The new year of learning has started. We are becoming more familiar with the routines and timetables. Year 7 have learnt quickly to read their timetable and be prepared. But as does often happen, we do need to readjust the timetable. Students will be receiving an adjusted timetable at the end of the week that starts next Monday – a Monday week A.

This week sport commenced with the first round of the Captain’s Cup. This is a house based competition where the students will be playing a series of sports in a round robin competition, starting this week with teams playing soccer, netball, league tag, volleyball and ultimate Frisbee. All the teams are a mix of students from Years 7–12. At last week’s house meetings, students organised teams, chants and started making flags and banners to promote their houses. Some students will be taking on administrative roles in terms of organising the competitions each sport week, while others will be recording and reporting on the events of each sporting afternoon. There was a real buzz of excitement in the playground as house leaders organised their teams to head off for the first round of competition, and all reports were very positive at the end of the day.

Another focus this term, will be our exploration of the Anzac tradition with the commemoration of the centenary of Gallipoli this year. Students in Years 7-10 will complete a project around the tradition of Anzac. Students can complete their own project: research on a family member who has been a member of the Australian Defence Forces, or have a particular story about their experience of the war at home or abroad. The students may want to create an exhibition or presentation around a particular aspect of the Anzac tradition. Students will also have the opportunity to choose to do a teacher-lead project. These will be presented to the students at the start of week 4. There will be a range of activities from making and creating art work, films, photo collections and written pieces to research the stories of people and their experience of war and recreating some of the technology that was developed as a result of the campaigns. Start talking at home about the stories that could be told. We want the students to make a real connection and contribution to this commemoration of the Anzac centenary.

Some achievements of note. At the end of last year two students were recognised for their writing in The Lambing Flats Writing short story competition: Connor Day gained first place in the Years 7–9 students; and Ryan Baldwin was commended for his short story. Hamish Starr and Chris Heatley spent the last week of the term 4 at Newcastle University taking part in the science and mathematics school. Both said it was great: playing with robots, working in labs and getting to visit some interesting places including the RAAF base at Williamstown. In the new year, Finlay Johnson took part in the Rotary sponsored National Youth Science Forum for 10 days in Canberra. He said it was an awesome experience, mixing with students from all over Australia, New Zealand and parts of Europe. Last night at Rotary, Annie Matthews and Ciaran Thomson-Jones spoke about their experience at RYCA, a week’s camp that looks at aspects of the agricultural industry. They both spoke about the range of experiences from a visit to Trangie Research Station, looking at cutting edge technology, to Miranbee feedlot and Du Pont Pioneer corn plant. The students spoke about the diversity of careers within agriculture, and Annie went on to tell how she was successful in gaining a five week scholarship program where she will have the opportunity to work in the industry. The Rotarians were impressed with how both Ciaran and Annie presented themselves, and how valuable these programs are for young people.

Technology is having us rethink how we do things. At this point, Lawson’s Latest can be accessed via the school’s web page and new app (Have you downloaded the app yet?): or if we have your email address, we can email it weekly. If you would like a paper copy, as from next week, students will be able to pick up a copy as they leave of a Thursday afternoon.

We had our first P&C meeting this week. It was terrific to see some Year 7 parents join us. The fundraising committee is getting the first activity underway with a bulb drive, so watch out for the catalogues. Our next meeting will be the AGM on Tuesday 3 March and there are some executive positions that will be vacated. This group has been positive, constructive and always focused on providing the best for our students with a focus on supportive teams. Come along next month and find out.

Margaret Carey
Principal
Canteen Roster
Week commencing 9 February

Monday  Keryl McCann
Tuesday Lisa Day
Wednesday Carly Brown
Thursday Kate Taylor
Friday  Swimming Carnival

Swimming club news
Quandialla swimming club will be joining us for our club night this coming Friday. This is great experience for swimmers from both clubs and always an enjoyable night for all.

This week’s long event will be the 200m Individual Medley. You must nominate for this before 5pm on Friday. The 100m freestyle will also be run.

The Business House Relays are fast approaching. Have you organized a team? Do you want to be in a team? Let Leann know.

It is time to return perpetual trophies for the 2015 presentation night.
A reminder to return sold raffle ticket books for the bike. This will be drawn on presentation night.

