



NEWSLETTER

Gooden Drive, Baulkham Hills, Telephone: (02) 9624 3133 Facsimile: (02) 9838 8407
Email: modelfarms-h.school@det.nsw.edu.au

7th June 2019

Term 2 - Week 6

FROM THE PRINCIPAL

Student Success

At each of our assemblies throughout Weeks 3 - 8, the school encourages our students to showcase their array of talents. This includes musical items, drama performances, dance and poetry readings.

Over the last two assemblies, all students and staff were treated to a poetry reading by Mabel Rytmeister of Year 9. Mabel chose to read the incredibly inspirational and empowering poem, *For Teenage Girls* by Clementine Von Radics. The YouTube link of the [original can be found here](#) and it is well worth viewing. Mabel delivered this poem in a manner that engaged all of the audience members and provided a context that was relevant and highly appreciated by her peers and staff.

Mabel also writes her own poetry, and has an interest in drama. Her goal is to compete in the Australian Poetry Competition as she hones her talents within this field. Congratulations to Mabel on her outstanding contribution to our assembly program.



Congratulations to Riley Irvine of Year 12 2018, who will be exhibiting his major work (Industrial technology) this weekend as part of the InTech exhibition of outstanding Major projects in conjunction with the timber & woodworking with wood show at Rosehill Racecourse.

If you have a moment, I encourage you to visit this exhibition, to see outstanding student works and to support a wonderful "ex farmer". Well done Riley.

P & C Disco Bingo Fundraiser

If you follow the school's Facebook page, you would have seen the advertisement for the 2019 P and C Fundraiser, "Disco Bingo". This promises to be a wonderful evening of fun and an opportunity to catch up with friends and family.

I encourage you to gather a group, show off your musical knowledge and join in the fundraising frivolity on the evening.



Pink Day

On Friday 31 May, MFHS hosted a pink themed Mufti Day to raise money for those affected by breast cancer. This student leader initiative asked that students participating in the theme made a gold coin donation on the day. As a result of the fundraiser, the school will be donating \$2113.85 to the Cancer Council. Well done to everyone involved for your support of this very worthwhile cause.

We would particularly like to thank the members of our community (Lidia Jidiah and Kim Guisa) who donated raffle prizes and baked cakes to be sold to contribute to the fundraising.



Supporting Families within Our Community

In the last newsletter, I included information about gaming, screen time and sleeping to support families within our community in managing challenges associated with children in the formative years.

In this newsletter, you will find information addressing the topics of "Eating Well" and "Getting into life". This information supports the messages provided at the school through our wellbeing programs, including WISE lessons.

If reading any of these information sheets prompts further questions or a need for support, please use the contacts at the bottom of each sheet, or school personnel (Year Adviser, Assistant Year Adviser, Head Teacher Welfare..) to assist.

Recently, concerns have been raised regarding some antisocial behaviours in the wider Hills community that has implications for all of us, including Model Farms.

Some of these concerns are around substance abuse and anti-social behaviours and how the behaviours outside of the school environment can impact upon the school community. The Department of Education has clear policies and procedures that address such issues within a school environment (*Suspension and Expulsion of School Students - Procedures*) and these documents are strictly enforced at MFHS.

At Model Farms, we always work closely with families, local business management and Castle Hill Police when any concerns are raised. This has included concerns about behaviours centred around the loading docks at the local shopping centre outside of school hours. As a school, we have regularly informed students of the dangers associated with the loading docks

as a heavy vehicle access area and sought support from the shopping centre management to enhance signage and a collaborative approach to security. We have also informed families when students frequent this area regularly and discussed our wider concerns.

Our aim is always to ensure we are providing a safe learning environment that reflects the values and standards that our community expects. This is achieved when all sectors, including the school, families, local businesses and the police work together.

If you have any specific information regarding these behaviours in our community, please contact the most appropriate sector mentioned above.

Keys to Success

A few weeks ago, I attended a sporting training session for a group of young people fine tuning their skills prior to heading overseas to play sport in about a month. On the evening, each player was handed a document to hang up in their room, as a reminder of what is needed to succeed and what are the habits for success.

Upon reading this, it became obvious that this document was beyond sport, in fact it was highly relevant to life as a whole, including success at school. On assemblies over the last two weeks, I read parts of the document to students and asked them to reflect upon themselves. If most or all of these described the student, they were informed that they were certainly on the way to success, having built a solid foundation of these attributes.

