

September 2016



# MAITLAND GROSSMANN HIGH SCHOOL NEWSLETTER

*"Providing Quality Education in a Caring Learning Community"*

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## PRINCIPAL

Year 12 left school following their graduation ceremony on Wednesday 21<sup>st</sup> September and will commence their HSC examinations on Monday 13<sup>th</sup> October, the last examinations are on Wednesday 4<sup>th</sup> November. I take this opportunity to wish all Year 12 well in their preparation and completion of all examinations on behalf of the staff and students of Maitland Grossmann High. We also wish them well in their futures, as they move on to further studies and employment.

Year 12 Formal is being held in the vineyards at the end of the examinations. Please note there is NO organised or condoned Year 10 Formal. It is no longer required, as all students are to attend school until at least 17 years of age.

School uniform standards remain a priority for Maitland Grossmann High. Please note canvas shoes are not an acceptable form of footwear. Girls are not permitted to wear shorts to school except for sport on Tuesdays. The school appreciates your continued support of the high standard of dress and remind families that assistance is available for those who find the cost of the uniform difficult.

Maitland Grossmann High School has a very clear policy about the use of mobile phones in classrooms. These devices should be turned off and safely placed within bags during lessons unless otherwise directed by the teacher. Please note that whilst students carry mobile phones to school, the security of these devices is the responsibility of the individual students and not the school. Parents are advised not to provide students with expensive devices as lost and/or damaged telephones remain the responsibility of those who carry them and there is no insurance to cover lost or damaged mobiles.

Dr Di Soltau  
Principal

## CURRENT SPONSORS

### **WESTPAC BANK** (Green Hills)

Take out a loan and mention Maitland Grossmann High School. The school will receive a monetary contribution from the Westpac Bank.

**ATHLETE'S FOOT** (Green Hills & Charlestown) Become a Club Fit Member and the school will receive a monetary contribution from Athlete's Foot.



## PHOTOS

**Occasionally photographs are taken of individual students or classes at school. Please notify the school in writing if you do not want your student photographed.**

September 2016

<b>DEPUTY PRINCIPAL</b>
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**STEM Action Days**

I would like to acknowledge the dedication and enthusiasm of all our students and staff involved in the STEM Action Schools Professional Learning Days. There are seven schools located throughout NSW who have been given responsibility for sharing and supporting effective STEM pedagogy, illustrating innovative practice for student engagement in STEM, and demonstrating successful leadership, professional learning and industry partnerships.



Over two terms there are more than 100 educators from 46 schools attending the two days. They are provided with access to leading STEM educators, student led and delivered information sessions and are also gifted a wide array of teaching resources.

Staff have travelled from as far away as Lightning Ridge to attend this event, which is a reflection of the standards set by our wonderful and passionate STEM team.

**Social Media Tips**

Please take the time to reinforce correct use of social media with young people. We strive to ensure all students remain safe online and recommend you visit <https://www.esafety.gov.au/esafety-information/esafety-issues/social-networking> for additional information.

- 1. Limit your friend list: don't 'friend' random people.**
- 2. Protect your privacy: don't share your password and set your profile to private.**
- 3. Your personal details are valuable: don't share them.**
- 4. Protect your reputation: keep it clean and ask yourself, would you want others to see what you upload?**
- 5. Be careful who you trust: a person can pretend to be someone they are not.**
- 6. Don't use a webcam with people you do not know.**
- 7. Think before you post, chat, upload or download.**



Finally, I would like to wish all students, families and carers a safe and enjoyable spring break.

Mr Fara

**REMINDER TO PARENTS**

**When parking/stopping outside the school please be mindful of the residents living in the area. Could you please ensure that there is adequate room for residents to enter and exit their premises at all times during the day.**

**Thank you.**

**YEAR 12**

We are behind you, cheering you on to the finish line. You might be feeling stressed, overwhelmed, confused and tired – we understand that, but keep going. Give it everything you've got – you are nearly there – and know whatever happens next, you've got what it takes for an amazing life. Your final grades won't change that.

