ADIOS AMIGOS!!!

Sadly the time has come for us to bid farewell to the class of 2013. The memories and experiences that we have created here over the last 6 years will surely remain with us for the rest of our lives. From a year group consisting of 152 to today’s group of 88, we have become more like family than a group of friends. However, this was not an easy journey as Dannika and I both agree. It has been an emotional rollercoaster and our deepest admiration goes to all our parents, who not only joined the ride, but were the ones who kept us on board.

We can confidently say that we wouldn’t have made it through our beloved Muirfield experience without the guidance from our caring, dedicated, sarcastic, witty, and passionate Year Adviser, Ms Frame. It is thanks to her that we graduate today, a class full of potential and ready for the years to come.

We would also like to thank the Muirfield community for giving Dannika and I the opportunity to represent you as your School Captains. It has been a truly amazing experience and we are excited to be able to exercise the skills we have learnt in the outside world.

The past 6 years really has been an unforgettable experience and we know that there are many excellent opportunities in store for all of us.

To the Year 12, 2013, we want to take this opportunity to wish you the best of luck in your exams and say congratulations, we made it!

We cannot graduate today without thanking our behind the scene heroes—the teachers. They not only nurtured our progression in our final years, but they have enriched our lives right from Year 7. In particular, Ms Scott, for supporting us through our school lives and ensuring that we strive to reach our full potential, both during and after our exams. We would also like to thank Wendie for accepting all our late permission notes and for signing us in every time, with a smile. Likewise to all roll call teachers for putting up with us during the toughest part of the day, the morning.

Thank you also to our amazing Student Executive Team consisting of Viveik, Justine, Rachael, Cara, Tamara, Paul, Harley, Josh, Amy and last but certainly not least Ms Pasternatsky. She has helped us throughout the past year to create our “Values” poles which promote the school’s core values of Respect, Participate, and Learn.

We would also like to shout out a special thank you to Mr Roughley
and Mr Phelps who have also contributed towards the completion of the “poles” project. Keep your eye out for them in the senior courtyard. We have really bonded as a team and it will be sad to leave but I think we can all agree Thursday lunchtimes will taste like freedom and we will all be finally free from my daily Facebook reminders.

We would like to also thank Ms Anderson, our Deputy Principal, for supporting the journey through high school, for always being there and for our beloved uniform detentions. We will not be missing those. We also like to recognise your predecessors Mr Billington and Mr Tanner as we deeply admire their contribution to Muirfield and the community.

Whilst leaving Muirfield behind, we are happy to pass on the honourable duties of School Captains for 2014 to Adam Rifai and Miriam Osbourn, the Vice Captains, Huw Murray and Baylee Forbes, and to the 2014 Executive team. We wish you all the best.

To wrap up our Captain’s Report, we want to leave you with a quote:

“You have brains in your head and feet in your shoes. You can steer yourself in any direction you choose. You’re on your own and you know what you know. You are the one who’ll decide where to go” - Dr Seuss

Without further ado, Congratulations Year 12! We will miss you and we look forward to seeing the incredible things you achieve! Thank you all for joining us on this ride. Although it has reached the end, hold on to your seats, it’s just beginning!

Justin Whittle and Dannika Swinn

FROM MS REEVES
I would like to wish Year 12 all the best. You have been a fine cohort of young men and women and I am impressed by how supportive of each other you have been.
FROM THE REL. PRINCIPAL: MS SONJA ANDERSON

Farewell Year 12
So now you have almost made it to the end of that part of your life defined by bells and constricted by those of us who have done our best to provide you with lessons that will make your life’s journey as easy as humanly possible. All of the elders in your life to date, your parents, your teachers, your coaches and family have all worked to give you the skills to embrace the freedom of adult life, and enable you to squeeze every last drop of opportunity from what comes ahead. You are fortunate to be part of a great community here at Muirfield. It is a place with a history of caring and fostering a love of learning and of each other. It has been a place where we have been able to focus on fighting you over the little things- by design. The fact that the biggest issue I have with most of you is over wearing of the correct uniform, tells me a great deal. It tells me that you are not fighting me over the big things, and that means we have all done our job. From here forward you are considered to be adults, to be masters of your own destiny with the skills and knowledge of how to get there.

