



Great Lakes College Tuncurry Senior Campus Open Day and Enrolment Information for Year 11 2011 & Adult Learning Opportunities

June 19

refer to Senior Campus Page for more details



*Examples of Year 11 Artwork to be displayed at
the Open Day*

COLLEGE PRINCIPAL

Relationships between all stakeholders are crucial when we strive for quality education for our students. One of the many relationships that have a significant impact on student outcomes is that of the Great Lakes Learning Community (GLLC). This is our local school network involving the Principals from the three campuses of the College and Forster, Tuncurry, Hallidays Point, Nabad, Pacific Palms and Bungwahl primary schools. This group meets twice a term to discuss many aspects of education in the Great Lakes area including literacy/numeracy programs, transition from Stage 3 to Stage 4, gifted and talented programs, strategic directions for the future, welfare, data and information sharing, student leadership, Aboriginal education, performing arts, community partnerships and promotions. As a result of the dedication of the principals and their staff we are able to offer a relevant, challenging and supportive K-12, Vocational and Tertiary education continuum. In the coming months we will be undertaking a new promotions process to ensure that we are positioning public education as the preferred system in the Great Lakes now and into the future.

Once again our College Canoe Team has triumphed at the NSW CHS and All Schools carnival held in Grafton recently. We were the Champion School for the eighth year in a row. Special mention to Lydia Toms crowned the Champion Girl Paddler for both CHS and All Schools and Robert Coleman came 2nd in boys individual point score. This would not be possible if not for the efforts of Anita Roche as the coach who invests a lot of time into developing the skills of our students. Twenty two students travelled to Grafton including four students from our feeder primary schools, which again reflects the philosophy of the GLLC mentioned above.

Graeme Jennings
College Principal

COLLEGE

DATES TO REMEMBER:

College P &C
Forster Library 7.30pm..... June 2

Writing School Notes

If your child is away from school, please write a note within two days explaining why your child was away and include the following information:

- child's name
- date/s and number of days your child was away
- the reason
- other information; perhaps they have an injury and cannot play sport.

Your child can return the note to the front office or their roll call teacher. (Sample Note for your use see back page for your convenience)

Shine On!

A SHOWCASE OF CREATIVE AND PERFORMING ARTS IN PUBLIC EDUCATION

THURSDAY SEPTEMBER 23

CLUB FORSTER

“Shine On” is a biannual event for the Great Lakes Regions Public Education students to showcase their dance, drama and musical talents to the community through one matinee and evening performance for students, teachers and the general public.

The previous two “Shine On” performances have been outstanding successes surpassing the committee’s expectations, reaching outstanding outcomes in the areas of student participation, student and teacher achievement and audience attendance.

The College Band and Vocal ensemble will be performing items at this event. Some of the items by these groups will be with Primary Schools students and some items will only include the Great Lakes College students. The Band and Vocal students should look forward to performing at this major regional event this year.

Auditions for other music, dance and drama items will occur at the beginning of term 3. If you have a group or you are an individual performer get organised to be ready for these auditions that will be held at both Tuncurry and Forster Campuses. The exact dates of these auditions will be published in future Dolphin newsletter.

*Jann Duggan
Head Teacher CAPA,
“Shine On” coordinator*

COLLEGE SPORT

CHS Open Football

The Great Lakes College Football side this year contained some talented and promising players. We were given a walk over for our first match and then were drawn to play Taree High in the third round at the Zone Football field in Taree.

The pitch and day were perfect for football and although warm it was not too hot. The coach was familiar with the opposition and knew they were a difficult proposition being tall and fast all over the park. The game began at a fast pace with both sides using good skills and solid defence. Taree had the greater share of possession and consistently launched attacks down the right side having a couple of genuine shoots at goal only to be held out by a determined defence. Great Lakes responded with our unique brand of football showing glimpses of a dominant midfield consisting of David Bourne, Reece Raynor and Luis Ponte, while the backs James Duval, Marshal Holden, Tom Robinson and David Fleming held firm under pressure. The first half was an arm wrestle that ended with the score still nil all.