During the next few weeks, remember nothing that happens now has to determine what happens next. The potential in you is breathtaking, whether you've realised it yet or not. There will be choices, twists and turns in your path, and a lot of that path won't be anything like you imagined. That's one of the beautiful things about life. Sometimes things will work out exactly as you thought, and sometimes things will be different. It's in the unexpected that the magic happens so take notice of your disappointments – they are often opportunities, disguised as something else.

As you sit down to your exams you owe it to yourself to work hard and do your best, but know that the results won't be a measure of you. There is no exam, block of exams, or assessment that will even come close to showing what you are capable of, or the life that's waiting for you.

Lois Wakem  
Deputy Principal

**ROLL UP ROLL UP !  
MGHS CAPA NIGHT**

On Tuesday 6<sup>th</sup> September, the Creative and Performing Arts–(CAPA) faculty presented a Performance with Year 12 Music, Drama and Visual Arts students and Year 12 students from Industrial Technology Timber, Graphics & Multimedia, in the school hall.

High quality presentations and performances were presented, supported by family, friends, ex-students and community members.

Year 12 Music students used the opportunity to prepare for their upcoming HSC Examination, held the following week, while the Drama students performed their pieces, recently performed for the HSC examiners the week earlier.

The performances highlighted the strength and depth of students' achievements throughout 2016, as well as the commitment of their teachers Mrs. Williams, Mr. Dennis.

The evenings highlighted the creativity and strength of Year 12 Visual Arts students, the first showing of their year's exploration and submissions for their HSC Examination, the Body of Work (BOW). Congratulations to Mrs. Orkopoulos on the high quality of works exhibited.

The high quality of submissions in Timber, Multimedia and Graphics reflect the diverse and exceptional standard of projects presented by students in Year 12 2016. Congratulations to Mr. Dibley (Timber) Mrs. Blatchford (Multimedia) and Mr. Bayada (Graphics) for their obvious support and talent in elevating the students to present such amazing work.

We look forward to the challenges and creativity sure to be abundant in 2017.

Richard Fletcher (Head Teacher CAPA)

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### **OCTOBER Transition Events**

11/10/16 – TUESDAY WEEK 1 – Parent Orientation Meeting – Meeting starts at 5.30pm in The Hall. Uniform Shop open from 5.00 – 5.30pm and will reopen following meeting. Book packs will also be available for purchase from the back of the Hall (5.00 – 5.30pm and immediately following meeting).

13/10/16 – THURSDAY WEEK 1 - Class Placement Testing Year 7 2017 – students who DO NOT attend Ashtonfield, East Maitland and Maitland Public. Venue: MGHS: **Times for testing:**

Literacy Paper 1.	11.30 – 12.00	Venue: G002
Literacy Paper 2	12.15 – 12.45pm	Venue: G002
Numeracy Paper	1.25 - 2. 00pm.	Venue: G002

Students should bring pens, snacks, drink and lunch (if staying for all papers). The canteen will be available for students during breaks.

18/10/16 – Ashtonfield Class Placement Testing Year 7 2017 – Venue Ashtonfield Public

### **MGHS 2016 UNIFORM SHOP OPENING TIMES** **for Term 4**

The Uniform Shop is open on regular days in October, November and December as well as the special opening times below.

