

Newsletter

TERM 1 : Week 8 :: 15th March 2023



From our Principal

NAPLAN

Students in Years 7 and 9 have commenced their Literacy and Numeracy assessments over the next two weeks.

NAPLAN is a national literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

As students progress through their school years, it's important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national standards and over time.

Further information is available from <https://www.nap.edu.au/naplan/for-parents-carers>

Attendance

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age of 17 years. The Education Act 1990 requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or are registered with the NSW Education and Standards Authority for home schooling. Once enrolled, children are required to attend school each day it is open for students.

The Importance of arriving on time- Arriving at school and class on time:

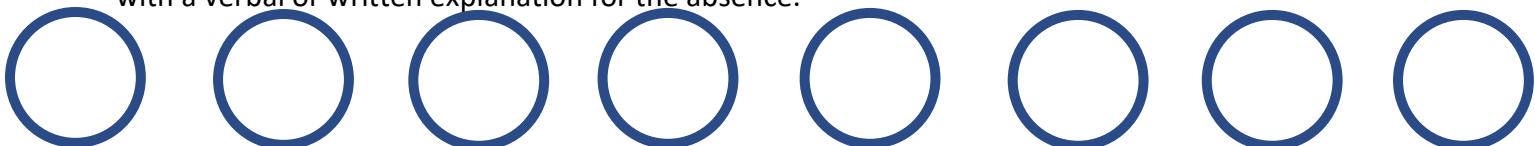
- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption Lateness is recorded as a partial absence and must be explained by parents.

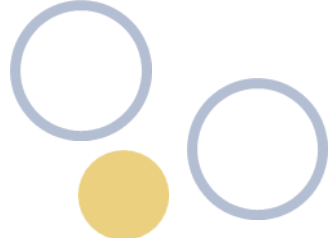
What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence.





School voluntary contribution and subject fees

I would like to thank the families that have paid their voluntary contribution and/or subject fees for 2023. GHS has traditionally tried to keep the voluntary contribution cost to a minimum, despite the current secondary voluntary contribution set at \$108 per student – GHS has reduced this to \$50 per student.

These contributions/fees help to enhance educational programs at the school and in particular help to cover the consumable materials students use in their elective subjects. This year we will be giving away an iPad (9th Gen) to one student in Week 5, Term 2. To be eligible, any student who has paid their subject fees in full by the end of Week 4, Term 2 will automatically be entered in the draw.

If any family is experiencing financial hardship, please contact Mrs Schier (Head Teacher Wellbeing) to discuss how we can support your student at school.

GHS representation

Term 1 is traditionally a very busy time for our sporting teams and especially the teachers who organise them all. Congratulations to all GHS students who have represented the school so far in Term 1 – U15s touch football teams, Opens Girls Netball, Western Regional Swimming carnival. In the coming weeks we have teams participating in basketball, soccer and rugby league.

P&C Annual General Meeting – 21st March, 7pm in the Library

I would like to encourage parents and citizens to come along and join our P&C Association. I use this forum to share news and details about what is happening in and around the school, as well as table proposals for school activities and procedures that are being considered for our students and staff. Involvement in the P&C gives you the opportunity to ask questions and discuss what is happening at school and for you to have a say. In addition to these opportunities, the P&C elect representatives to sit on any Merit Selection process that we run at the school – this is for permanent teaching positions at the school.

All positions will be declared vacant at the AGM and I encourage you to consider putting your hand up for one of the Executive positions.

I look forward to seeing you there, and to working with our P&C to ensure our school is providing the best for our students, staff and community.

University Showcase

It was a pleasure to have the University of New England, University of Newcastle and Charles Sturt University on 6th March 2023 to talk with students and parents of our Year 10, 11 and 12 students. The information session provided vital information on courses, university life, campus information etc and provided our students the opportunity to talk with uni students about what they want to do in the future. Thanks must be given to Miss Kenaly for organising the night and also to Mrs Bennett and Mr Raines for cooking the BBQ.

Honour Roll (ex-students)

I am looking at starting an Honour Roll List for all our students and ex-students and need our community's help. If you know of an ex-student who has had an outstanding achievement in their post-school life (be it academic, sporting, creative or cultural) can you please email the school with the following details: Name of ex-student, years attending GHS (if known), year of achievement, details of achievement, contact details (if known).

My aim is to also have these students return at some stage to speak with our students – this could be as a guest speaker at formal assemblies, as part of an enterprise day or along these lines. Given the rich



history of our school, this will be a mammoth task! I will keep collating information over the next few terms – so reach out to your contacts!

Parent Teacher Night Year 7, 11 and 12

We are holding a Parent Teacher night for Years 7, 11 and 12. This will be on Monday 20th March from 4pm till 7 pm. Please book through your parent portal to secure interview times. If you have not already registered to the parent portal, you will need to sign in through our school website

gilgandra-h.schools.nsw.edu.au under the Sentral & weblinks tab then Sentral Student & Parent Portal.

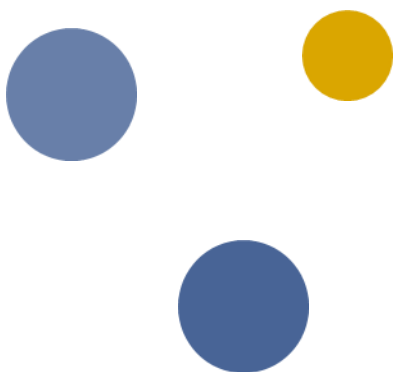
Once done, we will get a notification and will send you a access code, this will then complete your registration for the parent portal.

