



T3 W9 • THU 20 SEP • 2018

# SNAPSHOT

R E C E N T   E V E N T

## CATTLE PARADING TEAM

AT THE Tocal STEER CHALLENGE  
OUR STUDENTS & CATTLE SHINE!  
FOR MORE INFO CLICK > [HERE](#)



R E C E N T   E V E N T

## GEOGRAPHY AWARDS

AUST. GEOGRAPHY COMPETITION  
EARN 3 DISTINCTIONS & 2 CREDITS  
FOR MORE INFO CLICK > [HERE](#)



C O M I N G   S O O N

## Y12 GRADUATION TIME

MPC FRI 28 SEP 10AM SHARP  
COME ALONG TO FAREWELL THEM  
FOR MORE INFO CALL 6571 1199



S T U D E N T   S U P P O R T

## THE VALUE OF SLEEP

TEENAGERS & SLEEP DEPRIVATION  
SEE THIS EDITION OF SCHOOLTV > [HERE](#)  
SEE OTHER EDITIONS HERE > [HERE](#)



R E C E N T   E V E N T

## TOMMY'S DAY 2018

RAISING MONEY TO FIGHT CANCER  
STUDENTS & STAFF DO US PROUD  
FOR MORE INFO CLICK > [HERE](#)



R E C E N T   E V E N T

## BRODIE WINS TWO GOLD

AT NSW ARCHERY CHAMPIONSHIPS  
IN COMPOUND & OLYMPIC RECURVE  
FOR MORE INFO CLICK > [HERE](#)



R E C E N T   E V E N T

## Y7 DRAW AND GROW

JOFFA TEACHES GROWTH MINDSET  
MORE CONFIDENCE VIA DRAWING  
FOR MORE INFO CLICK > [HERE](#)



R E C E N T   E V E N T

## GIRLS ACADEMY LAUNCH

NSW GOVERNOR OFFICIAL GUEST  
SHS ABORIGINAL GIRLS ACADEMY  
FOR MORE INFO CLICK > [HERE](#)



R E C E N T   E V E N T

## NEW SCHOOL CAPTAINS

STUDENTS ELECT FOUR OF THE BEST  
SOPHIE . ISAAC . CHARLOTTE . AIDAN  
FOR MORE INFO CLICK > [HERE](#)



## ADVERTISEMENTS

- WEP STUDENT EXCHANGE
- SINGLETON TRACK & FIELD
- **YOUR LIBRARY - OCTOBER**
- SINGLETON GARDENS SWIMMING
- **LEARNER DRIVER COURSES**
- CHOOSE HEALTHY FOODS
- **YOUR CHILD'S MENTAL HEALTH**
- FREE ABORIGINAL BIKE SAFETY COURSE
- **YOUNG BUSINESS AWARDS**
- MAJESTIC CINEMAS \$9.90 TICKETS
- **GLENCORE SINGLETON SHOW**
- SPECIAL NEEDS HOLIDAY PROGRAM
- **MUSWELLBROOK HEALTHY & WELL**
- LOWES FORMAL SUIT PACKAGE
- **SKATE BMX SCOOTER COMPETITION**
- NATIONAL YOUNG WRITER'S FESTIVAL
- **BRANXTON OPTOMETRIST**



