Annual Swimming Carnival and Early Overseas Visitors

Our swimming carnival was held on a Wednesday this year, but this did not stop any student from having as much fun as possible. The PDHPE faculty, and in particular, Mr Russell, organised a variety of inclusive water sport games for all levels of swimming abilities, but the belly flop competition was the highlight of the day. Congratulations to the winner, year 9 student, Liam White.

The Korean students enjoyed a visit to the National Zoo and Questacon in Canberra, bushwalking at Bungonia and a variety of classroom experiences with their host students. Thank you to all students and parents who helped to make this valuable cultural exchange program possible.
Principal’s Report

Last week the school held a very successful swimming carnival with an increase in the attendance by our students. Mr Russell is to be congratulated for his organisation of the carnival with a number of new activities being introduced which improved the participation rate of our students. Thank you to the PE staff and the general staff for their contribution in making the carnival a success. Congratulations to all the swimmers and age champions.

The changes to the uniform continue to be a success as most students continue to wear their uniform proudly each day. As a result of the uniform sales, approximately $2,000 was given back to the school.

Interim reports will be issued to Year 7 shortly with the other years receiving their reports later this term. The reports will be available online.

Thank you to our leadership students who have been supporting our local primary schools in a range of activities including swimming carnivals. This is a great opportunity for these students to develop their leadership and organisational skills.

Our Homework Centre has commenced and will again operate every Monday from 3.30 to 5.00pm. University students from the Canberra universities will again be available to assist during this time.

Thank you to those students and parents who hosted our Korean students during the recent Exchange Program. The students had a wonderful time visiting our school and were very sad to leave. Once again Mr Joseph played a big part in coordinating the event.

A reminder that the next P&C meeting will be the AGM and I encourage new members to join. The P&C will be hosting the Hotrod Shakedown on Easter Sunday at Goulburn High School.

Peter Browne

Position Vacant – Canteen Supervisor

Goulburn High School is seeking a positive and capable canteen supervisor for their school run canteen. The position involves all aspects of managing a canteen including food ordering and preparation, rostering and budgeting, and food and work health and safety. The position is contract based and is paid for the school terms only. Initial contract is until the end of 2016 with provisions for 12 monthly renewal for a suitable candidate. The role attracts an hourly pay rate of $19.68 for 6 hours per day with some requirement through negotiation for occasional evening and school holiday paid work (eg selling book packs during the last 2 days of summer holiday). Leave Entitlements are aligned to those of the Public Service under the Crown Employees Public Service Conditions of Employment Award. Candidates should have some experience in food handling and preparation as well as financial management. Expressions of interest addressing the role statement highlighting the applicants experiences and skills should be submitted to Mr Vero Joseph, Goulburn High School, 132 Goldsmith Street, Goulburn 2580. A full role description is available from Goulburn High School at the front office or by phoning 48214022.

Applications must be received at Goulburn High School by the 16th of March 2016. The position will commence on day 1, term 2 (26th April 2016).
It has been rewarding to watch Year 7 begin the year at GHS. I have enjoyed getting to know the students. During week 1, students were introduced to the Smiling Mind Wellbeing Program. The program is a five-minute daily meditation exercise designed by educational psychologists to help improve student wellbeing. Teachers and students took part in their first meditation session in the hall on the first day of term. The session involved students sitting in silence for 5 minutes. This time allows for students to reflect on the day so far, prepare themselves for challenges of the day and enjoy quiet time. It was extraordinary to see 120 people participating, all taking the time to learn to free the mind of any worries. The Smiling Mind Wellbeing Program can be downloaded to your mobile device for free, from the iTunes and Android stores. There are meditation sessions available for children and adults. I encourage you to try a session at home.

This year, Year 7 has been involved in another exciting new program called Mind Matters. The Mind Matters Team, made up of enthusiastic teachers and support staff at GHS, has been working with Year 7 classes to teach them skills in resilience building. Once a cycle, students go to their Mind Matters class and participate in a variety of activities that focus on building these core skills. Resilience is essential in life, as it helps us bounce back from life’s challenging situations. We hope Year 7 enjoy the course and are able to use some of the skills taught in class.

Unfortunately the Year 7 Camp has had to be cancelled due to low numbers. The office staff will issue refunds, in the form of a cheque, by the end of week 6. These cheques will be mailed home as soon as they are processed. We apologise for any inconvenience.

I am very happy to see Year 7 students proudly wearing their school uniform every day. It is a pleasure to see them demonstrate the school values. The students look fabulous. Please do not hesitate to contact me if you have any difficulty purchasing any part of the uniform. I look forward to getting to know more of Year 7 over the next few years.

