



Asquith Boys High School Community Newsletter

# 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)

**September  
2013**

## 2013 ANNUAL VISUAL ARTS EXHIBITION

August is our favourite and worst time of the year in Creative and Performing Arts. We both look forward to our showcases and dread the enormity of what has to happen. 2013 was no exception. This year, the 19 HSC Bodies of Work were due early and we also had a Year 12 Music and Drama class with performance exams imminent. As a support to them, for the first time, we held two extra showcase evenings, one for Drama on the Tuesday and one for Music on the Wednesday. On these two evenings, performing arts students presented their examination programmes to external audiences for the first time. They were both wonderful and well attended evenings when Mr Williamson and Ms Mashman shared insights into the examination and marking procedures with families and friends.



Mr Sonter was so organised, he was ready for exhibition week before exhibition week! As usual the exhibition took days to put up and 3 periods to pull apart. Ms Cooke was chief curator and it was her vision and her dedicated hand-picked team of assistants, with the support of our prac teacher Ms Minkley that got the work on to the walls in such a fine display. Year 12 worked solidly to get their works up but with 19 students, there were many, many works and it took much longer than in past years. Thanks to Mr Philip and the Hall Crew led by Hayden Dudfield who were there to help and support the boys with their artworks.



When the work was finally up, after a sneak preview for staff, a final look and .....TEARS...of relief for me and also pride in the achievements of all our boys at ABHS, especially year 12. I can't believe we actually made it. The most exciting group of HSC works I had the pleasure to be involved with for 10 years.

It was a fantastic opening night with loads of people and the pleasure of handing out excellence awards across Creative and Performing Arts subjects. There was spoilage all around from year 12 and staff alike. It was all about recognising the outstanding commitment of ABHS CAPA staff...as it should be...they are FANTASTIC!

A wonderful three days of open hours and then Monday morning...it all had to come down. Took no time....except it all had to go back up for Community Day. Again thanks to Cookie who had the vision and energy to see exhibition II through to the end.

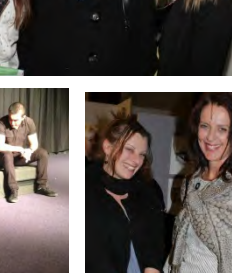
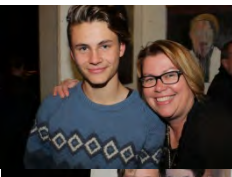
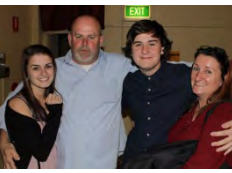
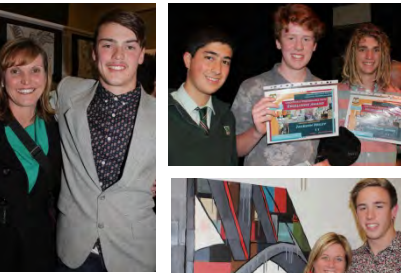
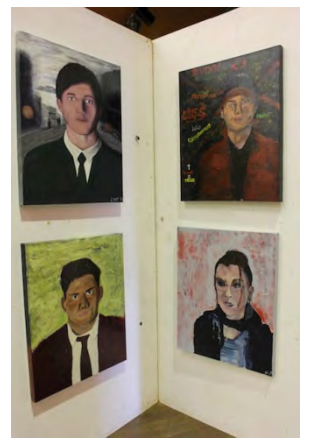
Thank you so much to all who were involved. It is so important to all of us to put our works in front of audiences that, without the opportunity, we are not satisfying our artistic roles.

See you at Exhibition Week 2014!

**Caroline Cooke**  
Curator

**Catherine Holder**  
Head Teacher CAPA

# ART/TAS EXHIBITION NIGHT 2013



Photography by Ms Cooke

# PRINCIPAL'S MESSAGE

## Year 12 2013

This week we farewelled Year 12 in a memorable and moving Graduation Assembly. It was gratifying to see so many parents join us in this celebration. This year's cohort has developed into a magnificent group of young men and I am sure that they will go on to have very successful careers and fulfilling personal lives. Year 12 have been well led by School Captain Brett Riley, Vice Captain Tim Buwalda, Senior Prefect Austin Carey and the prefects. Their Year Adviser, Mr Jones, has done a splendid job and it was very pleasing to see their former Year Adviser, Mr Razzaghi, return for the farewell assembly. My best wishes to Year 12 for the HSC exams and life beyond school.

