A Message from the Principal

As we settle in to the new school year, I would like to acknowledge the efforts of our students in their commitment to their schooling and to our school. The leadership opportunities available at Hunter Sports High are many and varied and students have been stepping up in record numbers to take on these opportunities.

Last week each year group met to listen to speeches and vote for positions on our Student Representative Council (SRC). The quality of the candidates, their speeches and their commitment to Hunter Sports High School was impressive and I would like to congratulate all who were elected to represent their peers. A full list is included further in the newsletter and they will be officially inducted at a special assembly later this term.

Our current Year 12 student leaders were also recognised this week in a Newcastle Herald School Leaders feature which noted their goals for the year ahead. They are to be commended for the way they have taken on their roles as leaders of Hunter Sports High and we are looking forward to a great year ahead.

Our Junior Aboriginal Education Consultative Group (AECG) executive members showed their exceptional leadership capabilities last week too as they led our special Apology Assembly to acknowledge the eighth anniversary of the Australian government's official apology to Aboriginal people and the Stolen Generations. This is a significant event on Hunter Sports High’s calendar each year as we continue to educate our whole school community about Indigenous issues and work together with our ATSI community. I am extremely proud of the respect shown on the day by all of our students and the efforts of students and staff who organised the event.

We have a few important events on our calendar in coming weeks too, with our Year 7 cohort heading off to camp next week and our P&C AGM being held on Tuesday 1st March. Executive members will be voted in for the next 12 months and this is a great opportunity for parents and carers to learn more about the school and be involved in decisions effecting their children’s education. The meeting will be held in the school library from 6pm and I hope to see many of you there.

A reminder to parents of Year 12 students that Parent/Teacher interviews will be held on the evening of Wednesday 9th March. Interviews for Year 7-11 students will be held on Wednesday 23rd March and further information will be sent home with students soon. Please put the date in your diary if you would like to meet any of your children’s teachers and discuss their progress at HSHS.

Rachel Byrne - Relieving Principal
Apology Anniversary Assembly

Hunter Sports High School students came together at a special assembly last Monday 15th February to commemorate the eighth anniversary of the official apology by the Australian government for its treatment of Aboriginal people, in particular the Stolen Generations. This date holds deep meaning for our Aboriginal & Torres Strait Islander community and for all Australians as we continue our path towards strengthening the reconciliation process in our country.

We were joined on the day by special guests Aunty Rosemary Townsend and Ken Weatherall, Aboriginal Community Liaison Officer and Vice President of the Hunter Region Aboriginal Education Consultative Group (AECG). Aunty Rosemary, pictured above with daughter Nicole, bravely shared a moving account of what it was like to be a member of the Stolen Generations and the impact it has had on her life.

Hunter Sports High School students also played an important role in the ceremony, with our Year 11 Aboriginal Studies class putting in a lot of hard work to research information about The Stolen Generations to ensure that the whole school was educated about this significant chapter in Australia’s history.

In closing the special assembly, our Junior AECG executive members, Zoe Khan and Kye Abrahams, summed up the importance of the event to our school community.

“We hope that you’ve gained more insight into our history and that we can move forward together. On behalf of the Aboriginal and Torres Strait Islander students, Minimbah staff and the wider Aboriginal and Torres Strait Islander community we would like to say thank you for the respect you have shown and continue to show towards Indigenous issues and significant dates on our national calendar. We really appreciate your support as it gives us great pride knowing that Indigenous issues are held in such high regard here at Hunter Sports High School.”
2016 Student Representative Council

The staff and students of Hunter Sports High School are very proud to welcome this year’s members to our School Representative Council following speeches and student elections last week.

The SRC plays a crucial role in ensuring our students have their voices heard as well as coordinating a number of fundraising activities for our school and various charities. In the past the SRC has been involved in the coordination of school fun runs, the 40 Hour Famine, Beanie Day and Harmony Day, and we are looking forward to making 2016 another successful year for our chosen activities.

