



INTERIM NEWSLETTER

Gooden Drive, Baulkham Hills, Telephone: (02) 9624 3133 Facsimile: (02) 9838 8407

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

29th November 2019

Term 4 Week 7

UPCOMING CALENDAR EVENTS

WEEK 8

Monday 2 nd December	Yr 6 Pathfinders Yr 11 Music, Musicology Assessment Task
Tuesday 3 rd December	Yr 6 Orientation Day Yr 8 Science Western Sydney Gifted and Talented Day Yr 11 Chemistry Research Skills Task Yr 11 Investigating Science Practical Investigation
Wednesday 4 th December	Drama Ensemble Performance 6:00pm Yr 11 Ancient History – Core Source Analysis
Thursday 5 th December	Geneticist Lecture - Yr 11 Bio/Science Group Yr 9 Peer Leader Training Yr 8 Science – A Case of Identity
Friday 6 th December	Uniform Shop – Last day of trading for 2019 Yr 9 Peer Leader Training Yr 7 Gala Day v Castle Hill 11SAC Task 1: Application of Research Methods Yr 11 Strengths Programme 11GEOA Task 1 Ecosystems at Risk Fieldwork Report Yr 11 Modern History Task Yr 11 Engineering Model Bridge Design Assessment Yr 10 U Turn the Wheel (RYDA)

WEEK 9

Monday 9 th December	Yr 11 Construction Work Placement Yr 11 Earth and Environmental Science Climate Presentation Task
Tuesday 10 th December	Yr 11 Construction Work Placement Yrs 7 and 9 Recognition Assembly 8:45am Yrs 8 and 10 Recognition Assembly 11:00am
Wednesday 11 th December	Yr 11 Construction Work Placement Presentation Night Yr 11 English Ext 2 Viva Voce & Proposal
Thursday 12 th December	Yr 11 Construction Work Placement Yr 10 Excursion to Raging Waters
Friday 13 th December	Yr 11 Construction Work Placement Welfare Conference Yr 12 Legal Studies Crime Report

WEEK 10

Monday 16 th December	Yr 11 History Extension: NSW State Library Excursion
Tuesday 17 th December	--
Wednesday 18 th December	STUDENTS LAST DAY OF SCHOOL FOR TERM 4
Thursday 19 th December	--
Friday 20 th December	STAFF LAST DAY OF TERM

DROUGHT RELIEF CHRISTMAS DRIVE

We're sure you are aware NSW is currently going through one of the worst droughts in recent history. Rural communities across NSW are finding it more and more difficult to make ends meet, putting a strain on their mental and physical wellbeing. We have decided we want to help in any way that we can. We plan to deliver food and gifts to the town of Trundle in Central West, New South Wales. What we are asking, is that you donate any unwrapped gifts for children and families for this festive season as well as non-perishable food items by the 13th of December. If you are willing to donate to our food and gift drive, you can place the items under the Christmas tree outside Mr Grady's office. No contribution is too small as a small gesture can bring such joy during these tough times.

Model Farms Senior Leadership Team

UNIFORM SHOP

Trading Days and Hours
Monday, Wednesday and Friday
8.10 am until 9.00 am

Payment Options
Cash - Eftpos - Visa - Mastercard

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# **YEAR 8 – 2020**

# **BOOK PACKS**

## **IF YOU FAILED TO ORDER**

## **Limited Extra Book Packs Are Available NOW**

Please pay and collect from **Uniform Shop**

Monday, Wednesday and Friday Mornings  
as soon as possible please



## UNIFORM SHOP



**Trading Days and Hours**  
Monday, Wednesday and Friday  
8.10 am until 9.00 am

**Payment Options**  
Cash - Cheque - Visa - Mastercard

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YEAR 10 STUDENTS

PURCHASE YOUR
SENIOR UNIFORM
NOW

We recommend you purchase your
Senior Uniform as soon as possible
~ Don't leave it until the last minute ~

Uniform Shop

Last Day of Trading 2019

Friday - 6th December

2020

Saturday - 11th January

9.00 am - 1.00 pm

The Uniform Shop Re-opens

FRIDAY 31st JANUARY

For Normal Trading

PLEASE NOTE:

