



Model Farms High School

NEWSLETTER

ISSUE 5

Term 1 – Week 7

Monday 5 March 2012

Gooden Drive, Baulkham Hills

Telephone: (02) 9624 3133

Facsimile: (02) 9838 8407

Email: modelfarms-h.schools@det.nsw.edu.au

PRINCIPAL'S MESSAGE...

Student Successes

Brentin Azzopardi was selected recently to represent NSW in Quebec Canada to play in the 53rd Annual Pee Wee Ice Hockey Tournament. Brentin had a terrific time learning not only about playing better hockey, but also meeting & making new friends from around the world. He played a total of 10 games against teams from Canada, Finland, France and Italy. Brentin played mainly in the Pepsi Coliseum in front of 15,000 fans and while his team didn't win the tournament he has grown as an individual from the experience. Brentin is now planning to try out for the Australian Ice Crocs Team that will go to British Columbia in 2013. We wish him well.



Here at Model Farms High School, we have numerous students studying various subjects via distance education. These students are responsible for a great deal of their own learning and require discipline, self-motivation and most of all, a high level of organisation to successfully complete their studies. In 2011, many of our students thrived under these conditions and achieved some outstanding results. Congratulations to the following distance education students for their outstanding efforts in 2011:

- Monique Uytterhoeven-Spark who achieved an 'A' in Year 9 Japanese (85%)
- Lauren Brokenbrough who achieved an 'A' in Year 9 Japanese (96%) and received a certificate for Outstanding Achievement in the course.
- Jackson Simiana who achieved a report of Outstanding Achievement in Earth & Environmental Science.
- Madeline McGinty who achieved a report of Outstanding Achievement in Earth & Environmental Science.

PRINCIPAL'S MESSAGE (Cont.)...

Year 11 Information Evening

"Getting the most out of senior school" - wish I knew this stuff when my kids were doing HSC Megan Booth is an ex- student of MFHS, a teacher and a positive psychologist. She has been giving these presentations for a number of years and her advice was realistic and practical.

She began by telling us that we all have the resilience, strengths and capacities to achieve in life but perhaps sometimes we don't recognise this. To prove this point she asked us to think about a time when we had been challenged and what we did to get through that challenge. Parents in the audience said what helped them through were things like family friends; gaining knowledge - learning more about the situation; find own inner strengths. One student said having good instructions helped them while another said her pet and seeking comfort from friends helped her. Megan told us that the HSC is just another challenge - a rite of passage that was no different from any other challenge and that while we already had strengths to get through it we needed to be aware of the potholes in the path ahead. In senior school things change - relationships, adolescence, commitments, and students and parents should learn from cyclist Lance Armstrong who, when asked how he got through his challenging races said "Learn to love the hills"!

We all need a little bit of stress to get us motivated but too much becomes distress. Too much stress in students inhibits their ability to learn and we all need to do what we can to ensure it does not get out of hand for them. Knowing what is happening to us in times of distress can help us deal with it. Megan's advice about how to de- stress revolved around our ability to rationalise the things that cause us stress - get rid of the unnecessary - or top up on strategies that help us cope. Her presentation will soon be available on our website and please have a look at all the specific strategies she suggests that would be very useful for every parent and student to have in the back of their minds in the months ahead.

Year 7 Camp

Our year 7 students went off to Narrabeen last week for their camp and they did indeed make new friends, and came back more connected with the MFHS school community and to have some fun in the process. They got fully involved in the fantastic activities that challenged them, allowed them to take calculated risks and helped them find some inner strength. They certainly understand the benefits of teamwork and working with others. Our Year 11 Peer Support Leaders did a fantastic job at supporting Year 7 and their skills have been further developed as a result. Congratulations to all for a brilliant experience.

Parent Teacher Evening

Our Year 7 and 12 evening is being held on Tuesday night and I invite all parents to come and speak to the teachers so that we can all have a better understanding of their needs. Sharing information about your student is an important part of our partnership in their education.

