It is already the beginning of Week 4 and it seems like we have been back a lot longer. The end of Term 3 was very busy and we have started this term the same way.

The Library goes a bit “Potter”

On 17 September the library held its first Harry Potter day. Stepping into the library via Platform 9¾ was like stepping into a scene from the Harry Potter studio. On entering the library students were sorted into their houses by the Sorting Hat with the aid of Mrs Scott before gaining further access into the library. Once sorted there were a number of hands on activities that students were able to participate in. Students were able to make their own wand, after which they could move onto making their Honey Duke chocolate frog boxes and fill their boxes with either a chocolate frog or treats – some students opting to do both. If that was not challenging enough they could also make their own magical Marauder’s Map. I’m not sure if any secret passage ways or hidden rooms were found around Muirfield, but I know that all the students that participated had a great day.

A special thank you to the library staff Mrs Cooper, Mrs Graham and Miss Naidoo for all the hard work that went in to making this day a success. A special mention needs to go to Mr Finlay and Mrs Scott for their support and assistance on the day. It was great to see so many students in the library enjoying all the activities that were on offer.

Year 12 Graduation

On Thursday 19 September we had the Year 12 Graduation Assembly where Year 12 received their portfolios and last ever school report. After the assembly we all enjoyed a light morning tea in the Senior Courtyard where it was great to catch up with old and new friends and to take final photos with family, friends and teachers in their school uniform, before making a quick getaway. There was no time to be wasted as hair appointments had been booked and make-up sessions to attend in order to make the 6.30pm deadline at Taronga Zoo for their Formal. The venue was breath taking and so were the Year 12 students that attended. All of the students are to be congratulated for the way they conducted themselves throughout the whole night.

At a time when we often see negative stories in the media about our young people, it was certainly uplifting to spend the evening with highly motivated, thoughtful young people enjoying themselves in...
a really positive way. We had very positive reviews back from the staff at the venue in regards to our students. I would like to especially congratulate the Year 12 organising committee on the outstanding job they did preparing for the evening. I would also like to pay tribute to their Year Adviser, Miss Frame, on the fabulous job she did on the night and for her extraordinary work and the care she provide to our students over the years.

I have included some photos for you to peruse (pages 6-9) to see how grown up and stunning our Year 12 students looked.

**Year 7 MindMatters**

During the last week of Term 3, Year 7 participated in their last MindMatters’ session for the year with a performance from Brainstorm Productions. Brainstorm Productions aim is to reduce the incidence of bullying in schools and improve student behaviour and wellbeing using performance to get their message across to students. The performance addressed areas of concern that schools traditionally encounter: the use of mobile phones and MSN as forms of bullying, the way exclusion and labelling affects students and what drives cyber bullies to send that nasty message or post that hurtful comment or embarrassing photo on Facebook or Snapchat. The performance also touches on why some students are more likely to be a targeted and why is it hard for victims to be assertive or resilient.

Brainstorm Productions provided an excellent stimulus for discussion and activities to address the issue of bullying. The group discussion after the performance helped to cement the main concepts and issues. Congratulation to Ms Bligh, Year 7 Adviser, for organising Brainstorm to come to the school and to send the message of anti-cyberbullying in an engaging and relevant way.
Change

The finishing of school for Year 12 is not the only change. Term 4 heralds changes for almost the whole school. Year 11 students begin the HSC course and some take the opportunity to reassess their aims and priorities. Year 10 students select their subjects for the senior years and make choices about their post school ambitions. Some choose an academically rigorous path, others opt for a more vocational selection and many choose subjects from both. It is important that students choose a study pattern that will satisfy their needs yet keep them engaged over what can seem a lifetime to a teenager. Years 7 and 8 students also are given the opportunity to select some elective subjects that interest them. Year 6 students, of course, are preparing themselves for one of the biggest changes in their life – entry into high school. Enrolments for Year 7 2014 are up considerably over our earlier estimates.

Another big change is the date for Presentation Evening. After extensive consultation with students and staff, the school has decided to run Presentation Evening on **Tuesday 10 December 2013** instead of normally having it on the second last Thursday of the term. Historically some of our students are unable to attend Presentation Evening due to work commitments. We as a school feel the change is in the best interests of the school.

Some things however never change. Term 4, like every term, is busy with the Yearly Examinations for the junior years: Year 10 will have their exams during week 5 and Years 7, 8 & 9 will sit their exams during class time. The classroom teachers will inform students when their exams are on.

