What’s on at JCS

July 24  |  K-6 Assembly (1/2K)  
         |  Snowsports Years 5-10

July 29  |  P&C Meeting 7pm in the Library

July 29-31  |  ACT/Southern NSW Interschools

July 31  |  Snowsports Years 5-10  
         |  Secondary Regional Athletics 
         |  AIS Canberra

August 3-7  |  Snowsports for Years 3 and 4

August 3-11  |  Trial HSC Days

August 4  |  Year 8 into 9 Parent info night

August 5  |  Violinists performing at Sydney Opera House

August 6  |  Recorder players performing at Sydney Opera House

August 7  |  K-6 Assembly (1S hosting)  
         |  Snowsports Years 5-10

In this issue
1. Principal’s Message
2. News
3. Primary School News
4. Secondary School News
5. P&C News
6. Snowsports
7. Calendar
8. Community News

Congratulations to Mathletics champions
- **Daniel Watts** who has mastered 72.94 per cent of all activities attempted.
- **Lauren Pendergast** who has mastered 70.59 per cent of all activities attempted.
- **Sophie Goninan** who has mastered 81.13 per cent of all activities attempted.
Principal’s Message

JCS commended for academic performance in the International Competitions and Assessments for Schools (ICAS)

Students from Jindabyne Central School achieved outstanding results when they participated in ICAS tests this year. Each ICAS test is designed to assess students’ academic ability in aspects of Digital Technologies, English, Mathematics, Science, Spelling and Writing.

Those students whose achievements were outstanding were rewarded as follows:

Distinction: Finlay Bylett – Year 4
Credits: Jasmine Langdon - Year 5, Tamzyn Davies—Year 5, Angus Kite—Year 4, Jack Piontek—Year 3, Angus O’Brien—Year 3.
Certificate of Merit: Madeleine Ross—Year 6

Congratulations to these students along with those who entered.

HSC Showcase

Last Thursday evening the staff and students from Visual Arts, Music, Drama and Industrial Technology showcased the work of the students in Year 12. It was pleasing to see the level of parental and community support despite the weather. The students have worked extremely hard to complete their major projects. The marking of these courses will occur throughout Term 3 and will ensure at least 50 per cent of the HSC assessment is completed. This showcase will become a regular feature on the JCS calendar.

Year 10 into Year 11 subject information evening

On Tuesday evening Year 10 students and their parents were provided with an opportunity to meet with teachers of Stage 6 courses along with Head Teachers to discuss the requirements and content of courses for the HSC. The evening provided information and questions about course requirements, displays of major projects and prescribed texts.

Students were provided with a Subject Selection Guide which provided information about categories of courses, along with HSC requirements and a career planning guide.

Students will complete their Year 11 preferences and this will then be discussed with the Executive in order to design the ‘line structure’ for the Year 11 timetable. As a school we are committed to providing the best fit to students and their preferences. We will conduct the Year 8 into Year 9 evening in the same format to allow for more individualised attention to students and their needs.
Aurora college

The college gives Stage 6 students an opportunity to study subjects that may not be available at Jindabyne Central School. Preliminary subjects on offer for 2016 are Chemistry, Physics, Mathematics, Mathematics Extension 1, English Advanced, English Extension 1, Economics and Agriculture. Information can be obtained from Ms Hughes.

Links to Learning

The Links to Learning Program is a partnership program with the DEC and the Southern Region Business Enterprise Centre. The program is aimed at assisting students to remain in school by improving skills in reading, writing and maths, developing communication and technology skills, increasing confidence, self-esteem and resilience, setting education, training and career goals and developing work skills. Throughout this semester the Year 9 and 10 students will access TAFE training in OHS, White Card training, Food Safety and Hygiene, Barista Training and a simple Automotive basics course.

Student Achievements

Congratulations to Ben Faulkner from 1E who has graduated from the Reading Recovery Program. He can now employ independently strategies to resolve challenges encountered in his reading and writing.

Another huge congratulations to Alex Grant who has been working on the design of the Terrain Park at Perisher after winning the “Design Your Own Park” competition. What a fantastic achievement with possibilities for future employment in design.

Daniel Watts is to be commended for receiving the Mathletics Student Award for achieving top maths results so far in 2015.

Congratulations to Zana Evans who competed recently in the State Cross Country and achieved 27th place and Nakiya Nuridin who finished in 45th place in the 17+ years event.

Our Junior Rugby students will be heading to Goulburn in August to compete in the 5th round of the State Knockout. We understand that the students have been training hard for this event.

Bon Voyage

A number of students are travelling beyond the shores of Australia to pursue exciting adventures. Currently Caroline Greene is in the UK with the Cadet Program for three weeks and was both thrilled and nervous about her first flight. India Old is heading to Illinois in the USA for five months as an exchange student and I know that she will have wonderful and new experiences with her host family in such an exciting program.

Welcome

We welcome Gregor Meier from Switzerland to JCS. He will be with his host family, the Siegenthaler family, in Australia until December.

Snowy Online Seniors

Next week a group of Year 10 students will commence work with the Snowy River Shire Community Services with its program – Snowy Online Seniors. The students will be working as mentors with the participants. The program will offer participants a 10 week Computer and Technology Program.
P&C Meeting

The P&C is meeting next week so please consider coming along and joining this wonderful association. It is one way that you as a parent can contribute to ideas and planning for JCS.

Interschools

I wish each and every one of the competitors the best of luck in the lead up to the Interschools program. As the title holders of the best Snowsports school in Australia we are going to be tough competitors. I know that each competitor will leave nothing to chance and know that we will follow on from the success achieved in the Redlands Cup, The Scots Race and the Thredbo Junior Interclub Championships. Go Hard or Go Home. Good Luck.

