



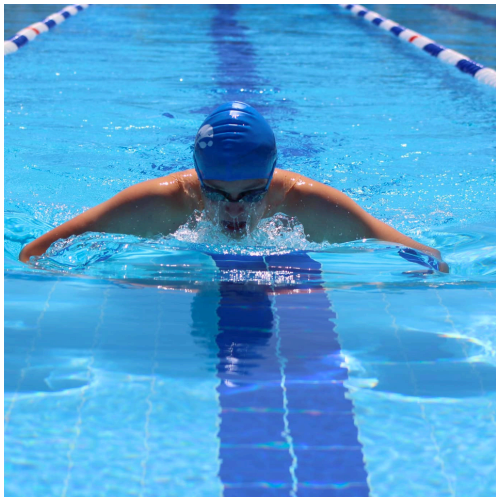
LAWSON'S LATEST

28 February , 2025 | Term 1, Week 5
THE HENRY LAWSON HIGH SCHOOL

Swimming Records Broken!

On Wednesday, February 19, the swimming carnival showcased outstanding performances from Penny Hughes, Dylan Forde, and the McCabe Under 16 relay team, which included Natalie Sheehan, Sienna Yerbury, Penny Hughes and Lisbeth Toole. Penny set an impressive five new records in the Under 14 Female category, while Dylan broke the 50-metre Backstroke record in the Under 15 category. In addition, the McCabe House relay team broke the record previously set in 2020.

In the final tally, McCabe claimed victory with an impressive total of 748 points. However, the true highlight was the spirit of competition, as participants from all houses displayed remarkable talent and determination in the pool.



parent
appointments
can be made on
02 6343 1390

THE HENRY LAWSON HIGH SCHOOL

DEAR YEAR 5 AND 6 PARENTS, YOU'RE INVITED TO OUR SCHOOL



*Appointments can be made with our Principal Mr Flagg on 02 6343 1390
for a discussion, questions and personalised tour of
The Henry Lawson High School.*



We are committed to fostering a high expectations culture for our students' academic growth and excellence.

We look forward to discussing how we can offer you and your child a happy and rewarding partnership in learning.

Year 7
2026



Year 8
2026



Year 8
2026



Meet Our 2026 Stage 4 Advisors Mr Dan Barclay, Ms Courtney Hunter, Mrs Sarah Osmand



49 South Street, Grenfell NSW 2810



02 6343 1390



henrylawso-h.schools.nsw.gov.au

CHALLENGE, ENCOURAGE, ACHIEVE

49 SOUTH STREET, GRENFELL NSW 2810 02 6343 1390 www.henrylawso-h.schools@det.nsw.edu.au

Swimming Records Broken



Event	Old record	New record
14U Female 100-metre Freestyle	Mikayla Hughes (2021) 1:08.55	Penny Hughes 1:07.31
14U Female 200- metre Freestyle	Mikayla Hughes (2021) 2:40.72	Penny Hughes 2:34.68
14U Female 50- metre Backstroke	Mikayla Hughes (2021) 37.04	Penny Hughes 35.94
14U Female 50- metre Breaststroke	Mikayla Hughes (2021) 40.35	Penny Hughes 38.25
U14 Girls 50- metre Freestyle	Mikayla Hughes (2021) 30.16	Penny Hughes 28.90
U16 Boys 50- metre Backstroke	Thomas Robinson (2018) 34.12	Dylan Forde 33.70
U16 Girls 200- metre relay	McNamara House (2020) 2:14.88	McCabe House 2:12.71

Congratulations to our swimming age champions

We are thrilled to announce the outstanding achievements of our students at the 2025 Swimming Carnival! A special congratulations goes out to our Age Champions, who demonstrated exceptional skill in the pool. Your hard work and dedication have truly paid off.



Swimming Carnival



Year 12 Legal Studies Canberra

On Friday the 21 February, Year 12 Legal Studies travelled to Canberra as part of the Crime unit of the HSC curriculum. Students visited three different levels of court on the day, The ACT Magistrates Court, The ACT Supreme Court and the High Court of Australia.

Students were able to observe trial procedures for a number of different offences (some very serious) including closing arguments in a jury trial, a sentencing hearing, and a bail application.

They were also able to see the roles of different people inside a working court room such as judges, solicitors, barristers and court officers. In one courtroom the judge sensed that we were watching a fairly dry proceeding, so she stopped the hearing to find a court with something more exciting for the students. Needless to say we were quite appreciative.

Students were also given a guided tour of the High Court of Australia, where they discussed important decisions made by the court such as the Mabo decision.

Courtrooms can be very intimidating and overwhelming places and the students handled themselves respectfully, showing themselves to be great representatives of the Henry Lawson High School.



