Royal Easter Show Exhibit
Congratulations to Ms Heap and her team of students, parents, ex-students and community supporters. Our entry in the School Exhibit Display came second. We represented Western Region which extends from Sydney to Broken Hill; a very large area to represent. We have continually raised the bar with the standard of the exhibits. I would like to especially mention Carly Vanden Dool, Emma Longworth, Dean Van Wyk and Anna Wilmshurst who were key student leaders in this project. Our students have had the opportunity to develop so many skills by participating in this activity—team work, communication and organisational skills, the design process—as well as having a great deal of fun. We received a letter of congratulations from the National Children’s Commissioner for providing our students with an opportunity to learn in a collaborative environment. A copy of the letter is in this newsletter.

In the Poultry School Egg Laying Competition we came eighth in the Hy-Line Commerical Layers—Eggs. Schools from across the state entered this completion. Eggs were collected for the first ten days of the Show and were judged on criteria such as shape, texture and colour.

Sporting Participation and a very Successful Season
One of our values is participation— we encourage our students to have a go and do their best. It is wonderful to see so many students entering grade and knock-out sporting. Our grade sporting teams have had a successful summer comp; competing against the schools in our sporting zone: Model Farms, Baulkham Hills, James Ruse, Northmead, Cumberland and Greystanes. Eight teams made it to the Grand Finals: Open Boys Baseball, Open Boys Cricket, Open Girls A Volleyball, Open Girls B Volleyball, 15 Girls A Netball, 15 Girls B Netball, 15 Girls A Volleyball and Open Girls Oztag.
Congratulations to those teams and the teachers who have coached teams and reffed games. Next term we commence Winter Sport. A list of sport and recreational activities and their costs is included in this newsletter. I thank Ms Edmondstone and Ms Nettle for their ongoing encouragement and organisation of sport at Muirfield.

Congratulations to the following students who are participating in Combined High School competitions.

Hamish Campbell-Whittaker Year 9 & Jessica Swadling Year 8 — participating in the Australian Secondary Schools Sailing Championship

Chris Bednar Year 7 — selected for the NSW Combined High Schools Team for Diving

Aisling Klimoski Year 10 — Girls Sydney West Hockey team to play at the NSWCHS Hockey State Championship
Lauryn Brown Year 8, Baylee Forbes Year 11, Louise Smalley Year 11, Bridget Lowry Year 11 — NSW CHS Swimming Championships (The girls came 6th in the final of the 17+ 4X 50m freestyle relay.)

Malachi Mashiah Year 8, Harleigh Grey Year 9, Norton Grey Year 7 — Boys Sydney West Hockey team to play at the NSWCHS Hockey State Championship.

School Development Days—Term 2
Next year sees the introduction of new NSW syllabuses for the Australian Curriculum. English, Mathematics, Science and History will have new syllabuses for Years 7 & 9. In 2015, Years 8 & 10 will begin the new studies. Primary schools are also introducing the new syllabuses, with a slightly different timeline. The NSW government has given all schools an extra School Development Day to assist in planning for the new syllabuses. As a result Monday 29 and Tuesday 30 April will both be School Development Days and students do not need to attend. All students resume school on Wednesday 1 May.

The new syllabuses give faculties an opportunity to review their existing programs and, as well as ensure they meet Board of Studies and Department of Education requirements, integrate strategies to engage and challenge our 21st century learners. Teachers have already had professional learning on the capacities and skills our young people need.

Raising Adolescents
A question that I am often asked is, “How do you deal with so many teenagers?” It is often prefaced with, “I have enough difficulties with two” (or how ever many are in the family). I am in the lucky position of loving my job as I love working with teenagers – the enthusiasm at learning something new and the energy they throw at things sustains most teachers. I am doubly lucky to be at Muirfield where most of our students cooperate most of the time. Of course, there are many moments of heightened emotion and all adolescents test the boundaries as they work towards independence.

Parenting teenagers is not an easy task and has been made even more so by the explosion of social media and its promotion of self-interest.

All parents want what’s best for their child. The difficulty arises in identifying which parenting style to use. Add in individual differences and the different stages of adolescents and it can become difficult, even without other outside pressures from society. As professionals, teachers continually undertake training, self-reflection and professional reading to engage students; to set up classrooms as safe places in which students are able to learn and make mistakes; and to redirect students when they breach rules. Parents are not often able to access that level of support and training.
“Helicopter parenting” has been a popular topic in the media. No one actually puts their hand up and says they are a helicopter parent, especially not a fast response Westpac Careflight. Most parents who are quick to respond to their child’s demands are operating out of love and an attempt to make their child’s life easier, not to stop their child learning. And the million dollar question is: what is the best balance between doing something for my child and expecting them to do it for themselves. There are bonus points for parents of teenagers on how much is the right amount of freedom. How many times have you heard, “But everyone else’s parents let them”?

