Seusicalcal Live on Stage

School Calendar 2015
TERM 2
Sunday 31 May
Musical Practice 10am to 4pm
Monday 1 June
Year 9-10 Examinations
Wednesday 3 June
ICAS - Science Examination
Monday 15 June
ICAS Writing Exam
ICAS Spelling Exam
Wednesday 17 to Saturday 20 June
Gloucester High School Musical
Tuesday 23 June
RYDA - Year 11
Wednesday 24 June
Bulahdelah Gala Day
Thursday 25 June
Newcastle Uni Open Day
Friday 26 June
NAIDOC Assembly - Period 2
Last Day of Term 2
Tuesday 1 July
RSA TAFE Course - Gloucester Soldiers Club
Wednesday 2 July
RCG TAFE Course - Gloucester Soldiers Club
TERM 3
Monday 13 July
School Development Day
Thursday 16 July
School Photos
Canteen
Phone 65589963
Monday 01 June
Elona
Tuesday 2 June
Bernie Edstein
Wednesday 3 June
Tracey Murrell
Thursday 4 June
no volunteer
Friday 5 June
Elona
Monday 8 June
Elona
Tuesday 9 June
Elona
Wednesday 10 June
Sue Hoppe
Thursday 11 June
Kate Carmody

Tickets on Sale Now
Matine - 12 Noon
Wednesday 17 June
Thursday 18 June
Evening - 7:30pm
Wednesday 17 June
Friday 19 June
Saturday 20 June

Tickets available from the Front Office!
Come in or book your ticket over the phone using our EFTOPS facility.
Adults $10, Concession $6 and Family $26

Care Achievement Respect Effort Responsibility
129 Ravenshaw Street, Gloucester NSW 2422 / P 02 6558 1605 / F 02 6558 1229
www.gloucester-h.schools.nsw.edu.au / gloucester-h.school@det.nsw.edu.au
PRINCIPAL’S REPORT

Over the past and coming weeks will see all students participating in a variety of assessments and examinations. This is an important time of the year, as it provides useful feedback on student progress across their subjects. Year 7 and 9 students have completed their NAPLAN tests. I would like to commend the students for the serious and conscientious way in which they approached these tests. Student cooperation was outstanding, as was the capacity of all to give their best performance. Year 11 Examinations were conducted last week, with Year 7 and 8 completing their this week and Years 9 and 10 kicking off next week. I urge all students to spend some serious time preparing for these exams, so that they provide a true indication of what students know, and what they need to work on. The exam period will be followed up with school mid-year reports, which will be completed before the end of the term.

I would like to congratulate the Agriculture and Primary Industries students who participated in Wingham Beef Week. Our senior students stepped up to take on leadership roles in coordinating our younger students. Thanks go to Mr McCann, Mr Graham and to Mrs Swilks for providing supervision for the event.

Mr King, Mr Davis and I joined School Captain Cal Radford in challenging our other School Captain, Chloe Haynes, and Rotarians Chris Pritchard, Ray Martin and Ashleigh Hickman in the Gloucester Rotary Club’s Great Debate. In a light-hearted and irreverent affair, we were lucky enough to come out victors, contending that it would be a good idea to have a pedestrian mall in the middle block of the main street! All funds raised have been kindly donated to the school’s SRC. We greatly appreciate this generosity and the effort shown by Brian Beesley in organising the event, which we hope will become an annual affair. As I often state, there’s never a dull moment around here!

Mr Pat Cavanagh

ANTI-BULLYING PRESENTATION

On Tuesday the 19 May, a group of Year 10 students walked down with Ms Ribbons to Gloucester Public School with our Anti-bullying presentations. We had been working on them in our Wellbeing classes, and some volunteered to present theirs in front of the Year 5 and 6 classes at the primary school.

