From the School Captains Miriam Osburn & Adam Rifai

Unfortunately our time at Muirfield is coming to an end. We can’t say that at times we weren’t wishing that the dreaded HSC would just hurry up and finish, but as we get closer we are wishing school would never end.

For such a large year group, we have become incredibly close over the past 6 years. Sharing classes, school camps, swimming and athletics carnivals, and countless lunch times, we’ve all forged amazing memories together that I doubt we’ll ever forget.

Even from the moment we took our first baby steps in the quad, we had achieved something. A large year group had assembled, to leave our mark on the school. We participated in all aspects of school, and wherever we could outside of school. Just look to this years Athletics Carnival, where the majority of Year 12 turned up, and made the most of each other’s company.

Along with our wonderful student executive, consisting of Kenny, Tayla, Amelia, Luke, Amy, Katie, Emma, Caspian and Josh, and the fabulous vice captains Huw and Bayley, spearheaded by Ms Pasternatsky, we aimed to do as much as we could for our school and the community. Together, we organised a fundraiser in tandem with North Rocks Coles which raised over $3000 for the victims of the Blue Mountains bushfires. We also travelled to North Rocks Public School to teach Year 4 children about resilience in the face of adversity. From our International Women’s Day breakfast to our ‘Pi Day’ celebrations, we have got everyone involved in making our school more inclusive and exciting.

Considering that it feels like mere seconds between the time we first walked in through our school gates, until now when we prepare to leave, it is incredible the amount of memories we take with us.

From the start, it was clear to see that we were a unique bunch, perhaps it was our size which led to our diversity. We became a cacophony of personalities of all kind,
yet to each other at least we were melodious. It was Year 10 camp which really highlighted the togetherness of our grade. The sheer amount of fun that was had was reflective of a growing bond between us all, and the sheer amount of fun we pull out of a hat at school everyday, is illustrative of that concrete connection we share today, and for many years to come.

We’d like to give a huge thanks to all the people who have guided us through our high school journey. Miss King has been with us the whole way through, making us laugh and attempting the impossible task of organising our grade. Ms Pasternatsky has been amazing over the past year, putting up with us and the rest of the Executive Committee.

Ms Scott has also been amazing in the last two years, guiding all of us through our senior years and all of the life-changing decisions that we’ve all had to make.

Our amazing teachers have gone above and beyond for us throughout the entire year, and we can’t thank them enough. Organising excursions and study days, teachers from every faculty have given up their own time (and much-needed rest from the chaos that is teaching Year 12) just for us. We don’t know how we can thank you for all your hard work, but we will always remember you.

Above all, we’d like to thank our parents for helping us through our schooling years. We made some embarrassing clothing decisions when we were 14, and texting with our headphones on at dinner for the past 5 years probably wasn’t the most considerate choice, but apart from during a few minor hormone/sleep-deprivation driven squabbles, we’ve been appreciative of you the whole way through. This past year has definitely been - prepare yourself for an embarrassing cliche - a roller coaster, and thank you for consistently keeping our caffeine up with cups of tea and putting up with our poor application of eyeliner over the years.

We’re very happy to pass on the reins of School Captaincy to Amelia Napier and Aaron Ramjan alongside their great vice captains, Carly Vanden Dool and Ben Taylor and the 2015 executive committee. We know that they will have just as fantastic a time as we did in the role.

‘Education is the most powerful weapon which you can use to change the world’.

Nelson Mandella

Miriam Osburn and Adam Rafai
From Deputy Principal Mr Grant– Farewell Year 12

So now you have almost made it to the end of that part of your life defined by bells and constricted by those of us who have done our best to provide you with lessons that will make your life's journey as easy and secure as humanly possible. All of the elders in your life to date, your parents, your teachers, your coaches and family have all worked to give you the skills to embrace the freedom of adult life, and enable you to extract every last drop of opportunity from your life and journey that lies ahead. You are extremely fortunate to have been part of a great community here at Muirfield High School. It is a place with a history of caring and fostering a love of learning and of each other. It has been a place where we have been able to focus on you as a unique individual, providing you with all the learning experiences to help you grow into a wonderful contributor in your way to this wonderful community. The biggest issue I have with an ever decreasing number of you has been over wearing of the correct uniform. That alone tells me that you are all going to be successful in your own right as impressive young adults if clothing is the biggest issue.