Once in the Parent Portal

1. Select the Interview tab
2. Click on the Select Timeslots to see available times
3. You will then see a list of all your child's teachers and their available time
4. Select your preferred times for each interview (If you do not want an interview with a particular teacher click 'Not Attending')
5. Click the Confirm Appointments button
6. You then will be returned to the Interview screen displaying a list of your selected interview times.

****Please note that once you have confirmed your appointments you are able to change them if needed, depending if other times are still available.**

Michelle Archer
Principal





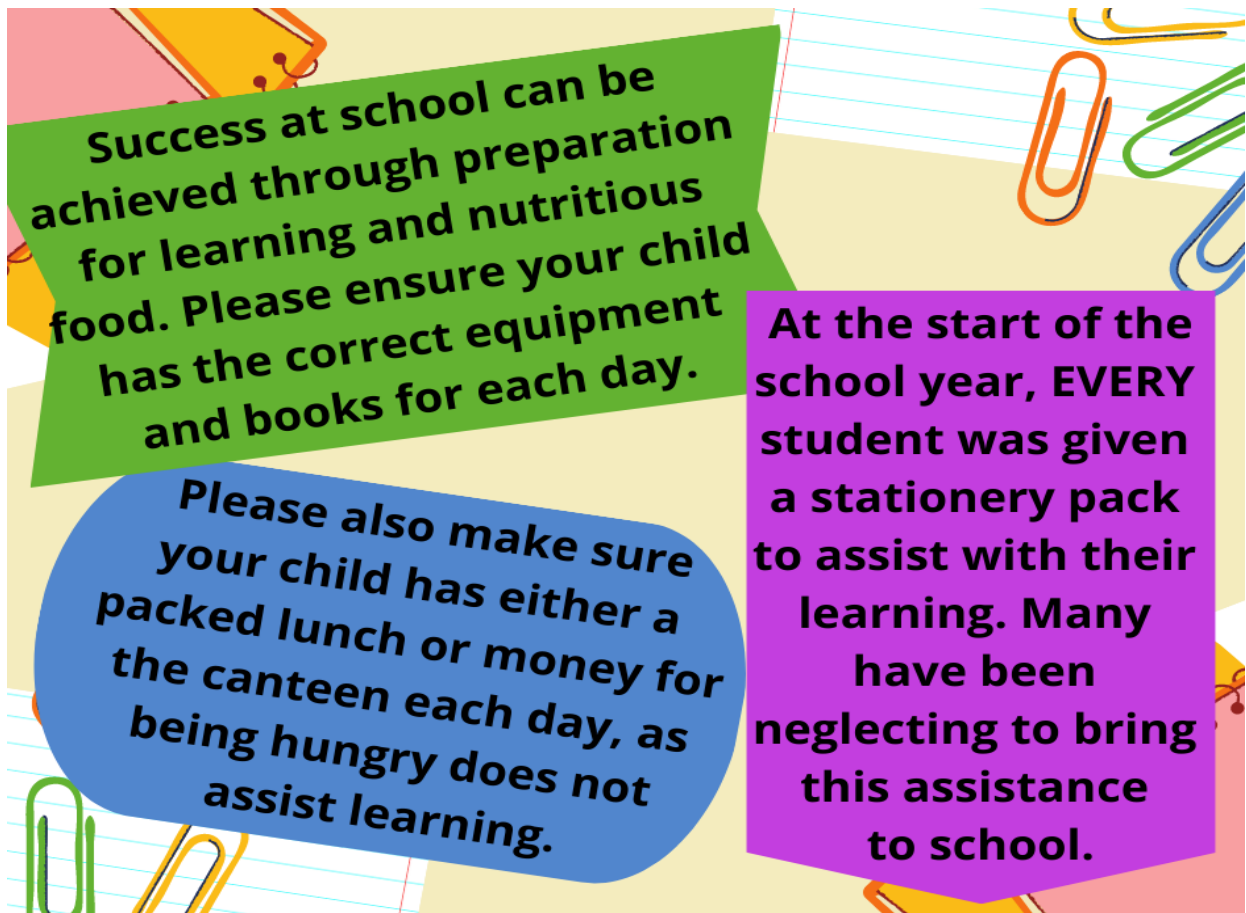
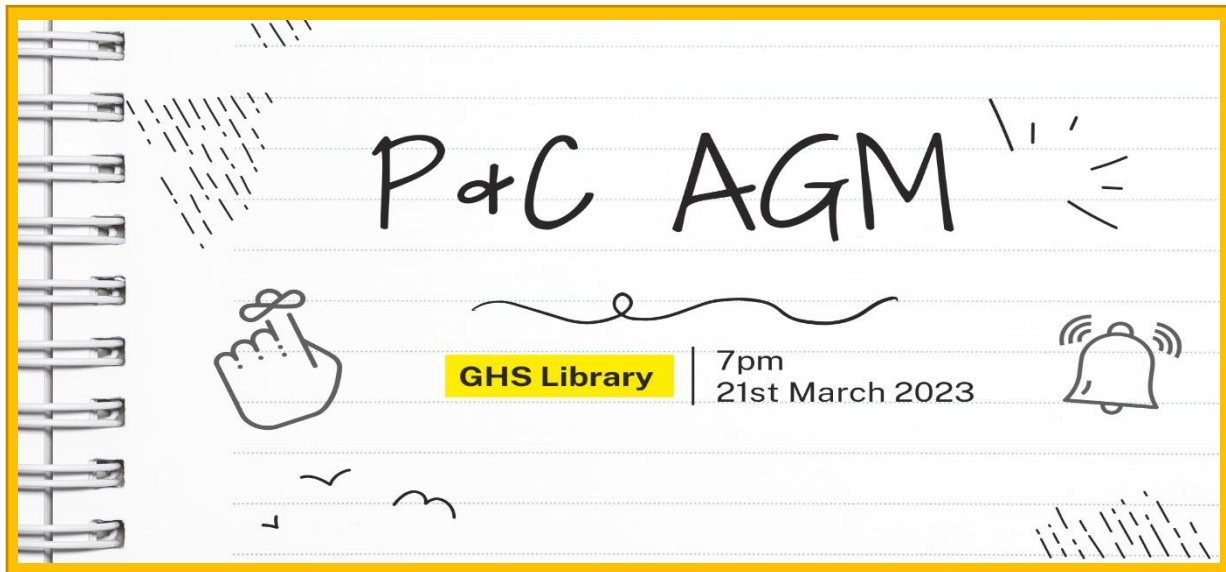
From our Parents & Citizens