SHOP WILL **NOT** BE OPEN ON FIRST DAYS OF
SCHOOL

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

ITEM	PRICE
BOYS	
Shirt - BLUE (Junior) WHITE (Senior)	\$35
Shorts - Grey	\$35
Long Trousers	\$45
GIRLS	
Blouse - BLUE - Old Style - Limited Sizes	\$5
Blouse - BLUE - New Style	\$40
Blouse - WHITE (Senior)	\$40
Skirt - CHECK (Junior) GREY (Senior)	\$65
Long Pants	\$40
JUMPERS	
Fleecy	\$45
Wool - (Australian Wool)	\$85
SPORT	
Top	\$40
Shorts	\$35
TRACKSUIT (BY ORDER ONLY) Final Orders Close - 12 FEBRUARY 2020	
Jacket Only - Old Style - Limited Stock	\$40
Jacket Only - New Style - Order Only	\$75
Pants Only	\$50
Complete Set	\$120
MISCELLANEOUS	
Apron	\$15
Calculator	\$35
Exercise Books - ie. maths, music, normal	\$various

2019/2020 - Prices subject to change without notice – includes 10% GST



UNIFORM SHOP



Trading Days and Hours
Monday, Wednesday and Friday
8.10 am until 9.00 am

Payment Options
Cash - eftpos - Visa - Mastercard

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# VOLUNTEERS NEEDED

The Uniform Shop is operated on a Volunteer basis.

Do **YOU** have a spare hour to volunteer please ?

~~ Even one day per month - especially in Term 4 and Term 1 ~~

We can guarantee lots of laughs and smiles.

Please come in and see me or ring the office and leave your details.



A huge *Thank You*  to our current  
**Amazing Volunteers**

Di Mayer  
Kathy Doherty  
Marta Irvine  
Ann Simmonds

Cathy McMillan  
Maanasi  
Kathy McKay

**Your dedication, hard work, smiles and laughs  
is always appreciated !!!**

**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



## School Travel Advice

For trip planning visit [www.transportsw.info](http://www.transportsw.info) or call 131 500.

For current Hillsbus school and route services visit [www.cdcbus.com.au](http://www.cdcbus.com.au) or call 02 8889 7000.

Conditions of Carriage: Students must have a valid Opal card and must tap on and off every trip. Further details about the SSTS are available at: [www.transportsw.info](http://www.transportsw.info)