Dates for your diary
Saturday and Sunday 7 and 8 February – Parkes swimming carnival.
Monday 9 February – Meeting in club room at 8pm.
Friday 20 February – First championship night.
Friday 27 February – Second championship night.
Monday 10 March – Meeting in club room at 8pm.
Friday 13 March – Presentation night. Venue to be confirmed.

Timekeeper/raffle roster for 6 February:
Stock (swapped with Berry), Mitton, Keppie, Troy, Hunt, Beasley, Anderson.

Year 9 assignments/homework

What’s going on.
⇒ Assessment booklet to come
⇒ Every student has a diary
⇒ Meals on wheels note to come back
⇒ Laptop notes
⇒ Year group lunch every Tuesday week B in COLA. Groups on duty to bring item/s to the value of $5. eg fruit, shapes

Homework
• Music assessment: artist
• Maths 1: homework sheet
• Agriculture: learn the parts of a sheep
• PASS: Learn the bones of the skeletal system
• Geography: title page
• Science: title page

Year 9 students should do a minimum of 10 minutes per night of revision as well as completing all homework and assessments.

Please let the school know if you have any changed details such as address, phone numbers or student health requirements.

For Sale
2008 Hyundai Getz manual hatch: silver; low mileage (67000kms); excellent service history; very good order; 4 star ANCAP rating. $6000 ono. Ideal first car. Phone 0423169194 or text car for call back.

Have you downloaded The Henry Lawson High School app?
Search "The Henry Lawson High School" on the iTunes or Google Play store and download - it’s free!
CAPTAIN’S CUP
TAFE 2015

TAFE has commenced for many of our students at Cowra, Young and Forbes. TAFE adds extra qualifications to student's portfolios, but does require extra effort and commitment by students and their parents.

Transportation is the responsibility of students and their parents. In some cases a bus may be used to get students to and from other towns, but must be booked and paid for through the bus companies.

Animal Studies - Cowra TAFE has changed their time and day to Thursday 4 - 8pm. The course is now called Companion Animals. The change of time is due to a new TAFE teacher taking on the class.

Students who indicated that they wished to pursue TAFE in 2015 should have received a timetable and information letter from the school. If not, or you need more information, please see Ms McCulloch.

CSU MyDay

CSU (Charles Sturt University) will be holding two “MyDays” this month for interested students in Years 11 and 12.

1. At Wagga Wagga Campus, they will be focusing on:
   ♦ Bachelor of Medical Science
   ♦ Bachelor of Nursing
   ♦ Bachelor of Pharmacy
   ♦ Bachelor of Radiation Science

2. At Bathurst, emphasis is on:
   ♦ Bachelor of Education (Health and Physical Education)
   ♦ Bachelor of Exercise and Sport Science
   ♦ Bachelor of Sport Studies
   ♦ Bachelor of Communication (Journalism)

Both are on Friday 27 February 2015. Transport arrangements are to be made by students. See attached information and contact Ms McCulloch for an application form.

Dance Ensemble 2015

The Henry Lawson High School would like to offer students (both boys and girls) the opportunity to participate in a dance ensemble group. This group would require dedication, team work, commitment to the group, hard work, commitment to learn new skills and regular attendance.

The ensemble group will meet weekly, each Monday afternoon 3.30 – 5.00 at THLHS hall. Students will need a pair of ballet slippers (second hand will be sufficient) and dance attire.

The Henry Lawson High School has engaged the services of a dance instructor, Miss Jacqueline Pascoe, to work with the students to choreograph pieces, and to perform contemporary dance at various functions throughout the year. Jaqi is available terms I and II only. Jacqueline Pascoe has previously danced with the Australian Ballet and Queensland Ballet, and brings many years of performance experience to Grenfell.

The cost of each lesson is $10, payable to Miss Jaqi.

Performances for the ensemble group could include:-

   Anzac Day Ceremony
   Cowra Eisteddfod
   Forbes Eisteddfod
   The Henry Lawson Festival
   other community functions
   audition to perform in regional dance festival
   audition to perform in School Spectacular

For more information, please see Ms McCulloch.
Are you interested in a career in:

Sports coaching
Sports Administration
Strength and conditioning
Health promotion
Corporate or community fitness
HPE teaching
Personal training
Rehabilitation
Working with Physiotherapists as an exercise scientist?