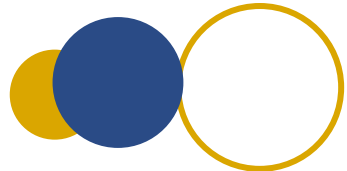
The AGM for the P & C will be held on Tuesday 21st March at 7pm in the Library.

All positions will be declared vacant so come along and hear what the school has achieved in the last 12 months. Maybe consider an executive position or just be an active member. We would love to see you all there.

Lorraine Hutchison

P&C President





Around our School

Adventures in the English/HSIE Faculty:

On Tuesday 7th March, Year 7 Wiradjuri and Year 9 Aboriginal Studies took part in an excursion called Connecting to Country. The excursion was to Coonabarabran and the surrounding area visiting, significant sites.

The students were immersed in learning about the history and past policies which impacted Aboriginal Australians and they gained a new perspective on Aboriginal Culture, history and lifestyles.

Sights visited were Hickey's Falls, Coonabarabran Yarning Circle, Gunnedah Hill, Standstone Caves and Burra Bee Dee Mission.

Hickey's Falls is located just past the boundaries of Gamilaroi Country, whilst there we learnt that at the top was a sacred sight for secret men's business. We all paid our respects in language when we visited each site by saying **"I/We Respect Country" "Nhadhu Yidnyamarra Ngurambang"**

We arrived in Coonabarabran and stopped at the 'Yarning Circle.' Kimm shared yarns about the history of Mary Jane Cain, who the bridge is named after, and her importance to the people and the significance to bridge has to the town.

We then travelled to the Sandstone Caves where students learnt of the wildlife, plants and ancient Aboriginal rock art and engravings.

The bus trip was full of interesting yarns with Kimm and a wonderful experience was had by all who attended.







White Cross Mobile Dental Care Program



White Cross Mobile Dental Care Program will be visiting Gilgandra High School during Week 11.



Oral Health is an important part of a child's development and wellbeing. Oral health problems that aren't diagnosed or treated can cause pain and interfere with a child's ability to eat, sleep, play and function at home and school.

Preventative dental care will reduce the risk of cavities, gum disease and other dental issues. Improving a child's oral health requires practicing a good oral hygiene routine and regular dental visits.

The White Cross Preventative Dental Program aims to provide ALL GHS students with a comprehensive examination, checking all teeth and gums, scale/ clean and polish, fluoride application and fissure sealants with **no out of pocket expenses for parents and carers.**

This visit will also be a great opportunity to assess, educate and provide preventative dental treatment to all students.

Please keep an eye out for parent information packs and consent forms, to be completed and returned to school for your child to participate on the Preventative Treatment Program.




GOLF NSW


jnlg.
Jack Newton Junior Golf



**DATE TUESDAY
APRIL 11TH**

**SCHOOL HOLIDAY
GOLF CLINIC .
GILGANDRA GOLF CLUB**

**JUNIORS 3.00PM-4PM
LADIES 5PM-6PM**

TUTION BY PGA MEMBER
GARY BEGG

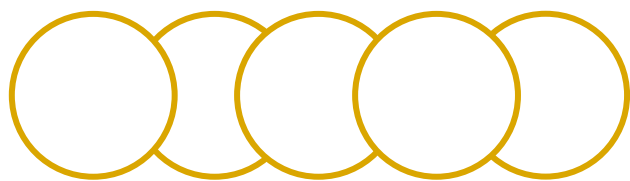


Cost: FREE



Contact: Geoff Lummis 0479 180 009





Under 15s Boys and Girls Touch Football

On Wednesday 22 February our Under 15s Boys and Girls Touch Football sides travelled to Orange to participate in the Western Region Touch Football Gala Day. Both sides played some great touch football throughout the day against some strong opposition. Our Girls side finished the day with two losses against Boorowa (5-1) and Canobolas (7-2), a draw against Kandos (1-1), and an impressive win against Blayney (3-1), resulting in a third-place finish in their pool. Our Boys side secured heavy wins against both Kandos (9-0) and Wellington (11-1) and were narrowly defeated by Canobolas (6-5) and the Trial Team (4-3) in absolute nailbiters that went right down to the wire. This saw them just fall short of making the finals.