You have been given the skills to live your own life. You have been supported, coached, mentored, driven and encouraged. All that is left to do is make a last push onto the examinations. Know that help is still here. Your teachers and parents are here to help you over the coming months during what is always one of the most harrowing of times in a student’s life.

I would also like to thank the Year 12 parents and guardians who have had a significant role in moulding this outstanding cohort of graduates into the fine human beings they are today. Thank you for trusting us with the most important thing in your lives, your children. To our teaching staff who have worked with our students to get them to be as ready as they can ever be for the impending exams, a sincere thanks. To Mrs Pasternatsky, also a sincere thank you for all the work you have done with our senior leadership team. Ms Scott, I love working with you, you are an amazing font of information. I have worked at many schools and have yet to see any Career Adviser come up to you standard. Lastly to Ms Frame, thank you for the enormous amount of work you have put into your year group over the past six years. Everything you have done in the role of Year Adviser has been with the best interest of all the students at heart.

Tuesday 27 August saw culmination of months of work when the school opened its doors to the community, inviting students, teachers and parents to come and enjoy the MHS annual Bravo showcase of HSC Major Works. What an event it was!

The displays and performances have been magnificent and are a true reflection of the enormous effort that goes into these works. Congratulations to students and teachers. It takes organisation, commitment and a lot of hard work to succeed in producing quality major projects. Students and staff should be most proud of their achievements and deserve congratulations on a job well done. The photos included in this edition show the high level of craftsmanship and creativity that culminated in a vast range of quality major works. Whilst the major works are now completed, students have no time to relax as they now must focus on the theory behind the practical skills, in order to prepare for the Higher School Examination in this subject.

ROSE Morning Tea
Earlier this term Mr Grant and I held our annual Semester 1 ROSE morning teas for our relevant year groups. These morning teas recognise students excellence or effort in each year group following their half-yearly reports and recommendations made by the Year Advisers. Students were invited to a morning tea with their Deputy, Year Adviser and the Principal. It was a great opportunity to recognise the excellence and effort in an informal setting over some cake and cordial. This year we also recognised those students who have achieved excellent attendance during semester 1. We have included some snaps from our morning tea in this edition. All students were selected by their Year Adviser for having an Excellent half yearly report or for making a huge Effort last semester.
Barclay Learning Team

In the past couple of weeks we have had students from Year 10 PASS working with North Rocks PS. The Year 10 PASS class have been putting their sporting prowess to use with some very keen Year 4 students. The class had to design and deliver a sporting/coaching program that catered for the primary age market. It was great to walk over and see how well the leadership qualities of our Year 10 students shine as they delivered their programs to the Year 4 students. Some of the Year 10 students realised that engaging and keeping little ones attention can be a difficult task. Thank you to Mrs Naidoo and her Year 10 class for all their hard work in building strong relationships with our primary school.
As You like It
On Thursday night 12 Sept I had the privilege to watch the Drama production “As You Like It”. The play focused on love and the experience of falling and being in love and what one must endure for love. Isn’t it amazing how Shakespeare’s humour and themes are still relevant even today.

The production kept the audience engaged by having the play switching from Shakespearean language to contemporary language and also featured some very animated sheep that stole some of the scenes.

The students were truly professional in their approach towards both rehearsals (over 20 weeks of rehearsals, what am amazing commitment!) and the performances. Congratulations must also be given to Valerie Miller and Susan Dykes for the amount of time and effort that these teachers put into ensure the production was a huge success, whilst at the same time providing our students with the opportunity to explore their talents and use their imaginations to create a new world up-on the stage.

Congratulations to everyone involved. Also thank you to all those parents that ensured their “actors” got to rehearsals and for helping getting the production off the ground.

