



# NEWSLETTER

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25th November 2019

Term 4 - Week 7

## FROM THE PRINCIPAL

### Year 12

On Thursday 14 November, Year 12 students attended their formal at Allegro Kenthurst. As you would be aware by now through my previous communications to the community, an incident occurred resulting in injury, impacting a number of people present. I would like to thank all of the students and staff for the way they responded to the incident and immediately began to look after each other and the injured student both at the event and in the days following.

I would also like to thank the community members who took the time to write to the school and myself personally, passing on their thoughts for the wellbeing of everyone involved.

I would however now like to recognise how enjoyable the earlier component of the event was. Our students presented as immaculate young adults and with staff, had a highly enjoyable and fun evening, sharing stories of their times at the school and appreciating each other's company.

I look forward to touching base with this wonderful cohort in December, at a school gathering, when their eagerly anticipated HSC results are released. Whatever the marks come out to be, the response of so many of this group last Thursday emphasised what a wonderful group of young adults this group has become.





### **Inclement Weather and Changes to school routine**

Recently, we have experienced several days of inclement weather involving either smoke or very high temperatures. Please be assured that on days such as this, we assess the conditions and make modifications to our plans to best address the needs of student wellbeing. Examples include the opening of indoor spaces and closing of some outdoor areas, cancelling of some excursions, reminders to students to keep hydrated and restrict time outdoors, moving of PE lessons indoor etc.

We appreciate your concern on these days and have communicated these changes to families where appropriate, including either via group email or on our school Facebook page however are sometimes unable to respond to all of the individual emails and phone calls of how we will manage the conditions.

### **Building Works**

The building works around the school continue and I am pleased to provide you with the following updates.

The front of the school area will be open and accessible very shortly. We are all looking forward to utilising this great teaching and learning space and are thrilled with the "vibe" the renovation has created.



The work in demolishing and then rebuilding the basketball courts, with the addition of a covering roof commenced last week. Although it provides an inconvenience in the short term, we look forward to a wonderful space that will now also be accessible on wet and very hot days and will no longer present with uneven surfacing.



You may have noticed some of the livestock fencing has been removed around the front of the school on Gooden Drive. This is being replaced with larger fencing to take care of our livestock and prevent access from residential and stray canines.

Our resident farm assistant, Glenn, has been busy working on the fencing and also preparing the side area of the school (near the bus bay) for a storage container and renovation including planting and seating. We look forward to this area being completed early in 2020.



### **Road Safety and Loading Docks**

I have recently reminded students on a weekly basis of the importance of road safety, especially as we head towards the vacation period and also for students entering and exiting the school.

These reminders have included the importance of paying attention to your surroundings when crossing roads, supported by not using headphones or mobile devices and being traffic aware.

It is wonderful to see so many of our students exercising by either walking or riding to and from school. I have also communicated to our riders the importance of road safety, including the wearing of a helmet and being pedestrian and vehicle aware.

We have also regularly reminded students of the dangers associated with the loading dock area at Winston Hills shops. This is an area accessed by large vehicles and as the signs point out, are not for pedestrian traffic.

If we do notice students using this space before or after school, we will contact parents to work with them in keeping young people safe. However, as a frequent user of the shops, I do find it very disconcerting, to see a large number of adults walking through this area, often with teenagers or younger children with them.





### **Recognition Assembly**

I was very pleased to see the commencement of our end of year programs to recognise the achievement and efforts of our students. Congratulations to those students involved at the Year 11 Recognition Assembly last week. I look forward to seeing students in other years acknowledged, culminating in our whole school Presentation Evening on Wednesday 11 December.

My recent talk at the Year 11 ceremony focussed on the traits successful people exhibit and why some of these are so important including a reference to our sign on Redmond Avenue. I look forward to sharing these insights with the rest of the school in the coming weeks.



Have a wonderful week,  
**Mark Grady**  
**Principal**

## FROM THE DEPUTY PRINCIPAL – MS PLEDGER

### **Last day of school**

The last day for scheduled lessons for 2019 is December 18. All students are expected to attend all lessons up until this date. Any student who will be absent for any period of time, must apply for leave. Leave forms can be collected from the front office.

### **2020 start dates**

In 2020 the following start date arrangements have been organised:

Wednesday January 29 – Year 7 and 12

Thursday January 30 – Year 11

Friday January 31 – Years 8, 9 and 10

In 2020 Model Farms is launching an exciting new transition program for all years. We are looking forward to the positive impact this will have on the learning culture for all students.