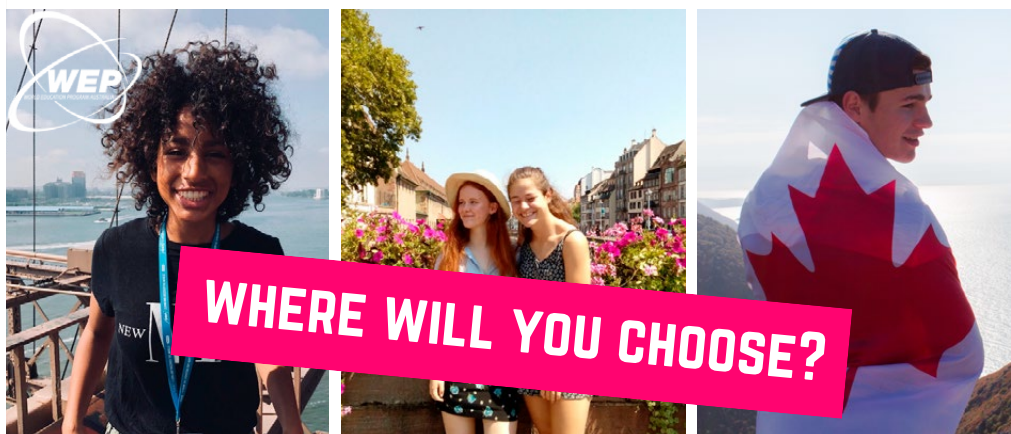
# WEP STUDENT EXCHANGE

## A WEP exchange at a glance:

- Choose from 26 countries
- Attend school overseas
- Experience life in another culture
- Make incredible friends
- Make memories and skills for life!

Are you in years 9-12? Do you want to discover the world?  
Find out more about this once in a lifetime opportunity!

**Application deadlines close soon, so don't delay!**



**WHERE WILL YOU CHOOSE?**

“

**MY EXCHANGE TO ITALY WAS  
THE MOST INCREDIBLE THING I'VE  
EVER DONE! I WOULD 100%  
RECOMMEND EXCHANGE TO  
ANYONE. AND GO WITH WEP,  
THEY HAVE BEEN SO GREAT AND  
SUPER SUPPORTIVE! GEORGIA**

”

## FIND OUT MORE!

(YOU CAN REQUEST A FREE INFO PACK IN THE POST!)



SMS 'EXCHANGE' TO 0428 246 633



WEP.ORG.AU



WEP AUSTRALIA



1300 884 733



## Singleton Track & Field Club

are now taking registrations for our 2018-2019 Athletics season

At STFC it doesn't matter about your athletic ability as our main focus is on personal improvement and having fun. We welcome any newcomers and all returning athletes.

### Competition nights held every Tuesday at Alroy Oval, Singleton.

First Competition night 16 October 2018 - Last Competition night 26 March 2019

Tiny Tots (aged 3-4) Start time 5:15pm. All other aged divisions start 5:45pm

STFC is a registered Active Kids Provider so make sure you  
download your \$100 Voucher to reduce Registration costs.

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

### ALL REGISTRATIONS MUST NOW BE DONE & PAID ONLINE

Registration for Tiny Tots is \$80. Registration for Under 6's – U17's is \$110

<http://www.lansw.com.au/Participate/How-to-Register>

Registration for Under 20's & Adults starting from \$110

<https://memberdesq.onesporttechnology.com/2433/org>

- A \$10 family discount is available for registers of 3 or more athletes.
- Sorry no Early Bird discount or Refunds available this Season.

For Athletes who registered before the 24 September you can pick up your Registration Packs (including number & age patches) from Alroy Oval on the 25 September 4:30 – 6:00pm STFC. Uniforms will also be available for purchase during this time.

Anyone who registers after this date their Packs will be available on the 1<sup>st</sup> Comp night.

If having trouble registering online contact Bec Hatch: 0418445323 or [bec\\_hatch@bigpond.com](mailto:bec_hatch@bigpond.com)

For more information go to our website at [www.stfc.com.au](http://www.stfc.com.au)

# OCTOBER @ YOUR LIBRARY



Get online week!

A drop in session for seniors with technology issues and information on cyber safety. Bring your device or just come to learn.