All students displayed great sportsmanship, skill and teamwork throughout the day and are to be congratulated for their strong performances.



Back row: Cobie Carr, Lochy Nolan, Sam Dunn, Blake Fairey
Front row: Declan Gale, Isaiah Marchant, Ariki Karaitiana, Ryder Rvan



Back row: Xanthe Gale, Najarra Naden, Dakotah Gilmour, Eva Raines
Front row: Skyla Carr, Shekkylah Millgate, Eliza Larkin, Lara Duff, Courtney Harland

Open Girls Netball



Tuesday 7th March, the Girls Open Netball travelled to Dubbo to compete in the Western Division Knockout. We saw close games, blistered heels and red faces on what was a warm and smokey day out.

The girls defeated Nyngan and Warren, had close losses to Mudgee and Delroy and went down to a well drilled Dubbo senior campus.

It was a count back for 2nd and 3rd to position for the quarter finals. In the finals, the girls were up against Dubbo South who were too strong and came away with the win.

Well done to all the girls and thanks to Mr Woollams for driving the bus.



Back Row Tillie Dezius, Tayarna McKenzie, Olivia Amiet, Layney Godber, Alana Elsom
Front Row Tess Rogers, Araiturangi (Missy) Karatiana, Sarah Temple, Kailee Edwards

Swimming Carnival

Our Swimming Carnival was held on Friday 17th February. Congratulations to **Sturt** who had a very successful day and were announced the house winners.

Results Tally is as follows:

Sturt 982

Cunningham 805

Phillip 557

Oxley 172

Individual Champions on the Day:

Juvenile Girls Joint Champions- Jacqui Hutchison and Shekkylah Millgate

Juvenile Boys Champion- Dallas Carr

Junior Girls Champion- Alana Elsom

Junior Boys Champion- Ariki Karaitiana

Senior Girls Champion- Sarah Temple

Senior Boys Champion- Ryan Ferguson



Best Dressed



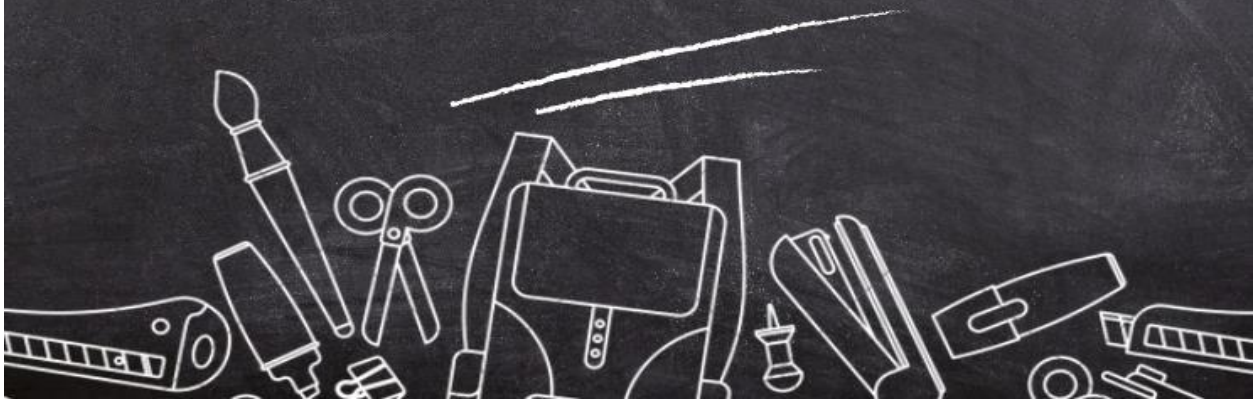




HOMework CENTRE

Every Wednesday in B1 from
3:20pm - 4:30pm

Come along and get your assignments and
homework completed!

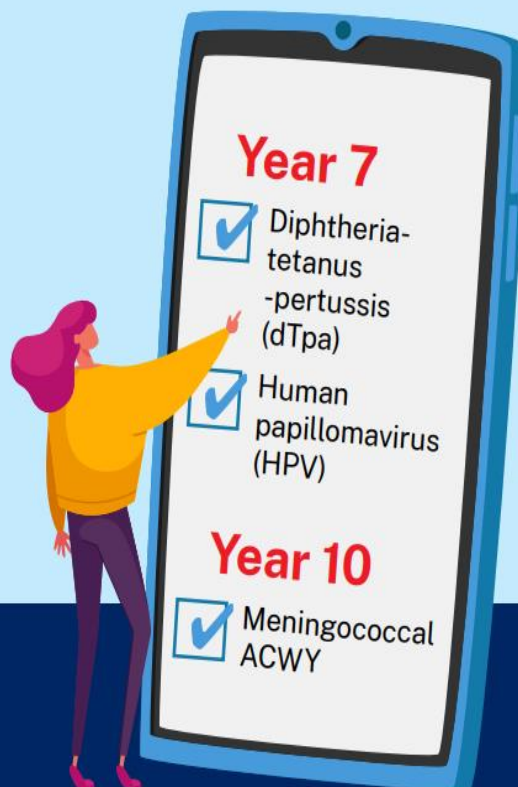


Is your child
in year 7
or year 10?