Our job was to competently present our thoughts and ideas on nearly every aspect of bullying. Amber, Jessica, Mia and Tiana split the kids into groups and got them to present a short play on cyber-bullying. Emily and Kylee took another interactive route, by giving the audience handouts about where they could go if they were being bullied. Leah, Bryce, Nykita and Caitlyn made an impressive powerpoint. Holly and Justin also made a very nice powerpoint. Mason and I also used handouts, and we were assisted with a powerpoint. At the end of our exciting and eventful presentations, the primary school kids were asked to vote for the best presentation! The pressure was on! It was an interesting day, listening to the different points of view about the sensitive topic of bullying. Thank you Ms. Ribbons for taking Year 10 down to the school and organising the day.

Mr Mik Wisely

WARNING - HEAD LICE

We wish to advise you that we suspect that nits/head lice are present in the hair of some students here at school. Please check your child’s hair for nits/lice tonight using the methods recommended in information from NSW Health http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx) a copy of which is attached. If you find any eggs or lice please commence treatment as recommended. Further information on head lice is available on the NSW Health website (details above) or through the Department’s website at http://www.sCHOOLS.nsw.edu.au/studentsupport/studentheath/conditions/headlice/index.php.

I appreciate your assistance in this regard.

Mr Cavanagh
ROTARY YOUTH DRIVER AWARENESS (RYDA)- YEAR 11

The RYDA Program is a one day program delivering practical road safety information targeting attitude and awareness of young drivers and their passengers. RYDA includes six interactive sessions delivered to small groups of students covering topics such as hazard perception, distraction management, vehicle safety, stopping distance, fatigue and experiences of a crash survivor. The aim to change the way young people think about road safety. Students will experience braking at different speeds, devise travel strategies that will work for them in the real world and get tips from road safety experts on how to protect themselves, their friends and family. Perhaps the most impactful moments come from the personal stories of loss and survival. In one session, students watch a powerful and emotional video on the life and tragic death of an 18 year old provisional driver.

Year 11 students have the opportunity to attend RYDA on Tuesday 23 June at Taree Race Club complex. The cost is $10 and the bus is being subsidised by Rotary. We will be leaving school at 8:45am and return by 3:15pm. There will be a free sausage sizzle and fruit for lunch but drinks will need to be purchased. Full school uniform is to be worn.

A signed note and $10 must be returned to the office before Thursday 11 June as Rotary need confirmed numbers for planning and catering. The excursion will go ahead if sufficient numbers have paid by 11 June.

Ms Carol Layton

YEAR 11 RYDA 2015

I hereby consent to my daughter/son/ward ___________________________________________ (Please Print)

Participating in the Rotary Youth Driver Awareness (RYDA) to Taree Race Club Complex on Tuesday 23 June 2015.

Parent’s Name: ___________________________________________ (Please Print)

Parent’s Signature: ___________________________________________ Date: ______________

I have included the $10.00 deposit to confirm my child’s participation in this excursion by the following payment method:

☐ Cash/Cheque
☐ Credit Card

Please complete if paying by credit card

Card Type: ☐ Mastercard
☐ Visa

Card Number: _____/_____/_____/_____  Amount $10.00

Expiry Date: _____/_____

Card Holders Name: ___________________________________________

Card Holders Signature: _______________________________________

Hi Guys! Come and join me on Tuesday night at 7pm for a viewing of Finding Nemo in celebration of the extraordinary, Great Barrier Reef.

Where: Gloucester High School Hall
When: Tuesday 2 May
- Gold coin donation
- BYO: Pillows, Blankets, Beanbags
- Movie snacks available from the canteen at low prices

All proceeds going towards the conservation of the Great Barrier Reef


We are searching for NSW’s best high school teachers to be part of an exciting new project that will change the face of teaching resources.

To nominate your teacher fill out the entry form at www.nswteacheroftheyear.com.au and answer in 100 words or less why you believe your teacher should win the title of NSW Teacher of the Year.