HSC Tips for Parents

It is not just students who can find the HSC year a very stressful and difficult time. During interviews with students, teachers and parents it was suggested that family members also need support during the HSC year. They want to help but are often fearful of appearing to interfere. This is frequently the year during which, in addition to sitting for the HSC, Year 12 students may:

- lose interest in school
- have no plans for after the HSC
- develop an intense relationship with a boyfriend or girlfriend
- gain a driver's licence
- experiment with legal or illegal drugs
- have a part-time job
- be a member of a sporting team
- develop an eating disorder
- suffer from depression.

All these are complications which can cause parents and caregivers additional concern. It is important to be aware that you are not alone. For Parents provides information on the people and agencies that you can contact for help with personal, academic and career issues.

NSW HSC Online aims to help parents and family members gain an understanding of:

- what is involved in sitting for the HSC
- where to find necessary information
- how to support a Year 12 student
- How to prepare, not just for the final examination but also for life after the HSC.


HSC: Smart Study Advice and Top 10 student tips

The article provides and overview for study advice and tips of students with hyperlinks to the Sydney Morning Herald HSC Study Guide 2015. Worth a look.

Support for Higher School Certificate Examinations

Information for Students and Parents

The Board of Studies has a program to help students with practical support in their Higher School Certificate examinations. This practical support, known as provisions, assists students to read examination questions and to write their answers. Provisions include rest breaks and extra time. The use of any provision is not written on the student’s results.

Students may need provisions for:
- a permanent condition, such as diabetes or reading difficulty
- a temporary condition, such as a broken arm, or
- an intermittent condition, such as back pain when sitting for long periods.

It is not embarrassing to apply for or use provisions. More than 5000 HSC students apply for provisions each year. Provisions help students to show the markers what they know and can do.

To apply for provisions, the school submits an online application to the Board of Studies. This application tells us which provisions the student is requesting and includes recent evidence. Evidence may include medical reports, reading results, spelling results, writing samples and teacher comments.

Much of the evidence can be collected by the school, but the parents’ role is welcome and needed. Parents help by talking with the school, describing the student’s needs, and providing the school with medical or other reports.

Applications for provisions should be submitted by the school to the Board of Studies by the end of Term One. Late applications are accepted for an emergency, such as a broken arm, until the time of the examinations.

Once the Board of Studies has made a decision about which provisions are approved or declined, a decision letter is provided to the school. The school will provide the student with a copy of the letter.

If you or the school are not satisfied with the Board’s decision, it is possible for the school to lodge an appeal. Appeals must state why the Board’s decision is unsuitable and must include new evidence to support the appeal.

If you think that you or your child may require support in completing the Higher School Certificate examinations, please discuss the matter with the Principal, Year Adviser, School Counsellor or teacher.
News

JCS student designs Perisher’s Slopestyle terrain park

A Jindabyne Central School (JCS) student has upstaged designers from across the country to win a competition to build Perisher’s Slopestyle Terrain Park on Front Valley.

16-year-old Alex Grant’s design impressed Perisher’s terrain park managers Charles Beckinsale and Doug Graham so much they chose it ahead of 75 other applications.

Perisher has now built Alex’s park and Olympian Russ Henshaw has labelled the design “sick”, saying it has one of the craziest rail gardens he has seen.

“There are rails littered everywhere with so many lines to choose from,” Henshaw said on his blog.
“It is ridiculous. I’ve had three days in the park now and I can’t believe how fun it actually is.
“There are so many features in the park that you never know which line you are going to take.
“I’ve been getting to the bottom after every run with a huge smile on your face from pure excitement.”

Alex, a Year 11 student at JCS, spent from 4.30pm to midnight last Thursday with the groomers at Perisher building his park.
Beckinsale and Graham wanted Alex on board to help with the intricacies of the design and Henshaw was also onsite to add input.

“It was a great experience,” said Alex.
“I got lots of different perspectives on how the park is actually built.”

Alex’s design included a 65 foot jump and two rail lines but he believes the key to his successful design was the easy flow of the course.
“I saw Russ Henshaw riding it yesterday and the way he was riding the park, it had a lot of flow to it,” said Alex, who was runner-up in the same competition last year.

Surprisingly, Alex doesn’t himself ski parks but he is hoping to have a future career building and designing terrain parks.
He spent many late hours last year with groomers on the mountain to learn how the work is done and hopes to have the chance to do so again this season.
At 16, Alex is too young to get a groomer’s licence but he is hoping to apply for one when he turns 18.
“I’ve got the bug now so I hope I can turn it into a career,” he said.
Along with having his terrain park design turned into reality, Alex also collected a PS4 game console, two nights accommodation at The Station and two lift passes.
“I feel pretty proud of the design, especially when I see athletes riding it and having fun,” Alex said.
Students shine at Senior Showcase

Homophobia, mental illness and sexual harassment were some of the issues Jindabyne Central School’s Year 12 students confronted head-on when they performed their HSC major works before the Jindabyne community last week.

Almost 100 people came to see JCS’s Year 12 Drama, Music, Visual Art and Industrial Technology Timber students display or perform their works for the first time in a public venue. The Senior Showcase, held at Jindabyne Sport and Recreation Centre’s Recreation Hall, was an opportunity for students to gain confidence on stage in a professional environment before they perform before Higher School Certificate (HSC) examiners next month.

Drama students Ruby Philpott, Emily Fullick, Michaela Molloy, Nick Vagne and Sheri Colin showcased their Year 12 group performance titled Gallery of Freaks. The students wrote and acted in their own play which tackled some of the biggest issues facing Australian society. The piece explored the pressures many young people face and encouraged the audience to embrace their inner freak.

JCS Music students performed two of their four HSC pieces at the Senior Showcase with Dan Truscott on drums, Emily Fullick and Ruby Philpott on vocals and Tim Gare playing a guitar solo. Drama students also gave individual monologue performances.

The final year students were supported by Year 11 Music students Jade Percy, Tanaha Hughes, Haylee Laidely and Harley Green.

It was also a chance for school captain Michaela to display her Visual Art major work, Emily to showcase her costume design major work for Drama and Year 12 Industrial Technology Timber students to show off their HSC pieces.

JCS principal Debbie-Lee Hughes said she was impressed with the quality of her students’ performances.