Provide your consent
for routine school
vaccinations online.

For more information visit
health.nsw.gov.au/schoolvaccination

November 2022 © NSW Health.



NSW Health

Gulgong Show

Congratulations to Year 12 student Georgia Briggs, who was asked by the Gulgong Show Society to be a Judge at the annual Gulgong show. Georgia, who has been extremely successful in junior judging competitions throughout the region in the past 2 years, was asked to judge 'Fruit and Vegetables' as well as 'Merinos'. Unfortunately, due to low numbers in the sheep categories, the Merino class was unable to run.

Georgia did a fantastic job as the judge of the Fruit and Vegetable categories and had an amazing time experiencing life on the other side of the fence. We would like to say a huge thank you to the Gulgong Show Society for providing Georgia with this incredible experience.



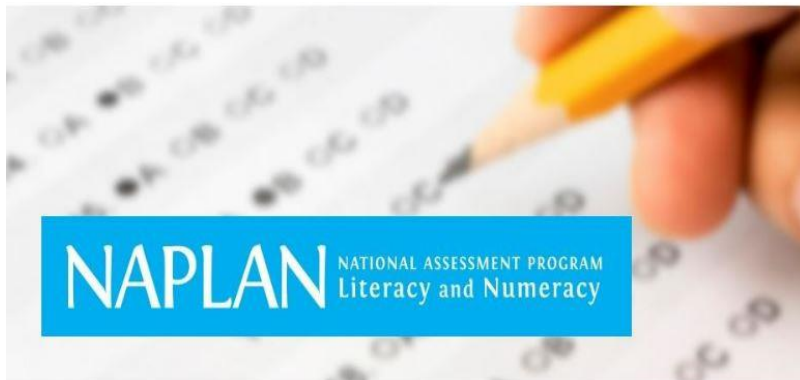


REMINDER- CONSENT FORMS

3 Consent letters were sent home with Year 7 students earlier this term.

- Hear our Hearts- Hearing test
- Brien Holden Foundation -Eye Care Examination
- Appropriate Conduct Procedure for Mobile Phones, All other Communication & Digital Devices 7 Accessories.

These notes need to be returned as soon as possible.



The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills that are essential for every child to progress through school and life. Each year students in Years 3, 5, 7 and 9 participate in tests for writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

From 2023, NAPLAN is moving to Term 1, the reason for this change is so that results can be returned to schools earlier in the year which will support teachers to understand the learning needs of their students and plan accordingly.

Gilgandra High School will be conducting NAPLAN in Weeks 8 and 9. Starting on Wednesday 15 March- Writing, Thursday 16 March – Reading, Friday 17 March – Conventions of Language and concluding on Monday 20 March - Numeracy. Opportunities for catch-up test will be available for the remainder of Week 9.

NAPLAN tests are just one part of our school learning assessment program and questions are primarily based on knowledge, understanding and skills gained from the prior year of schooling.

In preparation for NAPLAN 2023, our school will undertake activities to help students to become familiar with the format and functionality of the online tests. These activities are not an assessment of student ability and will not be marked.



NAPLAN timetable

The NAPLAN test window is 9 days. This is to accommodate schools that may have fewer devices.

The NAPLAN test window starts on Wednesday 15 March and finishes on Monday 27 March 2023. Schools are advised to schedule the tests as soon as possible within the testing window, prioritising the first week.

Test	Scheduling requirements	Duration	Test description
Writing	<ul style="list-style-type: none"> Year 3 students do the writing test on paper (on day 1 only) Years 5, 7 and 9 writing must start on day 1 (schools must prioritise completion of writing across days 1 and 2 only, with day 2 only used where there are technical/logistical limitations) 	Year 3: 40 min Year 5: 42 min Year 7: 42 min Year 9: 42 min	Students are provided with a 'writing stimulus' (sometimes called a 'prompt' – an idea or topic) and asked to write a response in a particular genre (narrative or persuasive writing)
Reading	<ul style="list-style-type: none"> To be completed after the writing test To be completed before the conventions of language test 	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students read a range of informative, imaginative and persuasive texts and then answer related questions
Conventions of language	<ul style="list-style-type: none"> To be completed after the reading test 	Year 3: 45 min Year 5: 45 min Year 7: 45 min Year 9: 45 min	Assesses spelling, grammar and punctuation
Numeracy	<ul style="list-style-type: none"> To be completed after the conventions of language test 	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Assesses number and algebra, measurement and geometry, and statistics and probability

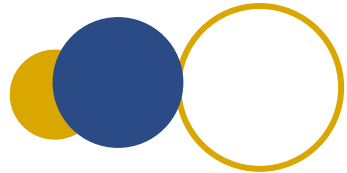
Mulgabirra Program

On Tuesdays, until the end of Term 1, students from Years 9, 10, & 11 have been attending Gilgandra Public School. The students are participating in the Mulgabirra program through training provider 'Education & Training Out West' and are working on their completion of Certificate 1 in Active Volunteering. Mulgabirra means "give all" in Wiradjuri language and the course focuses on literacy and communication skills.

Students have been in the classrooms, playground and are completing their own training on site.

This is a great program because not only do our students gain valuable skills and training, but it also helps build stronger ties with younger students.