As your ties at Muirfield High School comes to a close, remember that you as a group are and will always be bound by the shared experience of 6 years at Muirfield High School as the class of 2014. You have acquired the skills to live your own life, and actively control your own destinies. You have been supported, coached, mentored, educated, and encouraged. All that is left to do is make a last push onto the examinations. Know that help is still here. Your teachers and parents are here to help you over the coming months during what is always one of the most harrowing of times in a student's life.

Leave no stone unturned in endeavouring to achieve the very best that you are capable of achieving. Complete that extra paper, submit some questions and answers to your teachers, do not ignore that section of the syllabus because you think that you know it well enough, or more importantly that you do not know it well at all. There is nothing more disappointing than kicking yourself and saying ‘If I only read, studied, reviewed that area more…” when you commence reading the HSC examination paper. It’s too late at that stage. Make it your goal to walk out of all of the examinations saying – ‘I could not have written or done any more than I just did!’ This will ensure that you will never look or think back to this time of your life and say – “If I only!”

I would also like to thank the Year 12 parents and guardians who have had a significant role in moulding this outstanding cohort of graduates into the fine human beings they are today. Thank you for your ongoing support at all of their activities, regular attendance at awards ceremonies and most importantly, thank you for trusting us with the most important thing in your lives, your children. We sincerely hope that as this stage of your life comes to an end, that it has been as enjoyable for you as it has for your child. To our teaching staff who have worked with our students to get them to be as ready as they can ever be for the impending examinations, a sincere thanks. To Mrs Pasternatsky, also a sincere thank you for all the work you have done with our
senior leadership team. Ms Scott, you are an amazing source of information and an incredible person who has guided and supported so many of this year group through their education. Having worked at many schools I have yet to see any Career Adviser come up to your standard. Lastly to Ms King, thank you for the enormous amount of work you have put into your year group over the past six years. After having commenced this journey with a male counterpart as the Male Year Adviser, and you as the Girls, you willingly and without hesitation stepped into the fold to absorb both the boys and girls Year Adviser roles when Mr Healey left Muirfield - essentially doubling your role with the largest year group this school has produced in recent times. Everything you have done in the role of Year Adviser has been with the best interest of all the students, for which we all thank you.

A ‘lil Message to Year 12 2014

You came to us in Year 7 as a bright, bubbly group of students who have since grown a fair bit taller, with your personalities absolutely blooming. Throughout your years at Muirfield you have impressed us with your enthusiasm, friendliness, and support of each other. Sure there have been ups and downs, and a few squabbles in between, but you have always been there for each other and you are leaving here with the staff of our school very proud of you. You are skilled, talented, and now a more mature group of young adults ready to take on the world. There is so much you will experience out there and if you put the effort in, be determined and persistent in meeting your goals, you will enjoy the success that you desire.

I have been extremely lucky – I have seen you guys grow and change and become the beautiful people you are today. You have amazed me with how you have individually shone in whatever you have undertaken over the years whether it be academic, artistic, musical, sporting and dramatic through to leadership, school community spirit and participation. I appreciate how you have also taught me many things, giving me memorable experiences, and helped me to grow and develop too (I can now talk to a whole assembly of people because of you!).

Believe it or not, you have learnt many skills and gained many experiences in your time at school which you will be able to draw upon as you face the challenges that will arise in your future. Life is not easy, things will get tough, but you will be fine – keep taking baby steps, stay positive, and keep focused on your goals.

As time passes, I hope that you think back on your school days fondly. I am sure you will.

Congratulations Year 12. I am proud of you.

Ms King
Year Adviser
Year 12
2014
Emmanathanielminesop
Simon
Danish
Aiden
Beth
Jason
Nicole
Madeleine
Emily
Talya
Grace
Adam
Larissa
Amelia
Louise
Rebecca
Rebecca
Izaan
Benjamin
Joshua
Zoe
Mikaela
Jazmin
Maddison
Evun-Jee
Blake
Younhui
Oliver
Georgia
Yong-Jhong
Elyse
Kenneth
Lewis
Thomas
Dean
Celestine
James
Myron
Brooke
Jeffrey
From the Principal Ms Reeves

Next week Year 12 will have their final Graduation Assembly and their Formal ending their 13 years of schooling. Of course they will be back next term for their HSC examinations. I hope the break gives them time to focus on their revision and refresh themselves prior to the final exams.