“Congratulations to the students and staff for the wonderful Senior Showcase held last week,” she said. “It was a professional production and one everyone is proud of.”

JCS’s Year 11 Drama Class produced the evening, acting as stage crew, lighting and sound operators, as well as presenting their own group performance on sexism.

Head Teacher of Creative and Performing Arts, Hannah Moloney, congratulated all students involved in the evening and thanked Jindabyne Sport and Recreation for the wonderful venue and their assistance in planning the evening.
JCS preparing to defend national snowsports title

Jindabyne Central School (JCS) is preparing to defend its title as Australia’s best snowsports school.
If recent results are anything to go by, JCS is well on its way to continue its domination of school-based snowsports.
JCS is Australia’s defending co-ed primary school snowsports champion and finished second in the secondary co-ed school division last year.
JCS boasted dozens of podium finishes during the school holidays in events including The Redlands Cup, The Scots Race and the Thredbo Junior Intercup Championships.
The real test will start on July 29 when the ACT/Southern NSW Interschools competition kicks off at Perisher for the start of this year’s Interschools competition, which culminates at Mt Buller when the national championships will be held on September 9-13.
JCS’s resident world junior snowboard champion Adam Lambert added another medal to his ever-growing haul when he won the Division One (for students in Years 11 and 12) snowboard event at The Redlands Cup held at Thredbo on July 7.
Adam’s younger sister Sarah joined her brother to compete in the male Division One snowboard event to ensure Adam had a team to compete in.
The strategy worked.
Together they secured the team gold medal, despite Sarah being only 15 and competing in a division higher than she needed.
Individually, Sarah finished in eighth place in the boys’ race.
“I’ve never had a team in Redlands Cup before so for Sarah to step up to compete with the boys in my final year was really awesome,” Adam said.
Sarah said she was happy to help.
“I really wanted to give Adam the opportunity to have a team in his last year at school,” she said.
Sarah also secured podium finishes at The Scots Race, coming third in the Division Two (for students in Years Nine and 10) girls’ snowboard event behind fellow JCS student Tina Taylor, and third in the Alpine event.
Year Eight student Emmie Phillips claimed the silver medal in the Division Three (for students in Years Seven and Eight) Alpine event at The Scots Race.
JCS also collected second in the Division One girls’ snowboard event at The Redlands Cup and third in the Division Two snowboard race.
The girls Division Four (for students in Years Five and Six) team of Letitia Murphy, Marlee Diver and Josie Baff claimed the Alpine gold medal at The Redlands Cup while Letitia was the individual champion and Josie won the individual bronze medal.
Josie was crowned the Division Four snowboard champion at The Redlands Cup and collected a silver medal in Division Three snowboard race at The Scots Race.
Year six JCS student Benjamin Wynn settled for a silver medal in the Division Four boys’ Alpine event at The Redlands Cup, pipped by former JCS student Joey Steggall, who is this year competing for Manly Village Public School.
Benjamin’s sister April won the Thredbo Junior Intercup Championships for girls 11 years and under ahead of her year Five classmate Letitia Murphy in second place.
Letitia’s older sister Charlotte also collected an individual silver medal in her age group at the Thredbo Junior Intercup Championships.
“It’s a great start to the 2015 season for JCS students and we’re very proud of their achievements,” said JCS deputy principal Steve Cooper, who is also the chairman of NSW Interschools.
JCS students brave testing conditions at NSW State Cross Country titles

Pouring rain, heavy mud and icy winds were some of the conditions Jindabyne Central School (JCS) students endured when they competed at the NSW Cross Country titles in Sydney on Friday.

11-year-old Zana Evans’ shoes and legs were hardly recognisable when she crossed the finish line at the state titles.

Towards the end of the gruelling three kilometre course, young Zana slipped and fell into the mud.

But she immediately picked herself up and kept on running.

The fall may have cost her a few places but Zana finished the state championships in 27th place from a field of 75 of the best runners in her age group from across all schools in NSW.

“I had hoped to be better than 25th this year because that’s where I came last year,” Zana said.

“But everyone has gotten a bit older and a bit more competitive.”

The Year Five JCS student said this year’s course at Sydney’s famous Eastern Creek Raceway was tougher than last year because it was a gradual uphill run for most of the race.

She said there was a group of three students who got out early and stuck to the front for the entire race, followed by a small pack of runners and then a larger pack.

Zana kept her place between the small pack and the larger pack to cross in 27th place.

“I wasn’t too nervous because I had done it before,” she said.

“It was really, really muddy and I fell over in the mud.”

Zana, whose parents were both Winter Olympians, said although she knew she needed to train hard next year to improve on her placing she doesn’t want to go too hard.

“I don’t want to get sick of it and get burned out too early,” she said.

“I wish to improve my timing a bit and get under 25th place but everyone else is getting better too.”

18-year-old Nakiya Nuridin was the other JCS student to compete at the state titles on Friday.

Nakiya finished 45th from a field of 89 runners in the 17+ years age division.

“The conditions were really bad,” she said.

“I was in one of the first races and it was pouring with rain and I was running through mud.”

Unfortunately the Year 12 student pulled her hamstring during the race and is hobbling around school this week.

“I was happy with my performance,” said Nakiya. “Especially given the conditions.”

The two JCS students represented the South Coast Region at the NSW titles.
Sometimes athletes have difficult choices to make.
That’s the case for Jindabyne Central School’s (JCS) best track and field athletes.
Do they try and win a coveted berth at the NSW State Athletics Championships or aim for a podium finish at the Australian Interschools Snowsports Championships?

14-year-old JCS student Zara Gardiner was crowned the age champion at the recent Eurobodalla Zone Athletics carnival held in Moruya.

It’s recognition that Zara is the best track and field athlete for her age from Braidwood to Batemans Bay to the Snowy Mountains and the Victorian border.

Zara was way ahead of her closest competitor in the race for age champion, scoring a massive 36 points, with her closest rival Janet King from Bega High School on just 20 points.

