**Principal's Message**

**It's time for me to say farewell**

It is with very mixed feelings that I have made the tough decision to relinquish my position at Irrawang High School at the end of January 2016 and from this date to enjoy the remainder of my long service leave owing to me after 51 years in education and 20 years as Principal at Irrawang. It isn’t a decision I have made lightly or easily. Obviously my health has played a big part in my decision to leave. I need to manage my cardiovascular health more effectively by relaxing, exercising regularly, eating well, sleeping and enjoying life. The pursuit of success never stops and now is the time to invest in me.

It has been a great honour and privilege to have served as Principal of IHS. There is no field of endeavour of greater importance than education and for the past 20 years I have loved coming to work each day with people genuinely passionate about helping our students as well as each other.

I have loved my time at IHS and am proud at what has been achieved over the past 20 years. I have had the privilege and pleasure of working with such fine people and to have been accepted as a colleague and a leader.

I will now be focusing to do what I want to do and not what others expect me to. I am planning to enjoy my other interests and to play a greater active role in:-
- Movement therapy
- Laughter therapy
- Music therapy and working with those people who are experiencing some form of social and emotional issues.

I will miss this place a lot, but leave proud of the changes in practices, confidence, attitude and achievements that we have seen in place over the years.

I wish the school well for the future. I look forward to maintaining the friendships we have established. Thanks for the memories and the opportunity to work with you, your valued friendship over the years and best wishes as the school addresses the new challenges in education. My very best wishes to you all.

---

**Important Dates**

**TERM 4: TUES 6 OCT - FRI 18 DEC**

- **Thur 19 Nov**
  - Yr 8 Hist Vikings Show
- **Mon 23 Nov**
  - P & C Meeting - 6:30pm MICA
  - Xmas Disco - Jnr IOIS
- **Mon 23 - Tues 24 Nov**
  - World of Work
- **Wed 25 Nov**
  - Yr 12 Parent/Teacher Interviews
- **Fri 27 Nov**
  - Yr 8 Maths
  - Luna Park Excursion
- **Mon 30 Nov**
  - Jump Start Training
- **Tue 1 Dec**
  - CAPA Performance Ntg
- **Wed 2 Dec**
  - Year Assemblies
  - Yr 12 PDHPE A’ment
- **Thur 3 Dec**
  - Yr 7 2016 Orientation Day
- **Fri 4 Dec**
  - Year Assemblies
- **Fri 11 Dec**
  - Big Day Out
- **Wed 16 Dec**
  - Presentation
  - Last Day for Students
- **Thur 17 Dec**
  - Yr 12 Breakfast
- **Thur 17 - Fri 18 Dec**
  - Staff Development
- **Fri 18 Dec**
  - **LAST DAY OF TERM 4**

*SCHOOL DEVELOPMENT DAYS occur at the beginning of Terms 1, 2 and 3 and the last two days of the school year. Check with the school, as schools may vary some of these dates.*

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**AECG Meetings**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>26 Nov</td>
<td>10:00am</td>
<td>Hunter River High School</td>
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</tbody>
</table>

**P & C Meetings**

P & C meetings are held on the fourth Monday of the month. The next meeting is on:

- **Date:** Monday 23 November 2015
- **Time:** 6:30pm
- **Where:** MICA Room

  - This is a chance to meet other parents and learn what is going on at your child’s school.
  - Become involved in your school community.
  - Have your say in your child’s/children’s education.
  - Principal in attendance.