As a group I have been impressed with the great diversity of strengths they have demonstrated in such a wide range of fields - music, art, sport, mathematics, science and the other fields that we don’t teach here as a subject but hold as highly important - compassion, caring for others and community spirit.

I would like to wish Year 12 all the best. The connections you have made at school will be ones that you hold throughout your life.
Congratulations Incoming Student Executive

Congratulations to the following students who were elected as members of the student executive. The Induction Ceremony will be held on Monday 13 October. The ceremony provides the opportunity to recognize our student leaders for 2015.

Amelia Napier

Aaron Ramjam

School Captains

Carly Vanden Dool

Ben Taylor

School Vice Captains

Tim Bain

Emily Gardiner

Emma Longworth

Ragini Sood

Daniel Selmes

Student Executive
Gallipoli 2015

We are very excited to announce that Muirfield High School was one of the 25 schools across NSW that will be sending four students and one teacher to the Anzac Day Dawn Service Commemorations at Gallipoli in April 2015. The trip is a unique opportunity with all expenses paid by the NSW Government. Over 420 government and non-government schools submitted an expression of interest. The schools were drawn by ballot yesterday.

Students who will be enrolled in Years 10 to 12 in 2015 will be eligible to apply and applications open September 9. Students will need to submit a written or visual piece of work related to the Centenary of Anzac for consideration by a panel. Four students will be selected and two placed on a reserve list.

Students will need to collect an application form from Ms Anderson or Ms James in the HSIE staffroom. The form is to be returned with their submitted work. Works submitted without parental permission will not be considered.

Selection for the tour will be based on a piece of work from one of the topics listed on the application form. Students will need to verify that the submitted work is their own piece. Shortlisted students will be interviewed by the selection panel. The selection panel includes David Elliot, Member for Baulkham Hills and a representative from Castle Hill RSL.

All applications must be submitted to Ms Anderson in the HSIE faculty by 9am Wednesday 8 October (Term 4 Week 1).

Please speak with your child about this amazing opportunity. The application form has more information, including the criteria for shortlisting.

2 September 2014

Ms Jennifer Reeves
Principal
Muirfield High School
Barclay Road
NORTH ROCKS NSW 2151

Dear Ms Reeves

I was delighted to hear that Muirfield High School was one of the 25 secondary schools from across NSW that will have the opportunity to send four students and one teacher to the ANZAC Day Dawn Service Commemorations at Gallipoli in April 2015.

The schools, drawn on 1 September by NSW Centenary of ANZAC Ambassador Olwyn Green OAM in a ballot, will represent NSW at one of the key commemorative events in NSW’s Centenary of ANZAC program.

The NSW Government is investing $1 million to enable 100 students and 28 supervising teachers to take up the 128 places allocated to NSW by the Australian Government.

There had been strong interest from secondary schools across NSW in the ballot, with 420 Expressions of Interest received.

I am thrilled that students from Muirfield will have the once-in-a-lifetime opportunity to be part of the commemorative ceremonies to mark the 100th anniversary of the ANZAC landings at Gallipoli.

Attending commemorative services on ANZAC Day next year will be the highlight of a seven-day tour in Turkey.

I am immensely proud that schools students from Baulkham Hills will be there in Turkey next year to represent our state at the Centenary of ANZAC commemorations services.

They will stand where the first ANZACs came to shore at Gallipoli, 100 years ago.
They will be joining students from across Australia, descendants of those who served at Gallipoli, Australian First World War widows and thousands of other Australians who were successful in the national ballot.

It will be an important day in the history of our nation and for everyone who participates in the ceremonies at Gallipoli next year.

Based on the proportions of 2013 school enrolments 11 metropolitan government schools, four non-metropolitan government schools, eight metropolitan non-government schools and two non-metropolitan non-government schools were selected in the ballot.

As you are aware, Muirfield will now undertake a local selection process to nominate four students and one supervising teacher to participate in the Gallipoli 2015 School Tour.

You will now have until 27 October 2014 to select your school’s representatives. Successful students and supervising teachers will be announced in December this year.

I am delighted that students from Muirfield will get to experience the history of ANZAC in person courtesy of the ballot offered by the NSW Government, as will Baulkham Hills High School student Lihini De Silva, who was one of six winning students in the ANZAC Youth Scholarship Award, sponsored by ClubsNSW.