If most of this did not apply, students were offered the opportunity to see me during the week to obtain a copy that they could hang in their house to use as a reminder and also motivation to self improve. I am very pleased to say that I have had over thirty students request a copy.

The attributes I discussed were:

- Have a healthy sleeping pattern
- Let go of what can't be changed
- Exercise self discipline
- Make the most of it now
- Don't make excuses
- Reflect regularly
- Grind things out and don't give up easily
- Eat well
- Exercise
- Set goals
- Keep an open mind (listen to good advice)
- Be patient
- Show gratitude (show appreciation, say thank you and understand that everything is not your right).
- Train hard (this applies to school such as study, homework). That is mental training.
- Be optimistic

Best wishes for the week ahead,

Mark Grady
Principal

FROM THE DEPUTY PRINCIPAL – MS PLEDGER

Year 10 Subject Selection Evening

Year 10 into 11 Subject Selection Information Night will be held on Monday 17th June starting at 6:30pm in the school hall for current Year 10 students and their parents/caregivers. On arrival students will receive a copy of the Subject Selection Booklet and Form.

There will be a presentation on choosing appropriate courses as well as general information about the Higher School Certificate. Students, parents and/or caregivers will be able to speak to teachers about course offerings.

All students and parents are strongly encouraged to attend.

Reports

Term 2 is a busy time as all the teaching staff have been completing Half Yearly Reports.

A reminder that reports will be published to the parent portal. If you have not joined the portal and require your access code, please contact our TSO on 9624 3133.

A frequently used comment that appears on student's reports concerns the effective use of class time. The main advantage of using class time efficiently is that students who complete more work in class then have less to do at home. This is also the best opportunity for students to maximise their learning and increase their understanding of the topics being presented.

Working effectively in class means that students are encouraged to:

- Sit next to someone who will help them stay on task.
- Ask questions whenever they are unsure, unclear or do not understand a concept. This may be of assistance to other students who are also unclear about the work being presented.
- Be prepared. Come to the lesson with all books, technology and equipment needed.
- Try at all times to stay on task and be focused on the work they are doing.

Personal HSC timetables

Personal HSC timetables are now available via the Stage 6 BOSTES Students' Online Account. HSC students should login to their account to check their personal details and timetables. *Advice for HSC Students About Examinations* is also available and covers a range of topics including revised syllabuses, changes to specifications and courses where personalised answer booklets are being introduced. Parents and students can access the full HSC written examination timetable on the BOSTES website.

Uniform - Jumpers and Jackets

The majority of students are to be congratulated on their proud wearing of the school uniform. Students must be wearing our blue school jumper (woollen or fleecy) with our school name embroidered. Year 12 students have the option of their year jersey. Students' school jumpers should be the top layer visible while the students are in transit to and from school and

while at school. If your child feels the cold then please supply him/her with a layer of thermals, or a singlet or the like, to increase insulation from the cold.

Hoodies and other sweat-shirts are **NOT** to be worn to school. Hoodies are not to be worn as an under layer. Please save them for casual wear. If students are out of uniform, parents are required to provide a written explanation stating the reason, otherwise the child will receive a lunchtime detention. Repeated breaches may result in an afterschool detention or other consequences. If you need assistance in supplying your child with the correct jumper, please contact the relevant Deputy Principal. We have some donated items to help families out.

Have a good week

Jennifer Pledger
Deputy Principal

FROM THE DEPUTY PRINCIPAL – MS KENNON

'Digital Thumbprint' presented to students in Year 7, 9 and 11 this week. This program teaches students to be safe, responsible and positive online. It aims to raise student awareness of their digital identity and remind them that their social media profiles are permanent and can be accessed by future employers. I encourage parents and carers to continue the discussion about the safe and responsible use of social media and the internet and remind you that excellent resources can be found on the *eSafety Commissioner* website <https://www.esafety.gov.au/>

Years 7 and 9 Parent/Teacher Evening – Monday 24th June 2019

This term students at Model Farms High School have been busy completing their mid - year assessment tasks and examinations. The opportunity for teachers to provide positive, informed feedback to parents has been organised at our Parent/Teacher evening on Monday 24th June. This will be specifically for year 7 and 9 students.