### **Year 10**

At the moment, a number of students are on waiting lists for spaces to be available in Year 11 classes. I am also aware that there will be some students who will not be attending Model Farms next year as they are moving onto full time work, an apprenticeship or another school. As soon as you are aware that your child will be departing Model Farms please let the front office know so that the leaver's paperwork can be organised. We are doing our best to give each student continuing their studies the pattern of study they want. The spaces generated by departing students may give other students the Christmas curriculum present they were hoping for.

All My Own Work program is designed to help Higher School Certificate students to follow the principles and practices of good scholarship. This includes understanding and valuing ethical practices when locating and using information as part of their HSC studies. The program has been developed as part of the NSW Government's Respect and Responsibility strategy and complements other approaches such as brochures for teachers, students and parents and strengthened student and teacher declarations for the HSC.

All My Own Work program is integrated with other NSW syllabuses and programs. The program is designed to be delivered flexibly as self-paced learning modules. The program's content is divided into five modules:

1. Scholarship Principles and Practices
2. Acknowledging Sources
3. Plagiarism
4. Copyright
5. Working with others

Each module contains:

- Information and advice on the module focus questions
- Quiz questions
- Summary
- Frequently Asked Questions (FAQs)
- Link to a glossary
- Links to relevant websites.

Students will start work on completing this compulsory unit next week during their scheduled English lessons over the next few weeks. All students **MUST** have this program completed before Year 11 studies are commenced. Student who fail to complete this program will not be allowed to start Year 11 subjects until this is completed.

Have a wonderful week,

**Jennifer Pledger**  
**Deputy Principal**

## FROM THE DEPUTY PRINCIPAL – MS KENNON

It was wonderful to see so many Year 11 parents, grandparents, family and friends on Tuesday as we celebrated the successes of Year 11 students at our Recognition Assembly. It was a great morning, despite the poor weather conditions outside and it was great to see so many cheering on our Year 11's. Congratulations once again to all our award recipients. I look forward to presenting many more awards at our upcoming Presentation Evening on December 11<sup>th</sup>.

All Year 11 students have now been issued with their HSC assessment calendar and rules and procedures for the HSC. Please take the time to go through the schedule of tasks with your child so they are aware of the busy periods in 2019/2020. As the year draws to a close Year 11 students cannot start to relax as they have done in previous years. The HSC courses have begun and most of their subjects will have an assessment task due that counts towards the HSC in the last few weeks of term. It is important for Year 11 to continue working right up until the last day of term. In week 4 Year 11 had our *In Focus* evening. The PowerPoint presentations from that evening can be found on our school website. <https://model farms-h.schools.nsw.gov.au/school-years/year-12.html>

### Senior Students and Cars

As many Year 11 students are reaching the age of 17 it is an exciting time obtaining their driver's licence. PLEASE stress to your child the importance of driving safely when leaving school of an afternoon and respecting our neighbours when parking in the streets surrounding our school. It is essential that driving is very careful around school zones. All students who drive a car to school should have returned the "Permission to Travel to and from School by Private Vehicle". A copy of this form can be obtained from the front office.

### Year 9

It is nearly time for the Year 9 camp! Ms Owen has spent many hours planning this event and I am sure all students appreciate her efforts. It is going to be a wonderful opportunity for students to engage in some great activities, building on team work, communication and leadership skills. A reminder that students not attending the camp are required to attend school as normal.

Finally, as we struggle through the difficult and unpleasant weather conditions this week our thoughts go out to those many families that have tragically been directly affected by bushfires across the country.