Researchers at Queensland University of Technology have undertaken a study into the concept of overparenting. (Available at: http://eprints.qut.edu.au/55005/2/55005.pdf) The report concludes that overparenting has the potential to ruin a child’s confidence and undermine growing independence. I read a response to the QUT research paper which succinctly expressed some of my concerns. Jess Lahey, in Why Parents Need to let their Children Fail” writes:

What worry me most are the examples of overparenting that have the potential to ruin a child's confidence and undermine an education in independence. According to the authors, parents guilty of this kind of overparenting “take their child's perception as truth, regardless of the facts,” and are "quick to believe their child over the adult and deny the possibility that their child was at fault or would even do something of that nature."

This is what we teachers see most often: what the authors term "high responsiveness and low demandingness" parents." These parents are highly responsive to the perceived needs and issues of their children, and don't give their children the chance to solve their own problems. These parents "rush to school at the whim of a phone call from their child to deliver items such as forgotten lunches, forgotten assignments, forgotten uniforms" ... One study participant described the problem this way: I have worked with quite a number of parents who are so overprotective of their children that the children do not learn to take responsibility (and the natural consequences) of their actions. The children may develop a sense of entitlement and the parents then find it difficult to work with the school in a trusting, cooperative and solution focused manner, which would benefit both child and school.

I'm not suggesting that parents place blind trust in their children's teachers; I would never do such a thing myself. But children make mistakes, and when they do, it's vital that parents remember that the educational benefits of consequences are a gift, not a dereliction of duty. Year after year, my "best" students - the ones who are happiest and successful in their lives - are the students who were allowed to fail, held responsible for missteps, and challenged to be the best people they could be in the face of their mistakes.

In my 25 years of teaching, I have noticed a rise in the number of parents who seem to either do tasks for their child (such as bringing in forgotten equipment, completing assignments or talking with teachers about things such as extensions on assessment before the child has approached their teacher) or defend the actions of their child no matter what evidence and explanation is presented by the school. Sometimes it comes from not wanting to accept the parenting challenge of making the tough call and being a parent, not a friend at home; sometimes from believing they are protecting their child. If we do everything for our children, how will they ever learn to do it for themselves?

As I wrote at the start, parenting is not an easy task. Later in the year, Ken Byrne, our school counsellor, will address the P&C on raising adolescents and the changing adolescent brain. More information will be given closer to the meeting.

Farewell Mrs Homes-Walker
After 38 years with the Department, of which 25 years were spent at Muirfield, Mrs Holmes-Walker is retiring. We thank her for her work guiding our students and wish her all the best for the future.

Jennifer Reeves
FROM THE DEPUTY PRINCIPAL: MS ANDERSON

Swim School

During Week 8 all of Year 8 participated in our Swim School program at Parramatta Swimming Pools. The students were very fortunate to have beautiful weather for the week.

Swim School is part of the PDHPE course, Water Safety program, which allows students to meet the necessary outcomes in a fun and practical way. I would like to thank all the PDHPE staff, and especially Mr Wilcox, for organising this event. These excursions take many hours of organisation and are something that staff take upon as an extra to their normal teaching load.

I was very proud when a beaming Miss Nettle came to see me on the last day, to not only tell me how impressed all the swimming instructors from Parramatta pool were with the Muirfield students (best group ever!), but to also report how a student found a phone in the change rooms and handed it into the teacher. Sometimes we can get too focussed on the negative things that happen, that at times we forget to focus on the positives aspects of our lives. I must say it was a very positive phone call I had to make. It is always a happy moment when I ring home to let a parent know how wonderful their son is. At first there was that very apprehensive greeting when I said “Hello it Sonja Anderson from Muirfield High School calling…”, but luckily the hesitant greeting soon faded once the good news was delivered.

Congratulations to all Year 8 for the positive image you displayed during Swim School. We all very proud of you!

Harmony Day

Muirfield HS held its annual Harmony Day on 21 March. Harmony Day is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land, to those who have come from many countries around the world. We celebrated our Harmony Day with a student run assembly showcasing an array of student talent, all bringing the message of Harmony Day through different art forms. The message of: Many Stories – One Australia. Our Australian Story is diverse. We come from many countries around the world. We each make up the pages of the bigger Australia story we share today.

