Parent & Teacher Interviews

It was great to see so many students and parents attend the Year 8, 9 and 10 Parent and Teacher Interviews. The new online booking system proved to be an overwhelming success and extremely well received by parent. 50% of all the Muirfield Staff were booked out, across all faculties, and a further 20% had 4 or fewer vacancies. A true reflection of their level of commitment and professional dedication was that many of the staff completed a 3 or 4 period day and then undertook 4 hours of interviews for the Muirfield community. We also thank all our parents and caregivers for joining us in the evening.

These interviews also provided the opportunity for students in Years 8 and 10 to discuss with their teachers the possibilities of completing further studies in their subject areas through the electives in 2014.

Subject Selections for Years 8 and 10 for 2014.

On Monday 5 August Muirfield High School held their annual Subject Selection Information Evening for all Year 8 and 10 students and parents. The evening proved to be an excellent opportunity for parents and students to gain an understanding of the educational expectations and requirements of Stages 5 and 6 students. Staff outlined the support for students to achieve either their RoSA (Record of Student Achievement) or Higher School Certificate. The evening also provided the opportunity for parents and students to discuss with staff, the requirements, content and expectations of certain subjects in 2014. Students were provided with the dates and the times to complete their subject selections online and where to return their signed selection form.

On Friday 30 August students of Year 10 will have the day free of classes to enable them and their parents to attend timetabled interviews with executive staff to discuss subject selections, and finalise patterns of study for 2014. The times for these interviews were distributed at the Subject Selection Evening, well in advance of this date. We hope this allows parents to plan ahead so they are able to attend these interviews in the Muirfield High School Library with their child.

Rugby

Muirfield High School entered 3 rugby teams in the 14s, 15s and Opens competitions in the Met Northwest Zone Boys Competition. In our second year of entry into the competition, the Open team was successful in reaching the semi-finals, after finishing in fourth position on the competition table. Although they were defeated in their semi-final by the eventual winners, Randwick Boys’ High School, in a tough encounter, they were able to play on the main field at TG Milner field, home of the Eastwood Rugby team, which was a wonderful experience for the team.

This followed a wonderful season from a competitive team who have inspired large numbers of students at Muirfield High School to play and participate in rugby. The season for the 14s and 15s was...
an extensive learning one, with both teams finishing narrowly outside the top 4 in their respective age groups.

**Regional Athletics**
The Regional Athletics Carnival was held at Blacktown International Athletics Centre on Thursday 25 and Friday 26 July. Muirfield High School had over 25 competitors and finished the individual school’s competition in 6th position which was one place better than 2012 where we finished 7th. This was highly creditable considering that Hills Sports High School and other schools from as far west as Blaxland participated in the events on these days.

The very best individual performance from our highly competitive Regional Athletics Team are highlighted below:

**Ashleigh O’Keefe** was outstanding over the two days of competition finishing in 1st position in the Individual Champion AWD 15yr & under, despite only being 13 years of age. Ashleigh also finished 1st in the 15 years & under AWD Javelin, Discus, Shot Put and 100 metres. She also completed her competition with a 2nd place in the 200 metres and Long Jump.

**Rebecca Wright** finished in 4th in the Individual Ranking for the 14 years after an excellent 1st place performance in the 800 metres, followed by 2nd places in 3000 metres, 1500 metres and 400 metres individual track events.

**Bradley Wright** was outstanding in his individual races finishing in 2nd in the Individual Rankings for the 14 years. He finished 1st the 15 years 3000 metres in an incredible race where he beat athletes a year older then himself, before also winning the 800 metres and 1500 metres in his own age group the 14 years.

**Luke Jobson** continued to excel in Athletics and represent Muirfield High School with distinction, after being selected in the Australian All Schools Team in 2012 for the 3000 metre Walk. At the Regional Championships he finished in 2nd Place in the overall Age Ranking for 16 years and 3rd in the Boys Pentathlon 17yr & under after achieving the following results - 4th in Long Jump and Shot Put, 1st in 1500 metres, 3rd in Javelin, and a 5th in the 100 metres. He
also continued to dominate in his pet event, the Walk, with a 1st placing in the 3000 metre Walk 17 years.

Emma Longworth finished the individual championships in 6th after being highly competitive in all of her events, with her best result coming in the 1500m where she finished in 4th. Emma was also in the Zone 4 X 400 metres teams, and ran an excellent first leg of the relay, establishing an incredible lead for the team.