Have a good week,

**Ms Kennon**  
**Deputy Principal**



## TERM 4

### Week 7

Monday 25<sup>th</sup> November

Year 10 Strengths Program  
Yr 11 PDHPE Sports Medicine  
Assessment Task

Tuesday 26<sup>th</sup> November

Multicultural Day

Wednesday 27<sup>th</sup> November

Year 9 Camp

Thursday 28<sup>th</sup> November

Year 9 Camp

Year 6 Pathfinders

Year 6 Support Transition Program

Year 11 Core Performance

Year 11 HSC Visual Arts. Task 1 BOW

in-class Presentation

Year 10 ACU Uni visit

Year 9 Camp

Year 6 Support Transition Program

Friday 29<sup>th</sup> November

### Week 8

Monday 2<sup>nd</sup> December

Year 6 Pathfinders

Yr11 Music ,Musicology Assessment  
Task

Tuesday 3<sup>rd</sup> December

Year 6 Orientation Day

Year 8 Science Western Sydney G&T  
Day

Year 11 Chemistry Research Skills Task

Year 11 Investigating Science practical  
investigation

Wednesday 4<sup>th</sup> December

Drama Ensemble performance 6pm

Year 11 Ancient History - Core Source  
Analysis

Thursday 5<sup>th</sup> December

Genticist Lecture - Yr 11 Bio/Science  
Group

Year 9 Peer Leader Training

Year 8 Science A case of Identity

Year 11 Strengths Program

Friday 6<sup>th</sup> December

Uniform Shop - last day of trading for  
2019

Year 9 Peer Leader Training

Year 7 Gala Day V Castle Hill

11SAC Task 1: Application of Research  
Methods

Year 11 Strengths Program

11GEOA Task 1 Ecosystems at Risk

Fieldwork Report

Yr 10 U turn the Wheel (RYDA)

## FROM THE MATHEMATICS FACULTY

### From The Faculty That Counts!

Congratulations to the following Maths merit recipients:

#### Year 7

Isabella A, Jacinta EB

#### Year 8

Chaeli C, Ghazal G, Chelsea K, Lucy S

#### Year 9

Nina M

### Yearly Examinations and Reports

All year groups have completed the Yearly Examinations for Mathematics and now teachers are completing reports. Students are reminded that the work that is now being completed in class is important and is preparing them for their studies next year.

#### Year 11

Year 11 have now started their HSC courses. They will complete their first HSC assessment tasks for all levels of Mathematics in the next few weeks. Please refer to their assessment booklets for details.

<i>Level</i>	<i>Assessment Task Date</i>
Advanced Mathematics (2 unit)	13 <sup>th</sup> December
Extension 1	13 <sup>th</sup> December
Extension 2	11 <sup>th</sup> December
Standard 2 Mathematics	13 <sup>th</sup> December
Standard 1 Mathematics 1	13 <sup>th</sup> December

### **Buying Textbooks for 2020**

**Years 7, 8, 9, 10, 11 and 12** will need to buy their own Mathematics textbooks for 2020.

**Year 7 (currently Year 6):** students who will be attending Model Farms High School next year will have received the notification about how to purchase their Year 7 textbook in their information pack. All students will need to purchase the digital version of the textbook. It is optional to purchase the hardcopy.

**Year 8, 9 & 10 (currently Year 7, 8 & 9 students):** students will receive their notification in the next few weeks with instructions on how to purchase their textbook for 2020. It will be done in the same way as the purchase of the Year 7 & 8 textbook. All students will need to purchase the digital version of the textbook. It is optional to purchase the hardcopy.

**Year 11 & 12 (currently Year 10 & 11):** students will receive their notification in the next few weeks with instructions on how to purchase their textbooks. Once the hard copy of the book is purchased, the digital version is available usually via a password provided with the book. Make sure that you buy the correct textbook for your child's level of Maths (e.g. Standard or Advanced) for next year.

Calculators:

Please make sure that all students have their own calculator. The Casio fx-82AU PLUS II 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.

**Mr M Dawson  
and the Maths Faculty Staff**



## FROM THE ENGLISH FACULTY

### Merits

**Year 7** Fatima A, Jessy H, Krish M, Ben M, Kayla F, Chelsi.C, Christos.A

**Year 8** Alyssa N, Junlu C, Ben P, Maya W, Daniel K.

**Year 9** Daniel Q, Poppy R

**Year 10** Mayah W, Isabella H, Mikayla K

**Year 12** Sephehr, Dilroop S, Praneet S, Angellina S, Michael V.D, Jasmine W, Parth R



### *Farewell to Mrs Coffey*

The end of Term 3 saw us farewell Mrs Coffey. Mrs Coffey has been an integral part of Model Farms High School and its English Faculty for over 25 years. We will greatly miss her dedication, passion and expertise. Mrs Coffey is recognised for her outstanding commitment to FAME and to all our students as Head Teacher of the English Faculty. We wish her all the very best as she eases into retirement. Once a Farmer, always a Farmer!

### **Please return all outstanding texts and novels**

Now is the time to look under the bed, check the cupboard and reach into the bottom of the school bag to see if you have an English text to return. Please return to the staffroom or class teacher. All class records will be reconciled by Week 8.