Teachers will be available to discuss how we can all continue to support your son/daughter to work towards their personal best and to maximise their results this year.

Appointments can be made between 4.00pm and 8.00pm. Interviews will take place in the School Hall.

To arrange an appointment, you can log on to the Parent Portal and select appropriate times. Appointments can be made from Tuesday 11th June at 9.00am until Friday 21st June at 5.00pm. No appointments can be made after this time.

Some teachers may contact you, prior to the evening, indicating that they would like to set up a priority appointment. If this is the case, it is an indication that they consider contact with you as a matter of urgency.

If you cannot attend on the evening due to other commitments, you can ring the school and arrange to talk to any teachers you wish to see at a mutually convenient time. If you have any further enquiries about the evening, please contact the school for more details.

Year 11 Half Yearly Reports

Recent changes to assessment by NESA (NSW Education Standards Authority) mean that Year 11 now have a maximum of three tasks, only one of which can be during a formal examination period. The implication for our reporting cycle is that the half yearly reports will not include any marks or ranks for courses. Reports will contain an overall grade, outcome statements and a teacher comment. More information can be found at: <http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/Understanding-the-curriculum/assessment/assessment-changes>

To celebrate the successes of our students the **Year 11 Recognition Assembly** will be held on Tuesday 2nd July. Invitations will be going out next week.

Have a great day,
K.Kennon

TERM 2

WEEK 7

Monday 10th June
Tuesday 11th June

Wed 12th June

Thursday 13th June

Friday 14th June

PUBLIC HOLIDAY

Yr 9 Commerce Personal Finance Task
Yr 11 Ancient History Research Essay Assign.
Yr 7 Science – What's the Matter Topic Test
Yr 9 Dance Performance due
Yr 7 Science – What's the Matter Topic Test
Yr 12 Maths Summary book due
Yr 10 Dance Composition
Yr 11 Biology Practical Test
Yr 12 English Ext 1 Critical Response
Yr 11 Maths Summary book review
Yr 10 Dance Composition Premier's Debating
Yrs 9 and 10
Yr 12 PDHPE Assessment

WEEK 8

Monday 17th June

Tuesday 18th June

Wednesday 19th June

Thursday 20th June

Friday 21st June

Yr 11 Advanced and Standard English
Multimodal Presentation
Yr 11 Society & Culture Research Project
Yr 12 Dance Major Study
Yr 12 Chemistry Day
Yr 10 Subject Selection Evening 6:30pm
Yr 11 Economics Research Task on Regulation
of Financial Market
Yr 12 Economics Research Task on
Globalisation
Yr 10 SALSA Workshop
Yr 12 Guest Speaker Police Liaison Officer
Yr 12 Dance Major Study
Zone Athletics
Yr 10 Dance Performance
Zone Athletics
Yr 11 EES Field of Mars Excursion
Yr 12 Dance Major Study
Parramatta Cup RL Gala Day
Model Mathematician
Yr 12 Standard and Advanced Mod C Assess.
Yr 11 Legal Task 2 (Medial File and Extended
Response)
Yr 12 Business Studies Finance Report
Yr 12 Industrial Technology Min Viable Project
Yr 12 Dance Major Study
School of Origin
Yr 9 Drama Scripted Performance Task

FROM THE CAREERS OFFICE

The careers office that is located in the library is organised and run by Ms Tiedemann. If any student has a question about Apprenticeships, TAFE, UAC applications, Career path options, TVET courses then Ms Tiedemann is available to answer your inquiries in her office. Career classes that are run in the Year groups for year 10 are also run by Ms Tiedemann. These classes' help students start to think about possible career paths and what subjects to choose in their upcoming senior year.

Universities	Open Days Date, time and anything else
UNSW	September 7 th , All Day, Must register online
USYD	August 31 st , 9am-4pm, all programs are listed online
MQ	August 17 th , All Day, Must register online
UTS	August 31 st , 9am-4pm, Must book each information talk online before the day
ACU	August 24 th , 9am-2pm
WSU	August 18 th , All Day, Must book online

Upcoming Events

Careers Expo Year 10 and 12

Date & Time: June the 27th, 9:00am-1:45pm

Price: \$18

Where: [The Dome, Sydney Showground, Sydney Olympic Park](#)

Details: The careers expo has 100 exhibitors and seminars regarding ATAR, subject selection, defence jobs, HSC texts and many more. It is a great time for students discuss, observe and make a decision about their possible career paths.

