



HEATHCOTE HIGH SCHOOL

FROM THE PRINCIPAL

Term 1 Week 5 2024

Everyone at HHS has hit the ground running in Term 1. As well as major events such as the school swimming carnival and 'Meet the Families Night', Year 12 have attended 'Discovery Day' at the University of Wollongong, Year 10 have had vaccinations, Years 11 and 12 have seen ARTEXPRESS exhibition at the Art Gallery of NSW, preparations are underway for the school stage production 'Treasure Island', applications are open for the 2024 Schools Spectacular – 'All 4 One', and School Photos have been taken – just to mention a few happenings.

YEAR 7 MEET THE FAMILIES NIGHT

The rain couldn't dampen the atmosphere of our 'Meet the Families Night'. It was wonderful to see current families and to meet new families and welcome you to our Heathcote High School Community.

Parents and carers had an opportunity to meet their child's teachers, across all faculties, and hear about what students will be learning, assessments and ideas for parents to support their child's transition to high school.

Special thanks to the SRC (Student Representative Council) members and our Hospitality students for your invaluable help on the night.

EXTRACURRICULAR ACTIVITIES, KNOCKOUTS AND REPRESENTATIVE SPORTS

Growing up in rural NSW, the local radio station had a children's book reading at breakfast time. I still remember the story of 'The Little Red Engine' saying "I think I can, I think I can" in their struggle to pull the load up a steep hill and eventually succeeding. Henry Ford said "If you think you can or you think you can't – you are right".

We try to instil in our students the importance of self-belief and what we tell ourselves matters a great deal.

Being involved in one of our many extracurricular activities, sports knockouts or representative teams is a great way for students to grow in confidence, believe in themselves and have others count on you, while making new friends with similar interests, and feeling connected to the school community.

Our dedicated staff go above and beyond to provide innovative programs and extracurricular activities for students to find their niche, show determination, commit to hard work and feel that sense of self-belief and accomplishment.

In my last report I covered the school production - 'Treasure Island', Dance Ensembles, Running Club and Homework Club. Here are some more of our extracurricular activities and sporting opportunities.

The NSW Premier's Reading Challenge

The Premier's Reading Challenge (PRC) started on 26 February. It is a great way for students to improve their reading and literacy proficiency. Participating in the challenge encourages students to read more books and inspires them to read for pleasure.

I encourage all our students from Year 7 to Year 10 to get involved. Remember: it is a challenge, not a competition. The book lists are extensive and contain something for everyone. Students are required to read 20 books, up to 10 of which may be personal choice books that are not on the PRC book list. Books read after last year's challenge closed can be added to this year's challenge.

The many benefits of reading include: improves language skills, increases vocabulary, expands knowledge, cultivates imagination and creativity, and inspires a life-long love of learning.

Our PRC coordinator is our Librarian, Ms Cook. Further information is available on the following link.

<https://online.det.nsw.edu.au/prc/home.html>

Taylor Swift Fever

The school's Swifties gathered in Miss Webster's art room to make friendship bracelets to celebrate Taylor Swift's Eras Tour in Sydney. There was a joyous energy and a fun, productive and creative time was had by all.



Art Club



Art Club is held on Tuesdays at Recess in Week A, and on Wednesdays at Recess in Week B in D2 art room.

The first project will be collaborating on prop designs for the school play 'Treasure Island'. All keen artists are welcome.

For more information, please see Miss Bell.

Sports Knockouts

Students interested in trying out for the following knockout teams, please see our Sports Organiser, Miss Turner.

- Open boys touch football
- Open girls touch football
- Open boys soccer
- Open girls soccer
- Open boys rugby league
- U14 boys rugby league
- Table tennis
- Open girls volleyball
- Open girls volleyball
- Open girls netball
- U15 boys AFL
- NRL 9s Gala Day

South East Sydney Representative Sports Teams

Trials for the following SE teams will be held shortly. Note these are not school-based teams but are run by Sydney East Sports Association. If you are interested in trying-out, please see Miss Turner for the paperwork.