## ART/TAS Exhibition

A few weeks ago we staged the annual Art/TAS Exhibition. It was a high quality display of student creativity, innovation, design and collaboration and it is the main theme of this edition of *Backchat*. Attendance by students and parents was excellent. Particularly impressive was the calibre of the major works of this year's Year 12 Visual Arts class. Congratulations to all students who contributed works to the display and the staff of the CAPA and TAS faculties. Student creativity is flourishing at Asquith Boys.

## Walkathon

We were blessed with brilliant spring weather for our annual Walkathon to Apple Tree Bay. This traditional ABHS event remains a main feature of our annual calendar. The participation rate and behaviour of our boys was exemplary. My thanks to co-ordinator Mr Lappas and the many parents and supporters who provided assistance on the day.

## Legacy Collection

Once again students from ABHS (mainly Year 9 boys) have excelled themselves in the annual collection for Legacy. You may recall that last year the school was the state's leading supporter of Legacy and we were awarded the inaugural \$10,000 Club Trophy from Legacy. This year the boys have raised \$11,781, a new record. We believe that makes ABHS the state leader of all schools, public and private. I am very proud of all the boys who have contributed to supporting this wonderful cause and co-ordinators Mr Moscos and Ms Foster.

## P & C Community Fun Day

Held on Sunday, 8<sup>th</sup> September, the annual Community Fun Day was a huge success. There was a festive atmosphere all day surrounding the various activities and displays: music, football, vintage cars, art, food, stalls, etc. Federal MP, Paul Fletcher also attended. The P&C met their target of raising enough funds to support the construction of an outdoor "deck" area adjacent to the TAS block. The attendance and participation of so many people on this day shows the strength and commitment of our school community. My thanks to the hard working group from the P&C, led by Kim Pinnock, who organised this event. Staff and students are very grateful for your efforts. The next edition of *Backchat* will feature the Community Fun Day.

*Terry Griffiths, Principal*



*Some of our Term 3 Bronze and Silver Principal Medallion recipients.*

## DEPUTY PRINCIPAL'S REPORT

On Thursday September 5 I had the pleasure of attending the Extension 2 English Soiree held in the library. This was a wonderful afternoon, which combined the students undertaking the English Extension 2 course from both Asquith Boys and Asquith Girls High Schools. It was ably organised by Ms Kelly and Ms Schadel and gave the students the opportunity to showcase their major works. It was great to see the efforts the students had gone to from both schools to produce their major works and to hear the gratitude expressed for guidance received from their teachers.

The Creative Arts/TAS week of activities held earlier in the term was another overwhelming success, culminating in a fantastic evening on August 22, whereby the major Visual Arts and TAS works were displayed and awards given for high performance across all CAPA courses. Again, the demonstrated skills of the students were remarkable as was the dedication displayed by staff and in many cases, parents.

As of next term, the boys will transition to summer uniform. This means that ties are not required, however, our expectation remains that every boy is in full school uniform every day unless a note is provided from home as per our uniform policy. Please feel free to contact the school to clarify the uniform requirements.

*Mr Andrew Skehan*  
*Deputy Principal*

## IMPORTANT MESSAGES FROM THE SCHOOL ADMINISTRATION DEPARTMENT

### STUDENT MEDICAL FORMS

During Terms 3 and 4 we will be updating our medical records system to ensure we have the most up-to-date information on your child's health. This is a **compulsory** collection which has been implemented by the NSW Department of Education and Communities.

If you have a child with a medical condition you will have received a copy of the new form in the mail and will need to fill it out and **return it to us before the end of Week 1, Term 4 (11 October 2013)**.

The good news is we have already started collecting some of this information, which means less for you to do. The new forms will help us collect your child's important medical information and the introduction of new systems will mean we'll be able to better manage the daily and emergency health needs of your child.