Keiren Briggs excelled with two 1st places in the 14 years Shot Put and Javelin and 2nd in the Shot Put 14years. Thomas Hunt was crowned the 13 years Shot Put champion and achieved a commendable 3rd in the Discus. Lauren Briggs continued to excel in her specialty event of Discus where she finished the 17 years+ competition in 3rd place.

Laurn Brown was an extremely busy competitor over the two days of competition. Competing in no less than 8 individual events, and finishing in 1st place in the overall Girls Pentathlon 17 years+ & under, despite only being a 14 years old. She achieved this with the following excellent results: 4th in the Shot Put, 2nd in the Long jump, 1st in the High Jump, 4th in the 200 metres and 1st in the 800 metres. She then still had enough energy remaining to compete successfully in the 200 metres Hurdles in the 15 years division and finished a highly creditable 2nd and then followed it up with a 3rd in the 90 metres Hurdles in her own 14 years age division.

Nicholas Thomas competed gallantly throughout the two days of competition in a number of events, with his best results being in the 3000 metres 15 years where he finished a creditable 4th and in the 1500 metres 14 year with an excellent 3rd.

Venus Parfait, Norton Grey, Caitlin Wilby, Taylor Jones, Johanna Selmes, Emma Moran, Alexandra Carey-White, Nicholas Welsby, Aaron Ramjan and Bailee Woods all represented themselves and Muirfield High School with distinction and to the very best of their ability in numerous track and field events.

Muirfield High School also had two girls relay teams qualify for the Regional Championships, with the Girls 4 x 100 metre 13 years Relay finishing in 7th place. However, the amazing Girls 4 x 100 metres 14 years Relay team totally blitzed the opposition to finish in 1st place for the second year in a row and qualify for State. This team consisted of Rebecca Wright, Venus Parfait, Kate Milne, and Lauryn Brown.
We acknowledge the dedication and hard work from Ms Nettle and Mr Edmondstone in organising all of our competitors for the Regional Championships, and congratulate all of our competitors for their efforts which reinforced Muirfield High School’s excellent status in Athletics.

**Zone Sport**

Muirfield High School have teams in all the Winter Zone Sports. The boys are competing in Soccer, Oztag and Volleyball, with the Girls entered in Soccer, Basketball and Touch. With only 3 rounds and a bye remaining in the Winter Zone Sports competition, Muirfield High School has a number of teams in with strong chance of reaching the Grand Finals.

The Open Boys Soccer and 15 Girls Touch teams are currently running first and second respectively in their competitions.

The biggest improvers from Muirfield High School this season are the 15 Girls Basketball team, who are storming home over the final rounds to be in consideration for a Grand Final appearance. Grand Finals will be held on 11 September, with home venues being granted to the top placing team after all the round games.

**Futsal Soccer**

At the recent Regional Indoor Soccer/Futsal competition our 16 years Boys and Girls made the Semi-finals, losing narrowly to the eventual winners in a closely contested game. Our Open Boys were outstanding and have progressed to the State Finals where they performed above and beyond expectations. The team was made up of Craig Whittle, Blake Newman, Kielan Tobin, Tom Connell, Angus Hartney, Aaron Alvarez, Jordan Parfait, and Andrew Peeling.

The Western Sydney Wanderers, who continue to make progressive inroads into the Western Sydney communities, sponsored and conducted a Hills Zone Gala Day early this term. Muirfield High School entered 4 teams into their inaugural competition. The Year 8 Boys and Girls Teams achieved the best results of all of our teams by remaining undefeated throughout the day and finishing on top of their respective divisions.

**Netball**

Open Girls Netball made it to the Sydney West Gala Day finals, where with a young team, performed strongly. Members of the team were Talya Turvey, Emma Jones, Lauren Briggs of Year 11, Rachel Browne, Charlotte Davies, Kirsten Gaston of Year 10, and Lauryn Brown, Bailie-Rae Woods, Beth Radford, Alana Wheeler, and Clare Bickham of Year 8. The depth and youth of this team means that we have the potential to be even stronger and perform even better in the next couple of years.
At the end of last term Year 12 and Year 10 students had the opportunity to go to Careers Expos. For Year 12 students, it was an opportunity to talk to universities about course, scholarship and alternative entry possibilities. Students enjoyed the chance to speak directly both to students from universities in Sydney and interstate and also to academics.

Private further study providers were also present, such as Whitehouse, Macleay College and many others. For Year 12 students wanting employment, there were a number of Group Training Companies present ready to give advice about job opportunities. Year 12 really took advantage of all there was to see and do on the day. Two of our enterprising boys actually came away with a new wardrobe, supplied by the many organizations present on the day!