- Boys soccer
- Girls and boys AFL
- Girls netball
- Girls and boys hockey
- Girls and boys touch football

UOW DISCOVERY DAY

Year 12 students attended a University of Wollongong Discovery Day on Monday 12 February to experience university life. Students built their own timetable based on their interests and got valuable insights on courses and resources available.

Year 12 students are looking ahead and deciding what to do after they finish school. The best way to find out about options is to get first-hand information through campus visits. The students become familiar with the layout of the campus, go to lectures and tutorials, expand their knowledge of study and career options and find out about entry pathways.

Our Careers Adviser and Senior Learning Centre Coordinator, Ms Keats provides guidance, advice and information to help students explore career options, make decisions about future careers and ensure they are on-track to achieve their academic goals.

NEW SPORTING HOUSE DESIGNS

We are proud to present our new sporting house designs for Heathcote High School.

Bluebell



Bumbayan
(Bowerbird)

Wattle



Yumbayumba
(White cockatoo)

Banskia



Djarungali
(Green tree frog)

Waratah



Mundha
(Black snake)

The redesign was a student-led initiative which began at the end of 2022 when students participating in the Interdisciplinary Project (IDP) came up with the idea to include our Dharawal heritage into our sporting houses. From there we have worked closely with the Aboriginal community to realise the students' idea.

Our students, both Aboriginal and non-indigenous participated in a variety of workshops with community members to select the totems and design new logos that are unique to our school and the Country we are on. Miss Webster developed these designs into the final designs, shown above.

While still keeping the original school's history of the four flowers – Bluebell, Banksia, Wattle and Waratah, we have incorporated animal totems in Dharawal language.

Bluebell has a totem of Bumbayan (bowerbird)

Banksia has a totem of Djarungali (green tree frog)

Wattle has a totem of Yumbayumba (white cockatoo)

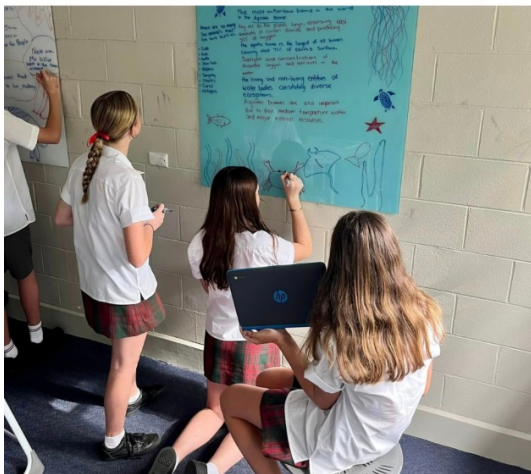
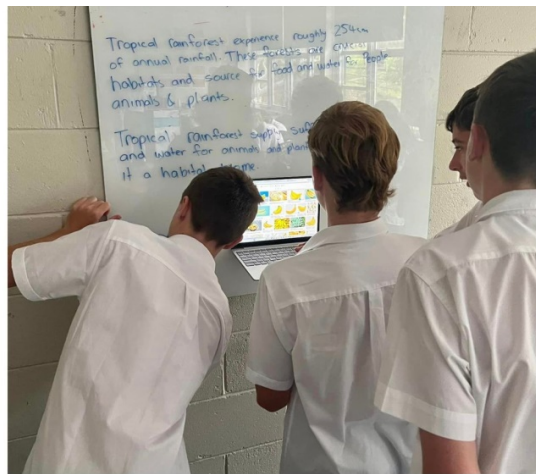
Waratah has a totem of Mundha (black snake)

A special thank you to members of the local Aboriginal community who have helped guide our school in the process including Graeme Avery, Karen Armstrong, Bree Knapp, Aunty Calita, and our Aboriginal Education Officer, Amy Cousins.

IN OUR CLASSROOMS

Year 9 Geography

Year 9 Geography students have enjoyed their study of Sustainable Biomes. The students have been tasked to investigate the importance of each biome and how human activity can impact on them. They used their collaboration, creativity, communication, and critical thinking skills to collate and present their ideas.



