



# BACKCHAT

Principal: Terry Griffiths  
Deputy Principal: Andrew Skehan  
Phone: 9477 3508  
Fax: 9482 2546  
[www.asquithboy-h.schools.nsw.edu.au](http://www.asquithboy-h.schools.nsw.edu.au)  
[asquithboy-h.school@det.nsw.edu.au](mailto:asquithboy-h.school@det.nsw.edu.au)

**June  
2013**

## MAD NIGHT

### Tuynman's rap & Austin's antics *almost* steal the show

**MAD night** continues to be one of the major highlights of the ABHS Creative Arts calendar. For those that were there Friday 14 June it will long be remembered as an amazing night of talent and creative arts flair. The ensemble skills of the Drama students were clearly displayed by fairy tale characters set in a courtroom situation. The musical items presented a wide range of performing media from solos, small ensemble to large groups.

'**Fairy Tales Go To Court**' was a series of three skits joined to form a whole play. The classic fairy tale themes of The Three Blind Mice, Humpty Dumpty and Peter Piper were presented in a courtroom parody situation. It sparked humour among the crowd and brought a smile to many a person's face. Year 10 Drama classes, taught by Miss Mashman, are to be congratulated for their commitment and execution of this body of work.

The musical items displayed an eclectic and diverse range of styles: from Classical to African to Contemporary Pop and Jazz. It's impossible to cover all of the items presented however special mention of some of the highlights include - a warm thank you to Normanhurst Boys High School Stage band for their performance, all of the solo piano performances, Iain Howick and the ABHS Stage band, Jarrad Jones for his amazing marimba work, Year 11/12 solos and ensembles, Jackson Tuynman (Year 7) for his wonderful and quirky school daze 'rap', Mr Kitto (English Faculty) for his talented and supportive performance with Jackson, Alex and Will and The Usual Suspects for taking the show out.

Also I would like to give many thanks to the following production crew, the brilliant MCs (Austin Carey & Brett Riley), Miss Cooke for photography, Joan Wilson for Ticketing (tea and sympathy) and Ashlee Walker (amazing prac. teacher), Miss Mashman for directing/production and overall mentoring of our Year 10 boys, Miss Holder for executive drive, commitment and general overseeing the project, ex-students Zac and Teague from AES for the incredible Lighting/Sound which made us all look and sound outstanding, PAs Harry Clarke, Alec Drummond and Max Darwin, Maryanne Miller for Catering, Principal Mr Griffiths and Deputy Principal Mr Skehan for supporting and underwriting the show and Guitar Factory Parramatta and the Learning Lounge Turramurra for their guitar donations.

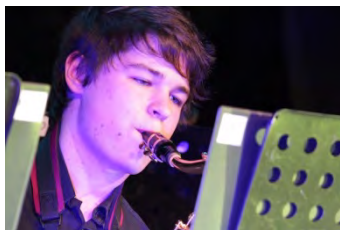
A big thank you to the audience and any staff who dared to venture along.

Congratulations to our winners of the Raffle: Miss Zhou who won the electric guitar and special commendation to Miss Foster who donated the Electro/Acoustic guitar back to the school!

*Mr M. Williamson, Music Teacher*



# MAD NIGHT 2013





## PRINCIPAL'S MESSAGE

### Half Yearly Reports and Parent/Teacher Night

Half Yearly reports for Years 7 to 11 are nearing completion and will be handed out at the beginning of next term. Year 12 already have their reports. All reports contain suggestions for how each student can improve their academic performance. I urge all parents and students to read the reports carefully and reflect on the advice provided by teachers and year advisers. Parents should be having extensive conversations with their sons about relative strengths and weaknesses and how to improve their overall academic performance. The opportunity to discuss your son's progress will be on Parent/Teacher Night, Monday 22 July. Once again we will have the on-line booking system to see teachers. I look forward to seeing as many parents as possible on this occasion.

### Student Physical and Mental Well-Being

Included in this *Backchat* is a summary of all welfare services that we can provide at ABHS. There have been two very well publicised tragic events involving young people in our local community in recent weeks. In a speech to students at our most recent formal assembly I reminded our students that there is a lot of support available at our school for any student who feels they may need it, and I urged boys to come forward to seek assistance. I believe that ABHS is a very caring school and I can assure all parents and students that anyone seeking assistance will be treated with kindness, compassion and discretion.

### MAD Night and Stage Band Tour

It was a pleasure to attend our annual MAD Night (Music and Drama, formerly known as Variety Night) on June 14. The evening was filled with quality musical and drama performance across the board. The ABHS Stage Band, just back from its inaugural tour, performed magnificently, and is planning to enter several Eisteddfods this year. Congratulations to all contributing students and staff, especially music co-ordinator Mr Williamson, drama co-ordinator Ms Mashman, and Bandmaster Mr Howick. (A report on the Stage Band tour to Port Macquarie will be in the next edition of the *Backchat*.)

### Subject Selection 2014

Subject selection for the 2014 curriculum is well underway. It was pleasing to see our Subject Selection Evening last week was well attended by students and parents. Asquith Boys offers a comprehensive and well-rounded curriculum that is designed to suit the needs of boys. I urge students and parents to get as much advice as possible during this time and to fully co-operate with Curriculum Co-ordinator, Mrs Laffer.

*Terry Griffiths, Principal*

---

### OLD BOYS NEWS

Former ABHS student **Tonu Liiband** (right) pictured here with Soccerroos Captain Lucas Neil, is continuing to pursue his professional football career as a goal keeper.



### SRC REPORT

On Thursday 6<sup>th</sup> June, Asquith Boys and Girls joined forces and organised the school Disco. Local DJ, Year 12 student Alastair Powell, created and played a variety of music with the help of his sidekick Nick Gibson. Both the boys and girls danced to the upbeat tunes and enjoyed the night of socialising. The SRC raised a total of \$1700, with profits being split with the Girls school. The Girls School will be organising the next Disco, hopefully mid term 3. So keep an eye out for details.



Embracing the cold winter morning on Friday the 21<sup>st</sup> June, Ms Mashman and two Year 10 SCR representatives, Max Darwin and Matthew Evans, journeyed to Normanhurst Boys to participate in the live broadcast of the 2UE breakfast show with host Ian 'Dicko' Dickson. The boys mingled and held conversations with the Normanhurst Boys HS Principal Jeff Bruce, and enjoyed a breakfast of bacon and egg rolls, provided by the local IGA. One of the main sponsors of the show was Apprentice Power. The boys received lots of information about apprenticeships to take back to school. It was a fun-filled morning and great to see Asquith Boys meeting with the Normanhurst Boys.

*Miss Mashman, SCR Coordinator*

# BRONZE MEDALLION RECIPIENTS TERM 2



# SPORTS FORMAL ASSEMBLY 13 JUNE



Photography by Ms Cooke



## DEPUTY PRINCIPAL'S REPORT

The school disco was held on Thursday 6 June and was a great success. I would like to thank Ms Mashman, the SRC and the many supervising staff for making the night possible. I would also like to acknowledge the excellent behaviour of the students who attended.

School reports for Years 7-11 will be issued in week 1 of Term 3 and can serve as an excellent opportunity for families to gauge the progress of their son. If parents or carers have particular concerns please make an appointment to see the relevant teacher/s at the Parent Teacher night on Monday 22 July.

I have a couple of reminders of issues that I have addressed in previous Backchat columns this year:

### **Sports Absences**

The only reason any student is excused from sport on a Wednesday afternoon is if there is a medical or other appointment that cannot be scheduled for another time. Students are not permitted to go home after Period 3 simply because they have come to school injured or mildly ill. In these cases, the non-sport room provides supervision until the end of the day.

### **Leaving school grounds during the day**

Put simply, this is not permitted. At the moment, there are some senior students not complying with this rule and going to Coles or other venues during the day. We cannot monitor the safety of students who are not on the school grounds, therefore it is essential that all students and parents realise the necessity of this rule. The only time a student may leave the school grounds during the day is when there is a note provided from a parent/carer which is endorsed by myself or Mr Griffiths. The student must then sign out at the office prior to departure.

*Mr Andrew Skehan  
Deputy Principal*

## MEMBER FOR BRADFIELD PRIZE FOR OUTSTANDING CITIZENSHIP

In 2012 I was privileged to be the recipient of the Member for Bradfield Prize for Outstanding Citizenship. This was the inaugural year of the award which will now be presented to a Year 10 student from each of the six high schools in the Federal Division of Bradfield annually. I was presented with this award on Presentation Night last year by the Member for Bradfield Paul Fletcher MP. Following this achievement I was invited, along with the other recipients, to an afternoon tea with Mr Fletcher at his offices in Lindfield. Parents of the recipients and a staff member of their school were also invited to attend.



So, on Wednesday April 3<sup>rd</sup> (coincidentally my birthday!) I travelled to Lindfield and along with my Father, Deputy Principal Mr Skehan, the five other recipients and their entourages met with Mr Fletcher. We all settled around a table and discussed the award, ourselves, our schools and education policy for roughly an hour while having afternoon tea. Mr Fletcher asked us questions about our school involvement and also listened to our opinions on matters such as school funding and teaching languages in schools. We had a very interesting discussion before we had photographs taken with Mr Fletcher and the event came to an end.