Thank you to all the students who have handed in their permission note. If you still need to pay and hand in your note, it has to be done by Friday 14th of June.

Year 10 Work Experience

Thank you to all the students who have organised their work experience for September 23rd-27th. If you haven't organised what you will be doing for that week or have any questions talk to me in our next careers class.

Thank you
Ms Tiedemann

FROM THE SCIENCE AND AGRICULTURE FACULTY



Fred Watson discussing dark matter and energy to intrigued students.

Model Farms Shooting for the Stars!

On the 4th of June a well renowned astronomer, physicist, author and musician Fred Watson attended Model Farms to give a talk on astronomy and modern Physics. Sixty five students attended his talk. Topics covered were: the Big bang, gravitational lensing, dark matter and dark energy. The students enjoyed the talk and there was Q & A after it. Fred Watson stated that the attendees were "a fantastic bunch of science students".

We would like to thank the P&C for contributing to Mr Watson's presence at Model Farms and Mrs Manson for organising the event. You can find more about Fred Watson from his site:

<http://www.fredwatson.com.au/>



Model Farms students interacting and getting autographs from Fred Watson

Upcoming events and notices occurring in Science:

Year 7

Science topic test "What's the Matter" on the 11th and 12th of June.

Year 11

Biology: Practical test on the 13th of June.

Earth and Environmental Science: excursion Field of Mars on the 20th of June.

Year 12

Chemistry: attending University of Western Sydney on the 17th of June.

Biology: Protein Synthesis task on the 28th of June.

SPECIAL EDUCATION FACULTY

China Cultural Tour 2019

Model Farms High School values its relationships with overseas educational institutions and organisations and strives to provide opportunities for students to have an international immersion experience.

These programs are designed to increase cultural understanding, language skills, personal development and exposure to another country's schooling system.

Model Farms High School will be providing our students the opportunity to develop a global mindset, enabling them to communicate across languages and cultures and open doors to further study, personal and career opportunities by hosting a study tour from China.

We will be hosting 15 students and 1 staff member from China term 3, from Monday 29th July to Friday 9th August.

Model Farms High School is committed to establishing and maintaining strong and collaborative international educational partnerships which offer students a range of international exchange experiences.

As part of the program we will be coordinating a series of taster lessons and extracurricular activities for the group.

The students from China and their MFHS buddies will be provided with an opportunity to engage in planned "Taster Lesson" as part of their program.

The remainder of the time the Chinese students will be accompanying our MFHS students into their mainstream classes for an opportunity to immerse themselves in our school culture.

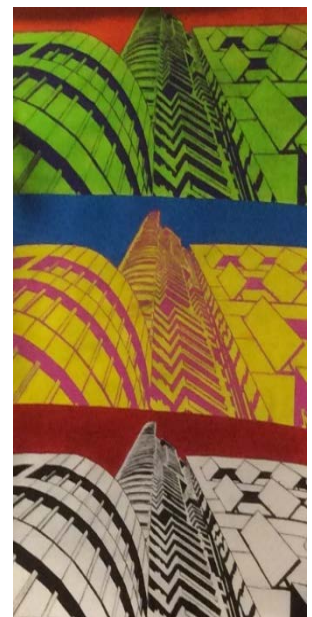
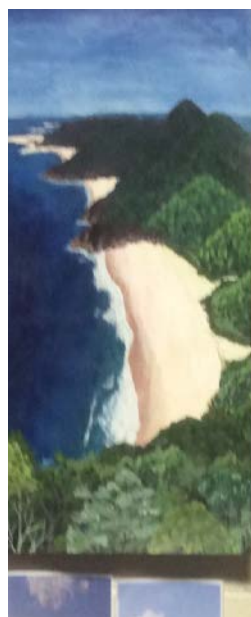
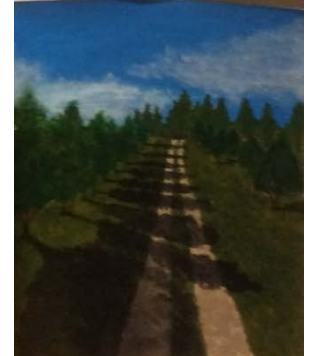
We as a school community look forward to hosting and engaging with the students from China in this exceptional program.