Food Technology

Year 12 Food Technology students are learning all about Food Additives.

If you have ever tried to read a food label you may be baffled by the long list of complex names and numbers representing various preservatives, colours, flavour enhancers, emulsifiers, bulking agents, anti-caking agents and thickeners.

It is a complex topic and the students engaged in an innovative way to test their knowledge of food additives with a game of Food Additive UNO.



Some very happy Year 7 students mastered their first practical experience making delicious pizzas. Top marks for cooking skills, nutrition and presentation.

Buon appetito!



Year 10 Photography

Year 10 photography class challenged themselves to create images inspired by Pre-Raphaelite paintings. A lot of fun was had while learning some new skills.



INTRODUCING OUR WELLBEING TEAM

Wellbeing, learning, and achievement are inextricably linked. HHS has an experienced, proactive and committed Wellbeing Team who bring their individual expertise to work together to support students and families and enhance the learning and wellbeing outcomes of students.

Head Teacher Wellbeing	Mrs Michelle Seidel
School Counsellor	Mrs Elizabeth Cinat
	Reconnect counselling also comes to the school via appointments
Student Support Officers	Ms Sage Kimber
	Ms Brittany Hosking
	Mrs Shanlee O'Reilly (currently on leave Term 1)
Sharks Program Youth Worker	Mr Adrian Sandy
Girls Mentor	Ms Chenay Mercer
Boys Mentor	Mr Jack Hearnden

Year Advisors

Year 7	Ms Erin Parker (English)
Year 8	Mr Neill Dorrington (Science)
Year 9	Mrs Louise Smith (CAPA)
Year 10	Mr Alex Barraza (HSIE)
Year 11	Mrs Merryn Penny (Maths)
Year 12	Ms Chenay Mercer (PDHPE)

SCHOOL SWIMMING CARNIVAL

What started off as a cloudy day couldn't dampen the spirits at the Heathcote High School Swimming Carnival held at the Engadine Leisure Centre on Friday 16 February.

There were a large number of events both competitive and novelty, a war-cry competition to raise the house spirits, Enduro race and some cultural activities for those not in the pool, including raffia weaving circle. Year 12 upheld the tradition of dressing up for their final school swimming carnival.

Well done to all swimmers who participated and earned points for their house, and to swimmers who achieved their personal best. Wattle-Yumbayumba was the winning house.

Special congratulations to our Age Champions and to the stellar performance of Evie M who broke the Girls 15 Years Breaststroke record. With a brilliant time of 36.69s, Evie smashed the old record of 37.93s that had been held since 1996.

Maya B	Girls 12 Years
Cooper N	Boys 12 Years
Abigail R	Girls 13 Years
Ollie G	Boys 13 Years
Marli H	Girls 14 Years
Cash P	Boys 14 Years
Evie M	Girls 15 Years
Jenson M	Boys 15 Years
Tilly M	Girls 15 Years
Nate J	Boys 16 Years
Lucy R	Girls 17+ Years
Brodie M	Boys 17+ Years

Special thanks to Mr Holmes and his team for their organisation and hard work, to all teachers who assisted on the day and to the House Captains for their encouragement and championing sporting house spirit.

Best wishes to those students who will be competing in the Zone Swimming Carnival at Sutherland Leisure Centre on Monday 4 March.



ATTENDANCE

Consistent attendance at school is important for your child to learn, strengthen friendships, have a positive experience at school and build helpful attendance habits for a lifetime.

If your child is absent from school, please let us know why as soon as possible and within 7 days. Of course there will be times when your child is unable to be at school (like when they are unwell). Medical and other appointments should take place outside school hours where possible and family holidays should be taken in term breaks.

If your child is feeling anxious about coming to school and you need support, please reach out to Mrs Seidel, our Head Teacher Wellbeing, your child's Year Adviser or me directly. Our staff are here to work with you and your child to help them attend school each and every day. There are also helpful resources for parents and carers on <https://education.nsw.gov.au/schooling/parents-and-carers/going-to-school/school-attendance-information-for-parents>

We recognise excellent attendance with canteen vouchers, certificates at our Recognition Assemblies each term and at our end of year Rewards Day.