Year 12 parents can ask what they need to do to ensure that their student prepares well for the coming assessments, trials and eventual HSC exams. For Year 7, parents will have an opportunity to find out how well the teachers think their student has settled into high school and if there are any issues that have arisen in the first few weeks of the year. I understand that Year 7 students may have had little time to see their teachers to get appointments made so I am encouraging all Year 7 parents to turn up and ask to speak to teachers even if an appointment has not been made. I look forward to seeing you there.

Christina Bennet
Principal

FROM THE DEPUTY...

Year 7 Camp: this was a wonderful couple of days. The students had a great time and the opportunity to push themselves to the limit. Our peer support leaders did a great job working with the year 7s. A sincere thanks to the staff who gave if their time to make this very worthwhile event happen.

International Women's Day 2012: March 8 is International Women's Day (IWD), a global event that celebrates the economic, political and social achievements of women past and present. This year the theme is: Connecting Girls, Inspiring Futures. For events around Australia including talks, exhibitions, concerts and fundraisers, go to: www.internationalwomensday.com.

Give back to the community: Volunteering can be a great way for your teen to discover more about interesting work or career options. Being a volunteer has lots of positive benefits. Research suggests that volunteering can improve health, lower stress, reduce social isolation and raise self esteem. Volunteering can also provide an opportunity for you to develop new skills or enhance existing ones and it looks great on your resume. Anyone can be a volunteer and there are many different areas in which you can offer your time and expertise. For more info: www.volunteering.nsw.gov.au

Mark Anderson
Deputy Principal

MERIT AWARDS

Bronze

Year 8

Vivienne Wang x2 Reuben Widjaja

Year 9

Chloe Elbaz

Silver

Year 8

Krystal-Lee Cutajar Andrew Siedlarz
Reuben Widjaja

Year 9

Chloe Elbaz x2

Gold

Year 9

Chloe Elbaz

TERM 1 CALENDAR

Week 7	
Mon 5/3	Year 12 Maths Assignment 2
Wed 7/3	Yr 12 CAFS
Thurs 8/3	Yr 11 Maths Assessment Task 1
	Yr 7Y1 Assessment due
	Yr 11 General Maths Assessment
Week 8	
Mon 12/3	Yr 10ZT M/T Assignment Yr 10ZFT M/T
Tue 13/3	Yr 10 History Incursion Yr 7 Maths Assignment 1 due Yr 7 World of Maths
Thurs 15/3	10X Morning Tea Assignment Castle Hill Show Year 10XFT Morning Tea
Fri 16/3	Support Excursion Castle Hill Show
Week 9	
Mon 19/3	Area Swimming Carnival Yr 11 Modern History Yr 11 SAC Research Task Due
Tue 20/3	Yr 8 Maths Assignment due
Thurs 22/3	Yr 11 English Task Yr 12 Music Day Yr 7E & 7R Geography Day Yr 9 Maths Assignment 1 due
Fri 23/3	Yr 11 Photography Task due Yr 11 Legal Studies



FROM THE FACULTY THAT COUNTS!

Congratulations to the following Maths merit recipients:

Year 10

Jack Vietze

Year 11

Hannah Cramb x 2, Maddison McCloskey

This week's news:

Mathletics:

Students in Years 7, 8, 9 & 10 should now be receiving their Mathletics usernames and passwords from their class teachers. Encourage your student to show you the website. You can also encourage your student to compete with other students from all over the world online. Thanks again to our P&C for their generous financial support of Mathletics in our school.

Assessment Tasks:

Year 11 have first major assessment task next week.

Year 10 Assignment 1 (Trigonometry) is due on Monday 5th March.

Year 7 Assignment 1 (Famous Mathematicians) is due on Tuesday 13th March.

Good luck to all.

World of Maths:

Year 7 have their 'World of Maths' note. This is an incursion where the students will be working "hands on" with mathematics. It's a practical way to have fun and learn about the wonders on mathematics. Please remind your student to bring their payment and note to the front office by 9th March.

Free After School Maths Tuition

Free Maths tuition is provided by the Mathematics faculty every Thursday from 3pm to 4pm.

Students from Years 7, 8, 9 and 10 can go to room 8-07 and Years 11 and 12 to room 8-06. It is fully supervised by the Mathematics Faculty.

