



# NEWSLETTER

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20 November 2020

Term 4 - Week 6

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## FROM THE PRINCIPAL

The 2020 HSC Examinations finished for Model Farms students on Wednesday 11 November. Congratulations to all of our Year 12 students in navigating their way through this passage and completing another phase in their life. Some are relaxing, whilst many are out earning money, saving for a delayed opportunity to travel abroad. On behalf of the school, I wish you every success in your forthcoming results and for life beyond.

On Tuesday 17 November, 140 Year 12 students attended their formal at Deckhouse Woolwich. It was a great night, with our students being excellent ambassadors of the school, drawing comments from the venue staff of how impressed they were and how they all seemed to carry such a "positive vibe".

I would like to thank the formal organising team for their work throughout such a challenging year. This team had to manage the formal being "on, then off, then maybe on, then on", a forced change in venue due to COVID restrictions and a continual backdrop of uncertainty. In the end, it was very pleasing to see the students "dressed to the nines", enjoying themselves in a relaxed, social atmosphere.

Congratulations to Year 12 student Annalise Froggatt who had her HSC artwork selected to be included in ARTEXPRESS 2021. ARTEXPRESS is a showcase Higher School Certificate Bodies of Work as a high quality teaching and learning resource representing best practice in visual arts education. Congratulations Annalise.



### **Staffing**

At the beginning of the term, the school commenced actioning the filling of permanent staffing vacancies across a range of Key Learning Areas for the start of 2021. I would like to thank the P and C for working closely with us to form selection panels and develop position criteria in a very short time, so that we can hopefully offer placements later in the term. Current positions to be filled are in the areas of Agriculture, Careers, Science, PDHPE and Home Economics.

### **Building Works Update**

On Tuesday 17 November, the school hosted a number of building companies vying for the tender of the Stage 2 Accessibility works, to commence later this year and across 2021. In a fortnight, the successful tender will be determined and a negotiated scope of works developed. The scope timeline needs to be negotiated to minimise disruption to school routines. Stage 2 includes the installation of 2 lifts and a gangway between the top of block 6 and the hall.

### **Hygiene**

I would like to thank all of our students and staff for continually working together, ensuring COVID hygiene practices are in place across the school and in all learning spaces. This only occurs as a result of everyone working together and being mindful of best practice and school/community expectations.

**Mark Grady**  
Principal

## FROM THE DEPUTY PRINCIPAL – MS PLEDGER

### **Congratulations**

ON Friday 13<sup>th</sup> November, Kieran Grady, Jay Noorbergen and Joshua Robson were invited to attend Sydney West Cricket Trials. 6 players from Hills Zone were selected to attend. Congratulations to Kieran, Jay and Josh.



From these trials, Kieran was one of 6 players to be selected to attend the NSW CHS selection trials later in the year. Congratulations Kieran.

### **Year 11 HSC In Focus**

At this time of the year we normally run a HSC In Focus evening for our students commencing their HSC studies. Unfortunately, this year due to COVID restrictions we are unable to run this evening.

I have compiled the information normally provided during this evening into a website. I encourage all families to sit down and review the information together. The link is found below.

<https://sites.google.com/education.nsw.gov.au/mfshscinfocus/home>

I look forward to the next 12 months as students progress through their journey of completing their HSC studies. There will be times of immense fun and also times of challenges. During these times of challenges, I encourage all students to reach out to Model Farms Staff (Deputy Principal, Year Adviser, Assistant Year Adviser, Counsellor, Careers Adviser, Head Teacher Wellbeing) for advice and support.

### **Senior Students and Cars**

PLEASE stress to your child the importance of driving safely when leaving school of an afternoon. While I can appreciate their desire to race home and study (or attack the fridge) it is essential that driving is very careful around school zones.

All students who drive a car to school should have return the "Permission to Travel to and from School by Private Vehicle". A copy of this form can be obtained from the front office.

### **Pre-loved Uniforms**

If you have any preloved school shorts (both sport and boys grey shorts) please have your child drop them into my office. It is surprising how many kids tear their pants, get mud on shirts etc and need a quick change of clothes. We also have other families that are really struggling financially at the moment. While we do our best to use the small amount of Student Assistance money allocated to us, uniforms are a significant expense. Thanks in advance for your donations.

Have a wonderful week,

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

## FROM THE DEPUTY PRINCIPAL – MS KENNON

### **Year 12**

It was with great pleasure that I attended the Year 12 Formal at The Deckhouse, Woolwich on Tuesday evening. It was great to have the opportunity to join the celebration with the students after what has been a challenging year. By all accounts everyone had an enjoyable evening in what was a beautiful setting. Congratulations to all Year 12 students. I wish you all the best in your future endeavours and hope you will have some time to enjoy a well-earned break before starting out on the next phase of your lives.

### **Year 10**

Over the next few weeks all Year 10 students will be completing the “All my own work” program. This is a compulsory program for students and must be completed before commencing the Preliminary courses of Stage 6. The program aims to help senior students develop an understanding of ethical practices when locating and using information as part of their HSC studies. Students will also learn about the penalties for cheating and plagiarising work when preparing their work for assessment.

Again, I remind Year 10 students that they need to organise their senior uniform. The last day of trading at the uniform shop will be Friday, 11 December.

### **Respect**

Model Farms High school behaviour expectations are based on the value of respect; Respect for the school, teachers, peers, the environment and ourselves. So what does it look like when we respect our peers? This means that we allow others to learn and not disrupt their learning through own poor behaviour. It also means that we reject bullying and not stand by and let others be bullied, teased or put down. Everyone is different and that’s what makes life so interesting. We need to accept others’ differences and take the opportunity to learn from them to enrich our lives. The majority of our students are extremely tolerant of everyone’s differences, so it is very disappointing when a student is disrespected by their peers. Let’s all remember to respect each other – accept people for who they are, even when they’re different from you and you don’t necessarily agree with them.