Zara won the 14 years girls’ 800 metres (almost a full second ahead of second-placed Janet) as well as the long jump at Moruya and was second in the 400m, third in the high jump and javelin and fifth in the shot put.

She has earned herself a place at the Regional Athletics Championships to be held at the AIS in Canberra to represent the Eurobodalla Zone in the 800m, 400m, long jump, javelin and high jump.

But the Regional Athletics Championships will be held on Friday July 31, the same day as the ACT/Southern NSW Interschools Snowsports Championships.

“That means I’ll have to miss regional athletics because I want to ski at Interschools,” said Zara, who collected a silver medal at the Interschools Australian Championships last year with her Division Three (for students in Years Seven and Eight) team.

“I guess I’m a better skier than I am a runner.”

If Zara were to finish in the top three at the Regional Championships she would progress to the State Championships to be held at the Olympic Stadium in Sydney.

It’s a similar story for Year Nine JCS twins Kirra and Rhianna Burke.
Kira came third in the 15-year-old girls’ overall individual ranking after coming second in the 100m, 200m and shot put and fifth in discus.

Her sister Rhianna was third in the 100m and 400m.

“We have more chance of getting through to national championships in skiing than running,” said Kirra, who along with Zara collected a silver medal at national Interschools last year.

“And we’re in a team for skiing and we don’t want to let down a team by not competing.”

The only JCS student who will represent the Eurobodalla Zone at the Regional Secondary Athletics Championships is Year 12 student Nakiya Nuridin.
Nakiya won the girls’ 17+ years 400m at the Eurobodalla Zone meeting and was third in the 1500m.

She represented the South Coast on Friday at the State Cross Country Championships where she finished in 45th place.

What makes Zara’s success in Moruya even more impressive is it was the first time she had ever thrown a javelin – and she collected a bronze medal for her efforts.

“I asked Mr L (JCS’s PE teacher) what do you do and he said to throw it up and make sure it landed in the ground and I copied what he said to do,” she said.

Zara recorded 17.76m for her first ever throw, significantly behind first-placed Georgia Pearce from Bega High School with 19.74m but well ahead of the fourth-placed competitor.
Recognising the signs of teenage depression, developing personalised learning plans for Indigenous students and learning how to use Google Apps in the classroom are some of the skills teachers across the Monaro region learned when they returned to the classroom as students last week.

Almost every public school teacher from across the Snowy Mountains and Monaro region attended a day of learning at Monaro High School on July 13 where they were presented with the latest skills to provide learning and support for students with a disability, learning difficulty or behaviour support needs.

Berridale Public School’s kindergarten teacher Petrina Baff said a session she attended on how food can prevent disease and affect children’s behaviour was invaluable and she was keen to transfer her new-found knowledge into the classroom.

“It really highlighted how important a child’s diet is and can correspond to how settled they are in the classroom,” Mrs Baff said.

“We can teach kids how to read food labels and how to be label detectives.”

Jindabyne Central School (JCS) Year Five teacher Simone Dixon said a workshop on Differentiation in Numeracy gave her new tools to implement in her classroom.

“It’s all about making learning accessible to all students and to ensure all students are successful in maths,” Mrs Dixon said.

“Some students are visual learners, some are hands-on learners so they need different teaching methods but in the end we want to ensure they all reach the same outcome.”

Other workshops included suicide intervention with young people, which explored risk factors as signs that could indicate a young person may be suicidal.

Google Apps Champion and JCS teacher Kelly Burke presented a workshop on Google Apps and how they can be used in the classroom while Helen Dudeney from the Australian Gifted Support Centre hosted a session on gifted children who are not necessarily high achievers and twice exceptional students - gifted students with learning disabilities.

District Guidance Officer Ros Bailetti showed teachers how to apply principles of positive psychology to education – highlighting that academic success does not always lead to happiness and giving teachers tools to ensure students thrive rather than survive.

All 16 schools in the Monaro region attended the School Development Day, which was part of the Every Student, Every School initiative, whereby each school in NSW is being required to implement effective learning and support for students with additional learning needs.

Melanie Meers, the director of Every Student, Every School, gave the keynote address where she provided an understanding of the reform and emphasised the importance of ensuring every student is healthy, happy, engaged and successful.

The Every Student, Every School Wellbeing Framework equips schools and their communities to support students at each stage of their development and to do this through quality teaching, learning and engagement.

Schools will achieve this through planning and decision-making at the local level to meet the needs of their students. This work is underpinned by high standards, clear expectations and counselling and wellbeing resources.

The schools involved in the development day were Adaminaby Public School, Berridale Public School, Bibbenluke Public School, Bombala High School, Bombala Public School, Bredbo Public School, Cooma Public School, Cooma North Public School, Dalgety Public School, Delegate Public School, Jerangle Public School, Jindabyne Central School, Michelago Public School, Monaro High School, Nimmitabel Public School and Numeralla Public School.
Miss Perry would like to welcome to JCS the 18 new students who started in primary school last week.

Spelling Champions at JCS
Jindabyne Central School’s top three Spelldrome spellers are:
- **Lilly Wallis** who spelt 1092 words correctly this year.
- **Zana Evans** who spelt 733 words correctly this year.
- **Alexandra Fairfield-Smith** who spelt 344 words correctly this year.

Congratulations Lilly, Zana and Zani! You have all received a Spelldrome Champion certificate!

Premier’s Reading Challenge
A reminder the Student Reading Record for the Premier’s Reading Challenge must be completed by **August 21 (11:59 pm)** in order to receive a certificate at the end of the school year.

The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. The Premier’s Reading Challenge is available for all NSW students in Kindergarten to Year 9.

If they have a computer with internet connection available, students can enter their books at home using their own username and passwords.