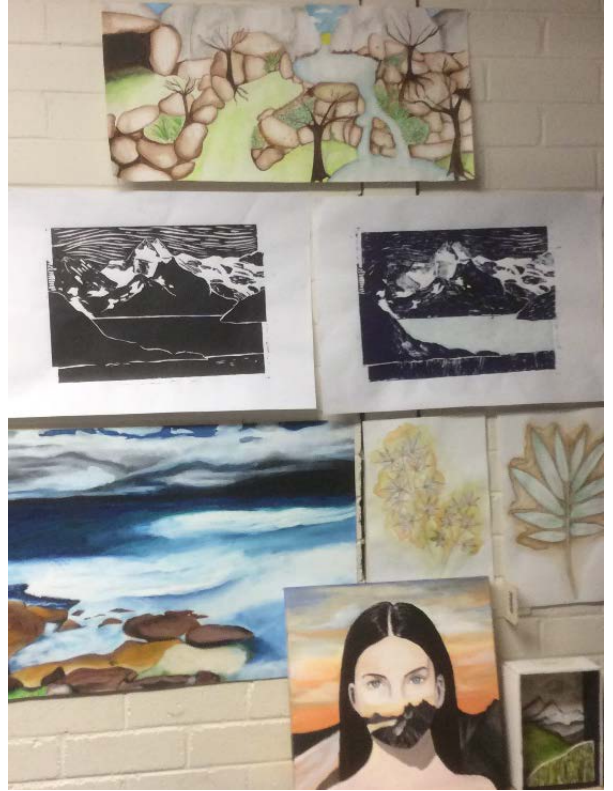
Regards

S.Brunetta
Head Teacher Special Education
Cultural Tour Co ordinator 2019



Year 11 have started the year with a series of artworks relating to the landscape. Students completed a drawing, block print and series of smaller experiments to capture the essence of the ocean and landform.





Year 7 present their finished clay portraits

Congratulations to the jazz ensemble for a great performance at the Sydney Eisteddfod on Sunday 2nd June. This was a great experience for the students who performed against far more experienced bands and musicians. Mr Gardner was pleased with their performance – as part of the Eisteddfod, the band must perform with no guidance from him on the stage. The students must perform independently.



Adam B and Oliver B- trumpets. Daniel K, Ruby C, Erencan P, Annabel H - saxophones, Phoebe H- drums. Hannah M - bass, Rivir C - guitar and band leader.



Fame at the Farms is coming!!!

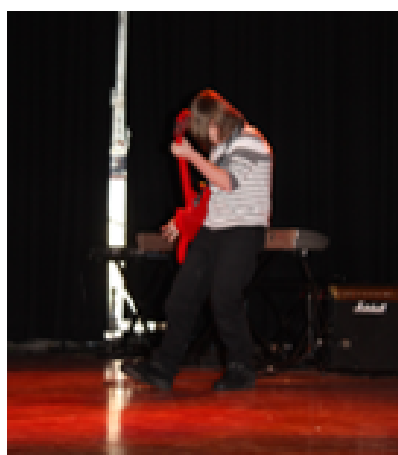
On the night there will be a range of spectacular performances including dancing, singing, bands and drama!

Dates: 2nd July and 3rd July 2019

Location: School Hall

Doors will open at 6.30pm for a 7pm start

Buy your tickets from www.tinyurl.com/mfhsfame2019. Tickets will be available from June 17th.



Make sure you purchase your tickets ASAP as you don't want to miss out on the 25th anniversary of Fame at the Farms. It will be the best year yet!



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</b> (By Order Only)           |              |
| 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    ☐

### Model Farms High School **P&C**

**7:00pm** Wednesday, 12<sup>th</sup> June. Please note, not the first Wednesday for this one month.

Venue – **Staff Common room**

Everyone is welcome

**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



## **SPORT REPORT**

### **SCHOOL ATHLETICS CARNIVAL**

The annual Model Farms HS Athletics Carnival was held at the SOPAC Competition track in Week 5 on Tuesday 28<sup>th</sup> May. A wonderful day in spectacular weather was had by all teachers & students!