Yours sincerely,

David Elliott MP
MEMBER FOR BAULKHAM HILLS
From the P&C President

Fundraising BBQ
The next fundraising BBQ and cake stall is booked at North Parramatta Bunnings on Sunday 14 September. Once again we require assistance with cooking sausages, selling drinks, and chopping onions. The roster still has vacancies, so please check your calendar and find a time slot that suits you.

Link to volunteer - https://docs.google.com/spreadsheetccc?key=0ArjVP3yermuDdFFoNzlkR0w2bExLVEtCTHAxQIzfD2c&uspsharing

The cake stall will also require stocking. If you can’t bake we are hoping to sell lolly bags this time to complement the cakes so feel free to donate lollies and sweets of any kind that can then be repackaged into lolly bags.

Donations of cakes and lollies may be delivered to the canteen on Friday 12 September or cakes may be brought directly to the stall on the day. As we will be repackaging the lollies, we will need to receive them by the Friday to allow time for this to be completed.

In addition to the cakes we will be selling cards made by a creative band of volunteers instead of the money tree raffle. Should you have any homemade cards you would also like to donate please feel free to send them along to the canteen too.

**Date** - Sunday 14 September

**Time** - 7.30 am - 4.30 pm

Things to donate: - Cakes, muffins, coconut ice, jams, rocky road, slices, lollies to repackage

P&C Meeting
Thank you to all those who braved the cold winter’s night to come to our August meeting. It was well worth the effort to hear from our new, enthusiastic head teacher of HSIE, Robyn Anderson. A special thank you to Robyn for staying for our meeting as well! Your support is appreciated. Our next meeting is in September and we will have a presentation from the Mathematics faculty. I hope you can join us.

**Next Meeting**—Wednesday 10 September 7.30pm
Muirfield High School Staff Common Room
Position Vacant
Part-time casual wanted to work with the current uniform shop manager in a job-share capacity. Shop hours are Monday and Thursday during lunch time and the first Monday evening of every month 5 – 7pm. Some out of hours work required to complete stocktakes, take delivery of stock and so on. Attendance at the monthly committee meeting at the conclusion of Monday evening trading is expected. Training will be provided. Award wages paid. For all enquiries, please contact Cheryl Smalley or Amanda Bartlett or email muirfield.p.and.c@gmail.com.au

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 and you will be added to the relevant list.

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!

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.
Orange Blossom Festival Gala Concert

Muirfield HS Combined Concert Band to perform at the Orange Blossom Festival Gala Concert

The Gala Concert is a premier event in the Orange Blossom Festival calendar, serving as a showcase for exceptional local musical talent. Bands perform in the concert by invitation, so we are delighted to announce that our own Combined Concert Band will feature in the program. This will be a wonderful evening of music for the whole family and we encourage you to attend to support our performers.

Date: Sunday 14 September 2014
Time: Concert starts at 1.00 pm.
Muirfield HS Combined Concert Band performs at 6.25 pm (approximately)
Place: William Clarke College, Performing Arts Hall
Wrights Road (Gate 4), Kellyville
Parking: Some onsite with remainder street parking

Why you must not miss this concert
✦ This is the Gala Concert of the Orange Blossom Festival - one of Australia’s largest community-run festivals. There’s no better time or place to show your support for our band.
✦ Make the most of this rare opportunity to hear our band perform for longer than they are allowed to at most festivals. Let our students show you what they’ve got.
✦ It’s going to be an evening to remember, with great music performed by award-winning concert bands.
✦ This concert will open your eyes to the level of musical talent in our local area. Discover why the local band programs are the envy of other schools all over the state.
✦ Your child’s musical journey doesn’t have to end with school. This evening will inspire them to explore music further.
✦ Just wait until you hear our community bands – another great opportunity for music lovers to investigate.
✦ Music the whole family will love.
Only $5 entry! Tickets available at the door. Light refreshments on sale.

Featuring bands from: Muirfield, Castle Hill and Crestwood High Schools; Pacific Hills Christian School and William Clarke College; Normanhurst West, North Rocks, Castle Hill, Murray Farm, Crestwood, Kings Langley and Matthew Pearce Public Schools, PLUS the Hills Music Academy Concert Band.