Competition closes: Friday 19 June 2015 at 23:59 AEST. Our ABN: 261 939 077 91. Full terms and conditions can be found at www.nswteacheroftheyear.com.au/competition-tcs

Diverse educational programs that challenge and inspire students
U15 GIRLS SOCCER
The Bill Turner trophy team travelled to Wingham to play in Round 2 of the competition on Friday 8 May. Up against some experienced opposition the girls were down 2 quick goals before settling into the game. The rest of the half was evenly contested with Wingham having a 3-0 advantage at half time. After half time the Gloucester girls found some attacking skills and pressured Wingham. They were rewarded with an excellent goal to Maddie Baker making the score 3-1. Wingham came back at the girls and sustained their dominance until the final whistle to run out winners 5-1. Paula Edwards was terrific in goals making many saves, Charli Bruce was everywhere in the midfield as was Jakara Henley. Maddie Baker had a great game in attack and was also solid in defence when she changed positions.

HUNTER SQUASH TRIALS
Tia Dougherty and Jacob Bird both attended the Hunter Squash trials on Monday May 4 at Cardiff Squash Centre. Playing 7 games in a round robin format as part of the trial, both Tia and Jacob were successful in securing a position in the Hunter team. Tia won all seven matches to be selected in the Open Girls team, while Jacob was also strong, winning his matches to be selected in the Open Boys team. Team selector Mr Luke Rosser was full of praise for both Tia and Jacob’s squash talent and exemplary conduct. Further to the selection of Tia and Jacob, Ethan Bird has also been called in as a U/15 entry.

The Combined High Schools State titles will be held in Cardiff from 23-25 June 2015.

Mr Adam Cameron

SCHOOL PHOTOS
Important Information
2015 School Photos – Thursday 16 July (Term 3, Week 1)
Information packages will be sent home next week.

Ms Keirstead
**WINGHAM BEEF WEEK 2015**

Gloucester High School participated in Wingham Beek Week 2015. Twenty two students from Years 12, 11 and 10 were involved.

Beef Week is the culmination of preparations that began in 2014 and involved students from all years, to some extent, since the beginning of the school year 2015.

GHS arrived at Wingham on Monday and first order of business – set up camp. The students were very skilled and experienced, from swags to multi room fabric mansions, camper trailers and horse floats.

The senior students, charged with the responsibility of team captains, saw to it that little time was wasted, the steers arrived courtesy of David Bignell and Team members were put to work.

The animals were stabled and secured on copious amounts of sawdust for their comfort. The central fire was ignited using wood supplied by the Saxby family; the fire became the central gathering point for all, in the mornings, after lunch and during spells in competition and at night.

**Tuesday 5.30 am** - Students at work washing and preparing Steers for formal competition.

10.00am - Students attended education sessions Beef Quality – Pastures for Beef – Judging.
12.30pm - Students took part in the first “On - The - Hoof” judging. All students received a score sheet and competed in age groups to assess the quality of the animals standing in front of them in regards market specifications. Laura Bignell was placed 2nd in her age group for this activity. The students were well represented in the upper half of all their divisions. The results speak as to the effort of Mr Mal Graham. Mal has taken each student through the judging procedure throughout the year and our students were very well prepared.

**Wednesday** – Parader’s day and again the GHS cohort excelled. The GHS three steers along with very much appreciated steers from the Schneider and Harris families paraded in all classes to the point where several of the steers would parade unattended. The day is a long one. Josh Westley and Amy Andrews received a 3rd place and a 4th place in their classes.

**Thursday** – **Steer Judging**. The animals were judged on their conformation, their ability to meet market specifications. Natalie Schneider placed 4th in her class and is congratulated on her effort. Natalie, a group leader and certainly impressed with her dedication to task. Students toured the abattoirs in the afternoon, a remarkable contribution from them, given the level of organisation and safety precautions required.

**Friday** – The students returned to see the GHS steers dressed and hanging in the Chiller rooms. The judging has now reached its conclusion where judgments made “on the hoof” can be correlated to the results “on the hook”. Jodie Harris received a mention in presentations as GHS nomination for up and coming Student in Beef Appreciation and Judging. Jodie attended an interview during the course of the week and she was commended.

**Friday** – after lunch tents were emptied.
Thank you Mrs Emma Swilks - Wingham Beef Week would not have been the success for us, in fact might not have happened at all without the assistance leadership and guidance of Mrs Emma Swilks. Emma gave a week of her time, away from a young family to insure that the excursion went ahead. It was rewarding to see many of the students expressing their appreciation, unbidden, to her on Friday.

