

PRINCIPAL'S REPORT

2016 is in full swing and if the 1st few weeks are any indication then the year will be a very busy one.

Unfortunately numbers across the rest of the school are slowly declining as predicted by demographic modelling from the DoE resulting in a total enrolment of 577. However student enrolments in Year 7 have grown above anticipated numbers (to 89) and as such we have added an extra class into Year 7 to allow a buffer for new arrivals during 2016. The extra class in year 7 was created with our RAM funding (another great Gonski story) despite falling staffing entitlements.

The term has already seen many opportunities provided to students for real life learning through excursions to the University of Newcastle, Taree Health Education Centre, and Field study trips to Harrington and Crowdy Head.

The talents of our Music students and success of our Music program led by Mrs Harrell continue to be acknowledged with Jack Donohue being selected to perform at the annual Bravissimo concert at the glasshouse in Port Macquarie. Current Music students travelled to Port Macquarie to see Jack perform along with other outstanding HSC Music students from 2015.

Our Ag Show team has kicked off the year with success at the Nabiac show and are also expected to do well at the upcoming Wingham show. Mr Hawkins and Mr Cassels continue to devote many hours of their own time to the development of the skills and qualities required of the students and to the preparation of the cattle.

The rollout of our new record management system called SENTRAL continues with new electronic attendance procedures being used in roll call and across all classes during the day. Students arriving late or leaving early now require their Library (ID) card to sign in with a bar code reader or to receive a leave pass. The next phase of this system is to produce semester reports and to link teachers' markbooks to the reporting system. Mr Ivers, Mr Colvin and Miss Twaddle have been putting a lot of time and effort into making the system work for us. With declining enrolments comes loss of Office Assistant time so a new more efficient system such as SENTRAL will hopefully continue to provide students and parents with superior information and support well into the future. The Parent (and student) portal where you are able to access a range of information connected to your child such as Timetable, Personal Learning Plans (PLPs), attendance and commendations will be rolled out as the next phase.

We have also started the process of installing an EFTPOS machine in the accounts office to enable the payment of contributions and excursion costs using credit/debit cards. While there are ongoing costs associated with this it is hoped that making it easier for parents and students to make payments it will increase the % of subject contributions received (which are directly related to materials used by students) as well as encourage on time payments for all excursions and sports events. There will be NO facility for cash withdrawals. Don't forget that payments can still be made using bank transfer. The link for this is available on the school's website: <http://www.wingham-h.schools.nsw.edu.au/#>.

CAREERS NEWS

It has been a busy start to 2016 in the Careers area. On the 4th and 5th February, 11 students attended the University of Wollongong Excursion to find out more information about university generally and also course specific information. We stayed at Campus East to get an idea of what university accommodation and catering is like. UOW has an Early Admission program which allows students to select 2 courses for consideration. Interviews are held in the September holidays and students find out the outcome of their application before they sit their first HSC examination. The students who attended found the excursion to be informative and also motivating to strive for success in their studies. It was a pleasure taking this lovely group of students on this excursion.

On Thursday 12th February we had the University Roadshow come to Wingham High. Representatives from Charles Sturt University, Southern Cross University and the University of New England came to give students some general and course specific information about our regional universities. Each of these representatives will return during Term 3 to speak to students again as the time nears for them to make their university choices.

I have a Careers Group on Facebook. Year 10/11/12 students and parents are invited to join this closed group as another avenue of disseminating the large volume of Careers information that comes across my desk. Also, it is useful when there is a quick turnaround time for applications etc. My group is called WHS Careers.

Our school subscribes to mhscareers, a careers service which allows students or parents to be kept up to date with Careers News and Events. The login and password for the website www.mhscareers.com are Wingham and wgh88 respectively. Newsletters are sent weekly. To register to receive the newsletters use the CONTACT US page on the website.

The school also has a Wingham Careers website which is www.winghamcareers.com. This service is provided by an outside company and has lots of useful Careers information as well as templates for resumes and letters of application. Students need to register and can then access the Students Secure Area.

There is always lots of information to be given to students. I give out relevant information at year meetings, through the student notices, my WHS Careers Facebook group and by email. Students and parents are welcome to come and see me as needed.

TAFE News

Congratulations to Jessica Pfister of Year 12 who recently received 2 awards at a TAFE Awards evening. Jessica studies Early Childhood Education and Care at Taree TAFE. She received a TVET Achievement Award and also TVET Student of the Year. Jessica is now put forward to go to the next level in the awards process. I would like to congratulate Jessica on her achievements so far and wish her well at the next stage of the process.

Shirley Clissold – Careers

NEW LOOK WEBSITE

Check out the Wingham High School new look website! All the information and photos are currently being updated. For any information regarding 2016 course overviews for English, Maths and Science and HSIE, look under 'School Years'.