PDHPE/MindMatters
A few weeks ago Year 10 students had a joint PDHPE/MindMatters session organised by Ms Bligh on Safe Partying. The program is a joint venture between ACPE and the Canterbury Bulldogs and is delivered by a trained facilitator and members of the Canterbury/Bankstown Bulldogs team. This innovative, informative and interactive presentation addressed key adolescent issues such as:

- Illicit Drugs
- Alcohol
- Healthy/Unhealthy relationships
- Sexual and physical assault
- Good decision making
- Parent Responsibilities

Throughout the program, our students were presented with real life scenarios and prompted to consider how they might react in given circumstances. The aim of the program is to empower youth to make the right decision in difficult situations, through considering the consequences of making the wrong choice.

I thank Ms Bligh for organising this valuable educational experience for our Year 10 students. I sat in on some of the workshop and was very impressed with what I thought were extremely relevant real life examples, engaging the students and allowing them to discuss the potential risks, especially when they were given factual information and consequences and provided with real life examples and advice for students.
Royal Institute for Deaf and Blind Children (RIDBC)

During Semester 1, we had a small group of Year 11 students that volunteered their time at RIDBC at the Alice Betteridge School, as part of a joint sport program. The Alice Betteridge is a school that provides an environment in which students who have hearing and/or vision loss, as well as a level of intellectual impairment, receive a tailored education program to optimise their participation and learning. Our girls went up every Wednesday afternoon to organise and lead the Alice Betteridge students through different types of games that helped develop both their cognitive and social skills.

Their students looked forward every week for the Muirfield girls to visit them. On one occasion the Principal relayed a story of how on one very wet Wednesday the Alice Betteridge students’ were concerned that the Muirfield girls wouldn’t come because of the weather, however, our girls did not disappoint them. The program ended with our girls organising a mini sports gala day where there was lots of fun and laughs to be had by all. I have included the thank you letter that our girls received from the Alice Betteridge students, who were very grateful for them giving up their time and we at Muirfield are very proud of them.
WESLEY PRESCHOOL CASTLE HILL IS CELEBRATING 40 YEARS!

All past pupils, teachers and parents of the Wesley Preschool are warmly invited to join us in marking 40 years of educating children in The Hills.

Come and relive those magic years on Sunday, October 27th 2013. Celebrations begin with a 9.30am church service and continue throughout the day.

Also join us on Facebook: Wesley Preschool Castle Hill 40 Years

We are eager to hear from anyone who has photos or memorabilia from their time at the preschool.

Please email Jane Harvey at wesleyucps@uccs.org.au or send photos into the preschool to be scanned and returned to you. For further information phone the preschool on (02) 9634 5282

We look forward to seeing lots of old friends again.
BRAVO!
BRAVO!
BRAVO!
**Student Film Competition—Indie Gems**

Congratulations to William Bryant whose film on the theme “Kindness” has made it into the finalist round of the Indie gems Student Film Competition in its inaugural year.

Indie Gems showcase and celebrates independent work and creativity with a spot light on Western Sydney. The competition was opened exclusively to western Sydney students aged 8 to 17 years to create a film about kindness.

Screening of finalist films and announcement of the winners were held at 2pm on Sunday 14 September at Riverside Theatres, Parramatta.

**NSW Brain Bee Competition: Brandon Lampinen**

Brandon Lampinen of Year 10 recently competed in Round 2 of the NWS Brain Bee competition having been placed in the top 7% of more than 2000 students that attempted round one a few months ago. Successful candidates from all over the state gathered in the lecture theatre of the recently completed Faculty of Medicine at the MacArthur Campus in Campbelltown to answer over sixty questions related to Neuroscience. Despite his best efforts and countless hours of studying the immense volume of jargon, Brandon did not place in the final ten.

But it was an experience for all contestants regardless of their outcome as the university courteously provided 3 hours’ worth of lectures from researchers, post-graduates and even an interactive lad tour to further ignite any interests in the field of Neuroscience that the competition would have initiated. The caramel slice wasn’t bad either...
HSC Survival Pack

The HSC Survival Packs were handed out to the Year 12 students recently as a way of encouraging them as they headed towards their exams. We all know how they might be feeling during this time and how uplifting a gift like this can be. Susanna and I want to wish Year 12 all the best with their studying, exams and plans for the years ahead.