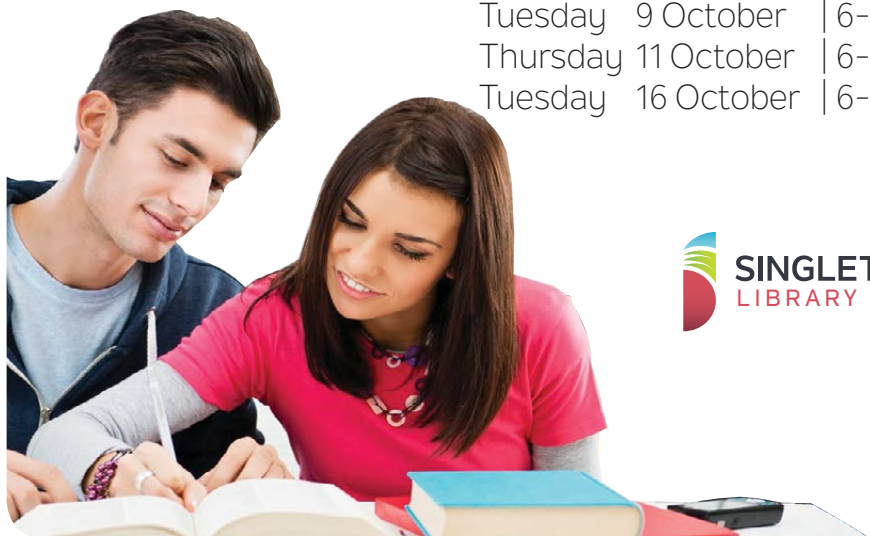
Thursday 18 October | 10am-12pm  
Morning tea provided

## HSC Study Lock-Ins

These after hours sessions are open to HSC students only.

We offer free tutor support for Maths on Thursdays and English on Tuesdays as well as pizza, coffee and group or quiet study areas.

Thursday 4 October	6-10pm
Tuesday 9 October	6-10pm
Thursday 11 October	6-10pm
Tuesday 16 October	6-10pm



# SCHOOL HOLIDAYS

**MONDAY  
1 OCTOBER**

PUBLIC HOLIDAY  
Library closed

**TUESDAY  
2 OCTOBER**

10-11.30AM - MAKE BATH  
BOMBS & SALTS!!

Cost \$10 Ages 6+

Tickets at Library

**WEDNESDAY  
3 OCTOBER**

10-11AM - STORYTIME

**THURSDAY  
4 OCTOBER**

9AM-5PM - MAD HATTER  
ESCAPE ROOM

30 min group bookings

Bookings essential

Ages 6+

**FRIDAY  
5 OCTOBER**

2-4PM - VR AFTERNOON

Try out our Oculus Rift Virtual  
Reality headsets!

Bookings essential

Ages 8+

**MONDAY  
8 OCTOBER**

1-3PM - ROBOTIC

PETTING ZOO

Robots, mechanics, circuits and  
coding

Bookings essential

Ages 6+

**TUESDAY  
9 OCTOBER**

1.30-3PM CWA XMAS  
CRAFT

Bookings essential

Ages 6+

**WEDNESDAY  
10 OCTOBER**

10-11AM - STORYTIME

3.30-4.30PM - LEGO CLUB

**THURSDAY  
11 OCTOBER**

11AM-1PM - ANIMATION

FIXATION

Bookings essential

Ages 6+

**FRIDAY  
12 OCTOBER**

2-4PM - VR AFTERNOON

Try out our Oculus Rift Virtual  
Reality headsets!

Bookings essential

Ages 8+



T 02 6578 7500  
E library@singleton.nsw.gov.au  
W singleton.nsw.gov.au





Singleton Amateur  
Swimming Club

## Registrations Open For 2018/19 Season

Information &  
Registration days  
at Singleton YMCA  
Gym & Swim

Thursday 27th  
September  
and  
Wednesday 17th  
October

3.45 - 5pm



SASC is a registered Active Kids Provider so make sure you download your \$100 voucher to reduce registration costs at <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

For more information go to our website - [www.singleton.swimming.org.au](http://www.singleton.swimming.org.au)

First Comp night is  
Friday 19th  
October at 5.45pm



Competition nights held  
Friday evenings  
throughout school terms  
4 & 1 starting at 5.45pm

The club offers two free  
trial nights for new  
swimmers



Transport  
for NSW

### Helping Learner Drivers Become Safer Drivers Workshops

Parents and supervisors of learner drivers have a crucial role to play in making our roads safer. For this reason, Roads and Maritime Services are now offering free workshops to better support them.

The two hour workshop will offer parents and supervisors hands-on advice on how to provide the most effective driving practice for learner drivers.

The course will cover topics such as:

- ✓ What is involved in being a supervising driver
- ✓ Issues facing young drivers
- ✓ How the NSW graduated licensing scheme works
- ✓ The importance of learner driver experience
- ✓ Lesson planning and dealing with stress
- ✓ Tips for safe solo driving
- ✓ Where to go for more information

Parents and supervisors who have already attended this workshop found it boosted their confidence, helped them better plan driving sessions and allowed them to share experiences with other parents and supervisors.