WEEK 1 (1<sup>st</sup> week of HSC Exams)

Tuesday -11 October 8am-12 pm & 5-7.15pm (Yr 7 Information)

WEEK 2 (2<sup>nd</sup> week of HSC Exams)

Tuesday- 18 October 1-5pm & Thursday -20 October 1-5pm

WEEK 3 (3<sup>rd</sup> week of HSC Exams)

Thursday -27 October 1-5pm

WEEK 4 (4<sup>th</sup> week of HSC Exams)

Closed all week

WEEK 5-9 normal trading times

Tuesday - 8am-12pm & Thursday - 1-5 pm

Week 10 (extra trading times)

Tuesday-13 December 8am-12pm, Wednesday-14 December 1-5pm & Thursday-15 December 1-5pm

Week 11- (special opening time)

Monday 19 December-9am-1pm

Re-opens on Wednesday- 18 Jan 2017

**We continue to have a lot of unclaimed, lost property handed into the office. If student's names were on these items, it would ensure their return to the rightful owner. Assistance in this matter would be greatly appreciated.**

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**NSW SCHOOL VACCINATION PROGRAM 2016**

School vaccination clinics continue into term 4 *10<sup>th</sup> October 2016*

**WHAT IF MY CHILD HAS MISSED A VACCINE**

If your child has missed any vaccinations, they will be offered any missed doses at the next clinic at their school.

**WHAT IF MY CHILD HAS NOT RECEIVED ALL HPV VACCINES BEFORE THE END OF 2016.**

Any year 7 student with missed doses of HPV vaccine can be caught up in **2017.**

**Additionally – any year 8 student** who commenced HPV vaccination while in year 7 and are yet to finish all 3 doses of HPV (and who has not received any from their local doctor) can still receive these at the next clinic at their school.

Don't forget a Record of Vaccination is given to each student for each vaccination. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Any questions, visit the NSW Ministry of Health website at:

<http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>

**SPORT**

Good things are happening on and around the Grossmann sporting fields this time of the year. Firstly, big congratulations to the fourteen students who qualified for the NSW CHS athletics carnival. Of these, we had three individuals who won their events at the Hunter Region carnival, as well as our 17-19 year old boys relay team.

Year 7 have been continuing their enthusiastic approach to school-based sport and participating in the Premier's Sporting Challenge. Coinciding with this was the annual Coalfields Zone Gala day, in which 185 Year 7 students represented Grossmann loud and proud in 8 different sporting events.

Grossmann also had students attend the inaugural Coalfields Zone elite student-athlete day, participating in fitness testing, a resistance training course and nutritional lectures.

Good luck to the remaining teams in the NSW CHS knockout competitions, continue with that positive school spirit.

Paul Anderson

**\$5 FROM EVERY PAIR OF SHOES PURCHASED IS DONATED BACK TO OUR SCHOOL.**

THE ATHLETE'S FOOT PROVIDES A RANGE OF SCHOOL AND SPORTS SHOES.

With a shoe expertly fitted by one of The Athlete's Foot's technicians, your child will have the right support for all the activities and sports they take part in every day.

The Athlete's Foot stock a range of brands including Accent and Clark's school shoes to ensure there are options for everyone. Even better, \$5 from every shoe purchase is donated back to our school. And this applies to your whole family across their fantastic range of school, sports, work and casual shoes.

**THE IMPORTANCE OF FIT**

- Every child's foot is different and they continue to develop until they're 18
- Due to continual growth and development, it's essential to get their feet measured properly every time they need new shoes.
- Every school day is filled with a range of different physical activities.
- The right fit helps performance and reduces the risk of injury and problems.
- With The Athlete's Foot highly trained fit technicians, getting the right fit is easy through width options and 1/2 sizes.

**JOIN CLUBFIT TODAY!**

**YOUR WHOLE FAMILY CAN ENJOY SOME GREAT BENEFITS, INCLUDING:**

- 30 Day Wearability\* – for a perfect fit every time.
- Earn points on every purchase to receive FREE Gift Vouchers.
- Free water proofing service.

THE BEST FIT IS EVEN BETTER WITH ALL THESE BONUSES.