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**IRRAWANG HIGH SCHOOL**

*Promoting excellence in academic, cultural and sporting performance*

**Newsletter - Issue 7 - November 2015**

**P & C Meetings** All welcome

**P & C Meetings**

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  - This is a chance to meet other parents and learn what is going on at your child’s school.
  - Become involved in your school community.
  - Have your say in your child’s/children’s education.
  - Principal in attendance.
Col Elliott - Career Promotion and Experience

<table>
<thead>
<tr>
<th>Year</th>
<th>Position</th>
<th>Location</th>
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<tbody>
<tr>
<td>2015-1995 (Nov)</td>
<td>PRINCIPAL, Irrawang High School</td>
<td></td>
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<tr>
<td>1995</td>
<td>ASSISTANT REGIONAL DIRECTOR</td>
<td>Teaching and Learning Hub Region</td>
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<tr>
<td>1994-1990</td>
<td>CLUSTER DIRECTOR (Senior Executive Service)</td>
<td>1993-1994 Cessnock/Kurri Cluster</td>
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<td></td>
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<td>1992 Cessnock Cluster</td>
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<td></td>
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<td>1990-1991 Myall River Cluster (Gloucester and Forster)</td>
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<td>1990-1988</td>
<td>INSPECTOR OF SCHOOLS</td>
<td>Hunter Region (Science/Agriculture) and DISTRICT INSPECTOR Newcastle North</td>
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<tr>
<td>1988</td>
<td>PRINCIPAL, Barham High School</td>
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<tr>
<td>1987</td>
<td>DEPUTY PRINCIPAL, Barham High School</td>
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<tr>
<td>1986-1975</td>
<td>HEAD TEACHER SCIENCE</td>
<td>Orange High School (9 years)</td>
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<td></td>
<td>Bourke High School (3 years)</td>
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<td>1981-1978</td>
<td>Part-time SCIENCE TEACHER</td>
<td>Department of TAFE, Orange</td>
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<td>1977-1976</td>
<td>SCIENCE ADVISOR, Dubbo North Inspectorate</td>
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<tr>
<td>1974-1965</td>
<td>TEACHER (Science/Agriculture)</td>
<td>Macksville High School (7 years)</td>
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<td></td>
<td>Hurlstone Agricultural High School (3 years)</td>
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Where to from here?
Over recent years I have witnessed an increasing number of students who get distressed resulting in their social and emotional skills being continually challenged. This can then set off a negative reaction from the school such as:-

- being removed from the classroom,
- having a difficult relationship with their teacher,
- a caution or suspension

I believe we have crammed so much into the curriculum and yet students need to get back to the basics at school — writing, laughing, playing and being kind to each other.

I want to from next year onwards continue to assist:-

- those in aged care homes, retirement villages,
- stroke victims and dementia patients
- those with disabilities; and
- pre-schoolers to young adolescents to equip them with the skills they need to achieve lifetime success and contribute to society as a result of improving their academic and social skills.

My wife and I have developed a number of practical evidence based intervention programs that can help those with issues such as learning problems, adverse childhood experiences, social and emotional experiences, dyslexia, learning difficulties and behavioural problems, ADHD, autism stress, anxiety, bullying, abuse, frustration, anger, depression and mental health issues.

Our capacity to achieve goals, work effectively with others and to manage emotions will be essential to meet the challenges of the 21st century.

The brains original purpose was not to go school but to survive and thrive. There are a number of basic needs that are most important to humans and these needs must be met in order to allow us to eventually focus on learning.

These needs are:-

1. Food, water, air, clothing, shelter
2. Security, order, freedom from fear
3. Love, belonging, friends, family
4. Self-esteem, achievement, reputation
5. Personal best (becoming what the individual has the potential to become).

Humans move through from 1 to 5. Number 1 needs are the physical requirements for human survival. If these requirements are not met, the human body cannot function properly. One must satisfy lower level basic needs before progressing on to meet higher level growth needs. Once these needs have been reasonably satisfied, one may be able to reach the highest level called personal best.

These basic needs take precedent over all else. As we think about motivating our students we must recognise that their basic needs as well as other needs such as feeling safe and belonging must be met before they can focus on fulfilling high order needs such as learning and self-development.

The brain consists of three basic parts

- Survival part
- Emotional part
- Thinking part

I have used different stages of brain training incorporating the strategies below to change the behaviour of people (ie live a better life- and this can all happen within a week via:-

- Movement (particularly using percussion instruments
- Laughter
- Deep breathing
- Music
- Singing
- Meditation / relaxation / mindfulness

These strategies can literally change your brain. To change a habit you need to change your brain.