Graffiti

Over the holiday break the school had a substantial amount of money spent on improving the aesthetics of our school for our students. A new fence has replaced the old one around the COLA. The previous fence, well what was left of it, was looking very rundown and detracted from the great outlook we have here at MHS. Also, all the toilets have been repainted with some of the bathrooms having new cubicles installed. The new toilets are a huge change from the old ones and now look very bright, clean and inviting. However after only 2 weeks we have had some students vandalise these communal spaces. You have probably seen graffiti somewhere in your community. It’s the words, colours, and shapes drawn or scratched on buildings, overpasses, train cars, desks, and other surfaces. It’s done without permission and it’s against the law. Graffiti and vandalism costs our school a great deal of money in repairs, money that could be used elsewhere in the school. Graffiti also contributes to a perception that the school is not well-cared for and is an unsafe environment for students and staff. I have included photos of the graffiti recently found in the girls’ toilets. If anyone knows who owns this tag or can identify the writing please see me. All reports will remain confidential. Preventing graffiti requires everyone in the community to be active and take ownership of the problem of graffiti crime.
FROM THE P&C PRESIDENT

- **P&C Elections** Please come along to our next P&C meeting when we will hold our elections. This is done in November each year so that the new committee can be all ready to start work after the AGM which is held in February. All positions will be declared vacant so please think about where you could lend a hand. If you would like to nominate for a position, there is a nomination form at the bottom of this page which can be filled out and handed in at the front office before the meeting. Alternatively, you may email your nomination to muirfield-h.school@det.nsw.edu.au

The positions for which you can nominate are:

- President - chairs general and executive meetings
- Secretary - takes minutes of all meetings
- Treasurer - keeps the financial records of the P&C
- Vice President - fills in for the President when necessary and helps with organisation of social functions

If you would like to share a position please feel free to speak with one of the current executive. We would be more than happy to train/guide someone new. In fact, as the majority of the current exec will be leaving Muirfield at the end of 2014 this would be a very good idea. If you have any questions please feel free to contact any of the executive including myself, Amanda Bartlett on 9873 3197 or thebartletts@optusnet.com.au

Next Meeting—Elections
Wednesday 13 November 7.30pm
Muirfield High School Staff Common Room

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Muirfield High School P&C Association
2013 Election of Office Bearers
Nomination Form

Position: ____________________________   Nominee: ____________________________

Nominated by: ____________________________   ____________________________
Name                                      Signature

Seconded by: ____________________________   ____________________________
Name                                      Signature

Nomination Accepted: ____________________________
Signature
2013 WOOL4SKOOL FASHION DESIGN COMPETITION

Congratulations to our Year 7 and 8 Participants.

A huge congratulations and “well done” to the 20 Year 7 and 8 students who chose to participate in this year’s Wool4skool Fashion Design Competition as part of their Technology-TEXTILES course.

As part of the Woolmark Company-Wool4skool Fashion design Competition and class assessment earlier this year, Mrs Burton’s Year 7 and 8 classes were asked to design and draw 3 different outfits as options suitable for a Royal Family Member to attend a Royal function. Students needed to annotate the main design features. Once evaluated, students who wished to participate in the Competition were then asked to turn their best idea into a fashion drawing and annotate it based on the suitability of wool as an appropriate fibre. So many entries across the country meant that the judging had to be extended from the advertised date to allow all entries to be viewed. Entries have only been judged recently.

The Wool4skool competition is run nationally and addresses the need for students to appreciate wool as a sustainable and appropriate fibre choice.

Prizes were substantial, with only one for each year group across the country. Unfortunately we didn’t take out any of the main prizes but each participant received a Certificate of Participation and the standard of entries was most impressive. I am sure one day some of our students will make creative fashion designers.

Lynne Burton

Congratulations go to:

**Year 7**
- Lauren Arrow
- Madeline Baldock
- Samantha Batten
- Renee Capes-Davis
- Erin Carpenter
- April Clayton
- Sanam Fath-Abadi
- Anthony Lindner
- Emma Mansfield
- Taryn Muehlbacher
- Daniel Lee
- Nathan O’Shea
- Johanna Selmes

**Year 8**
- Ila- Rose Besgrove
- Joshua Bednar
- Courtney Grant
- Georgina Harris
- Sam Robinson
- Nicholas Thomas
- Olivia Xegas
Year 7 and 8 students were presented with their Certificates on Monday Assembly Week 2, Term 4.

