



# NEWSLETTER

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3rd December 2021

Term 4 - WEEK 9

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## FROM THE PRINCIPAL

### Planning for 2022

Our work towards a smooth transition into the 2022 school year is well underway. The timetabling process takes approximately a term to complete as it is a complex task assigning students into classes, teachers into rooms whilst ensuring curriculum offerings and timings are appropriate and supportive to maximise learning opportunities. I am pleased to inform you that we are now at the point of a fully functional timetable for the new year. I would like to thank Mr Dawson and Mrs Munroe for their extensive work in planning two different models, due to the anticipated numbers in Year 7 2022 increasing.

### Thank you

I would like to particularly thank the wonderful contributions of both the School Council and P and C, led by both Abbey Sim and Julie May. It has been a very enjoyable year at "the Farms", seeing so many of our students thrive and achieve their personal best. Julie and Abbey have been wonderful advocates of the students, the school and the community as a whole and I thank them for the contributions they have made throughout the year. I would also like to thank all parents who support the school through the P and C, the School Council and the Uniform Shop. The school is made all the better for these contributions.

I would like to take this opportunity to thank our community for supporting the school in 2021. We do appreciate your assistance, and the opportunity to work together to provide high quality education and experiences for your child. The year has certainly been different to any we have experienced and due to the close work of families, students and staff, we were able to successfully navigate through the impact of the pandemic and remote learning. A school can never achieve its best without the support of its families and the wider community.

Model Farms High School is so fortunate to have the students, staff, parents and community that we do. Every generation that comes through our school seem to find a way to raise the bar even higher. For this reason, it has been an absolute pleasure to be at the helm of such a magnificent school.

## Student Leaders

It is my absolute pleasure to inform the community of our student leaders for 2022. The quality of a team can often be defined by the qualities of those who this time, missed out on being elected. In both elections, the quality of the candidature was outstanding. We value leadership extremely highly at the school and this has benefited both MFHS and the students through their early entry University applications and employment opportunities beyond school. I would also like to congratulate the excellent group of 2021 leaders who worked so closely with the senior executive in planning and solving unique problems the pandemic presented.

### **School Captain**

Sara Henry  
Kai Green

### **Vice Captain**

Annabel Boulenez  
Tyler Collins

### **SRC President**

Michelle Amofah  
Abigail Khuu  
Andrew Burns

### **SRC Executive**

Sabrina Nasri  
Matt Westerbrink

### **Sports Captain**

Nicholas Porter  
Cate Matthew  
Elif Erdogan

### **Year 11 Prefects**

Ava Justic  
Ben Pentland  
Chelsea Kemble  
Chloe Hogan  
Chloe Roberts  
Georgia Simmonds  
Isaac Kim  
Kirsten Hagar  
Naytej Singh  
Nicholas Flanigan  
Sera De iva  
Yasmin Khan

### **Year 11 House Captains**

Amelia Walton  
Isaac Bust  
Joshua Adams  
Jy Windle  
Luke Bendeich  
Trust Mupenzi  
Vanessa Apel  
Zali Mitchell

More than ever, I would like to wish students, staff and parents a very merry Christmas and a relaxing and safe holiday and look forward to working with all of you again in 2022.

Mark Grady  
Principal

## FROM THE DEPUTY PRINCIPAL – MS PLEDGER

### High Expectations

The final weeks of the school year provide terrific learning opportunities and in particular, the chance to build literacy and numeracy skills across all subject areas. Our expectation is that students continue to arrive to school every day on time, are well prepared, attend with a charged device and a positive approach to their learning.

### Last day of school

The last day for scheduled lessons for 2021 is December 16. All students are expected to attend all lessons up until this date. Any student who will be absent for any period, must apply for leave. Leave forms can be collected from the front office.

### 2022 start dates

In 2022 the following start date arrangements have been organised:

- Tuesday February 1st – Year 7 and 12
- Wednesday February 2nd – Year 11
- Thursday February 3rd – Years 8, 9 and 10

### Students moving schools for 2022

Any student who is moving schools for 2022 is required to hand in a note, during week 10 to the front office from their parents, indicating where they are moving to and their start date. During the last week of school, the front office will arrange for students to complete the sign out process. During this process all textbooks and library resources must be returned, and outstanding fees paid.

### Pre-loved Uniforms

If you have any preloved school uniforms, 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, at the moment, are really struggling financially. Thanks in advance for your donations.

### Uniform Reminder

The P&C and the wider Model Farms community strongly support the wearing of the school uniform. Before parents purchase any uniform items, I urge parents to use the uniform shop to ensure that the purchased items will be approved by the school.

The Department of Education has very clear guidelines on what is appropriate footwear. To help parents avoid any confusion I have included images of what is approved footwear in this newsletter. Also, to further help parents, information about uniform and footwear is also available on the school website. To avoid students getting into unnecessary trouble next year please support the school when purchasing uniform for 2022. I thank you all in advance for your support.

The most common items that our students wear that are NOT uniform are:

- Undershirts
- Black socks – only white socks are allowed on any school day
- Non-leather shoes on both boys and girls
- Black shorts on sports days

Sometimes our young people tell their parents that, “It doesn’t matter” or “That everyone is wearing these.” It does matter and most students do not breach the

uniform requirements. Please support us in maintaining our positive public image and strong school spirit that wearing correct uniform engenders. Your cooperation in this important matter will be appreciated.