Western Region Swimming

On Thursday 11th March, 8 students represented GHS at the Western Region Swimming Carnival at Dubbo.

These students were:

Dallas Carr, Alana Elsom, Sarah Temple, Jacqui Hutchison, Lorelai Hawke,
Ariki Karaitiana, Molly Temple and Lloyd Hammond.

Congratulations to Alana Elsom who has qualified for the State Championships in the under 15s 100m breaststroke. She will swim in Sydney during the first week in May. We wish her all the best.



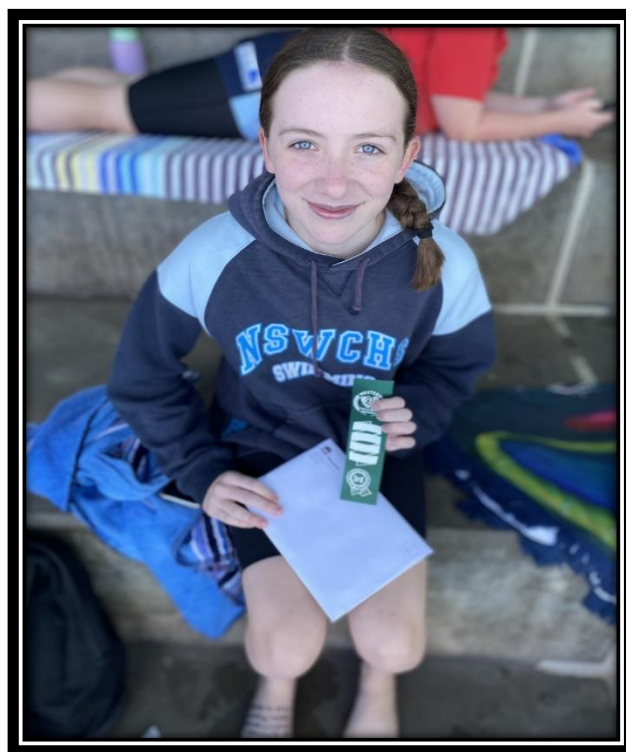
Molly temple, Alana Elsom, Sarah Temple, Lorelai Hawke



Lloyd Hammond, Ariki Karaitiana, Dallas Carr

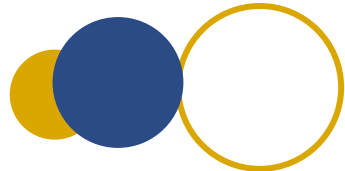


Lorelai Hawke, Jacqui Hutchison



Alana Elsom





SYDNEY REGION ABORIGINAL CORPORATION

FTA
FROM THE AREA

ON THE ROAD

TAG CLINIC

&

ATHLETICS CHAMPIONSHIPS

12YRS - 18YRS

A FREE TWO DAY SPORT EVENT

12/04/23 - 13/04/23

9:00AM - 3:00PM

COONAMBLE SPORTS GROUND

CASTLEREAGH ST, COONAMBLE NSW 2829

**LUNCH,
WATER
& UNIFORM
PROVIDED**

**CONTACT OUR TEAM
TO REGISTER TODAY!**



www.srac.ngo (02) 4721 1536

COONAMBLE
SHIRE COUNCIL





SYDNEY REGION ABORIGINAL CORPORATION ON THE ROAD

COONAMBLE

D.O.B:	MALE	FEMALE
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First Name Last Name Current Age

Mobile:	
Email:	

Address

Post Code

Do you identify as Aboriginal or Torres Strait Island?

YES

NO

Do you have any pre-existing medical or physical conditions?

YES

NO

If yes, please describe below,

Sport Singlet Size (cm)

XS	S	M	L	XL	2XL	3XL
51-53	53-55	55-57	57-59	59-61	61-63	63-65

Sport Shorts Size (inches)

28	30	32	34	36	38	40
Length (cm)	Length (cm)	Length (cm)	Length (cm)	Length (cm)	Length (cm)	Length (cm)
37-39	39-40	40-41	41-42	43-45	43-45	45-47

Select events you wish to participate in below:

50m	100m	400m	4 x 100 m Relay	Shot Put	Javelin
-----	------	------	-----------------	----------	---------

I give permission for my child to part take in the 2 days of activities provided by SRAC. I understand that with participation in sports comes with risk of injury. I hereby waive and release any and all claims for damages, personal injury, death, loss of property as a result of participation in sports. I have provided SRAC all relevant details of my child's medical or physical need. I give permission for medical attention to be sought in case of an emergency.

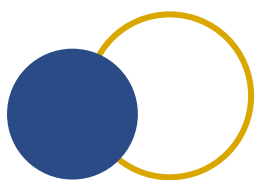
Name:	Relationship:
Signature:	Date:

I give permission for my child's photograph to be taken and used for promotional material.

YES

NO

(02) 4721 1536 (option 3)



Principal
Ms Michelle Archer

Deputy Principal
Ms Sharon Kenaly

HEAD TEACHERS

English/HSIE:

Mrs Fiona Lambell

Mathematics

Mrs Brenna Patton

Science

Mrs Ilana Austen

TAS

Mr Russell Woollams

Support:

Mrs Kristy Vergamalis

Wellbeing

Mrs Meredith Schier

YEAR ADVISORS

Year 7

Mrs Laura Jordan

Year 8

Ms Kristen Skewes

Year 9

Miss Ilana Austen

Year 10

Miss Nicola Murphy

Year 11

Ms Madde Jewell

Year 12

Ms Madde Jewell

P & C President

Mrs Lorraine Hutchison

AECG President

Ms Deidrie Naden

ARCO

Mrs Meredith Schier

AEO

Ms Kimm Naden



Mathematics

Year 11 Numeracy

The Year 11 Numeracy class have commenced their studies with units looking at whole numbers and operations with whole numbers. They have engaged with many activities that have allowed them to take their learning outside.