This event was a great opportunity for us to meet our fellow award recipients and also for each of us to talk to our federal member of parliament and discuss important issues affecting us as high school students.

**Harry Gibbons, Yr11**

# Student Well-being at Asquith Boys HS

Asquith Boys HS prides itself on being a supportive learning environment with a diverse student population. In order to ensure the well-being of our students, Asquith Boys High School has a number of strategies and key personnel in place. We also regularly liaise with a range of external agencies, including other government departments, not for profit organisations, charities and community based organisations.

## Staff

### Year Adviser

It is the role of the year adviser to oversee the general well-being of a particular year group within the school. Theirs is a pastoral role, which involves building rapport with students, being aware of events or challenges which may impact a particular student's learning, maintaining regular contact with parents, working with teachers of the particular year group and reviewing student progress. The year adviser is generally the first point of contact for parents when enquiring about the progress of their son, unless this pertains to a particular subject, whereby the relevant teacher or head teacher may be more appropriate. The current year advisers are as follows:

- Year 7: Ms Woolley
- Year 8: Mr Johnston
- Year 9: Ms Foster
- Year 10: Ms Mashman
- Year 11: Mr Josephs
- Year 12: Mr Jones

### School Counsellor

Asquith Boys High School has a school counsellor, Mrs Goldring, on site for two days per week. Students may be referred to Mrs Goldring by teachers or are welcome to self-refer. The school counsellor will provide advice and support on a range of topics including, but not limited to – stress management, social skills, conflict resolution and anger management alongside many others. The school counsellor works closely with the teaching staff and school executive to ensure student needs are met.

### Student Welfare Officer

Our school is fortunate to have the services of Ms Sweeney in the role of Student Welfare Officer. Ms Sweeney works with specific students on providing strategies to deal issues in their lives which may impact upon their interactions at school. Whilst this is not a counselling role, it complements the work of the school counsellor. Ms Sweeney manages our highly successful Breakfast Club, which is open to all boys and ensures that they start the day with a good breakfast if they haven't had the chance to get one at home. She also runs a games club during lunch time, again open to all students and provides an alternative, supervised space for students. Ms Sweeney is on site for two days per week.

### The Learning and Support Team

The Learning and Support Team provides a broad range of support to students in the classroom and is responsible for providing detailed information to staff about how to address particular student needs. They also help students to complete assignments or homework through the 8 am homework club and at lunch time. The Learning and Support Team run specific literacy and numeracy programs as well as Café Club and provide additional in-class support. The learning and support processes complement efforts to maximise the well-being of students. This team is one of the most successful support mechanisms our school offers.

### Head Teacher Student Engagement

This year we have been fortunate in having Mr Laing act as an additional Head Teacher, supporting students who find it difficult to engage in the mainstream classroom environment. So far he has been instrumental in helping boys access programs such as STAT (run by Mission Australia), Links to Learning and TAFE Outreach. Students who are searching for an alternate ROSA pathway have been an area of specific focus for Mr Laing in this role.

### ESL Teacher/Support for International Students

Ms Lee fulfils the role of English as a Second Language teacher at our school, providing additional support to those students whose language background is not English. Alongside this, Ms Lee and Mr Robertson provide extensive support to International Students as they become accustomed to the NSW education system.

### Careers Adviser

As our school Careers Adviser, Mrs Fry is expert in guiding students as they prepare for the world of work. This can be a daunting and stressful process for students, hence Mrs Fry ensures that boys with particular career ambitions

have selected the appropriate academic or vocational pathway. She is also a vital link between our school and local TAFE colleges, and is able to assist the large number of students who combine TAFE with their school based courses.

## Reporting Bullying and Harassment

All Asquith boys are urged to report instances of bullying or harassment to any member of staff. These issues are generally taken up by the Year Adviser or Deputy Principal. Often this is a case of simple miscommunication or a poor attempt at humour and can be mediated successfully. On the rare occasion that there is a serious, ongoing issue of bullying or harassment, there is a clear system of investigation, discussion and appropriate action. Parents of all parties are informed of serious or ongoing cases and are most welcome to contact the Deputy Principal if they feel their son needs support.

## Communication between home and school

Effective communication between the school and a boy's family is an essential aspect of well-being. Asquith Boys HS staff communicate regularly with parents and carers by phone, email or letter to relay information about academic progress, health and an array of other important issues.

It is essential that the school is made aware of any factor that will affect a boy's learning or ability to function in the school environment. Teachers and Head Teachers should be consulted about issues pertaining to specific courses. Year advisers are an important first point of contact for parents for the more general enquiries outlined above. The Principal and Deputy Principal should be informed of all serious and/or ongoing issues so that the appropriate school or departmental resources can be deployed.

The most important thing for all students and their families to remember is that at our school, all boys are known, all boys are listened to and all boys are valued.

**Andrew Skehan**

**Deputy Principal**

## BARISTA BOYS CAFÉ MORNING TEA



The Barista Boys Café hosted a morning tea for residents of Christophorus House and Woodlands Retirement Village on Monday 3<sup>rd</sup> June. A delicious spread of sausage rolls, brownies, scones with jam and cream were cooked by Ms Bird's Hospitality class. The residents were entertained by conversing with all the Year 12 prefects.

The following report is written by Austin Carey of Year 12.

*"Unlike so many other school activities, the best thing about this event was not the food. You are of course asking what I'm talking about. Well dear readers, I am referring to the visit by residents of Christophorus House and Woodlands*

*Retirement Village to this fine educational establishment. Yes we 'hung out' with old people.*

*Now the first thing that might jump into your mind is old men complaining about their lawns and elderly women complaining about the 'youth today' but this could not be further from the truth! Delightful and sociable to the point of suspicion, these elderly and enthusiastic citizens were both conversational and interested in the lives of our students.*

*I personally had a fascinating conversation with a 92 year old German man about the social ramifications of science fiction and literature on society; so that was fun. All in all, even though it was only half an hour or so, conversing with the elderly people was definitely a positive experience and the prefects acquitted themselves respectfully and perfectly.*

*The cappuccino, flat white s and hot chocolates were delicious too!"*





# 2013 Athletics Carnival

The 2013 Athletics Carnival was held at Foxglove oval on the 9th of May. The weather could not have been any better for the boys to show off their athletic ability in the track and field events. It was a classic Asquith Boys Athletics Carnival that started off with a very foggy morning, where at first you couldn't see the other side of the oval, and soon turned out to be a magnificent sunny day.



Foxglove oval was filled with the announcer voices of Mr Moscos and Mr Lappas, mixed with the Year 12's booming music. The loud bang of Mr Yates' starter gun was accompanied by noise from cheering and excited spectators. The timekeepers clicking stopwatches tried to keep up with Ms Cookes' clicking camera. Who could forget the smell of sausage sandwiches and bacon and egg rolls coming from Mr Jones and his Year 12 students' BBQ.

All up it was a successful carnival with a very good turnout and everyone who attended helped make the day a memorable one. In fact, the turnout and participation of all the boys was the best it has been in recent memory.

There were a couple of excellent results from the day.

Firstly, in the 12 years, Jack Cotton beat the record in the 12 years 80m hurdles where he ran a time of 15.31, smashing the old record of 16.29 set by Chris Allan in 2010.



Secondly, James Thompson didn't break a record, however he had nearly the whole of the carnival to a standstill while he attempted to break the record in the 17 years+ high jump event. James unfortunately just nipped the bar on his third attempt for the record of 1.76m and didn't officially break the record, but to the crowds delight, he jumped the height on his 4<sup>th</sup> attempt.

In all of the age groups the competition was very close, which highlights the great athletic talent we have here at Asquith Boys High School.

The age champions for 2013 were

- 12 years – Jack Cotton
- 13 years – Harry Frederick
- 14 years – Konrad Morton-Stroud
- 15 years – Christopher Allan
- 16 years – Matai Koroï
- 17 years – James Bellamy

The Cooba house group was dominant on the day, taking out the Athletics House Championship for the third year in a row. These championship points are made up not only from the points from the athletes who get a place in a track or field event, but also from every single participant in all events.

Finally, a team of over 80 students travelled to the Sydney International Athletics Centre in Olympic Park on the 17<sup>th</sup> June and represented Asquith Boys High School at the Zone Athletics Carnival.

Results from this day will be published in the next backchat article.