SWIMMING CARNIVAL



Wingham High held its Swimming Carnival on Thursday 11th February. A great day was had by all and there was a lot of participation by students across the year groups. There was great colour on the day as well with students and staff getting into the House Spirit. As usual the Staff v Students relay was a highlight with the Staff once again too strong for the student team. The House relay was a great race as well with

Parkes winning the race but unfortunately being disqualified for a break and therefore leaving Oxley as the eventual winner. The winning house this year was Parkes on 322 points, followed by Oxley on 319, Manning with 277 and Macquarie on 268 points. It’s been quite a few years since Parkes have won the Swimming Carnival and Jannah Gillett and Cameron Carey as Parkes House Captains should be congratulated for their encourage of students.

The Zone Swimming Trials were held in Taree on Tuesday 16th February with about 30 students from WHS racing on the day. Our best overall swimmer at these trials was Josephine Manks in Year 7.

Age Champions for 2016 are:

12	Caitlyn Holden / Taylah D’Elboux	Lachlan Hall
13	Josephine Manks	Mitch Bisley
14	Zoe Clarkson	Keegan Hughes
15	Laura Waters	Blake Carey
16	Tallulah Greaves	Taj Greaves
17+	Jenna Waters	Billy Bartlett



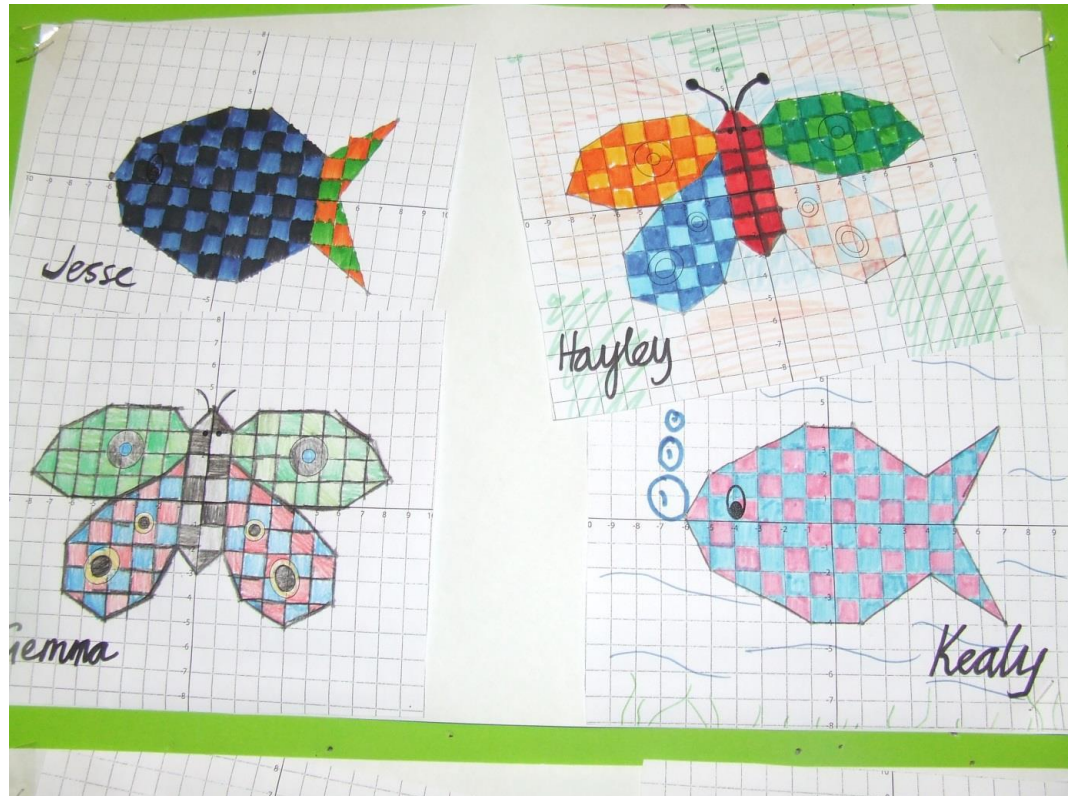
MATHEMATICS TRANSITION PROGRAM

In 2015 the Mathematics Faculty of Wingham High School participated in a Mathematics Transition Program with Tinonee Public School, Wingham Brush Public School and Wingham Public School. Each term a high school mathematics teacher visited the three schools and taught a mathematics lesson to Year 6 students on content new to the Stage 3 syllabus.

The students at the primary schools were very excited and responded positively. The high school teacher then visited and watched the primary students being taught a mathematics lesson by their normal teacher.

The aim of the program was to familiarise the students with the staff of Wingham High School whilst building collaborative relationships between the schools. The capacity of the teachers was increased through the sharing of resources and

teaching ideas. The project culminated in the primary teachers visiting the high school and watching a high school mathematics lesson. The final report on the project has been published on the Department of Education Numeracy Skills Framework website. The address is <http://www.numeracyskills.com.au/transition-stage-3-and-4> then go to Wingham Community of Schools.



OPEN BOYS BASKETBALL

The Open Boys Basketball team, consisting of mainly Year 11 students, advanced to the second stage of the competition this year.