### **Term 4 Modules**

Year 11 have now commenced their first HSC Module Texts and Human Experiences and have their Multimodal Assessment all of Week 9. Year 10 are enjoying the Sci-fi unit and Year 9 are embarking on the 'Growing Up' module and examining the concept of bildungsroman. Year 8 will be 'acting out' with their Drama Unit while Year 7 will finish off the year with a look at the Fantasy Genre.

## FROM THE SCIENCE AND AGRICULTURE FACULTY

### Spectacular Science

The Spectacular Science excursion will be running again this year on Wednesday the 20<sup>th</sup> of November, with 54 Year 7 students from the GAT class and Science Group receiving the first invitations. The excursion takes place at Sydney University where students will participate hands-on science activities such as catching creepy-crawlies amongst the scrub, use a microscope to see the animals in the finest detail and map the relationships between these tiny animals. Students will become educated on all things about bees, which includes hive and pollination. They will also learn the chemistry of making slime, and will freeze a range of materials in liquid nitrogen and smash them. They will meet real scientists who'll share what they are discovering about the world around us.



**Past group that have attended Spectacular Science at Sydney University**

#### **Things to look out for in Science, for the remaining term:**

- 30 students from year 8 Gifted and talented, going to a Science excursion to Western Sydney University (Week 8)
- Year 11 Chemistry Research Skills Task (Week 8)
- Year 11 Investigating Science practical investigation (Week 8)
- Year 11 Earth & Environmental Science Climate Presentation Task (Week 9)

## WELLBEING NEWS

### What Is Anxiety?

Anxiety is becoming a prevalent mental illness and accounts for 70% of the mental health issues presenting in our young people in Australia.

Firstly, it is normal. Everyone experiences anxiety in situations that are scary or out of our comfort zone. Think of the anxiety you may have had with starting school, the assessment tasks piling up, exams, the job interview, the electricity bill....But there are some of us for whom anxiety takes control of areas of life and it is not to be taken lightly.

Anxiety has three components;

- **Body** - our heart rate increases, adrenaline surges, breathing becomes shallow and fast
- **Mind** - our thoughts race "what if I don't succeed" "what if something bad happens"
- **Actions** - "get me out of here!"

If we have experienced fears and trepidation before and survived, the brain is more likely to have developed the coping mechanisms to see the situation for what it is. It doesn't stop the body or the mind from racing, but we don't let our thoughts get away from us. Perspective and experience are everything.

Avoiding scary situations interrupts the experience and the "survival" feeling afterwards. It doesn't make the situation any less scary, but your mind learns to see that despite the heart rate increase and sweaty palms, you will come through.

For a person with an anxiety disorder, often resulting in panic attacks, these scary experiences happen more frequently and can seem to the outsider as irrational. You may not have a fear of needles, but to someone who does, it is an all-encompassing fear at vaccination time.

Some things to think about;

- **Targeting anxiety early** can improve the adult life down the track, with reduced likelihood of depression. Intervene early - raise it with the school and take on board the school raising it with you about your child.
- Students rarely present with just one type of anxiety. There are multiple pathways for students to develop anxiety. It isn't so much the "how" but the "what" that keeps it going which should be focused on.

**Danger of AVOIDANCE** - The more you stay away from the situations that make you anxious, the more problematic. The neural pathways in the brain which grow throughout your childhood, into adolescence can become like "streets" or "highways" to the feelings of anxiety and fear, the more they are used. If left "unpoliced" during development, they become the superhighways of thought. An unavoidable thought process or pattern every time we face something difficult or unfamiliar.



**The benefit of APPROACH** - Developing strategies to help our students “approach” the fears and trepidations rather than “avoid” situations gives them a better understanding of reality and helps them in the long run. There are some students who will need professional help in the short term to gain cognitive control in the long term. The school Counsellor, Year Advisers or Head Teacher Welfare can help students and their families facing this challenge.

(Notes adapted from Webinar by Jennie Hudson – Director of the Centre for Emotional Health, Macquarie University)

## YEAR 7

Year 7 attended an excursion on Monday, 18<sup>th</sup> November at Centennial Parklands. Year 7 started the day in the outdoor learning space, where they undertook an activity that involved them creating a management strategy for one of the environmental issues that the Centennial Parklands has to contend with. After completing this task, students had to hone their orienteering skills to get from activity to activity. They learned to identify invertebrate species that they collected from the water as well as various plant and bird species. They learned to use various fieldwork instruments in order to test water turbidity, acidity and soil acidity and salinity. They also used instruments to check humidity and wind speed





# **UNIFORM SHOP**



## **Trading Days and Hours**

Monday, Wednesday and Friday  
8.10 am until 9.00 am

## **Payment Options**

Cash - Eftpos - Visa - Mastercard - Qkr

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# **UNIFORM SHOP**

# **INFORMATION**

The Uniform Shop is run by the P&C Association and therefore separate from the school. All payments in relation to uniforms, book packs and any uniform related matters are required to be made directly to the Uniform Shop, NOT the school office.