Our first meeting was held today where we discussed our activities for the year ahead and introduced our new members to their leadership responsibilities in the school. Well done to all our new SRC members!

YEAR 8
Jack Gillett Faulkner
Brett Allen
Jessica Hansen
Jai MacPherson
Britney Simon

YEAR 9
Ellie Jones
Shakrya Wells
Kain Anderson
Cohen Geelan
Kayla Steadman
Natasha Hockerige

YEAR 10
Scott Casson
Charmaine Bower
Lachlan Watson
Bianca Cheetham

YEAR 11
Leon Fardell
Jack Hemmings
Kye Abrahams
Tazmyn Luschwitz
Nicole Foote
Jai Pascoe

Voting for Year 7 representatives will take place following the Year 7 camp next week when they have had a little more time to get to know each other. Our new SRC representatives will be officially inducted and presented with their badges at an assembly later this term.

A Swimming Success

Fifteen Hunter Sports High School students will head to Maitland on Tuesday 1st March to compete in the Hunter Regional Swimming Carnival following many strong performances at last week’s Zone Carnival at Swansea.

Hunter Sports High placed second overall at the carnival behind Warners Bay High School and a special congratulations goes to Year 8 students John Crameri and Emily Winpenny who were announced as the 14 Years Boys and Girls age champions, and to Brittney Naylor (Year 12) who was the 17 years girls age champion.

We wish our super swimmers (listed below) all the very best for the Regional Carnival:

Year 7: Oliver Fox & Angus Hile
Year 8: John Crameri, Nakittah Leard, Kyle Mahony, Zack Renshaw, Lachlan Williams & Emily Winpenny
Year 10: Maja Dean, Nicholas Pearce & Ashley Robottom
Year 12: Erin Boon, Callum Bower, Kristopher Cook, Brittney Naylor & Alex Wheeler-Phillips

MOBILE DEVICE ONLINE PAYMENTS

Our online payment system is now user-friendly on mobile devices too. Behind the scenes, Westpac has been working on an upgrade to the Parent Online Payment (POP) webpage attached to the Hunter Sports High School website. In the past, using the ‘$ Make a Payment’ page through a mobile device or tablet has not been as easy as on a computer. Now when parents click on this page via a mobile device they will be able to complete the online form with ease. You can use the secure online system to pay for school fees, excursions, sports fees and more.
FACULTY NEWS: Creative & Performing Arts & Language (CAPAL)

Music

Our exciting news for our music classes this year is that we are hoping to attend the theatre production of Aladdin at the Capitol Theatre in Sydney! Keep an eye out for more information in the coming weeks! In the past we have designed educational excursions to see Wicked, we have hosted acclaimed artists such as Tjupurru and Loren Nicholson and attended the annual HSC Day at Newcastle Conservatorium with our Stage 6 students.

Students complete mandatory music classes in Stage 4 (Years 7 & 8). Topics include the Concepts of Music, Music in The Media, Music and Technology and Instruments of The Orchestra. Students gain experience in composing, listening and performing. Through elective choices students can continue with music education offered in Stage 5 and as Music 1 in Stage 6. Hunter Sports High School achieves outstanding results in music each year with many students gaining their highest marks in HSC Music 1.

Our students have many opportunities to take part in music outside of regular classes and are encouraged and supported to apply for regional events such as Star Struck, Hunter Singers and Hunter Central Coast Wind Ensemble. We are auditioning now for the Star Struck choir and applications for rock musicians and backstage crew are also available! Star Struck will be held at the Newcastle Entertainment Centre on June 17 & 18.

Our school band is made up of students in Years 7-10. Students are able to join the band with no prior knowledge of how to play an instrument. As part of our band program we are lucky enough to have Mrs Teena Wallace as our band tutor for wind and brass instruments. Students are able to opt for peripatetic lessons and further instrument specific instruction. We perform at various events and venues in our community including Bandfest at Warner's Bay Performing Arts Centre, and also at Windale, Wiripaang and Mt Hutton Primary Schools.