**SCHOOL REWARDS PROGRAM**

**HELPING EVERYONE AT SCHOOL FIND THEIR FIT**

**\$5 VOUCHER**

PRESENT THIS SCHOOL VOUCHER WHEN PURCHASING A PAIR OF SCHOOL SHOES AT THE ATHLETE'S FOOT

**The Athlete's Foot**

Charlestown Phone (02) 442 1468  
Gundah Phone (02) 454 4420  
Greenhill Phone (02) 432 1200  
www.theathletesfoot.com.au

**Athlete's Foot**  
it's our recommendation

September 2016

## COMMUNITY EVENTS TO SUPPORT YOUNG PEOPLE IN THE MAITLAND AREA.

### Inaugural Headspace Day

This year we will be holding the first inaugural Headspace Day! To celebrate **Headspace** Maitland will be hosting a community event with a BBQ and youth friendly activities on Friday October 7<sup>th</sup> from 11:30am-4:30pm at Maitland Primary School 70 Elgin Street Maitland (Just across the road from Headspace Maitland!)

### YOUTH DROP IN

Youth Drop In recommencing as of 29/07/2016. Youth Drop In will be held at Mindaribba LALC on the last Friday of every month, with November being the final drop in for this year. Times are 6:30pm–10pm. Dinner and transport home will be provided. Non-Indigenous friends are welcome to attend, encouraging attendees to bring a mate.

### LOVEBITES LGBTIZ CONSULTATION

**What is Lovebites** – Love Bites is a school-based Domestic and Family Violence and Sexual Assault prevention program. Love Bites is based on best practice standards for education programs as recommended by the Federal Government funded Australian Domestic and Family Violence Clearing house and other leading academics in the area of violence against women.

#### Consultation Details

Date: Thursday 6<sup>th</sup> October 2016

Venue: Maitland Room @ Maitland Town Hall

Age: 15 to 25

Time: 9am to 4pm

RSVP [Natasha.Anderson@hnehealth.nsw.gov.au](mailto:Natasha.Anderson@hnehealth.nsw.gov.au)

### T-STEM SUCCESS AT THE PRIMARY JAGUAR CHALLENGE

For the past 3 weeks Year 9 STEM students have visited our partner primary schools and worked with teams to build F1 model cars. The older students led the primary students in constructing aerodynamically efficient cars, testing student reaction times and assessing each car for overall speed. The fastest car for each group was taken to Newcastle University and as part of the STEM Festival competed against other schools in the inaugural Primary Jaguar Challenge. We are pleased to announce that Ashtonfield Team from Ashtonfield Public had the second fastest reaction time and teams and cars performed admirably. Once again we would like to thank Dr Scott Sleaf for his never ending assistance, the volunteers and all commercial partners who contributed to a very positive and beneficial program.



## WELFARE

The Welfare Team invite parents and care providers to familiarize themselves with the Office of the Children's eSafety Commissioner <https://www.esafety.gov.au/>. Their role is to protect young people online, as well as to support parents. Below is some helpful information for parents that is taken directly from the site.

The website for Office of the Children's eSafety Commissioner is also where parents and young people can make complaints and report websites that do not respond quickly to serious cyberbullying.

### How do I know if my child is being cyberbullied?



<https://www.esafety.gov.au/education-resources/iparent/online-risks/cyberbullying/how-do-i-know-if-my-child-is-being-cyberbullied>

The internet can open a world of connectivity and learning for young people, but to help them have enjoyable online experiences, it is critical that you are attuned to any signs of cyberbullying.

These can include:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn, anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use.

### What are the steps to alleviate the bullying?

#### Start a conversation and seek support

If your child shows any of these signs, or other worrying and out of character behaviours, it is important that you talk with them and maintain a close eye on both their online and offline behaviour and keep them connected to supportive friends and family. There is [help at hand](#) if your child is being cyberbullied and plenty of constructive ways to help your child take control of the issue.

If cyberbullying involves another student, talk to your child's school, which is likely to have a policy in place to help manage the issue.

## Open the lines of communication

Open communication is so important, whether directly with you or a trusted adult they may feel more comfortable opening up to. This could be an aunt, older sibling or grandparent. Keep the focus off the situation by also encouraging your child to do something offline that they enjoy. Reassure them that you won't block their access to the internet because they have reported a problem to you.

