

Task	Type	Weighting	Date Due
1	Topic Test or Assignment	30%	Term 3-Week 5
2	Topic Test or Assignment	30%	Term 3-Week 10
3	Topic Test or Semester Review	40%	Term 4-Week 4
Total		100%	

YEAR 10

Topics:

Maths 5.3	Maths 5.2	Maths 5.1
Coordinate Geometry	Coordinate Geometry	Geometry
Trigonometry	Trigonometry	Savings & Borrowings
Analysing Data	Analysing Data	Trigonometry
Probability	Probability	Probability
Graphs	Graphs	Coordinate Geometry
Circle Geometry-Op	Further Algebra Option	
Curve Sketching	Further Trigonometry	
	Surds & Indices	

Task	Type	Weighting	Date Due
1	Topic Test or Assignment	30%	Term 3-Week 5
2	Topic Test or assignment	30%	Term 3-Week 10
3	Semester Examination	40%	Term 4-Week 5
Total		100%	

Assignments: Includes in class quizzes, homework sheets, mini assignments

Note: This is a guide only. Times vary depending on classes and work covered.

Extra assignments or homework can be included for assessment with a corresponding reduction in the value of topic tests

School Photos



School photos will be taken on **Friday 2nd August**.

- All students have received their photo envelope. This must be returned on the day with correct money enclosed. **If you wish to pay by credit card there are instructions on the photo envelope as this type of payment needs to be made online.**
- Students must return their photo envelope even if they are not buying any photos. Photo envelopes can be returned to the front office prior to the day for safe keeping.
- Students are asked to wear the correct school uniform and be neat and tidy.
- Sport and cultural group photos will also be taken on the day. A **limited selection** of these photographs will be available for purchase later on in the term. They will cost \$15 per photo.
- A list of sport group photos and organisation for the day will be on the school noticeboards in **Week 3**.

Please contact Ms Weaver at the school if there are any further enquiries regarding the photos. Thank you.

Many kids find study difficult or boring, but you can help make it more rewarding by using the following ideas.

Developing an understanding of key concepts through study is generally more important than remembering large amounts of information.

The more kids process new material in ways that are personally helpful, the greater the chance of successful learning.

Keep up with assignments and assessment tasks

- Mark key dates on a calendar.
- Make an assignment schedule for each week.
- Make daily 'to-do' lists.

Review class work each day

- Keep a notepad handy while reading to make notes or reminders.
- Create flash cards of main ideas or key points (with details on the back).
- Make up study questions to test learning.

Take breaks while studying

- Your child will focus more if they're not tired.
- Suggest to your child that they stand up after 20 minutes and walk around the room (while thinking about the topic).
- Tell your child to take a complete five-minute break every 40 minutes.

Good study approaches for your child to use

- Make a summary of the main ideas.
- Use organisers such as columns, lists or tables and colour-coded folders for different areas of the subject.
- Draw a diagram, or mind map, to show main ideas and links between them.
- Reorganise the information and label the points.
- Write key words in the margin.
- Use headings, subheadings, underlining or bold-face when making notes.
- Create a list of key terms.
- Paraphrase a difficult passage using simpler words.
- Try memory testing by saying aloud what has been learnt.
- Cover a paragraph, diagram or page and say aloud what it was about or write some brief notes.

Ms Jennifer Miggins, Principal Gundagai High School

The 2013 Riverina CHS Cross Country Carnival has now come and gone. Thank you to all of the individuals and groups in the Gundagai community who contributed to a very successful carnival and indeed a public relations exercise.

Four hundred and ten competitors (410) from every high school and central school in the Riverina region attended the cross country carnival. These schools extended from Young in the north, Albury in the south, Tooleybuc in the west and Tumbarumba in the east. These competitors were accompanied by parents and teachers who swelled the numbers to in excess of five hundred people.

The day was a cool and overcast. The weather encouraged people to enjoy the undercover facilities and especially the catering of Lizzie Britt and the Gundagai High School P&C ladies. It was great to see people sitting in the grand stand watching the cross country competition unfold before them making an interesting contrast to the usual horse and jockey events.