We appreciate your support as we start collecting the information, and if you have any questions please call Lauren Simms on 9477 3508.

### SICK OR INJURED STUDENTS

Students and parents are reminded that sick or injured students **MUST NOT PHONE HOME from a mobile phone.**

**Sick or injured students MUST 1<sup>st</sup> REPORT TO RECEPTION** and office staff will assess the student and will contact the parent if/when needed.

### CONTACT DETAILS



Have you changed jobs, moved house or changed phone numbers (including work and mobile) or have a new email address? Please make sure your details are up to date so we can contact you when your child needs you. Changes must be advised in writing. Change of Details forms are available from reception.

## YEAR 10 SCIENCE @ THE ZOO

On Friday September 7<sup>th</sup> class 10S1 went on an excursion to Taronga Zoo. They caught the ferry from Circular Quay after getting the express from Hornsby to arrive around 10 o'clock. Students investigated the evolution of primates (which some observed behaving in a highly similar manner to their classmates) and also the evolution of Australian biota. The Francois Langur leaf eating monkeys, who are the adopted zoo children of Mr Yates, felt neglected by the class as few students came to observe them.



On another note, the koalas expressed great confusion on the number of students staring at their toes. Some students reported the Koalas had 4 toes and some reported that they had 5 toes. In fact the koala's front paws have 5 toes and their back paws have 4. Students were also amazed by the aerial displays of the free flight bird show where they found out that birds can be trained to pinch gold coins from people's hands.



**Ms Seeto, student teacher**

## NEWS FROM THE LEARNING SUPPORT TEAM

The staff in Learning Support has been particularly proud of Josiah Heggie of Year 11. Here is a photo of him proudly holding the bag he made for Design and Technology. He did such a great job in designing the lovely bag, also taking great care to sew the bag.

Josiah designed the embroidery decoration and took great care to create the design.

Well done, Josiah!!

We hope you get a lot of pleasure using the bag for a long time to come!!

**Ms T Kontos, Learning Support Teacher**



## APIA'S GEORGE BLACKWOOD OFF TO COLCHESTER

APIA Leichhardt Tigers FC is proud to announce that talented u16 NSW National Premier League 1 player, George Blackwood, has been awarded the "B.B.M. Youth Support Young Soccer Player Award" and will be attending the Colchester United Academy in the UK for a month of Education and Training. George is a year 11 student at Asquith Boys High, is Sports Captain and follows in the footsteps of Harry Kewell, Brett Emerton, Pedj Bojic, Joel Chianiasse and numerous others in receiving this honour and hopes it will be the launch pad to the success that those players have found. George joined Apia Tigers two years ago and has grown from strength to strength and this is an exciting recognition of his achievements. George thanked the B.B.M. Youth Support organization and award selector, George Hurley, for this once in a lifetime opportunity that will see him training and playing with professionals and allow him the opportunity to experience the rigour and dedication that professional sport entails as he prepares to achieve his dream of playing at the highest level.



George Hurley has watched George Blackwood and many other players throughout the season and suggested George was a standout in many areas of criteria for the award. Apia coach and Technical Director, Rod Williams, summed him up "As a fierce competitor when the time is appropriate and then a gentleman who shake hands gracefully when the competition is complete". Dedication and sacrifices along with being a team player sum up why George has been awarded this Scholarship and we are sure he will make a fine ambassador for Australia while in the UK.

## BEIJING SCHOOL VISITS ASQUITH

Asquith Boys along with Asquith Girls and Asquith Public, hosted a group of students from Beijing, China during the 2<sup>nd</sup> week of August. The students got to spend a week experiencing Australian life, both at school and with their host families. A highlight of the week was definitely the BBQ for all of the Chinese boys hosted very kindly by Mrs Seifert. The steak and sausages were rapidly devoured and the boys all thoroughly enjoyed themselves. On the weekend the boys had free time with their families. Some of the activities included, riding a Sydney Manly ferry, eating fish and chips at the beach and getting up close with a Koala and feeding Kangaroos. A big thank you to all the families who hosted these boys, Mrs Seifert and her family and Mrs Ronald for organising the fantastic BBQ and lastly a big thank you to Ms Lee, the main organiser of this fantastic cultural experience.