Thank you again for working with our teachers and support staff to make sure your child is at school, on time, every day.

P & C MEETING

The P&C Meeting scheduled for 28 February has been postponed to next Wednesday 6 March 2024 at 7pm. I apologised if this has inconvenienced anyone.

P&C meetings are a great opportunity to have input into the school, meet other parents and hear of new developments within the school. I encourage all parents to become an active part of our school community through involvement in the P&C.

Meetings are held in the Common Room, 1st floor C Block at 7pm. Vehicle entry is via The Avenue.

YEARS 11 & 12 VISUAL ARTS EXCURSION TO THE NSW ART GALLERY

On Friday 1 March, Years 11 and 12 visited the Art Gallery of NSW to see ARTEXPRESS an exhibition of outstanding student artworks developed for the 2023 HSC Visual Arts course.

The students were inspired by the range of works including painting, photo-media,

Every Day Matters

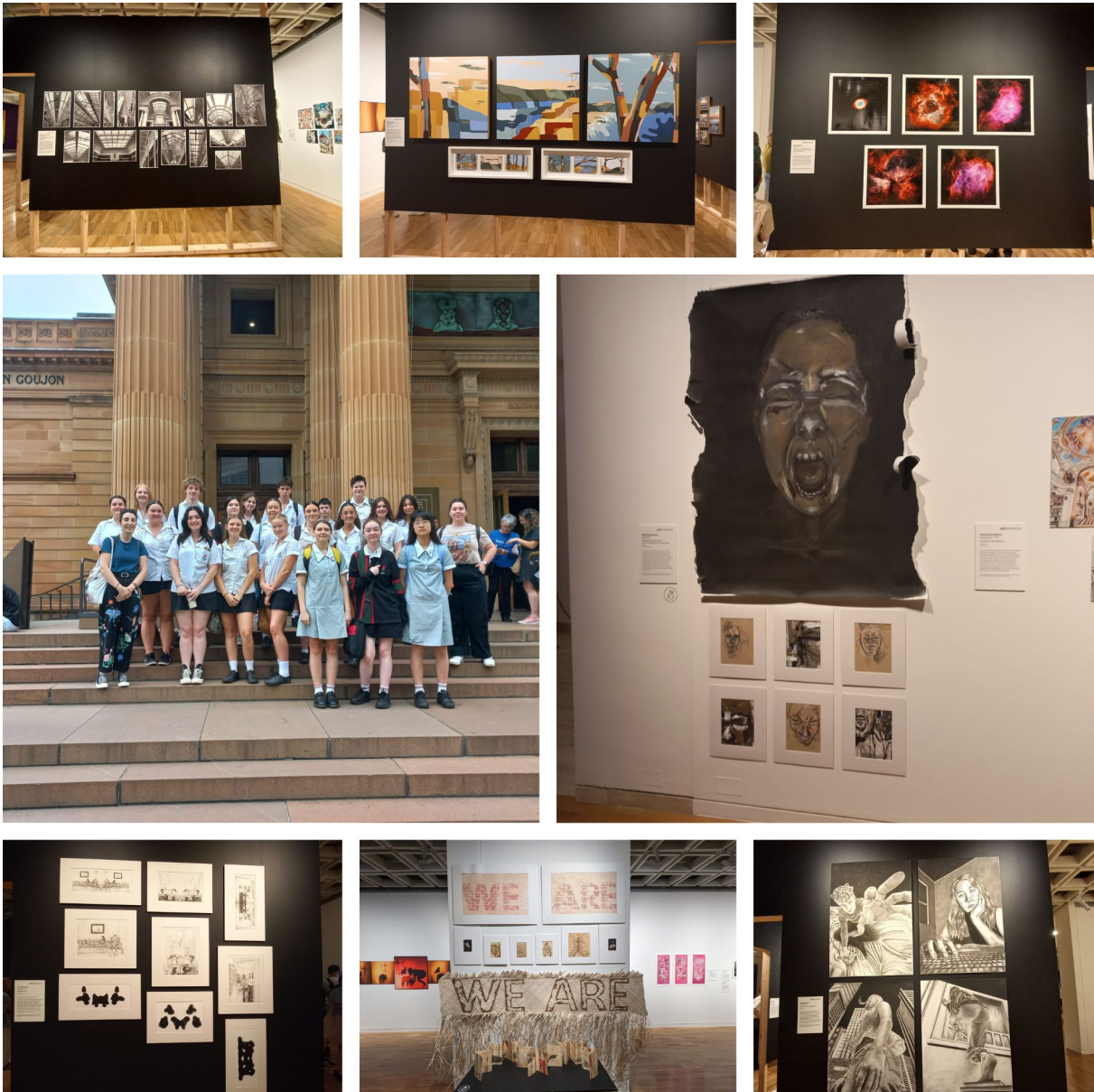
If your child misses as little as **1 day** per fortnight, they will miss **4 weeks** of school per year, which adds up to over **1 year** missed over their school life.