For further information, please visit: www.hillsmusicacademy.com.au
Or email: mail@hillsmusicacademy.com.au
Year 11 Drama Production

Wouldn’t it be wonderful if you could have afternoon tea with Shakespeare’s leading women! On Saturday 30 August 2014, the Year 11 Drama class performed *Shakespeare’s Ladies* in the Drama Room. In Juliet’s garden in Verona, Portia, Katherine the Shrew, mad Ophelia, Desdemona and Cleopatra came to give Juliet the low down on love. Instead dreamy Juliet ends up counselling the other women on the woes of their own romances.

This was a wonderfully romantic production filled with a delightful array of puns and references to other Shakespeare’s plays. Directed by Year 11 Drama teacher Valerie Miller this play was a perfect way to spend a rainy Saturday afternoon and evening. The acting from the Year 11 students was engaging and they all delivered their characters like true professionals. After losing an actor, Lara Newman who is in Year 10 Drama, and who was the Stage Manager for the production, happily stepped in to play Cleopatra. She was sensational. Baylee Forbes stepped in as understudy whilst ‘Desdemona’ was travelling in Japan.

There were so many wonderful students who supported this production. This shows just how fabulous the Muirfield community is.

The cast and crew were:

Portia (Merchant of Venice) – Claire Connell  
Katherine (Taming of the Shrew) – Ferdia Franks  
Ophelia (Hamlet) – Madelyn Spencer  
Desdemona (Othello) – Emily Henrickkson  
Juliet (Romeo and Juliet) – Olivia Gillan  
Cleopatra (Antony and Cleopatra) – Lara Newman

Director – Valerie Miller (Drama Teacher)  
Stage Manager – Lara Newman (Year 10 Drama)  
Lighting Design – Zack Nelson (Year 12 Drama & Entertainment)  
Understudy/Prompt – Baylee Forbes  
Poster Design – Nathan James  
Production Photographer – Caitlin Miller
**Sports Update**

**Grade Sport Results:**
Round 14 Winners (vs James Ruse)
Boys Soccer open A, Boys Soccer 15A, Boys Soccer 15B, Girls Open Soccer, Girls Soccer 15,
Girls Touch 15A,

**NSW Combined High School Athletics Championships results:**
Ashleigh O'Keefe - Long Jump AWD 2nd,
Javelin AWD 2nd, 100m AWD 4th, 200m
AWD 3rd, Shot Put AWD 2nd, Discus AWD
5th

Luke Jobson - 3km Walk 2nd, Pentathlon 4th

Lauryn Brown - Steeplechase 3rd,
400m Hurdles 5th

Johanna Selmes - High Jump 2nd

Bradley Wright - 1500m 6th, 3km 5th

Kieren Briggs - Shot Put 4th, Discus 2nd,
Javelin

Congratulations to Under 12 Boys Relay who came 2nd

Some of our NSW CHS athletes: Luke Jobson, Matthew
Mroczkowski, Lauryn Brown, Johanna Selmes, Ashleigh
O'Keefe, Bradley Wright

12 Boys Relay who came 2nd in the NSWCHS Athletics Carnival:
Matthew Mroczkowski, Jackson Haynes, Cooper Ollerenshaw,
Michael Mroczkowski
Cultural Diversity Year 9 Health

This term in year 9 health, we have been studying cultural diversity and the value of living in a multicultural society. The students in Ms Nettle’s Health class thought it would be a good idea to enjoy some of the different food options that a multicultural society has to offer. Each student elected to bring some food from another culture to share and enjoy with each other.

Ms Nettle

Spring Craft Cleanout!

Time to tidy in the HOLIDAY BREAK.

The holidays are nearly here...... so it may be time for a SPRING CRAFT CLEANOUT!

We wish you all a wonderful upcoming holiday break. Not long to go now.....

Again this year, the Textiles department would welcome any donations of fabric, interfacing, thread, elastic, quilting supplies, craft supplies, button, stuffing, knitting yarns, embroidery thread, sewing thread etc. We hope you all have a tidying time over the break and can only imagine all the extra space you may gain.

Please feel free to drop any donations off to the front office or give directly to Mrs Burton in Room C32.