The HSC survival pack includes:
- Chocolate and lollies to keep you happy and positive
- A Le Snack for a ‘balanced diet’
- A Bic Round Stic pen – Writes first every time!
- Tea to keep you calm
- Cappuccino to keep you going
- 1 voucher to feed you
- 2 paperclips to hold yourself together
- And a tissue for when the paperclips aren’t enough

Stuart Brownscombe, School Chaplin and Susanna Inkinen (Ex Muirfield student and volunteer)
SPORTS REPORT

Combined High School Cross Country Championships:
14yrs Girls team representing Muirfield came 3rd. Team: Lauryn Brown, Rebecca Wright, Phoebe Gray, Sabrina Trohidis

Lauryn Brown and Rebecca Wright were selected to compete in the regional team which came 1st.

Bradley Wright came 5th as an individual in the Cross Country and Bradley Wright and Nick Thomas were also in the regional team that came 2nd.

Winter Grade Sports Finals:
Congratulations to the following teams who are competing in the Grade Sports finals:
Open Boys B Volleyball, Open Boys A Soccer, 15 Year Girls Soccer, 15 Year Girls A Touch, 15 Year Girls A Basketball

Combined High School Trampolining:
Congratulations to Mackenzie Wilson who recently competed in the Combined High School Trampolining Championships and came 2nd.

School Sport Australia National Diving and Swimming Championships
Chris Bednar this week competed in the National Diving Championships. Chris whilst only 12 yrs had to compete up a year in the 13yr age group. He came 8th in the 13-14yr Platform, 3rd in the 13yr Springboard and won a gold medal in the 10-12yr Boys Synchronized Diving. Congratulations Chris.
**Combined High School Athletics Championships:**

The State Combined High Schools Championships were held recently at Homebush Stadium where Muirfield was represented by the following students:

- Ashleigh O’Keefe who competed in the 12-15yrs AWD and came 3rd in 200m, 2nd in Discus, 3rd in Long Jump and 2nd in Shot Put.

- Bradley Wright came 4th in 15yrs 3000m, 10th in 14yrs 800m and an amazing 5th in the 17yrs 200m Steeplechase.

- Kieran Briggs came 4th in 14yrs Discus, 4th in Shot-put and 5th in Javelin.

- Thomas Hunt came 5th in 13yrs Discus and 10th in Shot-put.

- Rebecca Wright came 2nd in 14yrs 800m and 1st in 1500m.

- Luke Jobson came 2nd in 17+Yr 3000m walk.

- Lauryn Brown only 14yrs old who competed in the 17Yrs + Pentathlon and came 5th over all and came 9th in the 15yrs 200m Hurdles.

- Girls 14yrs 4x00m Relay came 13th.
From the P&C President

On Wednesday 11 September MHS hosted a joint P&C meeting with our partner primary schools, North Rocks PS, Baulkham Hills North PS and Murray Farms PS. It was great opportunity for all three schools to come together and listen to the School Counselor talk about the "Teenager I Love".

Everyone who attended thoroughly enjoyed the presentation and the opportunity to meet new members of our wider community.

Thank you for all your support at the recent fundraising BBQs and cake stalls!

- Thank you to everyone who baked for the cake stalls! We had lots of yummy things to sell!
- Thank you to everyone who helped cook sausages and onions! We had lots of satisfied customers!
- Thank you to all our baristas! No-one complained of a lack of caffeine!
- Thank you to everyone who helped sell sandwiches, drinks, cakes and coffee!
- Thank you to all those who just turned up to offer their help! We were fully staffed most of the weekend.
- Initial estimates show that we raised just under $2,500 over the weekend!

Your P&C Needs You!

Thank you to Sharon Murray for agreeing to take on the position of Canteen Committee Secretary.

The following positions are still vacant:

- Uniform Shop Committee
  - Convenor
- Computer Market Committee
  - Convenor
  - Secretary

Please contact Amanda Bartlett on 9873 3197 or thebartletts@optusnet.com.au if you have any questions or would like to assist.
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Dear all,

I am very excited to announce the first edition of the Hills ADHD LD Parent Support Group newsletter. It is inspiring to see the dedication of the parents, carers and industry professionals I have met thus far who are willing to contribute personal time to support our new group.

