As part of our Peer Support Program at Muirfield our Year 7 and Year 11 Peer Support leaders took the annual pilgrimage to the “The Great Aussie Bush Camp” during Week 4 of this term. I was fortunate enough to attend the camp, and observe the students stepping out of their ‘comfort zone’ and participating in the huge range of activities.

Apart from the opportunity for developing student relationships and new friendships and settling in to High School life, a big element of the camp is related to enhancing resilience and the construction of opportunities for students to take calculated risks, team bonding and pushing themselves to the limits.

Year 7 Peer Support camp

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Abseiling, Vertical Challenge and the Giant Swing courses are designed to provide students with a chance to master a fear of heights. The students were encouraged to push themselves to the limit within the boundaries of safety precautions, which made it almost impossible to come away with any injuries more than a bit of rope burn or a skinned elbow. I was really proud of the way the vast majority of the students did this. In some cases you could see their legs shaking as they backed over the edge of the abseiling rock wall. Personal determination combined with instruction and encouragement from the group resulted in most making the drop.

The camp offered our Peer Support Leaders the opportunity to consolidate their rapport with their groups and to develop and implement leadership skills. Year 7 students were able to develop friendships, group cohesion, enhance their self-esteem and identify with their Peer Support Leaders and Peer Group.

I would like to thank the teachers and the Year Adviser, Ms. Miller, for their preparation and organisation into ensuring the smooth running of the camp. Thanks to those teachers that gave up their own person time to attend camp: Mr Wilcox, Mr Campbell, Ms Dykes, Mr Chivers, Ms Denton and Ms Yau. Without these teachers’ commitment and devotion, camps could not go ahead and the students would miss out on some wonderful learning experiences.

Also a huge thank you to our Year 11 Peer Support leaders who were amazing role models and showed maturity beyond their years in the way they conducted them-
selves on camp. Not only were all the teachers impressed by their leadership, but the compliments they received from the camp staff were overwhelming.

**Enjoy the photos found later in the newsletter.**

**Computer Room**

Sometimes we have to remind ourselves that the school computer lab is a fairly recent invention. In the beginning, school computer labs all featured tables positioned around the perimeter of the room to facilitate power and Ethernet connections. The concept was to pack as many screens into as small a space as possible. Today, that’s all changed. The use of computers in education has matured and school computer labs have morphed into a cooperative learning space that caters for project based learning.

At the end of last year and the start of this year the school’s computer room (which is actually 3 classrooms) was refurbished. This has been a joint P&C and school project. Department of Education funds were used to re-carpet and paint the room. The P&C funded the purchase of new furniture, including computer desks around the side of the room that were purpose built for this space. The new furniture is not what is normally expected in a classroom. It allows for versatility and flexibility of use, as the furniture can be moved depending on the group size and learning activity. Team work is a major focus for all subjects.

Thank you to the tireless efforts of the P&C for their fundraising and thanks you to every parent for the P&C contributions. This room certainly has the WOW factor!
Meet and Greet Evening

Tuesday 16 February Muirfield High School’s P&C ran a very successful Meet & Greet Evening for all new and ‘old’ parents to Muirfield. This night gave parents an opportunity to come and meet other parents in an informal setting. I would like to thank all members of the P&C involved and especially; Barbara McKenzie, Amanda Bartlett, Larry Moyle, Mark Hutchinson, Jo-Ann Xegas, Sharon Murray and Liz Von Brandis-Martini, for all the hard work they put into the night.

It was great to meet so many new parents and catch up with some ‘old’ parents. It was wonderful to receive positive feedback from parents indicating how well their child has settled into high school. Many parents agreed that the Peer Support Program and Muirfield’s caring nature played a large role in how well the students transitioned to Muirfield.

Year 7 Open Classroom

On Friday 28 March Muirfield will be holding its annual Open Classroom morning. Invitations have already been sent out to all Year 7 parents. The Open Classroom program gives parents an opportunity to visit part of two lessons in which their child is timetabled. Parents will be welcomed into the learning environment and we hope that they will enjoy the thrill of returning to the classroom.

During recess there will be a small morning tea for attending parents and their child. This will give parents an opportunity to meet some of their child’s teachers in a casual environment. On this day parents receive their child’s Interim Report. The Interim Report is designed to give parents a ‘snapshot’ of how their child has settled into high school. All parents will also receive via email a digital copy of the Interim Report.