For the first five minutes of the second half the game lost a bit of its spectacle with some less than glamorous play from both sides, although a good effort by a Taree player saw Taree score a goal. However the next 20 minutes saw Great Lakes dominate play maintaining possession and constantly in attack with Josh Webber keeping a lid on one of the better opposition attacking players. We had identified a piece of vacant real estate in the Taree defence at half time, and some intelligent football saw Luis Ponte in this space with some time to spare. He made no mistake with an excellent shot to even up the score. Minutes later Blake Clark was in the same space and took paint off the wrong side of the post and was unlucky not to score. Unfortunately a Taree counter attack saw an excellent cross headed in for a goal and the score stood at 2-1.

Good teams never quit and Mitch Yarnold in combination with the midfielders, continued to cause havoc and were constantly in space playing to feet, taking genuine shots at goal that were going frustratingly close. This was a display of how football should be played and it worried the Taree defence time and again. Alas, in the last minute of play Taree were awarded a penalty on the edge of the 18 yard box which was bent in by the Taree striker, the whistle then going for full time.

Kale McCarthy, Paul Chipperfield, Bradley Brown and Nikolai Trinajstic also contributed to the overall effort and thanks must go to Chris Curran for being the backup Goal Keeper for Michael Abberton. These were two good football sides and the game was good to watch being played at a high level and in the right spirit.

John Drenkhahn
Organiser

Hunter Area Final- Girls Volleyball

Great Lakes College girl's volleyball team are Hunter Area champions for the eleventh year in a row. The girls defeated Cardiff High in a dominant display by three sets to nil. The squad consisted of Morgan Newman, Jenna Neal, Freya Johnson, Bianca Hammond, Tara Creighton, Laura Tillman, Dana Waterworth and Melinda Gilling. The girls continue a very strong and proud history of Volleyball at Great Lakes College. All girls contributed to the performance playing a very skilful brand of Volleyball. Morgan set the attacks well and Freya, Tara, Laura, Jenna, Melinda and Dana were able to take advantage with their spiking. Bianca was solid in back court with her passing which enabled the attacks to flow. All girls served extremely well and often Cardiff were unable to initiate attacks because of the quality of serves.

The girls now progress to the final 16 of the NSWCHS sate knockout which will be conducted at Homebush over two days later this term.

Gary Martin
Coach

Below: Laura Tillman spiking at Hunter Girls Volleyball





Late press:

Brooke Summers and Jesse King were selected to attend NSW All Schools Swimming Carnival. Brooke was unplaced in her Backstroke event. Jesse won Gold medals in 50m Breaststroke and 100m Breaststroke. Consequently, he has been selected to attend Australian All Schools Championships in Brisbane next month.

Kim Hamilton
Team Coordinator

FORSTER CAMPUS

Principal's Report

I was really impressed with the behaviour of our students during the recent NAPLAN tests. There was a high rate of attendance and students really tried to do their personal best. Amidst all the media reports of a very few number of schools where students were purportedly encouraged to remain at home to boost their school's results, that was certainly not the case at Forster. We look forward to seeing the results in Term 3 – remembering that NAPLAN is a tool used by teachers to determine student needs, adjust programs – as well as providing feedback to both parents and staff about student growth in the areas of literacy and numeracy.

NAPLAN is but one tool. In Week 5 our students from Years 7-10 were involved in Semester 1 half-yearly exams. Most of these exams took place in the MPH. Teachers will be busy during the next few weeks marking exams and assignments, finalising assessment for this semester and completing student reports.

Student reports from this semester provide the best indication to parents about how a child is progressing. They are issued on the second and sometimes the last day of term. I was disappointed last year when about a hundred student reports were still awaiting collection towards the end of Term 3 – some eight weeks after the start of a new semester. Please follow up on your child's progress by going through their reports with them when they arrive in Week 11.

Finally we have had excellent support from parents in a number of areas so far this term. The real partnership that is taking place can only mean great outcomes for students.

Have a wonderful next few weeks.

Judy Hall
Principal

Deputy Principal's Report

Students in Years 7 and 9 successfully completed their NAPLAN tests last week. We were fortunate to have less than 5% of each cohort absent during the tests and some of these students sat the tests on Friday. We look forward to receiving results in September to begin planning for improvements in student's literacy and numeracy.

We thank School Police Liaison Officer, Senior Constable Bruce Gauld's ongoing visits to our campus.