The vocal ensemble meets on Thursdays during Lunch 1 to rehearse and prepare for school assembly items. Students are able to join without audition and can enjoy participating in a range of activities as an ensemble.

We are passionate about music education at Hunter Sports High School and we agree wholeheartedly with this well-known quote by famous Greek philosopher Plato:

“I would teach children music, physics, and philosophy; but most importantly music, for the patterns in music and all the arts are the keys to learning.”

Mrs Hudson, Mrs Ward & Ms Svensk

The many benefits of music:

- Kids who study music from an early age can do better at a range of subjects.
- Children who play music learn there are rewards from hard work, practice and discipline.
- Playing a musical instrument helps develop kids’ creative thinking and motor skills.
- Music helps kids become more active listeners.
- It can also enhance their health and wellbeing and increase their stamina.
- Children learn to embrace other cultures through music.
- It develops teamwork and shared goals.
- The overall experience of listening to music is dramatically enhanced.
- Music can assist active listening, which is beneficial in a range of things from taking part in conversations to building more satisfying friendships.
- Children can also explore emotions through music, which may help them better understand who they are.

Japanese

Yokooso! (Welcome) back to Hunter Sports High School! 2016 is the Year of the Saru (monkey) which means we are in for an exciting and energetic year of activities. 2016 is going to be an amazing year for our students studying Japanese. We are excited to be running elective classes in Year 9 and 10 for the first time in a number of years, as well as providing Japanese classes to all Year 7 students.

Our Year 7 students have just celebrated Setsubun, a good luck festival where children throw soybeans to banish any bad vibes that have accumulated over the past months. We are now learning to count and introduce ourselves in Japanese, and are always excited to show off what we know!

We are currently planning a Japanese Day Out for Year 9 and 10 to be held in March, allowing our students to embrace Japanese culture through cinema and cuisine. This is a great opportunity for our students to expand their horizons and for our teachers to fill their bellies with delicious Japanese food.

We have a number of Japanese fundraisers filling up our calendar as we set out to raise money for our visit to Japan in April 2017. The finer details of these events will be advised in the months to come, but our first event will be held on Saturday 26th March at Bunnings Belmont. That’s right, we are holding a Bunnings BBQ on Easter Saturday at Belmont Bunnings! We would love your support at this event so please bring the family along and buy a sausage sandwich or can of drink from our friendly faces!

Arigatou Gozaimasu!

Visual Art

It’s great to start a fresh year with so many keen students. As we do every year, we look at improving our drawing skills during the first term.

Our junior art students have already completed some lovely ink drawings and the older elective students are working hard at developing their individual bodies of work. The room is buzzing with positive energy as students show a real interest in learning how to make great works of art.

Photography students are now learning how to set up the studio lights and shoot quality portraits. I’m always grateful for the few students who are gutsy enough to act as the model in front of a class of their peers!

Senior students are engaged in looking at and creating Australian Art and it has been a challenge for some of them to start wondering what it is that makes our country unique. Senior art starts to open up the big questions that we ask about ourselves and our lives. I’m happy to see the Year 11 class continue to be the confident and opinionated group that they were last year.
FACULTY NEWS: BIG PICTURE

Big Picture 2016 is off to an amazing start! Our camp at Adventure Land in Forster helped welcomed our new Year 8 advisory class and helped them settle in to Big Picture’s new and innovative way of learning.

All students are now working solidly on projects of their interest or passion. The work being produced by every student is absolute quality. It is wonderful to see the energy and excitement of these students and we are enjoying the positive feedback from parents who are amazed their child is happily doing homework without being asked! I am really looking forward to their exhibitions at the end of term.

Senior Big Picture

Senior Big Picture is different to Junior Big Picture. Some students are studying via the compacted curriculum model, others are in mainstream classes across a variety of key learning areas, whilst some continue their studies following the Big Picture Commitments. For many students their study pattern and timetable include a combination of these delivery models.