The students were praised by teachers from other schools for their attitude and maturity they exhibited in carrying out their tasks and duties, The Gloucester High School community can be proud of its students.

Mr Peter McCann

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**NSW Family Energy Rebate**

*$150* **TOWARDS ENERGY BILLS**

**APPLY ONLINE NOW!**

**Apply before Midnight 16 June 2015**

*2 MINUTES TO FILL IN A FORM*


*eligibility criteria apply*

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**SCHOLASTIC - Book Club**

Pick up your Book Club Catalogue Order (Issue 4) from the LIBRARY. Orders for this issue need to be returned and paid for at the Front Office by 4/6/2015
CAREERS NEWS

UMAT 2015
The test is used specifically to assist with the selection of students into the medicine, dentistry and health science degree programs at undergraduate level at a number of universities in Australia and New Zealand. For full details you must see UMAT 2015 Information Booklet which is downloadable from the website. Registrations are now open for this years UMAT exam and close at 5pm on Friday June 5, 2015. Exam is on Wednesday 29 July. For more information, and/or to apply visit http://umat.acer.edu.au/

Newcastle University
YEAR 11 & 12: Newcastle University Open Day will be on Thursday 25 June. We plan on taking the GHS bus to reduce costs. The bus will depart Gloucester High School at approximately 7.00am and return by 5.30pm. Permission notes can be found in the Careers Office or the Front Office. The first 24 students to return their permission note and pay the $20 will attend the event. Mr De Angelis

Health Careers
The University of Notre Dame, Sydney is hoping to speak to some of the students at Gloucester High about life after school. Rural Health Clubs (RHCs) are part of the National Rural Health Student Network, an initiative of the Department of Health and Ageing. ROUNDS is currently run by graduate medical students and one of their key objectives is to promote rural health pathways and careers to primary and secondary school students via Rural High School Visits (RHSVs). Research indicates students from rural and remote areas are more likely to return to a rural setting to practice after graduating.

The RHSV program is run nationally with over 150 schools being visited each year. Visits provide school students with the opportunity to:
• hear what study and university life is like;
• be informed of what they can expect from different health career paths; and
• engage in hands on activities such as plastering fingers or using stethoscopes.
There is also a focus on how these skills can enable them to make a unique contribution to their own community’s future health needs.

YEARS 8-11: Any student open to the idea of studying health or working within the health industry is encouraged to attend a FREE workshop, here at school on Wednesday 24 June (last week of this term). The National Rural Health Students’ Network will be visiting our school to conduct a practical workshop. This will be the first time this has occurred at Gloucester High School. It sounds like a great opportunity that you will enjoy, as well as having the opportunity to converse with people in the industry. It is limited to 50 students. You can obtain a permission note from the Front Office or the Careers Office. The first 50 students to submit their signed permission note to the Front Office will guarantee their place. Please see Mr De Angelis if you would like more information.

What is a Health Career and Why Should I choose One???
There are many different jobs and careers that are available in the health industry some of these include; Aboriginal and Torres Strait Islander Health Worker, Dentist, Doctor, Nurse, Optometrist, Physiotherapist plus many more. From working in advanced hospitals to remote community health centres, the opportunities are endless.

A large component of a health career is the interaction with people in the community - helping and caring for people can be very rewarding and inspiring. In health there are always opportunities to better your career and create change so that you are always feeling motivated and challenged. Working together in a team is also very important in a health career and this can help to give you a chance to learn about other people’s roles and responsibilities.
Health careers can offer many amazing opportunities like interstate and overseas travel, interaction with a diverse range of people and interpersonal development. Please see Mr De Angelis or go to the front office to obtain a permission note to attend the event on Wednesday 24 June. There will be $0 cost for program. I encourage all students, regardless of year, to attend the program if they are interested in the Health Industry. The first 50 students to return their permission note will be guaranteed a place.

YEAR 12: RSA and RCG Courses. Correction to the days on the note. The courses will be run on the 1st and 2nd of July. However, the days are Wednesday and Thursday not Tuesday and Wednesday. Mr de Angelis has updated permission notes.