*Mr C. Broome PDHPE Teacher*

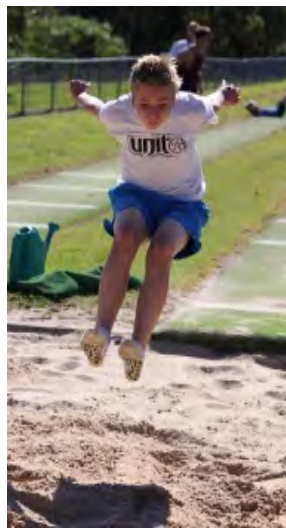
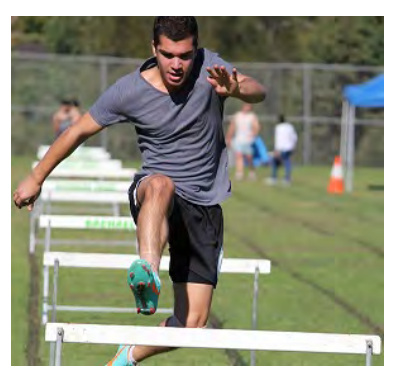




A  
T  
H  
L  
E  
T  
I  
C  
S



C  
A  
R  
N  
I  
V  
A  
L



Photography by Ms Cooke



# Year 11 and 12 @ AGNSW ARCHIBALD PRIZE



On Thursday 16<sup>th</sup> of May, Ms Cooke, Miss Walker and Ms Holder had a “most lovely” day out with the old blokes of ABHS to visit the Art Gallery of NSW.



Naturally, the day had to begin with **Meal One Second Breakfast** on the concourse at Hornsby Station (since it had been so long since we had eaten). A large group could not go beyond throwing \$\$\$\$ to their main culinary sponsor (McDonalds). At any rate, this was just one of the many meals over the course of the day.

**Meal Two Early Morning Tea** was enjoyed on the AGNSW steps as we waited to be escorted inside. Year 11 and 12 were overjoyed at the prospect of actual work while they were on the excursion.

After depositing our bags we went to see the Archibald, Wynne and Sulman Prizes. Everyone was asked to look at the hanging, lighting and labelling of the exhibitions and also the different types of artmaking entered into each competition. Everyone also had to select a favourite work from each which they responded to as a support from their own artmaking practice.



After a solid block of time in the exhibitions, the boys were starving and the girls were desperate for a cup of tea. Our boys showed initiative and set themselves up for a long lunch at the long tables outside the Art Gallery Café for **Meal Three First Lunch**.



After a lovely, civilised lunch in the gallery, we all reconvened to visit Dadang Christanto’s “*They Give Evidence*” installation in the New Asian Gallery at the AGNSW. This powerfully emotive and evocative Indonesian artwork presents a regiment of nude figure casts of both genders, holding their hands out in supplication to audiences who visit, in protest against war crimes and oppressive governmental regimes. We spent a long time investigating and analysing the work from different points of view. Experiencing it in person brought new perspectives to Year 12, who had learnt about and responded to the work in an exam in Year 11. Year 11 were yet to have their exam experience but it would come!

Everyone was visually exhausted after exploring the Christanto work and glad to be dismissed to make their own way home. Ms Holder, Miss Walker & Ms Cooke continued on with Josiah, James and Nick towards Town Hall but were waylaid along the route by the retail opportunities calling to us, resulting in the purchase of a very gorgeous jumper for one Thomas Blackett and a highly contentious pair of blue cowboy boots for Ms Holder (*see Mr Philip for more info on this!*).



It was a great excursion and the opportunity for the boys and staff to connect with new works is motivational for the teaching and learning of both practical and written Visual Arts. Needless to say, the day also became a photo shoot for those who are obsessed by such things. A fantastic day!

**Cath Holder**  
Head Teacher, CAPA



# Handy Hints for Improving Learning

*The following handy hints for improving learning are available for schools to use in newsletters. They are extracted from Andrew Fuller's book "Help Your Child Succeed At School"*

## **No. 1 Most Learning Doesn't Happen At School!**

Children spend only 15% of their time at school. They spend more time asleep (33 %) than they do at school. Most of their time (52 %) is at home, awake, mucking around, playing, and learning about life and it's what they do with that time that is important. Most of their future learning also won't occur in school, It is estimated that 70% of the jobs that will exist in the year 2020 do not exist now. We know that knowledge is doubling every three years. It is estimated that 50 years ago a high school graduate left school knowing about 75% of what they would need to know in their working life - today's high school graduate will leave knowing about 2%!

## **No.2 Organising a Learning Space for Your Child**

As your child grows and develops, there will need to be somewhere set up for them to study and do projects. Some kids just can't get themselves organised and may need a parent to take care of the practical aspects of setting up a home study area. The parent may also need to be responsible for keeping it neat. It's ok for parents to assist by thinking of ways to better organise notes as well.

## **No.3 Organising a Learning Space for Your Child - Lighting**

Natural or indirect lighting such as a desk lamp is best for learning. It is best for your child not to study under fluorescent lighting as it is related to raised cortisol levels in the blood stream (an indicator of anxiety and agitation). Cortisol also suppresses language functions. If you are purchasing a desk lamp try to avoid fluorescent lights.

## **No.4 How much Television viewing should I allow my child to watch if I want them to succeed at school?**

There is growing evidence to suggest that any TV viewing for children under the age of two impairs their ability to concentrate. As children develop, a small amount of television viewing is positively associated with academic achievement. A nine year old shouldn't watch more than one and a half hours per day. A thirteen year old shouldn't watch more than one hour a day. Bad news for those of you with older children! At 17 years of age the optimal amount of TV viewing is half an hour per day. While there is no real evidence on the amount of time spent playing computer games, it is a good idea to keep televisions and computer out of children's bedrooms.

## **No.5 How much sleep does my child need to succeed at school?**

A good nights sleep (at least 8 hours) is essential for optimal brain functioning at school. Memory consolidation occurs during sleep especially during dream (or REM) sleep. During the normal 8-9 hours of sleep, five dream (REM) cycles occur. Adolescents getting only 5-6 hours of sleep lose out on the last two REM cycles and thereby reduce the amount of time the brain has to consolidate information. Teenagers need as much sleep as children, partly because their brains are doing so much development. Always remember there is no such thing as a sleep bank. So just because you slept 10 hours one night doesn't mean you can get away with only sleeping six hours the next night. Students who don't get enough sleep have to work much harder to do well at school.

## **No.6 Know Your Child's "Down" time**

Everyone has a down time when they learn new information less well. As a rough guide, think of the time they go to sleep, then think of the time they usually wake up, calculate the midpoint of their sleep, add twelve hours and around that time is their "down time". For example, if your child sleeps from 9.30 pm to 7 am, the midpoint of their sleep is 2.00 am. Adding twelve hours takes us to 2.00 pm which is the time your child is likely to learn least well.

It is important for teachers and parents to know students likely down times so they can schedule in active, hands on learning at these times.

### **No.7 Eat a good breakfast**

If your Mum ever said have fish or eggs for breakfast because it's brain food, she was right! As long as it's medically safe to do so, a breakfast that is high in protein (think cheese, milk, bacon, eggs) and lower in carbohydrates (think cereal, orange juice and toast) promotes concentration and learning.

Also encourage your child to drink lots of water- the brain runs on it!

Students who don't eat breakfast are not only more likely to gain weight; they will also have to work harder than others to do well at school.

### **No.8 Use Music**

There is a growing evidence to suggest that playing instrumental music softly in the background enhances learning. Pachabel's Canon, Mozart and Baroque music seem to be particularly effective though you might like to use a range of music.

It is always good to have students study for some time without music. Exam rooms don't have music playing in them.

### **No.9 Use aromas**

Most people have had the experience of smelling a particular aroma and having a series of memories flood back. Partly this is because your olfactory nerve is directly linked to the hippocampus, which is the part of your brain where memories are integrated. The aromas most often associated with improvements in concentration and memory are lemon, basil and rosemary.

### **No.10 Monitor their use of video and computer games**

Video games are incredibly popular and give a sense of great mastery, challenge and involvement. Boys particularly use video games in a social way. It is important to realise that the use of video and computer games is not completely passive. Too much playing of these games can be negative. These games can be so compelling they become addictive. While some games require quite intricate problem solving, the skills learned on these games do not appear to readily transfer into other arenas of life. Very few of the games require creative problem solving or an opportunity to be an active participant in determining a story line. Some exposure to computer games is good. Too much though, can be toxic. Sadly, there is no research that tells us what the right amount of time spent of computer games should be so you'll need to think about the balance of your child's life and their range of activities and interests.

### **No.11 Help them to build the essentials skills for success.**

Three of the skills needed for success at school (and in most areas of life) are concentration, memory and sequencing or getting things in the right order. The games that parents play with their children such as Snap, Uno, Concentration, Battleships, Monopoly, Chess, Jigsaw puzzles all play an incredibly important role in developing these skills of success.

Computer versions of these games are not as effective in helping children develop these skills. To really help your child to succeed at school every so often switch off the TV, unplug the computer and pull out a game.

### **No. 12 Limit the amount of part-time work**

Senior secondary students should not work more than ten hours a week at a part-time job. If they do so, there is clear evidence that their marks will suffer.



# How to increase your marks

by Andrew Fuller

Getting better marks has a lot to do with how you approach studying. The twelve most powerful ways to increase your marks don't involve you working harder but they do involve you working smarter.

## 1. Study in silence.

This is the single most powerful way to increase your marks. Spend at least 20 minutes of your study time in silence. No texting, music or computer screens. Outcomes improve when you practice in the same conditions you want to perform in. In the exam room there won't be music, mobile phones or computer screens.

