What a night of excellence last Wednesday night where we opened our doors to showcase the exceptional work being done at EHS in 2014. It was well supported by our partner Primary school students and families that gave them an opportunity to see the significant improvements we have made to make Erina High School the school of the future. My sincere thanks and appreciation to Ms Johnson for the amazing work she did in all of the promotional material and many hours spent editing our video. Thank you to Nick Patsianas for his outstanding videoing skills and high level technology support. This is a young man with a huge future!!

Congratulations to all staff for supporting the evening arranging displays and performances, to our wonderful students for showcasing their school so proudly and to Mr Jackson for coordinating the evening. Great team work Erina!!

On Monday March 10 we will be celebrating International Women’s day - an opportunity for the woman of Erina High School to come together and acknowledge the significant achievements of women in our community and the critical role they play in the political, economic, environmental and social arenas. This is an important event on our school calendar and I look forward to spending some time with our girls. Thank you to Mrs Bayliss for coordinating this event.

Our Wednesday weeders are back in full force this year having completed a fabulous succulent garden that will be used extensively for Science lessons in studying evolution. They welcome anyone to join their team, please contact the administration office for further details. I would also like to thank Bunnings for kindly donating the herb garden that will be used for our hospitality and food technology classes that is greatly appreciated.
2014 is shaping up to be our best year ever. On Monday February 24 we held our 50th annual Swimming carnival and what a great day was had by all. Students received accolades from the pool manager as being one of the best school groups, demonstrating our core values of the 4 C’s. Thank you to Mr Keyes for managing such an exceptional event and to all our competitors, cheer squads and the many parents that attended. Congratulations to Bean House on winning the carnival - it was a tough competition!!
On 21st March we will celebrate harmony day, an opportunity for our students to appreciate the depth of cultural diversity within our community. The day will focus on the history of multiculturalism in Australia and the varied ways that this history is shown through music and art. It should be a great day of celebration.

Schools are required each year to report on their achievements and progress on their school targets as set out in the school plan. This is the result of a rigorous evaluation of school programs identifying areas of success and development. The Erina High School 2013 annual school report will be available on the school’s website by the end of the term and provides historical data related to HSC, NAPLAN data, school attendance, enrolment, destination surveys and retention rates. I encourage families to access this report to see the significant progress our school has made in 2013.

2014 will see Erina High School celebrate its 50th Birthday. We are currently planning a range of activities from a 60’s disco, open day, sporting events, bake off, smoking ceremony, drama and music performance evening and a dinner to showcase and promote the strong history and achievements of our school. If you would like to join our planning committee please contact me at school so I can advise of our next meeting.

Our school facebook continues to be a great communication tool with great interest from our school community. I encourage families to log on and keep up to date with news about Erina. It is wonderful to see such terrific photos of kids enjoying their learning at Erina. My sincere appreciation to Ms Johnson who manages our facebook in such a magnificent way.

Enjoy the rest of the term at Erina high school where the main game is quality teaching and learning!

Mrs Karen Nicol
Principal

**INFORMATION EVENINGS**

Erina High will hold a number of information evenings over the next month. Everyone is encouraged to attend to gain valuable information about the year ahead. All sessions will be held in the Library.

<table>
<thead>
<tr>
<th>Years 7 and 8:</th>
<th>Wednesday 5 March 2014 at 6.00pm</th>
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<tbody>
<tr>
<td>Years 9 and 10:</td>
<td>Wednesday 12 March 2014 at 6.00pm</td>
</tr>
<tr>
<td>Years 11 and 12:</td>
<td>Wednesday 26 March 2014 at 6.00pm</td>
</tr>
</tbody>
</table>
ENGLISH

Students are working hard in all aspects of their study of English. Junior classes have examined poetic techniques in recent weeks and how ideas about particular themes are communicated to the reader. They are now working toward assessment tasks, as in week 9 they will be required to submit a narrative based upon one of the poems or songs they have studied in class. Students will need to maintain the message and mood of the poem as they construct their own text, incorporating words and phrases from the original poem as quotes.

Our HSC students in both Advanced and Standard English have Viewing and Representing tasks due in week 10, which will demonstrate their understanding of Module A. The Advanced students have conducted a comparative study of Frankenstein and Bladerunner, while the Standard cohort have learnt about how Distinctively Visual techniques have been used to convey ideas in the film Run Lola Run and various related texts. The HSC Extension students also have a Viva Voce due in week 10. Our English Studies students are studying the We are Australians module and will compose a piece of writing for assessment in week 10.