He has been focusing on individual / small group discussions re: cyber bullying/ friendship squabbles and outside influences on behaviour.

The Positive Behaviour Learning Project has focused on improving student behaviour in the canteen area. We are seeing much improved behaviour in this area. We thank students for their positive attitude to these changes.

The Great Aussie Bush Camp held recently for Year 7 was a great success. Many stories came back of the adventures they experienced in a newly managed facility. Next year's booking has been made due to this successful camp.

There is a growing concern over the increasing number of Year 9 and 10 students who are not completing assessment tasks. Parents need to inform their children that the work still needs to be completed and submitted. Two or more N letters in a course means that the child is ineligible for a grade. If it is a mandatory course, they will not receive their School Certificate credential in 2010.

Ms Higgins reports a successful day for Forster Campus students at the Science and Engineering Challenge held recently. Look for information elsewhere in Dolphin.

*Kim Hamilton
Deputy Principal*

DIGITAL EDUCATION REVOLUTION: YEAR 9 LAPTOP PROGRAM

The rollout for the second phase is almost upon us. Gary Merrell and the Technical Support Officers from the district have been working steadily over the past week to ensure all laptops are ready to rollout next week.

Next Tuesday May 25, all Year 9 students will participate in a meeting with Mrs Hall and Mr Grieve to gain an insight into the program and have an opportunity to discuss issues, ideas, reflections and worries.

This will be followed up by a parent/ student information night on Thursday 27 May at 7pm in the Library.

It is essential that all parents and their children attend on this night. The meeting will focus on the program itself; the laptop that is issued; how they will be used in the classroom; the Laptop User Charter; management of laptops within the school; and an open forum for questions.

Laptops will be issued at the end of the meeting to those students who have the signed charter submitted

prior to the meeting. Students will need to charge their laptop overnight and bring them to school on Friday. Meetings will be held during Periods 1, 2 and 3 to accession laptops onto the school system.

*Kim Hamilton
Deputy Principal*

Aussie Bush Camp Year 7

On the May 5, Year 7 travelled to the Aussie Bush Camp. When we arrived we got put into our tents and followed by lunch. We then got separated into our groups where we did a lot of exciting but frightening activities, such as, the Giant swing, Leap of faith, Flying Fox, Lost Island, Survivor challenge and we climbed Mt Yacaaba. Also we enjoyed walking along Hawkes Nest Beach and having dinner at Jimmy's Beach Picnic Area. The first night all four groups participated and enjoyed the excitement of the commando night course. On the second night we enjoyed the vibe of the disco. During the disco the flashing lights were very popular and the music was enjoyable. Then we had a show performed by David it was amazing to see him amusing us with his skill with the fire. Everybody had a great night. We came home on Friday May 7. Overall everybody had a great time and on behalf of the Year 7 students we would like to thank all the teachers that gave up their time to travel with us to the Aussie Bush Camp.

FORSTER CAMPUS

DATES TO REMEMBER:

Zone Athletics	May 26
Year 10	
Peer Tutoring Training	May 27
Year 9 Parent/Student	
Information Evening 7pm Library ...	May 27
State Surfing	May 27-28
KO Knights RL	May 27
Regional Cross Country	May 28
Andrew Daddo Visit	May 28
Quality Teaching Survey	May 28
Deadly Yarns-Indigenous Careers	June 1
Year 10 Debating.....	June 1
College P & C	
Forster Library 7.30pm	June 2
Year 10	
Peer Tutoring Training	June 3
Visual Arts Excursion	June 4
ICAS Science	June 9
13's/15's Knights KO	June 9
Formal Assembly	June 17
Stage 5 MAQ Excursion to Sydney	June 18
Year 8 Gold/Blue RAP to Cinema	June 18

Aussie Bush Camp.



Top left: Clay Dooker & Alison Isles
Top Right: Benson Manton
Opposite Left: Rahal Kuruppu & Tim Vakaahi
Below Right: Joey Tedesco
Below Left: Tim Thomas & Kody Darley



Forster Art Excursion



An art excursion has been organised for Year 10 and Year 9 Visual Arts and Photography students. The excursion will be to Newcastle Regional Art Gallery to see Art Express, a collection of the best HSC artworks from across the state, and to Lake Macquarie Art Gallery to see another HSC student exhibition featuring works from the Hunter and Central Coast regions. This will be a very popular excursion so you need to get your permission notes and money in ASAP to secure a seat on the bus. If you need a note, see a Visual Arts teacher as soon as possible. Seats will fill up quickly, so return your money and note.