As I said earlier, I want to continue to make a positive difference in the lives of others by bringing fun and laughter, through music, into their lives.
Farewell Ms Kristi Devetak
Ms Kristi Devetak Head Teacher Special Education will be taking up a similar position at Kotara High School from the beginning of next year. Ms Devetak has held two Head Teacher positions whilst at Irrawang High School:-

- 2015 - 2014 Head Teacher Special Education
- 2014 - 2011 Head Teacher of the Raymond Terrace Return To School Suspension Centre (RTSC)

Kristi’s role at Irrawang High School has included the following:-

- Worked with and managed students with mild, moderate and severe intellectual disability, emotional and behavioural disorders, autism spectrum disorders, and complex needs
- Developed, administered and managed a website for the RTSC
- Led and supervised Special Education and Learning and Support Teachers (LAST)
- Coordinated and managed the implementation of the Every Student, Every School policy
- Led LAST Network meetings
- Co-led, coordinated and planned School Learning Support Officers support
- Engaged and collaborated with Learning Engagement Officer

Kristi is a professional, conscientious Head Teacher with a deep commitment to her students. She has created both a caring and a professional climate with her classes. She demonstrated constantly her initiative and willingness to contribute to the development and continuous improvement of Irrawang High School as evidenced by her many roles within the school.

She has developed a spirit of teamwork and harmony in her staff. Kristi is a calm, methodical Head teacher whose optimism and warmth of personality and quiet strength have earned her respect and the full support of her colleagues and students. She has contributed commendably to the PBL team. The school wishes Kristi well in her new role at Kotara High School.

Steve Hannon – Retirement
By Ms K Devetak
Head Teacher Special Ed

At the end of this year Irrawang High School will lose one of its longest serving staff members, Mr Steve Hannon. Mr Hannon commenced his teaching career in 1979 as a primary teacher at Granville Central School in Sydney. In the late 1980’s Mr Hannon furthered his studies in Special Education and in 1995 joined Irrawang High School as a Support Class teacher. In his twenty years at Irrawang Mr Hannon has dedicated himself to assisting young people with special needs achieve their potential.

With his energy and enthusiasm Mr Hannon has initiated and coordinated many programs to support our students. One highlight of many - establishing a productive vegetable garden in the school’s Ag plot. Support Class students grow vegetables from seedlings, sell the produce to staff and use the fresh herbs and vegetables to cook meals, including their famous and much coveted pumpkin soup!

Irrawang High has been privileged to have Mr Hannon at our school for the past twenty years. He is well-liked and highly respected by students, parents and staff and will be greatly missed by all. We wish him all the best in his retirement.
Retirement of Steve Hannon /
Join us on Facebook/GATS/Canteen

Steve, silverbeet and students
By Mrs K Lilley
SLSO Senior IOIS

Stephen Hannon is a colleague of mine and Special Ed teacher at Irrawang High School, Raymond Terrace. He is approaching retirement after spending 25 years successfully teaching life skills to special needs students. He is standing proudly at the vegie garden (previous page) that he and his students established on our school farm. The students of his senior support class get their hands dirty almost every day (when it’s not raining), understand the value of fresh produce and their hard work. They reap the rewards by selling their fresh, organic produce to the supportive staff at IHS. As well as being a respected teacher, Steve is a mentor, an advocate and the class clown. I know that Steve will enjoy his retirement and he will be greatly missed by students and staff.

School facebook page – please “like’ us!
By Mrs L Fagan
Community Liaison Officer

You may have noticed that we now have another faster means of school communication - a very active facebook site which is updated regularly with photos, news, events and snippets from around the school community.

We encourage you to "like" this page which can be found at the bottom of our school home page or on your own facebook. The more "likes" the wider the coverage.

We are finding that this is an effective instant communication tool - keeping you in touch with your school.