Payments using the Parent Online Payment (POP) service are NOT permitted and CANNOT be used for Uniform Shop purchases at any time.

If you wish to pay on-line please register and use the QKR application.  
Students will still need to collect items from the Uniform Shop.

The Uniform Shop is conveniently open so that Students can try on and purchase their requirements themselves. It is important to note that our uniform items are not standard sizes and need to be tried on.

Please note that phone orders are not accepted.

The Uniform Shop is open Monday, Wednesday and Friday mornings from 8.10 until 9.00 am. The accepted forms of payment are cash and eftpos transactions and on-line via the QKR app.

If your child is running late and needs items relative to the Uniform Shop please advise them to still come to the shop.

There are measures in place to deal with this situation and they will not be marked as late or absent.

Thank You

# MODEL FARMS HIGH SCHOOL

## UNIFORM PRICE LIST

### TRADING DAYS and HOURS

Monday, Wednesday and Friday  
8.10 am until 9.00 am

### PAYMENT OPTIONS

Cash - Eftpos - Visa - Mastercard

| <b>ITEM</b>                                | <b>PRICE</b> |
|--------------------------------------------|--------------|
| <b>BOYS</b>                                |              |
| Shirt - Blue (Junior) / White (Senior)     | \$35         |
| Shorts - Grey                              | \$35         |
| Long Trousers - Grey                       | \$45         |
| <b>GIRLS</b>                               |              |
| Blouse - Blue (Junior - Old Style) Limited | \$25         |
| Blouse - Blue (Junior - New Style)         | \$40         |
| Blouse - White (Senior)                    | \$40         |
| Skirt - Check (Junior) / Grey (Senior)     | \$65         |
| Long Pants                                 | \$40         |
| <b>JUMPERS</b>                             |              |
| Fleecy                                     | \$45         |
| Wool - (Australian Wool)                   | \$85         |
| <b>SPORT</b>                               |              |
| Top                                        | \$40         |
| Shorts                                     | \$35         |
| <b>TRACKSUIT (By Order Only)</b>           |              |
| Jacket Only                                | \$75         |
| Pants Only                                 | \$50         |
| Complete Set                               | \$120        |
| <b>MISCELLANEOUS</b>                       |              |
| Apron                                      | \$15         |
| Calculator                                 | \$35         |
| Tie - Junior / Senior                      | \$20         |
| Blazer                                     | \$200        |
| Exercise Books - ie. maths, music, normal  | \$various    |

2018/2019 - Prices subject to change without notice – includes 10% GST



**SPORT BUS PASSES CAN NOT BE PURCHASED ON WEDNESDAYS**

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

**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**

how to help

# a friend going through a tough time

When you know a friend is going through a tough time, it can be hard to know what to do or say.

### Helping a friend who's having a tough time

When you see a friend having a tough time, it's a good idea to reach out and offer support. You might have noticed they don't seem like themselves, or they're not acting the way they normally do. Finding the words to start a conversation isn't easy, especially when you don't know what kind of help you can offer. It can make a big difference to someone experiencing difficulties.

It can be as simple as checking in, letting them know that you care and that you're there to help them. Let your friend know what changes you've noticed, that you're worried about them and that you'd like to help.

Even if they don't open up much at first, simply showing you have their back can give your friend strength and hope. This also tells them that you're someone they can talk to if they do decide to open up later on.

### What if my friend doesn't want any help?

Some friends need time and space before they feel ready to get support. Being afraid of things changing or being judged, can be a big factor in why people don't seek support when they need it.

You may need to be patient with your friend and try not to judge them or get frustrated if you can't get through to them at first. Remind them that you are there if they need you. Give them time.

Sometimes you might need to involve someone else – this may be a trusted adult. If you do decide to tell someone, try to let your friend know that you're planning on doing this first and encourage them to get involved in the discussion.