**HSC INFORMATION SESSION**

On Tuesday 19 May, Year 12 students from Bulahdelah Central School came to Gloucester High School and joined in with our Year 12 to discuss Industrial Technology - Timber projects and folios management. Also students studying Primary Industries got together to share experiences and opinions about Farming and their courses so far. Both groups of students and their teachers gained a lot from the day.

It was very helpful discussing in-depth, folio requirements for Industrial Technology and having students describe what they are doing to manage their projects and folios. Chris Glady, Head Teacher TAS from Bulahdelah has many years HSC marking experience which was excellent for our students to listen to. The Primary Industries students spent most time outside looking at projects completed and future ideas for agriculture in our school. The students’ feedback was largely positive with students happy to hear other students sharing similar concerns and getting a sense they are not the only ones working hard. It is planned to expand the sharing between our schools to better support students and improve student outcomes.

Mr Mik Wisely

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**2015 MUSICAL PROFILE**

**Who:** Mia Bowden  
**Role:** Gertrude McFuzz  
**Musical experience:** I was one of the Dynamite Girls in the 2013 musical ‘Hairspray’.  
**Favourite musical:** The Lion King – Broadway Production

What are your first impressions of the play? My first impression of the play was that it has a lot of singing and hardly any dialogue, but that’s good because the songs are so catchy and well composed.

What do you think will be the challenges in staging the show? I think the most challenging part of staging the show will be keeping the rhythm and timing of the lyrics, dialogue and actions in sync with the band.

What are you looking forward to most? I am looking forward to learning all the songs and performing the end production of the musical.

How are rehearsals going? Rehearsals are going along well, we are just about to start blocking and staging the scenes and acts.
NEW SERIES

WINGS OF FIRE by Tui T. Sutherland

The Dragonet Prophecy (#1): Clay and his friends have grown up under a mountain, secretly raised by the Talons of Peace to fulfil a mysterious prophecy. The five young dragons are destined to end the war that’s been raging between the tribes of Pyrrhia -- but how they’ll do this, none of them knows.

The Lost Heir (#2): She can’t believe it’s finally happening. Tsunami and her fellow dragonets of destiny are journeying under the water to the great SeaWing Kingdom. Stolen as an egg from the royal hatchery, Tsunami is eager to meet her future subjects and reunite with her mother, Queen Coral.

The Hidden Kingdom (#3): Deep in the rain forest, danger awaits...Glory knows the dragon world is wrong about her tribe. After all, she isn’t ‘as lazy as a RainWing’ -- she isn’t lazy at all! Maybe she wasn’t meant to be one of the dragonets of destiny, as the older dragons constantly remind her, but Glory is sharp and her venom is deadly... except, of course, no one knows it.

The Dark Secret (#4): In the shadows, trouble is brewing. . .The mysterious NightWings keep everything hidden, from their home and their queen to their allegiance in the war. Now they have kidnapped their own dragonet of destiny, and Starflight is finally meeting the rest of his tribe -- whether he wants to or not.

Moon Rising (#6): Peace has come to Pyrrhia . . . for now. The war between the tribes is finally over, and now the dragonets of the prophecy have a plan for lasting peace: Jade Mountain Academy, a school that will gather dragonets from all the tribes and teach them to live together, perhaps even as friends.

THE RAVEN CYCLE by Maggie Stiefvater

The Raven Boys (#1): Every year, Blue Sargent stands next to her clairvoyant mother as the soon-to-be dead walk past. Blue never sees them--until this year, when a boy emerges from the dark and speaks to her. His name is Gansey, a rich student at Aglionby, the local private school. Blue has a policy of staying away from Aglionby boys. Known as Raven Boys, they can only mean trouble.

The Dream Thieves (#2): If you could steal things from dreams, what would you take? Ronan Lynch, one of the Raven Boys, has secrets. Some he keeps from others. Some he keeps from himself. One secret: Ronan can bring things out of his dreams. And sometimes he’s not the only one who wants those things.