The crowd had nothing but praise for the facilities, the course and organisation. The Riverina sport organiser, Mr Jason Wilesmith, again emphasised the uniqueness of the course and the excellent facilities and reassured organisers that the event would remain in Gundagai for some time to come. Gundagai has set a standard that will be hard to better.

The assistance from the Gundagai community is to be commended. The Common Trust, Race Course and Showground Committees, Gundagai High School and Gundagai Shire Council worked together to stage a showcase event.

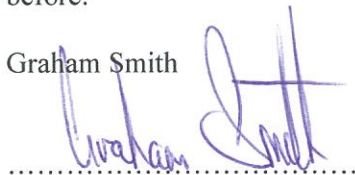
I would like to thank the hidden army of volunteers that prepared the surrounds by removing all the autumn leaves and mowing the area to a race day standard. Thanks to Len & his team. We won't mention the lonely chair recovery at the end of the day.

As convener of the event, I wish to thank everyone for their invaluable assistance. Graeme Ingold for preparing for the course, Len Tozer for overseeing the preparations for the carnival, Simon Bridgeman DP for his army of helpers including the High School RFS and SRC & Gina Keogh for her map work, are all to be applauded for their efforts in making this event a very public and successful sporting and tourism event.

Cr Peter Gain, Principal Jennifer Miggins and Tourism Committee member Jann New added a community touch to the carnival by presenting certificates to 1st 2nd & 3rd place winners. The trio swapped tales of their own school day adventures whilst waiting to present certificates. Their tales are not for publication.

I am very proud to work with the Gundagai community in promoting sport and bringing people into our wonderful town. It is known that at least 10 families were accommodated in town the evening before.

Graham Smith



19 June 2013

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Riverina Cross Country Convenor
Tumut High School

Distribution: Gundagai Race Course. Mayor of Gundagai. Gundagai High School. Gundagai Shire. Gundagai Tourism Action Committee.

Attachment: Program for 2013 produced by Riverina Department of Education

ADOLESCENT SCOLIOSIS

SPINAL CURVATURE

The National Self-Detection Program



Information for schoolgirls in years 7 and 9 and their parents

A health promotion program recommended by the Spine Society of Australia. The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

Fold

WHAT IS SCOLIOSIS?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

WHAT IS THE CAUSE OF SCOLIOSIS?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or junk food.

WHY IS EARLY DETECTION IMPORTANT?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

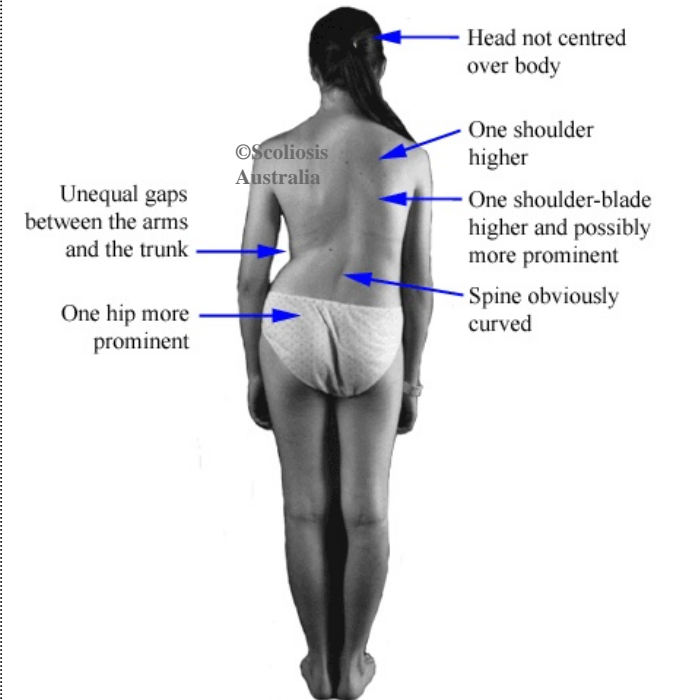
WHY THIS BROCHURE HAS BEEN PRODUCED

This brochure is designed to make parents of schoolgirls aware of the outward signs of scoliosis. From time to time all government and non-government schools in Australia will be asked to download this brochure from **www.scoliosis-australia.org** and to distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories).

Fold

If after reading this brochure you or your parents think you may have this condition, please consult your family doctor.

WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?