## Collect the evidence and report

There are a number of ways to collect appropriate evidence and report cyberbullying:

- report the cyberbullying to the appropriate service provider using their reporting tools and ask for content to be removed
- lodge a complaint about a serious cyberbullying matter with the Office of the Children's eSafety Commissioner via our [online complaints form](#)
- use our [tips](#) to keep a record of offending emails, text messages or online conversations.

## Manage contact with others

Simple, practical steps can be taken to help manage the issue in the short term, including:

- advising your child not to retaliate or respond to any messages from a bully, which may prevent material being further used against your child
- blocking or unfriending the bully to stop contact with your child
- helping your child change their privacy settings to restrict who can see their posts and profile page.

<https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying>



## LOST OR STOLEN PHONE

We have had a small number of phones stolen at school. Below is a link to the Telstra website that provides information on how the owner is able track the phone's location and hopefully have the phone returned.

<https://crowdsupport.telstra.com.au/t5/General-Mobiles-KB/How-To-Locate-a-Lost-Mobile-Phone-or-Tablet/ta-p/327475>



## MENTAL HEALTH



R U OK? Day was the 8<sup>th</sup> September. This is an important day to foster and support the relationships students develop with each other, with the staff and for staff wellbeing. The Welfare Team's reminder to all the school community is to encourage all to check in with friends, work colleagues and students to ensure they are OK.

#### ***Interesting statistics about mental health***

<https://www.sane.org/mental-health-and-illness/facts-and-guides/facts-figures>

- Nearly half the population will experience a mental disorder at some stage in their lives.
- Almost one in five Australians will experience a mental illness in a 12-month period.
- Depression is one of the most common conditions in young people and increases during adolescence.
- At least one third of young people have had an episode of mental illness by the time they are 25 years of age.
- ONLY one in four young people presenting with symptoms of mental illness will seek help.

RU OK? Is an easy and effective conversation starter when concerned about the mood of another person. We encourage all to have that conversation and support that person to seek help.

Some helpful websites for families supporting people with mental illness

[www.sane.org](http://www.sane.org)

<http://au.reachout.com/>

<https://www.headspace.org.au/>

<https://www.beyondblue.org.au/>

Some helpful apps

- ReachOut Worrytime – helps you to deal with worries once a day, rather than have them with you all day/night
- ReachOut Breathe – helps to reduce the physical symptoms of stress and anxiety by slowing down heart rate with mobile phone (iOS) or Apple Watch
- Smiling Minds – meditation app for a range of ages

**THE JOURNALISM CLASS****English****Debating Update**

Grossmann students have been involved in debating for most of this year, and have done an outstanding job competing against different schools. Mrs Pascoe's Year 7 team, which consists of Lucinda Burgess, Lanah Watters, Imogen Pickard-Ling and Jennifer Van Tol have battled and won every debate so far. The team has won twice debating against Maitland High's Year 7/8 teams during term 3. They won again versing a Year 8 Grossmann team, on August 17<sup>th</sup>. Miss Wakeman's Year 8 team of Jeremy Boardman, Danica Barribal, Mia Saxby and Giaan Nixon have given it their all, but have lost most debates. They debated against Maitland High's teams, but unfortunately lost. They've also battled and lost to one of their own, Grossmann's Year 7 team, on August 17<sup>th</sup>. The Year 10 debating team, consisting of Grace Ahrens, Laura Beaumont, Abbey Baylis and Macey Collet, have been dominating their debate rounds all year long. Unfortunately, they were knocked out by Merewether High during the zone semi-final. The topic was, that the legal age for drinking should be raised to 21. Meanwhile, Year 9 lost to the Year 10 team, though they are developing some fantastic skills. Well done to everyone who participated.

**Maths**

The Mathematics faculty has celebrated Literacy and Numeracy week by creating a QR code treasure hunt for all maths classes to complete. These included basic maths questions relating to the school. There has been a huge amount of students who have been entered into the draw to win a prize which was drawn on assembly on Friday 9<sup>th</sup> September.