Examples of some of the entries.
**Year 7 Cell Model Report**

As a major task in the topic – CELLS, all Year 7 Science students were asked to build a 3-D model of a plant cell that had to be put together during class time.

For our plant cell models we had to use a range of different materials. Each of our models needed to be different, using a variety of ways to represent each organelle. This task was quite challenging. The time we had for research, however, helped us, as we could look at different websites to get ideas. With a little guidance from our teachers we were able to relate sizes and shapes of the cell organelles to simple things, such as beads, seeds, pipe cleaners, balloons, etc., that could be used to build our 3-D cell models.

It was hard at first to design a model that stood out from the others in each class, because everyone was using similar materials. We had to keep in mind that our cell model had to be 3-D and had to represent the shapes and sizes of the organelles as closely as possible. Figuring out where to start was challenging. Our planning sheet came to our rescue - this enabled us to put the model together, step by step.

Overall, we enjoyed doing this assignment and felt a sense of achievement when we presented our finished models. This assignment has given us the confidence to successfully work through challenges in the future.

Congratulations to the following students:
1st Place: Joanne Hardy
2nd Place: Lily Tomlin
Equal 3rd Place: Taryn Woods and Ian Rajendran

Written By – Lily Tomlin, Taryn Woods, Ian Rajendran, Joanne Hardy
(Year 7 Science Students)
LEARN ABOUT YOURSELF!

As Marcel Proust, a late 19th century novelist wrote: “the real voyage of discovery consists not in seeking new landscapes but in having new eyes”. Volunteer to host an international high school student in February 2014 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in July for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scceast@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.
**Senior Studies SLAP**

*Study*
- Have you organised a study plan?

*Learn*
- Do you know what textbooks and HSC resources the library has that can help you research your subject?

*Achieve*
- What was the best result you received last term? What did you do that made a difference?

*Progress*
- How are you going to ensure that your first assessment task receives the highest mark you have achieved this year?

**Year 12 2014**

Congratulations to our HSC 2014 cohort on successfully navigating the Preliminary HSC. From this point forward every mark counts towards your HSC and ATAR ranking, so make sure you give 100% for every task.

*Enjoy the good times with friends and teachers.*

*Persevere through the tough times and ask for help when you need it.*

*But most importantly, be prepared! Whenever you walk through that school gate know exactly what you want to achieve.*

**The Senior Studies Passport Challenge**

This term Year 11 students will commence the inaugural Senior Studies Passport Challenge. Over the next 4 terms students will explore 25 different study tips to help them improve their study skills.

Challenges will be displayed and updated in the library and students will have until the end of each term to demonstrate they have applied the study skills to their work.

Every student who has a visa stamp for each of the 25 challenges will receive a special commendation in their Muirfield References and will go into a draw to win their Graduation ticket.

In addition, if every student completes more than 50% of the tasks, the teaching staff at Muirfield High School will produce, as selected by the students, a music video for their graduation. To see how other schools have used this concept to motivate student achievement, visit [www.bbc.co.uk/news/education-22730180](http://www.bbc.co.uk/news/education-22730180).

Here are some of the challenges that have been set so far:

**Challenge One**

Students need to collect their assessment schedules and unit outlines from each subject. Students should photocopy the assessment schedule for each of their courses and place alongside their unit outlines and outcomes in their workbook or folder.

**Challenge Two**

A written study plan must be completed, with a minimum half an hour set aside for each subject every week. This time should be used for the study tips provided by elevate education and many of the future challenges set for study. This is not time for homework or as-
assignment completion, rather reflection and consolidation of knowledge.

End of Term Challenge

In the last two weeks of term students will have to demonstrate that their class notes and handouts are ordered and their work is up to date. Careful organisation leads to effective study.

Parents, encourage your child to complete the challenges as they will help your child to be organised and prepared for study

Having your own textbooks

The benefits of having your own study guides and textbooks cannot be understated. Even in English, where the faculty has a loan copy for every student, having your own copy allows you to write notes and annotate as you read.

Study guides are also excellent resources to have at home. A study guide will give both you and your child the key points of the course, allowing you the opportunity to support them at home. Study guides that have activities and tasks are particularly useful in helping you work with your child on their HSC courses, and will ensure the phrase “I don’t have anything to do” is a thing of the past.

Year 10 Transition

To help with your child’s transition into the senior school there are a number of services we can offer this term.