HOW SCOLIOSIS IS DETECTED

Apart from the outward signs with a teenager standing as illustrated, the reliable **Forward Bend Test** is used in the diagnosis of scoliosis. This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is of no significance.



The Forward Bend Test

WHAT ABOUT BROTHERS AND SISTERS?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

IS TREATMENT SUCCESSFUL?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

HOW DO YOU DETECT SCOLIOSIS?

Simply look for it!
It only takes 30 seconds



Visit our website
www.scoliosis-australia.org

©Scoliosis Australia
is a project of



The National Self-Detection
Program is supported by



Community News

Heroes Day – Sunday 28 July 2013 - Sheridan Street Gundagai

Gundagai children and their families are encouraged to get into the spirit of Heroes Day at this month's Sundry on Gundy on Sunday 28 July.

Fantastic cash prizes are on offer to people who come dressed as their hero – think fantasy heroes such as Spiderman, Wonder Woman, Harry Potter; real-life heroes like Billy Slater, Sally Pearson or The Wiggles; or even cartoon characters like Peppa Pig or Fireman Sam!

Entry is free and judging will take place from 10.30 to 11.30 outside the Niagara Cafe on Sheridan Street. Entrants can register any time before 10.30am at the judging stall.

The major sponsor for the event is McAlister, Saunderson, Stubbs Gundagai with the following prizes up for grabs:

- \$100 - best overall hero
- \$50 - best female hero (any age)
- \$50 – best male hero (any age)
- \$25 – best boy hero 6-12 years
- \$25 – best girl hero 6-12 years
- \$25 – best hero 5 years and under
- \$25 – best stallholder/retailer hero or shopfront

So get your family and friends together, dress up and enjoy a great day out!

2013 Preschool Melbourne Shopping Tour

Places are filling fast the Preschool Melbourne Shopping Tour. Leave Friday 11th Oct and return Sunday 13th Oct.. Bookings can be made by contacting Vicki Rowley 0427061941. . Deposit of \$100 required on booking. Never a dull moment and great opportunity to get those xmas gifts.

ANDY MURPHY **APOCALYPTO**

RiverRage

Winter Lexia

Last Days for Early Bird cut price tickets
Just \$23.50 - ends July 31
Available at MoshTix.com or Mirrabooka

Gundagai Race Course
13 to 25 yrs No Alcohol
7th September 4.00-10.00pm
www.riverage.com.au

RiverRage

Elvis, Johnny Cash & Marilyn Monroe Tribute
Sunday 11th August Book Now at Club

Come and experience a huge night of entertainment at the Gundagai Sports Club with a tribute to Elvis, Johnny Cash and Marilyn Monroe. This is a fund raising event for the Riverfest Committee. It will be commencing at 6.00pm and the cost will be \$25.00 per person which will include a two course meal. Bring your dancing shoes for a night to remember!!

GUNDAGAI Riverfest 6/7/8th September
a celebration of music, arts and entertainment

Friday 6th
11.00 am Seniors Concert – Cost \$12 Gundagai District Services Club –bookings at Mirrabooka
2.00 pm Official Opening of Riverfest
7.00 pm In the Shadow of the King \$25.00 Gundagai High MPC

Saturday 7th
9.00 am -4.00pm Markets/Entertainment in Carberry Park
Workshops - Displays and the RiverRage (see information below)
6.00 pm Geoffrey W Graham, Adelaide FOLK Band and CRISIS at the Club - \$20

Sunday 8th
Markets & Kids entertainment in Carberry Park
12.00 NOON Riverfest Street Parade in Sheridan Street
Over the weekend there will be ART Exhibition – Poetry Competition – Railway Station Tours

ANDY MURPHY **APOCALYPTO**

RiverRage

Winter Lexia
Light My Fire

DJ WillHerring
Chasing Shadows

Gundagai Race Course
13 to 25 yrs No Alcohol
7th September 4.00-10.00pm
www.riverage.com.au

RiverRage

REASON FOR ABSENCE



My son/daughter _____ in Year _____
was absent from school on _____
(dates student absent)

Reason: ☐ Sick ☐ Medical/Dental ☐ Family Leave

Signed: _____ Parent/Carer

Date: ____/____/____

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My son/daughter _____ in Year _____
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