For Year 10 students, it was a chance to start thinking about future directions in Years 11 and 12. With subject choice coming up soon, students were able to attend seminars to give them advice, but also to talk directly to universities for information on the subjects recommended for further studies after school. Year 10 made the most of everyone available on the day, asking plenty of questions and coming home with bags bulging with information.

This term is always very busy with a lot of information coming through. The universities all have Open Days this term and for up to date information on when they are, see the School to Work Website. In addition, the universities will be sending representatives to the school during this term to talk to students in Years 10-12. Macquarie University is the first, coming this Friday 2 August.

A reminder to Year 10 students that their work experience arrangements should be well under way!!

Helen Scott

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 that it is due back to the office by 30 August.

If you have any questions please call us on 9872 2244
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.

<table>
<thead>
<tr>
<th>Allergy / Medical Condition</th>
<th>Doctor’s Name</th>
<th>Address</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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).
8. What is the expiry date of the adrenaline autoinjection 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.
HELPING YOUR TEEN STUDY FOR A N EXAM

AT A GLANCE
- When your teen is studying they need to stop every 40 minutes and have a five-minute break.
- Encourage your teen not to leave exam preparation until the night before because it will be harder for them to remember the information.
- Encourage your teen to understand that exam questions vary and so should the answers.
- Remind your teen that tests measure what they have learnt and not their worth as a person.

If your child studies and assesses themselves positively before an exam, it should boost their self-confidence.

Lots of chocolate, last-minute cramming, avoiding the hard questions ... there is a better way for kids to study for their exams.

A GOOD DIET FOR STUDYING
Watch your teen doesn't indulge in too much sugar or binge eat while they are studying. A ‘sugar-hit’ will give them a burst of energy, but will then result in a severe lull. Natural sugars found in fruit, vegetables, fruit juices and dairy products will be more sustaining.

REGULAR BREAKS BRING PEACE OF MIND
When your teen is studying they need to stop every 40 minutes and have a five-minute break. Suggest to your teen to do something totally different during the break such as playing with the dog, phoning a friend, having a healthy snack or going for a walk. A blend of exercise, relaxation and refreshment is most important.

GET ORGANISED WELL IN ADVANCE
Encourage your teen not to leave exam preparation until the night before because it will be harder for them to remember the information. Some kids think cramming is the way to go, but in reality they only have limited recall. Instead, help your child get organised well in advance. Suggest they put their study notes into separate coloured folders. Using colours helps jog most people's memory because they can associate the information more quickly. Your teen may even like to use different coloured pens and paper for each topic, but just check they can be seen clearly at night under the lights.

FIGURE OUT WHAT EXAMS NEED THE MOST ATTENTION
Ask your teen to write out a list of the exams in the order they will happen. This will show them which subject to begin with and which topics they need to concentrate on the most.

SIMPLE STRATEGIES TO APPROACH HARD TOPICS
When kids are concerned about a subject, they tend to avoid it. However, there are simple ways to help your teen get into studying topics they find hard.
- Review the lesson notes.
- Select any key concepts and make a list of important terms.
- Write key concepts onto flash cards (which are easy to refer to and organise) and on the back, writing general ideas and details.
- Organise the cards into groups by numbers or colours (to match topics) so they are easy to find and reorganise.
- Lay the cards out on a table so your teen can see them in their mind and remember how to use the information in an organised and logical way.
- Complete some practice questions in a time limit by referring to the flash cards and notes, and referring to the text for examples and details (if your teen only does this verbally, they can fall into the trap of saying, "I knew that!").
START A STUDY GROUP
If your teen is a strong verbal learner, suggest to them to form a small study group with some of their friends. They can ask one another questions or provide feedback about their material.

UNDERSTAND THE STYLES OF EXAM QUESTIONS
Encourage your teen to understand that exam questions vary and so should the answers. In multiple choice questions, for example, they can be assessing how well your teen reads a question and then solves the problem that it refers to. Remind your teen of the need to support a comment with examples and evidence, especially in a literature question.

LEARN TO MANAGE EXAM ANXIETY
Remind your teen that tests measure what they have learnt and not their worth as a person. Most anxiety stems from fear of poor performance. If your child studies and assesses themselves positively before an exam, it should boost their self-confidence. Symptoms of stress and anxiety can be made worse by significant changes in sleep and eating routines. These symptoms can also be reduced by physical activity such as walking.

TEXTILES, SEWING AND CRAFT DECLUTTER

NEED MORE SPACE?
THINK ABOUT a TEXTILES/SEWING/CRAFT DECLUTTER!!!!