Key: L> Bus turns left; R> Bus turns right

### MODEL FARMS HS

Bell Times

Morning: 08:30

Afternoon: 15:00

Effective 09/12/2019

| MORNING BUSES |       |                                                                                                                                                                                                                                                                                                            |
|---------------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Route         | Time  | Bus Route                                                                                                                                                                                                                                                                                                  |
| 2071          | 07:20 | EX JOHNSON AVE AFTER NORTHCOTT RD via Johnson, R>Botany, L>Solander, L>Joseph Banks, L>Whitby, R>Capricorn, R>Parkinson, L>Sutherland, R>Keppel, L>Isaac Smith, R>Ravenhill, R>James Cook, L>Whitby to END, L>Joseph Banks, L>Seven Hills Rd, R>Baulkham Hills RD, L>Gooden to Gooden Dr before Langdon Rd |
| 630           | 07:29 | EX SEVEN HILLS INTERCHANGE STAND A via Rte 630 to Gooden Dr after Landgon Rd                                                                                                                                                                                                                               |
| 606           | 07:30 | EX PARRAMATTA via Route 606 to Winston Hills Shops (08:09).                                                                                                                                                                                                                                                |
| 2007          | 07:34 | EX CNR CHURCHILL DR & WINDSOR RD via Churchill, Caroline Chisholm, L>Voltaire, R>Lanhams, L>Oakes, L>Barnetts, L>Reilleys, R>Lanhams, Willmott, R>Model Farms Rd, L>Asquith, L>Junction, R>Caroline Chisholm, R>Langdon, R>Gooden to school                                                                |
| 2032          | 07:35 | EX FREEMAN ST AFTER LUCAS RD via Freeman, L>Northcott, L>Turner, R>Garden, R>Vardys, L>Capricorn, L>Parkinson, L>Sutherland, R>Keppel, L>Isaac Smith, R>Ravenhill, R>James Cook, L>Whitby. R>Joseph Banks, L>Seven Hills Rd, R>Old Windsor, L>Gibbon, L>Langdon, R>Gooden to Gooden Dr after Langdon Rd    |
| 8024          | 07:43 | EX SEVEN HILLS RD OPP MONARO via Seven Hills, L>Solander, L>Botany, L>Johnson, R>Prospect to Seven Hills Interchange Stand A (due 07:53) then via Terminus, L>Prospect, Abbott to school                                                                                                                   |
| 660           | 07:43 | EX CASTLE HILL INTERCHANGE STAND A via Route 660 to opposite school                                                                                                                                                                                                                                        |
| 613X          | 07:45 | EX EDGEWATER DR AFTER RAVENSWOOD RISE via Edgewater Dr, L>Norwest Blvd, R>Reston Grange, R Bella Vista Dr, L>Bella Vista Dr, R Saxonvale Rd, R>Crestwood Dr, R>Chapel Ln, R>Seven Hills Rd, L>M2 to M2 Busway Gooden Reserve                                                                               |
| 8018          | 07:55 | EX GILROY COLLEGE via Marie, L>Excelsior, R>Roxborough Pk, L>Windsor Rd, R>Coronation, L>Jasper to Seven Hills Rd then express to school                                                                                                                                                                   |
| 630           | 07:57 | EX SEVEN HILLS RD AFTER WINDSOR RD via Route 630 to Gooden Dr before Langdon Rd                                                                                                                                                                                                                            |
| 2003          | 07:59 | EX MACKILLOP DR & BARINA DOWNS RD via Barina Downs Rd, L>Reston, R>Bella Vista Dr, R>Saxonvale, R>Crestwood Dr, L>Chapel Ln, R>St Michaels, Lukes, Buckingham, R>Palace, L>Jasper, R>Seven Hills Rd, L>Baulkham Hills Rd, L>Gooden, R>Larken, L>Redmond Av to school                                       |
| 611           | 08:00 | EX SEVEN HILLS INTERCHANGE STAND A via Rte 611 to M2 Busway Gooden Reserve                                                                                                                                                                                                                                 |
| 8010          | 08:03 | EX BAULKHAM HILLS HS via EXPRESS to Gooden Dr before Langdon Rd                                                                                                                                                                                                                                            |