Find out more about our nationally accredited courses:

Bachelor of Education
(Health and Physical Education)
Bachelor of Exercise and Sport Science
Bachelor of Sport Studies / Bachelor of Communication (Journalism)

www.csu.edu.au/courses/exercise-science

MyDay is your day at CSU

Come and experience life as a CSU student for a day at
MyDay Exercise & Sport Science, Bathurst

Did you know?

Did you know that CSU’s Exercise and Sport Science course is recognized by the peak international body, the National Strength and Conditioning Association (NSCA) in the USA. Graduates are therefore well placed to gain employment around the world.

Find out more about overseas study opportunities as part of your course

When: Friday 27 February, 2015
9:45am – 2:00pm
Where: Charles Sturt University - Bathurst Campus
Panorama Ave, Bathurst
Dress: Please note that exercise clothing and closed in footwear must be worn as a requirement for participation in activities and entry into Exercise Science labs
Food: BYO or food and beverages can be purchased from the on campus food outlets

See your Careers Advisor for a Registration Form or register your interest at: www.csu.edu.au/contacts/myday

MyDay Biomedical Sciences, Medical Radiation Sciences & Nursing in Wagga Wagga

Did you know?

Did you know that CSU’s Bachelor of Medical Science degree is an internationally recognized and accredited course offering diverse career options in the health care industry.

CSU’s Bachelor of Pharmacy incorporates diverse practice such as community or hospital pharmacy dispensing; medication management & ethics counselling to equip graduates with skills for immediate employment.

Developed in close association with the nursing profession and healthcare industries CSU’s Bachelor of Nursing is a fully accredited course that addresses the needs of today’s nurse.

Find out more about our courses:

Bachelor of Medical Science
Bachelor of Nursing
Bachelor of Pharmacy
Bachelor of Medical Radiation Science

When: Friday 27 February, 2015
10am – 2:00pm
Where: Charles Sturt University, Wagga Wagga Campus
Boorooona St, Wagga Wagga
Dress: Casual clothing. Please note that closed in footwear must be worn as a requirement for participation in activities and entry into labs
Food: BYO or food and beverages can be purchased from the on campus food outlets

Travel and study through various CSU Global programs in destinations including North America, Europe and Asia

See your Careers Advisor for a Registration Form or register your interest at: www.csu.edu.au/contacts/myday
## Canteen Prices 2015

### Sandwiches and Rolls
- Chicken salad roll $3.50
- Ham salad roll $3.50
- Egg/cheese salad roll $3.30
- Chicken/ham salad lavash $3.50
- Salad box $3.50
- Meat salad box $4.50
- Prawn salad box $4.50
- Prawn salad roll $4.50
- Prawn lettuce & dressing roll $3.50

### Toasted Sandwiches
- Cheese $2.00
- Cheese & tomato $2.30
- Ham & cheese $2.50
- Chicken & cheese $2.50
- Ham cheese & tomato $2.70
- Wraps $3.00

### Hot Food
- Pie $3.50
- Sausage roll $3.00
- Pizza slab/rounda $2.70
- Chilli chicken lavash $3.50
- Chicken & gravy roll $3.50
- Lasagne $3.50
- Hamburger $4.00
- Cheese burger $3.50
- Chicken burger $3.50
- Chicken & corn roll $2.00
- Yummy drummies $1.00
- Noodle Cups $2.50

**Note:**
- *Sauce $0.20
- *Knife/fork/spoon $0.05

### Drinks
- **Orchy:**
  - Passio $2.80
  - Apple $3.20
  - Black $3.20
- Popper $1.20
- Sm milk $2.00
- Lg milk $3.50
- Sm water $1.70
- Lg water $2.20
- Hot chocolate $1.00

### Ice Cream/Blocks
- Sunburst $0.50
- Water ice block $1.00
- Paddle pops $1.50
- Frozen yoghurt $2.00
- Mini Calippo $0.80
- Ice cream tub $1.20
- Milo Scoop $2.80
- Zooper Dooper $0.50
- Cyclone $2.20

### Snacks
- Cheese & bacon roll $1.50
- Chips $1.00
- Fruit straps $0.20
- Garlic bread $0.80

### Uniform
- Polo shirt $30.00
- Senior polo shirt $35.00
- Shorts $15.00
- Fleece jacket $25.00
- Sloppy joe $35.00
- Track pants $25.00
- Jackets $65.00
- Hats $8.00

*Watch for daily specials:

**Fresh fruit available every day as at 20.01.2015**