Congratulations Ryan Toole

A big congratulations to Ryan Toole, who was successful in gaining a position in an engineering residential program during the April holidays. The Cochlear Autumn School of Engineering is a 4-day immersion into the world of Engineering which has been running for 8 years - It is organised by Engineers Australia and supported by the Office of the NSW Chief Scientist & Engineer and Cochlear. The program is a collaboration between Engineers Australia and 4 of Sydney's Engineering universities and 4 Industry partners. We wish Ryan all the best and can't wait to hear all about it.



Lions Youth of The Year

I am proud to share the outstanding achievements of our students who recently participated in the Lion's Youth of the Year competition. Each participant showcased remarkable talent and dedication, representing our school with pride and distinction.

Ryan Toole captivated the audience with his thought-provoking presentation on "AI: Benefit or Detriment?" He skillfully navigated the complexities of artificial intelligence, encouraging us to consider both its advantages and potential challenges.

Bridie Forde delivered a compelling speech titled "Rethinking Refugees," where she highlighted the importance of empathy and understanding in our discussions about refugees. Her insights prompted us to reflect on our roles in fostering a more inclusive society.

Ella Mitton shone a light on "Women in Agriculture," emphasising the vital contributions of women in this field. Her passionate advocacy for gender equality in agriculture inspired us all to recognise and support the efforts of women in every industry.

Xanthe Johnson tackled the topic of "Unreliability in Media," urging her audience to critically evaluate the information presented to us in today's digital age. Her presentation was a powerful reminder of the importance of media literacy.

Harmony Hua concluded our presentations with her insightful discussion on "Australia, What Are Our Rights?" She eloquently articulated the significance of understanding our rights as citizens and the responsibilities that come with them.

We are incredibly proud of each of these students for their hard work, commitment, and eloquence. They should take great pride in their accomplishments and the way they represented our school. Their efforts not only showcased their individual talents but also highlighted our school's commitment to fostering critical thinking and public speaking skills.

Congratulations to Ryan Toole, who took home both the Public Speaking prize and was also declared the overall winner of the competition. Ryan will go on to represent the Grenfell Lions Branch in Cowra next weekend, and we wish him all the best!



THE HENRY LAWSON HIGH SCHOOL

School Expectation Draw

Congratulations to the five students who received a \$5 canteen voucher in the weekly draw.

Reward tickets are issued to students in recognition of meeting our whole school expectations of **Prepared**, **Improving**, **Respectful**, **Positive** and **Responsible**.

The Whole School Expectations are designed to support student understanding and engage positive and respectful relationships, while contributing points to their house.



Week 4

Responsible Heidi Morley, Positive Riley Dennis,
Prepared Savannah Bruce, Improving Riley
Bowerman, Respectful Ryan Toole



Week 5

Responsible Heidi Morley, Prepared Baxter
Sheehan, Positive Elijah Roe, Respectful Oliver
Dun, Improving Samuel Smith

Raise Your Voice

Tuesday, 10 December marked an important day for The Henry Lawson High School with the inaugural running of our internal Public Speaking Competition. Students delivered speeches on topics of their choosing and challenged themselves to respond to an impromptu topic. The calibre of both the speech and impromptu sections speaks volumes about the talent and insights our students possess on a range of subjects. "Raise Your Voice" was a resounding success and will be recurring in 2025. A huge thankyou to our judges on the day Carol Hargrave and Peter Moffitt and congratulations to our winners of the senior and junior sections Harmony Hua and Adelaide Nowlan. Harmony and Adelaide will now be invited to represent the school at an annual Public Speaking Competition run by the Arts Unit.



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THE HENRY LAWSON HIGH SCHOOL

School Calendar Term 1 2025

Term 1 2025	Week	Monday	Tuesday	Wednesday	Thursday	Friday
February	2 A					
		3	4	5	6	7
February	3 B			200m freestyle and IM		
		10	11	12	13	14
February	4 A		400m Freestyle	Swimming Carnival		Year 12 legal studies Canberra Excursion
		17	18	19	20	21
February/ March	5 B		Mt Kosciuszko YR 12 geography excursion	Mt Kosciuszko YR 12 geography excursion	Mt Kosciuszko YR 12 geography excursion	Mt Kosciuszko YR 12 geography excursion
		24	25	26	27	28
March	6 A					
		3	4	5	6	7
March	7 B					
		10	11	12	13	14
March	8 A					
		17	18	19	20	21
March	9 B					School Photos
		24	25	26	27	28
March/ April	10 A					
		31	1	2	3	4
April	11 B					
		7	8	9	10	11

CHALLENGE, ENCOURAGE, ACHIEVE

Reminders

Henry's Homework Hub



Henry's Homework Hub will be available to all students every Tuesday afternoon from 3:30pm - 4:30pm

Our first afternoon will be Tuesday 4 March 2025

Students are invited to attend to receive help with their homework, assessment task planning, or just come along to use this time to complete schoolwork. We will meet in the library straight after school, with a light afternoon tea on offer to refuel those brains.