## AFTERNOON BUSES

| Route | Time  | Bus Route                                                                                                                                                                                                                                                                                                                                                                                      |
|-------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2532  | 15:05 | <b>TO ROXBOROUGH PK RD &amp; CORONATION RD</b> via EXPRESS TO JASPER RD then Jasper, R>Palace, L>Buckingham, Lukes, R>Merindah, R>Windsor Rd, L>Roxborough Pk Rd, R>Cameron, L>Mileham, L>Roxborough Pk Rd, L>Windsor Rd to Baulkham Hills HS                                                                                                                                                  |
| 2552  | 15:05 | <b>TO BAULKHAM HILLS HS, EXPRESS TO JASPER RD PS SEVEN HILLS RD</b> then via Seven Hills Rd, L>Windsor Rd to Baulkham Hills HS.                                                                                                                                                                                                                                                                |
| 2650  | 15:05 | <b>TO TOONGABBIE &amp; SEVEN HILLS</b> via Redmond R>Baulkham Hills, R>Gooden L>Langdon, L>Buckleys, R>Oakes, L>Old Windsor, R>Fitzwilliam, L>Bogalara, Burrabogee, R>Bungaree, R>Bulli, L>Binalong, L>Fitzwilliam, L>Wentworth, R>Wentworth Overbridge, L>Cornelia, L>Portico, L>Carrington, R>Best, L>George, R>Olive, R>Prospect Hwy, L>Artillery, Terminus to Seven Hills Station (15:45). |
| 2597  | 15:06 | <b>TO BELLA VISTA</b> via Redmond, R>Baulkham Hills Rd, L>Marina, L>Seven Hills Rd, R>Chapel Ln, L>Crestwood Dr, L>Saxonvale, L>Bella Vista Dr, L>Reston, R>Barina Downs Rd to Mackillop Dr                                                                                                                                                                                                    |
| 2616  | 15:10 | <b>TO WINSTON HILLS &amp; PARRAMATTA</b> via Redmond, L>Baulkham Hills, R>Langdon, L>Caroline Chisholm, R>Hillcrest, R>Lanhams, L>Oakes, L>Barnetts, L>Reillys, L>Lanhams, R>Voltaire, R>Caroline Chisholm, Churchill Dr, R>Windsor to Parramatta                                                                                                                                              |
| 2544  | 15:10 | <b>TO KINGS LANGLEY</b> via Redmond, L>Baulkham Hills, R>Langdon, R>Gibbon, R>Old Windsor, L>Seven Hills, R>Joseph Banks, R>Whitby, R>James Cook, L>Ravenhill, L>Isaac Smith, R>Keppel, L>Sutherland, R>Parkinson, L>Capricorn, L>Whitby, R>Joseph Banks, R>Solander, R>Botany, R>Vardys, L>Heffron, R>Northcott, L>Freeman to Freeman Prior Lucas Rd                                          |
| 8528  | 15:10 | <b>TO BAULKHAM HILLS &amp; CASTLE HILL</b> via Redmond, L>Baulkham Hills, Gooden, R>Tamboura (north), L>Myallie, R>Copley, L>Watkins, L>Arthur, R>Seven Hills Rd, L>Windsor Rd to Baulkham Hills HS, returns via Windsor Rd, L>Chelsea, L>Old Northern to Oakhill College                                                                                                                      |
| 8589  | 15:10 | <b>TO WINSTON HILLS &amp; NORTHMEAD</b> via Redmond, L>Baulkham Hills, R>Langdon, L>Buckleys, R>Oakes, L>Barnetts, L>Reilleys, R>Lanhams, R>Willmott, R>Model Farms Rd, L>Asquith, L>Junction, L>Model Farms, R>Willmott, L>Churchill, R>Windsor Rd to James Ruse Dr                                                                                                                           |
| 2563  | 15:18 | <b>TO SEVEN HILLS STATION</b> via Redmond, R>Baulkham Hills Rd, L>Marina, L>Seven Hills Rd, L>Old Windsor, R>Abbott, Prospect Hwy to Seven Hills Station.                                                                                                                                                                                                                                      |
| 880   | 15:35 | <b>EX GOODEN DR TO CASTLE HILL INTERCHANGE</b> via Route 880                                                                                                                                                                                                                                                                                                                                   |

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](https://www.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 and should not be relied on 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 this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information. Version 1.0, 13 April 2019

## 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

Learn guitar from an accredited & experienced guitar teacher.

- Acoustic or Electric
- All styles taught
- Beginner to Advanced

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Call Owain today on  
**0433 548 772**

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Available 7 days

# Join Our Club!

# Knights

## 2020 Season



**Knights Kick-Off ages 3.5 to 5**  
In-house program for pre-schoolers

**Knights Kickers ages 5 to 7**  
In-house professional program

**Knights Juniors ages 8 to 12**  
Small sided game competition

**Knights Youth ages 13 to 17**  
Full field youth competition

**Knights All Age Men**  
Men's competition at all levels

**Knights Over 35/45 Men**  
Modified game for over 35's & 45's

**Knights Girls & Women**  
Females from ages 8 to over 35

**Knights Kickaroos**  
For players with Special Needs

**Knights Development Program**  
Program for talented players

**Knights Instructional Referee**  
Junior referee development program

- Local Hills Football Competition -

- Play in Graded Teams or with your Mates -

- Development Program for all Standards -

- Register at [www.playfootball.com.au](http://www.playfootball.com.au) -

Registration Details &  
More Information

[contactus@hillsknights.com.au](mailto:contactus@hillsknights.com.au)  
[www.hillsknights.com.au](http://www.hillsknights.com.au)  
[twitter@hillsknights](https://twitter.com/hillsknights)  
[facebook.com/baulkhamhillsknights](https://facebook.com/baulkhamhillsknights)



Foundation  
Member of  
Hills Football