In Defense of ‘Neglectful’ Parents

I draw your attention to an article printed later in this newsletter by Michael McQueen who is a recognised author and writer specialising in understanding and working with our next generation of young people. His article is interesting because it challenges the idea that as parents it is our sole job to keep our children happy, amused, fulfilled and confident. The reality of this is that we may in actual fact be doing them a disservice because by doing so we remove from them the power to build their own resilience; the ability to see themselves as part of a group rather than the focus of it; the capacity to accept that it is not their god given right to have everything when they want it; and that feeling sad, disappointed or bored is a natural part of life!

This makes interesting reading as it allows us to focus on what we are doing “to” our children as opposed to what we are doing “for” them. If you are anything like me you will certainly reflect on current or past practices and go “Hmmmmmm”!
In Defence of ‘Neglectful’ Parents

Why parents who resist to pressure To over-protect may be doing their children a favour!

Parents beware – allowing your child to walk to the shops or catch the bus unaccompanied may result in you being reported to child protective services. As countless recently reported cases prove, parents who fail to protect their children from it at all times run the risk of being branded negligent.

As someone who grew up in the ‘play outside till the streetlights come on’ era, I find this trend both fascinating and bizarre in equal measure. After all, despite the picture portrayed in current affairs programs of modern society being one where crime, abuse and violence are rife, the data is clear – our society is actually a safer place for children than it was in 1975.1

Reflecting on both current research and my personal observations, I am firmly of the belief that the pendulum on child protection has swung too far in the nurturing direction. We often talk about the bubble-wrap kids and helicopter parents with a wry smile and a dismissive chuckle, but simply because something is common, this does not mean it is normal (or constructive).

A number of years ago I came across an insightful quote from American political figure Ivy Baker Priest who in reflecting on her own childhood stated:

*My father had always said that there are four things a child needs – plenty of love, nourishing food, regular sleep, and lots of soap and water – and after those, what they need most is some intelligent neglect.*

Drawing on over 5 years of talking with ‘neglectful parents’ who fear they are doing their children a disservice because they are out of step with the more over-protective child rearing attitudes in modern society, I felt it was time to speak up on their behalf.

Naturally, I would never espouse neglectful parenting in the absent or abusive sense. Similarly, I am not condoning a return to the inexcusably harsh, mean-spirited or emotionally austere parenting days of old where the focus was on raising ‘tough’ kids who would be able to face the world with a stoic resolve.

Rather, the type of neglect I aim to affirm below is of the intelligent type – a neglect that is based on a commitment to 5 core values:
1. Emphasizing the collective over the individual

In his book *Grown Up Digital*, Don Tapscott highlights a dramatic shift in the place children occupy in a family unit. He contrasts the power-dynamic of families that existed when baby boomers were children (figure 8.1) with the structure of families in our modern age (figure 8.2). As the diagram reflects, there has been a dramatic shift away from seeing children as a part of the family, to that of being the centre of the family.

Prof. Jean Twenge from San Diego State University explored how this shift is being expressed practically in families. She describes how modern parents begin asking children their preferences even before the child can answer and points to the trend of parents who would never dream of making a single decision for their child without first asking what the child wants. Twenge argues that this results in children coming to believe that their wants are the most important.

This is, of course, a far cry from the ‘be seen and not heard’ days where children fitted in around the parent’s lives and not vice versa.

Intelligently neglectful parents recognize that while a child is a precious and valuable member of the family, he or she is not the centre of the family as a collective. Furthermore, they acknowledge that while a child may have preferences and desires, these preferences and desires are no more or less important than anybody else’s.

In this way, intelligently neglectful parents realize that their child may be disappointed, upset or even downright incensed by a failure to have their desires and preferences met at every point — but that this is important preparation for an adult world where not getting one’s own way is an unavoidable reality.

2. The value of saying ‘no’

One of the trends that I have found fascinating to watch evolve in recent years is that of parents who feel a pressure to be their child’s best friend. Naturally, this parental popularity contest often results in one very powerful word dropping off the radar — ‘no’.

In his book *No; Why kids of all ages need to hear it and parents can say it*, Dr David Walsh argues that saying no at the right times, in the right way and for the right reasons is critical for the character development and even the emotional security of adolescents. Intelligently neglectful parents realise this and so are willing to risk the short term resentment and silent treatment of their child when the answer needs to be ‘no’.