Kelly Smith
Visual Arts Teacher

State Swimming Relay Teams



Above: 13 Boys: Mitchell Hamilton, Dylan Nash, Andrew Fisher, Jake Schumacher



Above: 15 Boys: Jesse Bridgement, Ryan Clarke, Ben Summers, Jesse King

Relieving Principal's Report

We have just finished the first round of RAP for this Term and I am very pleased with the results that students have managed to achieve. For the entire school, we only had five students receive a grade of E, which is exceptional. It shows quite clearly that students are embracing our Core Values and really starting to live them. I have said it before and will say it again, that living these Core Values is about developing skills for life.

As you are aware, Year 9 have just received their Lenovo learning devices (laptops) under the Digital Education Revolution (DER) program and are having a great time getting to know how to use them. The staff have also had additional training in Technology and will have another opportunity for focused training around the laptops on day one of next term. Some of the software, such as One Note, is exceptional at what it does and requires some training just to become familiar with it and how best to use it in class.

I am pleased to inform you that we now have a connected classroom facility in the School as well. It has been installed in CG08, which is one of the computer labs in the School. This facility will allow real time video link ups to almost any destination where a similar facility exists for as many as a full class of students. Link ups can be made to more than one site as well and may facilitate meetings between groups that can be thousands of kilometres apart. The real attraction in teaching is the ability to link to other sites/classes/individuals with the whole class present in the room. I know a school where they have used such a facility to link up with special programs around reading with media stars and science festivals across the world. It opens a new window on learning opportunities that we have been able to access before. Teachers will be learning how to use the facility starting this week.

I would like to say how proud I am of the way in which our students approached the recent exam period. It was extremely pleasing to see the level of attendance, cooperation and commitment to personal best exhibited by so many of our students, especially Year 7 and Year 9 who had NAPLAN tests as well. Well done everyone! The staff are now working hard on preparing reports that will be handed out in the last week of this term. Please take the time to read them and discuss their content with your children. Even make

appointments to discuss them with staff if you wish to go through them in more detail. I know staff welcome such contact.

Paul Bulbert

Relieving Principal

CAREERS NEWS

Maths in Careers - Mics Day

The College Careers Team is organising a Maths in careers day for all Year 8 students. The days will be held on the Tuncurry Campus on Tuesday 22 June and on the Forster campus on Friday 25 June.

Representatives from the working community will be here to provide demonstrations to the students of how they use mathematics in their everyday working lives. The purpose of the day is to provide meaning to the study of mathematics and to help students realise the importance of mathematics to their future employment.

Pauline Webber

Careers Adviser

Gifted And Talented Students (GATS)

Hi everyone, my name is Melissa Laurantus and I have recently been lucky enough to take on the position of GATS coordinator for Tuncurry Junior Campus. GATS stands for Gifted and Talented Students.

Gifted students are those whose potential is distinctly above average in one or more curriculum areas. Talented students are those whose skills are distinctly above average in one or more areas of human performance.

The GATS program aims to identify gifted and talented students at GLC TJC and to maximise their learning outcomes. It is to support, nurture, value and celebrate the gifts and talents of all our students.

All students have access to the Gifted and Talented Program at Great Lakes College and the whole school community is responsible for identifying gifted students and providing the best outcomes for them to achieve to a high standard.

The GATS program at TJC presently has several students accelerated in their area of excellence and offers many opportunities for all students to advance in their personal areas of strength through extra curricular activities such as competitions, guest speakers, university links, performance evenings, work displays and excursions while being assisted by

hardworking, supportive teachers who are always encouraging students to reach their personal best. Recognition of GATS achievements will be through assemblies, performances, exhibitions, Dolphin articles and when appropriate, the local media.

I am very enthusiastic about the continuation and growth of our GATS program where it is possible to offer extra opportunities to our gifted and talented students through working with all faculty areas within our campus.