On behalf of the faculty, we would like to congratulate all students on their tremendous efforts towards this wonderful school activity.

*Written by Emily Gilmour*

**CAPA****Little Big Shots Excursion**

Year 10 and 11 Drama students were invited to attend the Little Big Shots Film Festival at the Sydney Opera House on 4<sup>th</sup> August. The students ventured to Sydney to experience the many possibilities filmmaking can hold for aspiring teenagers. There was a variety of animated and live action films presented to everyone on the day. A special guest, who personally made a live action film was interviewed and gave everyone advice in film making. His own personal preference for making a short movie was that he couldn't make a film unless it meant something to him. Everyone had lunch at Paddy's Markets beforehand and on the long stretch home stopped at the twin servos for McDonald's. The weather was beautiful and it was overall a great day.

## Industrial Arts



### Major Works Projects

There have been three classes working on their major works for the HSC: Mr Bayada's Graphics, Mr Dibley's Timber and Ms Blatchford's Multimedia. The students in these classes have been working on these projects for the past year and have spent a lot of time both inside and outside of school hours working to perfect their designs.

The Graphics students were required to produce rendered and detailed drawings from either an architectural or product point of view. They used programs such as 3D CAD (Computer Assisted Drawing), Google Sketchup, Creo Parametric, and Fusion 360.



They also had the option to design and build the prototype.

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The Timber students were required to create a project from scratch. They were able to find all facilities needed at the school, except the glazing of their glass. This had to be done out of school.

They spent the first term of Year 12 planning their project and began construction at the beginning of 2016.

The students in Timber are as follows:

Mitchell Freeman - Trophy Cabinet

Brock Lewsam - Liquor Cabinet

Andrew Dyce - Entertainment Unit

Colin Dyce - Music Cabinet

Stephanie Bourke - Kitchen Island Trolley

William Rouse - Jewellery Cabinet



### **F1 in Schools**

On the 2<sup>nd</sup> of September three teams from Maitland Grossmann High travelled to Newcastle University to take part in the F1 in Schools Challenge. The day began at 9:00am and finished at 4:00pm.

As part of the challenge the three teams needed to create a model F1 car that fitted within the design guidelines of F1 in Schools. They also had to market their team’s logo and overall image through the use of portfolios created in conjunction with their car. They were judged on their design aspects and teamwork.

At the conclusion of the event, two teams from Grossmann, Free Racing and Rapid Racing qualified and moved onto State. Unfortunately, the third team, The Sheppards did not qualify despite the hard work put in by the team members.

### **Social Science**

Recently, the Social Science faculty was selected to receive a substantial grant from the CFMEU School Grants Program. This will allow the faculty to expand their role in providing quality education in regards to the area of Social Sciences. This can include the formation of new projects, more excursions, more extracurricular activities and much more that could be integrated as a result of this new-found funding.

### **Canteen**

There will be a change of menus starting in Term 4 – we will be going back to the Summer Menu! This means that slushies will return and we will be focusing a lot more on ‘summer foods’ such as salads, sandwiches and wraps, which will increase in quantity during Term 4. We also have new 600ml drinks available! The new drinks are Schweppes Green Apple, Zesty Lemon and Wild Raspberry – and only contain 3.3% sugar! A healthier alternative to some of the other drinks available.

We will also be welcoming a new roster of Year 12 Prefects starting in Term 4! They will be helping around the canteen, mainly with serving, so make sure to say hi to them! We would also like to acknowledge and thank the current roster of Year 12 students, we really appreciate the help you have given us, we won’t forget it!

### **Library**

The library is implementing new and exciting programs and activities for students during Terms 3 and 4 this year. Currently only 22% of students are reading books, so the library now offers colouring in during lunch time on Thursdays, board games during lunch time every day and in Term 4 a Makerspace will open for students to explore and tinker with electronics, Lego, K’nex, programing and robotics. MGHS library is lucky enough to have one of the largest fiction collection for students and staff to borrow, please come and make the most of it!