3. The importance of experiencing the full spectrum of life’s emotions

While the desire to protect children from the darker sides of life is an important and natural parenting instinct, intelligently neglectful parents realise that sugar coating life by removing the exposure to all negative emotions will do a child few favours in the long run.

Furthermore, they realize that the 3 negative emotions that all children must experience if they are to have a holistic understanding of real life include:
a. Boredom

Intelligently neglectful parents recognise that it is important that kids and teens experience boredom and learn that it won’t kill them. After all, boredom has a unique ability to force the human brain to invent, create or even simply meditate on the deeper issues of life.

b. Risk/Danger

While few parents would willingly expose their children to danger, intelligently neglectful parents recognise that removing all risk and danger from a child’s life invariably does more harm than good. Reflecting on this fact, Lenore Skenazy in her book *Free Range Kids* describes how children who aren’t allowed to take any risks turn out to be less safe than those who do!

c. Disappointment

Resisting the pressure to place a toy between every wrapper of paper when preparing a ‘pass the parcel’ game for a child’s birthday party, intelligently neglectful parents recognize that sometimes in life you will face disappointment and that hiding this fact is futile. In the same way, intelligently neglectful schools and teachers are beginning to realise that giving every runner in the race a ribbon does little more than de-value achievement and promote mediocrity.

4. Character development rather than confidence

Since the early 1980’s, self esteem has been a key area of focus in parenting and educational circles. Reflecting on the more negative aspects of this trend, principal of Sydney’s Barker College, Dr Rod Keeford, suggested recently that from the 1970s onwards, teachers were prohibited from doing anything that would harm the supposedly fragile self esteem of students. He goes on to suggest that this has come at the cost of character formation saying “If we are serious about building resilience, we have to let young people fail. It is only through our failings that we learn anything.”

A number of months ago I wrote an article entitled *The Dark Side of Self Esteem* which explored some of the unintended consequences of focusing on building confidence in young people at the expense of fostering character and self-driven resilience. These included increases in depression, apathy, narcissism and dependence in young people.

Intelligently neglectful parents recognise these dangers and focus on affirming not simply who a child is, but also what he or she does. In linking reward and affirmation to achievement and effort, these parents help their children build a lasting self-confidence and well-grounded character.

5. A eagerness to encourage but a reluctance to rescue

I recently heard it said that the greatest gift you can give a young person is a high expectation of their abilities. Intelligently neglectful parents know this to be true. As such, they will always give encouragement, support and coaching - while at the same time being unwilling to step in and rescue a child from circumstances or consequences.

Such a perspective reminds me of the story I heard years ago of the dangers of helping a bird break free of its egg during the hatching process. While we as humans may feel compelled to help the struggling bird, the very act of offering assistance prevents the bird from thriving or surviving once it is out in the real world. There is something in the struggle that prepares the bird for life and the removal of this struggle actually does far more harm than good.
Intelligently neglectful parents recognise that a similar dynamic exists in humans and will readily cheer long and loud from the sidelines but will resist every urge to step into the ring and fight battles on their child’s behalf.

While protection and nurture are perfectly natural parental instincts, I agree wholeheartedly with Ivy Baker Priest – intelligent neglect is critically important in parent-child relationships. My hope is that this vote of confidence is an encouragement to the countless thousands of intelligently neglectful parents who often fear they are on the wrong track. Both I and the weight of all the current research is on your side – keep up the good work!

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ABOUT MICHAEL

Michael McQueen is an award-winning speaker, social researcher and 3-time bestselling author.

Michael’s first book *The ‘New’ Rules of Engagement* was the culmination of a 3-year study of the key drivers of youth culture around the world. With an emphasis on the values and attitudes of Generation Y, this 2007 release was designed to help business leaders, educators and parents to better engage younger generations.

Michael’s most recent book *Winning the Battle for Relevance* is a landmark title that explores why even the greatest businesses and institutions become obsolete and how others can avoid their fate.

In addition to featuring regularly as a commentator on TV and radio, Michael is a familiar face on the international conference circuit having shared the stage with the like of Bill Gates, Whoopi Goldberg and Larry King.

Michael has spoken to over 150,000 people across 5 continents since 2004 and is known for his engaging, entertaining and practical conference presentations.

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NEW YORK, NY USA 10003
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Students have recently been bringing electronic cigarettes to school as local shops are selling them. There are concerns about the health and safety risks associated with these devices. Please note: they are not to be brought to school and will be confiscated if found in students’ possession.
2014 CAPA Calendar of Events

TERM ONE:
RECOGNITION ASSEMBLY
Week 11.
Students involved - Concert Band.

