Muirfield Matters

Issue 9 2015

From the School Captains: Amelia Napier and Aaron Ramjan

It seems quite astounding that our time at Muirfield will soon come to an abrupt end representing the finale of 13 years of schooling. It is a time of emotion filled memories, apprehension about the upcoming HSC, excitement about what lies ahead and a real sense of fulfilment regarding strong relationships that have been formed between students and members of staff.

Reflecting back over the past 6 years we note the closeness of our year group progressed as friendships formed and students found their comfort zone. Of course, this came about through sharing classes together, attending camps and sporting events, chilling out at lunch time and participating in other activities of interest such as school band, dance, drama and leadership roles. Most notably, the Year 10 Camp was an event enjoyed by all. It definitely brought our grade together and cemented bonds through team building exercises in a fun filled manner.

Together with Tim, Emma, Daniel, Ragini, Emily and our Vice Captains Ben and Carly we have achieved as much as we could for our school and the community. Under the expert guidance of Ms Pasternatsky, we organised the Oz Harvest Fundraiser, Compliments Box, Warm and Fuzzies and International Women’s Day breakfast. The Executive Team attended the Mitchell Youth Leadership Conference and the Captains were lucky enough to attend the Youth Leader’s Reception at Parliament House, Sydney, that was arranged by our local Member of Parliament, Mr David Elliott. The day was designed to acknowledge student leaders in our local area and valuable information was gleaned from a number of prominent individuals in our community, not to mention the fact that we got to meet the Premier.
of NSW, Mr Mike Baird. We were encouraged to continue with leadership activities after the completion of our schooling years in order to make a positive contribution to society.

Of course, the Student Executive wouldn’t have been able to do all these wonderful things without the organisation and support provided by Ms Pasternatsky. Ms P has been instrumental in our work this year, and has worked tirelessly to ensure that our time as the leaders of Muirfield High School has been profound and memorable. All of us owe our sincere thanks to her, as her passion, leadership, and love has been an example to all. We’d also like to take this opportunity to thank Ms Fleet, Ms Scott and Mr Finley for all the effort they have put into our grade as a whole.

While Ms Fleet hasn’t been our Year Advisor from the start, she bravely took us on at the end of 2013. This huge undertaking on her behalf is greatly appreciated by the Executive, as well as the class of 2015: her compassion and willingness to help is something that will never be forgotten. We are so privileged here at Muirfield to have such a brilliant support network of teachers and staff who pride themselves on being the best. Ms Scott and Mr Finley are a testament to this as Careers Advisor and Senior Studies Advisor respectively. I think it is safe to say that we would not have got through our senior years had it not been for the wisdom of these two amazing individuals. Of course, all the staff here have been nothing but nurturing and encouraging, and it has been an honour to serve such a magnificent school.

In closing, we would like to take this opportunity to wish the incoming Executive Team the best of luck. We know that School Captain’s Tara Arrow and Mitchell Sinden will do amazing things at the helm, alongside Vice Captains Jordan Hartland and Jake Mountford. We have no doubt that this Executive team will be selfless and determined, and will continue to continue to uphold the values of this school.
Thursday 17 September is a celebration not only of those who have excelled but those who have preserved. For you, 13 years probably seems like a lifetime ago and I suppose when you are 17 or 18 it is. For us oldies 13 year is not so long. Your graduation is a rite of passage, from child and teen to adult, from innocence to experience, from dependence to independence. It’s one of the big changes and great challenges of your life: leaving the nest, branching out to a largely unfamiliar and unknown landscape and taking a plunge; a plunge to learn the four Rs – remembrance, reminiscence, reflection and resilience. As you branch out, you will be tempted to reminisce, in particular on your senior years with us and also on your education generally from way back when you were in kindergarten. You won’t reminisce about grades, marks, hard work, study guides, tests, or the relentless study … the grind. You will reminisce about good times, good people, fun, risks, temptations. You’ll see hints of Muirfield High School in simple things in your new life beyond the school boundary. Many memories about your time with us will come flooding back. They will bring a smile and a yearning familiarity. But as you grow, you’ll do more than reminisce and remember. I hope you will reflect – mostly about yourself – not in a dispassionate way but a careful and caring way. Reflection is one of the most underestimated, necessary skills in life. Meaningful reflection requires quiet, deep thought to examine what was done, said or achieved. Reflection of self requires you to judge yourself with some key questions. What did I do for others that made me proud? What was the best thing that happened to me? How did I handle myself? Did I escalate or deescalate the situation? Could I have done things differently and in ways that would have helped? How can I change things? Reflection is the essential ingredient of resilience. You’ll notice that there is no question: How many prizes did I win? Or, did I come first? Or, am I the dominant one, the most popular one? My favourite kind of people, are resilient ones. They’ve usually done it tougher than most. They’ve had to bounce back and fight for joy, or a new definition of success, or a different perspective on happiness. They’re fighters and strugglers, these resilient types. They’ve got grit and determination. In many ways the four Rs, if pursued, will help you search for your inner contentment. Reminisce and remember fond times and people, reflect on your worth in terms of how you behave, what you value and how good you are to others, and finally embrace resilience by dusting yourself off, standing up straight, looking the world between the eyes positively and affirmatively and saying “I am worthy”. What is important is the person you are, the kindness you express, the compassion you feel, and the courage and wisdom you show at every step along the way. So Year 12, I wish you the very best of luck in the future and congratulations.
Mr Robinson, Mr Wilson and Mr Lampinen teaching Year 7 Mathematics