Our House Tally ended up as:

4<sup>th</sup> place – **THOMPSON** – 573

3<sup>rd</sup> place – **PEEL** – 623

2<sup>nd</sup> place – **CHISHOLM** – 730

1<sup>st</sup> place – **WENTWORTH** - 997

Congratulations to our age champions:

#### **Boys -**

12 years - Zakariya K (year 7)

13 years - Ben H (year 8)

14 years - Jake C (year 8)

15 years - Thomas J (year 9)

16 years - Jack M (year 10)

17 years - Nicholas H (year 11)

18 years - Rivir C (year 12)

#### **Girls -**

12 years - Emma B (year 7)

13 years - Vanessa A (year 8)

14 years - Melissa B (year 9)

15 years - Ella B (year 10)

16 years - Zoe E (year 10)

17 years - Zoe R (year 11)

18 years - Brooke F (year 12)

Good luck to all the students competing at the Hills Zone Carnival on Tuesday 18<sup>th</sup> & Wednesday 19<sup>th</sup> of June at SOPAC Competition track! We need your permission notes back ASAP!

### **Sydney West Cross Country**

The following students from our school will be representing the Hills Zone at SWXC on Wednesday 12<sup>th</sup> June at Eastern Creek. Best of luck!

Jack M, Ben M, Ryan M, Stephanie H, Amber L, Emma B, Josh E, Thomas M, Esther H, Luke M, Ben P, Jake C, Liam D, Melissa B, Kirsten H, Grace P, Lily W, Aleesha B, Ben M, Jack M





# MODEL FARMS HIGH SCHOOL



|                     |                                   |              |                      |     |
|---------------------|-----------------------------------|--------------|----------------------|-----|
| GRADE               | BAULKHAM HILLS                    | Seniors Away | Round 6<br>12/ 6 /19 |     |
| SPORT               | VENUE                             | ROOM         | STAFF                | HT  |
| BOYS GRADE          |                                   |              |                      |     |
| Open Soccer A       | Baulkham Hills<br>(top oval)      | 8G4          | Puleo                | JB2 |
| 15's Soccer A/B     | Max Ruddock                       | 7U4          | Jimenez              | JB2 |
| Open Volleyball A/B | Baulkham Hills HS<br>(gym)        | 6GL2         | Edwards              | FH  |
| Open's OzTag A/B    | Eric Mobbs                        | 7U5          | Luttringer           | SB  |
| 15's Rugby League   | Torry Burns<br>V Northmead 1      | 5U6          | Brown                | JB1 |
| GIRLS GRADE         |                                   |              |                      |     |
| Open Soccer         | Eric Mobbs                        | 7U2          | Keen                 | JC  |
| 15's Soccer         | Max Ruddock                       | 6UL2         | Villagran            | FH  |
| Open Basketball A/B | Baulkham Hills HS<br>(gym)        | 8UCR5        | Wood                 | DD  |
| Open Touch A/B      | Baulkham Hills HS<br>(lower oval) | 5U4          | Jones                | JB1 |
| 15's Touch A/B      | Gooden Reserve                    | 8G1          | Rickett              | KL  |
| MIXED GRADE         |                                   |              |                      |     |
| Open Hockey         | Doyle Park<br>V JR and BH         | 6GL1         | Burnand              | FH  |
| Open Frisbee        | Doyle Park<br>V Baulkham Hills 3  | 3UM1         | Gregory              | JM  |

## REC SPORT – TERM 2

|                               |                         |                        |                  |    |
|-------------------------------|-------------------------|------------------------|------------------|----|
| SPORT                         | VENUE                   | ROOM / MEET            | STAFF            | HT |
| Rock Climbing<br>\$7.50 + bus | The Edge Castle<br>Hill | SCHOOL BUS BAY<br>3G3  | Toovey           | FH |
| Bowling<br>\$7.00 + bus       | AMF Castle Hill         | SCHOOL BUS BAY<br>6UL1 | Cole + Sujeevan  | SB |
| Flipout<br>\$8 + bus          | Castle Hill             | SCHOOL BUS BAY<br>3G3  | Gardner + Medina | JM |

|                                  |               |             |                       |     |
|----------------------------------|---------------|-------------|-----------------------|-----|
| Anytime Fitness<br>\$5 (16yrs +) | Winston Hills | 7G3         | Moore + P.Singh       | JE  |
| Tennis Olympus<br>\$5            | Winston Hills | 8G2         | Walsh +<br>Blockley   | SB  |
| Boot Camp<br>\$7                 | Gooden        | 8U3         | M Dawson +<br>D'Souza | MC  |
| Cheer<br>\$8                     | MFHS          | Dance Space | Munro                 | JC  |
| Table Tennis                     | MFHS          | TLC         | Dey, Nguyen           | JB2 |
| Theatre sports                   | MFHS          | 3UDR4       | Merton-Simon          | JC  |
| Yoga                             | MFHS          | 5U2 & 5U3   | Wawrzyniak            | TN  |
| Communications                   | MFHS          | 7U7         | Letherbarrow          | VL  |