Have a good week,

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

## TERM 4

### Week 7

Monday 23 <sup>rd</sup> November	YES Program Blacktown TAFE
Tuesday 24 <sup>th</sup> November	YES Program Blacktown TAFE
Wednesday 25 <sup>th</sup> November	Yr 7 Girls only Wellbeing session p5 an p6 Yr 9 Camp 2020 YES Program Blacktown TAFE
Thursday 26 <sup>th</sup> November	Yr 11 PDHPE Assessment Yr 9 Camp 2020 YES Program Blacktown TAFE
Friday 27 <sup>th</sup> November	Yr 8 Science – A Case of Conspiracy Incursion Yr 11 Industrial Technology Design and Planning Folio Yr 11 Biology, Depth Study – Infectious Diseases Yr 9 Camp 2020

### Week 8

Monday 30 <sup>th</sup> November	Yr 12 Construction Work Placement Yr 6 Pathfinders Yr 11 Music - Musicology Task Yr 11 ART BOW Presentation
Tuesday 1 <sup>st</sup> December	Yr 12 Construction Work Placement Yr 6 Orientation Day
Wednesday 2 <sup>nd</sup> December	Yr 12 Construction Work Placement P & C Meeting Yr 11 Science Extension Project Proposal and Literature Review
Thursday 3 <sup>rd</sup> December	Yr 12 Construction Work Placement Yr 11 Chemistry Research Skills Task Yr 11 Business Studies Business Operations Case Study Essay due
Friday 4 <sup>th</sup> December	Yr 12 Construction Work Placement Yr 11 Society and Culture Research Methods Task Yr 11 Design and Technology, Project Proposal Yr 11 Ancient History, Core Source Analysis Assessment Yr 10 U-Turn The Wheel 2020 Incursion

## FROM THE ENGLISH FACULTY

Let's take a quick look around the Year groups to see what our students are currently studying in English.

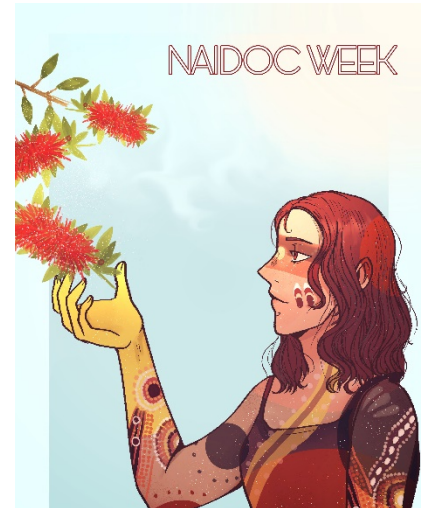
Year 7 are finishing their Poetry unit and moving onto a Narrative unit. Year 8 are wrapping up their Speeches unit and embarking on a Big Screen unit. Meanwhile Year 9 are starting a "Coming of Age" study and Year 10 a Science Fiction exploration.

Our wonderful Year 11's into Year 12's have started their HSC Course with their first common module, "Texts and the Human Experience."

In Week 5 of this term we celebrated NAIDOC Week (8<sup>th</sup> -15<sup>th</sup> November) Students recognised and celebrated our Aboriginal and Torres Strait Islander people through a variety of educational and recreational experiences.

The poster design displayed here is by Ariana. She was inspired by the poem "Always Was, Always Will Be," by Michele "Mickey" Hetherington. Her image is representing the importance of cultural identity and respect for Indigenous culture.

Here are some of the poems written by our students also inspired by the poem, "Always Was, Always Will Be" – this year's NAIDOC theme.



### The Land of Dreams

We are with our country  
We always will be  
We will always stand  
Always free

Try to silence the dream  
Within our land  
Its natural beauty  
Below the sand

No matter how quiet  
Our voice seems  
We will be with our land  
The land of dreams

By Ronan B

### Our Land

Our land, our country  
Our forever home.  
The stories we tell  
Of the place where we've grown

But then they arrived  
On a convoy of ships  
They carried strange weapons  
Guns, knives and whips

They took what was ours  
Stole all that we knew  
They changed it for them  
Made a bad new

But we'll claim our land  
And fight for it too  
We'll protect it forever  
Our dreams we'll pursue

By Rachel K

### Stolen Generation

What was once a happy family  
Was shattered by life  
Cut off from love  
With a sharp white knife

Now they are lost  
And they are alone  
Never able to find their way  
Or their own

By Sean T

### The Black Cockatoo

There once was a black cockatoo  
He was a beauty of a bird  
But as the white cockies came  
His call became unheard

He became an oddity  
A loner among the rest  
And everyone soon forgot  
Who cared for the land best

By Ella D

It was wonderful to see the NAIDOC  
activities embarked on in English and  
all across the school!

### **The English Faculty**

### Horizon

I watched the horizon  
The invaders came  
Who is to blame?  
Who is to shame?

I watched them dock  
My family in shock  
They came off their ships

Their weapons ready  
Everyone at gunpoint  
Capture, they said  
The look on their faces

They took my children  
They took my life,

It's time to take it back  
With the help of the new revolution

By Joseph S





## FROM THE MATHEMATICS FACULTY

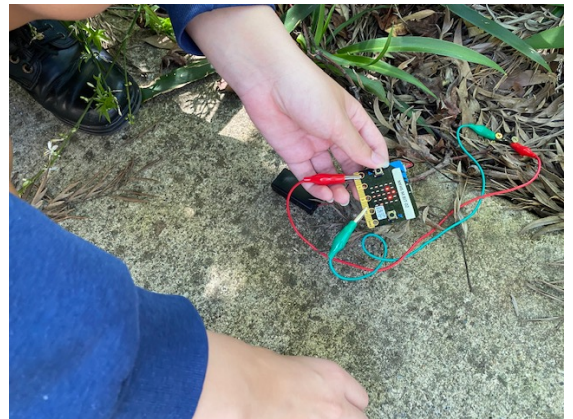
### From The Faculty That Counts!

#### 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 7

Micro:bits are small portable processing units that can be programmed for a variety of uses. They are programmed to record environmental data like air temperature and soil moisture. For the last two weeks in Digital Maths, Year 7 have been learning how we can use Micro:bits to explore data collection and students have been taking air temperature and soil moisture readings around the school using Micro:bits. The Year 7 students then upload the data to a Google Form that then uploads the data to an Excel style (Google Sheets) document. This data will be analysed in Maths lessons in a few weeks.



## Year 10

Students who intend to study the Mathematics Advanced or Extension 1 courses for 2021 will be required to sit an Entrance Test. These results, along with their final assessment mark and teacher recommendations, will determine their pattern of study for their senior years. Students have been given the relevant material to work on in class and at home. The Entrance Test will be held on Thursday 26th November.