You know you should!

If this sounds like you and you plan on having a sewing/craft cleanout in the next few days/weeks/months/.....OK...... even years!!!!......... please think of the TAS department of MHS.

I would LOVE your odds and ends, spare fabric, unwanted lace, thread, elastic, buttons, trims, yarn, etc etc etc.

Please feel free to drop any donations off to Room C 32, the TAS Staffroom or give to the front office and the lovely ladies there will pass on to me.

In anticipation of clean craft rooms, clean sewing rooms, clean cupboards...........

Lynne Burton TAS-Textiles teacher.

P&C INVITATION

The P&C at Muirfield High School extends an invitation to all parents to a joint P&C meeting at Muirfield on 11 September (Week 9) at 7.30pm in Muirfield HS Common Room.

Ken Byrne, the School Counsellor at Muirfield HS and North Rocks PS, will be presenting on “The Teenager I Love”. Parents of adolescents should find this presentation useful.

There will be time for questions from a panel of “experts” with over 80 years of experience in education and counseling adolescents—Ken Byrne, Bryce Grant (Deputy Principal) and Jennifer Reeves (Principal).
FROM THE P&C PRESIDENT

- **Presentation by Ken Byrne, our school counsellor, titled “The Teenager I Love”** Please come along to our next P&C meeting, to which we have invited our feeder primary schools. We will have a valuable presentation for all parents on dealing with teenagers. There will be time for questions answered by a panel of experts including Ken, Jennifer Reeves and Bryce Grant. Encourage your friends and neighbours to come also.
  - 7pm supper and mingle
  - 7.30pm presentation followed by questions
  - 8.30pm brief P&C meeting

- **Support required by Fundraising Committee** - Two fundraising BBQs and cake stalls have been organised as detailed below. Unfortunately they are now on the same weekend so we will be seeking extra support. Please help if you can!
  - **Saturday 7 September**
    - Muirfield High School
    - BBQ and cake stall
  - **Sunday 8 September**
    - North Parramatta Bunnings
    - BBQ and cake stall
  - Volunteer for a shift or bake some goodies to sell which can be delivered directly to the stalls or to school on Friday 6 September—leave them in the canteen or at the front office.
  - **Bunnings BBQ** [http://www.editgrid.com/user/mhsandpc/MHSBunningsBBQ8September2013](http://www.editgrid.com/user/mhsandpc/MHSBunningsBBQ8September2013)

- **Thank you** very much to Sharon Murray for offering to take on the position of canteen committee secretary! Unfortunately we are still in need of volunteers for the computer market and uniform shop committees. There are a significant number of people in the P&C whose children are leaving the school at the end of this year or next so we need some new blood. Your commitment doesn’t have to be enormous or onerous. It is up to you how much you do, but we would really appreciate your input even if you are only able to come along to P&C meetings or to attend sub-committee meetings. Please think about helping.

---

**Your P&C Needs You!**

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

**Positions 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.
FROM THE FARM
FROM THE FARM
**POSITION VACANT: UNIFORM SHOP MANAGER (JOB SHARE)**

The MHS P&C is looking for an additional Uniform Shop manager to assist our current shop manager.

The position is a job share position requiring approximately 1-2 hours per week, with more hours available in busy times such as Orientation Day and upon return to school in January.

Duties include opening the shop during lunchtime on the allocated day, ability to operate a cash register and EFTPOS facilities and perform banking duties. You will also be required to assist with stocktakes each term and attend monthly committee meetings.

Shop managers are paid in line with the current award and are responsible to the Uniform Shop committee.

This job would suit a parent who is not currently working or who is working part time and can spare a set day each week to come into school. Training will be provided by our existing manager.

If you would like further details about this position, please contact the school office.

The Uniform Shop Committee

---

**Uplifting Australia**

Uplifting Australia is a not-for-profit based in Northern NSW that run programs to improve the wellbeing and resilience of children and families. We believe our program could significantly benefit your students and families and contribute to the great work you are already doing.

Raising Women is for girls aged 13 to 15, and their mother or significant female mentor. The program includes a 2-day/2-night bush camp, pre-meeting, follow up sessions and a fathers program. This new structure has moved away from a 6 day camp, allowing the program to become more accessible and affordable for families.

Research clearly indicates Australian teenagers are experiencing significant and unacceptably high levels of issues impacting on their wellbeing.