Basically the message that the team of teachers organising our Harmony Day promotes is that no matter where you come from is that everyone belongs.
By participating in Harmony Day activities, our students can learn and understand, how all Australians from diverse backgrounds equally belong to this nation and enrich it. I would like to take this opportunity to thank all those staff members and students that worked tirelessly to get the assembly up and running. These people were: our student performers and those students that ran the assembly, Mrs. Brown, Ms. McIntosh, Ms. Walker, Ms. Ng, Ms Wong, Ms Uppal, Ms Mutreja, Ms Miller and her stage crew.

Year 10 Information Evening

On Tuesday 9 April Year 10 parents and students were invited to an Information Evening explaining the changes to the School Certificate and what does the RoSA mean to them. Information was given about how the RoSA will impact on the type of credentials that students will now receive from the Board of Studies and how students can access their RoSA. Students were also informed how the RoSA grades they receive in Year 10 and the grades they will receive in Year 11 will all be shown on the one credential.

Year 10 students were able to listen to Taren Bettler, last year’s dux, on how studying at Muirfield helped her achieve her goals. Taren was able to share her story about how her path changed many times along the HSC journey, but with the support from family and the expertise of the school she was still able to achieve her goal. Parents were also introduced to our new Head Teacher of Senior Studies, Mr Finlay. He outlined to parents and students a description of what his role is within the school and that is, to support all of our senior students during their HSC year and ensure that all students are working to their potential.

Holiday Jobs for kids who say “I’m Bored”

1. Print off all their notes etc. from their laptop. Print these out and stick them into their notebook in the correct order. This means combining handwritten notes, handouts and laptop files into content specific sections.

2. Jump onto the School Calendar and ensure that all the terms assessment tasks (if they have been published) are added to their personal study calendar. If they do not have a calendar to plot out tasks use their homework diary calendar.

3. Tip everything out of their school bag and give it a hose out (the only word that comes close to describing the bottom of some bags is GROSS!)

4. Try on the individual pieces of their uniform. If it is too small, too tight or too short pack it up for the uniform shop so it can be given to someone who is smaller, slimmer or has shorter legs.

5. Go through their laptop and file things by subject. Get rid of unneeded media files and sort things by the subject and topic.

6. For great activities to keep the kids gainfully occupied check out the informative Go Play website which is full of ideas for kids aged up to 18 years. You can search by age, activity, region, date, time and by government organisation. Go to: www.goplay.nsw.gov.au

I would also like to take this opportunity of wishing Mrs Holmes-Walker all the best for her retirement.

Sonja Anderson
**FROM THE DEPUTY PRINCIPAL: MR GRANT**

**‘Clean Up’ Australia Day – Thursday 7 March**

On Thursday 7 March, Muirfield High School Year 7 students held their own version of ‘Clean Up’ Australia. Armed with plastic gloves and a number of large garbage bags they set about collecting as much rubbish from around the school groups as possible. After 20 minutes of furious garbage collection, all classes returned to the COLA area to weigh their collected rubbish. Mr Turner and his tractor were on hand to lift the bags that each class gathered, with 7B collecting 15 kilograms of rubbish from the front area of the school. They narrowly beat out 7Y for the honour of being the number one class in Year 7, by a mere 2 kilogram margin. Both classes were congratulated for their outstanding efforts and contribution to ‘Clean up Muirfield’, receiving ice blocks and some mini-muffins for morning tea the following day. Together all classes collected over 40 kilograms of rubbish, and they were all complemented by Ms Reeves for their terrific efforts.

![Mr Turner weighing the collected rubbish](image1)

![Year 7 students collecting rubbish](image2)

**Open Classrooms – Tuesday 2 April**

On Tuesday 2 April, we welcomed over 50 families and 60 parents of our current Year 7 students. They observed the the last 20 minutes of Period 1 classes conducted by Ms Denny, Ms Uppal, Ms Kurian, Mr Dark and Ms Kumar in subject areas of Science, History and Mathematics. We then enjoyed morning tea together before they again set off to observe Period 2 lessons taught by Ms Bardak, Ms Bootes, Ms Burton, Mr Ballard, Mr Turner and Mr Carey, in the subject areas of History, English, Textiles, Wood, Agriculture and Design and Technology.

I would like to personally thank and acknowledge all staff involved in this activity and all the parents who attended. It was reassuring to see so many parents take this opportunity to continue the educational partnership with Muirfield High School. Parents who were unable to attend should have received their child’s interim reports in the mail. Please contact the school if you have any queries.