**Careers/Transition**

*Pop Up Lolly Store*

On the second day of a beautiful new season, Year 12 Work Studies class, supervised by Mrs Sellers-Fogarty, hosted a "Pop Up" Lolly Shop at lunch time in the canteen as an enterprise project to help aid the Fiji Appeal.

There were multiple types of lollipops along with other sweets like rainbow straps, red frogs and other assortments. There was also a guessing competition to win a jar of jellybeans. It was a long and difficult lunch, with over 200 customers to serve; however, it was well worth the trouble. Year 12 thank all students who helped them reach their goal and therefore, helped hundreds of lives in Fiji.

*Written by Caleb Goddard*



## **Environmental News**

### **GROSSMANN TAKES THREE**

ON Tuesday 9<sup>th</sup> August, Tim Silverwood, Global Environmentalist, visited Maitland Grossmann High School to educate all of Year 7 and the Year 9 Journalism class about the importance of recycling, sustainability and keeping our oceans and waterways clean. Silverwood has been educating young people since 2011 and has inspired over 80,000 children at hundreds of schools, to save the planet.

His passion for environmental sustainability began with his love of surfing. Silverwood travelled around the world trying to find the best waves and places to surf. Instead he was greeted with an abundance of trash-filled waves and oceans full of debris. Horrified by this discovery he made a life changing decision to clear his favourite beaches of all rubbish and inspire others to do the same. In a matter of months, he found himself at the forefront of a global movement.



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After years of studying sustainability, Silverwood eventually became the co-founder of the organisation 'Take 3 - A Clean Beach Initiative', in 2009. Take 3 is a movement which simply asks everyone to take three pieces of rubbish, for our environment. Silverwood and his team travel around Australia giving presentations to raise awareness of the importance of sustainability and the environment.

Over the years, Silverwood has experienced many of the worlds most polluted waters and places, to study and document the accumulation of plastic in remote oceans. His most significant travel being his 5000km sailing trip from Hawaii to Vancouver to the Great Pacific Garbage Patch.

Maitland Grossmann High were one of the privileged schools able to participate in one of his inspiring presentations. It was clear to see that everyone in the room was captivated and willing to learn about such a big issue. Year 7 learnt about the importance of eliminating the use of plastics, looking at the world as a whole and seeing the extent of the pollution, learning that pollution isn't just affecting humans, but animals and also the environment.

*By Mackenzie Cliff and Georgia Dyson, Year 9 Journalism*

### **NAB Lions Youth of the Year for 2016/2017**

Applications for the NAB Lions Youth of the Year Competition are now open. The program is designed to encourage, foster and develop leadership in conjunction with other citizenship qualities. Any students interested in applying for this program need to see Miss McEntyre or Mrs Tannock in the English staffroom, to obtain an entry form.



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## Maitland Grossmann High School War Honor Roll

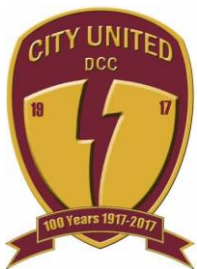
Maitland Grossmann High School is seeking information from family, friends or directly from those who have served our Country.

We are currently looking for details of former students who have seen active service in any capacity.

Once a list is compiled those students will be commemorated with the establishment of an Honor Roll to be on permanent display at the school.