With some wonderful initiatives including guest speakers such as Paediatricians, Dieticians & Clinical Psychologists, we have been fortunate to secure a room at The Delta Clinic, Castle Hill.

Meeting on a bi-monthly basis where possible (following dates confirmed at meetings), we welcome all parents and carers alike!

C.R.

Save the date!

Hills District Support Group
Thurs 5 September 2013 @ 7:15pm
“Understanding and Treating ADHD in Children” – a dialogue with Dr Paul Tait (Consultant Paediatrician). An open forum for parents and carers, giving you the opportunity to ask any questions you may have about ADD / ADHD.*

Hills District Support Group
Thurs 28 November 2013 @ 7:15pm
Support Group – share you experience, struggles and tips to support our children, and ourselves!*  

*A gold coin donation to cover tea, coffee, biscuits

A parents story....

Imagine this... An overcast sky filled with pouring rain... A 5th grade class on the 2nd floor working away. A rather average day at school. Well, that was until Master J, diagnosed with ADHD & ODD, (and medication forgotten that morning), decided it would be a reasonable idea to climb out the window, ignore the teacher, and climb onto the slippery roof to touch the school bell! Shortly after, “that” phone call to pick him up was received... again.

I smile now when I think of how simple his reasoning was... “I just wanted to see how it works.” However the danger and disruption to the entire class and school administration was very real. 1 year later, it hasn’t been an easy road with plenty of time required off work for therapy sessions, specialists, school meetings etc. Master J continues to work hard to manage his behaviour, and we realised, it’s only fair we did too. And as a result of all the efforts, everyone has noticed the improvements in school... no more climbing out windows!

Turns out there is light at the end of the tunnel.
Did you know...?

Richard Branson

the "Rebel Billionaire" has ADHD?

Virgin Founder and adventurer Sir Richard Branson has ADHD -- but that hasn’t stopped him from owning a major airline, sending tourists into space, or building an underwater plane.

Branson’s living proof of the statistic reported in Psychology Today that people with ADHD are 300% more likely to start their own company -- indeed, he started up his own magazine called Student when he was just 16.

Interesting Watch!

Dr Edward Hallowell speaks candidly on living with ADD as an adult and his experiences as a child, and offers some insight into the part ADD behaviours play in daily life.

http://www.youtube.com/watch?v=dwU7wGn5PAE

Achieving Effective Outcomes - Language, Literacy and Learning

CHERI Conference
Thu 12 - Fri 13 September 8.45am-5pm
Keynote Speaker: Prof Nickola Wolf Nelson, Western Michigan University
Where: Parramatta RSL
Cost: $250 for one day $450 for two days early bird rate (before 2 August)

Parenting Children with ADHD

Caroline Stevenson & Associates
When: Thurs evening course (7.5 hours total) for five weeks
Where: Suite 210-2 Pembroke Street, Epping
Cost: $250 per parent or $400 for both parents
Please contact for Term 3 start date: 9869 8891 or drc.stevenson@yahoo.com.au

The Impact of ADHD on the Family

Northern Beaches ADHD Support Group
Dr Caroline Stevenson
When: Mon 9 September 2013
Where: Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale 2103
Cost: $2 donation to cover costs
www.northernbeachesadhdsupportgroup.com.au

Clutter and Hoarding

Practical strategies to deal with clutter and hoarding in adults with ADHD.
Speakers: Renee Moore, Psychologist and co-presenter Christine Young, Counsellor.
When: Sat 14 September 2013 2:00pm – 4:30pm
Where: "The Muse", Ultimo TAFE, Harris St., Broadway.
(Building 'C' on right when entering main gate in Harris St.)
Cost: $2 donation to cover costs
Gold coin donation info@adultadhd.org.au