Calculators:

Please make sure that all students have their own calculator. The Casio fx-82AU is sold at the uniform shop for \$35. Students need this calculator from Year 7. It is vital for their progress that students are familiar with their calculator and know how to use the different functions.

Fun with Maths

If you have a sufficient supply of 5, 10, 20 and 50 cent coins, how many different combinations of coins will give you a total of \$1? How many combinations will give you a total of \$2? (hint: it might help to write it up in a table).

The answer from last week:

Number of sides iced	Number of Cubes:		
	27	64	125
0	1	8	27
1	6	24	54
2	12	24	36
3	8	8	8

Have a Mathematical week,
From Jackie Dalton and the
Maths Faculty Staff

FROM THE ENGLISH AND DRAMA FACULTY . . .

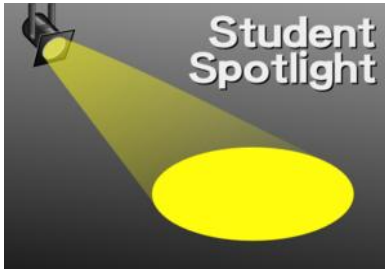
Congratulations to the following students whose hard work earned a Faculty Merit this week:

Year 8 – Tim Teh, Emma Charlton, Olivia Beasley, Shranghi Agarwal

Year 9 – Jack Walker

Year 11 – Grace Scott

Year 12 – Scott Frappell



Year 12 English Studies are commended on their efforts in the independent research task on the Snowy Mountains Hydro Scheme. They are developing investigation skills which will result in a presentation. Looking forward to them! Ms Greer

8EK – Are busy studying the novel 'Wolf Brother', debating complex questions such as 'What is the truth?' 'Is there a single truth?' 'Can we always trust the first person narrator?' and investigating the importance of understanding that characters are multidimensional. Tough questions for a first period on Tuesday mornings! Mr Keen

DRAMA at the Farms

WOW! What a week of Dramas at the Farms. Our Senior Drama students were fortunate enough to attend a production of *'Babyteeth'* at Belvoir St Theatre this week. These students demonstrated exemplary theatre etiquette, seated front and centre. With laughter, tears and stunned expressions our Drama students thoroughly enjoyed the experience and proceeded to critique the performance long into the train ride home. I am glad that our senior students have such a high appreciation of the theatre, and I look forward to our next expedition together!

A Round of Applause

On another note, congratulations to Cara Boljevac and Emma Charlton. These two young Drama students have been offered a place in the NSW State Junior Drama Ensemble for 2012. We look forward to big things from these talented girls. Well done!



Asthma

Attention all families with students who suffer from Asthma: The Asthma Foundation has once again awarded Model Farms High School the status of an Asthma Friendly School.

To ensure that our records are up to date could all families with students who experience Asthma complete the form below and return it the front office foyer (there will be a box outside Ms Ward's office).

Student Asthma Record

This record is to be completed by parents/carers in consultation with their child's doctor (general practitioner). Parents/carers should inform the school immediately if there are any changes to the management plan. Please tick (3) the appropriate box, and print your answers clearly in the blank spaces where indicated.

Personal Details	
Student's name:	Gender: M <input type="checkbox"/> F <input type="checkbox"/>
(Surname)	(First Names)
Date of birth/...../.....	Form/Class Teacher
Emergency Contact (eg parent or carer):	
a Name.....	Relationship
Telephone (Home)	Telephone (Work)
b Name.....	Relationship
Telephone (Home)	Telephone (Work)
Doctor	Telephone

Usual Asthma Management Plan		
Child's Symptoms (eg cough)		
Triggers (eg exercise, pollens)		
Medication Requirements:		
Name of Medication	Method (eg puffer & spacer, turbuhaler)	When and how much?