Year 5 GATS students create videos
By Mrs L Fagan
Community Liaison Officer

Year 5 GATS students from our partner primary schools were at our school this week planning creating and making a video of Malala Yousafzai, the Pakistani activist and the youngest ever Nobel prize laureate known best for her human rights advocacy and education for women.

The students, who were mentored and assisted by several of our senior students, broke into smaller groups for the day and brainstormed their ideas before producing their video on the school’s ipads. GATS coordinators, Ms Bailey and Ms Wotton kept the students engaged all day, encouraging them to have fun and enjoy their video productions. Good job everyone!

Canteen news
By Mrs A Ryner
Canteen Supervisor

The Canteen has introduced some new lines this year to give the students more variety. Nachos, freshly made fried rice and spaghetti bolognaise along with wedges, sour cream and sweet chilli sauce came onto the menu in the first half of the year. This term we have introduced potato skins with a bolognaise mince filling topped with melted cheese.

We are starting to use ingredients ie salad, fresh herbs and eggs that are produced here at the school. This term we have also started selling freshly made fruit salad tubs. The fruit will vary depending what is in season and is available five days a week.

The Canteen is also in need of volunteers to help, if you can spare a few hours we would love to have you join us. Just once a fortnight, or a month would help us out greatly. Our volunteers serve the students, make rolls and sandwiches and assist the supervisor as needed with refilling stock. You are not required to handle large amounts of money and it’s a wonderful way to meet the teachers and put a name to a face. Please, if you can help us give Allison a call in the canteen on 49874687 and she will only be too happy to add your name to the roster and answer any questions you may have.

Please note, we cannot reheat any food that your child brings to school from home. This is a directive from the NSW Department of Health.

The Canteen prices have remained the same for a few years now but due to suppliers increasing their prices we have to as well, so from 1st Term 2016 many of our items will increase slightly. A new menu will be attached to next month’s newsletter as well as on the school facebook page and in the Canteen link on the school website.

Pop-up milk bar opens at school
By Mrs L Fagan
Community Liaison Officer

Year 11 Business Studies students who are studying the operations side of businesses put the theory into practice recently by opening their own pop up milk shake café for the benefits of students and staff.

This business was part of a competition run by the NAB who invested $20 into our concept. These funds had to be paid back with $1.00 interest after the completion of the project. Under the guidance of teacher Ms Clair Wotton, students brainstormed an idea for a commercial enterprise, designed a business plan and purchased raw materials, such as milk, ice-cream, toppings and cardboard cups.

The venture, promoted in the school assembly, with posters placed around the school and word of mouth was a raging success with students lined up to purchase a choice of strawberry, chocolate and caramel milkshakes.

A profit of $100 was realised, with students investing the funds back into another pop up milk shake café later this year.

Yummy herbs from support class students
By Mrs L Fagan
Community Liaison Officer

Students in the support classes are doing an amazing job with their herb gardens located throughout the school. Planting, pruning, weeding and watering are keeping the herbs in top condition, reading for picking and enjoying by staff and the students at the canteen. The herbs are incorporated into delicious meals like spaghetti bolognaise prepared by Canteen Supervisor, Mrs Ryner.

Great job everyone!
Behind the scenes of the CAPA tour
By Mrs L Fagan
Community Liaison Officer

A lot happens behind the scenes when organising school functions and events and the 2015 Outback CAPA tour was no exception. With students raising funds/paying for their trip throughout the year in varying amounts and collected, recorded and banked by the office staff, sorting insurance along with many other jobs, it’s a whole team effort that sees the students and staff head off to have a great trip.

The CAPA tour students and staff showed their appreciation of our hardworking office team by presenting them with flowers along with more flowers to our great friends at MarketPlace Raymond Terrace for their continual and ongoing support.

Without sponsorship from MarketPlace this trip would have been almost impossible for some students. So a BIG thank you to all involved in assisting these students, currently having the outback trip of a lifetime.