For parents, this means signing “Flexi Pass” permission notes, adjusting to living with a Stage 6 student and the realisation that their child’s schooling is fast coming to an end. For those students who are conducting their senior studies through a combination of delivery models there will be no exhibition at the end of each term. Regular communication with their advisor will be via email, SMS or over the phone. Parents and carers are encouraged to make contact for progress reports on their child’s attendance, achievement and application to their studies at any time.

Year 11 Student Studying Medicine

Senior Big Picture student David Parsons has been successful in his application to be part of the High Performing Students Program for 2016. The program is run by the University of Newcastle at Merewether High School, each Friday for an entire semester.

David will be studying a first-year medicine course - Foundations of Health and Disease – which provides an integrated introduction to human biosciences. The anatomy and physiology of the major organ systems will be explored through interactive labs and tutorials which illustrate the anatomical and physiological principles underpinning health professions such as medical radiation science, podiatry, occupational therapy and nursing. The course will be taught in a blended mode that includes face-to-face instruction in conjunction with online interaction. The learning outcomes of the course will be assessed by online tests and an end of term exam.

Congratulations to David on this amazing achievement and we wish you all the best in your studies.

Adventures at Adventure Land

From the 1st to 3rd of February our Big Picture students from Years 8-11 set off for their annual camp to get to know each other a little better and kick-start a big year of learning. This student account of their trip shows what a great time they all had!

DAY ONE:

After a two-and-a-half bus ride we were at Adventure Land. After getting our bags and putting them in the rooms we went and had hamburgers for lunch and got ready for our first activity which was zorb balls. After that we had afternoon tea and went on the water slides and bungy jumping, then we had shower hour and went for dinner. We had spaghetti and salad. The last thing we did before going to our rooms was game night which was filled with lots of fun activities.

DAY TWO:

On the second day we got up and had breakfast and went straight to our first activity - mud world! OMG it was so fun! We swam though mud, crawled through mud, fell in mud and of course we played in mud! Then we got to go have showers because we stunk! After that we got to go on the quad bikes. That was fun and then we had lunch which was sandwiches. After all of that we got to go on the go-karts. That was awesome too and after that we went to raft building and because we are awesome we got to have another swim in the zorb pool before shower hour and dinner. After all of that we got to watch Maze Runner before bed.

DAY THREE:

On the third day we got up, packed our bags and went down for breakfast before heading down to the giant swing. Some of the kids’ faces were pretty funny. Then we got to go the flying fox where we raced each other. After that we had lunch, got on the bus and went back to school.
Hunter Sports High Spectator

2016 TERM 1 – WEEK 5

BALANCING ACADEMIC EXCELLENCE WITH SPORTING ACHIEVEMENT

PhD STUDENT JOINS TALENTED SPORTS PROGRAM STAFF

Hunter Sports High has welcomed Exercise and Sports Scientist Jake Sutherland to its TSP staff. Jake will be completing his PhD whilst being based at Hunter Sports High for the next three years.

Adolescent school sport athletes are exposed to extensive training loads as they participate in sport training, both in and outside of school. These young athletes may also be exposed to further training at various representative levels of their particular sport and many athletes participate in multiple sports. As a result, there is a need to monitor the training loads of these athletes as the extensive training loads may result in burnout, stress and injury. The impact of their training load on academic performance is also unknown, with the potential for academic performance decrements possibly as a result of overtraining.

During his time at Hunter Sports High, Jake will be implementing warm-up, injury prevention, training load and wellness monitoring protocols across all of our TSP programs in line with world’s best practice in each specific sport. Jake will also be implementing an athlete development program for each of our TSP squads which aims to educate young athletes in key areas including:

- Nutrition
- Strength and conditioning
- Recovery (including sleep management)
- Injury identification
- Lifestyle management (including academic/sport balance)
- Career development
- Sports psychology

Jake's appointment further highlights our desire to constantly evolve our programs and keep them at the forefront of those offered at a regional, state and national level.