TERM TWO:
2 DAY CAPA WORKSHOP
Baden Powell Scout Centre – 2nd and 3rd June.
Students involved - All CAPA students.

RECOGNITION ASSEMBLY
Week 11.
Students involved - Concert Band.

TERM THREE:
STEWART HOUSE –
Performance at Model Farms High School – 11th June.
Students involved - Concert Band or Stage Band.

MADD
2 full day rehearsals and 2 night performances at the Riverside Theatre
Parramatta – 11th and 12th August.
Students involved - All CAPA students.

RECOGNITION ASSEMBLY
Week 11.
Students involved - Concert Band.

BAND TOUR-
Tour of the New England Area including a workshop day at the Armidale Conservatorium Orchestra – September 19th
- TBA .
Students involved - Concert Band.

TERM FOUR:
COMBINED BAND WORKSHOP AND CONCERT
At school with Primary Bands from the region.
Early term 4 - date TBA.
Students involved - All Concert Band.

SUMMER ARTS
At school.
Students involved - All CAPA students

PRESENTATION EVENING
At school, evening performance – 9th December.
Students involved - Concert Band
2014 CAPA Extra Curricular Activities

CONCERT BAND INFORMATION
REHEARSALS  Held in the school hall every Tuesday afternoon from 2.35 – 4pm

FEES  $150 per semester invoiced through “Teaching Services Australia

UNIFORM  Full school uniform for all performances except MADD and Summer Arts. That is: Light Green Cotton Shirt, Black Trousers or Slacks (not track pants or casual pants), Black socks and Black School shoes (not sneakers)

UNIFORM for MADD AND SUMMER ARTS  Black long sleeved collared shirt, Black Trousers or Slacks (not track pants or casual pants), Black socks and Black school shoes (not sneakers)

INSTRUMENT HIRE  Students are encouraged to own their own instruments however we do have a small supply of wind and brass instruments that can be hired from the school for $100 per year.

ENQUIRIES  Mr Steve Lavis (steve@teachingservices.com.au) is the band director and he can help you with concert and fee information.

Any other information you require you can contact Ms Lesley Walker Head Teacher CAPA Lesley.walker@det.nsw.edu.au.

GUITAR TUITION INFORMATION
TEACHER  Mr Craig Laird – Craig is a highly regarded industry professional who teaches our students at a discounted rate. (Craig is an ex Muirfield High School student)

LESSONS  Lessons are held in room H24 (Music room) on Tuesday and Wednesday afternoons.

TIMES  Beginners are at 2.45 – 3.30 on Wednesday Afternoon
Intermediates are on Tuesday afternoon at 2.45 – 3.30 and Wednesday afternoon at 3.30 – 4.15.

COST  $125 per term payable in advance.

DRAMA ENSEMBLE
TEACHER  Mrs Valerie Miller.

REHEARSALS  Held in the Drama room on Friday afternoons from 2.40 – 4.00pm.

WHO CAN JOIN  Any junior school student interested can apply to Mrs Miller.

COST  Some costs for costumes and props as required for performances.

DRAMA - THEATRESPORTS
TEACHER  Mrs Valerie Miller.

REHEARSALS  Held in the Drama room after school. The teams are selected at the end of the year prior to the competition year.
Sports News

Congratulations to Rose Eldred and Chloe Holman who have been selected in the NSW Combined High Schools Sport Association Softball Team.

Congratulations to Zara Brankovic who has been selected to compete in the NSW Combined High Schools Individual Tennis Championships.

Congratulations to Lucy Harris who won the Golf State Age Match Play Championships (Sydney West) and is now through to the next round.

Congratulations to Aisling Klimoski and Jaelyn Mashiah who were selected in the Sydney West Hockey team.

Congratulations to Aisling Klimoski and Jaelyn Mashiah who were selected in the Sydney West Hockey team.

KNOCKOUT NEWS
Open Girls Touch Football lost against Northmead.
Open Girls Volleyball won against Quakers Hill.
Open Boys Cricket lost against Holroyd High.

GRADE SPORT NEWS
Round 1 winners: Touch 15A, Netball 15 A, Netball 15B Volleyball Open A, Oztag Open B.