These include: mental health disorders, intoxication, homelessness, victims of violent crimes, youth suicide, teen pregnancy, eating disorders, to name a few. Raising Women is a Rite of Passage program that invites girls and their families to acknowledge their transition into womanhood. This process has the ability to build stronger family relationships, increase self-esteem & motivation and strengthen communication skills.
**Parking Rules & Penalties Fact Sheet**

**FOOTPATHS**

You must not STOP your vehicle on the footpath or nature strip at any time.
Stopping includes when the vehicle is not moving but the engine is still running

**SCHOOL ZONE**
Penalty from $169 and 2 demerit points

Council's Compliance Officers enforce parking signs at your school.
For more information please contact The Hills Shire Council on 9843 0145

---

**DRIVEWAYS**

You must not park your car over or block access to a driveway.
You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

**SCHOOL ZONE**
Penalty from $169 and 2 demerit points

Council's Compliance Officers enforce parking signs at your school.
For more information please contact The Hills Shire Council on 9843 0145
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

---

HSC & TPC Course Information Evening

Monday 11 November, 6pm
Camperdown Building, J Block, Ground Floor
St Leonards Campus, TAFE NSW
(formerly North Sydney TAFE)

We will once again be offering students the opportunity of studying units in the Certificate IV In Tertiary Preparation (TPC) and Higher School Certificate (HSC) in 2014.

We encourage potential students and their parents/guardians to attend the information session where both HSC and TPC options will be discussed.

Timetables and course information will be available at this session.

Teaching staff will be available on the night to answer any questions you may have about both these Year 12 equivalent courses.

For more information, please contact the Coordinators on 9942 0732
Unlock your potential. It starts here.

---

**Single with Children**

A non-profit social group operated by the Single Parent Family Association

ARE YOU A SINGLE PARENT?

Single with Children is a non-profit social group that provides fun and exciting social activities every week specifically for single parents and their children.

It’s a great way to meet or make new friends in your area.

For your FREE copy of our social calendar contact us today

Call 1300 300 496

Or check out our web site:
www.singlewithchildren.com.au
The Foster Care Association NSW Inc. is the voice of foster carers in this State. Our role is not only to support the work of carers in policy setting, but to encourage people to take up caring.

If you are interested in becoming a foster carer, why not contact the Foster Care Association at shaz@fca.org.au or go to our website for more information fcansw.org.au to gain information and background? The Association is made up of experienced carers who can answer your questions about what caring "feels like".

Foster Care Association NSW Inc. provides information and advocacy for foster and kinship carers throughout the State.
NORTHERN SYDNEY GIRLS CRICKET ASSOCIATION

FUN

Friday nights or Saturday afternoons

GIRLS ONLY CRICKET COMPETITIONS
AGES 8 TO 16

Web: nsgca.nsw.cricket.com.au
Email: nsgcacric@gmail.com Mob: 0450 905 875
Like NSGCA on Facebook and follow us on Twitter!

AFL family fun day

Come and join us and learn AFL skills by playing fun games with other families. Meet AFL accredited coaches and have an exciting and enjoyable family fun day! Bring along drinks, hats and sun protection. Chairs or picnic blankets. Suitable spots are available. Children under 10 years old must be supervised by a

Details

- Location: Hornsby
- Date: Sunday 22nd September from 1:30 pm to 3:30 pm
- Style: Free
- Booking: Essential. Please call
  - Lisa on 0435 304 666 or email Lisa显露nsw.edu.au
  - Jane on 0411 977 901 or email Jane@police.nsw.gov.au
- Additional Information: In the event of rain, this event will be cancelled and rescheduled to 13 October at the same time.

For more information, visit hornsby.nsw.gov.au

Synthetic Drugs in our community

FREE EVENT

Essential information for parents, carers and professionals on the effects of drugs and alcohol on young people. Not to be missed!


The night will be hosted by David Cale, Manager of the KYDS Youth Development Services.

A panel featuring NSW Police, NSW Health and other industry professionals to provide valuable insight into synthetic drugs and answer your questions.

Where: Hornsby RSL, Main Lounge, 4 High Street, Hornsby
When: Wednesday 21 August
Time: 7:00 pm to 9:00 pm
RSVP: Please call Paul Stuart on 0477 872 090 or email paul@nsml.com.au

Hornsby Girls’ High School

MULTICULTURAL FAIR

11am - 4pm
Saturday 31 August
Edgeworth David Avenue, Hornsby

- International Food Fair
- Cultural Performances in Music and Dance
- Devonshire Tea & Coffee
- Fairy Floss & Sno Cones & Rides
- Hornsby Rotary Book Fair
- Robotics Display
- Trash & Treasure

ALL WELCOME!!