From the Principal: Ms Reeves

Air-conditioning
Thank you to everyone who has supported P&C fundraising, volunteered in the canteen and other P&C initiatives, and paid the P&C contribution. As a result of all this fundraising, we have had more air conditioners installed. Nearly all our upstairs classrooms will be air-conditioned this year. Mr Grant organised the installers to come over the break, so we will have more comfortable classes this summer. This initiative has been completed ahead of schedule by over a year due to the great work of the dedicated P&C. (Our next improvement initiative: refurbishment of the library.)

I think my child gets too much homework

Last term I wrote in the newsletter about one of the statements about homework we commonly hear from parents – I don’t think my child gets enough homework. This term, I will address the other statement we commonly hear from parents – my child gets too much. How much is too much is very subjective and also depends on the individual child – how long a student takes to do an assignment, the level of focus on the work and the ability to not be distracted, how many out of school activities a child has, parental expectations. All this means we can hear the contradictory opinions about the same assignment issued in the same class.

However, we usually hear the comment about too much from parents with children in the Senior years. There is a big jump in the demands both intellectually and in terms of the time required for homework and study between Years 10 and 11. Organisation and planning is the key. But there will still be demands of time that cannot be assuaged.

For example, the pace required to cover the content of 2 Unit Mathematics means students have to put in regular hours at home, more than some other 2 Unit subjects. And that is exacerbated if the student is...
not a strong Mathematics student. There are other courses that also require great demands on students.

Then there are courses in Years 11 and 12 that have major works. We recommend students do not take more than two subjects that have major works. The time needed, on top of other homework and revision, can be overwhelming, no matter how interesting the student finds the subject.

Irrespective of what year your child is in, there are a few things you can do to help if you think they are putting in too many hours of homework.

Firstly, check that they are using their time wisely. Are they multitasking? Do they continually answer messages online, distracting them from their study? It takes so much longer to do homework if you have to stop, answer a text or message, refocus, start again, stop and so on. If this is the case, get your child to leave their phone in another room while they do some homework and have them log off Facebook or other messaging platforms.

Are they day dreaming? It is hard to focus for long periods of time. Get them to use a kitchen timer set for 15 to 25 minutes, depending on age, and when the timer goes off, let them go outside for fresh air and some activity. Also make sure they have plenty of water and healthy snacks.

Are they organising their time so they do not have weeks with no homework and then a couple of weeks (generally in the latter half of the term) of madness when many assignments are due? Help them use their school diary to plan. All students are issued with a school diary. The diary is funded from the Voluntary Contributions.

If your child is struggling to do set homework or assignments, encourage them to speak with teachers who can help them during school time. For example, the teacher librarian, the class teacher, the Learning and Support teacher, a teacher they really like. Teachers love it when students show initiative and interest in learning! Teaching your child self-advocacy skills, where they become confident to speak up, politely, for themselves, is a great life skill.

In Junior years, if you’ve done all the above, it may be worth speaking with the teacher about modifying homework. Remember: teachers want their students to achieve. Teachers want homework to be challenging and extend their students. They don’t want students to be so overwhelmed that they throw in the towel.

In choosing subjects in Senior years, please listen to the advice of class teachers and
Head Teachers about the best level and best courses for your child. It is much harder to change a pattern of study half way through Year 11 when you realise your child cannot sustain the hours and level of work required.

Let’s work in partnership to help your child succeed in school work and in finding a balance in life!

Local Sporting Champion Grants
At Muirfield we have quite a number of students who are successful at a range of sports, achieving at state and national levels. Families might find the Local Sporting Champion Grant useful. Grants are funded by the Australian Government Sports Commission. Google ‘Local sporting champion grant’, if this link does not work: https://www.sportingschools.gov.au/


Art Supplies
Thank you so very much to the Scott family for their amazingly generous donation of pallets of craft material. The donation included craft paper, pens, staplers, stamps, ink. The material has been shared among the faculties and with Christ the King and North Rocks Public School as well as several church groups.

Congratulations to Erin and her dance partner who won the "Under 15's Mixed Reel in Couples" at the Australian Irish Dancing Championships that were held at Sydney Olympic Park over the holidays.

Congratulations to Georgia who has been selected to compete in the NSW Combined High School Water Polo Championships in November.
From the P&C President

P&C ELECTIONS Wednesday 11th November 2015

The next P&C General Meeting and Elections will be held on 11 November commencing at 7.30pm in the common room. At this meeting, all positions will be declared vacant and open for nominations. Our P&C Secretary and P&C Treasurer have declared that they will be stepping down and we will require some new volunteers to fill these positions. The position descriptions and nomination forms will be included in this newsletter. If you have any further questions, please direct your queries to one of the committee, by emailing muirfield.p.and.c@gmail.com

Air conditioning

P&C have been able to contribute a cool $40 000 towards the air conditioning for the classrooms at Muirfield. It is fantastic that Mr Grant has been able to organise the installation of the air conditioners for the majority of the classrooms during the holidays. I am very pleased that the kids and teachers will be in a comfortable learning environment. I’m sure the kids, especially Year 12, many who are undertaking the HSC, will be glad for this wonderful improvement to the school. Thanks to all the parents of Muirfield, we have now contributed $55 000 this year.