Please be aware that there are students in our school with allergies to nuts. We ask that you give consideration to voluntarily agreeing not to send nut products, in particular peanuts and peanut butter, to school.
Jindabyne Central School is taking part in Woolworths Earn & Learn community program. Woolworths is giving away more than $5 million worth of educational resources for Primary and Secondary schools all over Australia, including ours! From Tuesday 15th July 2015, Woolworths will give you one Earn & Learn sticker for every $10 you spend in store (excluding the purchase of cigarettes, alcohol and gift cards). If you purchase items through the self service counter you will need to ask Woolworths staff for the stickers. Stickers then need to be stuck onto an earn and learn ‘my sticker card’. The sticker cards are available from Jindabyne Central School or Woolworths stores. All you need to do is complete the sticker card with earn and learn stickers and return the completed sticker card to Jindabyne Central School (Woolies have given us a special collection box which is located in our school administration office). You will be able to track our progress on our point’s barometer poster at school or online at woolworths.com.au/earnandlearn.

At the end of the program, we can redeem our collection of points against a choice of more than 7,000 educational resources. The list is extensive and includes library books, classroom equipment, art & craft materials and much, much more. There is no limit to the number of points we can collect, so your participation will really make a difference. The more points we earn, the more resources we can order!

Jesse Chatten, Ariella Guttridge, Bridie Linton and Mia Laing went to Woolworths on Wednesday to help Mrs Kowalewski empty JCS’s Earn & Learn collection box.

JCS provides supervision for students from 8.40am. Please do not drop your child off prior to 8.40am unless they are attending the OSHC. Supervision before this time is a parent responsibility, not a school responsibility.
Dear Parents, Staff and Students,

Uniform Compliance

As we move into winter, a small percentage of our secondary students become confused with our uniform requirements. Students and parents are reminded that black pants are not permitted, other than for Friday’s At-School program when the sports uniform can be worn. Pants for both boys and girls need to be grey in colour. In addition, black jumpers must not have a hood attached. This rule does not apply to outer-wear jackets, which may be worn over the top of a school jumper. Outer-jackets are required to be removed whilst in the classroom. With shoes, we request that they be black and all-leather, to comply with DEC requirements in Science and TAS lessons.

Term Three Assessment Schedules for Years 7 to 12

Parents will find the Term 3 Assessment Schedule for all Year 7 to 12 students re-published in this newsletter. All students have been issued with their own copy, for inclusion in their diaries.

Term Two Student Academic Awards Ceremonies

Many thanks to those parents who attended our end of Term 2 Awards Ceremony. It was a great way to complete and recognise our First Semester of Academic Achievement and Effort, across all of our year groups. Special mention and thank you for the organisation work of Mrs Gillroy, the Year Advisors and Mrs Bright.

Senior Student Showcase Performance Evening

What a special night last Thursday was for those who attended the Year 12 and 11 Music, Drama, Art and Timber Technology Evening at Jindabyne Sport & Recreation’s Auditorium. It was a hugely entertaining evening, and it really did showcase the depth of talent that the school has in the performing and creative arts. Special mention and thank you for the organisation work of Miss Moloney, Mrs Blazey, Miss Brown, Miss Whitley-Wright, and Mr O’Sullivan.

Year 10 Parent / Student / Staff Curriculum Expo

Thank you to parents and students who attended our Senior Course Curriculum evening held on Tuesday in the school gym. Year 10 students have commenced discussions with their parents and staff on subject options for 2016. Please remember that the initial subject preference form is due to be returned to Mr Cooper by Monday 3rd August. Following those returns, we will look to develop subject lines that cater for the majority of students, and maximises individual student choice.
Year 8 Parent Curriculum Information Evening

Our Year 8 into Year 9 (2016) Parent Information Evening will be held at **5.30pm on Tuesday 5th August** (Week 4 of Term Three), in the School Library. Prior to that parent meeting, all Year 8 students will receive their copy of the 2016 Year 9/10 (Stage 5) Curriculum Handbook, which contains a detailed explanation of the requirements for Years 9 and 10, as well as an outline of all of the courses that are available. We will meet with all Year 8 students during Week 4 to review those course outlines, as it is now time for all Year 8 students to select their two (2) subject elective choices for the next two years. Students will normally study their electives for two years, with an option to study one alternative course in 2017, if their 2016 selection is deemed not suitable. In 2016, the Year 9 (and Year 10) curriculum pattern will include six (6) compulsory subjects, two (2) elective subjects, compulsory sport, compulsory careers education, an optional snowsports program (Term 3 only) and an optional religious education program.

Year 5 to 10 Snowsports Program

This commenced with great success last Friday, and we congratulate all of the organising teachers and administration staff involved for their work. Special mention of thanks to Mr Livissianos, Mr Kowalewski, and Mrs Sadgrove. We also thank the parents and students for their capacity to get to the correct places at the required time, and with all of their equipment! A reminder that all Perisher program students have been provided with an eight week Perisher lift pass, which is a non-refundable ticket that has been pre-loaded with those 8 specific dates, and that this has been provided at highly subsidised price of $25 per week, or $200 in total.

JCS Interschools Snowsports Team

Once again we have record numbers of K-12 students involved in this competition, with 130 students participating, and 217 total event entries. Jindabyne Central’s Primary Teams are the defending National Champions, and we will see many of our teams competing at all three upcoming championships – the Southern NSW/ACT Championships at Perisher (25th to 31st of July), the NSW State Championships at Perisher (25th to 30th August), and the Australian Championships at Mt Buller in Victoria (9th to 13th September). Thank you to Mrs Lambert for her extensive coordination work, and to the many parents who have volunteered to be either course officials or team managers. We will endeavour to keep newsletter readers updated on all results over the coming weeks.

Year 12 Trial HSC Exams, and University Applications

Year 12 have received copies of their Trial HSC Exam Timetable, with these exams due to run over seven days commencing Monday 3rd August, and finishing on Tuesday 11th August. Year 12 have also received their University Admissions Centre (UAC) booklets for University applications in 2016.

Steve Cooper – Deputy Principal Secondary.