## 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>
Mathematics Advanced	10 <sup>th</sup> December
Mathematics Extension 1	11 <sup>th</sup> December
Mathematics Extension 2	9 <sup>th</sup> December
Mathematics Standard 2	10 <sup>th</sup> December
Mathematics Standard 1	10 <sup>th</sup> December

## **Buying Textbooks for 2021**

Years 7, 8, 9, 10, 11 and 12 will need to buy their own Mathematics textbooks for 2021.

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 2021. Students will receive an order form from five senses before the end of term. All students will need to purchase the digital version of the textbook. It is optional to purchase the hardcopy.

Year 11 (currently Year 10): 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 Mathematics (e.g. Standard, Advanced or Extension 1) for next year.

**Year 12 (currently Year 11):** Students will have already received their instructions for how to purchase their textbooks. Make sure that you buy the correct textbook for your child's level of Mathematics (e.g. Standard 1 or 2, Advanced, Extension 1 and Extension 2) for 2021. The HSC course has begun which means that all Mathematics students should have already purchased their textbooks and have been working on the exercises given by their class teacher.

**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 can also buy the latest version from retailers which is the fx-100AU PLUS 2<sup>nd</sup> edition. Students need a Casio 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.

Have a mathematical week!

from

**Mrs K Lumley  
and the Maths Faculty Staff**

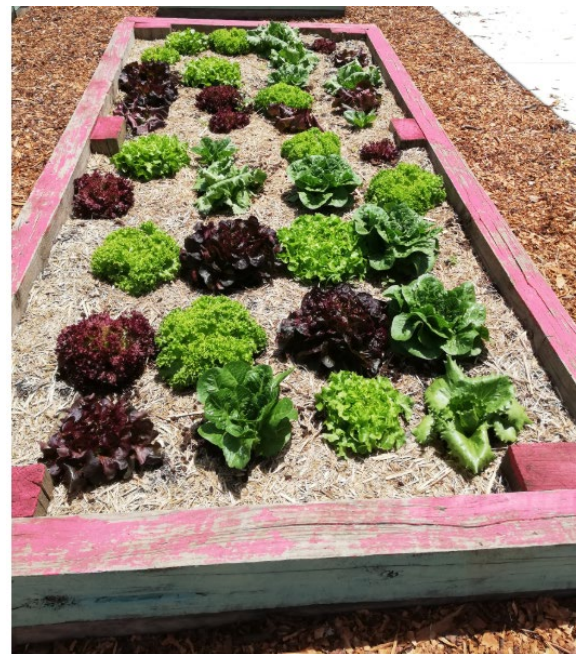
## FROM THE SCIENCE AND AGRICULTURE FACULTY

Week 6 already! The pictures shown below shows how well the vegetables have grown between week 3 and week 6. A testament on how good our farmers are. Excellent work Year seven!

### Model Farms budding Scientists have been busy



**Week 3**



**Week 6**

## Leaps made in Science

We know that Science has made huge leaps in the last decade, here is the top 2 according to New Scientist:

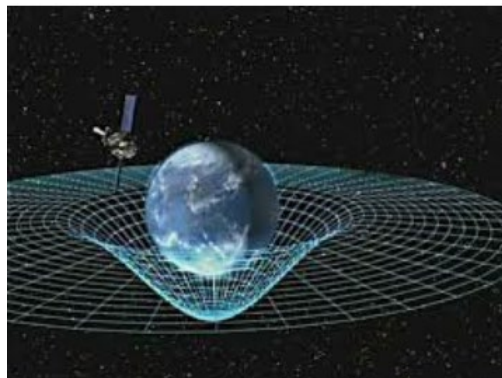
### 1. Higgs boson

It took four years, thousands of people and the world's biggest machine, but, in 2012, particle physicists at CERN announced the discovery of the Higgs boson. The particle helps explain why all other particles in the universe have mass, and its discovery completed the standard model of particle physics.



### 2. Gravitational waves

In 1916, Albert Einstein predicted that space-time – the fabric of the universe – was disturbed by strange ripples known as gravitational waves. Exactly a century later, the Laser Interferometer Gravitational-Wave Observatory collaboration announced that it had finally spotted these waves emanating from a pair of merging black holes.



From the Science Faculty

## FROM THE LANGUAGE FACULTY

## Japanese

The last of the assessment tasks for Years 8, 9 and 10 Japanese classes have been submitted, marked and returned. There has been some great work from students – many being merited for PBs in their last task for the year! Year 8 have completed their Personal Profiles; Year 9 their Anime Character descriptions and Year 10 their Itinerary for Japanese Student travellers to Australia. It has been very busy submitting drafts, getting feedback and producing the final result. Well done on all your achievements!



かれはかまどたんじろです。十五さいです。山にすんでいます。ぺつとがいません。たんじょうびは九月ついたちです。ひまなときにバナナケーキをつくります。しゅみはゲームをします。せがひくいです。かぞくは十人です。かみがくろくて、みじかいです。目がやさしくて、あかいです。みどりのコートとくろいシャツをきます。そしてくろいズボンとしろいくつしたをはきます。けんがあります。

Junlu C Yr 9

私のキャラクターのなまえはうずまきナルトです。

ナルトは男の子です。

くろいくつとオレンジのズボンをはきます。くろくて、オレンジのジャケットをきます。このはのひたいあてをします。

かみが金ばつでみじかいです。

せがひくいです。

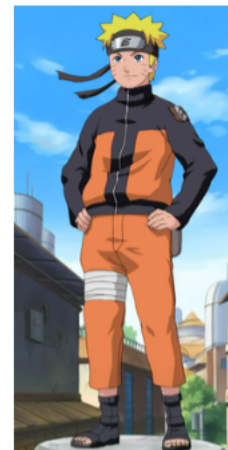
目があおくて、大きいです。

かおにひげがあります。

このはがくれのさとにすんでいます。

ナルトはしのびとじんちゅうりきです。

かぞくは母と父がいました。かれのりょうしんはなくなりました。



Willie L Yr 9

## Diary Entry

あさ七時におきました。おそくねてすこしねむたいです。私たちはホテルで朝食をとりました。それはおいしかったです。そして、ぼくたちはスリーシスターズに行くためにせんよバスをやといました。スリーシスターズのブッシュウォークで私はたくさんどうぶつ見ました。それから、私たちはちゅ食のためにカトーンバに行きました。私たちが行ったレストランはそれほどよくありませんでしたが、私はあたらしい食べものをためしたことがうれしかったです。そして、私たちはケーブルカーにのりました。ケーブルカーはとてもたかかったのでこわかったのですが、ながめはすばらしかったです。そして、ホテルにもどりました。1時間半かかりました。さいごにスミスバーでばんごはんを食べました。その食べものはすばらしかったです