Are you looking for positive strategies to help manage your ADHD child’s behaviour?
If your child is 6-12 years old you are invited to attend a FREE well-known parenting program at Macquarie University. The program is part of an evaluation study and participants will be asked to attend evening sessions and complete questionnaires (anonymously). Please call Julie Chesterfield (Department of Psychology, Macquarie University) on 0412 414 114 (if unanswered please leave a message) or email julie.chesterfield@students.mq.edu.au and provide your contact numbers.
Muirfield University would like to extend an offer for students to attend a series of HSC Workshops in the upcoming September holidays at our North Ryde Campus. They are as follows:

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Students will have the opportunity to learn from the most qualified and experienced HSC teachers/mentors in the lead up to the major HSC examinations. Each 8-hour workshop will cover:

- Detailed explanation and extension for each core and option area of study.
- Exam-specific strategies on how to approach each section or module of the paper.
- An opportunity to practice a range of HSC questions.
- Personalised feedback and assistance throughout the day.

The cost of these workshops, including detailed handouts, is normally $120/Day. However, for groups of 5 or more, the price is just $100 per person.

Bookings can be made via the following methods:

- School order number – An invoice will be issued.
- Cheque or credit card payment for the total of the school group.

Up-to-date payment, confirmation and tickets for students will be sent to your school directly to your student’s email address within 48 hours. A school booking sheet is attached to this email that can be faxed or emailed back.

For further information, please visit our website at www.hscintheholidays.com.au, email info@hscintheholidays.com.au, or call 1300 677 336.
HSC Workshops 2013
MACQUARIE UNIVERSITY

Macquarie University would like to extend an offer for students to attend a series of HSC Workshops in the upcoming September holidays at our North Ryde Campus. They are as follows:

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Students will have the opportunity to learn from the most qualified and experienced HSC teachers/matrixers in the lead-up to the major HSC examinations. Each 6-hour workshop will cover:

- Detailed explanation and extension for each core and optional area of study
- Exam-specific strategies on how to approach each section or module of the paper
- An opportunity to practice a range of HSC questions
- Personalised feedback and assistance throughout the day.

The cost of these workshops, including detailed handouts, is normally $190/day. However, for groups of 5 or more, the price is just $50 per person.

Bookings can be made via the following methods:

- School order number – An invoice will be issued.
- Cheque or credit card payment for the total of the school group.
- Students may choose to book for these sessions individually via our secure registration portal.

Upon receipt of payment, confirmation and tickets for students will be sent to your school (or directly to student’s email address) within 48 hours. A school booking sheet is attached to this email that can be filled in and emailed back.

For further information, please visit our website at www.hscintheholidays.com.au, email info@hscintheholidays.com.au or call 1300 677 356.

FREE
English classes in Castle Hill

Adult Migrant English Program (AMEP) for eligible newly-arrived migrants

- 510 hours of free English lessons and childcare
- Range of levels from beginner to high intermediate
- Settlement classes to help you begin your life in Australia

Contact
AMEP at our Hornsby Campus
Phone: 02 4971 1946
Email: amep@tsn.edu.au

131 674
www.rmit.edu.au/amep

The Northern Sydney Institute Part of TAFE
BRASSFIELD • CROWS NEST • HUNTING • MEADOWBANK • NORTH SYDNEY • NORTHERN BEACHES • RYDE

West Pennant Hills Netball is offering a discount on early registrations for their 2014 season. If you register by the 31st October 2013, the costs are as follows:

7-9 years (Netta) - $140
Junior players (10-15 years) - $150

If you are unable to commit yet… there will be a second round of registrations offered in early 2014.

Please contact Ashley on 0421 558 009 for further details.

Presenting a Free Information Evening
Understanding Separation & Divorce:
A Guide for Families & Friends

Tuesday 15 October 2013
7pm – 9pm
Wesley Castle Hill Uniting Church Hall
32 Showground Road, Castle Hill

Join us on the evening when five speakers from the following professional fields will share their expertise, designed to assist you to understand the issues affecting families & friends directly impacted by separation & divorce:

- Relationships Counsellor
- Family Court Support Person
- School Counsellor
- General Practitioner
- Community Resources – the Hills Family Centre

The program will comprise 1 hour of presentations from the speakers with a Q&A session and then individual discussions (if desired) with the presenters. A light supper will be provided during the second hour.