**Interested in Learning to Play a Musical Instrument?**

If you learn a musical instrument either at school, at home or elsewhere and would like a bit of extra tuition this school holidays then you might consider supporting Dural Music Centre and Teaching Services Australia in their efforts to raise money for Variety, The Children’s Charity. April 23 will see DMC studios host a day of tuition with TSA/DMC staff donating their time so that **all tuition fees collected will be passed on in full to Variety**.

Tuition available on all instruments including guitar, piano/keyboard, woodwind, brass and percussion. All donations are tax-deductible and will be passed on in full to *Variety, The Children’s Charity*.

For further information email steve@teachingservices.com.au, visit www.teachingservices.com.au or call (02) 9651 7333.
Muirfield Matters

Term 1 Week 11 Page 7

2013 Zone Swimming News

Muirfield came 3rd.
2 age champions - Baylee Forbes (16 girls) and Harry Fowler (13 boys)

The following students broke the Hills zone records.

Lauryn Brown – 14 girls 200m Freestyle
  14 girls 100m butterfly
  14 girls 100m backstroke
Louise Smalley – 17+ girls 100m butterfly
Baylee Forbes – 16 girls 100m butterfly
  16 girls 50m Freestyle
Alessio Nogarotto – 17+ boys 50m freestyle
13 boys 4x50m freestyle relay – Archy Fowler, Harry Fowler, Sean Lowry, tom Hunt
14 girls 4x50m freestyle relay – Lauryn Brown, Sabrina Trohidis, Sophie Russell, Isabel Barton
17+ girls 4x50m freestyle relay – Bridget Lowry, Baylee Forbes, Louise Smalley, Amelia Napier

Important Sports Dates for 2013

Term 2

School Cross-Country (PDHPE Classes) – Tuesday 30th April to Friday 3rd May (Week 1)
School Athletics Carnival – Friday 17th May (Week 3) – A.H. Whaling Reserve
Zone Cross-Country Carnival – Wednesday 29th May (Week 5) – Macquarie University
Zone Athletics Carnival – Tuesday 11th and Wednesday 12th June (Week 7) – Homebush IAC
Regional Cross-Country Carnival – Friday 14th June (Week 7) – Eastern Creek

Term 3

Regional Athletics Carnival – Thursday 25th and Friday 26th July (Week 2) – Blacktown
CHS Cross-Country Carnival – Friday 19th July (Week 1) – Eastern Creek
CHS Athletics Carnival – Friday 6th, Saturday 7th and Sunday 8th September (Week 8) – Homebush IAC

2013 Sydney West Swimming Carnival Results

Over 50 schools competed in the carnival and Muirfield came 16th.
The following students did extremely well.

• Baylee Forbes: 50m Freestyle 1st, 100m Freestyle 1st, 100m Butterfly 1st WITH A NEW RECORD!
• Alessio Nogarotto: 100m Breaststroke (Boys 17-21) 1st
• Bridget Lowry, Baylee Forbes, Louise Smalley, Amelia Napier: 4 x 50m Freestyle 1st
• Harry Fowler: 100m Freestyle 4th
• Louise Smalley: 50m Freestyle 4th, 100m Breaststroke 4th
**2nd Prize**
3 April 2013

Ms Jennifer Reeves
Muirfield High School
Barclay Road
North Rocks 2150

Dear Ms Reeves

Congratualtions from the National Children’s Commissioner

I am writing to congratulate Muirfield High School for participating in the Schools District Exhibit competition at the Sydney Royal Easter Show.

The time and energy that your students and staff have dedicated to create this impressive display is commendable.

As Australia’s first national Children’s Commissioner, I want to see that all schools provide a safe and happy learning environment for students. The successful collaboration of your students and staff to produce this incredible display is an excellent example of this.

I give my warm congratulations to all those involved. I have also placed a photograph of your display on my Facebook page which you can visit via www.facebook.com/MeganM4Kids.

Yours sincerely

Megan Mitchell
National Children’s Commissioner

T +61 2 9284 9730
F +61 2 9284 9794
E megan.mitchell@humanrights.gov.au
On Friday 22 March the Sydney based physical theatre company *Legs on the Wall* ran an excited and energetic workshop with Year 9, 11 and 12 Drama in the Drama Room. Some of the after school Year 10 Drama Intensive students also participated in the workshop. The students were fortunate to have Kate as their instructor. Kate has worked and toured with the company for many years, she is also a trained circus performer. *Legs on the Wall* creates physically skilled and visually remarkable theatre. Their productions tell stories that fearlessly explore movement on stage and play with ideas. Like their audiences, Kate took the students into new territories of physical theatre and exposed the students to a creative and unique performance experience.