The students studying Preliminary Advanced English will compose an essay response while the Standard students will submit and present speeches for the Area of Study- Change, both due in weeks 6 and 7. The Standard students will also complete a comprehension assessment task in week 8. The Preliminary Extension students have a Viva Voce due in week 10, which will examine Texts, Culture and Value. The English Studies students will complete a Viewing and Representing task in week 6, relating to their Achieving through English unit.

DRAMA

We have a number of events planned to broaden our students’ experience with performance.

Drama students in years 9, 10 and 11 will visit the Sydney Opera House on Wednesday March 19, where Sydney Theatre Company will perform Noises Off for the cost of $22.50.

Following this on the first day of term 2 will be another visit to the Opera House where year 9 students will have the pleasure of seeing Pinocchio performed by the Sydney Theatre Company. Payment of $22.50 will be due to the office by the end of week 8 this term in order to confirm seats.

The Bell Shakespeare group will visit Erina High School on March 17 to perform Hamlet Out of Joint. This amazing opportunity will be open to years 9-12 and will be invaluable to both English and Drama students, at a cost of $8.50.

The year 9 Drama students have been experimenting with playbuilding. They will submit logbooks and perform with their group for assessment in week 10. Year 10 students will also perform in groups for assessment in week 10 to culminate their study of Political Theatre.

Year 11 Drama students will perform in pairs for assessment in week 10, while year 12 are due to submit logbooks and their Viva Voce in week 6.

If you have any questions regarding your child’s progress in English or Drama please do not hesitate to contact their class teacher.

Mark Chapman, Head Teacher English/Drama
SCHOOL PHOTOGRAPHS

The photograph day is FRIDAY 14th March 2014.

All students MUST get a photo taken. These photos are used for the student ID Cards. Each student gets an ID card that contains their picture and a barcode of their ERN Number (unique student identification). This card will then be used for Library borrowing and late attendance (students will be able to use the barcode to read their details and not have to type it into the computer).

The ID Card is FREE.

Photo Packs have to be purchased. All details are contained in the letter inside the envelope that students will receive on Thursday 27th February. If students did not receive an envelope ask their Roll Call teacher or Mr Wellham.

Order details go on the outside of the envelope and money placed inside the envelope and sealed (Cash MUST be exact – NO CHANGE will be given).

ENVELOPES are brought on the FRIDAY the PHOTOS are taken and given to the photographers. The school DOES NOT handle any money.

Credit Card payments can be made online (see inside the envelopes for details).

Package Options range from Deluxe Package (Option A = $40) to Group Only for $28. The only way to get photos is to pay for a package. ONLY the ID Card is FREE.

Students who wish to have a FAMILY photo need to see Mr Wellham.

P&C NEWS

Last year was a landmark year for our P&C, we need your help this year to continue to improve your student's school conditions and learning experience.

Some of our achievements last year include:-

* Blinds in all English classrooms.
* Blinds in most classrooms with Smartboards, so the Smartboards could be used without light reflection or outside distractions.
* Securing the funding for the total renovation and upgrade of the students’ toilets and the creation of senior toilets.
* Renovation and creation of gardens in the school building area.
* Becoming incorporated which allows us to apply for government grants for the benefit of students.

Please pay your P&C levy as soon as possible and join us Wednesday 19th March in the school library at 6:30pm.

Joy Cooper
President, Erina High School P&C
SPORT

House Captains for 2014
Congratulations to the following house captains for 2014:

**Bean** - (Captains) Ethan Brown & Lara Coffey, (Vice Captains) Dylan Crawford & Eilish Boyack

**Dunlop** - (Captains) Levi King & Shaylee Errington, (Vice Captains) Bailey Hoffman & Emily Griggs

**Henderson** - (Captains) Denzel Power & Maddie Lord, (Vice Captains) Riley Pike & Emma Lowe

**Kendall** - (Captains) Helaina Wellington & Jordan Zorro, (Vice Captains) Charlotte Zorro & Jarrod Young
Erina High School vs Brisbane Water Secondary College

Erina High School was the host for one of the first rounds in the 2014 Shell Cup, Open Boys Basketball Knockout Competition. The Erina High School team was made up of the best basketball players from years 10, 11 and 12.

With a big crowd in the stands for the home team, the Erina High School team put all their ability and skills on the line, and their efforts were something the whole school could be proud of.