### Translation:

*I got up at 7 o'clock in the morning. I'm a little slow and sleepy. We had a meal at the hotel. It was delicious. And we took the bus to go to the Three Sisters. I saw a lot on the Bushwalk of the Three Sisters. Then we went to Katoomba for a meal. The restaurant we went to wasn't very good, but I was happy to try new food. And we got on the cable car. I was scared because the cable car was so slow, but the look was amazing. Then I returned to the hotel. It took an hour and a half. Finally, I ate dinner at Smith Bar. The food there was amazing.*

Shion T Yr 10

### 修学旅行

一日

ホテル: シドニー ホテル CBD \$80 (一泊、二人)

#### アクティビティ

3時: 東京からシドニーまで (つきます)

5時: ガイドツアー (オペラハウス) \$42: 一人 (シドニーハーバー)

ゆそう: ひこうき+バス

食べ物: あさごはん+ひこうき

ランチ+ひこうき

ばんごはん+フレットリフレッシュ (レストラン)



(オペラハウス)

Georgia S Yr 10

Year 8 have sent their pen pal letters to Osaka, Japan and eagerly await a reply. It has been very interesting staying in touch with Ito Sensei and hearing about Covid19 in Osaka and how it has affected her and the students with school closures. It would seem we have all had similar experiences with online learning.

And finally, it was great to be able to congratulate Isabella Arya from Yr 8. She entered the Japan Australia Essay Competition 2020 and was awarded a Highly Commended. **Well done, Isabella!**

## French

It has been a fun and memorable year for Year 8 students in 2020. The students showed great enthusiasm in learning about traditional French food in the topic: "Going to a Restaurant". Students created a French inspired menu for a French restaurant featuring dishes.

### BISTRO PAPILLON



#### LES ENTRÉES

- **BAGUETTE AND SALTED BUTTER**  
€6.50  
(GF Bread on request)
- **SOUPE À L'OIGNON**  
€18  
French Onion Soup Served with Gruyère Cheese Croutons (GF Bread on request)
- **SALADE DE CHÈVRE**  
€20  
Goat Cheese Salad with Pears, Walnuts and Seeded Mustard Dressing
- **ESCARGOTS DE BOURGOGNE**  
€21  
Half-a-dozen Burgundy Snails baked in Garlic and Parsley Butter, served with Baguette (GF Bread on request)
- **TARTE FLAMBÉE**  
€21  
A Speciality from Alsace, thin baked Bread Dough covered with Crème Fraîche, Onions, Speck and Gruyère Cheese
- **TERRINE DE CAMPAGNE MAISON**  
€22  
Homemade Country Style Terrine, Salad, Pickles and Baguette (GF Bread on request)
- **MOULES MARINIÈRE**  
ENTRÉE €20 MAIN W FRITES\$40  
Steamed Black Mussels with White Wine, Thyme, Garlic, Butter and Parsley Served with Baguette (GF Bread on request)

### PLATS DE RÉSISTANCE



- **RISOTTO AUX CHAMPIGNONS SAUVAGES (GF)**  
VEGETARIAN €36 W CHICKEN €40  
Wild Mushroom and Herb Risotto with Parmesan Cheese
- **MÉDAILLONS DE PORC AUX CÈPES**  
€40  
Pork Tenderloin Medallions Wrapped in Pancetta, Porcini Mushrooms, White Wine, Cream and Homemade Spätzle (GF on request)
- **BLANQUETTE DE POULET**  
€40  
Creamy Chicken Stew with Mushroom and Carrots served with Fresh Buttered Tagliatelle
- **RACLETTE (GF)**  
EXTRA CHEESE €5 €40  
Hot Melted Raclette Cheese Served with Potatoes, Paris Ham, Coppa, Bresaola and Salami and Pickles
- **BOEUF BOURGUIGNON (GF)**  
€42  
Beef Burgundy, slow cooked in Red Wine with Carrots, Mushrooms and Thyme, Served with Paris Mash
- **CONFIT DE CANARD**  
€42  
Confit of Duck Legs Served with Paris Mash, Roasted Trust Tomatoes and Red Wine Shallot Sauce
- **CASSOLETTE DE POISSONS FACON BOULLABAISSE**  
€45  
Bouillabaisse Style Seafood Stew with Barramundi, Mussels, Prawns, Fennel, Potatoes and French Aioli Croutons
- **EMINCÉ DE BOEUF ANGUS AU POIVRE VERT (GF)**  
€49  
Australian Angus Beef Tenderloin, Thinly Sliced, Served with Fries, Salad and a Green Peppercorn & Mushroom Sauce (Served Medium Rare)
- **LES GARNITURES**  
all €10  
Paris Mash, Green Beans with Garlic and Parsley Butter, Pommes Frites, Homemade Spätzle, Fresh Buttered Tagliatelle, Crisp Garden Salad

### SWEET



- **CRÊPES SUZETTE**  
€22  
Served with Vanilla Ice Cream and Flambéed with Grand-Marnier Orange Liqueur
- **CLASSIC CRÈME BRÛLÉE (GF)**  
€16
- **TARTE TATIN AUX POMMES**  
€19  
Caramelized Apple Tarte Tatin with Macadamia and Honey Ice Cream
- **PROFITEROLES**  
€20  
with Vanilla Ice Cream and Hot Chocolate Sauce
- **ICE CREAM AND SORBETS**  
PER SCOOP €6  
Vanilla, Macadamia and Honey, Lemon Sorbet

#### DESSERT WINES

- 2017 COTEAUX DU LAYON "CARTE D'OR", DOMAINE BAUMARD, (375ML) (FR)  
GL €15
- 2017 MUSCAT DE BEAUMES DE VENISE, DOMAINE DE LA PIGEADE, RHONE VALLEY (375ML) (FR)  
BTL €48
- BANYULS, CUVÉE DU DR PARCÉ, ROUSSILLON (5 Y/O) (375ML) (FR)  
GL€15