Blue Lily, Lily Blue (#3): Blue Sargent has found things. For the first time in her life, she has friends she can trust, a group to which she can belong. The Raven Boys have taken her in as one of their own. Their problems have become hers, and her problems have become theirs. The trick with found things, though, is how easily they can be lost. Friends can betray. Mothers can disappear. Visions can mislead. Certainties can unravel.

THE KEEPER by Rosanne Hawke

The Keeper (#1): Joel Billings wants a father more than anything. But should he be careful what he wishes for? Twelve-year-old Joel hasn't had it easy -- the school bully picks on him and his parents abandoned him long ago. He lives with his over-protective gran, who won’t even let him enter a fishing competition. Joel reckons having a dad would solve all his problems, so he advertises for one in the newspaper.

Sailmaker (#2): With his biological father back in gaol, Joel thinks all his troubles are behind him. He's looking forward to the future with his biker foster dad, Dev. But Joel runs into trouble when he and his best friend Mei discover that the island lighthouse is haunted. Strange noises in the night, unexplained footprints -- Joel reckons there's got to be a logical explanation. But he soon realises that solving the mystery will be far more terrifying and dangerous than a ghost!
Diverse educational programs that challenge and inspire students

Killer Ute (#3): Joel Billings is in trouble . . . again. After being threatened by his jailbird father, Joel is packed off to a sleepy beachside town for a holiday with Dev. Only when a monster Ute runs them off the road does Joel begin to suspect that all is not as it seems. As danger mounts, Joel and Dev are forced further into hiding. But a killer Ute isn't all Joel has to fear. Will Dev still want to be his dad even though he's a magnet for trouble?

JUDD BELL & COREY PURCHASE by Steve Worland
Velocity (#1): Strap in for a supersonic ride as Velocity blasts off from NASA's Cape Canaveral to the Central Australian desert.

Combustion (#2): Los Angeles. Traffic clogs the streets. Smog chokes the city. And Zac Bunsen is going to burn it all down. On a ruthless quest to save the planet, Bunsen releases the Swarm, an airborne nanotech virus that targets combustion engines and detonates their fuel supply. It is spectacularly, appallingly successful. Terror and chaos reign as the City of Angels explodes. Every vehicle is now a deadly bomb and every freeway a war zone littered with bodies and twisted wrecks.

MISS PEREGRINE’S HOME FOR PECULIAR CHILDREN by Ransom Riggs
Miss Peregrine's Home for Peculiar Children (#1): A mysterious island. An abandoned orphanage. A strange collection of very curious photographs. An horrific family tragedy sets sixteen-year-old Jacob journeying to a remote island off the coast of Wales where he discovers the crumbling ruins of Miss Peregrine’s Home for Peculiar Children.

Hollow City (#2): This second novel begins in 1940, immediately after the first book ended. Having escaped Miss Peregrine's island by the skin of their teeth, Jacob and his new friends must journey to London, the peculiar capital of the world. Along the way, they encounter new allies, a menagerie of peculiar animals, and other unexpected surprises.

SEPTIMUS HEAP by Angie Sage
Magyk (#1): A baby girl is rescued from a snowy path in the woods. A baby boy is stillborn. A young Queen is taken ill. An ExtraOrdinary Wizard mysteriously resigns from his post. And all on the same night. A string of events, seemingly unconnected, begins to converge ten years later, when the Heap family receive a knock at the door. The evil Necromancer DomDaniel is plotting his comeback and a Major Obstacle resides in the Heap family. Life as they know is about to change.

Flyte (#2): The evil necromancer DomDomething Darke is stirring. A Shadow pursues ExtraOrdinary Wizard Marcia Overstrand around, following her every move, growing stronger every day. Septimus senses something sinister is afoot, but before he can act, Jenna is snatched -- taken by the most unlikely kidnapper. Septimus must rescue his sister but does not, at first, realise what he will be facing.

Physik (#3): When Silas Heap unseals a forgotten room in the Palace, he releases the ghost of a Queen who lived five hundred years earlier. Queen Etheldredda is as awful in death as she was in life, and she's still up to no good. Her diabolical plan to give herself ever-lasting life requires Jenna's compliance, Septimus's disappearance, and the talents of her son, Marcellus Pye, a famous Alchemist and Physician. And if Queen Etheldredda's plot involves Jenna and Septimus, then Dark adventure awaits.