In an **EMERGENCY**, follow the Plan below that has been ticked (3)

<input type="checkbox"/>	Standard Asthma First Aid Plan	Please tick (3) the preferred box
<p>Step 1 Sit the student upright, remain calm and provide reassurance. Do not leave student alone.</p> <p>Step 2 Give 4 puffs of a blue reliever puffer (<i>Airomir, Asmol, Epaq or Ventolin</i>), one puff at a time, preferably through a spacer device*. Ask the student to take 4 breaths from the spacer after each puff.</p> <p>Step 3 Wait 4 minutes.</p> <p>Step 4 If there is little or no improvement, repeat steps 2 and 3. If there is still little or no improvement, call an ambulance immediately (Dial 000). Continue to repeat steps 2 and 3 while waiting for the ambulance.</p> <p>* Use a blue reliever puffer (<i>Airomir, Asmol, Epaq or Ventolin</i>) on its own if no spacer is available.</p>		

OR

<input type="checkbox"/>	My Child's Asthma First Aid Plan (attached)
--------------------------	--

Additional Comments:

I authorise the school staff to follow the preferred Asthma First Aid Plan and assist my child with taking asthma medication should they require help. I will notify you in writing if there are any changes to these instructions. Please contact me if my child requires emergency treatment or if my child regularly has asthma symptoms at school.

Signature of Parent/Carer: **Date:**

I verify that I have read the preferred Asthma First Aid Plan and agree with its implementation.

Vaccinations 2012

Once again our school is participating in the NSW Adolescent Vaccination Program. This involves a series of free school-based vaccination clinics that offer vaccines recommended for adolescents by the National Health and Medical Research Council.

A letter and Parent Information Kit will be sent home soon to the families of Year 7 and Year 10 students.



NSW Adolescent Vaccination Program 2012

Information for Parents/Guardians of Year 7 and Year 10 students

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

In 2012 the following vaccines will be offered:

- **Hepatitis B and varicella** (chickenpox) vaccines will be offered in a catch-up program for all Year 7 students who have not previously received 3 doses of hepatitis B vaccine when they were a baby, or, had chickenpox the disease.
- **Human papillomavirus (HPV)** vaccine will be offered to Year 7 girls only as a 3-dose course over a six-month period.
- **Diphtheria, tetanus and pertussis** (whooping cough) will be offered to all Year 7 and Year 10 students. Please note that this is the last year this vaccine will be offered to Year 10 students.

Vaccines are free ONLY in the year they are offered under this program. If students do not commence their scheduled vaccine courses this year then they can only be obtained through private purchase on a prescription from the GP. Protection against hepatitis B, varicella and pertussis is a requirement for all students in NSW courses that have patient contact and for most jobs with NSW Health.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to read all the information provided, complete the consent form and return it to their child's school.

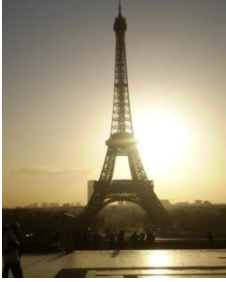
Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au.

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

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

Should you have any further questions or comments regarding this program please call the Immunisation Team on 9840 3603. Further information regarding immunisation is also available at www.health.nsw.gov.au

From LOTE ...



Bijoux De France – January 2012

What a wonderful experience sixteen of our luckiest language students have just had. In January these students returned exhausted, but exhilarated and enlightened, from a two week study tour in La Belle France.

Our tour, called Bijoux de France, lived up to its name “Jewels of France”.

The gems we discovered were multi-faceted and varied in size. Little ones, like seeing the Eiffel Tower lights come on at dusk and then sparkle like diamonds for 10 minutes every hour, to the bigger gems such as learning to “ride” the Metro system in Paris or lessons conducted entirely in French (not a word of English was allowed!) in Montpellier, South France.

You may have already read in recent newsletters some of the students’ accounts of their particular highlights. Each person came onto the tour with different knowledge and expectations. Some of our travellers, both young and old(er), had never been overseas or at least not that far away from home before. It was a real challenge at the same time, beginning with a 20 hour flight! Thankfully Singapore Airlines has excellent in-flight entertainment, which kept everyone busy the entire flight, once the initial excitement had subsided.

From summer in Sydney, we arrived at the Charles-de-Gaulle airport and escorted us in the coach for our half-hour trip into Paris. Here we were greeted by the sun peeping out from behind the Eiffel Tower. A beautiful clear, sunny day – perfect start! And no-one was tired despite the long haul.