The Homework Hub will be staffed by Ms Vanessa Knight, with various staff members also assisting throughout the year.

We are looking forward to working with your Students!



P&C Meeting

Tuesday 4 March 2025

5:30pm

All Parents and Carers are welcome!

📍 School Library

The Henry Lawson High School

Western Representative Sports

PLEASE SEE MR BARCLAY IF YOU ARE INTERESTED IN TRIALLING FOR ANY OF THE FOLLOWING WESTERN REPRESENTATIVE SPORTS:

- Netball (Open Girls) - Thursday 27th March (at Gala Day) - Week 5
- Swimming - Thursday 6th March - Week 6
- Rugby (Open Boys & Girls) - Tuesday 11th March - Week 7
- Touch (Open Boys & Girls) - Wednesday 19th March (at Gala Day) - Week 8
- Lawn Bowls (Opens) - Friday 21st March (at Gala Day) - Week 8
- Soccer (Open Boys) - Monday 24th March - Week 9
- Rugby League (Girls u16 & Opens) - Tuesday 25th March - Week 9
- Rugby League (Girls u15 & Opens) - Wednesday 26th March - Week 9
- Soccer (Open Girls) - Monday 31st March - Week 10
- Squash (Opens) - Tuesday 1st April - Week 10
- Swimming NSWCHS - 7th - 9th April - Week 11



English/ History Assessment Reminder

- Year 12 English Studies: We Are Australian imaginative and reflective writing due 7th March (week 6)
- Year 12 Ancient History: Julius Caesar historical analysis due 7th March (week 6)
- Year 12 Modern History: Russia and the Soviet Union historical analysis due 18th March (week 8)
- Year 11 English Advanced and Standard: Read to Write persuasive and creative writing due 8th April (week 11)
- Year 11 Ancient History: Nature of Ancient History essay due 21st March (week 8)
- Year 11 Modern History: Cuban Revolution historical narrative and analysis due 4th April (week 10)
- Stage 5 English: Voices in Protest poem composition due 6th March (week 6)
- Stage 4 English: A History of Poetry analytical paragraphs due 9th April (week 11)

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Reminders

NSW Education Standards Authority



NAPLAN 2025 parent and carer information

Suggested school newsletter or email content

Each year the National Assessment Program – Literacy and Numeracy (NAPLAN) is sat by students in Years 3, 5, 7 and 9. Students will participate in tests for writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

NAPLAN 2025 will take place from **Wednesday 12 March** to **Monday 24 March**.

NAPLAN is just one part of our school's learning assessment program. The tests assess literacy and numeracy skills your child is already learning at school, so the best preparation is their everyday classroom learning. Our school will also undertake activities to help students become familiar with the types of questions and tools available in the online tests.

The public demonstration site (<https://www.nap.edu.au/online-assessment/public-demonstration-site>) is available for you to see the format of the online tests.

Further information about NAPLAN is available on the NESA website (<https://www.nsw.gov.au/education-and-training/nesa/naplan>) and the NAP website (<https://www.nap.edu.au/naplan/for-parents-carers>).

If you have any questions about NAPLAN, please contact your child's teacher.

Congratulations Country Education Foundation of Grenfell Recipients



Harry Forde - Certificate III -
Mobile Plant Technology TAFE.



Hamish Baker - Bachelor of
Education (K - 12) - Charles Sturt
University.



Kaitlyn Mitton - Bachelor of Human
Rights, Criminology and Criminal
Justice - Australian Catholic
University.



Annabella Taylor - Bachelor of
Nursing - University of
Wollongong.



Alana O'loughlin - Bachelor of
Medical Science - Anatomy and
Physiology - Western Sydney
University.



Dale Ryan - Bachelor of Politics
and International Relations -
University of Canberra



Michelle Walker - Bachelor of
Education (Technology and Applied
Studies) - Charles Sturt University.



Brodie Loader - Certificate III in
Carpentry - TAFE

Where Are They Now - Danielle Smith

I graduated from The Henry Lawson High School in 2013, where I was actively involved in the School Band, Choir, and various sporting teams and competitions. These extracurricular activities helped me develop new skills and taught me how to balance my time between schoolwork and other commitments. PDHPE was definitely my favourite subject. I've always enjoyed playing sports, but I also found learning about how the body works fascinating. I enjoyed Physics in Years 11 and 12 as well; despite the challenges, I appreciated learning how things function and interact with one another.