To book or find out more information please contact:
Bryan Mahan. Education Team Leader on 9648 359 336 or
email: education@wesleycastlehill.org.au

Follow up event: 13 October –
Hills Family Centre – “Separation & Divorce for Couples”
AFL family fun day

Come and join us and learn AFL skills by playing the game with other families. Meet AFL registered coaches and have an exciting and enjoyable family fun day! Bring along drink, hats and sunscreen. Change or plastic bin bags. Suitable sports footwear. Children under 16 years old must be supervised by an adult. Activities include:

- basic AFL skills and games
- show bags with a football and information of local services
- afternoon tea and picnic

In the event of rain this event will be cancelled and rescheduled to 13 October at the same time.

Details

When: Sunday 22 September from 3:00pm to 3:30pm
Where: James Park, Lower and Palmerton Roads, Hornsby
Cost: Free
Bookings: Essential. Please call:
- Norah on 0435 684 596 or email Norah@biteback.org.au
- Fiona on 0476 971 515 or email sheryl@norah@nsw.edu.au
- Join on 0417 691 564 or email sheryl@norah@nsw.edu.au

For more information visit hornsby.nsw.gov.au

Go 4 Fun

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

Register now for next term in:
Baulkham Hills, Castle Hill, Kellyville, North Rocks
1800 780 900
www.go4fun.com.au

Go 4 Fun

Healthy • Active • Happy • Kids

Bite Back's DON'T HOLD BACK Competition

Win 1 of 3 gift cards
To help turn your passion into a reality

Tell us:
1. What's your passion?
2. What's holding you back?
3. How you're going to break through

Enter now at www.biteback.org.au
FREE fun program for kids to become fitter, healthier & happier
Register now for programs in: Baulkham Hills, Castle Hill, Kellyville North Rocks
Go4Fun
1800 780 900
www.go4fun.com.au
you have a child 7 to 13 years old?
Are you worried about their weight?
Go4Fun can help. Now on weekdays & weekends.

Surviving Adolescence
Free Mandarin Parenting Program
Parenting adolescent children can be a very challenging task, especially for Chinese parents who face more challenges than ever. Issues such as the intergenerational gap, cultural differences, language barriers, and lack of support are just some of the common problems. Surviving Adolescence is designed to help parents overcome these challenges, with a focus on building a warm and trusting relationship in order to assist their children to become happy, confident, independent, caring and responsible human beings. There are four sessions with topics including: understanding your adolescent, conflict resolution, communication skills and safety (internet, parties and drugs and alcohol).

Dates: Oct 18, 25, Nov 1, 8 (Fridays)
Time: 9.30am - 12.00pm
Address: Hornsby Community Hub,

Limited numbers, booking essential!
Please contact Jan: jsunhe@nsww.org.au or 0430 74 668

Relationships Australia
NEW SOUTH WALES
Mission Australia

Hype Youth School Holiday Workshops
These school holidays
The Hills Shire Council will be running music and dance workshops on Monday, 23 September at Castle Grand Community Centre (cnr Castle St and Pennant St, Castle Hill).

GUITAR & UKULELE with the Hills Shire Music School
10am-11.30am | Tribute Room, Castle Grand | $12
Book online at www.springmusic1.eventbrite.com.au

JAZZ DANCE with Rhiannon Villarel
11am-12.30pm | Rebellion Room 1, Castle Grand | $12
Book online at www.springdance1.eventbrite.com.au

GUITAR & UKULELE with the Hills Shire Music School
12.30pm-2pm | Tribute Room, Castle Grand | $12
Book online at www.springmusic2.eventbrite.com.au

HIP HOP DANCE with Rhiannon Villarel
1pm-2.30pm | Rebellion Room 1 | $12
Book online at www.springdance2.eventbrite.com.au

MORE INFORMATION
Call 9843 0149
Stay in touch and LIKE the HYPE Youth
Facebook page www.facebook.com/HillsHypeYouth