The boys played Gloucester High School in Game 1, and started their season strongly with a convincing victory in the fourth quarter after a close and hard fought game. Myles Mitchell Deak excelled in both offense and defense and was a force to be reckoned with on Gloucester's home court, earning himself the title of Most Valuable Player. Game 2, against Taree High School, was a tougher affair. The teams had clashed on numerous occasions in the past and have developed a fierce but friendly rivalry over the years. Under the leadership of team captain Jordan Woodward, Wingham High School's team kept the scores close for the first two quarters, and made Taree High fight for every point. Unfortunately, the team wasn't able to replicate the success of last year's season and beat Taree High to move on to the next stage of the competition. The boys, and coach Mr Jovanovic, are hopeful that next season, which will be the final one for most of the members, will also be their most successful.



PCYC | Safer Drivers Course

For Learner Drivers



The Safer Drivers Course involves two modules:

Module one: A three-hour facilitated group discussion on how to manage risks on the road. This will involve a maximum of twelve participants and will be delivered by a facilitator.

Module two: A two-hour in-vehicle coaching session to develop low-risk driving strategies. This will involve two participants and a coach. **Course cost: \$140**

Participants must have completed 50 hours of actual on-road driving experience to be eligible for the course. Credits gained under the 3 for 1 scheme cannot be included.

Participants who complete the course will receive 20 hours credit recorded in their learner driver log book.

TAREE

Date: Thursday 25 February 2016
Thursday 24 March 2016
Time: 6pm-9pm



PORT MACQUARIE

Date: Saturday 20th February 2016
Saturday 19TH March 2016
Time: 9am- 12pm
Where: Emerald Downs Community Centre
Ocean Drive

FORSTER

Date: Saturday 20 February 2016
Saturday 19 March 2016
Time: 9am- 12pm
Where: WEACoast Quality Learning Centre
Cnr Manning & Lake Street, Tuncurry

Cost: \$140 per person

Bookings are essential through PCYC reception

Phone: 02 6551 0292 **Email:** taree@pcycnsw.org.au
Bookings are essential www.pcycnsw.org/saferdrivers

Young Carer Camp



Coffs Coast Adventure Centre 2 Night Camp Combined Camp

for New England & Manning, Great Lakes & Gloucester Areas

For Young Carers ages 8 to 16 years

Living in the Manning, Great Lakes & Gloucester Areas

Monday 11th – Wednesday 13th April 2016

Canoeing, Zorbing, Commando Course and more...

- Free event, all meals and activities included
- Meet at Taree Office for transport to Coffs Coast Adventure Centre (which is located at Bonville)
- More information will follow soon
- Please contact the organiser, Mydie Keegan, Carer Assist to hold your place! Numbers are limited to 9 participants, so call soon!

Mydie Keegan: Phone: 65514333 Email: Mydie@carerassist.org.au

(Presented by Carer Assist and Hunter New England Health, for young carers who have a family member experiencing a mental illness)



Proudly presented by:



Indigenous Girls Sports Breakfast with Layne Beachley

Please book by
Friday, 11th March

Tuesday, 15th March 2016

7.15am – 8.30am

PCYC Taree, 93 Commerce Street, Taree

*Join us at the PCYC Taree for a fun morning
of sporting activities, breakfast and some
one-on-one time with Layne Beachley.*

The event is **FREE** to attend and the PCYC
will pick up and drop you off.

LAYNE BEACHLEY AO



Layne Beachley is a former professional surfer from Manly, NSW. She is the first woman in history to win seven World Championships – and she has a special story to share with you all about daring to dream and believing in yourself.

Layne will be joined by Melanie Thomas, a close friend of the Foundation who is the founder of a KYUP! Project. She is trained in martial arts and would like to teach you a thing or two.



Bookings are essential.

Please register your name and contact details by 11 March

Email taree@pcycnsw.org.au or call **02 6551 0292**

ALLERGY REMINDER

Thank you all for your cooperation and vigilance with not including peanuts and peanut products in students' lunch boxes.

Remember:

NO peanuts or peanut products are to be brought to school.



COME AND TRY BMX

**MANNING
VALLEY
BMX CLUB**
PRESENTS

**COME AND TRY
BMX**



**Have you ever wanted
to ride a BMX bike?**

**Here's your chance -
Join us and join in!**

MANNING VALLEY BMX CLUB
is proud to give you a chance to
'Come And Try' one of the fastest growing
sports in Australia - **BMX racing!**



**All you need is a bike, long-sleeved shirt, long
pants, enclosed shoes and full fingered gloves.**
We'll supply the bike, gloves and helmet if you don't
have one. Learn how to ride the jumps, roll the
berms and play fun BMX games with members of the
MANNING VALLEY BMX CLUB!

**Sunday 13th March,
10am - 12pm
Taree BMX Track, Urara Lane.**

 Search for Manning Valley BMX Club



**Free BBQ
afterwards!**

ARE YOU READY TO GET RAD? COME AND TRY BMX!