## 2. Organise & transform the information you want to learn.

Just reading your notes over and over again doesn't really work. Your memory stores information best when you organise or transform it. This means organising your notes so that the main idea is highlighted on each page. Then take your notes and turn them into a flow chart or a mind map or see if you can fit them to a song you know well or make it into a sound recording. The more times you can transform and re-organise the information the more firmly it is remembered.

## 3. Put off pleasurable activities until work is done.

This is a painful one but if you play computer games before you get down to studying, the levels of dopamine in your brain lessen and you will lose the drive and motivation you need to study effectively. Work first, play later.

## 4. Talk yourself through the steps involved.

One of the things that highly successful students do is to explain out loud to themselves the steps involved in completing a task. This applies to every subject area. By saying out loud, "First I have to do.... Then I have to do...." and so on, any part that you are uncertain about becomes clear and you can then use this to guide where you need to do more.

## 5. Ask for help.

Teachers want their students to be interested and to do well. You will be amazed if you ask a question how many other people don't understand it either. If you are really scared about asking questions in class, have a private talk to your teacher about this.

## 6. Take notes.

Just writing down the ideas that you have makes a powerful contribution to your marks. Don't just write down what the teacher writes. Make notes of any ideas you have as well. Never rely only on the worksheets given out by teachers or your own capacity to remember information later.

## 7. Write & re-write key points.

Writing the main points of the area you are learning helps you to remember them. If you can add in re-organising and transforming them into different formats (drawings, flow charts, podcasts etc.) that makes it even more powerful.

## 8. Make lists & set priorities.

Make a "to-do" list each week. Write down in your diary the most important things to be done in each subject each week.

High scoring students do a little bit on each subject, a lot rather than doing a lot of work on one subject every so often.

If you are doing subjects that involve presenting a folio or preparing a presentation, it is still important to do work on the other subject areas.

## 9. Prepare for class.

Become knowledgeable about the area you are learning about by doing your own research. If you can learn about the area before you start not only will you have an advantage, it will also make more sense to you as you begin classes on it. Take notes on your own research.

If you can, read over your notes before class to re-fresh your memory.

## 10. Keep a record of how much study you have done.

It increases motivation when we can tick things off lists and when we can see how much we have done.

## 11. Use memory aides.

These are tools that help you to remember information. For example, "Every Good Boy Deserves Fruit" help people remember that EGBDF are the lines of the music staff. The rhyme, "thirty days have September, April, June and November" helps us to remember the calendar.

School requires more memory skills than any job you can think of. The best way to

remember something is to transform it. If it's visual put it into words, if it's verbal, create a picture or graph of it, use lists, acronyms, tables, graphics, and link new information to things you already know.

Long-term filing works best if you go right to sleep - the minutes before bedtime are crucial.

## 12. Set study times.

The last method is to decide when you are most alert and to set aside some time at that time of day to study. If you wait until you are in the right mood before beginning to study, you may wait forever.



This initiative provides the Responsible Service of Alcohol (RSA) course to young people completing Year 11 or 12 at a school in the Hornsby and Ku-ring-gai Local Area Commands.

The course is offered to students who are 17 years or older (at the time of the course) at a subsidised cost.

**Cost:** \$50 and includes the new RSA card (normally valued at \$165)

**Where:** This one day course will be delivered at **The Northern Sydney Institute, Part of TAFE NSW: Hornsby Campus, 205 Pacific Highway, Hornsby**  
9.30am - 4.30pm  
Tuesday 2 July, Wednesday 3 July or  
Tuesday 9 July

**Register:** Places are limited.  
Register by phoning **9448 6301** or by sending an email to [nsi.hospitality@tafensw.edu.au](mailto:nsi.hospitality@tafensw.edu.au) to request the course enrolment link.

RSA 4 Schools is a partnership initiative of



## RSA 4 Schools Project

**Our school has been offered the opportunity for Year 11 and 12 students to take part in the RSA 4 Schools project.**

The project aims to improve young people's understanding and education around alcohol, including the laws related to alcohol and its supply. This is done by providing subsidised places in the Responsible Service of Alcohol (RSA) courses for students, who then return to school to share what they have learned with their peers.

**Students that are 17 years or older (at the time of the course) are invited to register for these subsidised places.**

Three courses will run during the July school holidays. Each RSA course runs for one day.

Young people, not only gain a valuable learning experience, but also their RSA card, which can provide valuable employment opportunities.

Please see Mrs Fry if you would like more information about these courses.

*RSA 4 Schools is a partnership project, supported by Hornsby Police, Hornsby Shire Council, Hornsby Community Drug & Alcohol Team, Northern Sydney Local Health District (Health Promotion and Youth Health), 2realise, Northern Sydney Medicare Local, Northern Sydney Institute TAFE and Cancer Council NSW.*

## CHRISTIAN STUDIES NEWS .... Room Twenty-five

**Room Twenty-five** is a new Thursday lunch time activity for the students at ABHS. The group is student led and is regularly seeing a large group of boys coming to hang out and hear from fellow students about their journey to faith, as well as praying for our school.

It provides a great opportunity for young men to develop their public speaking skills and confidence in leadership. We have also hosted a couple of guests so far: Nick W (a parent of a year 7 boy) inspired everyone with his faith journey which included a heart transplant. We also hosted Josh Wengi a local church youth leader and ex student of ABHS who sharing at our last meeting of this term.

A big thanks to the English department for the use of room 25 each Thursday Lunch!

**Phil Banton, Christian Studies Teacher**





# Sydney Writers' Festival -

## 21<sup>st</sup> May

*It began with a Hornsby Station meet up and a train ticket to Parramatta. The weather be it important or not was quite fine as an array of students came to head off. A few were late but that was to be expected, mornings have such an effect on people. So we caught our train and off we went. Located at Parramatta's Riverside Theatre there was to be four speakers present with each of them being just as unique as the last, spaced with two before lunch and two afterwards it allowed for book signing and book buying, both of which came about by the students and Ms Kelly of Asquith Boys. Unfortunately for us our arrival to this venue was halted by the fact that we were heading off on a delightful trip to Wahroonga rather than our planned destination. This was of course stopped as soon as it was realised but it did make us run quite late. So proper train caught and the off foot traveling done we hustled down to the Theatre to enjoy our hosted presentation. They had saved a row for us towards the back so we packed in as quickly as possible as the first speaker had already begun. Author and illustrator originally for children's books Ambelin Kwaymullina has moved onto teenage novels with her first "The interrogation of Ashala Wolf", A fan of sci-fi/fantasy writing Ambelin gives advice on writing, life and how science fiction reflects today's world. Intertwined with examples from her novel, she explains how she was able to amplify the problems of today and show them in a different environment allowing us to see these more clearly. Before coming to the next speaker there was a dedicated question time where members from the audience (all who were high school students) were allowed to ask questions directly to the Author. Featuring our very own Austin Carey, an array of good questions and answers were brought up including her advice; "The story always comes first, then the world building" - an excellent although sometimes hard to accept fact to bring up when writing something.*

*Our second speaker of the day came from the comedian Danny Katz who recently wrote the book S.C.U.M, a funny although slightly crude book on teenage life. Danny's personality seems to match his work leading the audience to spontaneously fall into laughter at very regular intervals. This was of course lots of fun but there was some very good advice layered between smiles. His most memorable was to spew all over your page. This of course would be bad advice if taken literally but helpful for the message it contained, which was just to write something down and to keep writing even if its crap because there is always time to fix something but only if there is actually something to fix.*

*After the book signing and food eating of the lunch break we got introduced to our second speaker, the award winning James Roy. Author to the celebrated short story collection "Town", James gives advice on drawing from real life as well as a handy tip for getting good service at a restaurant (involving writing of course) his advice specifically for short stories was to think of it like writing either the end or beginning of a book and then go from there. Unfortunately a few members of our excursion had to leave to participate In TAFE events which was unfortunate for them since our last speaker was the most controversial of the lot. Author to over six books the American living Libba Bray brought entertainment as well as information to our event. Through interacting with the students she demonstrated how a story can be made from anything no matter how outlandish it may seem to be, as well as good techniques to get these ideas in the first place. While commenting on how Australian we all sound Libba gives off a humorous while informative end to the day with her comparatively decent impersonation of the Lady Gaga hit Bad Romance. After that short but ecstatic performance we travelled on home, luckily without any unplanned detours or miss-happenings. All in all the event was a delightful, useful but most importantly educational day giving many techniques, ideas and advice helping us in our writing capabilities.*

**by Harry Tuynman (Year 10)**

# MISS MASHMAN & MACHU PICCHU INCA TRAIL

Miss Mashman (Drama Teacher)  
is about to take on the  
Youngcare Australia  
MACHU PICCHU INCA TRAIL  
Challenge 2013.  
Will you show your support?



## **My challenge:**

Did you know that right now 7,500 young Aussies are living in aged care, simply because there are no other options? This isn't right, and you can help to make a difference.