That was just the beginning of a fantastic trip. I will continue these reports in future newsletters with lots more interesting stories to tell.

But for now I would like to thank Mr J Birrell for his invaluable help in organising the tour and the ever-helpful staff who accompanied us; Mrs N Wawrzyniak, Mr N Newton, Mrs V Leghorn and Ms C Greer. Also Mrs E Palmes and Ms A Horsfall and a huge MERCI to our wonderful MFHS students, who did us proud. They had fun and their behaviour was exemplary at all times.



So, á bientôt – and start saving for the next tour in 2014!

Mrs Ulla Hietamaki
Tour Coordinator

(to be continued.....)

Model Farms Reunion

If you were at Model Farms at any time between 1977 and 1982, a reunion is being organised by some past students.

The event is being coordinated by Nick Peters (currently a teacher at Crestwood Primary School). The evening will be held on 29th September at Parramatta RSL

If you are interest RSVP to **Nick Peters on 0449802518.**

COMMUNITY NEWS...

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



No Parking

You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.

Penalty from \$147 and 2 demerit points



No Stopping

Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.

Penalty from \$265 and 2 demerit points



Bus Zone

You must not stop your vehicle in the indicated zone unless you are driving a public bus.

Penalty from \$265 and 2 demerit points

Double parking	\$265 & 2 demerit points
Stop on path or nature strip	\$147 & 2 demerit points
Stop on / near marked pedestrian/children's crossing	\$353 & 2 demerit points
Approach children's crossing too quickly to stop safely	\$441 & 4 demerit points
Illegal U turns	\$353 & 4 demerit points
Stop across driveway	\$147 & 2 demerit points
Drive using a hand held mobile phone	\$353 & 4 demerit points
Parallel park close to (within 3 metres) double centre line	\$206

Fines current as of July 2011

For a complete list of school zones offences visit www.rta.nsw.gov.au



SING & PERFORM



JOIN NOW! Singing Group **MOST WANTED**
for young women 16yrs-30yrs



JOIN NOW! Singing Group
URBAN SOUL for Teens 12yrs-over

- ✓ **Singing Lessons /private tuition**
Fantastic vocal technique, unique in Australia, increase of vocal range and vocal power.
- ✓ **Singing groups for kids & adults**
Children, teens and adult singing groups
- ✓ **Piano lessons**
Preparation for exams, competitionsor..... just for fun ☺ .
Beginners and "Late Starters" welcome.
- ✓ **Music Theory for HSC and AMEB**
HSC Music Theory course for High school music students in yr 11 and 12. This course is incredibly helpful for HSC Exam.
- ✓ **Choir2Go**
Put your name down for a new, "gleeful" choir – for all ages!

Performance opportunities for all students

Concerts, Dinner Shows and more....

Tuition in Seven Hills & Baulkham Hills

Our students achieve excellent results at competitions and exams every year

More Info: www.avemaria4u.com

AveMaria4U Singing Studio

✓ **FREE TRIAL LESSON**

0423 157 340



JOIN NOW!
Solo Singing Tuition
for all ages



JOIN NOW!
HSC Music Theory Course



JOIN NOW!
Piano Lessons for all ages

SPORT BUS PASSES CAN NOT BE PURCHASED ON WEDNESDAYS

**Sports Bus
052-001**

Please indicate preferred pass:

- A 5 trip pass for \$37.50 No. of passes _____ Total \$ _____
- A 10 trip pass for \$75.00 No. of passes _____ Total \$ _____

Name of Student/s _____ Year/s _____

Payment by: CASH CHEQUE

PAYMENT BY MASTERCARD OR VISA SLIP

Please circle the appropriate card

- Please debit my Mastercard / Visa Account No: _____ / _____ / _____ / _____
4 digits 4 digits 4 digits 4 digits

Amount in figures _____

Expiry Date: _____ CCV: _____

Name of Credit Card Holder (as shown on card) _____

Signature of Credit Card Holder: _____

MFHS SCHOOL COUNCIL NOMINATION FORM

Nomination for MFHS School Council Parent representative 2012

Nominee

Name of Nominee: _____

Name of student at MFHS: _____ School Year: _____

Nominator

Name of person making nomination: _____

Secunder for Nomination

Name of Secunder for Nomination: _____ Acceptance
of Nomination: _____

The office may need to contact you urgently please complete the form below and detach from newsletter and return to the front office.