The game was played in ten minute quarters, and coming out of the first quarter Brisbane Water and Erina High School were neck and neck, with only points between them, and from the first minute you could tell it was going to be an exciting game.

At half time Brisbane Water had posted some good points on the board, with some skilful plays and good shooting putting them into the lead, though the support from the Erina High School crowd never dwindled.

Through the third quarter Brisbane Water continued to display excellent offence, but their progress on the score board was becoming slower as the defence from Erina High tightened, and they gained and maintained some solid control over the opposition. The final quarter was going to be a big one.

Whilst Brisbane Water had the lead, Erina High took control over the opposition. The final quarter involved huge support from the crowd, and some of the best basketball of the match. The Brisbane Water offence was hard pressed to get points past the Erina High defence and the boys from Erina put on a show for the crowd, executing some excellent plays, putting some quality points on the board and closing in on the margin between the two teams. The points were becoming closer and closer as the game went on.

To Brisbane Water’s advantage full time came at no better time. They still had the points giving them the win, but Erina High was only just behind with the final score showing Brisbane Water 33 and Erina High 27.

Huge congratulations to the boys from Erina High, their ability, skills and sportsmanship were put on display in front of a big home crowd. Although the final outcome didn’t come Erina's way, the performance was something to be very proud of.
OPEN GIRLS TOUCH FOOTBALL

A big shout out to Caitlin Murray - our latest sporting hero. Caitlin bravely pushed through wave after wave of Gorokan defence to score the best try in today's Open Girls Touch game. Bo Buyink also gets an individual mention for her outstanding efforts. In a tough game, the girls produced an impressive second half of play. Well done to all, especially those who had never played before!

EHS 50TH ANNUAL SWIMMING CARNIVAL RESULTS

House Champions
Congratulations to house Bean who are our 2014 swimming champions.

1st: Bean - 479 points
2nd: Henderson - 401 points
3rd: Dunlop - 344 points
4th: Kendall - 315 points

2014 Swimming Age Champions

<table>
<thead>
<tr>
<th>AGE</th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 years</td>
<td>Maxwell Lihou</td>
<td>Paige Binstead</td>
</tr>
<tr>
<td>13 years</td>
<td>Samuel Hughes</td>
<td>Emily Steer</td>
</tr>
<tr>
<td>14 years</td>
<td>Kane Douch</td>
<td>Jaida McKenzie</td>
</tr>
<tr>
<td>15 years</td>
<td>Nathan Boler</td>
<td>Emily Hughes</td>
</tr>
<tr>
<td>16 years</td>
<td>Lindsay Pike</td>
<td>Kirsten McIntosh</td>
</tr>
<tr>
<td>Opens</td>
<td>Lachlan Boler</td>
<td>Katherine Stone</td>
</tr>
</tbody>
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New Record

Congratulations to Kane Douch of Year 9 who has broken the 14 years 200m Freestyle record with a time of 2:23:30. Kane smashed the previous record by over 20 seconds! Well done Kane!

Grant Keyes
Erina High School
Sports Organiser/ Year 9 Year Adviser
Asthma First Aid Flowchart

Sit person upright | Reassure | Stay with them

Give blue reliever puffer through spacer
Shake, 1 puff, 4 breaths — x4 | Wait 4 minutes

Asthma relieved
- Stop treatment
- Resume activity
- Observe
- Notify emergency contact person

Asthma persists
- Repeat: Shake, 1 puff, 4 breaths — x4
- Wait 4 minutes

Asthma relieved
- Stop treatment
- Do NOT resume activity
- Observe
- Notify emergency contact person

Severe breathing problems
No relief
- Call ambulance
- Repeat: Shake, 1 puff, 4 breaths — x4
- Wait 4 minutes
- Repeat treatment continuously until help arrives
- Notify emergency contact person

Asthma Australia
To find out more about asthma contact your local Asthma Foundation
1800 ASTHMA (1800 278 462)
asthmaaustralia.org.au
Back to school asthma spike

The first few weeks back to school can be a dangerous time for children with asthma. Each year, to coincide with the beginning of the school year, emergency departments experience an increase in asthma presentations. The spike usually lasts for the first two to four weeks of the school term, peaking in mid to late February.

This spike occurs in both school and pre-school aged children and occurs due to a number of different factors which we have outlined below.

Lack of routine over the holidays
When people are relaxed over the holidays, it’s easy for them to forget to keep taking asthma medication. This means when children return to school their asthma may not be as well managed as usual.