Car Wash
Deputy Principal Conference

Every year I am fortunate enough to attend the annual Deputy Principal Conference. One of the conference aims is to ensure that DPs across the state are kept up-to-date on current research about adolescence. Every year I feel challenged and refreshed about what we as a school can do to better serve our young ones.

This year two of the key note speakers not only challenged me as an educator but also made me reflect on my own parental skills (or lack thereof) that I use or at times fail to use. It was interesting and at times, frightening to know that, as we leave Generation Y behind (those born in 1981 to 1994) and have to deal with Generation Z, and that those little ones in Kindy have already been identified as Generation Alpha.

This newsletter doesn’t allow me to recount all the key note speakers verbatim, however I hope to highlight some points that have resonated with me both as an educator and a mum. Like all of you I am a parent doing the best she can bringing up Generations Y and Z kids.

**Kids only need to hear 4 words**

They are “I love you' and “No”. Paul Dillon who has done enormous amount of work with Gen X & Y has basically challenged parents to set boundaries for our children. It is important for them to realise that we are not their best friends, but their parents. He challenged parents that it is our duty to play the role that we signed up for. This role was definitely not to try and get too many ‘likes’ from them.

Dillon cautioned us all, based on current research, of the danger of parents thinking it is OK to develop a friendship role rather than the one we should be playing - that is, of a loving parent setting boundaries. He could not stress enough, the job of parenting rather than friendship.

Dillon gave an example of parents justifying allowing their children to drink alcohol before the lawful age with justifications like “I did it when I was young” or ‘One drink won’t hurt”. He said he is still amazed after parent presentations that he gives, with the number of people that either did not understand the laws of secondary supply, or were unaware of the amount of research that shows the damage that alcohol can have on the developing brain. As a mother of a 17 year old I only know too well the challenges that parents face around these issues. I wouldn’t let my daughter drive without a license because that’s the law, I wouldn’t let her carry her knife because that’s the law. My husband and I are very clear with our daughter that you don’t drink until you are 18 because that’s the law. That is the beauty of the law isn’t it? An easy cop out because I didn’t make it.

**Empowering your child.**

Like many parents we have tried to ensure that our children can stand up for themselves and understand the elements of choice. Michael McQueen was able to challenge us with a lot of research the Gen Y & Z, in particular Gen Z, are being raised in a time where they have choices
available to them BUT at what impact? The research is showing that they are thoroughly aware of their rights to choose, but are we doing them a disservice? They know their rights but at times they do not really comprehend the responsibilities that come with them.

Not my child.
Another issue that resonated with me, not only as a Deputy Principal but as a mum as both my parents and in-laws recite this to me regularly, is that today’s parents are far too overzealous when it comes to their children. Parents will often step in and come to the rescue and defense of their children the first hint of disciplinary measures. On so many occasions students message their parents when they had been disciplined at school and many times we have had parents arrive at the school ready to challenge the school with “It couldn’t have been my son/daughter, you must be wrong…” It is such a shift in parenting styles from shielding children from consequences rather than the style of parenting my father took with me “You did the crime Sonja, you do the time” (and between you and me, he had to say that a lot as I was growing up especially during my high school years).

Whilst protecting your child is a perfectly natural instinct, there is a real possibility that at times we get it wrong. If I consistently shield my children from the consequences of their actions and the realities of life I do that at the detriment of their developing character, their ability to learn from mistakes and make them less resilient.

Dad used to say that there are only 4 things that a child needs:
- Plenty of love
- Good food and regular sleep
- A little bit if dirt is good for them
and finally
- The ability to fall, get up, brush it off and learn.