Round 2: Bye

Round 3 winners: Open Cricket, Touch 15A, Touch 15B, Netball 15A, Oztag Open A.

Congratulations to Will Anson for making the Hills Zone basketball team and being selected as captain.
**NSW School Vaccination Program**

NSW SCHOOL VACCINATION PROGRAM

INFORMATION FOR PARENTS/GUARDIANS OF YEAR 7 AND YEAR 9 STUDENTS

Each year NSW Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2014 the following vaccines will be offered:

**Year 7 students**
- Varicella (chickenpox) as a single dose
- Diphtheria-tetanus-Pertussis (dTpa) as a single dose; and
- Human Papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months for male and female students (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school into Year 9).

**Year 9 students**
- HPV vaccine in a 3-dose schedule, at 0, 2 and 6 months for male students only (catch-up vaccination).

*The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.*

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:
- read all the information provided;
- complete the consent form by ticking (+) the vaccines they would like their child to receive;
- return consent form to their child’s school;
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Vaccines are free ONLY in the year they are offered under this program. If students do not commence their scheduled vaccine courses this year then they can only be obtained through private purchase on a prescription from the GP.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation).

To improve immunisation completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the consent form, as this is required to record the student’s information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at the clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Should you have any further questions or comments regarding this program please call the Immunisation Team on 9840 3803.

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<th>Vaccine</th>
<th>Number of Doses</th>
<th>Dates of Immunisation</th>
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<td>Varicella (chickenpox)</td>
<td>1 dose</td>
<td>29 May 7 August</td>
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<tr>
<td>(males and females)</td>
<td>Diphtheria-tetanus-Pertussis (dTpa)</td>
<td>1 dose</td>
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<td></td>
<td>Human Papillomavirus (HPV)</td>
<td>3 doses</td>
<td>1 December</td>
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<tr>
<td>Year 9</td>
<td>Human Papillomavirus (HPV)</td>
<td>3 doses</td>
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<td>(Males only)</td>
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From the Vice Captains: Huw Murray & Baylee Forbes

On behalf of the SRC committee and Student Executive Team I would like to welcome back all students and teachers. We hope everyone, not forgetting our delightful new Year 7 students, are ready for an enjoyable and challenging year ahead. We would like to recall some educational and leadership events from last year and acknowledge upcoming events at Muirfield High School.

The “National Young Leaders Day,” held in the Exhibition Centre on November 29th last year was a chance for 24 Muirfield High School students ranging from Year 7 to Year 12 to develop their leadership skills and learn from the experiences of a range of amazing and incredibly inspirational speakers. Ms Pasternatsky and Ms Adams joined the group of students on the day in the city. Speakers such as Lt. General David Morrison, Markus Zusak and Tom Tilley allowed the Muirfield students (as well as 2000 other NSW students in the centre) to take notes, listen and gain valuable life lessons and knowledge. We would like to express our thanks to the organisers of the day and the teachers Ms Pasternatsky and Ms Adams for giving us the opportunity to have such a wonderful, educational day in the city.

The clever minds of the Executive and SRC team have thrown idea after idea out into the open for fundraising events for the school. Small events such as lunch time food and beverage selling and Drama night fundraising have helped raise funds for the team’s upcoming projects. These are just a few of our methods of raising further funds for the school. This would not be possible without the support of our guiding SRC teachers Ms Pasternatsky and Ms Adams to whom we are very grateful.

In support of raising awareness of women’s rights Muirfield High School is hosting an “International Women’s Day” breakfast at school for the 9th year running. Music pieces, drama skits and dance performances will accompany recognition and acknowledgement speeches by the School Captains Miriam Osborn and Adam Rifai on the 7th of March 2014.

Further fundraising events will be held throughout the year to both support the school and the students with the voluntary help of the SRC and executive teams.

Wishing all students and teachers a welcome back,

Huw Murray and Baylee Forbes, School Vice Captains

Procedure for Late arrivals

All students arriving to school after 8.25am must sign in at the student counter where they will be issued with a late note.

All late arrivals are required to have a note from their parent/guardian giving reason for being late.
From the P&C President

**P&C Meeting** Thank you to all the new faces who came along to the February meeting. We look forward to seeing more of you. The major item of business this month is to sign off on some policy documents designed to bring consistency to the way each of our profit earning subcommittees operates. Please come along and lend your support.

**Meet and Greet** Thank you to all the parents, both new and current, who came along to our Meet and Greet evening. It was great to meet you, answer your questions and allow you to mingle with other parents. We look forward to seeing you around school.