**Illustrative Guide to Assist in the Purchase of Acceptable School Shoes**

	<p><b>Acceptable Boys' Shoes:</b> Features: - Black leather - Laced or Velcro - Upper foot protection - Non-slip sole</p>
	<p><b>Unacceptable Boys' Shoes:</b> Features: - Splashes of colour/white (shoes must be totally black, <del>inc.</del> shoelaces and sole) - Canvas upper E.g. Ruben's</p>
	<p><b>Acceptable Girls' Shoes:</b> - Leather upper providing protection to the majority of the upper foot - Laced (preferred) or strapped*(leather strap) - Heal and sole with non-slip grip</p>
	<p><b>Unacceptable Girls' Shoes:</b> - The majority of the upper foot is unprotected. - Smooth sole with little grip - No/token heel - Thin/soft leather offering little protection. - Ballet flats are not acceptable</p>
<p><b>Sports Shoes</b></p> 	 <p><b>Acceptable Sports Shoes</b> - Lace up/Velcro (no slip ons) - Covers all of the top of the foot - Provides arch support and sole protection</p>

\* Students undertaking practical based subjects need to wear lace-up shoes that protect their feet against drops and spills. WHS requirements may result in students who are not wearing shoes with sufficient protection being excluded from some practical activities. If in doubt, please purchase lace-up shoes.

I would like to wish all of our students and their families a very happy Christmas and look forward to seeing you all in 2022.

Jennifer Pledger  
Deputy Principal

## FROM THE DEPUTY PRINCIPAL – MS KENNON

As we approach the end of the year it is time to look back and reflect on the year that was. What a year! We faced many challenges but managed to work through them. The lesson we can all learn is that we are often faced with obstacles and challenges and things don't always go according to plan or how we would like them to go. But when we work through these challenges it allows us to move forward and learn that we do not need to be held back by obstacles. Instead, we learn from the experience and keep moving forward, even stronger. This is called resilience. An extremely important quality to have as it allows us to learn and grow despite what is put in our way. At this time of year, I would like all students to reflect and think about what they have learnt this year and how they have grown. Once this is done students are then able to start thinking about next year and set themselves some goals about what they would like to achieve and what further growth they can make.

**Year 7** - Congratulations on the completion of your first year of high school. Many of you have made new friends and enjoyed the opportunities to experience new subjects and activities.

**Year 9** - well done on completing your first year of studying your elective choices. The majority of students settled in well with their choices and have made excellent progress. Year 9 is often a 'middle' year; getting used to a new pattern of study, changing class groups for each subject and making new friends. Next year in Year 10, students will need to consolidate their study habits and work towards the achievement of their ROSA.

**Year 11** - Congratulations on the completion of your preliminary studies. Students have now commenced their HSC courses and the assessments have started. Remember the key to success is being organised. Listen to the feedback from your teachers, reflect on the efforts you made throughout the year, set your goals high and develop a realistic plan to achieve them. Year 12 goes very quickly, so start planning for success now – it is less than 12 months until you sit for the HSC examinations!

I would also like to take this opportunity to congratulate the new leadership team for 2022; an outstanding group of students who are a credit to the school and their families. I look forward to seeing their leadership skills develop throughout 2022.

I wish you all a Merry Christmas and a safe and relaxing holiday. I look forward to working together to make 2022 an enjoyable and successful year.

Enjoy the remainder of the term,

Mrs K Kennon  
Deputy Principal

## FROM THE DEPUTY PRINCIPAL – MS SMITH

### Student attendance

Did you know that Model Farms High School has higher than average rates of student attendance?

Attending school regularly has a number of important benefits, such as:

- Increased feelings of social connection
- Decreased emotional and behavioural difficulties
- Lower alcohol, tobacco, and substance use in adolescents
- Increased access to educational resources and opportunities for students to learn
- Higher academic achievement in literacy and numeracy
- Lower levels of absenteeism in future years
- Lower levels of school drop-out
- Higher levels of academic qualifications
- 



Parents play an important role in supporting school attendance. They are encouraged to:

- Talk to their teen about the importance of getting to school on time every day.
- Help teens maintain effective daily routines, such as setting aside time for homework in the afternoon, putting devices away at least an hour before bed, getting to bed/waking up around the same time every day, and getting at least 9 hours sleep.
- Know the school's attendance policy and be aware of their teen's attendance.
- Not schedule dental and medical appointments during the school day, wherever possible.
- Encourage their teen to attend school unless truly sick. Complaints of headaches or stomach-aches may be signs of anxiety.
- Contact the school regarding any concerns about their teen's mental health, bullying, academic struggles, or sudden changes in behaviour.
- Being aware of their teen's social contacts and any issues within their social circle.
- Be curious about their teen's academic progress and support their learning.
- Ask for help from the school or community agencies if they're having trouble getting their teen to school.
- Ensure that the school has their current phone number and email address, as we track student attendance, wellbeing and academic progress and communicate regularly with parents.

Ms R. Smith  
Deputy Principal



## FROM THE MATHEMATICS FACULTY

From the Faculty that Counts!

Well, what a year we have had. We would like to thank our students, parents and caregivers for their perseverance this year and for their support in 2021.

Students are reminded that the work they are currently doing in their Mathematics classes is important preparation for their studies in 2022.

### **Buying Textbooks for 2022**

- **All years** will need to buy their own Mathematics textbooks for 2022. Students will soon receive their Five Senses note with instructions of how to purchase their Mathematics textbooks for next year.
  - **Year 6 into Year 7 students** have received instructions in their information pack.
- Year 11 Assessments Tasks

This week Year 11 students will be completing their first HSC assessment task. We wish them good luck!

### Year 10 Entrance Test

This week on Friday 3<sup>rd</sup> December, Year 10 will also be sitting their Entrance Test for the Mathematics Advanced course. The students taking this test are currently working on Algebra components of this course in Class and at home and should be preparing themselves for this test. Once marked we will be informing students of their classes for 2022.