Pictured below are the wonderful Irrawang High office staff, and Colleen and Stewart from Marketplace Raymond Terrace.

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Extract of letter received from Anne Kenny, Port Augusta, South Australia

Dear Adele

“I am writing to say that our school absolutely enjoyed the performance you brought to us. ALL the teachers wanted me to convey their messages of thanks and appreciation. They have never seen our whole school so totally engaged and captivated by a performance. It was exciting and entertaining. Usually, many of our students are extremely sensitive to loud noises—not this time!!! We think that we haven’t had a performance that was so universally well received—and we can’t believe that it was free! We couldn’t have paid for anything any better. After school, when I went to do my bus duty, I could hear many students telling their parents all about it, asking each other what they thought and talking to teachers about favourite bits.”

Congratulations Elizabeth!
By Mrs L Fagan
Community Liaison Officer

Year 7 student, Elizabeth Kelly (pictured right) is powering ahead at the Raymond Terrace Athletics Club. At the recent pentathlon championships hosted by her club and attended by over 100 athletes from clubs all over the state, Elizabeth excelled by winning the overall point score in the Under 13s age group. We will watch her progress in the coming years with great interest!
Student profile – Amy Weston, Year 12
School Captain **Amy Weston** is a very busy young lady, with school work, part time job at Woolies, tutoring maths and her night courses at the Terrace Christian Church.

Amy still manages her Advanced Maths and English and Extension English along with her PDHPE, Drama and CAF studies with the philosophy that you need to have good personal management which leads to good time management.

“We have amazing support from our teachers in our HSC year, Ms Bailey, Ms Clarke and Ms Burns are always there for us, either in person, before school or by email,” said Amy.

Amy performed a drama solo at Star Struck this year, an honour afforded to few. She also contributed several blogs from the recent CAPA Outback Tour.

A student at the school since Year 7, Amy has been a member of the SRC since Year 8 and involved in their many activities. Amy is excited about the upcoming three week G’Day USA January trip with 15 other students from Irrawang High and some students from Francis Greenway HS.

After the HSC Amy plans to study Cert IV in Ministry which will take in Theology, leadership skills and an understanding of Christian history. We all wish Amy well with her future plans.

Port Stephens Council – Senior Public Speaking Competition

Celebration of Words – (COWS)

By Mrs L Fagan
Community Liaison Officer

And the winners of the Celebration of Words (COWS) Secondary School Public Speaking Competition . . . . . Irrawang High School!!!

This year Port Stephens Council introduced the COWS festival from November 5 – November 11, including writing workshops, speechmaking and poetry.

Three Year 10 students **Brayden Milford, Bailey Radcliffe** and **Luke Keating** (pictured below) worked hard to prepare their Persuasive Speech – **Words are better than Numbers** - for the secondary school public speaking section. The students had eight minutes to speak and a further two minutes to answer an unknown unprepared question from the judges.

Huge congratulations to the students and their very proud English teacher, Ms Samantha King for their well-deserved success.

Sorry - no reheating student's own meals in Canteen

Because of the NSW Department of Health and W H & S issues, the canteen staff are unable to heat student's meals brought in from home in the microwave.
The Lemon Car – sweet on the outside – bitter on the inside
By Mrs L Fagan
Community Liaison Officer
The Lemon Car is a fun, interactive and informative awareness program which travels around to high schools in New South Wales, Victoria and Queensland educating young drivers about the importance of proper vehicle safety and maintenance.

Our year 10 students were shown how to spot commonly overlooked yet potentially dangerous defects on the actual car, some of which are often bought from reputable auto shops. The aim of this course is to inform young drivers about vehicle safety, help them save money and hopefully reduce the number of fatalities caused by faulty and illegally modified vehicles.

With each session lasting one hour, owner Mark Poulter kept the students enthralled with a hands on and knowledgeable presentation on the perils & pitfalls of buying a car, demerit points and fines.