The course also reinforces the important role of families in providing ongoing support for young drivers in the early years of driving.

**For more information, please contact Alison Balding, Road Safety Officer, on 0429664036**





# EXPECT THE BEST

MAKE A  
**GREAT  
CHOICE**  
FROM YOUR SCHOOL  
CANTEEN

## HOW TO SUPPORT *YOUR CHILD'S* MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



### LOVE

Be there for your child and show care and love



### EXERCISE

Encourage play, exercise and sport



### BEHAVIOUR

Keep an eye out for any changes in behaviour



### SUPPORT

Regularly support, encourage and praise your child



### REST TIME

Help your child to manage stress by building in some rest time



### BE PROUD

Tell your child that you are proud of them



### PATIENCE

Be patient. Don't pressure your child



### EDUCATE

Educate yourself about mental health problems



### COPING

Help your child to learn some simple coping skills such as relaxation



### CONVERSATION

Encourage your child to engage in conversation



### HELP

Don't be afraid to seek help from professionals



### FEELING

Get to know how your child is feeling



### PROBLEM SOLVING

Help your child to effectively problem solve



### LISTEN

Make sure you take time to listen to what your child has to say



### SYMPTOMS

Be aware of signs and symptoms



### ENVIRONMENT

Provide a positive environment for your child where they can thrive





## FREE - Aboriginal Bike Safety Program

**Muswellbrook Showgrounds**  
**15 September 2018**  
**2pm – 5pm**

Participants receive a FREE

- Aboriginal designed helmet
- Bike bell
- Bike Service
- Snacks and refreshments

### 3 Hour program teaching practical bike skills

- Bring your bike for a Free Bike service, limited bike parts included
- Understand NSW Road Rules and safe riding in your community
- Increase bike handling skills
- All Ages welcome

Delivered by

**BIKE and FITNESS**

**Contact**

Bike and Fitness

0411 260 735

aboriginalbikesafety@gmail.com

WWW.BIKEANDFITNESS.COM.AU



Proudly supported and funded by

NSW GOVERNMENT

## Attention All Young Entrepreneurs, Creatives, and Innovative Schools.

**Make your Pitch and win \$1000**



If you've been toying around with a business idea or you've already developed a product, service or solution you'd be crazy not to grab the camera and enter the Hunter Young Business Mind Awards (HYBMA) program.

It is easy, all you need to do is to send in a quick 2-minute video telling us about your business or your idea. So, unleash your creativity and give it a go. The competition is open to individual students, teams and schools.

### School and Class Awards

Acknowledges the work which is being carried out by our teachers and principles for best learning experiences encouraging creativity, innovation or entrepreneurship in students.

To be eligible to enter the Hunter Young Business Mind Awards category: Best creative idea for a business or social enterprise developed by a class or school the application must:

- Be from either a public or independent school within the Hunter Region,
- Clearly show student participation; and
- Have permission of the school principal to enter

**Register your interest in the 2018 Hunter Young Business Mind**

**Awards at [www.ybma.com.au](http://www.ybma.com.au) or check us out on Facebook**

**@HunterYBMA**









# act belong commit

Keeping active, having a sense of belonging and having a purpose in life are all good for our mental health and wellbeing. We not only feel happier, but we can cope better with problems and stress.

**ACT-BELONG-COMMIT** is a community-based health promotion campaign which encourages people to think proactively about their health and wellbeing.

Come along to the official launch of this exciting campaign to learn more about what it means to Act-Belong-Commit and help us build ideas that will support the health and wellbeing of the Muswellbrook community.