I know at times I need to sit back and listen to my old man and remember those 4 little things did OK by me.
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
From the P&C President

Our last P&C Meeting was held on Wednesday 9 September in the common room. There was a presentation on Student WELFARE. We would love to see you for the remainder of 2015 meetings.

The P&C will be working with some previous P&C members and the school, on some celebrations for the 40th Anniversary of Muirfield High School in 2016. If you are interested in being involved in this working group, please email me at muirfield.p.and.c@gmail.com.

FUNDRAISING update

Many thanks to those who baked and assisted at our recent cake stall to help us raise money for our air conditioning project. We were able to display our school banners and had plenty to offer at the Family Fun Event at Bunnings, North Parramatta. Thanks to the Pellegrini, Houghton, Townshend, Corrigan, Tan, Nelson-Bastow, Arblaster, Smyth, Oates, Doheny, Yaghoubpour, Duggan families who assisted on the day and to all the wonderful bakers and those who contributed. We raised over $680 from the day and had some treats left over for the SRC to sell for Spirit Week.

CANTEEN NEWS

Our canteen staff, Jannine and Catherine have been enjoying catering for numerous functions recently and are preparing for Year 12 Graduation day. They are doing a great job, so please thank them if you get the chance. If you would like to volunteer for a day in canteen, they will make you feel welcome and appreciate the assistance. Please see Jannine or Catherine in canteen to add your your name to the roster. Email CANTEEN at mhs.pnc.canteen@gmail.com if you have any questions or suggestions.

UNIFORM SHOP NEWS

Our uniform shop staff and committee have been busy preparing for orientation day for the Year 7 students for 2016. Thanks to the wonderful, dedicated committee and Uniform Shop Managers, Mel, Sam and Katrina for all their efforts. If you have any questions about uniforms, please contact the Uniform Shop committee by emailing muirfield.p.and.c@gmail.com.

CAPA COMMITTEE

The CAPA committee will be assisting with the upcoming “Bandlink” workshops. This is a great opportunity for Year 6 students from five local primary schools to come along and see what band is like in high school and workshop with the Muirfield High School band members. The committee will be supervising and helping with afternoon tea for parents and pizza dinner for the Bandlink kids that afternoon (20 October).

The Combined Concert band performed for the Orange Blossom Festival on Sunday evening, 13 September, at 7pm at William Clarke College.
Legacy Day

On September 4, Year 10 students, Chloe Georgina, Caitlin and Kate (supervised by Mr Brooks) were lucky enough to be selected to assist the Legacy Foundation in their annual event to raise awareness and collect funds for their truly worthy cause. Through selling badges, pens, bears and wrist bands we were able, with the generous support of the North Rocks community, raise over $1000 for the Legacy Foundation. The Legacy Foundation aims to help families of returned or deceased soldiers and to aid them through what can be a difficult and trying process back to a stable life.

Thank you to all those who donated and continued providing support for such a deserving cause. Furthermore thank you to Mr Brooks for presenting us this opportunity.

Caitlin and Kate
Unique Farm Stay Opportunity

Ten Muirfield students are currently participating in a unique farm stay opportunity. Muirfield is the only school in Sydney offered the opportunity this year. Organised by 2realise and funded by Rabobank, one of the world’s largest financial institutions, our students will spend a week with families in the Western Riverina area.

As well as experiencing life in a rural community, students will learn about the many facets of the agricultural industry, including marketing, processing, distribution, sales, and scientific research and development. This introduction to the food and fibre supply chain will highlight the exciting career opportunities available in Agriculture. Remember Agriculture is part of every facet of our lives and to work in Agriculture you do not have to just work on a farm.

Stay tuned for more news when we hear directly from the students about their experiences when they return.
Year 10 Road Safety Excursion

On Tuesday the 25th of August Year 10 travelled to Allphones Arena to attend an excursion raising awareness of road safety and the consequences of driving irresponsibly. There was a short performance illustrating the results of a common car crash and presentations by victims of road accidents who had suffered severe brain or spinal damage. During the lunch period, it was possible to speak to the emergency service workers, participate in wheelchair basketball and have your breath tested.