## HOUSE SPORT COMPETITION - ROUND 3

This week:

Thompson V Peel  
Chisholm V Wentworth

|                               |                       |            |               |           |                    |     |  |  |
|-------------------------------|-----------------------|------------|---------------|-----------|--------------------|-----|--|--|
| Group 1                       | House Sport Chisholm  | Volleyball | 7G5           | Forrest   | Ayden              | JE  |  |  |
|                               | House Sport Peel      |            | 7G6           | Snell     |                    |     |  |  |
|                               | House Sport Thompson  |            |               |           |                    |     |  |  |
|                               | House Sport Wentworth |            |               |           |                    |     |  |  |
| Group 2                       | House Sport Chisholm  | Soccer     | 7U1           | Colefax   | Flyght             | MC  |  |  |
|                               | House Sport Peel      |            | 7U6           | Venhuizen |                    |     |  |  |
|                               | House Sport Thompson  |            |               |           |                    |     |  |  |
|                               | House Sport Wentworth |            |               |           |                    |     |  |  |
| Group 3                       | House Sport Chisholm  | Touch      | 4GL1          | Joyce     | Heyward<br>Peacock | JM  |  |  |
|                               | House Sport Peel      |            | 4GL2          | Papas     |                    |     |  |  |
|                               | House Sport Thompson  |            |               |           |                    |     |  |  |
|                               | House Sport Wentworth |            |               |           |                    |     |  |  |
| Group 4                       | House Sport Chisholm  | Netball    | 8U2           | Greer     | Vella              | JB1 |  |  |
|                               | House Sport Peel      |            | 8U7           | Sabel     |                    |     |  |  |
|                               | House Sport Thompson  |            |               |           |                    |     |  |  |
|                               | House Sport Wentworth |            |               |           |                    |     |  |  |
| Rec Walking                   |                       | Local Area |               | Manson    |                    | KL  |  |  |
|                               |                       |            | Year 8 - 8G3  | Murdocca  |                    |     |  |  |
|                               |                       |            | Year 9 - 5U1  | Pepper    |                    |     |  |  |
|                               |                       |            | Year 10 - 8U1 | Owen      |                    |     |  |  |
|                               |                       |            | Year 11 - 7U3 | Tiedemann |                    |     |  |  |
| NON SPORT / Yr 12 supervision |                       | School     | Library       | Tsaoucis  |                    | DD  |  |  |
| SPORT DETENTION               |                       | School     | 5U7           | John      |                    | DD  |  |  |

# **eating well for a healthy headspace**



*"When I started trying to improve my mental health I also knew I needed to improve the way I was eating. I started by having healthier snacks around and cooking up big meals. That way, when I was hungry, I had something that I could eat."*

Kimberley, HY NRG member  
(headspace Youth National Reference Group)

Eating well gives you more energy, helps you sleep better, improves your concentration and, you guessed it, keeps a healthy headspace.

### Food and your mood

When you think of improving your mental health, you may not think about changing the food you eat, but there is a strong link between what we eat and how we feel!

We know an unhealthy diet can be associated with increased symptoms of depression and anxiety, but now we are seeing a healthy diet (with a variety of fruit, veggies, nuts and whole grains) can actually improve mental health.

This is a pretty new and exciting area of research. In fact, two recent studies investigated whether healthy food could reduce depression symptoms. And the results were clear: People who ate a healthier diet improved their depression symptoms more than people who focused on only social support.

Here's how eating well can improve your headspace:

- help you get a better night's sleep
- give you more energy
- improve your concentration
- make you less likely to crave foods with high sugar, salt or fat.

### Ask an expert: How can I eat for a healthier headspace?

Professor Felice Jacka is Director of the Food and Mood Centre. Here are her tips to eating a healthier diet for your mental health.