**Contact List Update** - P&C is currently updating its email distribution list. If you would like to be included so that you stay up-to-date with what is happening, please email Muirfield.p.and.c@gmail.com and we will be very happy to add your name. If you would like to help out on any of our subcommittees, or simply be informed of what is happening, please let us know in your email.

**Ezicover** - Look for the advertisement elsewhere in the newsletter for recyclable, reusable book covers available in a variety of sizes and colours. These covers are much easier to use than plastic or contact, taking less than a minute to put on. They are made from some recycled materials and can be used over and over again. Order online and make sure you use the code given on the info sheet to ensure Muirfield receives 10c per book cover!

**Next Meeting—Wednesday 12 March 7.30pm**
Muirfield High School Staff Common Room
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:

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<td>Year 8 Swim School</td>
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<td>March 8</td>
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<td>March/April 10</td>
<td>Yrs 11 &amp; 12 Parent Teacher Night</td>
<td>31</td>
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<td>Recognition Assembly</td>
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<td>April 11</td>
<td>Grade Sport Grand Finals</td>
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<td>April</td>
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<td>May 3</td>
<td>NAPLAN Yrs 7 &amp; 9</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
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<tr>
<td>May</td>
<td>Yr 11 IOT Work Placement</td>
<td>19</td>
<td>20</td>
<td>Yr 9 &amp; 10 Elective History Excursion</td>
<td>21</td>
<td>22</td>
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<tr>
<td>May/June 5</td>
<td>Yr 12 Hospitality &amp; Construction Work Placement</td>
<td>26</td>
<td>27</td>
<td>All Yrs 7 &amp; Yrs 9 Boys Vaccinations</td>
<td>28</td>
<td>29</td>
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<td>Yr 12 Careers Expo</td>
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West Pennant Hills Netball Club requires a few additional players for their U12's, U13's and U14's netball teams for the upcoming 2014 winter competition.

Please contact Ashley on 0421 558 009, for further information.

CASTLE HILL ANNUAL SHOW 2014
MARCH 28, 29 & 30
Where City Meets Country
House Section on 21 & 22 March due to rail construction constraints
Castle Hill Show - run by the dedicated members and volunteers of the Castle Hill & Hills District Agricultural Society

www.castlehillshow.com.au

On Monday, 14 July 2014, the Mathematics Club will host a one-day enrichment forum. It will provide an opportunity to develop extra-curricular activities for young students from gifted primary through to Year 9. The forum will specifically focus on the implementation of the Curriculum in Mathematics, and a range of teaching and learning ideas. Relevant classroom resources will be explored in a workshop format. The forum aims to motivate students with worthwhile mathematical tasks to develop their skills and innovative concepts. This event is suitable for bright students and above.

TRINITY GRAMMAR SCHOOL
MATHEMATICS CLUB
Enrichment Forum – A Framework for Gifted and Talented Learners

Data: Monday 14th July 2014
Time: 8.00am – 3.50pm
Venue: Trinity Grammar School Preparatory School, Pavilion Building, 115-125 The Boulevard, Strathfield NSW 2135
How to get there: Trinity Grammar School Preparatory School is a 20 minute walk from Strathfield Station. Parking is available in the streets surrounding the School.

Topics to be covered:
Topic 1: Working Mathematically with Problem Solving, presented by Hugh Coulson from CSIRO and Deneke Todd from Latrobe University.
Topic 2: Modelling the Mathematics..., presented by Dr. Kewa Shillen from University of Western Sydney.
Topic 4: Newton’s Work on Planetary Motion, presented by Dr. Lloyd Davis from the University of Sydney.
Topic 5: How to think like a mathematician, presented by George Amberbaugh from the Mathematics Connection.

Registration Process
Date: Monday 14 July 2014
Location: Trinity Grammar School Preparatory School, Pavilion Building, 115-125 The Boulevard, Strathfield NSW 2135
Cost: $40 per person
Payment of registration entitles students to: Attendance at all sessions, Lunch, Forum Satchel and Stationery.

To confirm your place, please send the registration form with a cheque payable to Trinity Grammar School by the closing date of Friday 13 June 2014.