The 2015 JCS Snowsports program begins.
Forget Disneyland. Forget Dreamworld. Forget Wet’n’Wild. The Self Select Science class have created the future of Theme Parks!
Would you choose to whet your appetite with a visit to In and Out World? Or get your heart racing at Circulator World? You could choose to have your breath taken away at Respiro World or is Wee World more your style? Or are you physically prepared for Bend and Snap? These are the five theme parks ‘the Selfies’ designed and created based on research of five main body systems – digestive, circulatory, respiratory, excretory and skeletal/muscular.
A requirement of the task was to create a theme park and portfolio which would allow participants to experience some aspect of the system and/or the process. The end results were incredible! Imaginative, informative and amusing to say the least! 1S and 2W were invited to ‘visit’ the theme parks and learn about the different body systems. They were encouraged to bring along a sense of adventure, have their imagination tuned to high and check their health insurance was fully paid up for an educationally wild ride!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 July</td>
<td>13 July</td>
<td>14 July</td>
<td>15 July</td>
<td>16 July</td>
</tr>
<tr>
<td>Year 12 - Term 3</td>
<td>Year 12 - Term 3</td>
<td>Year 12 - Term 3</td>
<td>Year 12 - Term 3</td>
<td>Year 12 - Term 3</td>
</tr>
<tr>
<td>17 July</td>
<td>18 July</td>
<td>19 July</td>
<td>20 July</td>
<td>21 July</td>
</tr>
<tr>
<td>Year 11 - Term 3</td>
<td>Year 11 - Term 3</td>
<td>Year 11 - Term 3</td>
<td>Year 11 - Term 3</td>
<td>Year 11 - Term 3</td>
</tr>
<tr>
<td>24 July</td>
<td>25 July</td>
<td>26 July</td>
<td>27 July</td>
<td>28 July</td>
</tr>
<tr>
<td>Year 10 - Term 3</td>
<td>Year 10 - Term 3</td>
<td>Year 10 - Term 3</td>
<td>Year 10 - Term 3</td>
<td>Year 10 - Term 3</td>
</tr>
<tr>
<td>31 July</td>
<td>1 July</td>
<td>2 July</td>
<td>3 July</td>
<td>4 July</td>
</tr>
<tr>
<td>Year 9 - Term 3</td>
<td>Year 9 - Term 3</td>
<td>Year 9 - Term 3</td>
<td>Year 9 - Term 3</td>
<td>Year 9 - Term 3</td>
</tr>
<tr>
<td>7 August</td>
<td>8 August</td>
<td>9 August</td>
<td>10 August</td>
<td>11 August</td>
</tr>
<tr>
<td>Year 8 - Term 3</td>
<td>Year 8 - Term 3</td>
<td>Year 8 - Term 3</td>
<td>Year 8 - Term 3</td>
<td>Year 8 - Term 3</td>
</tr>
<tr>
<td>14 August</td>
<td>15 August</td>
<td>16 August</td>
<td>17 August</td>
<td>18 August</td>
</tr>
<tr>
<td>Year 7 - Term 3</td>
<td>Year 7 - Term 3</td>
<td>Year 7 - Term 3</td>
<td>Year 7 - Term 3</td>
<td>Year 7 - Term 3</td>
</tr>
<tr>
<td>21 August</td>
<td>22 August</td>
<td>23 August</td>
<td>24 August</td>
<td>25 August</td>
</tr>
<tr>
<td>Year 6 - Term 3</td>
<td>Year 6 - Term 3</td>
<td>Year 6 - Term 3</td>
<td>Year 6 - Term 3</td>
<td>Year 6 - Term 3</td>
</tr>
<tr>
<td>28 August</td>
<td>29 August</td>
<td>30 August</td>
<td>31 August</td>
<td>1 September</td>
</tr>
<tr>
<td>Year 5 - Term 3</td>
<td>Year 5 - Term 3</td>
<td>Year 5 - Term 3</td>
<td>Year 5 - Term 3</td>
<td>Year 5 - Term 3</td>
</tr>
<tr>
<td>4 September</td>
<td>5 September</td>
<td>6 September</td>
<td>7 September</td>
<td>8 September</td>
</tr>
<tr>
<td>Year 4 - Term 3</td>
<td>Year 4 - Term 3</td>
<td>Year 4 - Term 3</td>
<td>Year 4 - Term 3</td>
<td>Year 4 - Term 3</td>
</tr>
<tr>
<td>11 September</td>
<td>12 September</td>
<td>13 September</td>
<td>14 September</td>
<td>15 September</td>
</tr>
<tr>
<td>Year 3 - Term 3</td>
<td>Year 3 - Term 3</td>
<td>Year 3 - Term 3</td>
<td>Year 3 - Term 3</td>
<td>Year 3 - Term 3</td>
</tr>
<tr>
<td>18 September</td>
<td>19 September</td>
<td>20 September</td>
<td>21 September</td>
<td>22 September</td>
</tr>
<tr>
<td>Year 2 - Term 3</td>
<td>Year 2 - Term 3</td>
<td>Year 2 - Term 3</td>
<td>Year 2 - Term 3</td>
<td>Year 2 - Term 3</td>
</tr>
<tr>
<td>25 September</td>
<td>26 September</td>
<td>27 September</td>
<td>28 September</td>
<td>29 September</td>
</tr>
<tr>
<td>Year 1 - Term 3</td>
<td>Year 1 - Term 3</td>
<td>Year 1 - Term 3</td>
<td>Year 1 - Term 3</td>
<td>Year 1 - Term 3</td>
</tr>
<tr>
<td>1 October</td>
<td>2 October</td>
<td>3 October</td>
<td>4 October</td>
<td>5 October</td>
</tr>
<tr>
<td>Year 0 - Term 3</td>
<td>Year 0 - Term 3</td>
<td>Year 0 - Term 3</td>
<td>Year 0 - Term 3</td>
<td>Year 0 - Term 3</td>
</tr>
</tbody>
</table>
Career Corner

Resume

A resume is a document about you that highlights your experience, qualifications and the skills you bring to a job. Your resume should be easy to read and limited to one to two pages on A4 paper.