Youngcare is an organisation that brings greater choice in care and housing for young people with high care needs. I am taking on the 2013 Youngcare Machu Picchu Inca Trail to help raise funds and awareness for Youngcare. All young people deserve to live a young life, and this challenge is celebrating the essence of what it means to be young.

Youngcare has a history of adventure challenges to encourage people to go out of their comfort zone and experience some of the mental and physical challenges that could be compared to a young life in aged care. But this is no life, it's merely an existence.

I will be conquering one of the most isolated tracks on the Inca Trail with the altitude peaking at 4,000 metres. While I will conquer my own limits, my most important challenge will be to raise money and awareness for young people with high care needs.

## **With your support**

Together we can help Youngcare create real change for young Aussies in desperate need. I am committed to completing the Machu Picchu Inca Trail Challenge 2013 and through this challenge, raise awareness and much needed funds.

One of the New Seven Wonders of the World is waiting for me, and I am determined to conquer the high altitudes and the isolation of the trail to give young Aussies greater choice in their care and housing options.

**To support my Challenge and young Aussies with high care needs, please contact me:**

**Miss Mashman**

**[ljmashman@gmail.com](mailto:ljmashman@gmail.com) OR [laura.mashman@det.nsw.edu.au](mailto:laura.mashman@det.nsw.edu.au)**

## **Sponsor Miss Mashman online at**

**[http://www.youngcaresupporters.com.au/laura\\_jane\\_mashman](http://www.youngcaresupporters.com.au/laura_jane_mashman)**

I am asking for your support to help me complete the Youngcare Machu Picchu Inca Trail 2013. To qualify, I must raise \$8,000 to help drive change and create real choices for young Australians with high care needs.

**For more information about the Challenge please contact Youngcare's Event Manager  
Bronwyn Glass on 07 3041 3400 or visit [www.youngcare.com.au/machupicchu](http://www.youngcare.com.au/machupicchu)**





## THE WORD FROM ENGLISH

Term 2 has been an academically rigorous and enriching term for our boys in English. All year groups have continued to develop their skill in extended, structured writing with the goal of striving to achieve their personal best in English and (hopefully) build a lifelong love of literature and learning.

There is no doubt that Term 2 is an incredibly busy time of the year for our students in English and all their other subjects. Therefore, some students can find it very stressful trying to keep up with the demands placed on them by their teachers. The holidays provide a wonderful opportunity for 'mental regrouping' to get back on track and stay focused on strategies to achieve academic success. I encourage all our boys to take the time over the holidays to organise themselves and set positive learning goals. A holiday organisational to do list may include:

- Cleaning out the bag!
- Pasting in any sheets that are floating around or shoved in the back of books (you WILL need these for revision).
- Repairing or replacing books that are in a state of disarray (KEEP your old book; you will need these for revision).
- **Students with Laptops:** Organise your digital files into subject folders as well as topic area folders and BACK UP ALL FILES.
- **Senior students:** Read over prescribed texts, re-read class notes and get started on your study notes and perfect paragraphs (time ALWAYS passes quickly in the lead up to exams).

It's actually a wonderful feeling to be **organised** and helps attain the **mental clarity** needed to be a successful student. It would be fantastic to see all our boys making a real effort to stay on top of organisational issues and make the commitment to further academic successes in Semester 2.

### Other English News

- Year 7 is attending Poetry in Play incursion on Tuesday where they will experience poetry being performed.
- Year 11 enjoyed a theatre excursion to Bondi to see David Williamson's *The Removalists* - Thanks to Miss Nabavieh for organising.
- All debating teams have engaged in a series of challenging debates against Hornsby Girls High School, Asquith Girls High School and Galston High School – Thanks to coaches Miss Nabavieh, Mr Kennedy, Ms Kelly and Mr Roberts.

- A group of students from Year 7-12 joined the activities of the Sydney writer's Festival – Thanks to Ms Kelly for continuing to encourage our boys with their creative writing.

Finally, a very big **thank you** from all of the English staff (and I'm sure the boys in his classes) to Mr James Kitto for joining the English Teaching Team for Semester 1; his enthusiasm and skill have greatly enhanced our faculty. We wish him all the best as he continues his teaching career in the UK.

*Ms J. Schadel*  
*Head Teacher English*



## SCIENCE

### Science Competition

Over 80 boys sat the annual UNSW Science competition this month. Last year we achieved an unprecedented number of distinctions and credits and this year we hope to surpass last year's efforts. Results will be available in August.

### Year 10

All year 10 boys are working on their Science Research Projects which are compulsory for all Year 10 students in NSW. This project aims to build the boys' skills in running and writing up a major individual research task by themselves but we also encourage them to ask for help when needed. The research tasks need to be handed in by mid August.

### Year 9

Mr Robertson and Ms Rui have been running a project where groups of boys had to build a solar oven to heat water in. The boys were given an opportunity to modify their design to include improvements. Many of the groups build solar ovens that could increase the temperature of the water by over 15°C in less than 10 min. This was impressive for late autumn. The project may be repeated in summer for more drastic temperature increases.

### HSC

Our Year 12 boys now only have 1 term left to complete their course before the HSC exams start in Term 4. I recommend all boys start to increase the amount of past HSC questions they do as part of their regular study routine and set time limits to mirror the HSC time limitations. You can never do enough exam preparation in the coming months.

*Mr S. Robertson*  
*Head Teacher Science*



## Greetings from HSIE!

Semester One is coming to a conclusion and teachers have been extremely busy writing comments on reports, giving professional feedback to parents on how their son has progressed this semester. For many courses, particularly the **electives** and **junior courses**, results have been extremely pleasing and students have produced some excellent work by way of Research Assignments, Project Displays and Models. We have experienced the Wattle and Daub Huts, the North American Tepee, Weapons from the Middle Ages and the Trojan Horse! All in all, an enlightening trip through the ages.

In Semester Two, we hope to have our annual Ancient and Medieval Day with James Adams – always a treat.

**Seniors** have not been idle either. Solid class work and homework has been supported by excursions to Professional Lecture and Seminar Days. Recently many of our Ancient, Modern and Extension History students were present at the HTA Study Days at Macquarie University and Legal Studies Lectures and Observations at the Family Law Courts in the city.

With the mid-semester break approaching, this is the time to “knuckle down” and assess where you are heading as a student. Teachers are giving their time in Ancient History and History Extension amongst others, to have special study days with the HSC cohort. More days will take place in the October break.

Can I once again encourage all parents to be on top of the work situation. Being proactive will help all of us as a team improve your sons' outcomes.

More next term – have a great holiday and keep safe!

*Mr G. Moscos*  
*Head Teacher HSIE*



## MATHS

**Reports** - Semester 1 reports have now been completed and are ready for distribution. These reports will reflect our student's abilities, efforts and achievements from January through to Week 6 Term 2. Therefore any recent tests will not be included in this Semesters report but feedback from these will be available at the next Parent teacher night on Monday 22<sup>nd</sup> July.

**Years 7 & 9** - It has been a busy period for our Year 7 and 9 students. They have participated and have survived the annual NAPLAN Tests. It can be quite a stressful time for our students so this year we distributed a number of practice papers to help improve their strategies and techniques. It is hoped as a result we can build on our previous year's successes.

**Numeracy and Literacy Booklets** - In Monday/Friday Roll call all our Year 7-10 students work on Numeracy or Literacy booklets. The content of these booklets cover all subject areas with an embedded Numeracy or Literacy theme. In term 1 it was the Year 8 and 10 Students who focused on Numeracy while Year 7 and 9 completed their Literacy booklet. This term our Year 7 students are working on the “Number Crunching” Numeracy booklet and have sat a short test based on the subject matter concerned. Our Year 9 Students started their booklets “Not just making up the number” in Week 3 of Term 2. They have also sat a short test. Their efforts and progress is reflected in the current reports. Next term it will be the turn of our Year 8 and 10 students to work on their Numeracy booklet.

**Australian Maths Competition** - The Australian Maths Competition is on the horizon again and takes place this year on Thursday 1<sup>st</sup> August and will involve challenging questions for our top Maths classes as well as problem solving. Prizes include cash and certificate of merit. There is a minimal cost of \$5.50 for each student which should be paid to the front office as soon as possible.

**Year 12 Exams** - Over the coming weeks our Year 12 students will be preparing for 2 very important Exams in Maths. There will be an assessment task set for the end of Term 2 followed by the very important Trials in week 4 starting Monday 5<sup>th</sup> August. The students have been working hard on revision for their exams over the last week or two. It is with this in mind that we remind parents and students alike of the fantastic resources available to study with access to the internet. The Board of Studies website has a substantial store of past papers going back more than 10 years (with solutions). There is also access to Moodle via the school website. Each student should have a password which allows them to use this valuable resource. This year the Maths Department is encouraging students in Year 12 to buy HSC Revision Books which include past papers, from the school. All interested should speak to Mr Lappas sooner rather than later.



## Problem of the month

What is special about this number: 8549176520

Answer in the August Backchat

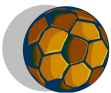
Hope you all have a great winter break from the Faculty of Mathematics.