Miss Kristy Hayes, Year 7 Advisor
SWIMMING CARNIVAL

Wednesday, 17th February proved to be a perfect day for the school swimming carnival. There was a great turnout of students, displaying a high level of house spirit as many students came dressed in their house colours ready to cheer on their team mates. The competitive swimming events were hotly contested throughout the morning, and we were able to see some of the wonderful talent at our school in action. It was great to see so many students participating in the races.

The afternoon session involved novelty events such as water polo and the boogie board relays. It was great to see all students involved for their house and getting in the water. The day finished with the Belly Flop competition. Again, entrants were keen and many students braved the pain to enter the competition. All students lined the pool to see students demonstrate the perfect technique.

In the final count, Lumsden again showed that they will be the house to beat this year with a large victory. The students who were in attendance from Lumsden will have a house BBQ later this term. Congratulations!

**Final Point Scores:**

1st Lumsden 897 points  
2nd Knopp 494 points  
3rd Southwell 464 points  
4th Taylor 342 points

**Age Champions** – Congratulations to our Age Champions

12 years: Gemma Hollands & Digby Bell  
13 years: Jessica Madden & Lachlan Handley  
14 years: Marlee Harris & Evan Goad  
15 years: Emily-Mae Strickland & Brandyn Law  
16 years: Natasha Dawson & Ryan Goad  
17+ years: Renae Robinson & Jordan Gann
Our sincere thanks go to the Goulburn Swimming Pool staff and the Goulburn Swimming Club for their wonderful help on the day. Massive thanks also to the House Captains and senior students for their involvement and enthusiasm. Congratulations to the staff for all of their efforts, which ensured that the carnival ran smoothly, and to the students for excellent behaviour, participation and spirit!

**ZONE SWIMMING**

It was a quick turnaround for our students who travelled to Queanbeyan for the Zone Swimming Carnival on Friday the 19\textsuperscript{th} of February. There were some fantastic individual achievements on the day with numerous students qualifying for the South Coast Regional Swimming Carnival.

**Zone Age Champions** - Congratulations to the following students who also achieved Zone Age Champions:

- 12 years: Gemma Hollands
- 14 years: Marlee Harris

Mr Russell, Sports Co-ordinator
On the move ….. The Careers Centre has relocated to the Learning Centre. Careers Advisor, Mrs Kennedy, can now be found at the back of the Learning Centre where there is a lovely space for students to access careers resources and guidance. Parents and carers are also encouraged to access this valuable service throughout their students’ time at school. All Year 10 students have timetabled classes one period per week in the centre where they study Work Education. Currently, we are preparing for work experience and all students should have taken home the Work Experience Guide for their parents and carers to view. Year 11 students also have a timetabled lesson one period per fortnight in the Careers Centre. Students are briefed about a range of HSC, career planning and study related topics and are able to discuss their career goals and ensure that they are on track.

UNSW Indigenous Winter School
Monday 4 July to Saturday 9 July 2016
APPLICATIONS ARE NOW OPEN
Winter School is a program specifically for Indigenous students in years 10, 11 and 12 who are considering further studies beyond high school. The week long residential program is designed to provide students with the opportunity to experience what university life is all about, through participation in academic lectures and tutorials, presentations, study sessions, team building activities, interacting with university staff, current students and fellow applicants, cultural activities and more. To add to the experience, accommodation is provided in colleges on campus and the whole program is at no cost to the student.

The subject areas offered this year are:
- Built Environment (Architecture, Construction and Design)
- Business
- Medicine
- Education
- Performing Arts
- Engineering
- Science
- Indigenous Studies
- Social Work
- Law
- Visual Arts

Go to 2016 UNSW Indigenous Winter School Application. For more information please contact Nura Gili on (02) 9385 3805 or email winterschool@unsw.edu.au.
On Tuesday, 24th November 2015, students from Goulburn High School, Mulwaree High School and Trinity Catholic College travelled to Marulan to get the lowdown on Boral’s Peppertree and Holcim’s Lynwood Quarries.

First stop was Boral’s Peppertree Quarry. We were welcomed by staff and given a briefing on the rigorous safety standards required in this challenging environment. We were taken on a tour of the site, and we saw first-hand the cutting edge innovations used at the quarry. There was an amazing array of plant and equipment—dozers, trucks, excavators, hoppers, conveyer belts and crushers. The various functions of each piece of machinery were explained by our guides. During the tour, we were taken right to the edge of the pit where the resources are extracted and processed 24 hours a day, 7 days per week. It was ‘ore’some!! Peppertree produces granodiorite, which is mostly used as road base material. It was interesting to see the wide variety of jobs undertaken at the quarry—everything from operating the massive machinery, right through to the monitoring of safety at the site through technology back in the offices. It was also really valuable to hear from each of the guides about their career journeys and how they got to their current jobs.