Save the Date

The Hawaiian Night Parent Social will be held on Friday 4th December (see the invitation in this newsletter). It should be a lot of fun and we are hoping for a great turnout. We had a really fun night last year and all parents are invited. There will be a planning meeting held on Tuesday 20th October at 7.30pm. Your invitation will be sent shortly.

CANTEEN NEWS

Email CANTEEN at mhs.pnc.canteen@gmail.com if you have any questions or suggestions for 2016. The next canteen committee meeting will be held on Tuesday 3rd November at 7.30pm in the common room.

UNIFORM SHOP NEWS

Uniform shop are busy preparing for Orientation Day with all the new stock arriving this week. Thanks to the committee and staff for all their hard work. If you have any questions about uniforms, please contact the Uniform Shop committee by emailing muirfield.p.and.c@gmail.com.
CAPA COMMITTEE
Bandlink workshops were held on Tuesday 20th October. Many thanks to all the volunteer CAPA parents who helped on this big afternoon of BAND!!

TERM FOUR DATES

<table>
<thead>
<tr>
<th>What?</th>
<th>Who?</th>
<th>When?</th>
<th>Where?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uniform Shop Meeting</td>
<td>All parents welcome Newcomers welcome</td>
<td>Monday 2 November at 7.00pm</td>
<td>Common Room</td>
</tr>
<tr>
<td>Canteen Committee Meeting</td>
<td>All parents welcome Newcomers welcome</td>
<td>Tuesday 3 November at 7.30pm</td>
<td>Common Room</td>
</tr>
<tr>
<td>P&amp;C General Meeting</td>
<td>All parents welcome ELECTION of OFFICE BEARERS</td>
<td>Wednesday 11 November at 7.30pm</td>
<td>Common Room</td>
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<tr>
<td>Hawaiian Night</td>
<td>All parents welcome SAVE THE DATE</td>
<td>Friday 4th December from 6.30pm</td>
<td>Muirfield Golf Club</td>
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If you have any questions or suggestions and cannot make a meeting, please feel free to email through to muirfield.p.and.c@gmail.com for discussion at our next meeting.

Narelle Williams
Muirfield High School P&C Association  
Position Description

Role: P&C Treasurer

Duties and Responsibilities include:

- Keep cashbooks up-to-date and prepare bank reconciliation. This includes making payments as necessary via internet banking or cheque [cheques are signed by two signatories] and recording deposits as received.
- Generate periodical financial statements for presentation at P&C executive meetings and monthly P&C meetings which incorporate actual vs budget analysis and prior year comparative figures.
- In consultation with school executive [Principal], P&C executive and members of the P&C, prepare and maintain a budget each year. The budget should reflect the common goals of the school & the P&C and is an essential decision making process.
- Monitor receipts & payments against budget & reforecast where significant changes in stakeholder needs occur. The budget is flexible and it is important to revisit the budget for longer term decision making.
- Liaise with sub-committee treasurers and give guidance and/or support where necessary.
- Generate annual financial statements for governing body of P&C and obtain annual financial statements from the subcommittees.
- Have annual financial statements reviewed by executive members of the P&C.
- Arrange audit of annual financial statements. Recommend an auditor with appropriate qualifications and experience for appointment at the annual general meeting for the following year.
- Quarterly preparation of BAS.
- Annually prepare and distribute PAYG Payment Summaries for P&C employees.
- Liaise with school office staff re payments made on behalf of P&C.
- Reconciliation of P&C Voluntary Contributions held in trust by the school.
- Address other ad-hoc projects that arise from time to time.

Role: P&C Secretary

Duties and Responsibilities include:

- The Secretary is responsible for carrying out the administrative tasks related to the decisions of the meetings as resolved. The Secretary prepares, in consultation with the President, all meeting agendas.
- The Secretary is required to attend P&C Association meetings and take notes of the discussions in order to produce a set of Minutes for subsequent distribution to members and for receipt, possible amendment and adoption at the following meeting.
- Further, the position includes receiving and tabling all correspondence as well as writing and dispatching outgoing correspondence as resolved/appropriate.
- The Secretary also issues notice of all meetings and maintains official records of the P&C Association such as the constitution, by-laws, rules of subcommittees, Incorporation Certificate, ABN details, list of financial (voting) members, Minutes, Attendance book.
ELECTION NOMINATION FORM