*Mr J French*  
*Teacher Maths*

## SPORT

### Under 13's Soccer

***A quick report on all the under 13 sides that play grade soccer for the school:*** Congratulations to all players from all the grade sport teachers who coach you. We have been impressed with the positive way you have played the game and how sporting you are on the field. All sides have had some success and it has been terrific to see all the boys supporting each other regardless of the team they play in. Well done and good luck for the rest of the grade sport season.



*Mr M. Blackwood*

### Junior & Senior Hockey

How is grade hockey going at ABHS? As a coach I'm more than pleased with the boys' performances both on and off the field, albeit we have not won a game in the seniors and have only won one game in the juniors.



The senior boys help, support and mentor the juniors which are primarily made up of Year 7 boys who have not played hockey before. They all travel together as a group each week because our sport is always played at a venue away from school with our home ground being Pennant Hills Park. They always arrive happy (sometimes very wet!!!) and ready to play.

Our games last Wednesday against North Sydney Boys were our closest games this season both in the seniors and juniors. The juniors held NSB to 1 nil at half time and were a little unlucky not to have equalised through some adventuresome play, launching some long balls across the goal D area and having a number of players "parked" on the goal posts looking for the deflection. However the goal didn't come. The second half saw us eventually succumb to their pressure, letting in a second goal with the final score being 2 nil.

The seniors game was also a very tight affair with the score at half time nil all with both teams missing scoring opportunities. The second half was just as tight however NSB converted a number of set plays scoring 2 quick goals mid

way through the half which was the final score line.

I must say that these boys are a delight to look after for sport. The majority of them have been part of the grade hockey team since Year 7, most now are in Years 10/11, and have developed into a very mature and likeable group of young men. I hope that the junior players from Year 7 this year continue to play throughout their school life and develop into fine young men as well.

Well done boys! You are a credit to ABHS.

*Mr R. Johnston*



## Wing Chun Kung Fu 10 Class Pass for only \$29

Early bird bonus: FREE T-shirt!



Hornsby Wing Chun Academy  
0425 265 491 [www.hwca.com.au](http://www.hwca.com.au)

Master the Art of Wing Chun Kung Fu, just like the famous Bruce Lee and Ip Man!

Wing Chun training provides practical self defence skills that can help keep children and adults safe from violence. Even if they never need to use it, the peace of mind is invaluable!

However, Wing Chun is a lot more than just a martial art. Classes start with the Siu Nim Tao form, kind of a standing meditation. Benefits of this training include:

- ✓ Improved focus and concentration
- ✓ Better posture and body awareness
- ✓ Physical and mental relaxation
- ✓ Stress relief
- ✓ Practical self defence skills

\*Early Bird Bonus: Be one of the first 5 in each issue of Backchat to take up this offer and also receive a \$50 discount off your second class pass purchase and a FREE Hornsby Wing Chun Academy T-Shirt!

Location: Hornsby Uniting Church, 24 William St Hornsby  
Contact: Instructor Mark Laing 0425-265-491 [wingchun@hwca.com.au](mailto:wingchun@hwca.com.au)  
Price: 10 class pass for only \$29. Normal price \$175 adult, \$140 concession.



## CAREERS

### Recent Events

#### Barista Training Courses

20 students in Years 8 and 9 were involved in the Barista Boys Training Days to learn how to make and serve a variety of espresso coffees. The students will now put their new found skills into running the Café every Tuesday for staff members. Many students have managed to obtain part-time jobs in Hospitality due to this successful school to work program.

#### Gaining a Higher Education qualification through TAFE

On Friday 21st June Year 12 students attended a talk by Jenny McNamee from Hornsby TAFE on Northern Sydney Institute TAFE courses for 2014, the process of enrolling and the three main ways to gain a Higher education qualification through TAFE.

This is a great pathway for students to gain a degree by eg: do an Advanced Diploma in Hospitality, Business, Marketing or Management and then articulate into the Bachelor of Business Administration

1. **Articulation Pathways** eg Macquarie University Special Arrangements with NSI, (eg do an Advanced Diploma in Hospitality, Business, Marketing or Management at TAFE and then articulate into the Bachelor of Business Administration

2 **Stay at TAFE and study a university degree** eg: do a Advanced Diploma in Accounting, Business, Events, Hospitality, Human Resources marketing, or Tourism at Crows Nest TAFE and then in the 3rd year gain a Degree in Business Studies from Charles Sturt University all at Crows Nest TAFE

or **Study a TAFE NSW Higher Education degree** at NSI eg **Bachelor of Information Technology (Network Security) at Meadowbank TAFE**

If parents would like a copy of the PowerPoint please contact Mrs Fry and this will be emailed to you.

### Coming Events

Free **Apprenticeship and Traineeship Expo** on Wednesday **31st<sup>h</sup> July** 2103 from 4 to 7pm at the Hornsby War Memorial Hall, 2 High St, Hornsby. Many employers will be in attendance and students looking for an apprenticeship or traineeship are encouraged to attend with copies of their resume. Parents are welcome to attend.

**School Based Apprenticeships and Traineeships Information Evening** will be held on Wednesday **14<sup>th</sup> August** 2013 from 6.30pm to 8pm at Checkers Conference Centre, 331 Mona Vale Road, Terry Hills. Hear from Australian Apprenticeship Centres, Registered Training Organizations, Employers, Department of Education & Communities representatives and Current school Based Apprentices/Trainees

**A Year 12 Careers Night "Focusing on University Options** will be held on Wednesday **21st August** 2013 at Cherrybrook Technology High School from 5.30-9pm. There will be a speaker on Pathways to University, Gaining Scholarships, TAFE Degrees and a talk on the university applications process through the University Admission Centre. Most universities will be in attendance. Participating schools are Asquith Boys High, Castle Hill High, Epping Boys High, Galston High, Normanhurst Boys High, Oakhill College Pennant Hills. I would urge all ABHS students to attend with their parents. Further information will follow

### Important Information

#### Year 10 Work Experience - Monday 14<sup>th</sup> to Friday 18<sup>th</sup> October 2013

All Year 10 students have been issued with the necessary paperwork and should be actively looking for suitable employers.

All placements should be finalized by the beginning of Term 3.

#### Year 12 Careers Interviews

All Year 12 students are urged to make an appointment with the Careers Adviser to ensure they are planning their career options for 2014.

**New Department of Education Careers website:** [www.seek2b.com](http://www.seek2b.com)

**This new website has many uses for students and also for parents It provides**

- Up to date Careers News emailed directly to students' and parents' home email address on any of the 100 plus careers on the website.
- Videos to watch on all careers
- Practical ways to improve a student's chance of winning employment in their chosen career.
- The NSW based HSC subjects suitable for their career including links to TVET course descriptions



- Courses students can study for their chosen career after the HSC with direct links to their entry level TAFE courses, University degree listing with their ATARS and direct links to Private Colleges.
  - Current job vacancies on each career from CareerOne and specialised Group Training Companies
  - 2013 ATARs –ALL FIELDS in the UAC Handbook Index with Direct LINKS to UAC descriptions
  - Coming soon !- a listing of the earning (weekly and annually) across nearly 300 occupations
- At the moment there is free access but soon there a password to access this site. . ABHS is paying a subscription for all students to use and the password will be issued when required.

[www.mhscareers.com](http://www.mhscareers.com)

A reminder to all students to visit this website for important information on career activities. Login with “student” and the password is **mhs2013**. Parents can also login as “parent” This is a very useful site for career researching and finding out about all the career events and opportunities that come up throughout the year.

Mrs J. Fry, Careers Adviser



<b>APM College of Business and Communication</b> North Sydney 27 August, 10 December	<b>Griffith University</b> Gold Coast campus 11 August	<b>University of Newcastle</b> Newcastle campus (Callaghan) Information Day 24 August Central Coast campus (Ourimbah) Information Day 17 August Port Macquarie campus Information Night 29 August
<b>Australian Catholic University</b> Cairberry campus 31 August North Sydney campus 7 September Strathfield campus 7 September	<b>International College of Management, Sydney</b> Manly campus 18 August	<b>University of Sydney</b> Sydney Uni Open Day 31 August
<b>Australian College of Applied Psychology</b> Sydney campus 31 July, 18 September	<b>La Trobe University</b> Albury - Wodonga campus 30 August Mildura campus 14 August	<b>University of Technology, Sydney</b> UTS Open Day, City campus 31 August UTS Open Day, Kuring-gai campus 7 September
<b>Australian Maritime College</b> Beauty Point campus 25 August Newnham campus 25 August Campus tours can be arranged by appointment. For further information, call (03) 6324 9646	<b>Macleay University</b> 24 August	<b>University of Western Sydney</b> Open Day, Parramatta campus 1 September
<b>Australian National University</b> 31 August For campus tours, visit <a href="http://students.anu.edu.au/events/campustours.php">http://students.anu.edu.au/events/campustours.php</a>	<b>Macquarie University</b> 14 September	<b>University of Wollongong</b> For personalised campus tours and special events, call 1300 367 869
<b>Billy Blue College of Design</b> North Sydney 20 June, 3 October	<b>MIT Sydney</b> For campus tours/appointments and course information, call (02) 8267 1400 or visit <a href="http://mit.edu.au">mit.edu.au</a>	<b>William Blue College of Hospitality Management</b> North Sydney 17 August, 10 December
<b>CQUniversity</b> Sydney campus 8 August For campus tours or other information, call 13 CQUni (13 27 86)	<b>Southern Cross University</b> For personalised campus tours and special events, call 1800 626 481 or (02) 6620 3975 or visit <a href="http://www.scu.edu.au/campustours">www.scu.edu.au/campustours</a>	
<b>Charles Sturt University</b> Open day every day For campus tours/appointments and course information, call 1800 DEGREE (1800 334 733) or visit <a href="http://www.csu.edu.au/campustour">www.csu.edu.au/campustour</a>	<b>University of Canberra</b> 31 August	
	<b>University of New England</b> 3 May For personalised tours, call 1800 818 865	
	<b>University of New South Wales</b> Open Day 7 September Australian Defence Force Academy, Canberra 31 August	