The students spent two hours walking in all sorts of physical forms, creating living museum pieces, making animal noises as they searched for their pair with their eyes closed, made human pyramids and used their bodies in ways they never thought they could as performers. The room was filled with delightful laughter and a sense of strong team work as they worked together through a myriad of activities. One of the most rewarding experiences I found as their Drama teacher, was watching this group of students coming together in a positive and creative manner to experience this fun, yet challenging theatre form.
Muirfield High School
Saturday 25th May

Books
Food
Coffee
Entertainment
Pre-loved treasures
Lollies
Bric-a-Brac
BBQ & Sausage Sizzle
Clothing
Cakes
Jewellery
Pot Plants

$30 per stall
To Book call Karin on
0425 354 924
NAPLAN 14 - 16 May 2013

Letters about the NAPLAN tests were emailed to all parents of students in Year 7 and 9 last week.

The National Assessment Program - Literacy and Numeracy (NAPLAN) will be completed by all students in Years 3, 5, 7, & 9 in all government and non-government schools to assess the literacy and numeracy learning of students in all Australian schools. The results of these tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student’s right to privacy is maintained.

The Tests

<table>
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<tr>
<th>Date</th>
<th>Subject</th>
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<tbody>
<tr>
<td>Tuesday 14th May</td>
<td>Language Conventions &amp; Writing</td>
</tr>
<tr>
<td>Wednesday 15th May</td>
<td>Reading</td>
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<tr>
<td>Thursday 16th May</td>
<td>Numeracy</td>
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In the Numeracy tests students do not require any measuring tools such as rulers or protractors. There will be two Numeracy tests: calculator and non-calculator. For the calculator test, students use the calculator that they currently use at the school. For more information, please contact Mr. David Highman NAPLAN Coordinator at the school, or see [http://www.nap.com.au/](http://www.nap.com.au/)

Easter Raffle

During the last half of this term, Year 12 ran a very popular raffle. The winner of which walked away with not 1, but 2, 60cm talk chocolate Easter bunnies, 1 milk, 1 white. The very lucky chocoholic who won it was none other than the mother of our school captain, Justin Whittle. If the draw hadn’t taken place in front of a very large group of students and with our Principal Ms Reeves drawing the winning ticket, some may question just how desperate was Justin to spend Easter enjoying some quality bunny chocolate?

Year 12 thanks all those that bought tickets or even books of tickets in the hope of taking the bunnies home. They raised over $700 towards their formal.

Stay tuned for even more Year 12 organized fundraising, Athletics day breakfast and BBQ, Slave day, and car wash.
World Book Day was celebrated in the Library on 7 March 2013 with a display of classic fiction from around the world and with a Brilliant Book Quiz for students to enter.

The winners Taryn Muehlbacher and Matthew Swain of Year 7 received book token prizes donated from Five Senses in North Rocks and The Children’s Bookshop in Beecroft.

Each year as part of the Leadership Program, Library Prefects are selected from Year 7 students who have successfully completed a training program with Mrs Graham, the Library Assistant. The 2013 Library Prefects are Shona Eshed, Nikta Ezabadi, Brigitta Hargitai and Marcus O’Neil. This is a certificated program which is included in their student portfolio.

The Peer Tutor Training Program is entering its 11th Year in the Library, a program in which Year 10 students participate in “Literacy Volunteer Tutoring (Schools) TAFE NSW” at Lidcombe TAFE. Peer Tutors complete the Fieldwork component by tutoring a Year 7 student during Roll Call each day. This is ongoing throughout the year and will total approximately 28 hours.

Each Year 7 student has their personal Year 10 tutor for three terms doing work in different subject areas. In Term 2 they will be working on Science worksheets provided by the Head Teacher Science, designed to reinforce both grammatical structures and Science concepts.

The participating students are Tim Bain, Shantelle Burke, Charlotte Davies, Amy Dubois, Ingrid Eves, Emily Henriksson, Nathan James, Emma Longworth, Ragini Sood, Kate Stollery, Carly Vanden Dool, Anna Wilmshurst and Ben Wilson.

Alan Chivers from Learning Support will be supervising the Peer Tutoring Program from Term 2.

I will take this opportunity to farewell our Muirfield community as I am retiring at the end of Term 1. I have enjoyed my time as teacher librarian working with dedicated teachers and enthusiastic students who are also great readers. In 2012 we had 50 students who completed the Premier’s Reading Challenge in their Year 7 library lessons. This marked eleven years of Muirfield High School’s participation in this valuable challenge.