Quick quiz: Which sport will have you soaring like a jet plane, cornering like a rally car and sprinting like a drag racer, and it's one of the fastest growing sports in Australia? The answer's easy - it's **BMX RACING!**

Have you ever wondered what it would be like to race a BMX bike? Here's your chance to find out, because the Manning Valley BMX Club is holding its annual '**Come And Try BMX Day**' on **Sunday the 13th of March** as part of BMX Australia's National Sign-on Days.

You will have the opportunity to learn how to ride your bike like the pros on one of NSW's best BMX racetracks - the Manning Valley BMX Club Racetrack, located at Urara Lane just 1.5km from the Bushland Drive railway crossing and roundabout.

Club members will be on hand to show you how to use the start hill, ride the berms (corners) and safely negotiate obstacles like jumps and rhythm sections. And you don't even need a bike. The club has bikes, full-face helmets and full-fingered gloves you can use on the day. All you need to bring is a long sleeved-shirt, long pants and enclosed shoes. Of course, if you have a bike, full-face helmet and full-fingered gloves it would be a great idea to bring it, so you can learn how to ride the track on your own steel steed!

Join in on skills sessions, have fun playing BMX-based games and meet new friends. And after all the fun is done you can join us for a free BBQ! AWESOME! Bring the whole family, because mums, dads, brothers and sisters can ALL join in on this true family orientated sport.

See you at the **Manning Valley BMX Club 'Come And Try BMX Day'**.

When: Sunday the 13th of March 2016, between 10.00am and 12.00pm

Where: Manning Valley BMX Club Racetrack, Urara Lane Taree.

Directions: Travel 1km past the Kanangra Drive/Bushland Drive roundabout along Kanangra Drive towards St Joseph's Primary School, then turn right onto Urara Lane. The racetrack is at the end of the lane

What to bring:

- **BRING IF YOU HAVE THEM:** A bicycle, full-face helmet and full fingered gloves. If you don't have these, we have some you can borrow.
- **MUST BRING:** A long sleeved shirt, jumper or jersey
- **MUST BRING:** A pair of long pants, trousers or track pants
- **MUST BRING:** Enclosed shoes (like joggers, no thongs or sandals!)
- **MUST BRING:** A big smile and all of your family and friends!

More info and updates: Follow us on Facebook by searching for 'Manning Valley BMX Club'.

WESTS CYCLE CLASSIC 2016

16TH March – 20th March

Are you a keen mountain bike rider? Come and join in the fun of our fundraising ride.
Caters for all levels.

This event is proudly sponsored by West, Centennial Coal, Coal Services, Pacific National, Orica and BHP Billiton.

Enquiries can be directed to Annette Watson on 02 4952 0000

annette.watson@rescuehelicopter.com.au

Look forward to seeing you on the bike.



CAMDEN HAVEN TRIATHLON FESTIVAL



Enriched Health Care - Camden Haven triathlon festival

19th and 20th of March 2016

For entry forms and fees visit www.portmactriclub.com.au

Saturday 19th of March

1km ocean swim --**12pm**(15 y/o and over)

LUSC junior aquathlon (6-10 year olds) and triathlon (11- 15 year old)- **From 1pm**

A bike to be won as a random prize

Sunday 20th of March- 7am start

Race 1-Enriched Health Care

Olympic Distance triathlon – Individual or teams

1500m swim/40 bike/10km off road run

Race 2- OHBS Sprint Distance

500m swim/20 bike/5km off road run

Over \$3000 combined in prize money and random draw

AUSTRALIAN AIR FORCE CADETS

Hello Students

The Australian Air Force Cadets or AAFC is a youth development organisation for people aged 13 to 18 years old. Our aim is to develop leadership, confidence, teamwork, self-reliance and communication in the context of a military type environment. It is our military affiliation and the activities we offer that set our organisation apart from other youth groups.

But what exactly do we do? As an organisation closely associated with the Royal Australian Air Force (RAAF), naturally the AAFC offers cadets the opportunity to undertake powered flying and gliding lessons and achieve formal qualifications if desired. More importantly, these are available at a significantly reduced cost of normal flying school. It is possible to fly solo in a powered aircraft with the AAFC well and truly before you are able to drive by yourself. Should you be interested in a future career in either the civilian aviation sector or the Air Force, the flying training offered by the AAFC can be an excellent first step.

But flying isn't the only thing that we do. Cadets are taught how to navigate in the bush and how to confidently lead a group of fellow cadets who may even be older than you are. You can attend week long camps on an Air Force base where you will have the opportunity to look at a variety of RAAF aircraft, fly in multi-million dollar simulators and tour other RAAF assets such as fire-fighting and air traffic control. For those interested in a career in the Australian Defence Force (ADF), you will also have a chance to speak personally to Air Force personnel about their individual jobs and lifestyles as members of the ADF.