Feel free to drop in to C32 anytime and speak to Mrs Burton. She is usually available at lunchtimes for students to work or just ‘hang out’.
Rugby Training Session

On Wednesday the 3rd of September the under 14’s rugby team were given a privilege to train with one of the NSW Waratahs trainers. His name was Fred Finekifolau and he gave the boys and Mr Grant some big tips on how to improve the team’s skills. We ran through some drills on balance and learnt techniques that would improve us on the rugby field.

The team all had good fun whilst we were learning rugby skills at the same time. We also were taught professional techniques such as cleaning out and wrestling in the tackle, for us to remember and try in the upcoming season.

As exciting as this was, nothing comes close to the fact that we were able to take pictures with Fred and hold the super rugby 2014 trophy that the NSW Waratahs won a few weeks prior.

Our thanks go to Mr Grant for giving us this opportunity, NSW rugby union and Fred the volunteer. It was an exciting sports lesson and we appreciated having a mentor of his caliber taking the time to join our training session.

Wade Collocott and Tim McNee
History in the BLC

As part of the history program in the Barclay Learning Centre, students have been learning about Aboriginal history. Students were required to create their own form of Aboriginal art. We are very proud of one of our students Trey, who decided he wanted to paint a picture of an Aboriginal person from a photograph, and this is the result.

Ms Nettle

Please do not drop your children off in the school car parks. There are deliveries and staff accessing the car park at different times during the day and the access is very narrow. For the safety of the children do not use the car park as a drop off or pick up point unless called to collect a sick or injured child.
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<th>Month</th>
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<td>October 1</td>
<td>Labour Day</td>
<td>Grade Sport vs Cumberland</td>
<td>P&amp;C Meeting</td>
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<td>October 2</td>
<td>HSC Exams commence</td>
<td>Grade Sport Bye Staff vs Yr 12 volleyball</td>
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<td>Yr 10 PASS North Rocks PS</td>
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<td>October 3</td>
<td>SRC &amp; Student Executive Team Induction</td>
<td>Grade Sport vs Baulkham Hills</td>
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<td>October 4</td>
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<td>Grade Sport vs Greystanes</td>
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<td>Yr 10 PASS North Rocks PS</td>
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<td>October/November</td>
<td>Yr 10 Formal Assessment week</td>
<td>Grade Sport vs Northmead</td>
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<td>Yr 11 Subject changes due</td>
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<td>November 5</td>
<td>Yr 11 &amp; 10B English Excursion</td>
<td>Grade Sport vs Model Farms</td>
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<td>Yr 10 PASS North Rocks PS</td>
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<td>November 6</td>
<td>Yr 7 Swim School</td>
<td>P&amp;C Meeting</td>
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<td>Yr 10 Cross Roads Camp</td>
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<td>November 7</td>
<td>Yr 7 Swim School</td>
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<td>Yr 10 Drama Evening Performance</td>
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<td>November 8</td>
<td>All Yr 7 &amp; Yr 9 Boys vaccinations</td>
<td>Yr 10 Senior Study preparation workshop</td>
<td>Yr 2015 Orientation Day</td>
<td>Yr 10 Senior Study preparation workshop</td>
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<td>December 9</td>
<td>Yr 10 Work Experience</td>
<td>Summer Arts</td>
<td>Grade Sport Grand Finals</td>
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<td>December 10</td>
<td>Presentation Evening</td>
<td>P&amp;C Meeting</td>
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<td>Last day of school</td>
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NIRIMBA COLLEGE
Nirimba Education Precinct
Eastern Road, Quakers Hill

Fast-track BUSINESS COMPUTING COURSE
FOR TERM 4, 2014

Duration: 8 weeks  7 October to 27 November
Attendance: Monday to Thursday and/or online

Interested?

Please phone for more information:
Myrna Seeruthun  9208 7064
Building T1, Block C, Level 1, Room 15

ORANGE BLOSSOM FESTIVAL

GALA CONCERT presented by
THE HILLS MUSIC ACADEMY

Discover why the local band programs are the envy of other schools all over the state. Featuring bands from: Muirfield, Castle Hill and Crestwood High Schools; Pacific Hills Christian School and William Clarke College; Normanhurst West, North Rocks, Castle Hill, Murray Farm, Crestwood, Kings Langley and Matthew Pearce Public Schools, PLUS the Hills Music Academy Concert Band.

Wonderful music for the whole family to enjoy!