I have also appreciated the considerable support provided by the Parents and Citizens of Muirfield who have helped to make the Ray Stanton Library what it is today.

Ailsa Holmes-Walker, Teacher Librarian

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**Parent-Teacher Nights**

We will now be doing Parent-Teacher booking on line. Please check that your portal log-in works. You will need this access to make Parent-Teacher bookings. More detailed instructions will follow early next term.

- Years 7, 11 and 12 - Tuesday 21st May (Term 2 Week 4)
- Years 8, 9 and 10 - Thursday 1st August (Term 3 Week 3)
**Winter Sports**

Winter sports are as follows.

All away games will cost $8 for the bus. Students are to pre-purchase bus passes with 3 or 5 trips ($24 & $40 respectively) through the front office.

**Boys Grade Sport**

- **Soccer**
  - Open A
  - Open B
  - 15 A
  - 15 B
- **Volleyball**
  - Open A
  - Open B
  - 15 A
  - 15 B
- **Oztag**
  - Open A
  - Open B

**Girls Grade Sport**

- **Soccer**
  - Open
  - 15
- **Basketball**
  - Open A
  - Open B
  - 15 A
  - 15 B
- **Touch**
  - Open A
  - Open B
  - 15 A
  - 15 B

**Recreational Sport**

- **Ice Skating** Cost $8/week plus bus pass ($8/week)
- **Tennis** Cost $4, no bus pass required
- **Gym** Cost $4, no bus pass required
- **Table Tennis** No cost, no bus pass required
- **Theatre Sports** No cost, no bus pass required
- **Walking** No cost, no bus pass required
- **Ball Sports** No cost, no bus pass required
Teaching the Adolescent Brain
Tuesday 21st May 2013 - 6.00pm to 9.30pm
Mantra Hotel, Chatswood

How does the adolescent brain learn? What has modern neuroscience taught us about how the brain learns, and how can we apply this knowledge to helping students in the classroom and at home?

Speech language pathologist, Devon Barnes, will open up current research from neuroscience and apply it directly to how we can create better learning experiences for our students and children. Specifically, the evening will look at the developmental stages of brain development from preadolescent to adolescent, and how these impact upon a child’s learning.

This is an evening for parents and teachers. The sessions will be informative and interactive, encouraging group discussion and debate, with time for open questions from the floor. Discussions are an integral part of this course as they offer the chance to collectively share insights, struggles and successes.

Register at www.learnfasteduu.com

Go4Fun
Healthy • Active • Happy • Kids!

FREE fun program for kids to become fitter, healthier & happier

Do you have children 7 to 13 years old? Are you worried about their weight?
Go4Fun runs for 10 weeks during school term for children and their parents. Sessions are run twice a week for two hours after school and include games, activities, tips on healthy food, safe reading and portion sizes plus much more.

Registrations for the next session are now open. Details of a local program are still read below. To find out more or enquire about other locations, phone:

Free call 1800 780 900

Dial your name, kids name & address to 0499 746 648 and we will call you back.
You can also register online by visiting www.nswhealthdirect.org/go4fun

Where:
North Ryde BIL Youth Club
Modgale ed, North Ryde

Hornsby PTC
14 George St Hornsby

Pittwater Sports Centre
1531 Pittwater Rd, North Narrabeen

When:
Tuesdays and Thursdays
4pm - 5:30pm

Join us
Tuesday 30th
April, 2013
7pm – 8.30pm
Sydney Town Hall
233 George Street
Sydney

celebrating
public
education

The public education movement is 150 years old. It is an event
anniversary, celebrating the achievements of our students, teachers and public school communities.

www.publiceducationfoundation.org.au

Supported by
Star Gazing @ Parramatta Park

FREE Family Fun

When: Saturday 20 April 2013
Time: 5.30 pm to 8 pm
Where: Telescopes located on Salter’s Field (in front of the Dairy)
     Free talk located at the Parramatta Park Café and Event Centre

What’s new at the cutting edge?

Come along and share the mystery of our place in the universe at Parramatta Park’s popular Star Gazing @ Parramatta Park. There will be up to 30 telescopes provided by members of the amateur astronomical societies who will be there to share their knowledge with you, or you can bring your own telescope and get pointers on its use from fellow enthusiasts.

In addition there will be a talk about what is happening at the “cutting edge” of astronomy in 2013 by the well know astronomer Fred Watson.

What’s happening?

· Talk at the Parramatta Park Café and Event Centre, by Fred Watson seating is limited so be prepared to come early to secure a seat.
· A Planetarium to get a close up look at the universe.