## HORTICULTURE UP DATE

On 16th September the Year 8 horticulture class cooked up their term 3 harvest. Preserved lemons prepared in term 2 were a crucial ingredient in a Moroccan vegetable tagine using celery, spinach, broad beans and herbs from the garden. Served up with a lettuce and rocket salad, picked that day.



# Walkathon 2013

It was on Friday the 30th of August 2013 that I completed my sixth and final spring Walkathon for Asquith Boys.

My watch said 7:30 as I arrived at school, surprised to find it so busy with Mr Lappas in the back of a truck loading the last of the supplies to head down to Apple Tree Bay. Little over an hour later it was 8:40 and the quadrangle was filled with the massive turnout of just under 400 students! To my surprise it looked like most of Year 12 had also shown up and was ready to cover checkpoints along the 6km of road leading to the head of the Gibberagong Track in North Wahroonga.



I manned the first checkpoint with Tim at the zebra crossing outside the school. We did our best not to hold up too much traffic with the continuous stream of “walkathoners” who started their march at 9:00. After what felt like forever the last group passed and I was at the back of the pilgrimage toward the BBQ's at Apple Tree Bay ready to set out on a long but rewarding walk.

The familiar path started towards Asquith station heading over Baldwin Bridge and down the continuous hill that is Sherbrook Road. At the bottom of the first descent everyone received their drink tokens before heading past the dual roundabouts and into King Road running alongside the industrial area where Mrs Laffer orchestrated the Salisbury Road crossing with a bucket of lollies. Soon the moving congregation made its way through the quiet back streets, crossing Edgeworth David Ave over the M1 and was faced with the gruelling hill climb up Carrington Rd. Once at the top we followed Grosvenor Road with its more manageable gradient all the way to its end at the head of the Gibberagong Walking Track.

The track itself starts as an easily negotiable fire trail that leads into a steep decline where the footpath all but seems to disappear. At the base of the gully the ground levelled off and the temperature dropped as shade was in abundance again as the path followed the windings of Cockle Creek. The trail alongside the creek was quite picturesque with many photographers amongst us stopping to take pictures for the Walkathon photo competition. The landscape at this point continually changed scenery, meandering around the banks with the bush environment rapidly changing as we moved away from the water, a moving geography lesson! This portion of the walk also managed to throw up a few obstacles with a slippery creek crossing, numerous mud flats and an abundance of rocks to climb over.

Once the track diverged from the creek there was another hill scramble, at the top of which sat a hefty Goanna up a tree, pretending it had not been spotted as four hundred people went past pointing at it. The last peak in the bushwalk had been reached providing a decent view across Cockle Creek which had widened and was adorned with Mangroves on one side and the promise of civilisation (and sausages) on the other. Down the hill and some tight rock stairs the final stretch of the track became the Mangrove Boardwalk which rose above the mudflats covered in thousands of crabs.



The end of the trail was deceptive since it left 2 km of road through Bobbin Head and around to the final destination at Apple Tree Bay. When the final corner was turned the wind brought the smell of BBQ providing the inspiration for the “walkathoners” to sprint to the finish. The journey ended with an abundance of soft-drink, doughnuts and sausage sandwiches and the live music with DJ- TK Inferno.

Once again the Walkathon proved to be a great day for everybody!

*By Tom Tuynman (Year 12)*

Mr Lappas would like to thank the wonderful team of parents & family members, led by Sunita Smith, who cooked up a storm providing walkers with sausage sandwiches, food for a variety of dietary requirements, drinks & of course doughnuts! A special mention to Inez Beckerleg, all the office staff & Steve Sonter – Thank you for your support! Thanks also to the businesses that sponsored the event in various ways including donations and special deals:

**Aussie Hire** – Donated truck hire to transport food & equipment to Apple Tree Bay

**Coles Asquith** – Food for BBQ

**National Australia Bank Hornsby** – Donated major prizes

**Tender Value Meats** – Sausages for BBQ

**McDonalds Mt Colah & Waitara** – Vouchers

A final thanks to the boys, their families and other sponsors for their contribution to this fundraiser. After another successful Walkathon, we all look forward to the first Friday of September 2014!