- Planning a Year 11 study routine
- Analysis of your child’s past results and strategies to help them improve
- Investigation and resource skills
- In-depth breakdown of subject outcomes
- Accessing modelled responses
- University courses and requirements
- How to achieve their ATAR target

To make an appointment please contact Mr. Finley, Head Teacher Senior Studies.

Mathew.finley@det.nsw.edu.au

THINKING OF TIDYING THE CRAFT CUPBOARD?

Mrs Burton in the TAs faculty would LOVE to receive any items of fabric, ribbons, elastic, threads etc. that are taking up space in your house and that you are thinking of disposing of. Please drop off to the front office or give to Mrs Burton in the TAS staffroom or room C32. Any donations will be kindly appreciated. Students can always use these items.

Thank you to those parents who have generously sent in donations of textiles fabrics, ribbons etc already.
SPORTING UPDATE

GRADE SPORT RESULTS:
- Under 15 girls A won Touch Football Winter Grade sport competition, playing Baulkham Hills in the finals.
- Under 15’s Soccer Drew against Model Farms in Winter Grade sport finals.
- Under 15’s girls Knockout Netball team beat Evans High 76-6.

2013 BUFFALO SPORTS NSW ALL SCHOOLS ATHLETICS CHAMPIONSHIPS:
Seven student recently competed in the All School track and Field Championships. Congratulations to:
- Luke Jobson—2nd in the 5km walk and who has now been selected to represent NSW in the Australian All Schools to be held in Townsville in December.
- Keiren Briggs (14yrs) who came 9th in the Shotput, 8th in Discus and 10th Javelin.
- Nicholas Welsby (16yrs) who came 10th in Long Jump, 7th in the Triple Jump and 10th in Javelin.
- Rebecca Wright (14yrs) who came 7th in 800m and 4th in 1500m.
- Nick Thomas (14yrs) who came 6th in Steeplechase and 16th in 3km.
- Breadley Wright (14yrs) who came 3rd in Steeplechase and 6th in 3km.
- Lauryn Brown (14yrs) who came 5th in 200m Hurdles in a PB time, 12th in 800m and 16th in 90m Hurdles.

Congratulations to Bronwyn Craig, Year 10 and Nathan Craig, Year 7, who have been offered scholarships from the Western Sydney Academy of Sport (WSAS) for the 2013/2014 Cycling Program.

In addition Nathan has just returned from New Zealand where he represented the Racing Kangaroos Cycling Team at the 3 day Yunca Junior Road Tour and 2 day ITL Track Carnival. The largest Trans Tasman cycling event for Juniors.

Both Bronwyn and Nathan also competed at the Cycling Australia National Junior Track Series at Dunc Gray Velodrome over a recent weekend and will travel to Victoria, Tasmania and Adelaide in the next 3 months for rounds 2 - 4 in the series.

STUDENT MEDICAL FORMS

The Department of Education and Communities has recently changed the method of recording student medical details. The Department now requires schools to collect more detailed information to ensure the safety and well-being of students.

During Terms 3 and 4 we will be updating our medical records systems to ensure we have the most up-to-date information on your child’s health. The new forms will help us collect your child’s important medical information and the introduction of new systems will mean we’ll be able to better manage the daily and emergency health needs of your child.

We recently sent out the new form to all Parents/Carers and we have also included the form in this newsletter. Thank you to those families who have returned the form. A reminder to return these forms as soon as possible.
H. Student medical details and health conditions

It is essential you inform the school before your child is enrolled if he or she has any medical conditions. This must include any known allergies. You should also contact the school as soon as you are aware of any newly diagnosed allergies/other medical conditions or changes to an existing condition. This will assist the school to support the safety and wellbeing of your child and allow planning to occur to determine the best way to meet the individual health and support needs of your child. This is important information for your child’s safe participation at the school.

Note: Where the words ‘your child’ are used, they should be taken as a reference to the student seeking enrolment.

Student’s Medicare number

Doctor’s name/medical centre

Doctor’s address (eg 1 High Street, Sydney, NSW, 2000)

Doctor’s phone number (work)

Please provide the name, address and phone number of any other doctor or medical specialist who may currently be treating your child for any allergy or other medical condition you may list when completing Section H. Attach an additional page if required.

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<thead>
<tr>
<th>Allergy / Medical Condition</th>
<th>Doctor’s Name</th>
<th>Address</th>
<th>Telephone</th>
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If your child has a documented plan to support any health or medical needs from a previous school or organisation (eg preschool, occasional care, etc) please provide it to the school as an attachment to this form.