Queste (#4): Septimus faces a perilous quest to find Nicko and Snorri, who have been trapped back in time. Everyone at the Castle is realising that Nicko and Snorri's chances of coming back are slim. Septimus, aided by Alchemist Marcellus Pye, learns of a place where all time meets: the House of Foryx. But how does he get there? Jenna and Septimus find Nicko's notes from the past and discover that he knows of the House of Foryx as well and has been creating a map to plot the house's hidden location. With the help of the Questing Stone and Nicko's faded maps, will Septimus be able to save Nicko and Snorri?
Fire & Rescue NSW (FRNSW) holds its annual Open Day with fire stations across the State to give visitors a personal glimpse into Australia’s busiest fire and rescue service. Open Day coincides with the launch of FRNSW’s Winter Fire Safety Campaign. More than 80,000 people attend Open Day at their local station. Open Day includes safety demonstrations, fire station tours and the chance to inspect firefighting equipment and trucks used by our firefighters when responding to fires and other emergencies. There is also an array of activities for kids.

Visitors can also speak to firefighters first-hand about fire safety in the home, including how to install and maintain smoke alarms and how to develop a home escape plan to ensure they can quickly and safely escape a fire. With winter fast approaching and research showing fire deaths peak in the winter months, Open Day is the perfect opportunity to visit your local fire station and learn first-hand how you can protect your family, home and contents and minimise the risk of a home fire.
“Develop a passion for learning. If you do, you will never cease to grow.”

— Anthony J. D’Angelo

Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

**TIME & DATE:**
Wednesday
3rd June 2015
6:00 - 8:00 pm

**VENUE:**
Stroud School Of Arts
Berkeley Street
STROUD

**BOOK NOW ON:**
4925 4200
enquiries@weahunter.edu.au

Helping learner drivers become safe drivers

NSW Government

Entry forms available from the Gloucester Visitor Information Centre & the Gloucester Gallery Websites plus The Pix & GHS Facebook pages

All categories for 2015 are to be submitted in Black & White/Absence of Colour.

Please return entry form with details complete to:

Photography Competition Coordinator,
PO Box 217,
Gloucester 2422. or Visitor Information Centre

Any enquiries to 65582760 / 0428889294 or email to: csteele@swiftdsl.com.au

Name: ___________________ email: ___________________ Date: __/__/____

Contact Phone number: ___________________ Number of entries: ___

Age: Jnr: ___ Snr: ___ Categories: Locals ___ The Lie of The Land___
This Natural Environment ____ Man Made ____ Not Your Normal Photo ____

Cheque ___ money order ___ cash ___ totalling $______, Cheques & money orders made payable to:

‘Gloucester Arts & Cultural Council Inc.’
The HSC Stress Less App seeks to assist HSC students to manage their stress and difficult emotions throughout this high pressure year via the use of Mindfulness Meditation. Mindfulness is the art of "intentional attention". That is, simply being able to step back and observe, in a non-judgemental manner, our inner sensations and experiences. Mindfulness is used widely in the treatment of clinical issues such as depression, anxiety, and substance abuse. It is not religiously based and requires no previous training.

How does it work?
The app provides audio guided meditations of varying lengths (from 1 minute to 10 minutes) which will allow you to build up your "Mindfulness Muscle" so that you are better able to "unstick" from stressful feelings. It also takes advantage of the functions of your phone or tablet to set reminders to practice your Mindfulness skills regularly.

What’s in it for us?
We are interested in whether using the app helps students to stress less and have better mental health in their HSC year.

What’s in it for you?
Whilst it’s possible you may find the use of this app helpful, we are not sure how helpful it will be. You can help us find out! The information you provide will develop this project further and hopefully help us build an app that future HSC students will find easy to use and really helps!

The HSC Stress Less app is available to download for FREE from iTunes and Google Play Stores from April 12th 2015.

Feeling really bad and need someone to talk to? Call Kids Helpline: 1800 55 1800 OR Lifeline 13 11 14