I am currently working at a global nutrition company, Herbalife Australia & New Zealand, as an Events Manager. My role involves planning and executing conferences for Herbalife members across Australia and New Zealand. The path I've taken to get here hasn't been exactly direct! I initially studied a Bachelor of Exercise Science and Sports Management at Charles Sturt University in Bathurst, following my passion for health and fitness. It was difficult to find a solid opportunity in the sports industry early on, but my first full-time role was with Water Polo NSW, which I held for three years. I then moved on to Rugby Australia, which I was very excited about—until COVID hit. Unfortunately, I was made redundant from my role at Rugby AU, which was tough to handle. However, during the lockdowns, I explored several other job opportunities and eventually found my way to Herbalife, where I've been working for the past three and a half years.

If I could go back in time, would I do anything differently? I don't think so. I'm a firm believer that everything happens for a reason. At the time of my redundancy, it was hard to see, but looking back, I now realise that it was a blessing in disguise. I had to remind myself that I wasn't the only one facing challenges during that period. Although I'm not currently working in the sports industry, this experience has led me to develop a keen interest in events management, allowing me to expand my skill set.

My advice to anyone graduating high school, starting a full-time job, or heading off to university is: Always be open to new opportunities, embrace change, and take your time to figure out your path. Life is too short to stay in your comfort zone—don't be afraid to explore your full potential.



Community News and Events



The Cargo to Grenfell Walk is a registered fundraising event that takes place annually in March between the two regional towns of Cargo and Grenfell NSW.

Participants are put to the test of both mental and physical endurance during the 96km trek with the aim to raise awareness and funds to increase education around mental health wellbeing and suicide prevention. As a community-based event, we would love to see the locals of the Central West come on board and register for the event, supporting a great cause to improve mental health awareness & resources within Central West NSW.

The 2025 C2G Walk is scheduled Thursday 13th to Saturday 15th March 2025. There are registration options to enter as an individual or a team and to complete the full 3 days, any 2 days or any 1 day of the event! We're proud to have the Head Strong Foundation as our beneficiary again this year. Every step we take helps support their mission to provide mental health support and raise awareness for those in need. You can find out more information about The Head Strong Foundation by heading to the website:

<https://www.headstrongfoundation.com.au/>

Become a part of the C2G Walk vision today, there are numerous ways to support the event including:

1. Registering and complete the C2G Walk
2. Volunteering for the C2G Walk
3. As a business, sponsoring the C2G Walk
4. Contributing any goods/services that will benefit the C2G Walk E.g. Water, Massage Therapy or Nurses
5. Donating to the C2G Walk through our website, which will go directly to the Head Strong Foundation
6. Attend any community events supporting the C2G Walk E.g. Trivia Night at Gooloogong, presentations etc.
7. Buy tickets in any raffles that are running to support C2G Walk

For more Information or to register scan the QR Code >>>

OR head to our website: www.c2gwalk.com



Any questions about the event, registration or if you would like to be involved as a volunteer, please contact Toby Barons on 0421 880 088 or email c2gwalk@gmail.com



Cargo2Grenfell



c2gwalk



CHALLENGE, ENCOURAGE, ACHIEVE

Community News and Events

GLOW IN THE DARK

SILENT DISCO

GRENFELL BOWLING CLUB

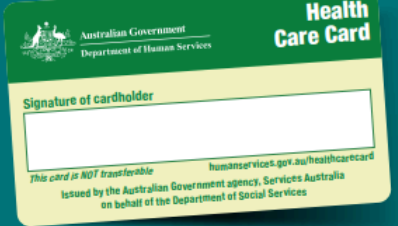
WED | 16 | APRIL

5PM – 6:30PM: 7 - 11 years
7PM – 9PM: Highschool Aged

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Bookings Essential
 via (02) 6343 2059 or
info@visitweddin.com.au

 **WEDDIN**



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For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

 **saverplus**





Book your free breast screen at our mobile van in Grenfell



Where
 Vaughan Park,
 Melyra Street, Grenfell

- 20 minutes could save your life
- Female radiographers
- It's FREE and no referral is required



When
Wednesday 9 April to
Wednesday 7 May, 2025

Call us on
13 20 50
 or book online at
breastscreen.nsw.gov.au



We recommend women aged 40+ have a breast screen every two years.
 Book your free breast screen online at book.breastscreen.nsw.gov.au
 or call 13 20 50.



Grenfell Art Gallery

FROM OUR HANDS TO THE CANVAS

BY GRENFELL ARTISTS INC



31 JANUARY - 12 MARCH 2025
GRENFELL ART GALLERY

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