Muirfield High School P & C Association Incorporated
Nomination Form

Election of Office Bearers for 2016

Position: _______________ Nominee: _______________

Nominated by: _______________ _______________ Date: ______

Name          Signature

Seconded by: _______________ _______________ Date: ______

Name          Signature

Nomination Accepted: _______________ Date: ______

Signature of Nominee
Sydney Jewish Holocaust Museum Year 9 Elective History Excursion

Before we knew it, at 8:30 am on the 8th of October, we were boarding a vessel to go on a journey. A journey that would give us an insight on the way the lives of so many Jews were affected throughout the Holocaust. By ‘we’, I mean the Year 9 Elective History class and by ‘vessel’, yes, I mean an old bus.

Nevertheless, the rest is true and soon that morning we arrived at the Sydney Jewish Holocaust Museum. After watching a short film which refreshed our memory and added background information to our knowledge of the topic, we heard a Jewish survivor of the Holocaust speak. I would be lying if I said that Joe, the 90-year old survivor, made us tear up, because his stories were delivered in an interesting, engaging way. Joe proudly recounted his experiences, from his education, to fighting in the underground, and to then move to Australia. At the conclusion of his speech, we were guided around the museum. As we made our way up the several staircases, we got to hear about several stages of the Holocaust, such as discrimination of the Jews by the Aryan race, dehumanisation in the establishment of ghettos/concentration camps, and Hitler’s final plan of extermination.

Our class was also given the opportunity to look around rooms and sections of the museum dedicated to acknowledging and remembering victims of the Holocaust. Overall, the excursion, or should I say, journey, was a unique experience and a great conclusion to our Term 3 Holocaust study.

Violetta Year 9
Cupcakes Galore!

During Term 3, Rhianon was working towards achieving her Gold medallion as part of the Muirfield High School Merit System. Part of the requirements for receiving a Gold medallion is a community project that is agreed upon with her year advisor. Rhianon decided that she was going to do a cupcake drive to raise money for Multiple Sclerosis.

Instead of organizing the cupcakes to be delivered from an external company, Rhianon opted to take the orders and bake them all herself. This process involved designing and distributing order forms, weekly announcement at school assembly's and baking lots and lots of cupcakes. She worked very hard throughout this process and should be congratulated on her efforts. Individually, Rhianon raised a very impressive $532!
Lions Club of North Rocks Inc.
PO Box 4385 North Rock NSW 2152

A.B.N. 78262542133
Email:northrockslions@yahoo.com.au

The Principal
Muirfield Public School
Barclay Road
North Rocks NSW 2151

11 September 2015

Dear Jennifer
Re Exodus Foundation Christmas food collection

Once again we are seeking the assistance of your School community to help us to collect cans of food on behalf of the Exodus Foundation for distribution to those most vulnerable in our society for the Christmas period.

Last year we have estimated that our local school donated approximately 1.5 tonnes of food, an outstanding result. This year we are seeking donations of a similar amount or better as the problem just does not go away.

It would hard to find a better project that involves every single member of the school community in the Christmas spirit.

If you are able to assist us, we would like to collect all the donations made from the school on the morning of Monday 7 December 2015.

Please help us to help others.

Henry Jones
Vice President
Chloe Holman Sport’s Softball Player of the Year

Chloe takes out Player of Year award

*Chloe has demonstrated a tireless and meticulous commitment to not only her own training but to those around her – Brett Kirk*

CHLOE Holman, from North Rocks, has been named the Western Sydney Academy of Sport’s Softball Player of the Year.

Woolworths’ Rod Glover, Chloe Holman, and Baulkham Hills state Liberal MP David Elliott.

The 16-year-old softball player has been a member of the academy since 2012. The Muirfield High School student was in the NSW U17 side which won the National Championships. She was also selected for the Australian U17 side – competing in the friendship games in June 2015.

Academy head coach Brett Kirk had nothing but admiration for the talented young athlete, saying she highlighted the calibre of athletes the academy continues to produce. “The combination of Chloe’s skills, competitive nature and determination has seen Chloe gain selection at both state and national levels,” he said. “In her third year as an academy athlete, Chloe has demonstrated a tireless and meticulous commitment to not only her own training but to those around her.

“Taking on a leadership role in this year’s squad, Chloe lead the way demonstrating to the younger players the commitment, conduct and respect that is expected of athletes that represent WSAS.”