**Mr Lappas – Walkathon Coordinator**

# Walkathon cont.





# Environment Committee

## Walkathon Photography Competition

On Friday 30<sup>th</sup> August the Asquith Boys High School students set out on the annual Walkathon. While on the walk the students were invited to take photographs of the environment.

The following photographs were awarded 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.  
Well done boys!



**1<sup>st</sup> - Jack Beckerleg (Year7)**



**2<sup>nd</sup> - Keegan Watterson (Year7)**



**3<sup>rd</sup> - Riley Hoole (Year7)**

# DUKE OF EDINBURGH EXPEDITION

In June a group of 35 boys led by Mr Yates, Mr Broome & Mr Murphy began a 3 day 35km walk from Cowan to Wondabyne which follows the Great North walk.

On the first day we passed Jerusalem Bay, where we spent some time relaxing by the water. On the first night we camped at Brooklyn dam. Next morning, we boarded the ferry to Patonga, which took about 20 minutes. The bronze group, which had arrived by train went first and waited for the silver guys because the boat could not take us all in one trip. It was good that there was a kiosk to buy hot chips and drinks. The walk followed the beach and then uphill to a lookout where we had great views across the Hawkesbury River, up Cowan Creek, to West Head, Lion Island and the Barrenjoey lighthouse. The trig station nearby is one of many around Australia, which were used to help in surveying. Each station has a known position and altitude, which allowed surveyors to determine another point's location.

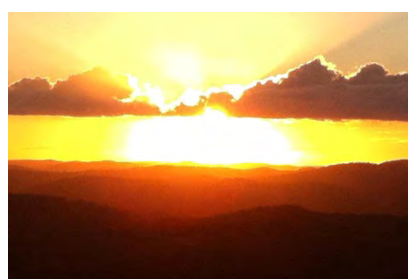
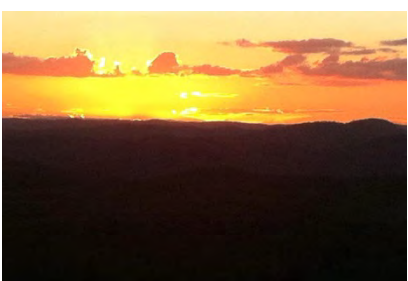
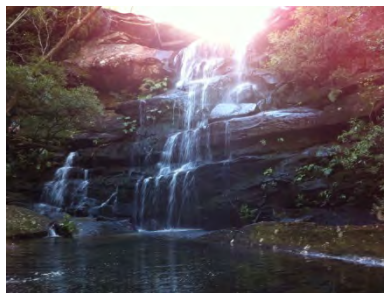
Fire trails led us past Woy Woy landfill, an eyesore which has destroyed acres of bushland and then a track across heathland with views across Brisbane Waters. The campsite was at the base of Mount Wondabyne, a prominent peak with a rocky top. Some of us scrambled up to the top to watch the sunset. We had 360 degree panoramic views from there and decided we would get up early to see the sun rise.



It was cold that night so we lit two camp fires to keep us warm and cooked some dinner. After watching the sun rise and breakfast we continued our hike until we reached a water hole with a waterfall. We spent some time playing on the rope swing across the pool and had morning tea. The climb out of there was steep but most of us reached Wondabyne station in time for the train.

We are now looking forward to our next trip - to the Blue Mountains.

**Michael Cowell (Year 10)**



# Year 10 @ the snow



Someone once said that “skiing combines outdoor fun with knocking down trees with your face”; lucky for us then because I don’t think we managed to get that close to trees meaning that all that was left was outdoor fun. With three solid days of getting up at five am to spend as much time as possible on the slopes, you may be able to tell that it was worth it. In fact, for me personally skiing has been one of the greatest experiences of my life.