**UAC**

### Key dates for 2014 semester 1 admissions

<b>Applications</b>	
Applications open	Wednesday 7 August 2013
<b>On-time applications close for semester 1 study</b>	<b>Friday 27 September 2013</b>
Late applications close with late fee*	Thursday 31 October 2013
Late applications close with late fee*	Friday 29 November 2013
Final closing date for semester 1 study	Thursday 21 February 2014
<b>HSC and ATARs</b>	
HSC results released by NSW Board of Studies	Wednesday 18 December 2013
<b>ATARs released by UAC</b>	<b>Thursday 19 December 2013</b>
<b>Change of preferences closing dates</b>	
<b>For consideration in Main Round</b>	<b>Saturday 4 January 2014</b>
For consideration in January Round 3	16 January – 23 January 2014
For consideration for semester 1 study	30 January – 31 January 2014
<b>Offers released</b>	
October Round	Thursday 24 October 2013
November Round	Thursday 14 November 2013
December Round	Thursday 5 December 2013
January Round 1	Friday 3 January 2014
<b>Main Round (January Round 2)</b>	<b>Thursday 16 January 2014</b>
<b>Later Rounds</b>	Thursday 30 January 2014
	Thursday 6 February 2014
	Wednesday 12 February 2014
	Wednesday 19 February 2014
	Wednesday 26 February 2014

\*Fees and charges for 2014 admissions are to be confirmed.



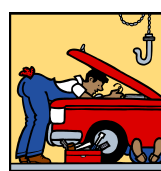
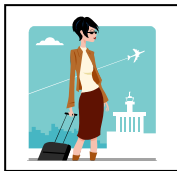
**WANT TO STUDY BUSINESS WHERE BUSINESS HAPPENS?  
CONNECT: SYDNEY BUSINESS SCHOOL**

**OPEN DAY**  
SATURDAY 31 AUGUST 2013  
1.00–6.00 PM  
GATEWAY BUILDING  
LEVEL 8  
1 MACQUARIE PLACE  
CIRCULAR QUAY  
RSVP: by 26 August to [business-events@uow.edu.au](mailto:business-events@uow.edu.au)

In 2014, the University of Wollongong's Sydney Business School will be offering two new Bachelor degrees in **Banking and Financial Services** and **Accounting and Financial Services**.

- Study in the heart of the city
- Connect with businesses related to your degree
- Offered to only 40 students each intake
- Developed in collaboration with financial services industry

[www.sbs.edu.au](http://www.sbs.edu.au) **SYDNEY BUSINESS SCHOOL**  
UNIVERSITY OF WOLLONGONG



# Kickstart your Career

School Based Apprenticeships & Traineeships can be done as part of your HSC!!!

GET A HEAD  
START WITH  
YOUR CAREER

COMBINE  
SCHOOL,  
TRAINING  
& WORK

EARN A  
TRAINING  
WAGE

By undertaking an Apprenticeship or Traineeship students are able to:

- Combine school studies and workplace training
- Gain structured workplace experience
- Earn a wage
- Gain a nationally accredited qualification
- Earn units of study towards their HSC.

## School Based Apprenticeship

- ✓ 5 year program - 2 years at school and 3 years post school
- ✓ Certificate III/IV Qualification
- ✓ Paid work 100 – 180 days minimum
- ✓ Financial Incentives
- ✓ HSC Units

## School Based Traineeship

- ✓ 2 year program - years 11 & 12
- ✓ Certificate II/III/IV
- ✓ Paid Work 100 days minimum
- ✓ Financial Incentives
- ✓ HSC Units



Education &  
Communities

For further information go to [www.sbatinnsw.info](http://www.sbatinnsw.info) or contact your School Careers Adviser or Vocational Education Consultant & School Based Apprenticeship & Traineeship Coordinator on 9941 3000.



# P&C Association

**Hello ABHS community,**

Your P&C met on Tuesday 28<sup>th</sup> of May with another great attendance.

Many of our boys have achieved great personal goals and have been recognised for exceptional accomplishments over the past month in academic, sporting, leadership & citizenship areas:

**Nick Bepper**, one of our Year 12 prefects, has been announced as the winner of the PCYC - William Mackay "Leadership & Citizenship Award" for community service. There have only been four recipients in 75 years. Congratulations Nick on a great achievement.

**Harry Gibbons**, one of our Year 11 prefects, has received a nomination of an "Order of Australia Citizenship Award". This is a great achievement as only 20 awards have been given out across NSW. Well done Harry.

**Jack Ryan**, from Year 8, has excelled in the State All Schools swimming meet winning the 50m freestyle. Jack will now progress to the National Titles, that is at all public & private schools level. Good luck Jack.

**Luke Alexander**, Year 10, has achieved great success in the CHS Sailing competition, winning two Gold medals and one Silver in his events. Well done Luke.

**Harrison Endycott**, Year 11, is the State Junior Golf Champion. Also Harrison has won a Golf Scholarship in the US. This is a great achievement for Harrison, and we wish him all the best for the future.

In team sports, our ABHS 1<sup>st</sup> **Grade Cricket** squad has achieved 3<sup>rd</sup> placed Bronze medallists in the Alan Davidson Shield State Cricket Knock-out competition. This is a very good result in a very keenly contested competition.

The ABHS **International Soccer Tour to New Zealand** has been a great success, both on and off the field. The tour of 30 of our boys, led by faculty members George Moscos and Mike Blackwood, played games in Auckland, Wellington, Dunedin and Christchurch. As with all of these tours our boys have again proven to be great ambassadors for our school. Next year's tour is being planned with Hong Kong & Singapore as the likely countries being visited.

Another great touring success has been the **Languages tour of Japan**. Faculty members Jodie Lorrae & Amy Robertson led 15 of our boys on the tour during the last school holiday period. This great initiative has been such a success that further tours are already being planned.

As of our ABHS May financial report, **47% of school fees** have been paid. Our school administration team will be sending further reminders and specific fee requirements during the term. Your school fees play an important part in the ongoing functioning of our school. The general fees are important to support the ongoing resources across all faculties, our school library and support many of the initiatives in the day to day running of the school. The fees for elective subjects are especially important for the specifically requested subject choices of our boys. The fees combined are extremely important for our boys' educational experience and the P&C urge all parents to ensure that their contributions are paid promptly to our school.

Did you know that ABHS now accepts **direct bank deposits** for our boy's school fees? This is a quick and easy way to finalise our contributions. Please contact the school office on 9477 3508 for details.

The 2013 ABHS **Community Fun Day** preparations are progressing very well. Many of our events, entertainment, as well as the food and beverage options are being finalised. In addition your P&C has made the decision that our major fundraising goal for this year is to support the Hospitality faculty in the design & build of a new outdoor eatery, which will be the focal point of the Hospitality Block.

Your support for the ABHS Community Fun Day on Sunday 8<sup>th</sup> September will be greatly appreciated.

**Some important dates to lock into your calendars:**

- **Grounds & Gardens Working Bee – Sunday 25<sup>th</sup> August: your attendance and assistance would be greatly appreciated**
- **Community Day – Sunday 8<sup>th</sup> September**

Once again, thank you to all those who have attended this month's P&C meeting.

Thanks,  
**John Koellner**  
P&C President

The next P&C meetings:  
Tuesday 25 June & 23 July  
@ 7.30pm in the Library.

All welcome.