### Year 11 Numeracy 2022

The school is offering a new Mathematics course in Year 11 2022 called "Numeracy". This course is designed to build functional and practical numeracy skills for life and work in the 21<sup>st</sup> century. Information was given to students targeted for this course. If your child wishes to study this course, they need to return their blue form to Ms Pledger ASAP. Please contact Mrs Lumley if you have any questions.

### Ideas for Christmas Stocking Fillers:

School stationery and equipment can make really practical stocking fillers. Examples are: good quality geometry sets (can cost up to about \$20 at Big W, Office Works or at newsagents), or items as simple as pens and pencils, rulers, textas and colouring pencils.

### 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 purchase the latest edition, Casio fx-100AU PLUS Students need this calculator from Year 7. It is vital for their progress that students are familiar with their calculator and know how to use the different functions.

## Fun with Maths at Christmas

We would like to wish all of our students and their families happy and safe school holidays. Don't forget to look for the mathematics in the 'real world' situations that you are engaging in as a family at this time:

- Travel times, petrol usage and distances for trips in the car.
- Time differences if you are travelling across time zones.
- Estimating how much wrapping paper that you will need to wrap different sized presents (and how much sticky tape you will need!).
- Calculating how much your Christmas cards and parcels will cost to post.
- When cooking with your family, remember to engage them in measuring, estimating, capacity and volume. Also scheduling of cooking so that everything is ready to serve at the same time.



Wishing you a Merry Christmas and Happy New Year from  
Mrs Lumley  
and the Maths Faculty Staff



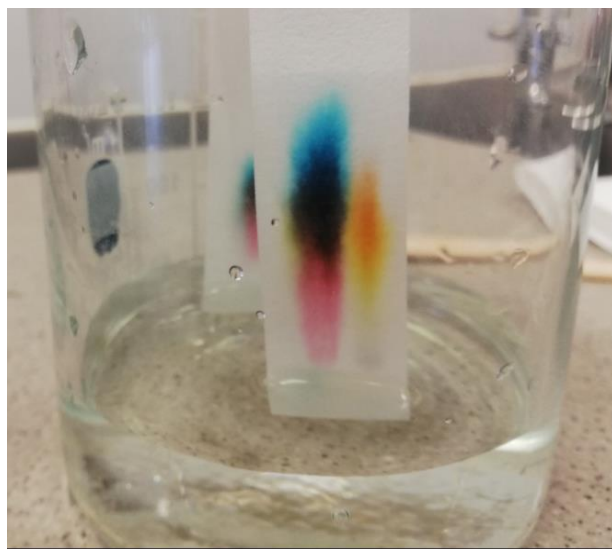
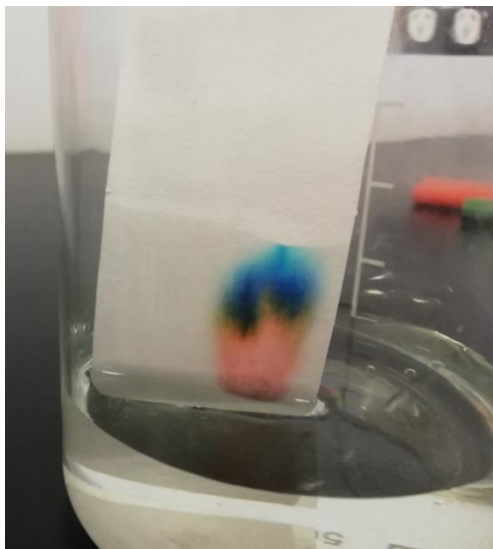


## FROM THE SCIENCE AND AGRICULTURE FACULTY

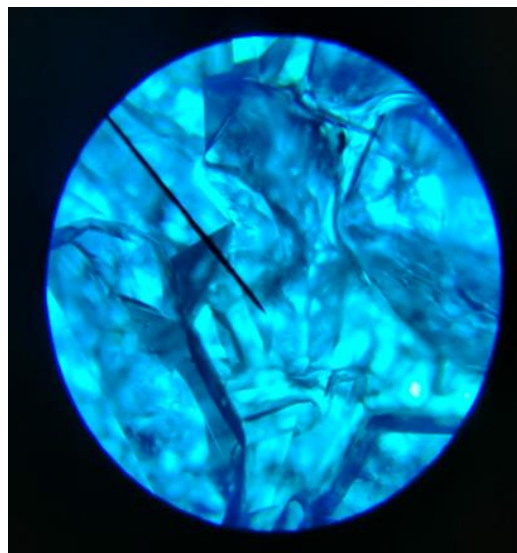
We are in the process of still catching up on practical work that have not been completed due to Covid or completing practical work on our present topics. We thank our lab assistants for making all this possible.

Below are pictures of a sample of practicals performed by certain year groups and also our farm animals tolerating the agricultural students.