*Muswellbrook*  
f HEALTHY & WELL

## INVITATION

Community members (of all ages), community services, schools, sporting organisations, local government and businesses

### LAUNCH & FORUM

WEDNESDAY 26 SEPTEMBER 2018

5.30-7.30pm Muswellbrook PCYC

*Registration and light meal from 5.30pm for 6pm start*

**PCYC** Carl St & Market St Muswellbrook  
**RSVP** [act-belong-commit.eventbrite.com.au](http://act-belong-commit.eventbrite.com.au)  
Or call 02 4055 1892

**FOR MORE INFORMATION CONTACT**  
Local Coordinator • 02 4055 1892  
[Carly.Hughes@newcastle.edu.au](mailto:Carly.Hughes@newcastle.edu.au)

MUSWELLBROOK LAUNCH & COMMUNITY FORUM



## Muswellbrook HEALTHY & WELL

**FUN  
& YUM!**



**FREE TALKS  
& ACTIVITIES  
STARTS  
6 SEPT**

## COME ALONG

Join dietitian Carly Hughes every Thursday afternoon to discuss all things food. Enjoy a variety of activities and learn more about food and family nutrition

**THURSDAYS 1-3PM**  
**HUNTER PARK FAMILY CENTRE**  
58 Wollombi Road Muswellbrook

**MORE INFO** CARLY HUGHES 0438 264 610  
Local Coordinator Muswellbrook Healthy & Well  
f [facebook.com/muswellbrookhealthyandwell](https://facebook.com/muswellbrookhealthyandwell)



**UPPER HUNTER  
COMMUNITY SERVICES Inc.**



# LOWES EXCLUSIVE OFFER FORMALS SUIT PACKAGE

## SUIT SEPARATES

JACKET \$130

TROUSERS \$59.95

PARAMOUNT SHIRT \$39.95

ASSORTED LOWES TIE \$25

TOTAL  
VALUE **\$254.90**

**NOW  
\$200**

**SAVE  
\$54.90**



\*T&Cs apply. Instore only. While stocks last, styles may vary.  
Cannot be used with any other offer. Offer can only be redeemed with flyer.  
One flyer per person. See store for more details

**TOTEM PRESENTS**  
skateboarding

# TOTEM TOURNAMENT

**FREE EVENT**

## SKATE, BMX & SCOOTER COMP

**SATURDAY 29<sup>th</sup> SEP - 12:00 noon until 4:00pm**  
**Muswellbrook Skatepark, 19/21 Rutherford Rd**  
 U10, 11 - 14Y, 15 +, Girls Comp plus Give aways & BBQ

**FOR MORE INFO & TO REGISTER ONLINE  
GO TO TOTEMSKATEBOARDING.COM**

IN CONJUNCTION WITH:



SUPPORTED BY:



# NATIONAL YOUNG WRITERS' FESTIVAL

## 2018 YOUNGER YOUNG WRITERS' PROGRAM

**Sunday 30 September 2018**

**10am - 5pm**

**Newcastle Library (Upstairs)**

**15 Laman Street, Newcastle NSW**

The Younger Young Writers' Program is for creatives who possess a passion for writing in all its forms. The YYWP runs separately from the main festival, with sessions and workshops directly catered to young adults.

You are welcome to come along to any and all sessions.

To RSVP, email [yywp@youngwritersfestival.org](mailto:yywp@youngwritersfestival.org).

### 10am | Welcome and Introduction

### 10.15am | PANEL: Writing Short Stories

Sophie Overett and Yen-Rong Wong

Facilitator: Laura Elvery

What makes a good short story? These artists will discuss their writing and what they've learnt from submitting their work for publication.

### 11.30am | PANEL: Writing Non-Fiction and Memoir

Nevo Zisin, Madison Griffiths and Patrick Lenton

Facilitator: Yen-Rong Wong

For writers interested in putting their life on the page, or writing about pop culture. These artists will talk about the process of writing the real.

### 12.30pm | Break

### 1.30pm | PANEL: What I Wish I Knew Then

Marta Skrabacz, Marisa Wikramanayake and Zenobia Frost

Facilitator: Alison Evans

Are you ever too young to kickstart your writing career? These writers and editors discuss what they wish they knew when they started out.

### 2.30pm | IN CONVERSATION: Writing a Novel

Alison Evans and Angela Meyer

Alison and her editor Angela will discuss the journey of publishing Alison's novel *Ida* - the writing and editing process, and what advice they'd give young writers.

### 3.45pm | WORKSHOP: Developing and Strengthening Your Novel

Kate O'Donnell

Learn to strengthen character and dialogue with Kate O'Donnell. Bring along your work in progress, or a blank sheet of paper!