Refreshments are available at the Cafe, and the park will remain open to vehicles until 8.30 pm. Bring a torch, with a red cellophane covering to preserve night vision, and to light your way.

Info T 8833 5000 or www.parrapark.com.au

WEP Student Exchange – Memories & Skills For Life

Have the time of your life when you spend a summer, semester or year overseas as a WEP exchange student. Choose from over 20 countries around the world to complement your secondary studies with an international, cultural exchange experience. You will be invited by a welcoming, volunteer host family to live and learn like a local teenager, attend school overseas, make new friends and return more mature, independent, goal-oriented and with a new outlook on life!

Don't Miss Out! Applications Closing Soon!

Applications for long-term programs starting in August/September ’13 to Belgium, Canada, China, France, Germany, Italy, the Netherlands, Poland, Spain and the USA are starting to close in mid-April. Contact WEP for details.

Scholarships & Early Bird Specials

WEP is offering over 20 scholarships towards semester and year programs to Argentina and China in 2014! Early Bird discounts for programs starting in January ’14 are also available.

Find Out More!

Request an information pack, including WEP’s FREE application form.
Visit www.wep.org.au
Call 1300 884 733
Email info@wep.org.au
10 April 2013

Dear Sir/Madam,

**Completion of the Hills M2 Upgrade west of Pennant Hills Road, Carlingford in mid April 2013**

The Hills M2 Upgrade between Watkins Road, Baulkham Hills and Pennant Hills Road will open in mid April 2013. This will be the first section of the final stage of the Hills M2 Upgrade to reach completion, with work continuing east of Pennant Hills Road into the middle of the year.

The $550 million Hills M2 Upgrade will reduce travel times and improve access to the Sydney Orbital Network, growing residential and business centres at Macquarie Park and Sydney’s north west. The Hills M2 Upgrade is funded by private investment. Toll collection covers the costs of financing, designing, constructing and maintaining the motorway.

**Travelling on the Hills M2**

Between Windsor Road and Pennant Hills Road a third citybound lane will open and the speed limit in this section will increase to 100kmh in each direction. The breakdown lanes in both directions have also been restored. We anticipate congestion will be reduced in this section, particularly during busy morning peak periods.

Cyclists are not permitted access to the motorway all upgrade work is completed, around mid-2013.

**Tolling**

The toll for west-facing Pennant Hills Road toll points will increase to **$3.15** for cars and motorcycles and **$9.45** for large vehicles from mid-April. The toll is indexed quarterly to inflation or one percent per quarter and varies on a cent-by-cent basis.

The toll for cars and motorcycles was frozen at Pennant Hills Road plaza until completion of the Hills M2 Upgrade work west of Pennant Hills Road, as per the Minister for Roads’ announcement on 22 April 2012. This work will be completed mid April and the relevant toll increase will be applied at midnight on the day this section opens. The toll at the main toll plaza will remain frozen until the Hills M2 Upgrade is completed.

For more information about the Hills M2 Upgrade, please visit hillsm2upgrade.com.au or call 1800 196 266 (select option 2).

On behalf of the Hills M2 Upgrade team and the management of the Hills M2 motorway, we would like to thank you for your patience during construction of the Hills M2 Upgrade.

Kind regards,

Garret O’Connor
Hills M2 Project Director
## Term One 2013

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday/Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 10</td>
<td>Easter Monday</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>April 11</td>
<td></td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
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<tr>
<td>April 15</td>
<td>School Holidays</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20/21</td>
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## Term Two 2013

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<tr>
<th>Week</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>April</td>
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<tr>
<td>April/May 1</td>
<td>School Development day</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
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<tr>
<td>May 2</td>
<td>Yr 11 Biology Excursion</td>
<td>6</td>
<td>7</td>
<td>8</td>
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<td>10</td>
</tr>
<tr>
<td>May 3</td>
<td>Yr 11 &amp; 12 History Excursion</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>May 4</td>
<td>Yr 7, 11 &amp; 12 Parent Teacher Evening</td>
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<td>22</td>
<td>23</td>
<td>24</td>
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<td>May/June 5</td>
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<td>27</td>
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<td>30</td>
<td>31</td>
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<tr>
<td>June 6</td>
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<td>4</td>
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<td>6</td>
<td>7</td>
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<tr>
<td>June 7</td>
<td>Queen’s Birthday</td>
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<td>July 8</td>
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</tbody>
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OPENING CEREMONY INVITATION

To the School Principal and School Community,

The University of New England is celebrating the opening of its new high tech FutureCampus with a launch party full of entertainment for everyone. The event will start at 8.00am and include an exclusive appearance by the Parramatta Eels.