If you have any information or require further information please contact Caterina at MGHS on 49 34 2066 or 0418 461 577 or email [caterina.poggil@def.nsw.edu.au](mailto:caterina.poggil@def.nsw.edu.au)

Thank you



## CITY UNITED DCC 100<sup>th</sup>Year REGISTRATIONS



“Come and play cricket at The Park in 2016-17”

Registration are being taken for all forms of cricket including

**Milo in2cricket 5-7 years**

**T20 Blast 8-9 years**

**Kookaburra Cup Up to 11 years**

**Juniors from 12 – 16 years**

**Seniors teams**

Registrations can be taken at <http://cucc.nsw.cricket.com.au/>

**Contacts for further information**

**Michael – 0417498370 [vikkijordan@bigpond.com](mailto:vikkijordan@bigpond.com)**

**Paul – 0419 294 033 [pbrownle@ausgrid.com.au](mailto:pbrownle@ausgrid.com.au) or [kritpaul@bigpond.net.au](mailto:kritpaul@bigpond.net.au) Find us on Facebook**

**Sponsorship Opportunities** exist for the 100<sup>th</sup> year. If you have a business that wants to be a part of the celebrations contact Paul on the number above.

# Arrendell

secondary education centre™

## Spring Holiday School



### Pre-HSC Workshops

Year 12 students  
4 – 7 Oct 2016

### Senior Writing Workshop

Year 10 – 12 students  
4 – 7 Oct, 10am – 12.30pm each day

### Creative Writing Workshop

Year 9 – 11 students  
5 – 6 Oct, 1.30 – 4.30pm

### Writing For Future Experts

Year 5 – 8 students  
5 – 7 Oct, 10:30am – 12:30pm

Please contact us for more info about these workshops or other tutoring sessions.



*Over 40 years of helping  
Newcastle students succeed*

# 4929 2522

arrendell@ozemail.com.au

## NETBALL | FUN | FRIENDS | FITNESS

# Holiday Clinic Fun



**JOIN IN THE FUN!  
REGISTER YOUR CHILD  
IN A NETBALL NSW  
SCHOOL HOLIDAY  
CLINIC NEAR YOU!**

GREAT HOLIDAY FUN FOR CHILDREN AGED 5 TO 10

- 3-hour clinic run by accredited coaches
- Tailored to all abilities
- Learn and improve your netball skills
- Make new friends
- Get lots of exercise in a safe environment
- Receive a Netball NSW goodie bag; and Certificate of Participation

**ONLY \$40 PER CHILD**

**When:** Wednesday 28<sup>th</sup> September 2016

**Time:** From 9:00am – 12:00pm with  
Registration at 8:30am

**Where:** Newcastle Netball Association

**Address:** National Park, Union Street, Newcastle

**Bring:** Healthy snacks, drink bottle, sunscreen and a hat

For further information or to register visit [letsplaynetball.com](http://letsplaynetball.com)  
Call (02) 9951 5000 or email [netball@netballnsw.com](mailto:netball@netballnsw.com)



let's play netball

sponsored by



## MAITLAND SWIMMING CLUB INC REGISTRATION FOR 2016-2017 SEASON

Registration for the 2016-2017 season opened mid September. Members from the 2015-2016 season, will be contacted by email with instructions for re registering. For new members please check the Maitland Mercury in September for information or contact [maitswim@gmail.com](mailto:maitswim@gmail.com)

September 2016

# YOUR INVITATION TO PLAY IN THE NPL



**The Weston Workers Bears Football Club will be holding trials for their 2017 National Premier League Youth Squads on the following dates and times.**

Under the guidance of Club Technical Director, Kew Jaliens and youth coaches, the Club invites players who wish to develop their game, in a professionally structured environment, at one of Northern NSW's premier Clubs. We look forward to seeing you on the dates below.

- U13 - October 10 & 11 / 6:00pm
- U14 - October 10 & 11 / 7:15pm
- U15 - October 12 / 6:00pm
- U16 - October 12 / 7:15pm

All trials will be held at Rockwell Automation Park (Government Road, Weston)

\*Please be at the ground 30 minutes before your trial begins to register.

Alternatively you can register online at [westonfc.com.au](http://westonfc.com.au)

**For further information [admin@westonfc.com.au](mailto:admin@westonfc.com.au) or  
Rod Henderson on 0418 689 238**