In one activity, the students estimated the number of times that they could get a basketball in the hoop in 1 minute and then compared this to their actual result. This was repeated three times, allowing them to use their actual result to inform their estimations. They later performed various mathematical operations with the data collected. Brock Dezius successfully shot the most hoops in any round.

Most recently, they used cumulative frequency tables to keep score in the Finish log throwing game, Finska. Using this approach allows competitors to easily see who is winning the game at any given point.

Inside the classroom, the students have played Bingo which has allowed them to develop their fluency in adding two-digit numbers. They also investigated the population of various towns and cities within Australia. These figures were then put into descending order and students considered what was significant about those cities with the largest population and the influence that has on resources.



Seniors Luncheon

On Monday 27th February, Year 12 Hospitality, Year 10 Food Technology A & B catered at Gilgandra's Seniors Luncheon held at the Gilgandra Shire Hall. The students were able to use their skills and knowledge to present a lovely lunch. They day was a beautiful celebration of Gilgandra's older citizens with plenty of local talent on display.

Coming Up

15th- 27th March

NAPLAN

(Yr 7 & 9)

15th March

Farm Case Study Excursion

18th March

Baradine Show

20th March

Parent Teacher Night

(Yr 7, 11 & 12)

25th March

Mendooran Show

31st March

Support Zoo Excursion

4th April

Science and Engineering Challenge

6th April

Last day of Term 1

9th April

Easter Sunday

24th April

First Day of Term 2



TO BE ELIGIBLE TO ENTER
THE DRAW TO WIN A

APPLE IPAD
9TH GEN

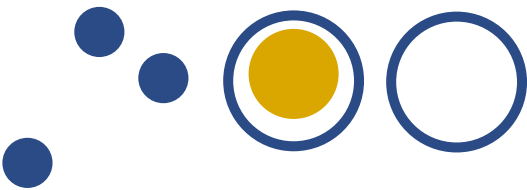
SCHOOL FEES

NEED TO BE PAID IN FULL
(INCLUDING VOLUNTARY CONTRIBUTION)

BY WEEK 4 TERM 2

IPAD WILL BE DRAWN WEEK 5 TERM 2

WIN
WIN
WIN



Science

Year 7

Students in year 7 have successfully obtained their Bunsen burner licenses and are now using these to complete practical investigations, broadening their exposure and confidence in recognising and using scientific equipment.

Year 8

Year 8 have continued to learn about different system within the body. With the aid of microscopes, they have looked at microscope slides of blood cells and now have a greater understanding of the size of blood cells.

Year 8 have also had the opportunity to participate in heart dissections.

The Science faculty would like to acknowledge and thank the kindness of our local butcher Mr Diggs, from Digg's butchery Gilgandra, for once again donating the hearts to the faculty. Your ongoing support of students at Gilgandra High School is valued and highly appreciated. Without this donation, the students would not be able to participate in such an educationally rich experience.

Year 8 have also learnt about many other systems, including the urinary and skeletal. Miss Hoy supports her students remembering the different parts of the skeletal system by engaging them in a tournament of "Simon Says".

Year 9

Year 9 have also been learning about the inner working of the body. They have looked at the brain and the body's difference lines of defence. Miss Austen like to challenge her students to engage their frontal lobe with the challenging activity of "Memory".

Year 10

Year 10 are on the topic of forces and are learning about Newtons 3 laws of motion. They have been working on designing and creating their own Newton's cradles (Newtons 3rd law. Ask them). Here are some photos of the construction phase. Next term we will unveil the final products.

Year 11

Bio

Students are finishing Module 1 Cells as the Basis of Life in Week 8, with an exam style practice to provide formative feedback on their progress. Moving onto Module 2 Organisation of Living Things.

Earth and Environmental Science

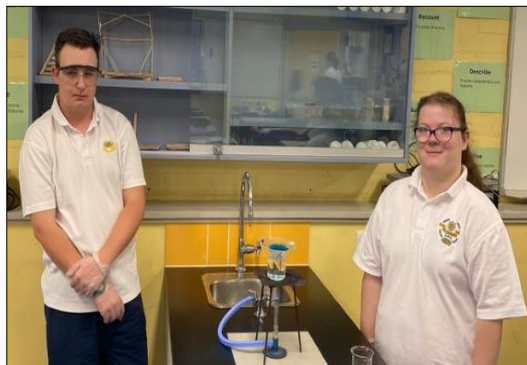
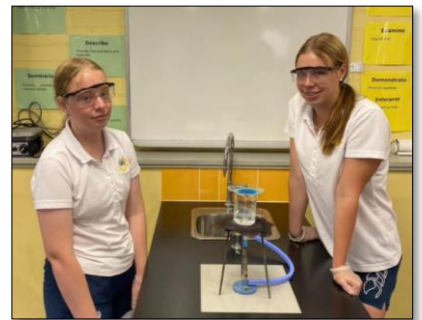
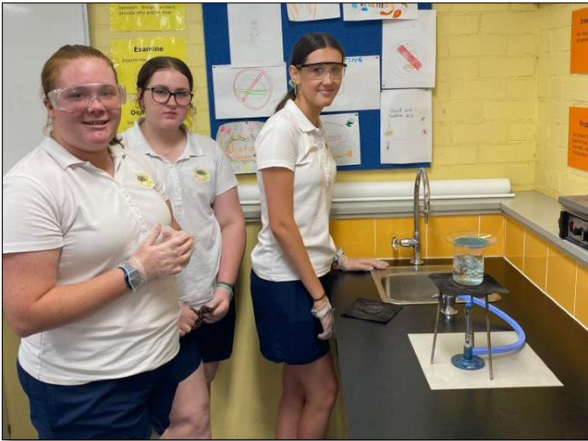
Students are busy exploring the structure and properties of minerals and soils, with the excursion to Tomingley and Peak Hill Gold mine occurring in Week 8 to further their knowledge and aid in their Depth Study assessment on Soil and the ecosystem.