The trip started on Monday morning for a long bus trip into Berridale arriving at the Southern Cross Motor Inn, the place that accommodated us for the week. We had three days set aside for the energetic enjoyment in the presence of this wondrous thing called snow. After catching a bus to Mt. Perisher and then a packed train-like contraption to Blue Cow we could finally do it. The skiers clipped on their skis and the snowboarders waddled off a little unsure of what to do but we all were on the slopes in a short period of time.

In terms of weather the first day was definitely the worst. Bits of ice would enjoy flying into our face repeatedly and the vastness of it meant that the majority of the lifts at Blue Cow felt that they needed a break for the morning (they decided that they would stop working) leaving us the single run to use. Throughout the day the weather got better and the other runs opened up leaving some of us to face more difficult runs. Yes I did fall over. Yes it was worth it.

The second day of skiing saw my confidence boost tremendously. I would fall over less and I would go faster. If that is not an indication of having more fun then I do not know what is. The run that we were constrained to the previous morning now seemed boring in comparison and as a group we would continuously push ourselves to do better (safely). Except for Luke though, he was already a pro.

The final day saw the dawning of an approaching saddening because hey, it was the final day. I personally was prepared to stay for another two weeks. But unfortunately there was school to do. By now we were more confident in our ability to ski. This mainly involved the newfound skill of being able to stop whenever you wanted which is surprisingly helpful, but also the newly learned skills such as parallel turning and weight manipulation. In the afternoon we as a group decided we had enough of Blue Cow so we hopped onto that train-like contraption and headed off to Mt. Perisher to finish our last day flying down the wide slopes of the mountain. We had a group photo session followed by a little bit of a snow fight and a bus trip back to the inn.

All in all it was a lot of fun and an extremely good experience something of which I would recommend everyone to do in their lifetime even if they are missing a leg... which we actually saw!

If you want to be filled in on Karaoke please contact Mr. Moscos!

*Reflections by Harry Tuynman*



**Year 10 & friend**



What crowds ?????

THE REASON WE GO



Where to now ....

Ready for lessons



BBQ night



Snow Rapper



Ready for Battle - let the snow fight begin!

## Year 7 Food Technology - Healthy Eating Option

Year 7 had to research healthy eating options that were to young teenagers liking. They had to look at different fillings suitable to top a jacket potato. The boys enjoyed the task, as it was one of only a few tasks where they can get to eat their study. The boys did an absolutely marvellous job this term presenting some magnificent potatoes and really thinking outside the square with some extraordinary toppings. They created from savoury to sweet options, with some real prospects of chefs in the making. Excellent job boys, well done!!!!



## 8DV5 Food Technology

Year 8 had to research their cultural and traditional foods from their family backgrounds or re-engage foods lost, by researching the internet. They then needed to cook their chosen recipe at home - the only homework that they ever had to eat! Their family members were invited to come and cook with them their chosen recipe in the school kitchen.

Once again it was a great success, with all the boys doing an absolutely fantastic job that they should all be proud of.

A special thanks to the parents that took time out of their busy schedules to come in and assist their sons. It is extremely appreciated.

**Mr Josephs, Food Technology Teacher**



# SCHOOLS BOAT BUILDING CHALLENGE @ THE SYDNEY BOAT SHOW

On Tuesday night (23 July) and Saturday of week 2, five of our finest boys represented the school at the Sydney International Boat Show Schools Boat Building Challenge. It was the first time the event had been opened up to schools, normally being reserved for shipwright apprentices. There were three teams in the schools section, with ABHS competing against teams from Marsden High and Meadowbank TAFE's TVET boatbuilding class. In the apprentice section, there were about 14 teams, two of which were from New Zealand.



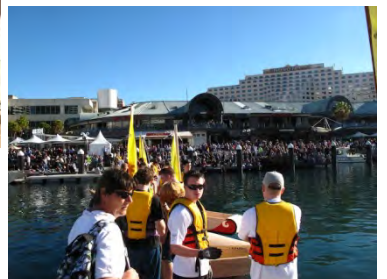
On Tuesday night, all the school students marked out and cut up the plywood from which the boats were constructed on Saturday at the Boat Show. There were usually around 100 or so people at any given time, watching the boys put the boat together, with the TAFE teams coming up with some very imaginative designs. They made a sea plane and Santa's sleigh as well as some very serious competitors who in 2 hours both cut out and put together some very fast craft.