### 4:45pm | Conclude

## YYWP FEATURED ARTISTS

### LAURA ELVERY

Laura Elvery is the author of *Trick of the Light*. She has been awarded the Josephine Ulrick, Margaret River and Neilma Sidney prizes for fiction. Laura's work appears in *Overland*, *Meanjin*, *Review of Australian Fiction*, *The Big Issue* and *Griffith Review*. She has a PhD in creative writing from QUT.

### ALISON EVANS

Alison Evans is the author of YA novel *Ida*. *Ida* won the Victorian Premier's People's Choice award and has been shortlisted in the Aurealis awards, and longlisted for a gold Inky award. They write about weird stuff, queers, magic and plants. You can find them on twitter as @\_budgie or at [alisonwritesthings.com](http://alisonwritesthings.com).

### ZENOBIA FROST

Zenobia Frost is a Brisbane-based poet/cat lady whose work has been commissioned by Red Room, ABR States of Poetry and the Commonwealth Games Festival. She was recently shortlisted in the Judith Wright Prize. A Queensland Writers Fellowship supports her work through 2018.

### MADISON GRIFFITHS

Madison Griffiths is a writer, artist, poet and an online editor at Voiceworks, whose work has been published in VICE, SBS, *Overland*, *Daily Life*, *Meanjin*, *The Suburban Review*, *Kill Your Darlings*, *Going Down Swinging* and more. Earlier this year she was the Victorian Women's Trust resident writer.

### PATRICK LENTON

Patrick Lenton is a writer and author of the short story collection *A Man Made Entirely of Bats*. He is a staff writer at *Junkee*. He tweets @patricklenton

### ANGELA MEYER

Angela Meyer's writing has been widely published, including in *Best Australian Stories*, *Island*, *The Big Issue*, *The Australian*, *The Lifted Brow* and *Killings*. Her debut novel *A Superior Spectre* has just been published by Peter Bishop Books/Ventura. By day she works as a publisher. [literaryminded.com.au](http://literaryminded.com.au) / @literaryminded

### KATE O'DONNELL

Kate O'Donnell is a writer, editor and bookseller specialising in children's and young adult literature. Her first novel, *Untidy Towns*, was published by UQP in 2017.

### SOPHIE OVERETT

Sophie Overett is an Australian writer and cultural producer. Her writing has been published in journals and anthologies around the world. In 2015, she was a Queensland Literary Fellow, and her YA manuscript, *Agatha Abel Meets Her Maker*, was shortlisted for the Text Prize. She is one half of *Lady Parts*, a podcast about women's roles in genre cinema, and blogs at [www.sophieoverett.com](http://www.sophieoverett.com).

### MARTA SKRABACZ

Marta Skrabacz is a writer, literary critic and arts producer. She works at Melbourne University Publishing, is the Commentary Editor at the quarterly literary journal *The Lifted Brow* and produces the *Meanjin* podcast. She tweets @grrrrmarta

### MARISA WIKRAMANAYAKE

Marisa Wikramanayake is a Sri Lankan born, Australia based, world travelled author and freelance editor and journalist. She has edited award winning books for authors and published her first book at 17 which got shortlisted for the Graitiaen Award. She has just won the inaugural KSP-Varuna Foundation Fellowship and is a federally elected member of MEAA advocating for freelancers and diverse writers.

### YEN-RONG WONG

Yen-Rong is a Brisbane based writer, and the founding editor of *Pencilled In*, a magazine dedicated to showcasing the work of Asian Australian artists. Her work has been published by *The Guardian*, *Overland*, *Tincture Journal*, *The Lifted Brow*, and more. She is currently working on a memoir/essay collection about navigating sex and relationships under a Western gaze as a young Chinese woman.

### NEVO ZISIN

Nevo is a Jewish, Queer, non-binary activist, public speaker and author of the newly released *Finding Nevo*, a memoir on gender transition. They run workshops and professional development in schools and workplaces around gender inclusivity. Nevo is a contact point in the Jewish community for other children and families confronting issues of gender and sexuality in their own lives.



eye examinations  
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