Letting someone else know can be a difficult decision to make, especially if they don't want help. You might be worried they may lose trust in you. There's a chance your friend might feel like this at first but remind them it's only because you care. In the long run, they will usually understand why you got someone else involved.

If your friend is at risk of harming themselves or somebody else, you need to seek help straight away, even if they ask you not to. If your friend needs urgent help you can call 000. You could also ask someone you trust, such as a parent or teacher for help.

### What can I say to help my friend with their mental health?

It's important to encourage your friend to get further support. You can say things like:

- 'Have you talked to anyone else about this? It's great you've talked to me, but it might be good to get advice and support from a health worker.'
- 'It doesn't have to be super intense and you can make choices about what's best for you.'
- 'Your GP (general practitioner) can actually help you with this stuff. You can find one that bulk bills, so you don't have to pay. I can go along with you, if you want?'
- 'There are some great websites you can check out to get more information. Have you heard of headspace or ReachOut or youthbeyondblue?'
- 'Did you know that you can get free and confidential support online or over the phone from places like headspace, Kids Helpline and Lifeline? All of these services are anonymous and can help you figure out what's going on for you and where to go for the right support.'
- 'I know you're not feeling great now, but with the right support, you can get through this. Lots of people do.'
- 'It's OK to feel this way and I'm here to have your back.' Make sure you validate your friend's concern and let them know they're not alone.

### Looking after yourself

Supporting a friend through a tough time can be difficult, so it's important that you take care of yourself, too. You can check out our tips for a healthy headspace fact sheets to look after your own wellbeing and build your mental fitness every day.

Try to remember that you're their friend and not their counsellor. Be realistic about what you can and can't do. Set boundaries for yourself to make sure that you're doing the best thing for yourself, your friend and the friendship.

If you're feeling overwhelmed and need support for you, it might be a good time to reach out for extra help. A good place to start is a trusted adult (e.g., family member, teacher or GP). You can also contact Kids Helpline (1800 55 1800).



If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)



If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or suicide Call Back service on 1300 659 467.

The headspace clinical reference group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be used as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that the information is correct, current, complete, reliable or sufficient for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use or reliance upon this information.  
Version 1.0, 13 April 2016



## One-To-One Tutor

*Empowering students to accomplish their potential*



### **Term 3 Tuition:**

- K-10: **Literacy and numeracy**
- Year 11: Preparation for Preliminary exams
- Year 12: **Preparation for HSC Trial Examinations and HSC**

All tutors specialise in their subject areas, the tutor will come to you and provide teaching material as part of our service.

## **Bookings are filling up fast!**

**CONTACT: Tim Fragogiannis on 0403 293 665**

**Visit our Facebook page: [www.facebook.com/onetoonetuition](http://www.facebook.com/onetoonetuition)**

# Guitar Lessons

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COME PLAY WITH  
US IN 2020

## REGISTRATIONS NOW OPEN

Season commences 28 March 2020

Northmead Uniting Netball Club is a member of the Gooden Reserve Netball Association.

We are a local community, **non-graded**, not for profit club. We play on Saturdays at Gooden Reserve in Baulkham Hills.

We are committed to providing a low-cost competition with a friendly, safe and welcoming environment for children and ladies of all skill levels. Boys under 12 are also welcome.

2020 SEASON COSTS

PRICE

**active kids vouchers**

FUN NET

\$60.00

**accepted!**

YEARS 2 – 12

\$80.00

**NEW UNIFORMS!**

OPENS

\$90.00

**Fun Net:** For ages 5 – 7 (Kindy and Year 1) we have Fun Net, which teaches basic ball skills, the rules of the game and teamwork. Fun net is held every Saturday at 12.30.

**Junior Competition:** Years 2 to Years 12. Our junior competition is open to girls and boys (under 12). Experienced and beginners welcome. Saturday games between 12.30 and 3pm.

**Ladies Opens Competition:** Our adult division is a social competition with a fun, friendly atmosphere. We have players who join after not playing for years and even those who have never played. Individual registrations and team registrations are both welcome. Saturday games between 12.30 and 3pm.

**register online now:**

**[www.northmeadnetballclub.weebly.com](http://www.northmeadnetballclub.weebly.com)**

Registrations close 16 February 2020



[www.facebook.com/NorthmeadUnitingNetballClub](http://www.facebook.com/NorthmeadUnitingNetballClub)



CONTACT US  
[northmeadnetballclub@gmail.com](mailto:northmeadnetballclub@gmail.com)