ALLERGIES – THESE CAN INCLUDE ALLERGIES TO INSECT STINGS, DRUGS, LATEX, FOOD (EG NUTS, EGGS, PEANUTS) OR OTHER.

If your child has an allergy, please specify in the box below. For this allergy, answer the 11 questions that follow (where applicable). If there is insufficient space, please attach additional pages clearly marked ‘Section H’.

For any additional allergies your child has, please answer each of the 11 questions (where applicable) on a separate page for each allergy. Attach this additional information (clearly marked ‘Section H’) to the back of this form.

Allergy to:

1. Has a doctor diagnosed this allergy? Yes No

2. Is this a severe allergy (anaphylaxis)? Yes No

Anaphylaxis is a severe, potentially life-threatening, allergic reaction.

3. Has your child been hospitalised with a severe allergic reaction (anaphylaxis) or any other allergy? Yes No

4. If yes, which hospital?

5. Does your child have an ASCIA Action Plan for Anaphylaxis? Yes No

6. If yes, is this plan attached? Yes No

7. Has your child been prescribed an adrenaline autoinjector (ie EpiPen® / Anapen®)? Yes No

If your child has been prescribed an adrenaline autoinjector, you will need to provide the school with one (and renew prior to expiry date).
Student details – additional information

Student name

8. What is the expiry date of the adrenaline autoinjector that will be provided to the school?

If not known at the time of completing this form, the school will require this information on enrolment.

9. Does your child have an ASCIA Action Plan for Allergic Reactions? Yes No

10. If yes, is this plan attached? Yes No

Each time your child is prescribed a new adrenaline autoinjector the doctor should issue an updated ASCIA Action Plan for Anaphylaxis. It is important that a copy of any updated plan is provided to the school.

11. Please list any other medication prescribed for this allergy:

The school will require further details in relation to prescribed medication on enrolment.

Parents of children who require their child to be administered prescribed medication at school must complete a written request. The school can provide you with a copy of a request form. Information is also available on the Department’s website.

MEDICAL CONDITIONS OTHER THAN ALLERGIES AND ANAPHYLAXIS (E.G. ASTHMA, SEVERE ASThma, DIABETES, EPILEPSY)

Please identify and provide details below of any other medical condition for which your child is being treated. (If more than one condition or insufficient space, please attach additional pages and include answers to all 7 questions that follow).

Medical condition:

1. Has a doctor diagnosed this condition? Yes No

2. Has your child been hospitalised with this condition? Yes No

3. If yes, which hospital?

4. Does your child have a documented action plan from a doctor (e.g. asthma action plan)? Yes No

5. If yes, is this plan attached? Yes No

6. Is your child taking prescribed medication for this condition? Yes No

7. If yes, what is the prescribed medication?

The school will require further details in relation to prescribed medication on enrolment.

Parents of children who require their child to be administered prescribed medication at school must complete a written request. The school can provide you with a copy of a request form. Information is also available on the Department’s website.
FROM THE FARM

On a bright and sunny spring afternoon, all of Kindy from North Rocks Public School trekked down to Muirfield for a farm experience. The Kindy kids fed our orphan lambs and bigger sheep, played with the chickens and held the smaller chicks. Our student helpers were wonderful hosts and I thank them for their efforts. I was also very impressed with the behavior and enthusiasm of the North Rocks littlies who were great with the animals.

Thank you to the North Rocks teachers who organized this event and I look forward to hosting similar events down on the farm in the future.

Tony Turner
Mobile Phone and Electronic Devices Policy

It is accepted that many parents wish students to have mobile phones in their possession during the school day and electronic devices can be a learning tool. For this reason there is no ban on possession at school.

The school only has an issue should a mobile phone or other electronic device be used inappropriately. Inappropriately means it:

- Disrupts or is likely to disrupt the school learning environment,
- Is used to bully or intimidate through calls, SMS, Text message, photographic, video, recording others without their permission, or other data transfer.

Theft or damage:
- Students should mark their mobile phone clearly with their names.
- To reduce the risk of theft during school hours, students who carry mobile phones are advised to keep them well concealed and not ‘advertise’ they have them.
- Mobile phones that are found in the school and whose owner cannot be located should be handed to front office reception.
- The school accepts no responsibility for replacing lost, stolen or damaged mobile phones. Students bring these devices to school at their own risk.