We dusted off the day with a visit to Holcim’s Lynwood Quarry where we learnt about the considerable career opportunities available in the mining industry and about the wide variety of skills that are required to run the industry. We had a blast!

On behalf of Trinity Catholic College, Mulwaree High School and Goulburn High School, we would like to thank Holcim and Boral for providing us with such a valuable opportunity and for the lovely morning tea. Thank you also to Goulburn Mulwaree Council and the Extractive Industries Working Group for organising the bus.

Sam Ross, Year 12 Goulburn High School

Nailed it!

Mr White’s construction classes settle for nothing less than perfection as they build and install these computer benches in the Learning Centre.

(pictured: Jacob Bamford, Lachlan Parrotte, Dray Warburton)
Deputy Principals’ Report

Korean Exchange

A huge thank you to the families and students who hosted a Korean student during the first part of our Korean exchange. They have had a true immersion into Australian culture. Whilst here the students took part in a trip to Questacon, went for an easy hike at Bungonia National Park, took in the views from Rocky Hill, and went souvenir shopping at the Big Merino. Some students and families were able to participate in a weekend trip to Birdland in Bateman’s Bay, and with their host families, visited sights in Canberra, Sydney and the on the coast. Whilst at school they went to regular classes, visited our School Farm and attended our swimming carnival where many participated in the novelty events. Pictures of the visit are on the following page. The visit was a great success and planning has already started for the return trip to South Korea in September. Students will be asked to express their interest in going to Korea shortly.

Staff Development Days

This year, the last two staff development days fall on the 19\textsuperscript{th} and 20\textsuperscript{th} of December. These are days where no student attend school and staff undergo valuable training and development. The Department of Education has provisions in place to allow schools to carry out that training out of school times at other times in the year. The school has decided to replace these days with an extra half day session each term to make up for the two replaced days. These will take place after school at the middle of each term. This will mean that the school will not be open to the public on the 19\textsuperscript{th} and 20\textsuperscript{th} of December. These days are already part of normal student holiday time.

Yogesh Mani (years 7, 9 and 11) and Vero Joseph (years 8, 10 and 12)

Some Important Dates:

- Year 6 parent information evening—9\textsuperscript{th} March
- Informal year 7 parent teacher night—16\textsuperscript{th} March
- Harmony Day—21\textsuperscript{st} March
- Easter 25\textsuperscript{th} – 28\textsuperscript{th} March
- Hot Rod Shakedown—27\textsuperscript{th} March (Easter Sunday)
- Year 12 Half yearly examinations commence 29\textsuperscript{th} March
- Year 7 camp 4\textsuperscript{th} – 5\textsuperscript{th} April
- Last day of term 1—8\textsuperscript{th} April
- ANZAC Day—25\textsuperscript{th} April
- Staff development day term 2—26\textsuperscript{th} April
- All students return for term 2—27\textsuperscript{th} April
If you have any enquiries regarding the newsletter, please email

heidi.maltan@det.nsw.edu.au.
International Excursion Report

On Sunday the 14th of February, the Year 10 International Studies students, Mr Mackay and Miss Lynam, went to Sydney for Chinese New Year 2016, the Year of the Fire Monkey. We boarded the early train at 5:54am and arrived at Central Station at about 9am. The first thing we did when we arrived was to go to our accommodation, the Sydney Youth Hostel, to get into our rooms and put away our luggage. After that, our class hung out in a playground for an hour before having some time to shop in Paddy's Markets. For lunch we all had Chinese at a food court in a shopping centre. While we were there, we saw the first celebration of our trip which was a dragon dance in the middle of the mall. When that had finished, the class walked around Sydney for a while to sightsee and witness the various displays for Chinese New Year which included large Chinese zodiac animals located around the city and some more festive dances. After dinner we were all exhausted decided to go back to the hostel.

On Monday we had a provided breakfast at 7.30 and left two hours later for a tour around Chinatown and some places of Chinese significance around Sydney, including the gold tree and a Buddhist gift shop. We explored the beautiful Chinese gardens for a while and later had a yum cha lunch in Chinatown which included things like Chinese tea, dim sims, fried rice and chicken feet. After a bit more walking around, our class left Sydney on the train at about 4pm. Thank you to Mr Mackay and Miss Lynam for making this wonderful excursion possible.

Johanna Staples, Year 10
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