For all enquiries please contact: Mr Fred Demar | Enrichment Coordinator on 9781 2030 or edward@trinity.mco.edu.au.
BENEDICTINE MONASTERY ARCADIA

is holding their

49TH ANNUAL COUNTRY FAIR

121 Arcadia Road, Arcadia
9th March 2014

- Plants
- Sweets
- BBQ
- Choc. Wheel
- Raffles
- White Elephant
- Hot/Cold Drinks
- Farm Produce
- Cakes
- Fancy Goods
- Jumping Castle
- Face Painting
- Merry-go-round
- Pony Rides
- Tours of the Monastery - 11:00am / 12:00pm / 1:00pm / 2:00pm

MAJOR RAFFLE PRIZES

1st: $1000 travel voucher or computer goods
2nd: $150 shopping voucher
3rd: $75 shopping voucher

COUNTRY SETTING • FAMILY DAY
MASS TO BEGIN 10.00AM
FETE TO BEGIN 10.30AM
RAIN OR SHINE - TELEPHONE 02 9653 1159
www.benedictine.org.au/go/countryfair

In aid of the Benedictine Missions

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Australian Government
Department of Defence

Members of the Australian Defence Force will be conducting training in the Sydney and Wollongong region, between 21 February and 5 March 2014. This training is designed to provide a realistic test of Australian Defence Force skills and interoperability with supporting agencies in the form of emergency response scenarios.

During the course of the training, the Australian Defence Force will be using helicopters which may result in some noise disturbance. It is possible that helicopter movements during the above period may go beyond 10 pm. The Australian Defence Force will make every effort to minimise the disruption to local residents and businesses while providing realistic training for its members.

NSW Police and relevant State and Federal agencies have been made aware of this training.

For more information please contact:
Defence Liaison Officer – 02 6127 1999

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NORTH ROCKS COMPUTER MARKET

SYDNEY’S LONGEST RUNNING COMPUTER MARKET
FREE ADMISSION | EVERY SUNDAY 10AM-3PM
CHEAPEST PRICES | NEW & USED
LAPTOPS | DESKTOPS
MONITORS | MEMORY STICKS
EXTERNAL HDDs | MODEMS
GRAPHIC CARDS | CABLES
15 FRIENDLY HELPFUL TRADERS
FULL MANUFACTURERS WARRANTIES
ON SITE TECHNICAL SUPPORT

northrockscomputermarket.com.au
Muirfield High School
BARCLAY RD, NORTH ROCKS
PARENT FORUMS
Understanding your TEENAGER

Ku-ring-gai Council and KYDS invite parents of teens to a series of forums.
Each forum is held on a Monday from 6.30pm - 8.30pm
(registration from 6.15pm)

TOPICS
24 MARCH
HELP! I'M A PARENT OF A TEENAGER
Exploring common issues faced by teenagers and their families and exploring what is normal and when to worry!

12 MAY
ALCOHOL FUELED VIOLENCE
Discussion around risk factors associated with alcohol fueled violence and ways to keep our young people safe. The evening will also investigate other drivers of youth violence and what can be done.

23 JUNE
ANXIETY AND ADOLESCENCE
Informative presentation on generalised anxiety, ways it affects teenagers and strategies to deal with exam anxiety, social anxiety, and school pressure.

18 AUGUST
DAMISE
Exploring the pressures placed on young people to be an ‘ideal’ shape and size. Clarifying the myths and assumptions about body image and related disturbances.

17 NOVEMBER
FAMILIES: HARD WORK AND HARDLY WORKING
Discussion around diverse family dynamics and ways to integrate your teenager into the family unit.

BOOKINGS REQUIRED
Ku-ring-gai Council Youth Services on 9424 0837 or youth@kcm. nsw.gov.au

More Information
KYDS 9416 8824 or www.kyds.org.au

THE SYDNEY HILLS YOUTH AWARDS

We are searching for young people, aged between 12-24, who have excelled in one or more of the following categories:
- Arts and Culture
- Environment, Science and Innovation
- Education and Training
- Sports and Training
- Young Achievers
- Youth Ambassadors
- Volunteering

NOMINATE YOURSELF OR SOMEONE ELSE
To apply or for more information visit: www.thehills.nsw.gov.au/youth.html
Nominations close 4pm Thursday 6 March 2014.

YOUTH WEEK 2014
Friday 4 - Sunday 13 April 2014

YOUTH WEEK / 2014

THE HILLS VOLUNTEER EXPO - STALL HOLDER EXPRESSION OF INTEREST

As part of Youth Week 2014, The Hills Shire Council will be hosting a Volunteer Expo for local young people at the Castle Hawk Community Centre, Castle Hill Corner of Pemulwuy and Castle Streets.