Great work Jack!
By Mrs L Fagan
Community Liaison Officer
Clever and creative Year 7 student, Jack Shearer is justifiably very proud of the timber climbing monkey he made recently in Tech Mandatory under the watchful eye of teacher, Mr Groth. The monkey will soon take up residency in Jack’s nans home.

Year 8 Fundraiser
By Mrs L Fagan
Community Liaison Officer
Our recent "onesie" day organised by Mrs Burns and her Year 8 class raised nearly $300 towards Type 1 diabetes research. Good job everyone!!
From the Farm to the Plate
By Mrs L Fagan
Community Liaison Officer

Canteen Supervisor, Mrs Allison Ryner with the assistance of Year 8 student, Dean Zbogar is seen selecting fresh lettuces and herbs for the sandwiches and meals in the canteen from the extensive gardens on our school farm. The farm provides cucumbers, beetroot, lettuces, rhubarb, fresh herbs and many varieties of Asian vegetables with the corn ready for harvest in the next month.

Home Economics
By Mrs L Fagan
Community Liaison Officer

Year 9
The delicious smells coming from the home science kitchens recently matched the cooking as Year 9 students planned, prepared, cooked and served a beautiful high tea.

Year 12 – Koala Cafe
The famous Koala Café and Espresso Bar was open for business recently staffed by hospitality students from Year 12. The menu featured toasties, raspberry and white chocolate muffins, healthy tahini and apricot balls, decadent double choc chip cookies and of course many varieties of coffee – all prepared and cooked by the students, and teacher, Mrs Balzer. Great job!
2016 Uniform Policy Irrawang High School

When buying school uniform for students in 2016, we would bring to your attention the following requirements. School uniform at Irrawang High is mandatory and there are consequences for not wearing school uniform ie, detention at recess and parents/carers contacted. For a comprehensive list of uniform requirements please visit our website: http://www.irrawang-h.schools.nsw.edu.au/our-school/school-uniform

Footwear

Workplace Health and Safety legislation makes it mandatory for all students to wear black, solid and enclosed shoes within the school grounds especially in practical and science areas. These shoes are suitable and meet WHS requirements because:

- they all have solid uppers
- there are no punched holes
- they are NOT canvas
- they cover the upper part of the foot

Black Jumper

Plain black jumpers/jackets will be enforced in 2016

Hoodies are NOT part of the school uniform and are not to be worn to school

Black Shorts

Black shortsskirts are required to be mid-thigh or longer

School Uniform

**Junior Girls**
- Tartan skirt (official school uniform)
- Black Tailored Trousers or Mid-thigh School Shorts
- Junior White School Blouse (School Crest)
- Green School Polo (School Crest)
- White Socks (visible)
- Black Jumper/Cardigan/Plain Black Sweatshirt
- Black Shoes - Fully enclosed leather/suede/synthetic

**Senior Girls**
- Tartan skirt (official school uniform)
- Black Tailored Trousers or Mid-thigh School Shorts
- Senior White School Blouse (School Crest)
- Green School Polo (School Crest)
- White Socks (visible)
- Black Jumper/Cardigan/Plain Black Sweatshirt
- Black Shoes - Fully enclosed leather/suede/synthetic

**Junior Boys**
- Black Trousers or Black Shorts
- Junior White Shirt (School Crest)
- Green School Polo (School Crest)
- White Socks (visible)
- Black Jumper/Plain Black Sweatshirt
- Black Shoes - fully enclosed leather/suede/synthetic

**Senior Boys**
- Black Trousers or Black Shorts
- Senior White Shirt (School Crest)
- Green School Polo (School Crest)
- White Socks (visible)
- Black Jumper/Plain Black Sweatshirt
- Black Shoes - fully enclosed leather/suede/synthetic

**SPORT/PDHPE - Girls and Boys**
- Black IHS Sports Shorts
- White IHS Sports Shirt
- White Socks (visible)
- Black Track Pants
- Supportive Sport Shoes with Laces