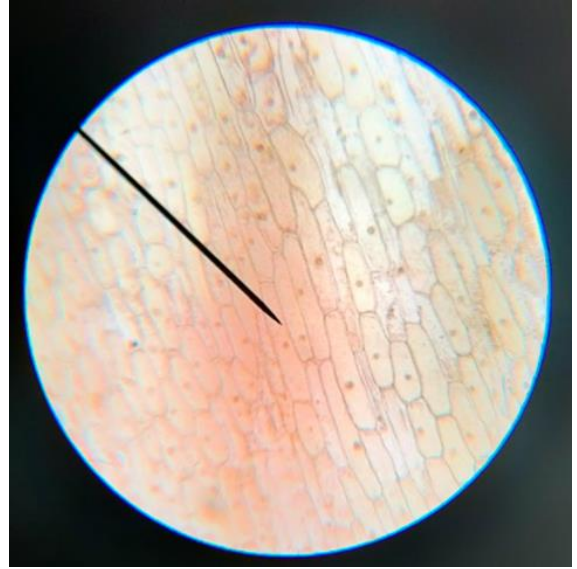
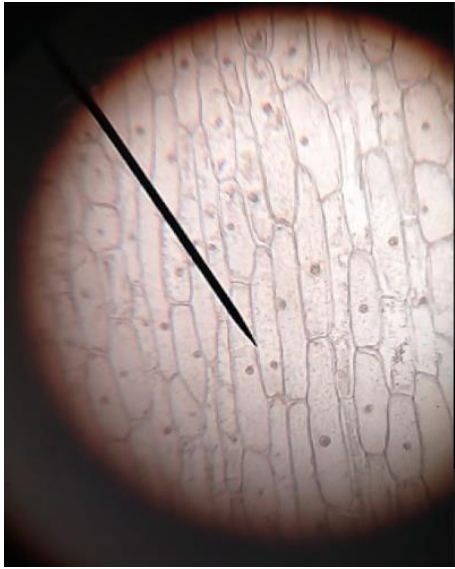
**Year 7** have been busy catching up with practicals on topics such as chromatography, crystallisation, cells and use of microscopes and also covering their present topic Earth in Space.



Observing chromatography results using black text.



Obtaining crystals of copper sulphate and then observing them under a microscope.



Students observing epidermal onion cells. Great work Rebecca D!!



Students setting up and performing a distillation experiment

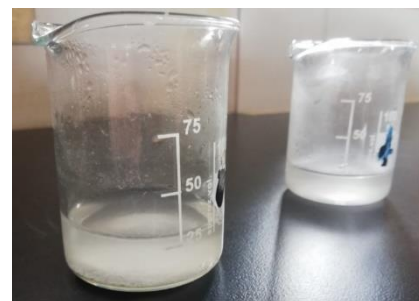


Students modelling the distance of the Solar System



**Year 8** are presently doing the topic called Chemical Change. They are observing different chemical reactions.

Below a student is heating calcium carbonate, which in turn changes to calcium oxide (basic substance). The calcium oxide is cooled in water, where it breaks up and forms a weak basic solution. We prove that it is basic by adding indicators that change colour in basic solution.



Solution of calcium oxide and then adding indicators into it, which indicates a basic result.

**Year 11 Agriculture and Friends** are posing with the chickens or maybe the other way round.



Henfie – A hen-based selfie



How many chickens can you count?

**Year 11 Investigating Science** are working hard on their Module 5 assessment task, which requires them to perform an investigation of their choice and prepare a scientific report on their findings. Some areas the students are investigating include air quality, surface cleanliness and projectile motion. The student pictured on the right is testing for the presence or absence of alcohol in micellar water.

From the Science and Agricultural Faculty



## FROM THE ENGLISH FACULTY

Greetings from the final instalment of our newsletter for the year. It certainly has been a year we will remember...

For a bit of pre-holiday fun, here are the books the English staff would pop on their gift wish list. (Please note: This is not a "hint, hint" situation!) Books make the best gift as you are giving both an object and an experience.

Ms. Letherbarrow – *The Promise*, by Damon Galgut

Ms. Greer – *The Frayed Atlantic Edge*, by David Gange

Mr. Keen – *TAB – 2021 – Racing Guide*

Ms. Snell – A selection of classics from the canon.

Mr. Lockery – *Dune*, by Frank Herbert

Mr. Rolfe – *The Wheel of Time* series, by Robert Jordan

Ms. Munro – *Beautiful World, where are you?* by Sally Rooney.

Ms. Merton-Simon – *Born into This*, by Adam Thompson.

Ms. Blockley – *The Labyrinth*, By Amanda Lohrey.

Ms. Wilkins – *The Man who Died Twice*, by Richard Osman and *The Boy, The Mole, The Fox and The Horse*, by Charlie Mackesy.

Ms. Cuelho – *The Night Circus*, by Erin Morgenstern.

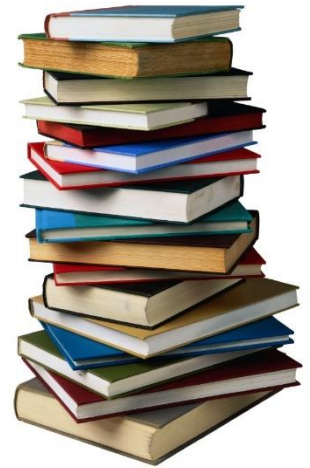
Ms. Glen – *The Happiest Man on Earth*, by Eddie Jaku.

Speaking of books, please remember to return any of the school texts still at home as we need them back for stock take.

May the holidays bring you much joy and relaxation. Stay safe and recharge!



From the English Faculty



## FROM THE LIBRARY

### **Returns:**

It's time for everyone to have a good look at home for any library books that need to be returned. Please place your books in the return box at the library desk to avoid an invoice. An email has been sent to all students and parents with details of overdue books.

### **Borrowing:**

Now that the HSC Exams are over, the library will be open for all students from the beginning of Week 10 and to the last day of school.

So, come in and browse the shelves and talk to Ms Coffey or Mr Lockeridge about your reading interests. The holidays are coming, and a couple of good novels would be a great way to wile away some lazy summer hours. Years 7 to 10 can borrow up to FIVE books and Year 11 can borrow up to SEVEN books at any time and a special loan allowance is in place for holiday borrowing.