We also learnt about the importance of safety ratings and the difference purchasing a car with a higher rating can make in the event of a crash. It was an incredibly informative experience and many of the students will carry what they learnt for the rest of their lives.
Year 10 and 11 Music Gamelan Excursion

On 15 July, a group of Year 10 and Year 11 Music students attended a Gamelan Workshop ran by the Sydney Conservatorium of Music. Gamelan is the traditional ensemble music of Indonesia, and the instruments are predominantly percussive and they are made of bronze, iron and bamboo. During the workshop, students learnt about the cultural context of Balinese music, the construction of Gamelan instruments as well as its unique tuning system that differs from traditional western musical instruments. To watch a performance by students, please scan the QR code below.

(Password: muirfield)
North Rocks Public School Fete

On the 29 August, Muirfield held an agricultural display at the North Rocks Public School Fete. This display included the tractor, lambs, sheep and chicken which were all available as activities. The animal pen was supervised by Kate Milne, Caitlin Pollitt, Georgina Harris and Chloe Drinkwater and allowed children to come and interact with animals in a safe and fun environment. This opportunity was a very rewarding and fun activity for all involved as it was great to interact with both the children and the animals on behalf of Muirfield High School.

Thank you to all the teachers whom made this opportunity available to us and the North Rocks community for welcoming us to their Fete.

Kate Milne and Caitlin Pollitt
North Rocks Public School Fete continued

On Saturday the 29th of August, a group of Year 9 students studying Japanese volunteered to assist Miss Wong in running a Japanese Calligraphy Stall at the North Rocks Fete. From 11am to 3pm numerous children as well as adults came to the stall interested in learning how to write their name in Japanese. This developed connections between Muirfield High School and the North Rocks community, shining a positive light on the LOTE department here at Muirfield. The day was filled with excitement about learning a new language and provided an encouraging insight into Japanese culture.

Overall, we were honoured to represent our school and help out North Rocks Public School at their annual fete. We hope that this inspires people to want to further their knowledge of Japanese and it would be a pleasure to be able to help out again next year.

Lauren Arrow, April Clayton and Eloise Pearson-Hatchwell
Year 12 Hospitality Final Practical

For our final practical in Hospitality we made a Croquembouche that consisted of Choux pastry Profiteroles filled with Crème Patisserie and moulded with toffee and sprung sugar. Hospitality has been a great course and we have enjoyed it very much. It has been fun and Ms Sheath is the bomb.com!

Shantelle, Savannah, Bronwyn, Kirsten and Kartrina Year 12 Hospitality Girls
Congratulations to the following student who represented Muirfield High School in the NSW Combined High School Athletics recently:
Jessica Layton, Nicholas Welsby, Lauryn Brown, Ashleigh O’Keefe, Johanna Selmes, Rebecca Wright, Bradley Wright

Congratulations to Jessica Layton who was selected in the NSW Combined High Schools Water Polo Team

Girls Soccer Knockout Report
Muirfield Girls State Soccer Knockout teams have completed their most successful season in years. Both our Open Girls Knockout Soccer team and our 15 Girls Soccer teams made the Sydney West Regional finals winning 4 games to make the finals. Unfortunately they both lost very tight games in the finals and missed out on making much anticipated trips to country schools to play other regional winners!

Of particular note was the performance of the 15 girls whose competition includes not only public schools but independent schools as well. On two occasions they travelled to play very well resourced exclusive private schools and came away with wins against the odds.

Many of these games were very fiercely contested but the girls’ behaviour was exemplary. They played in a manner which was a credit to themselves, their families, and to the school. On a number of occasions they were complemented on their attitude by opposition coaches and parents.

Congratulations girls on your outstanding performances this year and thank you for your reliability, never say die attitude and your sense of fun.

Mr Edmondstone

Under 14 Girls Futsal (Indoor Soccer)
Our Under 14 Girls Futsal team finished runner’s up in the Regional Futsal Tournament held at Dural. This competition is open to both Public and Independent schools. Our girls won five games to make the final and only lost to a very good Cherrybrook Technology High side.

This qualified them for the State finals where they again performed admirably to finish in the top
eight of all schools in the state, eventually losing to Endeavour Sports High.
Team members were Lily Tomlin, Lindsay Wise, Kahleah Scott, Tahlia Ozcan, Claire Cuskelley, Shondell Akhabue, Manager Karla Wise. Well done girls top eight in the State!

**Mr Edmondstone**

Congratulations to Girls 15A Touch Football team: Joint Premiers
Grade Sport Term 3

Congratulations to Lauryn Brown, Rebecca Wright, Venus Parfait, Kate Milne, Joanna Selmes, Georgina Harris and Jess Layton went to All School Athletics Knockout and came 6th - beating a number of private schools and also specialist sports high schools.