We are currently gathering information to identify Gifted And Talented Students (GATS) here at GLC Tuncurry Junior Campus. In order to do so we are asking for teacher nominations and student self nominations which will be assessed through Head Teachers and Year Advisers. We are also asking for parent nominations.

If you believe your child to be a GAT student, please contact the school to obtain a nomination form and return to Melissa Laurantus – GATS Coordinator for Tuncurry Junior Campus. Those students accepted into the GATS program will be provided with an individual program that caters to their particular gift or talent.

Through a partnership between the Great Lakes College community, parents and the wider community it is hoped that we can cater for the diverse learning needs of our gifted and talented students and enable them to extend and cultivate their unique qualities.

Melissa Laurantus
GATS Coordinator

Wednesday Sport Fishing

Below: James Yates-Horton with his catch.



Below: Robert Schumacher with his catch and James



TUNCURRY JUNIOR CAMPUS

DATES TO REMEMBER:

Year 7 Boys/Girls Vaccinations.....	May 28
ICAS Science	June 9
Maths in Careers	June 15
Maths Olympiads	June 16
Year 8 Maths Day	June 18
ICAS Spelling/Writing	June 22
Merit Assembly	June 22
School Reports home	July 1

2010 Vaccinations

Date	Year	Vaccine	Dose
Friday May 28	7	Boys & Girls Hep B	1 st Dose
	7	Girls HPV	2 nd Dose

TUNCURRY SENIOR CAMPUS

Eisteddfod Success

Twenty three talented Year 11 Drama students recently attended the Taree District Eisteddfod and performed in both the Playbuilding and Unscripted sections. Playbuilding requires students to devise their own group performance of 10 minutes duration based on a theme or idea of their choice. Obesity Epidemic, devised by Connie Bramble, Rory Bramble, Tessa Rigby, Grant Melzer, Jessica Stuart and Dylan Butterfield, examines the hysteria and hype surrounding obesity and the pressure to be thin. This group placed First with their highly entertaining performance. Simone Thomas, Stephanie Murphy, Sarah Ieroianni, Tylissa Davey and Kaleib Fitzsimmons became different parts of the human body addicted to smoking in their performance, Body of Evidence which also gained First Place. Third place was achieved by Angus Long, Jordan Yarrad, Katie Tuft, Jack Haszard, Shannon Love and Blake Clark in their performance Addiction's Anonymous. Unscripted Drama is where groups are given two minutes to create a performance on the spot in a given topic. In this section two groups consisting of Rory Bramble, Connie Bramble, Kaleib Fitzsimmons, Simone Thomas, and Naomi Nicholls, Rhiannon Hayes Hanson, Levi Bramble and Jaimie McGaw achieved Second place, while Jordan Yarrad, Katie Tuft, Jack Haszard, Shannon Love and Blake Clark came Third place and Tessa Rigby, Joel Jeffery, Dylan Butterfield and Jessica Stuart gained a Highly Commended. Congratulations to all participants for their amazing achievement!

In addition to this success, seven students recently participated in a video conference at the Great Lakes College involving Australian actor Aden Young who appeared in the Sydney Theatre Company's production of Hedda Gabler. This production also starred Cate Blanchett and had a successful season on Broadway in the United States. Ten schools from around the state had the opportunity to interview Aden about his work in this production. Students found it exciting to be able to communicate with a professional in the industry.

Marion Johnson



Premier's Teacher Scholarships

Great Lakes College Drama teacher, Marion Johnson recently attended a 10 year anniversary of the Premier's Teacher Scholarships at Parliament House in Sydney. Attending the event were 160 scholarship recipients who had received a scholarship in the last 10 years. Former NSW Premier, Bob Carr attended the event as he initiated the scholarship system when he received a Fullbright Scholarship. Rather than use the scholarship himself, the renowned history buff decided to create four History scholarships for History teachers to travel overseas to study an area of interest and relevance to the school curriculum. Due to the success of this Mr Carr sought business support and in the last 10 years 280 teachers have benefited from the scholarships in all Key Learning Areas. Marion Johnson was a lucky recipient of a Creative and Performing Arts scholarship in 2008 and travelled to Canada and the United States for five weeks to work with experimental theatre companies and schools. "This was an amazing opportunity and an enriching experience which I will never forget,"

Marion Johnson



Above: Marion Johnson and NSW Premier Kristina Keneally



Above: Melissa Kennedy from Scott's College, former NSW Premier Bob Carr and Marion Johnson

HSC Study Day Visual Arts Exhibition In The Tafe Gallery

June 19, 2010.