Beginning next year, there will be a dedicated cabinet of HSC support resources that Year 11 and 12 students can borrow for period loan during their private study periods in the library.

**Happy holidays to all from the Library Staff!**

## Wellbeing

With this being the last major newsletter for the year, the Wellbeing Team would like to thank our wonderful community for the support provided to our students and to the ongoing general wellbeing of our school. It has been a tough year with new challenges and we have greatly appreciated the positive feedback we have received. There is much complexity to supporting the 1000+ students at "the Farms".

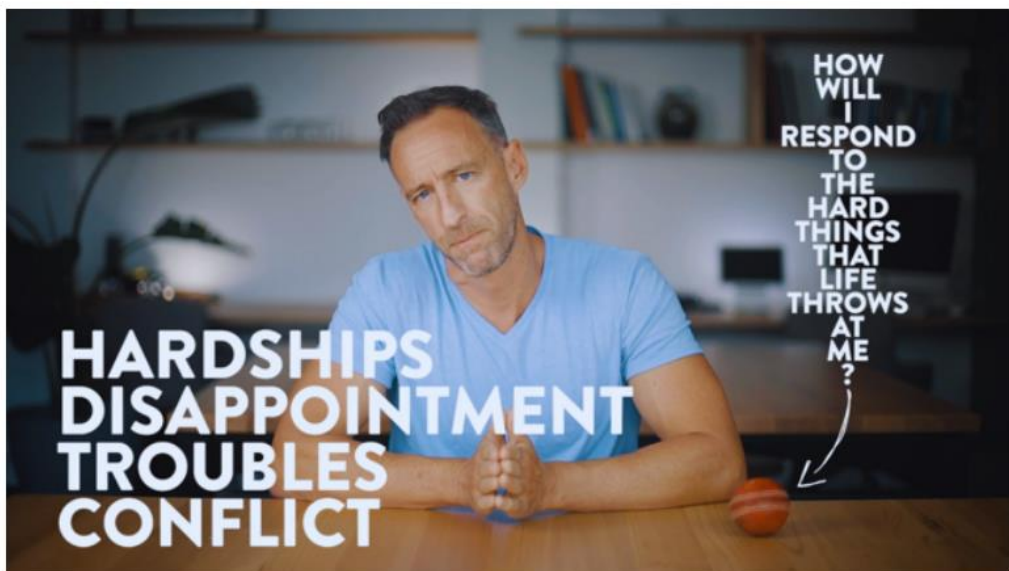
The issues highlighted below are unfortunately experienced by many schools in our region, state and country. They are not unique to MFHS but are reflected in the research, data and anecdotal evidence in the wider Hills community. The articles which follow seek to inform and support parents in some of the difficulties faced by the youth of today.

### RAISING RESILIENCE

*Christmas can be a time of joy and celebration, but it can also be tough for teens and families. If this time of year stirs anxiety or triggers conflict, then you aren't alone. MFHS has partnered with Adolescent Counsellor, Dan Hardie, to bring practical, positive tips in getting through hard times and finding peace. We are providing FREE ACCESS for the first 50 families to register for the Raising Resilience Course (usually \$47pp). The course has a series of short 3-4 minute videos, that will help you:*

- Overcome anxiety;
- Manage screen time addiction;
- Bring positivity & joy back to the home;
- And disconnect from Perfection Culture.

Take Raising Resilience at [www.raisingresiliencecourse.com.au](http://www.raisingresiliencecourse.com.au) and use the discount code, **MFHS2021**



## Who can your teen talk to about bullying at school?

At Model Farms High School, support is available to all students who are experiencing bullying. If a student is unsure of who they can speak to, or do not feel comfortable going to their class teachers, the following staff members are some examples of specific people they can go to:

- Mrs Leghorn (Head Teacher Wellbeing)
- Miss Rowshan (Student Support Officer)
- [Relevant Year Advisors](#)

*The following information has been taken from [ReachOut Australia's](#) website on how to holistically support students who are experiencing bullying at schools.*

Bullying at school can make some teenagers feel like they have no one to turn to. It can be especially difficult for teens to open up to their teachers about what is going on, as they may feel like they are dobbing. The good news is that parents are in a prime position to work with their child to get the issue resolved.

If you're concerned that your child is being hassled and affected by someone else's behaviour, it can be very upsetting. The parents of the other child involved in the conflict can also have some complicated feelings about what has happened as well. Bullying at school is a very sensitive issue for everyone, including the school. However, if you're able to work together with your child to track everything that has happened in as much detail as you can, you're providing a really strong case for the school to make sure the behaviour does not continue.

To help your teenager deal with bullying, it is really important to help them gather as much information as possible. Teachers want to help, but to mediate something like this they need to know exactly when, where and how things happened between your teenager and the other student.

Here are some practical ways that you can help your teen get the conversation started about bullying at school with their teachers so they can be supported and sort out the problem.

### What are some signs that my teenager is being bullied?

The stress of being bullied this can take a real toll on your child's wellbeing. Everyone will deal with their situation differently, but here are a few things to look out for that may be a sign your child is being bullied:

- Becoming more withdrawn; opting out of seeing friends and family
- Difficulty sleeping, headaches or stomach aches
- Wanting to avoid school or other activities they used to enjoy.