**Black Shorts**

Black shorts/skirts are required to be mid-thigh or longer
HOT FOOD:
- Garlic Bread $1.00
- Hash Browns $1.00
- Hotdog $2.00
- Pizza—Cheese & Bacon / Ham & Pineapple $2.00
- Spaghetti Bolognese $3.00
- Wedges with sour cream & Sweet chilli sauce $3.00
- Chicken Burger $4.00
- Cheese Burger $4.00
- Hamburger $4.00
- Chilli Strip Roll $4.00
- Hot Chicken & Gravy Rolls (Term 2 & 3) $4.00
- Pies (Includes sauce) $4.00
- Sausage Rolls (Includes sauce) $3.00
- Chicken Nuggets (Includes sauce) $4.00
- Meatball Roll $4.00
- Warm Chicken & Cheese Roll (Term 1 & 4) $4.00
- Potato Skins with Bolognese mince filling & cheese $4.00
- Tomato, BBQ, or Sweet n Sour Sauce sachets $0.30

SANDWICHES:
- All Sandwiches $3.50
- All Rolls $4.00
- Chicken, Ham, Salmon, Corn Meat $1.00 extra
- Salad Wraps $3.00
- Salad Wraps with Chicken or Ham $4.00

ALSO AVAILABLE:
- Buttered Roll $1.00
- Buttered Sandwich $1.00
- Salad Plate $4.00
- Salad Plate with meat $5.00
- Mousse cup $1.00
- Jelly Cup 50c
- Cookies $2.50
- Cup Noodles—Beef or Chicken $2.50
- Fruit Salad Tub (Term 1 & Term 4) $3.50
- Variety of Ice creams 60c—$3.50

SNACKS:
- Cheese & Bacon Roll $2.00
- Muffin $2.00
- Finger Bun $2.00
- Donuts $2.00
- Caramel Slice $2.50
- Custard or Caramel Tart $3.00
- Pkts Chips $2.00—2.50

DRINKS:
- Sport Drink $3.50
- Fruit Juice—Small $2.00
- Fruit Juice—Large $2.50
- Water—Small $1.20
- Water—Large $2.00
- Kirks Sugar free cans $2.00
- Flavoured Milk—300ml $2.00
- Flavoured Milk—500ml $3.50
- Lipton Ice tea $3.00
- Dare Milk $4.00

GENERAL INFORMATION:
Canteen is open from 8.30am—8.45am and at Recess and Lunch.
Recess and Lunch may be ordered before 8.45am.
Canteen is NOT open during class time.
A Permission note signed by a staff member is needed to use the canteen during class time.
Strictly NO food will be heated or reheated that is brought in from home.
Please line up as indicated, only 3 to be served at a time.
Irrawang High School Canteen is operated by the P&C with a paid supervisor assisted by volunteers. Profits from the Canteen go to the P&C and used to benefit the School Community.

NO CREDIT
Volunteers are always needed. Please Ph.: 49874687
Have you changed your personal details?

If your student has any change in their personal details eg doctor, emergency contact, telephone no., address etc, please inform the school ASAP.

NSW Government Schools Term Dates - 2016

<table>
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<td>Term 1</td>
<td>Wednesday 27 January to Friday 8 April</td>
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<tr>
<td>Term 2</td>
<td>Tuesday 26 April to Friday 1 July</td>
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<tr>
<td>Term 3</td>
<td>Monday 18 July to Friday 23 September</td>
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<tr>
<td>Term 4</td>
<td>Monday 10 October to Tuesday 20 December</td>
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</tbody>
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*School development days occur at the beginning of Terms 1, 2 and 3 and the last two days of the school year.

FREE School Phone App

A reminder to all Irrawang High families that we have a wonderful school mobile app with lots and lots of information about the school. And its free to install! You can check out the school website, newsletters, the calendar, school sporting venues, bell times, change of detail forms, absent notes and lots more. We can also keep in touch with you by sending out important messages which will sound an alert when it arrives on your phone. There is also a section for our school sponsors - so please support those that support us.