A collection of artworks created by Year 11 Visual Arts and Photography students will be on display in the TAFE Art Gallery as part of our HSC Study Day on June 19. This day is the Saturday of Week 9. This is a great opportunity to see the huge range of creative talent our senior Visual Arts students have demonstrated in their recent assessment task. A variety of different materials have been used to create artworks including digital and black and white photography, pencil drawings, acrylic and oil paintings, mixed media works and sculptures. Three examples of artworks on display are seen below. Come along and support our students between 10am and 2pm on Saturday June 19.

Connie Bramble

The Last Light Waves



"The sun at bay with splendid thrusts still keeps the sullen fold; And momentarily at distance sets, as a cupola of gold,..."

Victor Hugo

Amy Cavanagh

Through a Frog's Eyes

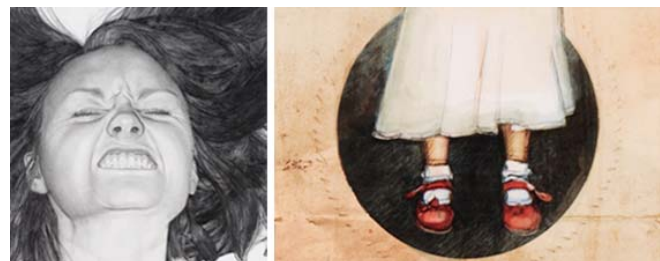


Through a Frog's eyes is a series of three lead pencil drawings based on the day in the life of a green tree frog.

Louis Macdonald **6ix Billion**



"Almost 1.5 trees have been cut down in the time it took me to produce 5 artworks."



TUNCURRY SENIOR CAMPUS

HSC Study Day

On Saturday June 19, Year 12 students from Great Lakes College will have the opportunity to attend a series of highly effective seminars presented by very experienced HSC markers, University lecturers and teachers from around the state in a variety of HSC subjects. This will be the next in the very successful HSC Study Day series that the Senior Campus has organised for students in the Manning Valley and beyond over the past few years.

Students from Great Lakes College, Bulahdelah Central, Gloucester High, Wingham High, Taree High, Chatham High, Camden Haven High, Westport High, Port Macquarie High, Kempsey High, Melville High and Wauchope High will be participating in the day, which has been organised to provide an alternative to the very expensive and difficult to get to seminars that are run in Sydney. Traditionally, these cost up to \$45 per session, and students from the Mid-North Coast are reluctant to travel to Sydney to make use of them. At our HSC Study day, the cost is \$20 for the day, and students can attend as many as eight different sessions on the day. Subjects being offered include English (Standard and Advanced), Maths (General, 2U, Extension 1 and Extension 2), Chemistry, Earth and Environmental Science, Physics, Senior Science, Modern History, Ancient History, Geography, Business Studies, Design and Technology, French Beginners and Industrial Technology.

Year 12 students from the college and the surrounding schools have been provided with a selection sheet that will need to be returned to the front office by Friday, June 11 with a payment of \$20. Some sessions may fill quickly, so it is advised that students return the form and payment as soon as possible. All Year 12 students are strongly encouraged to take advantage of this great opportunity for our students.

Should you require further information, contact Matt Avery (HT Maths/Science) on the Senior Campus.

Matt Avery
Head Teacher

Senior Campus Debating Team

Members of the Senior Campus Debating Team: Jodie Eacott, Nicki Whitehouse, Grace Bailey-Rodick and Jess Stewart recently won the Finals of the Senior Debating competition at the Taree Eisteddfod. Their wide and detailed knowledge of issues, their organisation and their ability to speak fluently under pressure make them a difficult team to defeat.