### FROMAGE



Imported French Cheeses served with Muscatel clusters & Baguette (GF Bread on request)

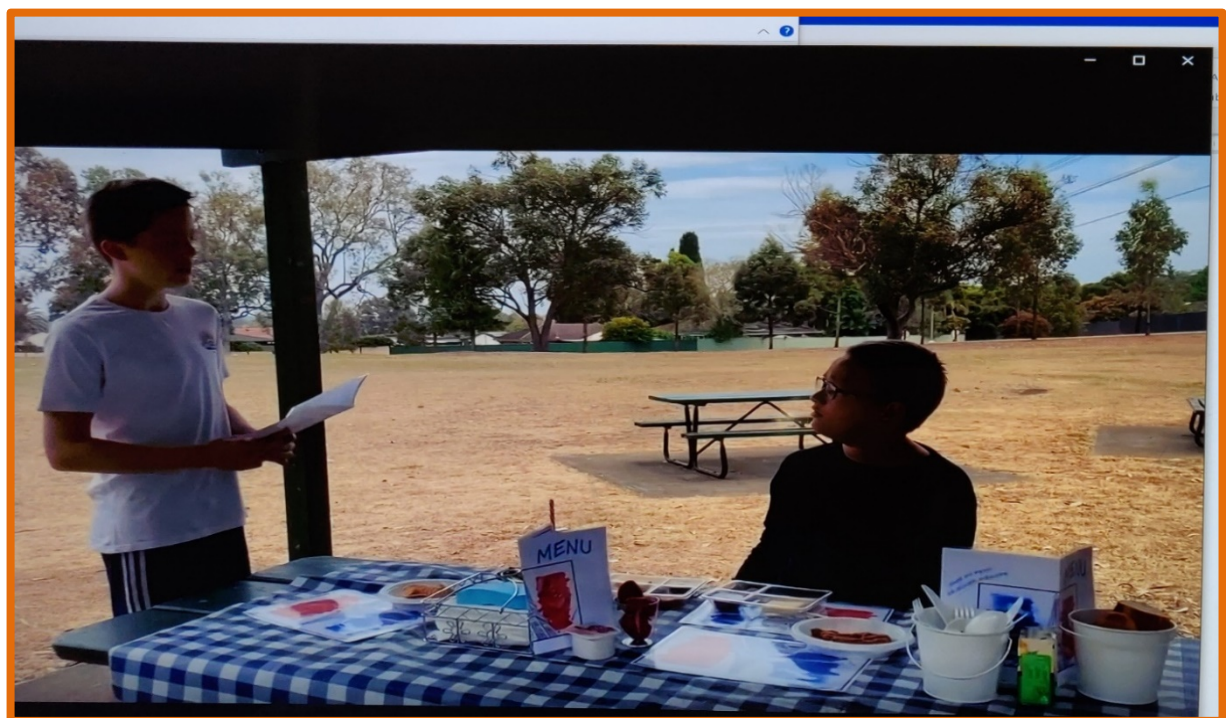
CHOICE OF ONE CHEESE 16

DEGUSTATION PLATTER 40

- **BÛCHE JACQUIN DE MONTRÉSOR**  
Goat cheese from the Loire Valley region, it's flavour is rich and creamy with an increased nuttiness. As the cheese ripens the rind develops a mottled blue mould growth, and the dry creamy centre softens to a smooth and very fine textured.
- **GRAND CONQUÉRANT CAMEMBERT**  
From the Normandy Region. It's strong aromatic hints of wet straw, brassica and apples are a reminder of why this authentic cheese has become a proud symbol of French cheese-making skills.
- **ROQUEFORT PAPILLON**  
From the Midi Pyrénées region where all the worlds Roquefort are aged. Roquefort's natural rind is shiny, with the interior richly marbled with blue-green mould. The flavour is delicate and sweet with a rich-buttery, slightly spicy finish.
- **COMTÉ (24 MONTHS MATURATION)**  
Comté is the king of French cheeses. During a 24-month maturation, the 35kg wheels of cheese develop an amazing depth of flavour – the underlying sweet note is accompanied by a rich flavour of roasted nuts and subtle creamy, yeasty finish.



Students also collaborated in a group and produced a film in which they engaged in role-playing, with the waiter serving a customer at a French restaurant using the menu that the students had created. A group of students created an original animated film of this role-playing scenario. Well done Year 8! Your creativity and diligent effort in your French studies has produced impressive work!



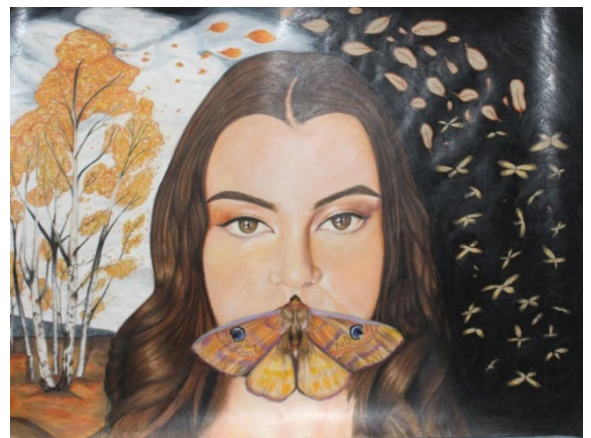
## FROM THE CAPA FACULTY

### What's Happening??

Year 12 have finished their HSC.