Date: Sunday 14 September 2014
Time: Concert starts at 1:00pm
Place: William Clarke College ~ Performing Arts Hall, Wrights Rd., Kellyville
Cost: $5.00 per ticket
www.hillsmusicacademy.com.au
Free Community Seminar for Parents - 16th October 2014


Anxiety disorders are one of the most common types of mental health concern in children and adolescents. If undiagnosed and not treated it can impact on the child's learning, daily functioning and problems in adulthood.

This seminar will identify different types of anxiety disorders, understand the symptoms, it's impact on the individual and their life. As well we will also discuss treatment modalities used in the management of anxiety disorders.

Speaker: Maia Sharma, Psychologist at Delta Clinic

Delta is a Registered Psychologist with the Psychology Board of Australia (PsBA) and a Board endorsed Supervisor. She has qualifications in Psychology, Education, Nutrition Research and Counseling. She is a member of the Australian Psychological Society and a member of the Mental Health Professionals Network in the Hills District.

Maia has over 15 years experience working with children and adolescents with mental health problems. She offers a family-focused approach to psychological therapy and interventions; the tailor treatments to meet the specific goals and requirements for each client. Maia endeavors to provide a warm, empathic, supportive and nurturing environment to all her clients.

Venue: The Delta Clinic, 248 Old Northern Rd, Castle Hill, Orr of Cecil Ave, enter on Cecil Avenue. Limited parking available on site.

Date: 16th Oct. 2014

Time: 7pm to 9pm

If interested please register by email as only limited seating available.

Email: thedeltaclinic@gmail.com

There are now increased penalties and demerit points associated with all offences in School Zones.

<table>
<thead>
<tr>
<th>No Parking</th>
<th>No Stopping</th>
<th>Bus Zone</th>
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</thead>
<tbody>
<tr>
<td>Penalty from $173 and 2 demerit points</td>
<td>Penalty from $311 and 2 demerit points</td>
<td>Penalty from $311 and 2 demerit points</td>
</tr>
<tr>
<td>You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.</td>
<td>Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.</td>
<td>You must not stop your vehicle in the indicated zone unless you are driving a public bus.</td>
</tr>
<tr>
<td>Double parking</td>
<td>$311 and 2 demerit points</td>
<td>Penalty from $311 and 2 demerit points</td>
</tr>
<tr>
<td>Stop on path or nature strip</td>
<td>$173 and 2 demerit points</td>
<td>Stop across driveway</td>
</tr>
<tr>
<td>Stop on near-marked pedestrian/children's crossing</td>
<td>$415 and 2 demerit points</td>
<td>$173 and 2 demerit points</td>
</tr>
<tr>
<td>Approach children's crossing too quickly to stop safely</td>
<td>$519 and 2 demerit points</td>
<td>Drive using a hand-held mobile phone</td>
</tr>
<tr>
<td>Illegal U turns</td>
<td>$415 and 2 demerit points</td>
<td>$415 and 2 demerit points</td>
</tr>
<tr>
<td>Stop across driveway</td>
<td>$173 and 2 demerit points</td>
<td>Parallel park close to (within 3 metres) double centre line</td>
</tr>
<tr>
<td>Drive using a hand-held mobile phone</td>
<td>$415 and 2 demerit points</td>
<td>$242</td>
</tr>
</tbody>
</table>

Fines current as of July 2014

For a complete list of school zones offenses visit www.rms.nsw.gov.au

Free Community Seminar for Parents - 10th October 2014

Topic:

School Refusal: A Really...... “stubborn habit” and a “serious” problem.

Overview of Anxiety Disorder / School Refusal, helping parents to make sense of this debilitating condition and understanding its implications, considerations and consequences as well as how best to support their child/adolescent.

Speaker:

David Honi, Director Delta Clinic / Family & Couple Therapist

David Honi is a practicing Family & Couple Therapist with over 36 years experience in mental health service. He is the Founder and director of the Delta Clinic since 1983, a private "one stop therapy centre" specializing in child & Adolescent Mental Health in Sydney, Australia.

David has over 20 years experience working with children and adolescents with serious emotional & Behavioural issues, and in Mental Health problems, & their families. In particular, he has developed an innovative and systematic approach to his work with SMOH and the families. He was the Senior Manager of Redbrick House, a specialist mental health tertiary service for children & Adolescents in Western Sydney and has worked for many years in the Catholic School System as an outreach Family Therapist and School Counsellor.