Sue Morrell
Head Teacher English



Above: Jodie Eacott, Nicki Whitehouse, Grace Bailey-Rodick and Jess Stewart Great Lakes College
Tuncurry Senior Campus

TUNCURRY SENIOR CAMPUS

DATES TO REMEMBER:

Aboriginal Careers Day	
Forster Campus	June 1
Open Day 10am to 2pm	June 19
Year 12 Study Day	
9am to 5-30pm.....	June 19
University of Newcastle	
Open Day Excursion	July 1

"An adult and working environment"

Subject Selection Information Evening Year 11 2011

Tuesday 15 June 6.00pm to 8.00pm
And

Open Day and Enrolment Information For

Year 11 2011 & Adult Learning Opportunities

Saturday 19 June 10.00am to 2.00am
The Northern Parkway Tuncurry

Inspect new facilities, see students working and obtain HSC Pathways information including adult study opportunities.

Enquires: Mr Tony Koch Deputy Principal ph. 65550555
A NSW Department of Education Facility.

**Free
Professional
Counselling**



Separation is a difficult time for everyone in the family

A decision to separate is one of the hardest choices you may ever make, and it has consequences for everyone in your family. Both you and your children may feel confused about what is happening, and be unsettled about the impact of such change.

Separation can evoke strong feelings for everyone – you, your partner, your children, and even extended family members like grandparents, aunts and uncles. Your family is undergoing significant change - separation usually means that the family is dividing, and that one parent will be leaving the household.

With change comes emotion. You may feel sad or lonely, angry, guilty, or like you have failed in some way. Many parents have experiences of depression and anxiety. In fact, you may feel all these emotions at different times.

It is important to remember that your child also has strong feelings. They may feel grief, shock, insecurity and worry whether the remaining parent will leave them as well. Some may feel that they are to blame for the situation, while others may feel angry.

As a parent it's important to understand that your children are also going through a distressing time, and to do what you can to reduce the impact on them. Here are some basic tips to assist with that:

- ☐ Prepare children as best as you can. Give them a simple explanation of why you are separating.
- ☐ Let your children know that both parents love them very much.
- ☐ Remind children that it is not their fault – it is a decision that you as parents are making about your relationship.
- ☐ Focus on the positives. Give lots of love and attention. Try to avoid conflict in front of your children, and avoid blame.
- ☐ Try to minimise the change to your children's environment and routine.
- ☐ Acknowledge how your children are feeling, and that these feelings are okay.

For more information on separation or any parenting issue, call our professional counsellors for the cost of a local call from a land line, 24 hours a day, 7 days a week on 1300 1300 52 or read our information sheets on separation on www.parentline.org.au



Exchange Students In Need Of Volunteer Host Families

Expand your knowledge of other countries, cultures, languages and cuisines and consider opening your door to an international exchange student.

World Education Program is looking for Volunteer Host Families for International Students arriving in July 2010.

Ludovico from Rome in Italy will be 16 years old when he arrives. He enjoys soccer, tennis, volleyball, basketball, cycling, skiing & water polo. Ludovico would like to become an Accountant when he finishes all his schooling.

Luiza from Brazil will be 16 years old on arrival. She enjoys going to the movies, playing cards & games, volleyball, computers & listening to music. Luiza is a calm and easy-going girl that enjoys fitness

Melanie is a French speaking student from Belgium. She enjoys volleyball, dancing, gymnastics, camping, running, listening to music, water sports & movies. Melanie loves organising children's birthday parties and enjoys meeting new people.

Gregorio from Italy will be 17 years old on arrival. He likes listening to music, singing, soccer, dancing, rugby & tennis. Gregorio is a fun-loving young man who enjoys sports and meeting new people. He is very excited about coming to Australia!

Are you interested to learn more about these students or others?

Then please contact us for a free information pack. This will include a photo, a letter from the student and a letter from their parents.

It's easier than you think & a fantastic experience for all!

Nikki Medwell

Inbound Exchange Administrator

World Education Program

Ph: (03) 9598 4733

Fax: (03) 9598 4233

Toll Free: 1300 884 733

Email: nikkimedwell@wep.org.au

Full support is offered to all host families by National Office staff and a local WEP representative from your community. An emergency phone number is also provided.