## ABHS CALENDAR OF EVENTS TERM 3 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat/Sun
<b>Week 1A</b>	July 15 <b>STAFF DEVELOPMENT DAY</b>	July 16 Students return <b>Yr 7-11 Reports Issued this week</b>	July 17	July 18 <b>Formal Assembly (Outstanding Half Yearly Reports)</b>	July 19	July 20/21
<b>Week 2B</b>	July 22 <b>Parent/Teacher Interviews (all years)</b>	July 23 <b>School Council P&amp;C Meeting</b>	July 24	July 25 <b>Yr 7 &amp; 9 Vaccinations HPV Dose 2 &amp; Chicken Pox</b>	July 26	Jul 27/28
<b>Week 3A</b>	July 29 <b>Trial HSC Exams</b>	July 30 <b>Trial HSC Exams</b>	July 31 <b>Trial HSC Exams</b>  <b>UNSW English Competition</b>	August 1 <b>Trial HSC Exams</b>  <b>Australian Maths Competition</b>	August 2 <b>Trial HSC Exams</b>	Aug 3/4
<b>Week 4B</b>	August 5 <b>Trial HSC Exams</b>	August 6 <b>Trial HSC Exams</b>	August 7 <b>Trial HSC Exams</b>	August 8 <b>Trial HSC Exams</b>	August 9 <b>Trial HSC Exams</b>	Aug 10/11
<b>Yr 10 Snow Excursion</b>						
<b>Week 5A</b>	August 12 <b>Yr9 Reach Workshop</b>	August 13	August 14	August 15	August 16  <b>Backchat Published</b>	Aug 17/18
<b>Week 6B</b>	August 19	August 20	August 21	August 22  <b>ART/TAS EXHIBITION</b> opens	August 23	Aug 24/25  <b>Sun 25 P&amp;C Working Bee</b>
<b>Week 7A</b>	August 26	August 27  <b>School Council P&amp;C Meeting</b>	August 28	August 29 <b>Formal Assembly (Winter Grade Sport)</b>	August 30  <b>WALKATHON</b>	Aug 31/Sep1
<b>Week 8B</b>	September 2	September 3	September 4	September 5	September 6	Sept 7/8 <b>Sun 8th P&amp;C Community Fun Day</b>
<b>Week 9A</b>	September 9	September 10 <b>Yr 11 Exams</b>	September 11 <b>Yr 11 Exams</b>	September 12 <b>Yr 11 Exams</b>	September 13 <b>Yr 11 Exams</b>	Sept 14/15
<b>Week 10B</b>	September 16 <b>Yr 11 Exams</b>	September 17 <b>Yr 11 Exams</b>	September 18  <b>Year 12 Graduation Assembly</b>	September 19	September 20  <b>Backchat Published</b>  <b>Last Day Term 3</b>	Sept 21/22

*Correct as of date of printing – see website for regular up dates*



# ABHS COMMUNITY FUN DAY

SUNDAY 8<sup>th</sup> SEPTEMBER 2013



The Community Fun Day is returning for the third year.

- Fantastic music from the local schools, solo performances and rock bands
- Soccer games and culminating in the Blackwood Shield and Moscos Cup
- Stalls to browse including a book stall, coffee and raffle
- A variety of delicious food for lunch and treats from the ABHS kitchens
- Displays from the Art Works, PIP projects, Science projects
- Face painting and a jumping castle.



The aim is to have a wonderful community day and raise funds for the school's outdoor cafe.



**Volunteers are needed to ensure the success of the day.**

We will need help with the stalls/raffle/food/BBQ, starting and closing duties on the day.

If you have books – please keep them for September.

If you have donations for the raffle please contact us via email or leave at the school office.



Please look out for future flyers with details of areas that you can help with.

The organising committee can be contacted through a dedicated email address:

**[abhs.communityfunday@gmail.com](mailto:abhs.communityfunday@gmail.com)**

# RAISING MEN

A unique opportunity to celebrate your boy's journey into manhood

**NEW**  
**3 day camp**  
**with follow-up**  
*More affordable  
and accessible!*

**PROGRAM AND 3 DAY BUSH CAMP FOR BOYS AGED 12-15 AND THEIR FATHERS OR A MALE MENTOR. INCLUDES FOLLOW UP & MOTHERS' PROGRAM.**

*The Raising Men programs deliver unique life-changing, evidence-based outcomes for boys and their families. Including: stronger family relationships, higher levels of respect for women, increased motivation, social skills and self-esteem. Our staff and facilitators have been involved in running these programs for over 20 years and thousands of families have been touched by these life changing events. Raising Men offers fantastic value for money: investing in our boys at this critical time creates benefits that will last a lifetime.*

Dr Anne Rubinstein, CEO The Australian Rites of Passage Institute

A safe and appropriate Rite of Passage is missing in our modern society. Boys need the support and guidance of older men to teach them respect, responsibility and awareness.

NEXT CAMP:

**13 - 16 June** or  
**19 - 22 September**

**BOOK NOW AS PLACES ARE LIMITED**

(02) 8003 3610  
info@raisingmen.com.au  
www.raisingmen.com.au

"The most important thing a father  
and son can ever do together."  
Peter, 41, father

An initiative of The Australian Rites of Passage Institute



**CareFlight** Sunday 30 June 2013

# Woodford to Glenbrook Classic



Join us for this  
not-to-be missed  
yearly event!

Run or cycle through  
the beautiful  
**Blue Mountains  
National Park.**

No entries on the day. To avoid disappointment, **register today!**

To register go to [www.careflight.org](http://www.careflight.org) "Get Involved" and follow the prompts.  
During the registration process, you can opt to help CareFlight by raising funds.

## CareFlight

The next life we save could be yours

CareFlight is an aeromedical charity.  
Our mission is to save lives, speed  
recovery and serve the community.

CareFlight uses helicopters, aeroplanes, jets, and road ambulances to bring a hospital level of care to patients. Our critical care doctors and nurses are specially trained in pre-hospital and transport medicine. They care for severely injured people who need emergency treatment at the scene of the accident. They also look after seriously ill people who need to be moved between hospitals.

CareFlight doctors and nurses care for over 5000 patients every year, to help continue this go to [www.careflight.org](http://www.careflight.org) and donate today.



For more information go to [www.careflight.org](http://www.careflight.org)



Presented by Sydney North Region Scouts & Guides w/  
Asquith Boys' High School Theatre

## WE'VE GOT THE BEAT

### Performances

Friday June 28 - 8pm  
Saturday June 29 - 2pm & 8pm  
Sunday June 30 - 3pm  
Wednesday July 3 - 8pm  
Friday July 5 - 5pm  
Saturday July 6 - 2pm & 8pm

### Tickets

Adult \$21.00  
Child \$11.00  
(under 16 yrs)  
Concession \$16.00  
Family \$55.00 (2 adult + 2 child)



### Bookings

[www.gangshow.com](http://www.gangshow.com) or contact Errol on 02 9481 0037

Dancing, Singing, Comedy, Drama and a cast of over 100  
local talented Sydney North Region Scouts and Guides



## The Musician's Pantry

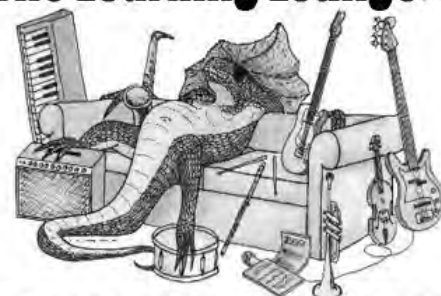
An Australian Owned Family Business

PO Box 115, Berowra NSW 2081

email - [sales@themusicianspantry.com.au](mailto:sales@themusicianspantry.com.au)

ABN 92 030 594 910

## The Learning Lounge.com.au



### Musical Instrument Tuition

1a Eastern Rd Turrumurra Ph:9488-9970

**Proud sponsors of ABHS MAD Night**

Also offering Guitar/Bass lessons at the school on Fridays





We are your  
local experienced  
Plumber.

We are just around the corner and are able to help you no matter how large or small the job is.

We can help you with:

- Leaking taps and blocked toilets
- Rain water tanks and water wise solutions
- Maintenance
- Bathrooms, Kitchen & Laundry renovations
- Guttering and roofing
- Hot water heaters and installations
- Gas services - Natural and LPG
- Blocked drains

Call James now for an obligation free quote.

**0412 511 700**

JSW Plumbing Pty Ltd

Licence # 204677C

## Get Into Dancing!



Experience the love of dance with  
**TERPSICHORE DANCE  
COMPANY**

**Ballet**

Toddler Classes

**Jazz**

Children's Classes

**Tap**

Teen Classes

**Lyrical Jazz**

Adult Classes

**Stretch**

Boys Only Classes

Ages 2 - Adult

School Holiday Classes

Year End Recital

*First class is FREE!*

**Phone: 8006 2098**

[www.dancewithtdc.com.au](http://www.dancewithtdc.com.au)

# School's out this winter

## Wesley Vision Valley holiday camps are on!

- **adventure day camps**
- **horse riding camps**
- **overnight camp out**
- **3-5 day holiday camps**

Climb a rock face, fly through the valley, ride a horse along a rugged trail, or try to stay dry in a canoe.

Our camps are packed full of fun and adventure, and are designed to

promote confidence and give every individual the chance to grow.

**Don't miss out:**

book your place now by calling 1800 043 344 or visit our website [wesleyvisionvalley.org.au](http://wesleyvisionvalley.org.au)

Childcare rebate is available.

WV2008FB13



## DISCLAIMER

Advertisements in this newsletter are included as a community service or a source of revenue to offset newsletter production costs. They should not in any way be seen as an endorsement or recommendation by the school.



# CAPA BACK PAGE GALLERY

## Year 8DV2 Visual Arts

### Digital Media Creatures in an Abstract Landscape