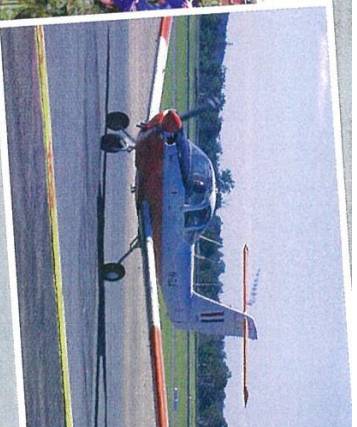
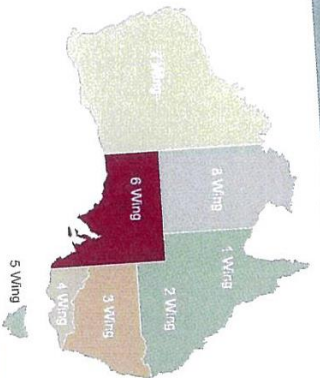
Most of these activities I've mentioned are optional and extra-curricular. With only a few compulsory activities, such as ANZAC Day services, in addition to weekly attendance at your local cadet unit, you are free to choose which activities you participate in and are thus able to tailor your time as a member of the AAFC to suit your own interests.

The AAFC, like the RAAF, also has a rank structure. You'll start out as a Recruit and depending on what your objectives in the organisation are, you can go on promotion courses and be promoted through a similar rank structure to the ADF. First steps are to Cadet Corporal or Cadet Sergeant, and for those who stay in the organisation long enough, the highest ranks of Cadet Warrant Officer or Cadet Under Officer can be achieved. Promotions in the AAFC are not only significant achievements, but also open up a wider range of responsibilities and extra-curricular activities in the organisation.

You may be wondering if a commitment to the AAFC means your school studies will suffer. The simple answer is no. The AAFC understands that its members will have exams or assessments due throughout the school year and accommodate for these. In fact being a member of the AAFC may even help in your studies by providing a weekly break.

So when do you have to turn up? We parade on a Wednesday night from 5:30 pm until 9:00pm. Most of the extra-curricular activities I spoke of earlier are conducted on weekends and in the school holidays.

So if learning to fly, marching in parades and staying on an Air Force base meeting Defence personnel sounds interesting to you jump onto our website at www.aafc.org.au or www.3wgaafe.org.au



Activities the cadets can undertake:

- **Weekly parades** where cadets have a set syllabus with topics such as Service Knowledge, Aviation, Field-craft, Survival, Drill and Ceremonial.
- **Marches and Services** such as Anzac Day, Remembrance Day and RAAF Association March.
- **Weekend field exercises** concentrating on bush survival, field-craft, navigational exercises and leadership training. Cadet experiences include:
 - Powered Flying
 - Gliding
 - Engineering (basic aeroskills)
 - Aero-modelling
 - Air Traffic Control courses
 - Musician
 - Firearms Safety Training
 - First Aid Courses
 - Adventure Training
 - Exchanges to overseas countries with other air cadet organisations
 - Leadership Training

Do you wear a uniform?

Two uniforms are issued at no cost: the Service Dress Uniform (Air Force Blues) and Disruptive Pattern Camouflage Uniform (DPCU).

Does it take up much time?

Parades are one night per week during school terms (three hours) plus some weekend activities. Camps and courses are run during school holidays.

How much does it cost?

Squadrons charge a yearly fee to cover administration costs and insurance.

For further information:

For your nearest Australian Air Force Cadet Squadron visit our website www.aafc.org.au

AUSTRALIAN AIR FORCE CADETS
Cadets – Air Force's future



Leadership
Confidence
and mateship

AUSTRALIAN AIR FORCE CADETS
Cadets – Air Force's future



The Australian Air Force Cadets (AAFC) is a youth oriented organisation that is administered and actively supported by the Air Force.



Who can join?

Any boy or girl between the ages of 13 and 18 years of age who is an Australian citizen or has a temporary or permanent resident visa and is physically fit enough to participate in the activities.

Aims of the Australian Air Force Cadets:

- give the cadets a foundation of Air Force knowledge and discipline;
- develop the qualities of leadership, self reliance and initiative;
- develop character and good citizenship in the widest sense;
- develop an interest in the Air Force and aviation generally;
- instil a knowledge of aviation history; and
- encourage cadets to continue an active interest in aviation into their adult life.

What is our history?

The AAFC was formed in 1941 as the Air Training Corps. Its original aim was to prepare young men from the ages of 13 to 18 to join the Air Force.

In 2001, the Federal Government renamed the Air Training Corps, to the Australian Air Force Cadets. All three cadet services (Air Force, Army and Navy) form the Australian Defence Force Cadets.

What are the activities of the Australian Air Force Cadets?

The AAFC will teach you valuable LIFE SKILLS and you will develop qualities including leadership, self reliance, self confidence, self discipline, self respect, good communication, teamwork and citizenship.

It gives young people the opportunity to experience life in the Air Force.