How to Install Our School App

On Apple
- On your iPhone open the app store
- Search for our school name
- Press Install
- Enter your iTunes password
- It will commence downloading immediately

Android/Google Play
- On your SmartPhone open the Android/Google Play market
- Search for our school name
- Press install
- Your app will start installing instantly

To open our School App
- Look for our schools app icon on your phone screen
- Press the icon once
- It will open automatically
- When prompted select yes to receive notifications and use your location (this will make sure the Google maps and pop-up alerts work for you)

If you encounter troubles
- Shut down the app and or your phone to refresh the phones memory
- Uninstall your app and reinstall it
Does your child need an extra hand with English or Maths?

Sometimes children fall behind at school. They may have moved from another state, changed classes, or something else has happened in their life beyond your control. For whatever reason they then begin to struggle with their work at school, with their homework and with their exams. This can be frustrating for both them and you as a parent.

Kip McGrath specialises in helping children catch up to where they need to be in English and Maths. The resources we use are specifically designed to do this job. And the reason we only use qualified teachers, is that they have the tools and skills to accelerate your child’s learning, so that any gaps are closed as quickly as possible.

We complement what is done at school to help your child. Your school gives your child an essential foundation in education across a wide range of subjects and developmental activities. Our job is to give your child an extra hand when they need to catch up .... for whatever reason. So together we can help your child reach their full potential.

If your child is experiencing these frustrations and they need an extra hand in English or Maths, then call Christine to see how we can help.

4983 1000

Seeing much, suffering much, and studying much, are the three pillars of learning.
Benjamin Disraeli

Education is not a product; mark, diploma, job, money - in that order, it is a process, a never-ending one.
Bel Kaufman

There are three ingredients in the good life; learning, earning and yearning.
Christopher Morley

"Anything that you learn becomes your wealth, a wealth that cannot be taken away from you; whether you learn it in a building called school or in the school of life. To learn something new is a timeless pleasure and a valuable treasure.

And not all things that you learn are taught to you, but many things that you learn you realise you have taught yourself."
— C. JoyBell C.
Koryu Uchinadi Kenpo Jutsu
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Coastal Valleys Region Girl Guides invite you to

**Come and Try Guides!**

At your local Girl Guide unit

For girls aged 6 - 17 years

Leadership opportunities for women 18 years and over

Guides enjoy challenging and fun programs of indoor and outdoor activities:
- games, leadership and life skills, craft, badges,
- cooking, camping and community events

For information on the location and available meetings -

Region Membership Adviser on helenEG2@live.com.au
Or visit our website [www.girlguides-nswact.org.au](http://www.girlguides-nswact.org.au) to find out more about Guides

**HAVING FUN TODAY - LEADING THE WORLD TOMORROW**

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**NSW Government Schools Term Dates - 2015**

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>Tuesday 27 January to Thursday 2 April</td>
</tr>
<tr>
<td>Term 2</td>
<td>Monday 20 April to Friday 26 June</td>
</tr>
<tr>
<td>Term 3</td>
<td>Monday 13 July to Friday 18 September</td>
</tr>
<tr>
<td>Term 4</td>
<td>Tuesday 6 October to Friday 18 December</td>
</tr>
</tbody>
</table>

*School development days occur at the beginning of Terms 1, 2 and 3 and the last two days of the school year.*

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**VISITORS TO IRRAWANG HIGH SCHOOL**

Visitors should not enter school playgrounds without the issue of a visitors pass from the front office.

**NB:** Teaching staff are not always available, therefore it would be appreciated if appointments were made beforehand.

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35 - 39 William Street, Raymond Terrace | PHONE 4987 7686
have you changed your address? - please let us know

Name: ........................................................................................................................................................................................................

Address: ......................................................................................................................................................................................................

e-mail: ......................................................................................................................................................................................................

Phone: ...........................................................  Student’s Name: .................................................................

Mobile: ...........................................................  Year: ...........................................

If you hold a bus pass, please see staff in the Photocopy Room