Make sure your child doesn't miss out on the important things like:

- Learning
- Strengthening friendships
- Emotional development

Scan the QR code to learn more

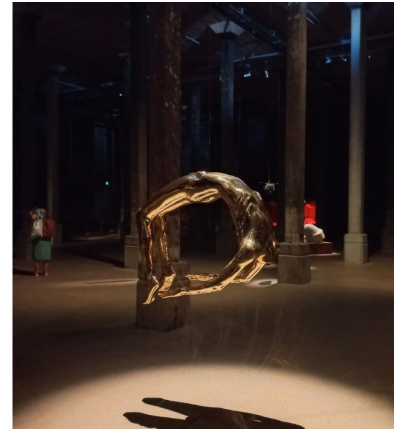
drawing, textiles, ceramics and by the stories outlining the stimulus behind the works and the influencing artists.



As an added treat the students also saw the exhibition of French-American artist Louise Bourgeois (1911-2010).

The exhibition 'Has the Day Invaded the Night or Has the Night Invaded the Day?' is in the North Building (new) of the Art Gallery of NSW. Day is on Level 2 and Night is downstairs in the Tank. Outside the South Building (original) is the sculpture 'Maman'. It is made of bronze, steel and marble and stands 9m high and 10m wide.

The exhibition is one of the most extensive ever dedicated to an international woman artist in Australia – quite fitting as we celebrate International Women's Day on March 8.



CLEAN UP AUSTRALIA



On Friday morning, 1 March, 23 members of the Heathcote High School Sustainability Team participated in Clean up Australia day.

They managed to collect three bags of rubbish from our school grounds and surrounding areas, including the local train station and border of the Royal National Park.

The Sustainability Team members had an excellent morning and took great pride in their efforts in reducing the amount of litter in their local area.

UPCOMING EVENTS

4 March (Monday)	Zone Swimming Carnival – Sutherland Leisure Centre
4-8 March (Monday – Friday)	Australian Mountain Bike Interschools at Thredbo.
5 March (Tuesday)	Open Night
6 March (Wednesday)	White card course
8 March (Friday)	Year 11 Young Women's Leadership in Parliament
8 March (Friday)	Aboriginal Dance Workshop
11 March (Monday)	Sydney East regional Swimming Carnival
11 March (Monday)	Year 11 UNSW Gateway Program campus activity

12 March (Tuesday)	Year 11 Textiles Excursion
13 – 25 March	Years 7 & 9 NAPLAN
13 March (Wednesday)	Recognition Assemblies
15 March (Friday)	Year 12 Advanced English excursion – Richard 111 at the Seymour Centre
18 March (Monday)	Years 10, 11 & 12 Music Excursion – 'Behind the Gig' at the Metro theatre
19 March (Tuesday)	Year 11 Geography Excursion – Minnamurra River Fieldwork

Steve Waser

Principal