AUSTRALIAN AIR FORCE CADETS
Cadets – Air Force's future

317 Squadron

City of Taree
Australian Air Force Cadets
PO Box 157
Taree NSW 2430



Dear Parents/Guardian

COSTS

The AAFC is federally funded through the Department of Defence but, to maintain a high standard of equipment, training and activities the Squadron has to impose an Annual Fee for postage, stationery, coach hire, Insurances and Association fees etc. of \$150 paid up front, or \$160 paid over 4 school terms. (\$40 per term) This can be paid via EFT bank details are: BSB 012 834 Account 186564233 Name No. 317 SQN (AAFC) City of Taree – ANZ Bank.

CARER EDUCATION AND INFORMATION DAY FOR MENTAL HEALTH CARERS

Carers and friends are invited to attend an Education and Information Day organised by the Great Lakes Mental Health Family and Friends Support Group on Wednesday, 9th March 2016 from 9:00am to 3:00pm in the Great Lakes area (venue to be advised)

- Registration and a cuppa from 9:00am
- Presentations will begin at 9:15am
- Morning tea and a light lunch will be provided

Professionals from Manning Mental Health, Community Mental Health and Richmond PRA will speak about their roles in the community and the services available for adults and adolescents. There will be an opportunity to raise questions about mental health issues and services.

RSVP by: 7th March to Mydie
at Carer Assist on (02) 6551 4333 or mydie@carerassist.org.au
(Office Hours: Monday – Wednesday 9:am – 4:00pm)

A gold coin donation would be appreciated.

CANTEEN ROSTER

Month	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY/MARCH	29 th February Marie Reeve Liz Fenech	1 st March HELP NEEDED	2 nd March Marie Reeve Judy Abdoo	3 rd March Leanne Smith Marina Kmet	4 th March Marie Reeve Simon Morse
	7 th March Marie Reeve Noelene Darby	8 th March Allan Skinner Ken Cameron	9 th March Marie Reeve Judy Abdoo Marina Kmet	10 th March Jeffrey Ritchie Lauren Robertson	11 th March Marie Reeve Simon Morse Pat Skinner
	14 th March Marie Reeve Lyn Fahey	15 th March HELP NEEDED	16 th March Marie Reeve Judy Abdoo Julie Page	17 th March Linda MacKenzie	18 th March Marie Reeve Simon Morse
	21 st March Marie Reeve Kay Brauer Lorraine McGrath	22 nd March Robert Allan Leanne Foster	23 rd March Marie Reeve Judy Abdoo	24 th March Jeffrey Ritchie	25 TH March GOOD FRIDAY
MARCH/APRIL	28 TH March EASTER MONDAY	29 th March HELP NEEDED	30 th March Marie Reeve Judy Abdoo	31 st March HELP NEEDED	1 st April Marie Reeve Simon Morse
	4 th April Marie Reeve Lyn Fahey	5 th April HELP NEEDED	6 th April Marie Reeve Judy Abdoo	7 th April Leanne Smith Marina Kmet	8 th April Marie Reeve Simon Morse
	11 th April	12 th April	13 th April	14 th April	15 th April
	18 th April	19 th April	20 th April	21 th April	22 nd April
	25 th April Marie Reeve <u>PUPIL FREE</u>	26 th April Robert Allan Leanne Foster <u>TERM 2, DAY 1</u>	27 th April Marie Reeve Judy Abdoo	28 th April Jeffrey Ritchie	29 th April Marie Reeve Simon Morse
MAY	2 nd May Marie Reeve Noelene Darby	3 rd May HELP NEEDED	4 TH May Marie Reeve Judy Abdoo	5 th May Leanne Smith Marina Kmet	6 th May Marie Reeve Simon Morse

SAVE THE POWERHOUSE MUSEUM

PERMANENT EXHIBITIONS



Experimentations



Kings Cinema



Locomotive No. 1



Ecologic

The Powerhouse museum has been in its current Harris Street position since 1893. This will all change. It was announced on the 26th of February that the;

Powerhouse Museum site will be sold by the New South Wales Government to developers to build apartments.

The museum itself will move to Parramatta, although there is no land/place set out for it to go.

PLEASE SIGN AN ONLINE PETITION

There are many just Google search powerhouse museum petition.

Please pass on to as many people as you can.

Please do your bit and save this most marvellous educational resource for our children.

Every school teacher, parent and student should sign a petition

Here is one of many links (also gives a better full explanation)

<https://www.change.org/p/new-south-wales-government-save-the-powerhouse-museum>



Greenvalleys Mountain Bike Park

Australian All-Schools Championships 2016

April 15th – 17th, 2016

Greenvalleys Mountain Bike Park welcomes you to the 2016 Australian All-Schools Championships

The 2016 All-Schools Championships gives school age bike riders a special chance to ride and experience their mountain bike and BMX bikes, with the enthusiasm and energy of this popular activity in a competitive, educational and supportive atmosphere.