Year 12

Biology

Year 12 Biology are hard at work in Module 6 of the HSC syllabus. They are examining the impacts that allele distribution has on a population. Here they are visualising the effect of 'Genetic drift' and 'the bottleneck effect' with the aid of M&Ms and some very creative natural disasters.







Wellbeing

During Year 7 Wellbeing lessons this fortnight, students have been focusing on the theme "Caring for Others". Students brainstormed ways in which they can show their families, friends and others how they care about them. We discussed how the world is a wonderful place, but has a lot of problems such as pollution, conflict, poverty and illness. From this they were asked to be designers and create a T-shirt based on one of these themes.

Year 7 showed great enthusiasm and fantastic design skills.

This coming fortnight Year 7 will be learning about Growth Mindset, practising to focus on the present moment. An important message will be that anyone can do what they set their mind to.



Pi Day

Pi Day is celebrated on 14th March because when the date is written in American date format you get 3.14 which are the first digits of Pi!

On this day we celebrated the occasion by playing board games and working on puzzles in the library during lunch.

It also happens to be Albert Einstein's birthday on the date which makes it an even more special day for maths lovers around the world.



Parent Teacher Night

Years 7,11 and 12

Monday 20th March 4pm- 7pm

Please book through the Sentral Parent Portal

Attendance matters means explaining all absences



If your child is:

- Sick
- Has a medical appointment
- Has to travel for family business
- Involved in Sorry Business



Let us know

So we can plan continued support for your child's learning and wellbeing

Every day matters

FREE

Build confidence and learn real-life defence skills with **Mel Thomas**

REGISTER NOW



 **19, 20 & 21
APR 2023**

 **ORANGE BATHURST
DUBBO GILGANDRA
WELLINGTON**

IN PARTNERSHIP WITH:



**Regional
NSW**



KYUP!PROJECT



**SOMETHING
DOESN'T
FEEL RIGHT!**

**Ages
11-22**



FREE HOLIDAY PROGRAMS!

**LEARN SELF
DEFENCE, BUILD
CONFIDENCE**

KYUP! Project is coming to Gilgandra, Dubbo, Wellington, Orange and Bathurst.

Award winning martial artist, Mel Thomas will share personal safety tips and simple self-defence techniques any teen can use, no matter their size or skill level. Using relatable examples of real-life scenarios – such as public transport, public places and parties this fun, safe, hands-on workshop focuses on setting boundaries and responding to conflict.

Participants learn to:

- Replace fear with confidence
- Trust their instincts and make smart choices
- Use the power of their voice to defuse dangerous situations
- Get away from a situation that doesn't feel right
- Fight back when needed
- Break the cycle of violence

**FREE ALL FEMALE WORKSHOPS
SPACES ARE LIMITED. DON'T MISS OUT!**

<p><u>GILGANDRA</u></p> <p>WED 19 APRIL MORNING 9AM-11:30AM</p> <p><u>DUBBO</u></p> <p>WED 19 APRIL AFTERNOON 2PM-4:30PM</p>	<p><u>WELLINGTON</u></p> <p>THU 20 APRIL MORNING 9AM-11:30AM</p> <p><u>ORANGE</u></p> <p>THU 20 APRIL AFTERNOON 2PM-4:30PM</p>	<p><u>ORANGE</u></p> <p>FRI 21 APRIL MORNING 9AM-11:30AM</p> <p><u>BATHURST</u></p> <p>FRI 21 APRIL AFTERNOON 2PM-4:30PM</p>
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MEL THOMAS
**The Driving Force Behind
KYUP! PROJECT**

As Australia comes together to try and address our current epidemic of domestic violence, one woman is using her own experience to help empower young people to find their voice and learn about positive relationships.

Mel Thomas is a writer, speaker, media commentator, mother of two girls and black belt with more than 20 years of martial arts experience in Hapkido, the Korean art of self-defence.

In 2013, Mel founded the KYUP! Project in response to a wave of child-on-child assaults and family violence reports in her local area. Pronounced KEY-UP! and named after a martial arts power shout, KYUP! is giving girls a voice.

As featured: [Prime 7](#) and ABC News.




"Mel embodies passion and strength and shares my goal to assist all girls and women to fulfill their potential."

LAYNE BEACHLEY
7 x World Surfing Champion



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