**CHANGE OF CONTACT INFORMATION
MODEL FARMS HIGH SCHOOL**

Name of Student: _____ Year _____

New Address: _____

_____ Postcode: _____

Correspondence: _____

_____ Postcode: _____

Email Address: _____

New Home Phone No. _____

Mother Mobile: _____

Mother Work: _____

Father Mobile: _____

Father Work _____

Emergency Contact if changed: _____

Phone No. _____

Any change in Medical Condition e.g. Allergy, Asthma etc.

Details _____

Bus Pass: YES / NO



MODEL FARMS HIGH SCHOOL



GRADE	SENIORS AWAY		7/3/12	V NM	
SPORT	VENUE	ROOM	TIME	STAFF	HT
BOYS GRADE					
Open Baseball	COL SUTTON (training)	3MU2	12:15 - 2:40	Neville	GC
15's Cricket	TED HORWOOD	710	12:40 - 2:40	Jiminez	JB2
Open Basketball a/b	NMHS	4L1	12:15 - 2:40	Chand	FH
15's Basketball a/b	MFHS COURTS	804	12:40 - 2:40	McKenna	JB2
Open's Touch	NMHS	509	12:15 - 2:40	Hoysted	JB
15's Touch a/b	GOODEN	501	12:40 - 2:40	Fountis	JB
GIRLS GRADE					
Open Oztag a/b	ARTHUR PHILLIP PARK	504	12:15 - 2:40	Barnes	JB
Open Volleyball a/b	NMHS	503	12:15 - 2:40	Hietamaki	JE
15's Volleyball a/b	MFHS	6L2	12:40 - 2:40	Edwards	FH
Open Netball a/b	NMHS	708	12:15 - 2:40	Dunger	JC
15's Netball a/b	GOODEN	812	12:40 - 2:40	Lumley	JD
REC SPORT					
Rock Climbing \$6 +bus	The Edge Castle Hill	6L3	12:15 - 2:40	Newton, Archer	FH
Ten Pin Wondabowl \$6.50 + bus	Wondabowl Castle Hill	3C1	12:15 - 2:40	Haroutonian, Gardner	JE
Gym \$8 + bus	Waves	1W1	12:15 - 2:40	Cooper	EL
Swimming \$4.00 + bus	Blacktown Leisure	702	12:15 - 2:40	Letherbarrow, D'Souza, Keen	JC
Ice Skating \$7.00+ bus	Sydney Ice Arena	711	12:15 - 2:40	Bowen, Weingarth	JP
Squash \$5	Winston Hills	701	12:40-2:40	Vince, Snell	DD
Tennis Olympus \$5	Winston Hills	801	12:40-2:40	Woods, Montgomery	DD
Rec Walking	Around	805	12:40-2:40	Villagran, Greer, , Manson Atkins	BM
House Sport	Gooden Res Gooden Res School Oval	TLC TLC TLC	12:40-2:40 12:40-2:40 12:40-2:40	Relf, Fornasier Kumar, Varghese Georgolpoulos, Esber	GC JD EL
Boot Camp	School	807	12:40-2:40	Dawson, Broadbent	BM
YEAR 7 SPORT					
7E	Touch Football	507	12:15 - 2:40	Daly	BM
7R	Blacktown Indoor	802	12:40 - 2:40	Miani, Steele	JP
7A	Tball	3K2	12:15 - 2:40	Dick	JE
7L	Blacktown Indoor	808	12:40 - 2:40	Aldabbas	JD
7N	Cricket	1MW	12:15 - 2:40	P.Singh	EL
7U	Ice Skating	1C1	12:40 - 2:40	Munroe	GC
7M	Tball	707	12:40 - 2:40	Estacio	JC
NON SPORT	School	713	12:40 - 2:40	Jideh	JP
SPORT DETENTION	School	LIB	12:40 - 3:00	Watson	JB2