In the main event, a team from Midcoast Marine just beat home the first of the two Kiwi teams in a very exciting race. We, however, started the proceedings with the schools race. Around 1000 people lined the shores of Darling Harbour to watch the races. We made a strong start but ran into problems when we snapped the blade off our paddle (which we didn't make) early in the first leg. This left us at a distinct disadvantage, but despite this we managed to finish second behind the TAFE team. The reason we managed to perform so well despite the setback was due to the excellent building quality of our boat. Our boat had barely a leak while both the others took on considerable amounts of water.

A great day was had by all and I'm proud to report we won the best built boat award!

Thanks go to Daniel Adam, Ben Winstanley, Jack Gammie, Connor Woolsey and Luke Alexander for their excellent efforts and participation outside of school hours.

*Mr C Philip, Head Teacher TAS*



## ZONE AND AREA ATHLETICS CARNIVALS

After such a successful School Athletics Carnival, Mr Broome, Mr Jones and Mr McCubbin took a team of over 80 students to the North West Metropolitan Zone Athletics Carnival held on Monday 17<sup>th</sup> June 2013. The participation of Asquith Boys on the day was exceptional and nearly all events were competed in. This helped Asquith Boys finish 4<sup>th</sup> overall, only 4 points behind Homebush. The boys had a great day competing and cheering on team mates and there were some excellent results to show for this enthusiasm and athleticism on the day.

### In the overall Zone age champions

- Jack Cotton came 3<sup>rd</sup> in the 12 years
- Harry Frederick came 2<sup>nd</sup> in the 13 years
- Chris Allen came 1<sup>st</sup> in the 15 years
- James Bellamy came 3<sup>rd</sup> in the 17 years+

A selected group of students competed with excellence on the day and gained a position in the North West Metropolitan Zone team to compete at the Sydney North Area Athletics Championships which were held on Monday 22<sup>nd</sup> and Tuesday 23<sup>rd</sup> July.

### **This is how the boys went at the carnival:**

<u>Name</u>	<u>Event</u>	<u>Place</u>
<b>Chris Allan</b>	15 years 100m Hurdles	5th
	15 years 100m Sprint	4th
	15 years Discus	3rd
<b>Jack Cotton</b>	12 years 80m Hurdles	7th
	12 years 100m Sprint	9th
	12 years Long Jump	6th
<b>James Bellamy</b>	17-19 years 400m	3rd
	17-19 years Javelin	5th
<b>15 years 4x100m Relay</b> <b>Chris Savidis</b> <b>Josh Bower</b> <b>Charles Shepherd</b> <b>Chris Allan</b>	<b>15 years 4x100m Relay</b>	4th
<b>Oliver Parry</b>	17-19 years Javelin	4th
	17-19 years Discuss	3rd
<b>Charles Shepherd</b>	15 years Shot Put	5th
<b>James Thompson</b>	17-19 years High Jump	5 <sup>th</sup>
<b>Oscar Steedman</b>	15 years High Jump	11 <sup>th</sup>
<b>Jackson Tuynman</b>	13 years High Jump	8 <sup>th</sup>
	13 years Long Jump	11th
<b>Matthew Burns</b>	13 years Javelin	8 <sup>th</sup>
<b>Mitchell Robertson</b>	13 years Javelin	10th
<b>Mitchell Easy</b>	17-19 years Triple Jump	10 <sup>th</sup>
<b>Jack Ryan</b>	13 years Shot Put	8th
<b>Matai Koroi</b>	16 years High Jump	
<b>Harry Frederick</b>	13 years 100m Sprint	1st
	13 years 200m Sprint	2nd
	13 years Shot Put	2nd

Following this, Harry Frederick made the Sydney North Area team and competed in three events at the NSW Combined High Schools Athletics Carnival on Thursday 5<sup>th</sup> and Friday 6<sup>th</sup> September. Harry placed an outstanding 4<sup>th</sup> in the 12 years 100 metre sprint and 4<sup>th</sup> in the 12 years Shot Put. Congratulations to Harry and well done to all students involved at Zone and Area Athletics.