Stress & emotions
Returning to school can be can be filled with fits of giggles or for some children it can cause stress. These and other strong emotions such as fear can lead to increased asthma symptoms.

Pollen and bushfire smoke
Summer time is a great time of year but for people with asthma it can bring a new range of triggers such as thunderstorms (which release pollen – a problem mainly affecting rural areas) and smoke from bushfires or hazard reduction burns.

Viruses and bugs
At the beginning of the school year, children are exposed to an increase of viruses such as colds and flus which can exacerbate asthma symptoms.

Hot weather
Heat can also play a role. Recent research undertaken by the University of Queensland shows that high temperatures have an adverse effect on the lung function of Australian children with asthma. The adverse effects could last for up to three days following hot weather.

What you can do:
There are ways you can help parents ensure their child is prepared to stay well during this period including:

- Be mindful of your students with asthma and keeping an eye out for asthma symptoms – especially in the first few weeks after school goes back. These can include wheezing, shortness of breath, tightness in the chest, or persistent coughing.
- Ensure your staff know what to do in case of an emergency. Contact our training team for information about upcoming courses.
- Make sure the school has an up-to-date asthma care plan or written asthma action plan for students with asthma that has recently been reviewed by a GP.
- Ensure children with asthma have easy access to their reliever medication with them at all times.
- On hot and poor air quality days follow the advice here.
EXAMINATION SKILLS

EXAM ANXIETY/ SITTING EXAMS

Exam anxiety is
- natural
- common amongst most students.

To perform to your potential it must be controlled
- a cool headed, businesslike approach is needed
- use positive psych to your advantage: “I’ve prepared well and therefore I’ll do well”.

Following are some strategies to reduce exam anxiety.

• **Leading up to the Exams**
  - have adequate sleep; with intense study your eyes and brain require plenty of rest
  - put a copy of the Exam Timetable on the fridge; it is important to have your family double-check dates and times.

• **On Exam Day**
  - eat a wholesome breakfast; not too heavy
  - briefly exercise to spark the mind and body
  - wear loosely fitting and comfortable clothing
  - take a bottle of water to the Exam; water assists brain functioning
  - avoid coffee; it affects concentration
  - don’t listen to “heavy” beat music beforehand; the songs may play on your mind during the exam
  - be careful about reviewing work with friends on exam day; it may heighten stress
  - allow time for unexpected delays in travelling to Exam Centre
  - arrive 10 minutes before the exam
  - ensure that your equipment is in good working order.

• **In the Exam Centre**
  - choose a place away from friends
  - where you can see the clock
  - use reading time effectively
  - ensure that you fill in your personal details accurately
  - underline/highlight key words/phrases
  - do plans; do they address the questions? Do they make sense?
  - begin the exam by doing the questions you know, it builds self confidence and stimulates your memory storage tanks
  - don’t panic if you forget some material; a positive attitude may prompt its return
  - do an outline or plan of essay questions you don’t have time to complete
  - if you finish early check your work
  - if you begin to lose focus and daydream, take ten deep breaths to relax and refocus
  - **never** leave early
  - no white out; cross out an answer if it’s unwanted
  - write neatly and legibly.

Remember **you** are in control of **you**.

“Achievement is a habit, work on it.” Anon.
ADVERTISING/COMMUNITY NOTICES

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KINCUMBER JUNIOR RUGBY LEAGUE FOOTBALL

It’s not too late to register for the 2014 season!
Contact Sharon Lang 0409 631 718 or Jo Shaw on 0427 631 379 for more information or check out our website www.kincumbercolts.com.au

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www.lizottes.com.au

FINE FOOD WITH A MUSICAL MOOD

Some Of The Fabulous Shows Coming Up!
Simply The Best - A Tina Turner Tribute Fri 7 March
Ian Moss - Sat 8 March
Damien Leith - Fri 21 March
Brian’s Groovy Jazz & Seafood Dinner - Sat 22 March
Lazy Sunday Lunch with Ross ‘The Boss’ Wilson - Sun 23 March
Lior - Scattered Reflections Tour - Tue 25 March
Ms Murphy - Sun 30 March
Southern Cross Cultural Exchange is once again seeking volunteer host families to host international exchange students arriving in July 2014. For more information:

Phone: 1800 500 501
Web: www.scce.com.au
Email: robert.l@scce.com.au

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Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.
The next workshop in your area will be held:

<table>
<thead>
<tr>
<th>TIME &amp; DATE:</th>
<th>VENUE:</th>
<th>BOOK NOW:</th>
</tr>
</thead>
</table>
| 6.30pm-8.30pm
12th March 2014 | Erina High
School Library | Ph: 4325 8179
or email: deborah.batey@gosford.nsw.gov.au |

Light refreshments provided

Helping learner drivers become safe drivers

NSW Government

SOUTHERN CROSS CULTURAL EXCHANGE is once again seeking volunteer host families to host international exchange students arriving in July 2014. For more information:

Phone: 1800 500 501
Web: www.scce.com.au
Email: robert.l@scce.com.au
GERRIC PARENT COURSES

Parents of gifted children are in a unique situation. Often, the advanced development of the abilities of a gifted child outpaces the child’s physical or emotional development, resulting in frustration for both parent and child. It is common for parents of gifted children to feel confused about the educational needs of their gifted child, and GERRIC’s parent programming aims to address these concerns and challenges. Our parent workshops provide an opportunity for parents to develop a greater understanding of their gifted child’s needs, to interact with other parents of gifted children and to learn from current research and experts in the field of gifted education.

GERRIC can make a difference for you and for your family

NEW IN 2014:

Parent Public Lecture Series:
Each term in 2014, GERRIC will offer a free public lecture on a topic of interest for parents of gifted children. Join us for the chance to learn from experts in the field of gifted education and meet other parents of gifted children in an informal and supportive setting. Visit our website to learn more about future public lectures or to join our mailing list.

Advanced Parent Courses:
Parents who have attended our courses often ask where they can turn for further information. Now, they don’t have to turn anywhere else. GERRIC is rolling out a new series of advanced parent courses for those who have previously attended a GERRIC parent course. The content will assume prior knowledge of subjects such as the identification and socio-emotional development of gifted children, and delve more deeply into specific topics of interest.

The GERRIC Parent Course covers such topics as:
- Identification of gifted children in schools
- Challenges faced by gifted children: perfectionism and underachievement
- Parenting strategies to manage your child at home
- Being a positive advocate for your child at school and much more!

UPCOMING EVENTS:

Advanced Course: Planning Your Child’s Educational and Talent Development Experiences Both Within and Outside of School
Saturday, 18 January 2014
9:00am – 4:00pm
Presenter: Professor Karen B. Rogers
Professor Rogers is Professor of Gifted Studies at the University of St. Thomas in Minneapolis, Minnesota, and the author of Re-Forming Gifted Education: How Parents and Teachers Can Match the Program to the Child.
Cost: $180/single or $310/couple

Parent Public Lecture Series: Gifted Students and Selective High Schools
Wednesday, 12 February 2014
6:00 – 7:00pm
Presenter: Dr Margaret Varady, AO
Director of the UNSW Office of Educational Leadership and former principal of Sydney Girls High School

The GERRIC Parent Course
8-9 March 2014
9:00am – 4:00pm
Cost: $385/single or $625/couple

The Advanced GERRIC Parent Course
17-18 May 2014
9:00am – 4:00pm
Cost: $385/single or $625/couple

Contact Us
E: gerric@unsw.edu.au, T: (02) 9385 1972

Visit our website to learn more and enrol: https://education.arts.unsw.edu.au/about-us/gerric/for-parents/
SAFE FOOTWEAR

The Erina High School community needs the support of our families to ensure students are provided with school shoes which comply with health and safety standards.

On advice from DET our school learning and outdoor spaces have been risk assessed and it has been determined that we must comply with safe footwear requirements. The direction is: “It is mandatory that students carrying out practical activities using chemicals or equipment in schools wear fully enclosed leather footwear. Sandals, open footwear, thongs or high heeled shoes are not appropriate and must not be worn in workshops, laboratory areas or the playground.”

As all students at Erina are involved in at least one practical workshop activity daily I am requesting that, when purchasing school shoes for the coming year, families purchase black (uniform colour) leather fully enclosed footwear which covers the instep of the foot.

Students will not be able to participate in practical workshop and lab activities if they do not comply. With all students also doing practical PE daily the practical solution might be to purchase black leather lace up sports shoes which are now freely available. This would make carrying a second pair of shoes for PE unnecessary.

Girls who purchase fashion school shoes which leave the top of the foot exposed ie ‘Mary-Jane style’ will need to purchase and wear ‘welder’s spats’ constructed of fire retarded fabric, in all practical lessons. These spats are purpose built for welders and are expensive.

Mrs K Nicol
Principal