HSHS CRICKETERS STAR AT STATE CHAMPIONSHIPS

Hunter Sports High students starred at the recent NSW CHS Cricket Championships held in Sydney last week.

The Hunter boys team took out the championship against North West, with five of our students part of the winning team. Congratulations to Aaron Bills, Logan Johnson, Andrew Somerville, Jason Sangha and Brendan Crouch on this amazing effort and a further congratulations to Jason and Aaron who were selected in the CHS 1st XI.

In the girls championships the Hunter girls played off for third and were represented by Trudi Peterson, Nell Gibson, Synetta Manns, Abby Taylor, and Jordann Johnson. Trudi clocked up a stunning century (132 from 71 balls) and batted her way into the NSW Girls 1st XI side while Nell Gibson was announced in the 2nd XI team.

Congratulations to all our talented cricketers on a great week and for representing Hunter Sports High and the Hunter region with pride and skill!
STUDENT STAR:
Jason Sangha
Year 11 Student & TSP Cricketer

What do you think are the best things about HSHS?
The opportunities to pursue a career in your sport and study hard at the same time, my friends and the teachers.

What is the best thing about being in Year 11?
Picking my own subjects!

What subjects are you studying?
English Advanced, Maths, Business Studies, Legal Studies and Physics.

What do you want to do when you finish school?
Hopefully pursue a career in cricket and go to university but I’m not sure what I want to do at uni yet.

What is your most memorable moment at HSHS (so far)?
When I was named Cricketer of the Year in 2014.

Who is the best teacher you’ve ever had and why?
Mr Harrison. He’s funny and enthusiastic, his teaching is really good and he creates the best jokes!

What is the best piece of advice you have ever been given?
“But sooner or later the person who wins is the one who thinks he can.”

Who has been the biggest role model in your life and why?
Mum and Dad, for everything they have achieved in life and for the support they have given me.

What do you enjoy doing in your spare time?
Playing cricket – that’s about it!

How do you think your best friend would describe you?
As a serious competitor

What is your favourite food?
Anything

What is your favourite (or dream) holiday destination?
Travelling around New Zealand
HSHS P&C ASSOCIATION
ANNUAL GENERAL MEETING

Tuesday 1st March
6pm in the Library

Executive members will be voted in for the next 12 months including President, Vice President, Secretary and Treasurer.

The AGM is deemed to be the last P&C meeting of the year and if you have not renewed your membership it must be done at this meeting. The fee is $1.00.

Please come along and support our school. Your contribution could make all the difference in improving your child’s school life. We hope to see you all there.

STAFF PROFILE:
Ms Kate Gilbert

How long have you been working at Hunter Sports High?
On and off since 2010

What is your role at Hunter Sports High?
I teach PDHPE and also some Support Unit classes

What were your favourite subjects at school?
PE and Science

How was your time in high school?
Fun! I spent a lot of time playing sport and tried to be in every school team possible, even if I’d never played that sport before!

What is the best thing about working at HSHS?
I feel happy to come to work and that’s primarily due to the friendships I have developed with colleagues and the bonds you develop with students.

Your most memorable moment at HSHS?
When our girls rugby team played the curtain-raiser to the Wallabies v Scotland match at Hunter Stadium. They beat Merewether High in the regional final and got to meet Tatafu Polota Nau!

Do you play any sports?
Yep, rugby.

What else do you enjoy doing in your spare time?
The majority of my spare time is spent seeking out good coffee. I like shopping and going to the beach as well.

Who was your childhood hero?
I always looked up to Cathy Freeman.

What is something you can't live without?
COFFEE!

Three people you’d like to have dinner with?
Usain Bolt, Cathy Freeman and David Pocock.

A pearl of wisdom to share with HSHS students?
Always be kind to others and treat others how you want to be treated.