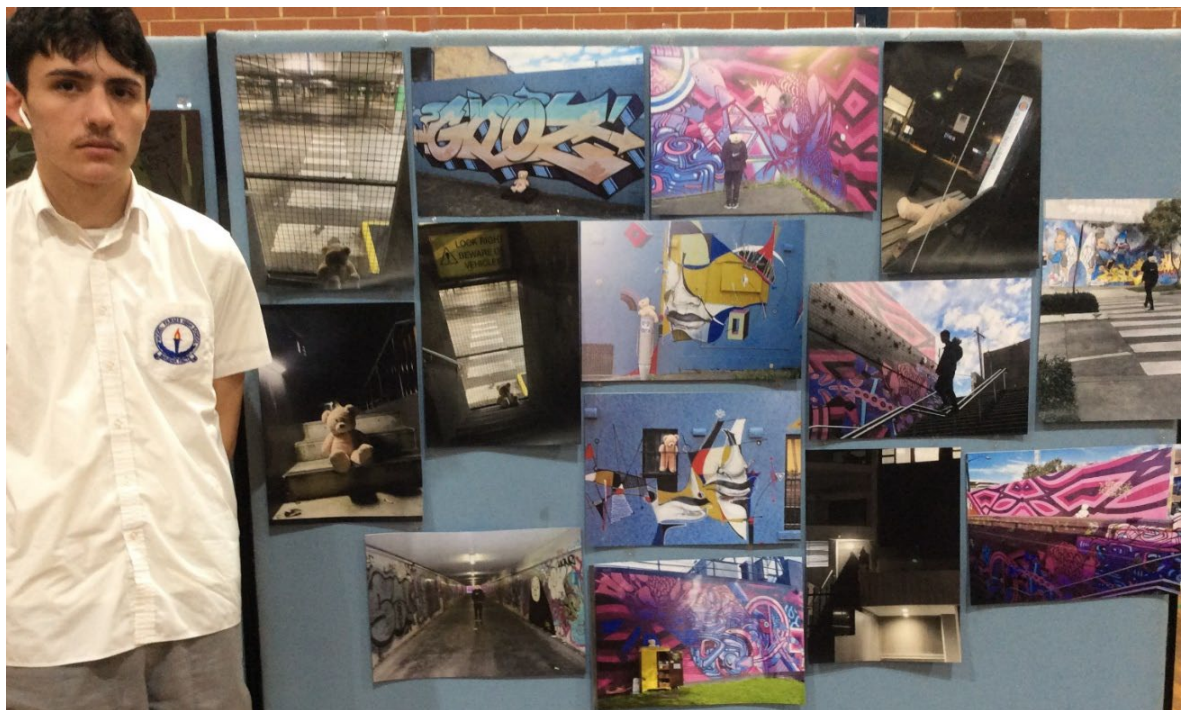
**Congratulations** to Annalise F. for her artwork '**Elemental Affinity**' – a series of drawings completed using coloured pencils. Next year they will be displayed at The Armory, Sydney Olympic Park SOPA for the **ArtXpress** exhibition. A great achievement and reward for her dedication and hard work. There were many Year 12 students who achieved fantastic results for their artmaking.

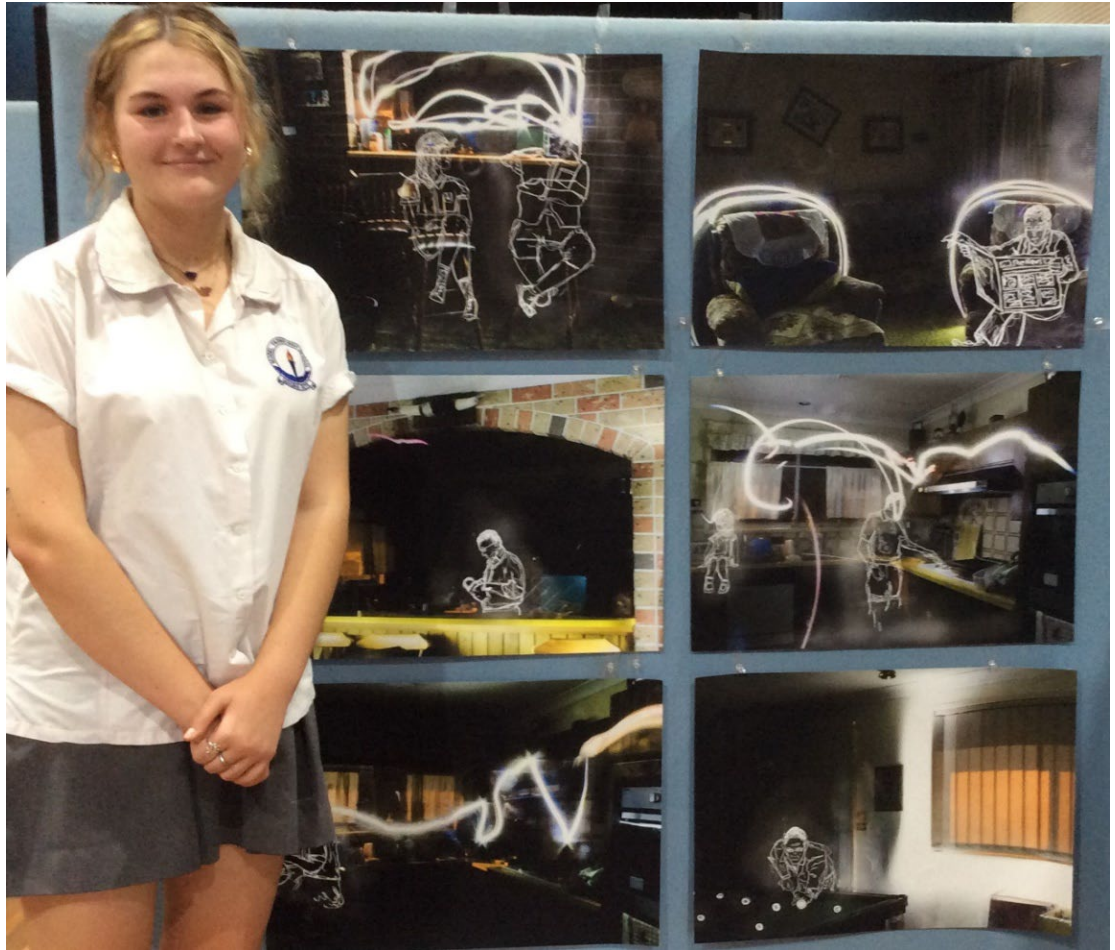
FROM THE CAPA FACULTY



















## FROM THE PDHPE FACULTY

### DANCE

Some great student success news ....

Darcie D in Year 11 recently placed 2<sup>nd</sup> in NSW in the 16 Years State Physie Championships. Another Model Farms student (Year 12 last year), placed 3<sup>rd</sup> in a different age division.

Well done girls!

#### Year 12 Dance

All finished and excitedly awaiting HSC results. Congratulations to Amy B and Chelsea C who have both received early admissions into University.

#### Year 11 Dance starting the HSC Course:

Core Performance: Assessed this week. Good luck, girls.

Composition: plan, think and plan some more. We will throw ourselves into this next week.

Appreciation: interpret the Prescribed Works "Sarabande" and "Terrain" and understand the choreographers, their background, training and influences.