Inappropriate conduct:
- Any student/s caught using a mobile phone to cheat in examinations or assessments will face disciplinary action.
- Any student who uses vulgar, derogatory, or obscene language while using a mobile phone will face disciplinary action.

Students with mobile phones may not engage in personal attacks, harass another person, or post private information about another person using SMS messages, taking/sending photos or objectionable images, and phone calls.

To view Muirfield High School’s Mobile Phone & Electronic Devices Policy visit our website:

There are lots of issues to consider if your teenager is starting work, from tax rules to balancing work and school commitments. Here are the top things we think you should know as a parent of a working teenager.

**Paying tax**
- Your teenager will need a tax file number (TFN), otherwise their employer will be required to withhold up to 50% of their income in tax.
- If your child is 12 years of age or younger a parent will be required to sign the application form and they will need to provide two forms of identification.
- If your child is at secondary school, the easiest way for them to get a tax file number is if the school is part of the Secondary School TFN program. The school will verify the child’s identity for you. If the school is not part of the program, they will need to complete an application form and supply three forms of identification.
- The tax free threshold for 2012/13 financial year is $18,200. If the child’s income is under this they will not be taxed.
- Your child must remember to claim the tax free threshold on their tax file number declaration but remember this can only be claimed for one employer.
- If the payment summary received from the employer at the end of the financial year shows that your child is under the threshold but has paid some tax, they can lodge a return to get a refund of some or all of the money. More information and application form available at the Australian Tax Office website.

**Superannuation**
- To be eligible to have contributions made by an employer while you are under the age of 18 the child must work a 30 hour week and earn over $450 gross in a calendar month (this may occur over school holidays)
- If your child falls into this category, the compulsory amount of superannuation to be paid into their super account by their employer is 9% of their earnings.
- Encourage your teenager to get a head start on their superannuation by making additional payments to their super fund after tax.

**Opening a bank account**
- Your child will need to open a bank account so their employer can pay them directly.
- They can apply to open a bank account online.
- They will need to provide their TFN during the application process or take it to the branch later.
- If this is their first account with the bank they will need to attend the bank with 100 points of identification. This can be their birth certificate or passport as primary ID which is worth 70 points. A learners permit, student ID card, and Medicare card should see them clear to 100 points.
- A second, high interest online account could be opened to encourage savings for a car, overseas trip or university expenses. Don’t forget to advise of any interested earned on the tax return at the end of the year as this is also considered income.

**Time management**
- Discuss with your teenager a realistic start time for work, to allow enough time between finishing school and getting to work. This way they won’t be late or stressed about getting there on time.
- Discuss also how much work they would like to do, and what is a good balance between work time and school
time. Don’t forget kids need time to socialise and to do nothing at all to recharge their batteries.

- You could help them create a timetable of work and homework to ensure they have enough time to complete everything and not neglect either responsibility.

**Other articles in our job series for teenagers**

- [Christmas jobs for teenagers](http://www.thekidsareallright.com.au/2012/outsideschool/essentials-working-teenagers/)
- [Jobs for 13-year-olds](#)
- [Resume for teenagers](#)

**Useful links**

- [Opening a Bank Account in Australia](#)

Let us know if we’ve missed anything, and we’ll add it to the list.

This article was written by The Kids Are All Right intern Brenda Fry. Brenda is a second year Communications student at Griffith University via Open Universities Australia. [Read more about our internship program](http://www.thekidsareallright.com.au).


For more articles on teenagers plus a forum for parents of teens go to [http://www.thekidsareallright.com.au](http://www.thekidsareallright.com.au)
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<td>HSC Exams</td>
<td>Yr 7 Swim School</td>
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<td>Yr11 Mind Matters</td>
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<td>Korean National Youth Study Tour</td>
<td>Yr 7 &amp; 9 Boy Vaccinations</td>
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<td>Yr11 Subject Changes Due</td>
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<td>Yr8 ESSA Online Test</td>
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<td>P &amp; C Meeting</td>
<td>Yr 9 Vikings Excursion</td>
<td>Yr9 &amp; 12 Japanese Excursion</td>
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Ez cover is a new faster & cheaper way to cover school exercise books. Made with some recycled content, our covers can be used over & over again.

Our cover sizes fit all Australian school exercise books. Covering all your school books will take about 5 minutes and we provide 12 free name/subject labels with every order. Postage is $3 for any sized order, anywhere in Australia.