A resume doesn’t necessarily get you the job, that’s the job of the interview – but it can get you through the door for a face-to-face interview.

Here is a great website for information on resumes:
http://myfuture.edu.au/change-direction/preparing-to-apply-for-jobs/creating-a-resume-that-stands-out

If you need assistance with your resume, the Careers Office can assist. Make an appointment with the Career Advisor. Appointment booking sheet is located outside the Career Office.

Taste of TAFE

Year 10 students spent a day at Cooma TAFE investigating TAFE’s options for Year 11 subject choices in TVET.

Our Students had an opportunity to try some of the subjects on offer such as Hospitality, Automotive, Child care, Business/IT and Construction. The feedback from our students was very positive. TVET TAFE coordinator Carolyn Ewart will also be attending Jindabyne Central School Curriculum Expo which is being held for all Year 10 students and their parents on Tuesday 21st July from 4.00pm in the hall. Carolyn will be there to answer any questions relating to TVET.

Career Office

The career office is open Tuesday and Thursday. Week A, the office is also opened on Wednesdays. We are located in H Block.
P&C News

Canteen

A big thankyou to everyone that has been assisting in the canteen over the last six months. It has been an absolute pleasure. There are still pies to be collected from the pie drive – unfortunately some orders came in with no name or class attached so if you ordered some and they haven't appeared please call me via the office or pop in to see me.  
Anne Foster

Next P&C Meeting on Wednesday July 29

The next P&C meeting will be held on July 29 in the library and we remind you to keep an eye on the newsletter for a range of activities that will be on offer for members and non-members through terms three and four.  
Skaiste Laing - President P&C  
P&C email : pandcjindabyne@gmail.com

JCS Uniform Shop Opening Hours

Mondays: 8.50-9.10am  
Wednesdays: 3-3.30pm  
Thursdays: 8.50-9.15am

Uniform shop volunteers are always welcome!

JSC School Council

The JSC School Council has established a web presence on the school website in order to:
- communicate with the school community;
- raise school community awareness of what the Council is about; and
- inform the school community of its deliberations.
Minutes of meetings will be posted after they are confirmed at the subsequent meeting.

The Jindabyne School Council met on Monday 20 July 2015. The meeting:
- heard reports from the Principal and P&C President;
- ratified the P&C representative for the selection panel for a permanent principal for JCS; and
- considered how to progress capital works project.
Calendar

PRIMARY DIARY DATES—Term 3

Term 3, Week 2 B

Friday 24th July—K-6 Assembly (1/2K hosting) / Years 5-10 Snowsports

Week 3 A

Tuesday 28th July—ICAS—English
Wednesday 29th July—ACT/Southern NSW Interschools
Thursday 30th July—ACT/Southern NSW Interschools
Friday 31st July—ACT/Southern NSW Interschools

Week 4 B

Monday 3rd August—Friday 7 August—Years 3 & 4 Snowsports
Wednesday 5th August—JCS violinists performing at the Sydney Opera House
Thursday 6th August—JCS recorder player performing at the Sydney Opera House
Friday 7th August—K-6 Assembly (1S hosting)

Week 5 A

Tuesday 11th August—ICAS—Maths
Friday 14th August—K-6 Assembly (K/1B hosting)

SECONDARY DIARY DATES—Terms 3

Term 3, Week 2 B

Tuesday 21st July— Year 10 into 11 Parent Info Night
Wednesday 22nd July—No TAFE
Friday 24th July—Years 5-10 Snowsports

Week 3 A

Wednesday 29th July—No TAFE / ACT/Southern NSW Interschools
Thursday 30th July—ACT/Southern NSW Interschools
Friday 31st July—ACT/Southern NSW Interschools / Regional Athletics / Years 5-10 Snowsports

Week 4 B

Monday 3rd August—Tuesday 11th August—Trial HSC
Monday 3rd August—S & C Project to BOS
Tuesday 4th August—Year Eight into Nine Parent Information Night
Wednesday 5th August—No TAFE
Thursday 6th August—HSC Timber Projects Due
Friday 7th August—Years 5-10 Snowsports
Community Notices

65 STOREY TREEHOUSE COMPETITION

Snowprint Bookshop are giving you a chance to win a copy of the soon to be released book "The 65 Storey Treehouse".

Don’t forget to put your name, school and a contact number on the back.

All you have to do is draw, paint or create a new character for the Andy and Terry’s Treehouse.

Drop your entry into Snowprint Bookshop before 5:00pm Wednesday 5th August.

Winners will be announced on Wednesday 12th August.
HSC Tutoring & Homework Help

Don’t stress out over the HSC!

Why yes, I am a bit stressed. Why do you ask?

Get some help!

Every Wednesday 4-5 pm from 27th May 2015 at the Snowy Mountains Neighbourhood Centre, Snowy River Ave (Opposite Mitre 10)

Our tutor has 20 years experience as an educator—BA, Dip. Ed., Master in Asian Studies, Cert.4 Outdoor Ed., HSC marking in Geography.

FREE! No need to book, just come along!

Library services available on-site

Playgroup at JCS

Playgroup meets at JCS in the primary school hall next to the canteen at 9.30-11.30am on:

- 31st July
- 14th August
- 28th August
- 4th September

Everyone is welcome. Please sign in at front office.

$2 per family

Please bring your own healthy snack.

Tea & coffee provided.

SINGING LESSONS

ALL AGES & LEVELS

Explore your passion for singing in a fun, comfortable & supportive environment

Flexible days & times

Contact Cielle:

0421 810 038

cielle@ofthisearth.com.au

W W W . C I E L L E K I N R O S S . C O M

The simplest way

...to eat well and prevent disease.

Did you know that eating the right amount of fruit and veg can lower your risk of cancer by 6-12 percent? Yet most adults don’t eat enough of either, particularly veg.

Try to add fruit and veg to every meal:

- Add chopped bananas or strawberries to your breakfast cereal
- Add some sliced tomato on your toast
- Munch on some carrot or cucumber sticks at lunchtime
- Add legumes like kidney beans or chickpeas to your salad at lunch

Remember! Aim for two serves of fruit, and five serves of vegetables – every day!