- Often we turn to unhealthy snacks when we are stressed. So it's good to develop coping strategies that are not related to food, things like exercise or mindfulness.

- We know that some foods are very good for a healthy mind. So make sure your diet includes things like colourful fruits and vegetables, foods high in fibre (wholegrain cereals and bread, beans, chickpeas, lentils and nuts), fermented foods like unsweetened yogurt, olive oil, and fish (tinned is fine).
- Make small changes that are easy to stick to. Start by swapping an unhealthy afternoon snack for a healthy one, like a piece of fruit.
- You don't have to be perfect, and don't be too hard on yourself. A burger or a chocolate bar are fine every now and then (say, once on the weekend) but it's important to make sure your diet includes a variety of nutritious foods, most of the time!
- Try to avoid too much red meat – a little bit is fine but keep it to 3-4 times per week.



*"I've struggled with depression for many years. And for me, bad nutrition was a symptom of my mental health struggles. Basically, I would stop putting that time into self-care, and nutrition was a part of that."*

*Once I made some small changes I definitely noticed a difference. I can concentrate better, it's easier to study, and it just makes me happier. It's a sense of achievement."*

*I know if you are really depressed it can be hard to find the energy to even leave the house. So even doing your groceries online can be good – that way you have healthier options at home."*

Kimberley, HY NRG member  
(headspace Youth National Reference Group)

### Healthy habits

When you're feeling low and struggling with life it's important to put healthy habits in place – to give yourself a better chance of coping with life's challenges.

Eating well is one of these healthy habits, but it's not the only one. Things like exercise, sleeping well, and spending time with people you love also play an important role in good mental health.



**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.**

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# get in to life

(to keep your headspace healthy)

*"Whenever I'm going through a difficult time, I know that doing things I enjoy – such as reading, listening to music, going out in nature – helps to lift my mood. It is a distraction from issues that may be weighing me down. It gives me a chance to get out of my own head for a while."*

Alessandra, 17<sup>th</sup> NRG member  
(headspace Youth National Reference Group)

Achieving small tasks and doing things you enjoy can boost your confidence and lift your mood – helping you keep a healthy headspace.

### The things you do and your mood

The activities you make time for have a big impact on your headspace. When you spend time doing things you enjoy (or used to enjoy), it can give you relief from hard times, and build some fun in your life. Likewise, when you set and achieve small tasks that are important to you (such as completing homework or giving back to your community) it can help to create a sense of accomplishment and meaning.

In a nutshell, doing "stuff" matters. Yet, if you're going through a difficult time, doing anything can seem like a lot of effort. And if you're feeling low you may lose interest in things you once enjoyed.

So, what should you do? The key is to focus on doing – even if you don't want to or feel like it. As you set and achieve even small tasks you will learn more about yourself, build confidence and improve your wellbeing.

Here's how "doing stuff" can help your headspace:

- give you a sense of achievement and purpose
- build your confidence
- lift your energy
- improve your motivation
- It can help get you out of a rut if you're not feeling energised.

### Ask an expert: how can I do more stuff?

Here's how our headspace experts suggest you get started:

- **Set small goals.** Setting and achieving goals builds confidence and self-worth. Think of a small task you want to do every day (maybe it's making your bed, going for a 15 minute walk or calling a friend for a chat). It can be anything, the important thing is to set the goal and follow through.
- **Find activities you enjoy.** If you're going through a hard time, you may not feel excited about doing anything. But think back – what did you used to enjoy? This can be a good place to start.
- **Make a schedule.** When you think of an activity, make time for it. Look ahead at your week and block out some time for the things that you enjoy.
- **Persist.** Find ways to follow through with your scheduled activity, even when you don't feel like it. You may not feel like doing anything, so it might help to learn new ways to handle this.
- **Reflect.** Once you begin achieving your goals, take some time to reflect on how it makes you feel. Did you enjoy it? Did you feel a sense of accomplishment? If you did, that's great. If not, that's OK. You could try something else.
- **Be kind to yourself.** Maybe you try a new hobby that you're not great at, but think of it as making time with yourself to learn and grow. Keep persisting and enjoy the journey of learning.

When you're feeling low or stressed it's important to put healthy habits in place – to give yourself a better chance of coping with life's challenges.

Doing stuff and achieving little things every day is an important healthy habit, but it's not the only one. Things like exercise, eating well, and spending time on your relationships are also important for good mental health.



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