This is an opportunity for everyone to experience the new generation of distance learning through displays and presentations showcasing the cutting edge technology that is making distance education more accessible. UNE’s diverse range of courses will also be brought to life at FutureCampus.

Entertainment will include jazz performers as well as activities for the students. The Parramatta Eels, many of whom are students with UNE, will be on hand to man the sausage sizzle and sign autographs for fans.

When: Friday 19 April from 8.00am-12.00pm
Where: 211 Church Street, Parramatta (the old Post Office Building)

About: UNE Future Campus, located in the old Parramatta Post Office at 211 Church Street, will provide high-tech facilities and support to over 2,000 UNE students currently studying in Western Sydney. Students will have access to state-of-the-art learning technologies and opportunities to collaborate with peers and lecturers.

The new facility, open to the wider Parramatta community, will make university education accessible to the adult population in Western Sydney.

Further information about FutureCampus may be found via: [www.une.edu.au/parramatta](http://www.une.edu.au/parramatta)

For more information please contact the FutureCampus team at ph: 9633 2510/9633 2525 or via: parramatta@une.edu.au

**PARKING AROUND MY SCHOOL**

- Observe all parking signs around the school – they are planned with children’s safety in mind.
- Park safely & legally even if it means walking further to the school gate
- NEVER double park - it puts children at risk by: Blocking vision of other drivers Forcing children onto the road Obstructing traffic flow

**PARKING NOTICE**

Parking illegally puts children at risk!

Did you know that it is illegal to park:

- On or near the school crossing
- In the school bus bay
- Within 3 metres of the double centre line

The penalties for parking in these areas are up to $397 & 2 demerit points. Council’s Compliance Officers will be enforcing parking restrictions at your school!

The Hills Shire Council
Telephone: (02) 9643 0555
www.thehills.nsw.gov.au
HILLS RELAY FOR LIFE
WALKATHON 2013
Help us beat cancer one step at a time
When:
Saturday 6th April
10.00am to 3.00pm
Where:
Rouse Hill Town Centre
Register on the day at
Rouse Hill Town Centre
water fountain.
Entry: $5 per person
which goes to help
Cancer Council.
Have fun and join in. Visit the different checkpoints
around Rouse Hill Town Centre at participating shops and
participate in some fun activities. Get a stamp in your passport
when you complete the activities for your chance to win.
Fill your passport for a chance to
WIN $100 SHOPPING VOUCHER
at Rouse Hill Town Centre.
Mums and Dads, join in with the kids or enjoy being pampered
with a massage or perhaps make a bid on a silent auction item
that has been donated by one of the stores. Lots of kids entertainment
throughout the day. All proceeds go to help Cancer Council.
More information can be found at
www.hillsrelayforlife.com

Learn 2
Level 1/ 29 Main
Street, Rouse Hill
Town Centre, Opposite
the Vinegar Hill
Memorial Library

Monday’s during School Terms
Times: 3.30 - 4.30 &
4.30 - 5.30

Our Rouse Homework Group
A tutor/teacher is available
every Monday to assist students
with homework & assignments,
offer study tips & advice and to
facilitate progression with
problem subjects.
Hills Community Aid & Information
Service are pleased to offer FREE
homework sessions to year 7-12
students.

Supported by Rouse Hill
Learning and Community
partnership

THE ACTING EXPERIENCE
SMALL BOUTIQUE
ACTING CLASSES
WITH LONGER
SESSION TIMES.
IN-DEPTH FOCUS
ON ACTING SKILLS
AND DRAMA
TECHNIQUES.

YOUTH ACTING CLASSES
AT EPPING!
PLACES ARE STRICTLY LIMITED,
ENROL NOW FOR TERM 2.

TO BOOK: Phone 0457 574 662 or
e-mail info@actingexperience.com.au
FOR MORE INFORMATION: Visit actingexperience.com.au
or follow us at facebook.com/actingexperience
Photo © Georgianna Mikles
Calling for Volunteers:

If you have ever considered giving back to the community, we are looking for caring and mature volunteers at Wesley Mission’s Rayward Carlingford and R.E. Tebbutt Lodge Dundas.

Our aged-care facilities require drivers, musicians, and activities volunteers during office hours. You will be enriching and empowering the lives of our elderly and lonely residents.

Please share with anyone who may be interested.

For information please call (02) 9857 2521 or email wesley.volunteers@wesleymission.org.au