Congratulations to U15s girls netball who won against Model Farms in Round 2 of the netball knockout competition! 35-13
COTTON QUEEN

Kate O’Callaghan manages the most productive cotton gin in the world.

STORY GENEVIEVE BARLOW PHOTO NATHAN DYER

When six farmers who'd never ginned cotton before decided to start their own company and build a gin from the ground up, they knew they'd need someone smart to manage it. Luck dealt them an ace when Kate O’Callaghan came along three years ago. The former agronomist walked on to the greenfields site of Australia’s southernmost gin near Whitton, NSW, even without knowing her job title.

As Kate puts it, there was nothing but a shed with a hole in the ground. “There was no internet, no phone line,” she says. “I’d come from working for a corporate where the business processes and accreditations were well established to something that had no processes. We didn’t even have a chart of accounts.”

A year later, after the Southern Cotton gin produced more bales in a season than any other gin in the world, Kate was officially appointed general manager. Last year she was listed among Australia’s 100 most influential women in agribusiness.

Raised in Sydney, Kate soaked up country life on holidays at her father’s family farm at Alectown, near Parkes, at Murrumbidgee High School near North Rocks, which had a cow, a sheep and a veggie plot as part of its agricultural studies, she took to cattle judging and by the time she got to tick the boxes on her university application, agricultural science was a stand-out first, second and third choice.

“It was my only choice,” she says, recalling how as a girl she'd measure and graph the plant growth in her family’s vegetable plot each week. “I just loved the science behind how plants grow.”

During uni, Kate worked on a dairy farm, a nursery, drove a header at Condobolin and jillsweed at Tamworth, but pasture research at Yanco Research Station won her heart and she dedicated the first decade of her working life to irrigated pasture research there.

After marrying the farmer over the road and having three boys, she began agronomic management of red-clover: crops for hormone production. Managing three crops in the Murrumbidgee Irrigation Area soon expanded to overseeing 1200 hectares of red clover grown by farmers in New South Wales, Victoria and South Australia, plus a breeding program in Western Australia and a production plant in New Zealand for her employer Novogen.

She learnt inventory processes to trace every bale of red clover to its paddock, time of harvest and production treatment. “Red clover gets 101 diseases so the farmers were always needing my agronomic help. I became a member of their families. They’d call me any hour of the day. I lived and breathed that job 24 hours a day, seven days a week. I loved it.”

Then the company was bought out, its technology and varieties were sold overseas and Kate was jobless. She adjusted, polished up her resume and got a job in a pelleting plant for a stockfeed company.

“Doors open and close for a reason,” she says.

“Through my research I learnt about plant physiology and then through Novogen I learnt about negotiating contracts with farmers and managing farmer relationships and logistics, and then at the stockfeed plant I learnt how to manage safety and maintenance systems and processes.”

It was a brilliant apprenticeship for her current job. Today Kate, 51, manages the $26 million (annual turnover) gin, which gins cotton for merchants who’ve bought it from farmers. She also sells the 55 percent of every bale that is cottonseed, negotiating contracts for the gin’s 50 suppliers. Then there’s wrangling strong-minded directors, managing 10 permanent and 50 casual staff during the ginning season, timing logistics, and helping farmers with everything from agronomic advice to finding spare bale wrap should they need it. “Whether they’re bringing in 500 or 30,000 bales, she treats every one of them like her favourite grower,” says Southern Cotton co-founder and director Roger Commins.

A better ambassador for agriculture would be hard to find. “People just don’t realise the diversity in it,” she says, her enthusiasm brimming as she explains how cotton offers the best return per megalitre of water and that far from being bad for the environment, cotton growing with genetically modified varieties reduces chemical use.

In her spare time she’s secretary of the Murrumbidgee-Lachlan Cotton Growers’ Association, represents Southern Cotton at Cotton Australia and does the books for hers and her husband Owen’s home farm, which produces rice, winter cereals and fat lambs.
### Calendar of Events

**Term Four 2015**

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<td><strong>October 1</strong></td>
<td>Labour Day</td>
<td>Students return to school</td>
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<td>Yr9 Elective History Excursion</td>
<td>Yr10 PASS Excursion</td>
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<td><strong>October 2</strong></td>
<td>HSC Exams</td>
<td>Yr11 Soc &amp; Culture Excursion</td>
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<td><strong>October 3</strong></td>
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<td>Bandlink Workshops</td>
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<td><strong>November 5</strong></td>
<td>HSC Exams</td>
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<td>Yr 8 Farmers Cup Gala Day</td>
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<td>Yr 7 Vaccinations</td>
<td>SummerArts</td>
<td>Orientation Day Yr6 to Yr7</td>
<td>Yr10 Mind Matters</td>
<td>Band Workshops</td>
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<td><strong>December 9</strong></td>
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<td>Presentation Evening</td>
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<td><strong>December 10</strong></td>
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As John Steinbeck, Nobel Laureate in Literature, wrote: “No man really knows about other human beings. The best he can do is to suppose that they are like himself.”