For more information visit

www.eatittoBefit.com.au

or join us at facebook.com/eatittoBefit
SOUTH EAST ARTS PRESENTS

YOOTUBE 2015
SHORT FILM COMPETITION

ENTRIES CLOSE 7 AUGUST ~ Ages 12-20

Open to Eurobodalla, Bega Valley, Bombala, Cooma-Monaro & Snowy River Shires
J.D. SHAW $1,000 PRIZE BEST FILM ~ J.D. Shaw $500 Prize Best Film under 15 Years ~ J.D. Shaw/SEA Screen $500 Prize for Best Music Video ~ ABC Open Prize ~ Gooseboy Prize ~ Oh’Allmthurain Films NIDA Prize for Best Actor ~ Eurobodalla Shire Prizes $500 each for Best Local Film & Best Road Safety Film ~ Bega Valley Shire Prizes $500 each for Best Youth Issue Film & Waste Prize for Recycling/Eco Film

Full Details and Entry Forms
southeastarts.org.au
Learn to Meditate

“Mindfulness has the real potential to generate inner peace, foster physical and psychological healing and lead to a heightened sense of wellbeing and connectedness”.
- Dr Ian Gawler, OAM

Meditation, and mindfulness in particular, is fast becoming recognised worldwide as a powerful life-affirming practice. The process of meditation, or what we do (or do not do) while we are meditating, can be learned and incorporated into our daily routine, alongside other health-promoting practices such as moderate exercise, healthy eating, and taking time out from our busy lifestyles.

Mindfulness is a way of being, not simply a technique or a method, and is the practice of paying attention: paying attention to our present moment experience, of knowing where our attention is, moment by moment, and being able to direct our attention back to the present moment when our mind wanders. It is the practice of coming home to our essential way of being.

Mindfulness meditation is one of the simplest ways to learn to be mindful and brings with it a wealth of benefits. These benefits may include:
- Improved physical, emotional and mental health,
- An enhanced ability to relax,
- Improved prevention and management of headaches and migraines,
- Improved sleep patterns,
- An increased sense of equanimity (including in challenging situations), and
- A deeper understanding of ‘self’, or a spiritual connection.

Learning to meditate using this method is simple as there are only three key steps: preparation (including relaxation), mindfulness and stillness. Each step is beneficial in its own right, and each step flows naturally into the next. Mindfulness-based stillness meditation is beautiful in its simplicity. There are no religious or spiritual beliefs required. If you can breathe, you can meditate.

The next Jindabyne mindfulness-based stillness meditation course will commence at 6:00pm, Thursday, 30 July 2015 (one session a week for eight weeks). Venue to be confirmed.

The course cost of $150 includes tuition, notes, access to the book “Meditation - An In-depth Guide” by Ian Gawler and Paul Bedson, and a cd of meditations from the course to keep for home practise. Concessions are available.

For further information, please visit http://truscot2.wix.com/meditation or call Peta on 0414 831 435. Bookings are essential.

This course is endorsed by The Gawler Foundation, Yarra Junction, Victoria - (http://gawler.org).

Snowy Mountains Meditation
Peta Truscott | 0414 831 435
snowymeditation@hotmail.com
P.O Box 771, Jindabyne NSW 2627
http://truscot2.wix.com/meditation
Helping your child to become a good speller

At a glance
- Use everyday opportunities to draw your child's attention to words.
- Talk to your child about how you spell and what you do when you don't know how to spell a word.
- When your child comes to words they can't spell, encourage them to look at the new words, say them, cover them with their hand, write them from memory and then check them.
- When learning to spell an unknown word, first talk about what the word means.

When your child is taught spelling at school, they learn to understand:
- how words sound
- how words look
- how words change form, eg from 'jump' to 'jumped'
- where words come from.

At school, kids:
- usually spend time each day studying words
- learn that spelling is a tool that is closely linked to writing and reading
- learn that accurate spelling matters and that it's important to check their writing for mistakes.

What you can do to help your child with spelling?
Explain to your child that some words can be sounded out but not all English words can be spelt correctly by 'sounding out', eg the words 'you' and 'said'.

- Talk to your child about how you spell and what you do when you don't know how to spell a word.
- Encourage your child to write at home on paper and on the computer, eg filling in forms, writing notes to family members, writing phone messages and reminder notes, making lists, replying to letters and emails and sending cards.
- Provide a dictionary and use it together. Remember that dictionaries are more useful if your child knows about the alphabet and how a dictionary works.
- Encourage your child to first try spelling unknown words themselves, and then praise the parts of the word that are correct and suggest what else is needed.

Say, cover, write, check
When learning to spell an unknown word, first talk about what the word means, then try learning to spell it using the following technique:

- look carefully at the word
- say the word
- cover the word
- write it from memory
- uncover and check your attempt against the correct word
- repeat as needed.

What you can do when your child asks how to spell a word
- Encourage your child to have a go first, and then discuss their effort.
- Make sure they have access to a dictionary (if they have learnt to read) and know how to use it.
- Simply tell your child how the word is spelt and talk about it together.
Should you correct your child's spelling?

- First, encourage your child to check their work and find any mistakes.
- If they have made a mistake with a common word, ask them to try to fix it without your help.
- It's always useful to show your child the correct spelling of a word.

What you can do when your child finds spelling too hard

Be supportive. Remember that when your child is learning to write, they will not be able to accurately spell all the words they want to write.

What if you aren't a good speller?

No problem. Use a dictionary or a spell checker on the computer and work out how to spell words together.

Should you let your child use a spellchecker?

Yes. Spell checkers can be useful, but remind your child that they still need to be thinking when they use it. Your child will need your support:

- when the word is spelt correctly but it is not the right word, eg 'shore' and 'sure'
- when the computer gives suggestions but your child still doesn't know which word is correct
- when the computer uses American spellings.

If your child seems to be having ongoing problems, talk to their teacher.