Chloe was awarded the Softball Athlete of the Year Award for 2015 at the Academy’s Annual Awards held on September 5 at Castle Hill RSL. Chloe was also awarded the Woolworth’s Scholarship Award, receiving a $5000 grant to help with future sport participation and education costs.
## Yr 10 Peer Support Training Calendar of Events

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<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Oct/Nov 4</td>
<td>Barclay Learning Team– Guitar Program</td>
<td>HSC Exams</td>
<td></td>
<td>PINK Day</td>
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<td>Nov 5</td>
<td>Sculpture by the Sea Excursion Stage 4, 5 &amp; 6</td>
<td>Yr 10 Formal Assessment week</td>
<td>Yr 10 PASS Excursion</td>
<td>Sculpture by the Sea Excursion Yr 7 &amp; 9</td>
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<tr>
<td>Nov 6</td>
<td>Barclay Learning Team– Guitar Program</td>
<td>Team Building HATS</td>
<td>Yr 8 VALID Test</td>
<td>Yr 8 VALID Test</td>
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<td>Nov 7</td>
<td>Yr 10 Peer Support training</td>
<td>Yr 7 Swim School</td>
<td>Yr 7 Swim School</td>
<td>Yr 8 Farmers Cup Gala Day</td>
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<tr>
<td>Nov 8</td>
<td>Yr 7 Swim School</td>
<td>Yr 10 Camp</td>
<td>Yr 7 2016 Orientation Day</td>
<td>Yr 10 Mind Matters</td>
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<td>Nov/Dec 9</td>
<td>Year 10 End of Year Activities</td>
<td>Yr10 Work Experience</td>
<td>Yr 2016 Orientation Day</td>
<td>Band Workshops</td>
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<tr>
<td>Dec 10</td>
<td>Yr 10 Work Experience</td>
<td>Presentation Evening</td>
<td>P&amp;C Meeting</td>
<td>Last day for students</td>
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Other events include:
- Sculpture by the Sea Excursion Stage 7 & 9
- P&C Meeting
- Barclay Learning Team– Guitar Program
- Yr 8 VALID Test
- Band Workshops
Are you safe wearing a skateboard helmet on your bike?

During our visit to over 300 schools as part of our Science & Road Safety Day tour, we have the unique opportunity to see what types of helmets students are wearing when riding their bikes. We were surprised to learn that many wore skate helmets (the dome-shaped ones) when bike riding. When looking inside the helmets we were even more surprised to find that some of these DIDN’T meet Australian Safety Standards.

There is no Australian Safety Standard for skate helmets and this is of concern as many children and parents choose these thinking they offer the same protection as bike helmets. Some skate helmets do meet the standards - there is a sticker inside confirming this - while others don’t. Sadly some of the ones that don’t are much more expensive and chosen because they are perceived to be cool and more stylish.

So the message to children, parents, teachers and the community is to be aware.

Read more about this issue in our blog.

Final two weeks of the Bike Artwork competition

Why not use our BNSW Bike artwork competition as a fun activity to discuss helmet safety standards with your students?

By designing their dream helmet they could win* 1 of 8 brand new bike & helmet sets valued at $350 each. One lucky overall winner will host NRMA Road Safety Roadbots in their school before enjoying a fun bicycle workshop with the class. A group of 16 runners up will win* a bike accessories pack valued at $50.

Enter now

The BNSW Bike Safety Competition closes 30 October 2015

Tell your fellow teachers about NRMA’s road safety programs and ask them to register for an email alert about upcoming activities.

Order free education resources or access student online road safety games or play/download our NRMA Road Smart Kids app

Email us: education@mynrma.com.au
WESLEY GIANT GARAGE SALE

Where: In the Wesley Uniting Church grounds at 32 Showground Road, Castle Hill.

Dates/Times: Friday November 6th 2015 (operating from 8:00am to 1:00pm) and Saturday November 7th 2015 (also operating from 8:00am to 1:00pm)

Sale items/Stalls will include Books, Records, CDs, DVDs, Christmas, Clothing, Electrical, Jewellery, Plants, Toys, Furniture, Manchester, White Elephant, Fine Art and China etc.

We will also be providing tea and coffee during sale hours, together with a Sausage Sizzle for lunch on both days, and Bacon and Egg rolls for breakfast on Saturday morning.

Enjoy the friendly atmosphere, and pick up a bargain (or two) knowing you are helping those families who need our assistance within the Hills area.
COMMUNITY NEWS AND ADVERTISEMENTS

CHRISTMAS 2015 exhibition

December 5 to 12

Supporting Artists with a Disability

OPENING DAY
Saturday 5 December 9am-3pm

Mon 7 December 9am - 3pm
Tues 8 December 9am - 3pm
Wed 9 December 9am - 3pm
Thurs 10 December 9am - 3pm
Fri 11 December 9am - 3pm
Sat 12 December 9am - 3pm

EXHIBITION CLOSES

Original Artwork
Beautiful Cards &
Fabulous Decorations

Boonah Creative Arts Centre

The Philip Mall, Kendall St, West Pymble • 9499 5675