Do the maths, at $1.20 each, our covers are cheaper, quicker and better for your school and better for Australia.

SAT 2 NOV, RIVER FORESHORE
TIME TRAVEL
11AM-3.30PM

There’s loads to do!
• Grab some friends for a Time travel adventure
• Meet & Greet the locals’ vehicles & animals
• Share local Aboriginal myths, games and dance
• Build a giant oil sculpture
• Play Governor Phillip
• Meet explorers from 1788
• Eat & drink for the best
• See Costa D’Amelio in the Cowboy
• Explore the oldest museum on earth
• Shop along with old Stirling & his animal friends at 1.15pm
• Enjoy free guided tours

For more information and program visit discoverparramatta.com

SAT 2 NOV, RIVER FORESHORE
COUNTRY MUSIC-ON STAGE
3.30-8PM

Home grown musical tunes and high-energy lines’ fun – Meet Toetoes!
Losersome Twin 3.30-4.15pm
Lina Dancing 4.25-5.40pm
Leah Flameng 4.45-5.30pm
Mick & The Reds 5.30-6.00pm
Chelsea Busch 6.00-6.45pm
Lina Dancing 6.45-7.15pm
Peach Creek Family Jug Band 7.15-8.00pm

Church St comes alive with country 6ers 11am-2pm

FESTA DELLA FAMIGLIA
3rd of November from 11am - 3pm
30-32 See Street, Meadowbank

Italian Bilingual School P&F Association
together with Meadowbank Scouts

Come along with your family and friends and enjoy
• Woodfire Pizza • BBQ • Carnival Games • Face Painting
• Petting Zoo • Pony Rides • Variety of Stalls and Lots Lots More!
Magic Mosaics

Magic Mosaics Womens Forum

Magic Mosaics has found a way to help the Mountains Community. We are collecting linen for those who need everything.

If you have spare sheets, towels or any spare linen it will help. Please give us a call and we will arrange pick up for you. As always Thank you for your support.

Sue

Sue Mitchell 0408920232
Robyn Atkins 0418844815

FUN BEGINNERS CRICKET CLINIC

FREE “COME & TRY” NIGHT – BRING A FRIEND ALONG!

EVERY FRIDAY SCHOOL TERM 4 - 5.00PM – 6.00PM

NORTH ROCKS PARK (North Rocks Rd)

CONTACT MICHAEL 0419 018 875

carlingfordwaratah.nsw.cricket.com.au
Northmead Uniting Netball Club

Northmead Uniting Netball Club is a member of the Gooden Reserve Netball Association. This is a local community competition held on Saturday afternoons at Gooden Reserve in Baulkham Hills. We are committed to maintaining a low cost competition that has a friendly, safe and welcoming environment where girls (and boys under 12) of all skill levels can participate.

2014 REGISTRATION COSTS
These fees are a one-off payment which covers the entire season.

- **Fun Net:** $50
- **Under 16’s:** $70
- **Over 16’s:** $75

**Registration day** will be held on Saturday 9th November at Winston Hills shopping centre from 10am-2pm near the food court. Come along to register or ask any questions!

Or register now at: [www.goodenreservenetball.com](http://www.goodenreservenetball.com)

or call 0424 193 495

**REGISTER NOW TO SECURE YOUR PLACE!**

Registration closes the end of February

**Fun Net**
For ages 5 – 7 we have Fun Net, which teaches basic skills, the rules of the game and teamwork. Fun net is held every Saturday at 12.30.

**Junior Competition**
Our junior competition is open to everyone, including those who have not played previously. Games are held every Saturday between 12.30 and 3pm.

**Adults Competition**
Our adults division is a social competition with a fun, friendly atmosphere. We have players who join after not having played for years and even those who have never played. This is the perfect competition to join with a group of friends for some exercise and fun! Teams and individual registrations welcome.

**Mixed Competition**
In 2014 we will be starting up a mixed adult competition. Games will be played at 4pm every Saturday. Men and woman aged 16 and up are welcome to join. Teams and individual registrations welcome.

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Carlingford Netball Club

Do you want to play netball in 2014?

Come and play with Carlingford Netball Club
- **Under 7 years to Seniors**
- **NetSetGo!** Accredited – modified netball for 5-9 years
- **Local Competition at Fernant Hills Park**
- **Club Training at North Rocks netball courts**

Our Club “on-line” Registrations are now open.