Venue: The Delta Clinic, 248 Old Northern Rd., Castle Hill, Orr of Cecil Ave., enter on Cecil Avenue. Limited parking available on site.

Time: 7pm to 9pm

Date: 10th Oct. 2014

If interested please register by email as only limited seating available.

Email: thedeltaclinic@gmail.com
Let’s rabbit on about mental health.

Mental Health Month Talks, Seminars and Workshops
All talks will be held at the Sonya Phillips Room, Castle Hill Library, corner of Castle Street and Pinnant Street Castle Hill.

Bookings are essential online: http://www.thehillslibraryservice.nsw.gov.au/

**TOPIC:** The Art of Possibility
**PRESENTER:** Kim Pearce
**SUITE FOR:** Teenagers, young adults, educators
**DATE:** Wednesday, 8 October 2014
**TIME:** 6:30-7:30pm
**COST:** Free (bookings essential online)

Kim Pearce is a former high school teacher and the founder of The Possibility Project. Drawing on her collaborative experiences with youths living below the poverty line in India, she will share with you the attitudes these communities use to respond to adversity. Consisting of a 45 minute talk followed by a simple creative exercise, this informal and upbeat presentation is open to everyone. Highly suited to teenagers, parents, and teachers who are looking for a non-medical approach to understanding and managing mental health issues amongst our young people.

For more information about Kim Pearce visit: http://www.thepossibilityproject.com.au/

**SEMINAR:** Stress, Anxiety and Sleep
**PRESENTER:** Carlo Jacobs-Bloom
**SUITE FOR:** All ages
**DATE:** Wednesday, 15 October 2014
**TIME:** 6:30pm-7:30pm
**COST:** $6.00 (bookings essential online)

This seminar is ideal for people who are suffering from a lack of sleep due to anxiety and stress. Carlo Jacobs-Bloom is a Psychologist who's work involves helping individuals experiencing mood and anxiety disorders, personality disorders, addictions, trauma, grief and loss, self-esteem and relationship difficulties.

For more information about Carlo Jacobs-Bloom visit: www.thehillsclinic.com.au/kellyville-psychologists/

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GIRLS AND WOMEN INVITED

CASTLE HILL RSL ROCKETS Soccer Club

8 week SPRING soccer program for girls

**When:** Monday’s from 13th October
**Time:** 6:30-7:30pm
**Where:** Eric Mobbs Reserve no. 1, Castle Hill
**Cost:** $20 (includes training shirt)

Enquiries and registration form - www.rockets.net.au

Jean Anthony: 0410465344, Michelle Tann: 0410 593 833
Discover the World on a WEP Student Exchange Program!
Are you ready for a bit of excitement and culture in your life? Looking to push your boundaries in 2015? Why not participate in a semester or year-long student exchange program to one of over 20 countries, including popular destinations such as the USA, France, Argentina and Italy? **Applications for January programs are still open but will close soon!** Don’t miss out on this once-in-a-lifetime opportunity to do something out of the ordinary, with a WEP high school exchange!

**Sarah in Belgium:** “I really loved the orientation in Brussels, I had such a fun time. My host family were really welcoming of me and have kept me distracted for the first few weeks, which has helped a lot. In fact, I’ve barely felt homesick compared to what I was preparing myself for! The students were all very excited to have an Australian around that they could speak English with! During classes I mostly do French worksheets that they have given to me, or try to translate the worksheet that the rest of the class is focusing on.”

**Early Bird Special!**
WEP is offering students in years 9 to 12 (excluding year 12 in VIC) a $500 discount off the 2014/15 program fee towards a semester or year program to any of the following countries departing in July - September 2015: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Thailand or the USA. Simply submit your full application online **before 28 Nov ’14.**

**Find Out More!**
- Visit [www.wep.org.au](http://www.wep.org.au) and request a FREE information pack for you and your parents. Our brochure contains everything you need to know about WEP’s not-for-profit student exchange programs to help you and your parents make this important decision.

- If you have any questions about any of our exchange programs please feel free to give us a call on 1300 884 733 or email info@wep.org.au.

WEP Australia is a not-for-profit student exchange organisation registered with the Education Departments in VIC, NSW and QLD.