The bike trails at Greenvalleys Mountain Bike Park are designed for all age levels and skills of riders. The different event courses are run by a strict set of rules and guidelines supplied by Mountain Bike Australia (MTBA) and BMX Australia (BMXA)

The primary aim is to promote future participation in competitive cycling and develop future Australian Olympic athletes.

Greenvalleys Mountain Bike Park will be conducting MTB and BMX clinics on Friday, 15th April which will introduce young riders to the rigors of mountain biking and dirt jumping, and also serve as a valuable pre-event training program.

Aims of Greenvalleys All-Schools

School activities can be the most satisfying part of a teacher and students relationships. The All-Schools are an activity you will all talk about for many years.

Students will benefit from;

- Motivation to take part in a team and responsibility building activity
- Personal challenge
- Memorable fun
- Motivation to take more exercise
- Motivation to take part in a sport that fosters physical development
- Discovery of a sport for those who haven't found their sporting niche

The school will benefit from meeting students and parents needs in an innovative way. The All-Schools event will complement current school outdoor education, sport, recreation and physical education programs.

Cycling Aims

Greenvalleys Mountain Bike Park, BMX Australia and Mountain Bike Australia aims are to:

- Expand the range of organized cycling opportunities available to schools;
- Provide an opportunity for students to experience 'real' bike riding in a safe and supervised manner.
- Develop bike-handling skills.
- Develop the base for mountain bike and BMX competition in Australia.
- Stimulate future participation in competitive cycling and develop Australian Olympic athletes.

All-Schools Aims

The All-Schools will:

- Encourage participation in all events within the All-Schools.
- Record a personal challenge (all participants receive a record of their performance).
- Build team spirit
- Build a friendly Interschool rivalry between schools and teams will compete for a number of trophies related to the age group and event

The Organiser

Greenvalleys Mountain Bike Club is responsible for all registration, organization, course set-up, course maintenance, first aid, presentations and information for the event.

Cancellations or Postponement

The organisers reserve the right to postpone or cancel the event without incurring liability. This may occur due to bad weather, unsafe riding conditions or other conditions deemed unsuitable by the event directors and/or the event organiser.

Divisions

Division A - Year 7 & 8 Male/Female

Division B - Year 9 & 10 Male/Female

Division C - Year 11 & 12 Male/Female

Entry Details

All entries for the Greenvalleys All-School 2016 will be conducted via Greenvalleys Mountain Bike Park's website.

This can be accessed from www.greenvalleysmountainbikepark.com until midnight on Wednesday 14th, April 2016. All payments will be processed via PayPal secure credit card processing.

The registration fee per competitor covers administration of the event, park entry for the event period, Shuttle Bus service on Saturday and Sunday, course preparation and results compilation.

Any late entries will need to be processed in person on your arrival at Greenvalleys Mountain Bike Park and will attract a \$40 late fee.

Insurance

Public Liability

BMX Australia and Mountain Bike Australia's Public Liability Insurance coverage will cover the events and activities.

MTBA Day Licenses will be available at Race Registration, from the Greenvalleys Mountain Bike Club. Cost \$25 per rider. This MTB day license covers riders for the 3 days of the event.

BMX riders must be a competitive member of Freestyle BMX Australia (no exceptions) – this membership can be obtained via the greenvalleys mountain bike park website page (membership) –

www.greenvalleysmountainbikepark.com .

Personal injury and third party cover

All race and competitive members of Mountain Bike Australia and BMX Australia do have this cover while cycling, including competition. The Day license for MTBA does NOT give you personal accident cover.

Preparation – MTB skills training

Clinics

Greenvalleys Mountain Bike Park will be conducting skills training clinics on Friday 15th April prior to the event. The clinics are an ideal way to prepare for competition and become oriented with the trails that competitors will compete on.

Bicycles

It is vital that bikes used for the All-Schools are in sound mechanical order. It is advised that you organize a bike safety check, prior to your arrival at Greenvalleys Mountain Bike Park

Riding Equipment

A full-face helmet & body armour are compulsory for Downhill and All-Mountain competition. Neck braces are strongly recommended for downhill competition. A helmet is compulsory for XC and Dirt Jumping

Participants will need a full set of riding equipment including:

- A neck brace is strongly recommended
- Water Bottle
- Gloves
- Shoes
- Sunglasses/ goggles

Downhill Racing

We will be utilising the "Sir Bishop" trail for the Downhill competition.

The shuttle service runs on Saturday and Sunday, 830am – 4pm, with the competition starting on Sunday at approximately 1pm.

There will be one seeding run and one timed competition run for each rider.

These other rules apply to the Downhill competition run;

- Participants must start through start gate
- A participant may not be physically assisted during the run
- A participant may leave the course but must return at the point of exit to complete a valid run.

- School place rankings per division will be accumulated – the three best placing’s are added together to generate a school score in each division. The winning school will have the lowest point score.
- A rider may overtake another rider. The slower rider must give way to the faster rider.
- After the race the participant must turn and show their Race Number to the Finish Referee and then leave the run out zone as quickly as possible.