Simply go to our website [www.carlingfordnetball.com.au](http://www.carlingfordnetball.com.au) to register and follow the prompts or contact our Registrar Fiona Briggs on ph: 0411 201 835.

Our Club will also be having a **Registration Day** on Saturday 8th February 2014 at Nurray Farm Public School Hall 10 - 2pm.

- New and second Hand uniforms will be available to purchase and/or be collected at Registration Day.
- See website for details.
- New players will need to provide a certified copy of their birth certificate.

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NORTH ROCKS NETBALL CLUB Inc.

**FREE CLASSES**
Girls 6 years to 9 years
learn
Net-Set-Go NETBALL
Learn co-ordination and catching, ball and team skills
EXERCISE with other girls of the same age and
importantly; have fun!!

**CLASSES** on Saturday, October 26th and November 2nd,
from 9am – 10am
At the netball courts, Don Moore Reserve,
Tieman Ave, (Opp. Muirfield High School)

**REGISTRATION DAY:**
Saturday 2nd Nov 13, 10am-2pm
Don Moore Reserve
True North Compass Camp  
Finding Your Dream for 2014  

The overall concept of this camp is for the young people to find their true passions and dreams and start making them happen. This will be achieved by lighting the spark within them. The children by the end of the camp will have found a direction to start walking in.

The main activity of the camp will be a treasure hunt that will be individualised for each child and reflect the dream and direction they verbalise during the camp. This will allow them to start thinking into their own future and visual themselves in their future.

Throughout the four days activities will occur that allow the young people to build tools within themselves that will help them find their way if they get lost whilst working towards their dreams.

Approaches used are symbol work, communication, parkpur, martial arts, paint, music and movement.

**WHY ARE THESE CAMPS DIFFERENT?**  
This camp is a combination of learning social skills, building confidence and esteem, creating new memories and making new friendships. Whilst learning new ways of viewing the world and the capacity to change behaviours. This is achieved through a safe therapeutic process that includes individual and group activities.

**BENEFITS OF THE CAMP – STARTS THE PROCESS FOR**  
- Improved self esteem, health and wellbeing
- Will be better equipped to engage in their social environments
- Will be empowered to make positive choices
- Have increased positive interactions with their family members
- Become a positive influence in their social circle and choose to become supports to their community in the future
- Will be able to transfer learnings and success principles to other areas of their lives
- Decrease challenging behaviour
Applications Are Now Open!!
The Minister responsible for Youth Affairs, the Hon Victor Dominello is seeking young people to nominate themselves to be members of the 2014 NSW Youth Advisory Council. The Youth Advisory Council provides a direct avenue of communication between the young people of NSW and the NSW Government.
Take advantage of this amazing opportunity to get involved and advise the NSW Government on matters of importance to young people and on Government policies and programs which affect young people.
For more information on the Council and details on becoming a member of the 2014 Council go to the Government’s Youth website http://youth.nsw.gov.au/youth-advisory-council/ or email the Executive Officer, Youth Advisory Council yac@yac.nsw.gov.au.
Applications are open until 5:00pm, Monday 4 November 2013.

Building Healthy Relationships
free seminar and workshops

This free seminar is for women and men providing professional information empowering them to make informed decisions for themselves and their families. The issues addressed during the day will include family conflict and the effect of violence on children.

Topics include:
- What is a healthy relationship?
- Healthy relationships start with you
- Domestic violence and legal rights
- Healthy ways of resolving conflict
- Effective parenting skills and connecting with adolescents

Where: Castle Grand Community Centre
Pioneer Room
Cnr Castle & Pennant Streets, Castle Hill
When: Tuesday 26th November 2013
9.00am-2.30pm

FREE Admission | FREE Lunch & Refreshments | FREE crèche for 0-5 year olds
FREE access to Professional Advice

For bookings and further information contact:
Lesley on 0412 454 728 or Marilyn on 0411 890 976
Email—soroptimist2153@gmail.com

Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

| TIME & DATE: Wednesday 6 November | VENUE: Castle Grand Cnr Castle & Pennant Sts, Castle Hill | BOOK NOW ON: 9843 0145 |

Interactive, engaging and thought provoking!

Helping learner drivers become safe drivers
Students interested in a career in digital media, IT programming, mobile apps or game design are invited to apply for a $10,000 scholarship to study at The Academy of Information Technology. AIT is hosting an information night on Nov 20 for students or parents interested in learning about careers and study options in the IT and creative fields. All ages welcome.

Register at ait.nsw.edu.au/events