On Friday 4 April 2014, a range of local, state and national organisations will provide information on volunteering opportunities available to young people from The Hills Shire.

EVENT DETAILS
The event will run from 10am-2pm. Allocated stalls will be provided to each organisation or service to promote their information. There will also be a panel discussion between 1-2pm.

Students and teachers from high schools in The Hills Shire, local young people who have finished school and tertiary students will be invited to attend the event.

The Hills Volunteer Expo will provide networking opportunities for community organisations and services and inform local young people on a range of volunteer opportunities, the importance of volunteering and how they can get involved.

If you would like to reserve a stall at this event please send your contact details and a brief summary of the volunteer opportunities you have available to Jane Rennie, Volunteer Development Coordinator at jane@thehills.nsw.gov.au or call 9843 0533 for more information.
**FREE STUDENT EXCHANGE INFORMATION EVENING IN SYDNEY**

Hear from returned students, find out more about discounts and scholarships available and ask questions.

7.30pm on Wednesday, 5th March at the
Adina Apartment Hotel
Cnr Kent & Bathurst Street
SYDNEY

www.studentexchange.org.au
1300 135 331 (cost of local call)

**TRACKS**

AN AUSTRALIAN WOMAN’S SOLO CAMEL TREK FROM ALICE SPRINGS TO WA

06/03/14, 7PM
EVENT CINEMAS, MACQUARIE

2 LUCKY DOOR PRIZES OF 2 GOLD CLASS PASSES

$25, $20 CONCESSION
(INCLUDES GOODIE BAG)

ALL PROCEEDS GO TO
COMPASSION CAMEL CARAVAN TO SUPPORT
BACKPACK BEDS - SWAGS FOR THE HOMELESS

SUPPORTED BY EVENT CINEMAS MACQUARIE

EMAIL: BPURSE@HOTMAIL.COM
TEXT: 0401 252 073
MORE INFO
FACEBOOK.COM/COMPASSIONCAMELCARAVAN

**Alcohol fuelled violence in our community**

Essential new information for parents, professionals and local services covering:
- Alcohol issues in Australian society - what can we realistically do?
- Teenagers and alcohol
- Video: "Paul Dillon - keynote speaker and bestselling author of Teenagers, Alcohol and Drugs"

The night will be hosted by David Clay, Manager of the KIDS Youth Development Service.

RSVP: Please call Paul Stuart on 9477 8739 or email pstuart@hornsby.nsw.gov.au

**THE KURING-GAI POLICE AND COMMUNITY SAFETY COMMITTEE**

IN PARTNERSHIP WITH
KURING-GAI COUNCIL

“PARENT SURVIVAL STRATEGIES FOR TEACHING YOUNG DRIVERS”

FREE IN-DEPTH SEMINAR FOR PARENTS/SUPERVISING DRIVERS together with YOUNG DRIVERS

MONDAY - 17 MARCH 2014
6.00 PM for 6.30 PM - 8.30 PM
AT
KURING-GAI COUNCIL CHAMBERS, LEVEL 2,
618 PACIFIC HIGHWAY, GORDON - ACCESS VIA SECOND ENTRANCE
LIGHT DESSERTS

STAY ALERT - HAVE AN ESCAPE!!!!!

Presenter: Jeff McDougall - Trent Driving School

Tamworth Post President, Australian Senator Drivers Assn. NSW Ltd

Member National Executive Committee of the Australian College of Road Safety

Member of Kuring-Gai Police & Community Safety Committee, Former NQ Trent Driving School

will discuss the Vital Aspects of

WHAT YOU NEED TO KNOW WHEN TEACHING A YOUNG DRIVER:
- A Comprehensive and Organised Approach to the Driving Test
- The Five Crash Risks for Young Drivers - Preparation for the Driving Test
- Keeping The Log Book Honest - Teaching Practical Skills Safely
- The Components of Driving - Strategies for Safe Driving
- Effective Partnerships - Making it a Positive Experience

Vital Information about the current driving test!!

Presenters: Sue Gas Lynda Hart - Hornsby Kga PDHC
Will share her "Passion for Keeping People Safe”

BOOK EARLY - SEATS LIMITED. Phone 0408 053 660 or email jas.hornetas.com.au

**Muirfield Matters**