ALL-Mountain

We will be utilising the “Plantation Trail” for the All-Mountain competition

The Shuttle Service runs on Saturday 830am – 4pm, with the competition starting on Saturday at approximately 1pm.

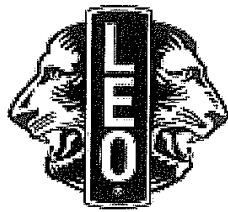
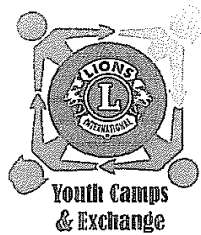
There will be one timed run for each competitor

These other rules apply to the All – Mountain competition run;

- Participants must start through start gate
- A participant may not be physically assisted during the run
- A participant may leave the course but must return at the point of exit to complete a valid run.
- School place rankings per division will be accumulated – the three best placing’s are added together to generate a school score in each division. The winning school will have the lowest point score.
- A rider may overtake another rider. The slower rider must give way to the faster rider. This rule does not apply in the final 50m of the course.
- After the race the participant must turn and show their Race Number to the Finish Referee and then leave the run out zone as quickly as possible.

The following formats will be used for the respective divisions, pending suitable weather and trail conditions

A	Half Loop – 2 Laps	Half Loop – 1 Lap
B	Half Loop – 3 laps	Half Loop - 2 Laps
C	Full Loop – 2 Laps	Full Loop - 1 Lap



Newsletter

Lions Clubs International

Multiple District 201 Australia

www.lionsclubs.org.au

25 January 2016

TO: SCHOOL PRINCIPAL

LIONS YOUTH EXCHANGE PROGRAM LEO CLUBS

Lions Clubs Australia is seeking your assistance in promoting two national Lions' youth projects by displaying the attached posters on your school noticeboard until 30 June 2016.

The Lions Youth Exchange Program gives Australian youth aged 16-21 years the opportunity to live with Lions families overseas during their end-of-year summer holidays. The Program does not involve tuition or school attendance but is rather a cultural holiday whereby students can immerse themselves in a new culture, enjoy supervised sightseeing and practise second language skills such as French, German, Japanese, Italian, Spanish, etc.

Leo Clubs focus on the individual and social development of teens, and the personal and professional development of young adults. Membership is open to teenagers and young adults aged 12-30 years. Each Leo Club is mentored by, and works in partnership with, their local Lions Club.

If your staff, parents or students wish to know more about these two Lions Australia youth programs, details are available on the attached flyers or the national Lions Australia website:

www.lionsclubs.org.au/ye

www.lionsclubs.org.au/activities/youth/leos

Thank you for your support.

Lion Bill Shepherd

National Chairperson

Lions Youth Camp and Exchange Program

md201ye@gmail.com

Lion Martin Peebles

National Chairperson

Lions Leo Committee

mgfp1962@hotmail.com

lions australia



LOOKING FOR AN OPPORTUNITY?

- to develop leadership skills as a project organizer, time manager and team leader?
- to learn how collaboration, teamwork and cooperation can bring exciting changes to your community and the world?
- to make friends and feel the rewards of community service?



Join a LEO Club

Membership is open to young men and women aged 12-30 years.

Leo Clubs can be school-based or community-based.

Leo Clubs are mentored by, and work in partnership with, local Lions Clubs. Prizes and awards presented to winners of the annual Leo of the Year Quest.

Go to the Lions Clubs Australia website for more information:

www.lionsclubs.org.au/activities/youth/leos

LEADERSHIP
EXPERIENCE
OPPORTUNITY



ENQUIRIES TO:

Lion Martin Peebles

E mgfp1952@hotmail.com

T 02 4626 8220

M 0437 483 127

TRAVEL OVERSEAS

in your summer holidays

with the Lions Clubs International Youth Exchange Program

**Applications close 30 June 2016 or when places are filled.
APPLY NOW TO AVOID DISAPPOINTMENT**

- Lions Clubs International is one of the largest service organisations worldwide.
- The Lions Youth Exchange Program gives Australian youth aged 16-21 years an opportunity to travel overseas independently and safely, to become a member of one or more host families and experience their lifestyle, culture, interests and values.
- No school attendance is required overseas.
- Overseas destinations include Europe, North and South America, USA, Malaysia, New Zealand, Scandinavia and Japan. Chaperoned stopovers are available in Los Angeles and London.
- Youth to Japan depart late November and return late December. Youth to other destinations depart early December and return mid-January.
- Each Australian youth will pay approximately \$3,000—\$7,500 depending on their overseas destination. Accommodation is provided at no cost by host families associated with Lions Clubs International. Travel is not sponsored by Lions Australia.
- Email **Lion Lorraine Hemsworth (l.hemsworth@bigpond.com)** of the National Lions Youth Exchange Committee to discuss the application process.
- For more information, download the *Guidelines for Australian Youth Travelling Overseas* brochure from the Lions Australia website:



www.lionsclubs.org.au/ye

Flyer prepared by Lions Australia MD201 Youth Exchange Committee