Getting to know another person, especially one from a different culture, can be exciting, challenging, and has its unique benefits. Department of Education-registered and approved Southern Cross Cultural Exchange (since 1983) is providing such a unique experience to help your children and family learn through bridging cultures, grow closer with one another, understand one another better and see the world in a new light.

International exchange students from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden and the USA are arriving in Australia to live as a local with volunteer Australian families and attend a local secondary school. The students, aged 15 – 17, arrive from February 2016 for 3, 5, or 10 months and are fully insured, with their own pocket money. If you have a spare room or bed, and a place at the family table, why not be the “heart” of cultural exchange by becoming a volunteer host family?

Expand your world for the whole family – all without any air tickets. Call S.C.C.E. now on 1800 500 501 or email scceaust@scce.com.au or visit www.scce.com.au and ask for our incoming student profiles, choose the nationality you prefer, and start having fun matching up your hobbies and interests.

Capture the spirit of fun and friendship, and build your global cultural network. After all, it is different cultures that “make the world go ‘round” at the end of the day.
FIRST TIME LODGING YOUR TAX RETURN?

The easiest and fastest way to lodge your return is online.

Follow these simple steps:

1. Create a myGov account
   (See my.gov.au for more info)

2. Log in to your myGov account

3. Call the ATO on 13 28 61
   and press 1 at the prompt
to get your unique linking code
   every time you log in.

4. In myGov, go to the Services page
   and link to the ATO.
   Select 'Incomes' then 'log in',
   enter your linking code when prompted.

5. After logging in, lodge your
   return online.
   (See my.gov.au for online lodgment)

When are tax returns due?
- You have from 1 July to 31 October
to lodge.

Keep track of your tax and super
by downloading the free ATO App

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**HILLS COMMUNITY AID**

Open Day @ Learning in the Hills

& Family Fun Day

**Free**

Fun for the whole family
- Jumping castle
- AFL fan zone
- Masters Rouse Hill activities table
- Police
- Fire engine
- Biscuit decorating
- Rock art
- Entertainment from Alive 90.5 Community Radio
- Hills Daily Grind selling coffee & slushies
- Sausage sizzle & lucky door prizes

Learning in the Hills class displays & demonstrations
- Painting, crochet, knitting, paper quilling
  & embroidery classes
- Coffee and devonshire tea's available to purchase
  on the day from Learning in the Hills volunteers
- White elephant and book stall

29th September
Tuesday 10am - 1pm
Glenmore Heights Estate
82 Seven Hills Road
Baulkham Hills.

FOR MORE INFORMATION: 02 9639 8620
enq@hca.org.au
www.hca.org.au
Starting in Term 4, 2015
CHILLED™ PROGRAM FOR ADOLESCENTS

A program created and owned by Macquarie University Centre for Emotional Health. This evidence-based Program is designed to provide adolescents with tools to manage both anxiety and mood problems, increase resilience and adopt healthier thinking patterns.

The Chilled™ Program will begin Term 4 Week 1 Tuesday 6th, October 2015 and run weekly for 10 weeks.

Presented by our experienced team of Child Psychologists

FOR 13-17 YEAR OLDS
Clear and practical skills to overcome both anxiety and mood problems.
Boost your teen’s confidence and resiliency!
Cognitive Behaviour Therapy Program

LIMITED SPACES AVAILABLE!
Call today for enquiries or to register
Medicare rebates apply – call us for more information
18 Grove Street North Parramatta
9630 0559

Improve your strength and flexibility

School Holiday Workshops
Junior and Senior workshops available – Acro, Aerial Silks, Circus Skills, Aerial Yoga and Flexibility.

© info@aerialfitbody.com.au
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School Holiday Workshops
22nd & 28th September
9:00am - 5:00pm

Senior Workshops—15+
(4 day workshop / 3 hours per day—$180)

Junior Workshops—7 to 10 years old & 11 to 15 years old
(1 day workshop / 5 hours per day—$80)

Acro
Aerial Yoga
Flexibility
Circus Skills
Aerial Silks
Handstands