FORSTER CAMPUS CANTEEN ROSTER				Ph. 6554 5259 or Ros 6554 8432
MONDAY 24/5	TUESDAY 25/5	WEDNESDAY 26/5	THURSDAY 27/5	FRIDAY 28/5
C Gorton G Weerheim	A Kuruppu J Thomas	N Williams D Gatland	B Lancaster P Crawley	J Southwell V Godwin
MONDAY 31/5	TUESDAY 1/6	WEDNESDAY 2/6	THURSDAY 3/6	FRIDAY 4/6
B Heffernan J Hammond	D Timbs H Morley	J Minors J Higman	L Murphy P Crawley	R Marshdale K Harris/J Cornell
MONDAY 7/6	TUESDAY 8/6	WEDNESDAY 9/6	THURSDAY 10/6	FRIDAY 11/6
C Gorton J Hagan	G Weerheim J Thomas	M Parry M Malzard	B Lancaster P Crawley/V Dive	K Harris D Williams
TUNCURRY CAMPUS CANTEEN ROSTER				Ph. 6555 0575 Michelle
MONDAY 24/5	TUESDAY 25/5	WEDNESDAY 26/5	THURSDAY 27/5	FRIDAY 28/5
C Toohill	T Eacott	L Howard	K Melham J Shaw	L Howard
MONDAY 31/5	TUESDAY 1/6	WEDNESDAY 2/6	THURSDAY 3/6	FRIDAY 4/6
C Toohill M Delvca	Uniting Church	L Howard	A Wilkinson K Melham	L Howard D McLeod
MONDAY 7/6	TUESDAY 8/6	WEDNESDAY 9/6	THURSDAY 10/6	FRIDAY 11/6
C Toohill M Smith	T Eacott	L Howard	K Melham J Shaw	L Howard

Great Lakes College Principal:
Mr Graeme Jennings
Phone: 6555 0555

Forster Campus Principal:
 Mrs Judy Hall
 Cape Hawke Drive
 Forster 2428
 Phone: (02) 6554 6062
 Fax: (02) 6555 6904
 Canteen Phone: (02) 6554 5259
 Email: glcforster-
 h.school@det.nsw.edu.au
[www.glcforster-
 h.schools.nsw.edu.au](http://www.glcforster-h.schools.nsw.edu.au)

Tuncurry Campus Principal:
 Mr Paul Bulbert (Relieving)
 The Northern Parkway
 Tuncurry 2428
 Phone: (02) 6555 0500
 Fax: (02) 6557 6511
 Canteen Phone: (02) 6555 0575
 Email: glctuncjun-
 h.school@det.nsw.edu.au
[www.glctuncjun-
 h.schools.nsw.edu.au](http://www.glctuncjun-h.schools.nsw.edu.au)

Tuncurry Senior Campus Principal:
 Mr Stephen Nicholas
 The Northern Parkway
 Tuncurry 2428
 Phone: (02) 6555 0555
 Fax: (02) 6557 6511
 Canteen Phone: (02) 6555 0575
 Email: glctuncsen-
 h.school@det.nsw.edu.au
[www.glctuncsen-
 h.schools.nsw.edu.au](http://www.glctuncsen-h.schools.nsw.edu.au)

College Office Hours All Campuses
8am to 4pm Monday to Friday

**Preferred Uniform
Supplier**

LOWES
 Stockland Shopping Centre
 Breese Pde
 FORSTER 2428
 Ph.6555 3870

JUNGLE SURF
 4/25 Manning Street
 TUNCURRY 2428
 PH. 6555 8556

KELLIE TURNER EMBROIDERY
 27 Pine Avenue
 TUNCURRY 2428
 Ph. 6555 8698

ABSENCE NOTE:

Student Name: _____

Roll Call Class: _____

Date of Absence(s): _____

Reason for Absence: _____

Parent Signature: _____

Date: _____

ABSENCE NOTE:

Student Name: _____

Roll Call Class: _____

Date of Absence(s): _____

Reason for Absence: _____

Parent Signature: _____

Date: _____

ABSENCE NOTE:

Student Name: _____

Roll Call Class: _____

Date of Absence(s): _____

Reason for Absence: _____

Parent Signature: _____

Date: _____

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Student Name: _____

Roll Call Class: _____

Date of Absence(s): _____

Reason for Absence: _____

Parent Signature: _____

Date: _____