#### Year 9 & 10 Dance

Musical Theatre – some fun to see out the year. Performing, Composing and Researching this entertaining dance genre.



Year 10 Dance Students participating in NAIDOC Week activities.

**All work can be found in our Google Classroom.**

**Go to the Classwork tab at the top and go to the relevant folder (Performance, Composition, Appreciation) to find the work.**

## **SPORT REPORT**

GRADE SPORT

**CONGRATULATIONS to the 2020 Term 3 PREMIERSHIP WINNING TEAMS:**

**15 A SOCCER - MODEL FARMS HIGH  
OPEN B OZTAG - MODEL FARMS HIGH**

\* term 2 competition was cancelled

\* winter grand finals were cancelled due to multiple washouts

\* winter grade sport premierships were awarded based on term 3 (point scores only)



Open Boys Grade Basketball team playing on the new Basketball courts.

## **NAIDOC WEEK**



PE Classes recognising NAIDOC Week by playing Traditional Indigenous games.

Year 10 T playing *PARNDO* which would traditionally be played with a flat shaped object made from possum skin.

## YEAR 7 SPORT

Year 7 have their Sport Gala Day on Friday 11<sup>th</sup> December. Due to Covid, only Model Farms will be involved this year and all Sports will play at school and local venues.

Gala Day will occur during periods 1-4 with students returning to classes after lunch. This is a chance for the students to have a friendly competition within their peer group and display their skills and sportsmanship. Good luck year 7!

## HILLS ZONE

Hills Zone have been announcing trials for Zone representative teams. Congratulations to the following students for their success in Zone Teams so far:

Girls OzTag (Jacqueline S, Zoe E, Tamsyn W & Caitlyn P)



Boys OzTag (Tyler C, Nick P, Christian M & Charlie L)



**Keep up to date with Sport by following on FB or online:**



## WELLBEING

An ongoing concern of the school is the inappropriate use of social media. Parents are often unaware of content on their child's social media accounts and we would encourage all parents to take an active role in monitoring their children's devices. Misuse of social media can include antisocial dialogue, unkind messages and sharing of inappropriate content/images. As a school we do not condone this type of behaviour, yet are often having to work through the "fallout".

Students are likely to engage in social media interactions after school, sometimes continuing until late at night, which has a negative impact on their wellbeing. It is important that parents have regular conversations about safe and responsible use of phones and social media and the consequences.

The following link provides a comprehensive overview of social media your child may be using and has links to advice on how to keep your child safe in an online environment. There are also links to the appropriate sites for reporting abuse

<https://www.esafety.gov.au/>

The Year Advisers join me in thanking you for your support and understanding in what is a complex social issue.

**Mrs V Leghorn**  
**Head Teacher Wellbeing**





## The Top 5 Free Apps to Boost Happiness

### 1. Calm

Featuring guided meditations, nature sounds and a step-by-step guide to finding all-too-elusive peace of mind.

[Calm - Meditation and Sleep](#)

### 2. Headspace

The app teaches you to meditate and provides access to tons of content focused on creativity, decreasing stress, increasing happiness, conscious eating and open-hearted living.

[Headspace: Meditation and Sleep](#)

### 3. Sleep Cycle

Sleep Cycle is an intelligent alarm clock that is designed to gently wake you up and analyzes your sleeping patterns to make your wake up feeling refreshed and ready to start your day.

[Sleep Cycle: Smart Alarm Clock](#)

### 4. Gratitude

Gratitude is your personal journal app where you can write about things that you are grateful for. Being grateful or expressing gratitude helps to focus your attention on the positive things in your life.

[Gratitude Happiness Journal](#)

### 5. Happify: for Stress & Worry

Happify's science-based activities and games can help you overcome negative thoughts, stress, and life's challenges.

[Happify: for Stress & Worry](#)

[education.nsw.gov.au/being-well](http://education.nsw.gov.au/being-well)

Canstar

**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 Association

### Uniform Shop News

#### November 2020

Due to the recent update from Mark Grady and the Education Department in regards to Parents and Visitors entering school grounds, the Uniform Shop asks that if you wish to purchase uniform to please place an online order via [www.munchmonitor.com](http://www.munchmonitor.com)

The order will be available for collection the next day the Uniform Shop is open. Students may purchase uniform items in person with cash or card. No phone orders accepted. Please arrange for pick up as soon after placing the order as possible, as at this time of year storage is limited.

**Please note that the Uniform Shop will not be holding the traditional Open Days in November 2020 and January 2021 due to the constantly changing guidelines around Covid 19 and access to the school. All uniform purchases will need to be made before the end of Term 4.**

**Senior Uniforms** are available to purchase. Please consider purchasing a tie at the same time if you have a boy, to avoid the rush at the beginning of Term 2 2021 and a uniform detention!

**Year 7 – 2021** - If you are a current parent/caregiver of the school and have another student starting in 2021, please feel free to place an order in the older siblings name for collection by the MFHS student the next day the Uniform Shop is open. Details for ordering uniform for new families to Model Farms have been advised through the Orientation Packs which have been sent to students via their Primary Schools. Special pick up dates have been organised. Please place your order as soon as possible and bring your receipt with you when collecting your child's uniform.

**NEW - School Jacket & Tracksuit Pants** are coming in early 2021. Pre- orders may be placed online via MunchMonitor in advance. These will be regular stocked items in the uniform shop. The existing Tracksuit Jacket & Pants have been reduced and will be available until sold out.

**Old Style Girls Blue Blouses** Remaining stock is reduced to \$5.00 with sizes 18 – 32 available.

**Exercise, Music & Maths Books** can be purchased individually from the Uniform Shop for a few dollars each, all year round.