## What can make handling bullying incidents difficult

Bullying is a major issue for teachers, parents and schools. Schools have plenty of things in place to make it easier for teens to discuss their bullying experiences and for teachers to handle these situations. There are still some stumbling blocks to dealing with bullying, which include:

**Personality:** Not everybody hits it off, and that's no different for students and teachers. Discuss which teacher your child relates well with and start there. This is preferably the Year Adviser at Model Farms, but it may be another teacher altogether. It can be hard to open up if the child thinks this will go direct to the Deputy first. A parent's first call is usually to the Year Adviser. These staff members will often collaborate on the best plan for dealing with the students involved and take it seriously.

**Peers:** For most young people, there's nothing worse than 'dobbing' on other students. Students might worry that their friends will find out they've talked a teacher about bullying at school, and things will just keep getting worse. However, reassure them that reports of bullying are treated with respect and privacy and strategies are employed which may differ from issue to issue.

**Access to information:** Teachers need as much detail as possible about the bullying at school incident to discipline the student responsible for the problematic behaviour. Without this, it becomes far more difficult for the school to intervene. Working with your teen to capture this can clear a huge hurdle in getting this all sorted out. Many issues online are not actually school-based as well. School's do not have jurisdiction over comments made via social media especially outside of school time but can work with students to mediate or provide assistance in the correct use of these important social tools.

## How can you support your young person?

Young people only need one bad experience, and it can make them afraid to ask for help again. With your support, they can work through any issues:


- **Writing up all the times that your teenager felt bullied is the critical first step in handling the issue.** It can be an awkward thing to deal with and discuss, but if this is happening at school, it needs to be noted. Your teenager's personality will affect how you do this, and it may take time for them to want to share everything. Go as slow as you need to. Gently remind them this is the best way to get it over and done with.
- **Research anti-bullying strategies together and use it as an opportunity to plan.** [ReachOut Australia's bullying resources](#) are a great place to start. Bullying at school can upset you and your child. But getting some ideas about really practical ways you can tackle the situation together can bring you closer.
- **Limiting eye contact can actually make those awkward moments between you a bit easier.** Driving in the car or washing the dishes can be great opportunities for a more serious chat about what they're going through at school.
- **Make a solid plan with your teen for when they will approach a teacher –** after class, book a time during lunch? Discuss whether they want you to be there the first time they talk to the teacher, or would they prefer to do it alone?

- **Ask them to think about a time when a teacher was really helpful at school.** What worked well? What did they find useful, or not?
- **If they're worried about people at school finding out, suggest your teen talk to their teacher at a time they know is private, like after class.** They should also let the teacher know that they're worried and ask the teacher to keep things private.
- **Chat to your teenager about other adults in their life that they trust.** Maybe they would prefer to talk to them about their bullying experience before approaching the school.

## Vaping and E-Cigarettes

[https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipSheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)

The link above will take you to the following Tip Sheet.



**Talk with Your Teen About E-cigarettes:  
A Tip Sheet for Parents**




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**BEFORE THE TALK**

*Know the facts.*

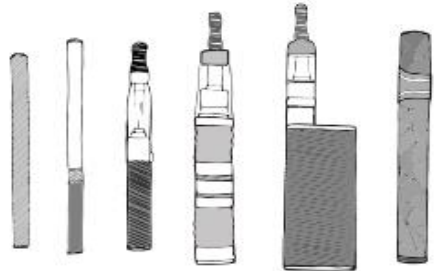
- Get credible information about e-cigarettes and young people at [E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov).

*Be patient and ready to listen.*

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

*Set a positive example by being tobacco-free.*

- If you use tobacco, it's never too late to quit. For free help, visit [smokefree.gov](http://smokefree.gov) or call **1-800-QUIT-NOW**.



## START THE CONVERSATION

### *Find the right moment.*

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying "we need to talk," you might ask your teen what he or she thinks about a situation you witness together, such as:
  - » Seeing someone use an e-cigarette in person or in a video.
  - » Passing an e-cigarette shop when you are walking or driving.
  - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



### *Ask for support.*

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

## ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

### *Why don't you want me to use e-cigarettes?*

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

### *What's the big deal about nicotine?*

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

### *Aren't e-cigarettes safer than conventional cigarettes?*

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

### *I thought e-cigarettes didn't have nicotine—just water and flavoring?*

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes ([E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)) together so you can see for yourself.

### *I (or my friends) have tried e-cigarettes and it was no big deal.*

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

### *You used tobacco, so why shouldn't I?*

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.





## KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website ([E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)) with your teen.



Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

### *Connect and encourage.*

- You always liked science. Check out the science about e-cigarettes and young people: [E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

### *Remind and repeat.*

- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

### *Share facts and resources.*

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Centers for Disease  
Control and Prevention  
Office on Smoking  
and Health



## Our school has a new look **online payment page!**

We're now accepting payment for Actives and School Fees via the school's website. New features allow you to access:



**Anywhere, anytime from a mobile or tablet (as well as a desktop computer)**



**In a preferred language**



**Easily without needing to log on, register or enter a Student Registration Number.**



Education

## Our school has a new look **online payment page!**

We're now accepting payment for Activities and School Fees via the school's website. To make a payment simply:



**Visit our school website on your mobile, tablet or desktop computer**



**Select 'Make a payment' from the main page menu**



**Enter the required student, contact and payment details**

**Note:** You are NOT required to provide the 9-digit Student Registration Number.



**Check your email for a copy of the receipt of payment**



Education





## Model Farms High School P&C Association

### Uniform Shop News

#### December 2021

The State Government has released new guidelines which will allow our Uniform Shop to open under the following strict regulations:

**Unfortunately, it is not possible to welcome Parents into the uniform shop.** All purchases should be made online (through [www.munchmonitor.com](http://www.munchmonitor.com)).

**No "try ons" available** - Uniforms should be tried on at home and brought back for exchange if required.

**Girls' Junior Skirts** have changed from children's to Australian standard adult sizing and we apologise for any inconvenience and thank the community for your patience during this change over. We are currently out of stock of sizes 10/6A and 12/8A and expect our next delivery of skirts in January 2022.

**Senior Uniforms** for Year 10 are available for purchase now. The Uniform Shop will not be open in the holidays so uniforms will need to be ordered before the end of term. Please allow time for any exchanges.

**Sports Shorts** - There are two styles available, however once the navy and white style sells out, they will not be restocked. Sizes 14 and 16 are already sold out!

**Volunteers** - The Uniform Shop is looking for a couple of volunteers who would be happy to help out either fortnightly or weekly. If you would be interested, please contact Christine Buscall at [mfhspandc.uniformshop@gmail.com](mailto:mfhspandc.uniformshop@gmail.com) for more information.

**Wanted** - 2<sup>nd</sup> hand Junior and Senior uniforms. If you have any skirts, blouses, shirts or shorts that you no longer require and would be happy to donate, please send any items with your child directly to the Uniform Shop.

Should you have any queries, please contact us at [mfhspandc.uniformshop@gmail.com](mailto:mfhspandc.uniformshop@gmail.com) 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)

P&C Uniform Shop Current 1/12/21

## Sizing Charts – Junior Boys & Girls



### Boys

Blue Shirt - \$35.00

Grey Short - \$35.00

<b>Boys Junior Shirt (cm)</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>
To Fit Height	150	160	170	180	
To Fit Chest	76	80	86	90	95
To Fit Neck	35	36	38	40	41
To Fit Waist	68	72	76	82	87
To Fit Hip	78	84	90	95	100

<b>Boys Grey Short (cm)</b>	<b>XXS</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>
To Fit Waist	68-72	72-76	76-80	80-85	85-90

Other Sizes Available



### Girls

Blue Blouse - \$40.00

Check Skirt - \$65.00

<b>Ladies Blouse &amp; Skirt (cm)</b>	<b>12A</b>	<b>14A</b>	<b>16A</b>	<b>18A</b>	<b>20A</b>
To Fit Chest	95	100	105	110	115
To Fit Waist	75	80	85	90	95
To Fit Hip	100	105	110	115	120

Other Sizes Available

## Sports Wear – Unisex



Sport Polo Shirt - \$40.00

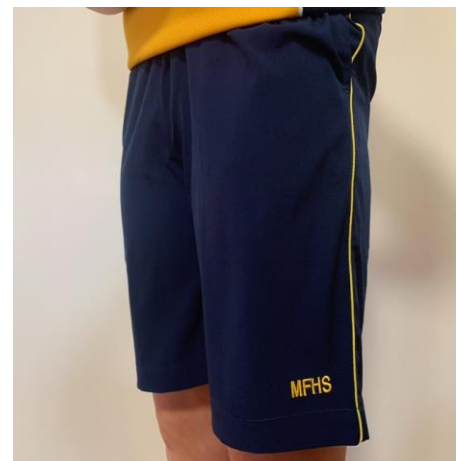
Sport Short - \$35.00

<b>Sports Shirt &amp; Shorts (cm)</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18/S</b>	<b>20/M</b>
To Fit Height	150	160	170	180	
To Fit Chest	76	80	86	90	95
To Fit Neck	35	36	38	40	41
To Fit Waist	68	72	76	82	87
To Fit Hip	78	84	90	95	100

Other Sizes Available

NEW - Unisex Stretch Microfibre  
Sports Short - \$35.00

Sizes 10 - 5XL Available





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

**Uniform Shop**

## **Senior Uniform**

The senior uniform is worn by all Years 11 and 12 students and is now available to purchase for Year 11 2022.

Due to current Health Orders, we are unable to welcome Parents, Carers and Visitors onto the school grounds; therefore, we request that you order uniforms online through ~~Munchmonitor~~ [www.munchmonitor.com](http://www.munchmonitor.com). Your order can be collected by your child, from the Uniform Shop before school on Monday, Wednesday or Friday (from 7:45am).

Exchanges can be made if items are returned in the original packaging and with tags still attached.

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

- Senior Boys - White Shirt \$35  
Grey Shorts \$30 or Pants \$40  
Tie - Compulsory for Terms 3 & 4 \$20
  
- Senior Girls - White Blouse \$40  
Grey Skirt \$65

There has been a survey undertaken regarding whether the girls should continue to wear the check skirt and just change to the senior blouse or change to the grey skirt with the senior blouse. Changing to the grey skirt was supported by parents and overwhelmingly the students.

Following is a size chart that may assist in size selection. The Supplier of these is the same as the junior uniform.

## Sizing Charts – Senior Boys



**Boys White Shirt - \$35.00**

<b>Boys Senior Shirt (cm)</b>	<b>16</b>	<b>18/S</b>	<b>20/M</b>	<b>22/L</b>	<b>24/XL</b>
To Fit Height	170	180			
To Fit Chest	86	90	95	100	105
To Fit Neck	38	40	41	42	43
To Fit Waist	76	82	87	92	97
To Fit Hip	90	95	100	105	110

Other Larger Sizes Available



**Boys Grey Short - \$30.00**



**Tie - \$20.00** Compulsory Terms 2 & 3

<b>Boys Grey Short (cm)</b>	<b>XXS</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>
To Fit Waist	68-72	72-76	76-80	80-85	85-90