# Last Trading Day for the Uniform Shop

**Friday 11<sup>th</sup> December 2020**

**Online Orders must be placed by 7:30am on this date to be available the same day for pick up**

**The Uniform Shop will not reopen until school returns in 2021**

If you have any queries or questions regarding uniform purchases, online orders, returns/exchanges or any other questions, please send an email to the Uniform Shop and we will be more than happy to help you. MunchMonitor also provide a customer assistance service for registering and placing orders and can be contacted on **1300 796 190** and by email at [help@munchmonitor.com](mailto:help@munchmonitor.com)

Kind regards

P&C Uniform Shop

Current 17/11/20

# REDUCED!!!

## Tracksuit Jacket

**\$60.00**

Sizes 12 – 30

\*\*\*\*\*

## Old Style Tracksuit Pants

**\$35.00**

Sizes 12 – 34

\*\*\*\*\*

## Old Style Girl's Blue Blouse

**\$5.00**

Sizes 18 – 32

Orders to be placed Online @ [www.munchmonitor.com](http://www.munchmonitor.com)

**Stock Available Until Sold Out!**

# MODEL FARMS HIGH SCHOOL

## UNIFORM PRICE LIST

### TRADING DAYS and HOURS

Monday, Wednesday and Friday - 7:45 am until 9:15 am

**PAYMENT OPTIONS** - Cash - Eftpos - Visa - Mastercard

**Email:** mfhspandc.uniformshop@gmail.com

ITEM	PRICE
<b>BOYS</b>	
Shirt - Blue (Junior)	\$35
Shirt - White (Senior)	\$35
Shorts - Grey	\$35
Long Trousers - Grey	\$45
Tie (Senior) Compulsory for Terms 2 & 3	\$20
<b>GIRLS</b>	
Blouse - Blue - Old Style - Limited Sizes	\$5
Blouse - Blue - New Style (Junior)	\$40
Blouse - White (Senior)	\$40
Skirt - Check (Junior)	\$65
Skirt - Grey (Senior)	\$65
Long Pants - Grey	\$40
<b>SPORT</b>	
Polo Shirt	\$40
Shorts	\$35
Tracksuit Pants - <b>New Style 2021</b> (Pre-order Only)	\$60 <b>INTRODUCTORY PRICE</b>
Tracksuit Jacket - Limited Stock	\$60
Tracksuit Pants - Old Style - Limited Stock	\$35
<b>JACKETS &amp; JUMPERS</b>	
School Jacket - Soft Shell <b>New Style 2021</b> (Pre-order Only)	\$80 <b>INTRODUCTORY PRICE</b>
Fleecy	\$45
Wool - (Australian Wool)	\$85
<b>MISCELLANEOUS</b>	
Apron (Compulsory for Cooking)	\$15
Calculator (Compulsory)	\$35
Exercise Books - i.e. Maths, Music, Standard	\$Various

**Online Orders to be placed @ [www.munchmonitor.com](http://www.munchmonitor.com)**

**2020/2021 - Prices subject to change without notice - includes 10% GST**

## NEW – Available For Pre-order Only



### School Jacket - Soft Shell - Unisex

Introductory Price - **\$80.00**

Size (CM)	10	12	14	16	S	M	L	XL
To Fit Chest	72	76	80	86	90	95	100	105
To Fit Waist	64	68	72	76	82	87	92	97
To Fit Hip	74	78	84	90	95	100	105	110

Other Sizes Available

### Tracksuit Pants - Stretch Unisex

Introductory Price - **\$60.00**



Microfibre –



## SAVE TIME with our ONLINE UNIFORM SHOP!

Model Farms High School Uniform Shop  
accepts online orders using MunchMonitor

Setting up an online account is easy!



1. Go to [www.munchmonitor.com](http://www.munchmonitor.com)

2. Click **LOGIN**

3. Click **REGISTER**

4. Enter

- School ID: **modelfarmsuniform**
- Password: **munch2153**

5. Click **Submit**

6. Enter your email address

7. Enter the password you want. Make sure you can remember your password

8. Review and tick on the Terms of use

9. Click **Create your Account**

10. Click on the Activation Link in the email we sent

11. Follow the steps to create your **Parent Profile**

12. **Add Students** to your account

13. **You are now ready to order online!**

14. Click on the **School Shop** (large orange box) to order.

SETUP A NEW ACCOUNT

Your School ID

Your School Password

SUBMIT

**\*NB. CANTEEN ONLINE SERVICES NOT PROVIDED BY MUNCHMONITOR**

### DO YOU ALREADY HAVE AN ACCOUNT WITH MUNCHMONITOR?

If you already have an account with MunchMonitor for a student attending or has attended another school or your student has moved to Model Farms you can also add a Student profile for the Uniform Shop using your existing account (follow the steps below)!

1. Select the My Account Dropdown Box on the MunchMonitor Home Page
2. Select Student Profile
3. Select Add a new Student at this step complete the details for the student you are wanting to place Uniform orders for, when you reach the School dropdown change the school to Model Farms High School then place the School ID & Password shown above and select the Check box (you will receive a tick) the grades for Model Farms will be displayed, select the correct grade and save the profile.
4. When you are ready to order just select the large Orange Box School Shop (Home Page) and select your items.

Call us at 1300 796 190 or email us at [help@munchmonitor.com](mailto:help@munchmonitor.com)  
if you require further assistance.

**MunchMonitor...making your school day easier**



[Facebook.com/MunchMonitor](https://www.facebook.com/MunchMonitor)

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

**Name of Student:** \_\_\_\_\_ **Year** \_\_\_\_\_

**New Address:** \_\_\_\_\_

\_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Correspondence:** \_\_\_\_\_

\_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**New Home Phone No.** \_\_\_\_\_

**Mother Mobile:** \_\_\_\_\_

**Mother Work:** \_\_\_\_\_

**Father Mobile:** \_\_\_\_\_

**Father Work** \_\_\_\_\_

**Emergency Contact if changed:** \_\_\_\_\_

**Phone No.** \_\_\_\_\_

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

**Details** \_\_\_\_\_

**Bus Pass:**                      **YES / NO**



# MODEL FARMS HIGH SCHOOL

*"Achieving Personal Excellence Through Quality Teaching"*

I give consent for my child \_\_\_\_\_ to drive  
a **car/motor cycle to school.**

|

The vehicle's registration number is \_\_\_\_\_.

I have read and discussed with my son/daughter the conditions below:

### Conditions of Agreement

- Students with their Drivers Licence who wish to drive to and from school, drive to a study venue during study periods and/or drive to TAFE, do so only with the permission of their parents.
- If you drive to and from school you must do so in a responsible manner.
- You are NOT permitted to go to your car during the school day, including recess and lunch.
- Please respect our neighbours and be conscious of young pedestrians and other road users near the school, especially at the start and end of the day.
- Under no circumstances are drivers to take other students with them in their car.

STUDENT NAME: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

NAME OF PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

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