Other Smaller Sizes Available

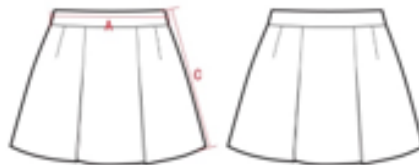
## Sizing Charts – Senior Girls



**Girls White Blouse - \$40.00**

<b>Ladies Blouse &amp; Skirt (cm)</b>	<b>12A</b>	<b>14A</b>	<b>16A</b>	<b>18A</b>	<b>20A</b>
To Fit Chest	95	100	105	110	115
To Fit Waist	75	80	85	90	95
To Fit Hip	100	105	110	115	120

Other Sizes Available



**Girls Grey Skirt - \$65.00**

<b>Girls Grey Skirt (cm)</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>	<b>22</b>
To Fit Waist	58	64	70	76	82	88	94

Other Sizes Available

Any queries, please contact us via email MFHS P&C Uniform Shop  
Email: [mfhspandc.uniformshop@gmail.com](mailto:mfhspandc.uniformshop@gmail.com)

# 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

<b>ITEM</b>	<b>PRICE</b>
<b>BOYS</b>	
Shirt - Blue (Junior)	\$35
Shirt - White (Senior)	\$35
Shorts - Grey	\$30
Long Trousers - Grey	\$45
Tie (Senior) Compulsory for Terms 2 & 3	\$20
<b>GIRLS</b>	
Blouse - Blue (Junior)	\$40
Blouse - White (Senior)	\$40
Skirt - Check (Junior)	\$65
Skirt - Grey (Senior)	\$65
Long Pants - Grey	\$40
Shorts - Grey	\$35
<b>JACKETS &amp; JUMPERS</b>	
Fleecy	\$45
Wool - (Australian Wool)	\$60
School Jacket - New Style 2021	\$80
<b>SPORT</b>	
Polo Shirt	\$40
Shorts (Both Styles)	\$35
Pants - New Style 2021	\$60
Pants - Old Style - Limited Stock	\$25
<b>MISCELLANEOUS</b>	
Apron (Compulsory for Cooking)	\$15
Calculator (Compulsory)	\$40
Year 7 Book Pack	\$40
Year 8 Book Pack	\$50
Exercise Books i.e. Maths, Music, Standard	\$Various

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

**2021/2022 - Prices subject to change without notice - includes 10% GST**

Current as at November 2021





## 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)

## WEDNESDAY SPORTS BUS PASSES

Sports bus passes can be purchased from the student reception window before school, recess and lunch every day **except Wednesday**. Our preferred method of payment at the moment is via the Parent Online Portal found on the Model Farms High School website. This is due to construction happening outside the finance window.

Passes available are:

- 5 trip pass for \$37.50
- 10 trip pass for \$75

Passes purchased via the Parent Online Portal (POP) before 6pm will be available for collection from student reception the next day. Passes paid for after 6pm will not be available for an extra day.

## 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



# 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:** \_\_\_\_\_





FREE ENTRY

FRI 3<sup>RD</sup> & SAT 4<sup>TH</sup>  
DECEMBER 2021

[sydneydisabilityexpo.com.au](http://sydneydisabilityexpo.com.au)



FRI 10<sup>TH</sup> & SAT 11<sup>TH</sup>  
DECEMBER 2021

[disabilityexpo.org.au](http://disabilityexpo.org.au)

FREE ENTRY

**CHILDREN, YOUTH & PARENT/CARER ACTIVITIES**

We have a range of online activities and workshops for Youth, Parents/Carers & Children including:

- Supported Playgroups - Homework Group - Parents Again -
- Online School Pick Up Chat - Treasure Hunts



Further details and registrations are via our website: [www.hca.org.au/whatson-old](http://www.hca.org.au/whatson-old) or call 9639 8620 with enquiries.

**[Hills Community Aid](#) is pleased to inform you that we have received some funding that allows us to extend our services to people and families affected by covid.**

**To be eligible for the support people need to be isolating due to covid and live in The Hills, Blacktown or Parramatta.**

**Our supports for people include, but are not limited to:**

- **Food vouchers and medication payments**
- **Social supports for people and, families**
- **Information, advice, and referrals**

**A full list of other services offering support is available on the [Service Seeker website](#).**

**Further information about our services is available on our [website](#) or call our office Monday to Friday, 9.30am - 3pm 9639 8620.**

**Hills Community Aid is here for you!**

**At this time we are practicing physical distancing while encouraging social inclusion.**

**We are providing over the phone, email and video support for a range of our services.**

**If you would like to speak with one of our staff please call and leave a message on our answering service (02) 9639 8620 or email and a member of staff will be in contact.**

**Follow our Facebook page to stay up to date with our social support services**

#### **EMERGENCY CONTACT NUMBERS**

**Lifeline            13 11 14**

**Kids Helpline    1800 551 800**

**Link2Home        1800 152 152**

**DV Support Service   1800 737 732**

**Beyond Blue        1300 224 636**

**Men's Line Australia   1300 789 978**

**COVID-19 Helpline   1800 020 080**

**Belinda Murray**

***Families and Children***







**“Act, Create, Communicate”**

**Boost your child’s creativity, confidence,  
communication skills & self-development  
through drama**

**Our youth drama programme covers mime, scripts, improvisation,  
monologues, play building, auditioning techniques,  
directing skills and productions**

***We don't just  
teach drama,  
we teach life***

**Students 12 - 18**

**Enrolling for 2022**

**North West - Youth Theatre**

**Castle Hill, Quakers Hill, Baulkham Hills, Bella Vista**

**0438 788 080 | [sydneywest@ogradydrama.com.au](mailto:sydneywest@ogradydrama.com.au)**

**[www.ogradydrama.com.au](http://www.ogradydrama.com.au)**