**Mr C Broome**

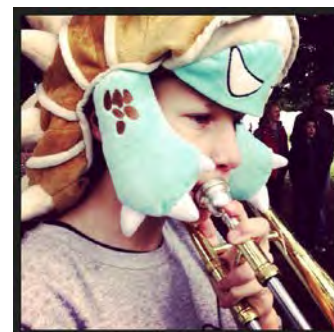
## ABHS STAGE BAND – WE HAVE BEEN BUSY!!

The Stage Band has had a very busy year to date, especially in Term 3. It all actually started in Term 2 with the fantastic **Port Macquarie Big Band Blast Jazz Festival Tour**.

We left on the Friday morning, not too early. We are musicians after all! Mr Williamson drove the 20 seater bus. Yes, he is licensed!

Harry T lasted till just after the Central Coast before he demanded that the sandwiches be broken out. We had pies in Bulahdelah for lunch (very important) and continued on to Port Macquarie. We thought we were staying in a central location...central that is to the industrial estate! If we depended on walking everywhere we would have spent the weekend walking.

We were lucky to see jazz played by expert professionals, amazing young bands and students like ourselves and it was fantastic to be a part of the festival as we participated in workshops, a VERY WET street parade, seeing and hearing lots of live jazz everywhere and played our own gig. Ms Holder catered and we ate all weekend. Everyone was very helpful though and made sure we washed up and helped wherever we could.



Term 3 started with a performance in Week 1 at the **NSW School Bands Festival on Sunday 21<sup>st</sup> July**. Though we were missing a number of players on the day, after a good prep talk by Mr Howick, the band went on stage and performed their 2 chosen pieces for which they were awarded a Gold Award for their performance. Following on and performing 'Maynard and Waynard' and 'Boogie Lou' led to a second Gold Award for our performance. The Adjudicator enjoyed our pieces, praising much of our show and giving helpful advice on how to improve other areas.

On Monday 6<sup>th</sup> August we travelled to Top Ryde to participate in the **Ryde Eisteddfod**. We arrived early at Ryde Civic Centre and were keen to perform. After a short break in Top Ryde Shopping Centre the boys made their way back over to the Civic Centre and prepared for their performance. After setting up we played our 2 chosen pieces: 'Maynard and Waynard' and an arrangement of 'Stairway to Heaven'. For our performance we received a Highly Commended Award. Four of the band then set off for the snow with Ms Holder.

This Term, the Stage Band also auditioned to perform on the **'Stars of the Future Stage' at Manly Jazz Festival**.....and were accepted. Many famous jazz musicians both Australian and Internationally have performed at Manly Jazz Festival. This gives our band a big opportunity to play at an international event. The Stage Band will be performing on the 'Stars of the Future Stage' on Saturday 5<sup>th</sup> October at 3pm.

Congratulations to all the boys for their efforts and results not only at the State Band Festival and Ryde Eisteddfod, but also on being accepted to perform at Manly. Just remember, the year isn't over yet so keep practicing

Iain Howick  
Bandmaster

Catherine Holder  
Head Teacher CAPA





# P&C Association

Parents and Citizens working together for our School

Hello ABHS community,

The P&C will report on the very successful Community Fun Day in detail in the November Backchat. The next event is the Shopping Bus Tour on **Saturday 26<sup>th</sup> October** – see ad on the right for details.

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

## ANNUAL ASQUITH BOYS P&C SHOPPING BUS TOUR



SATURDAY 26<sup>TH</sup> OCTOBER 2013

We are looking for keen shoppers to RSVP to this years fun event.

We plan to visit some great venues for clothing, handbags, shoes, giftware, candles, soaps, hand creams, cosmetics, sports gear, surf gear, treasures and much more. Excellent Christmas shopping opportunities.

**Cost: \$40/person**

Includes a comfy seat in a luxury coach which drops you at the shops doorstep – no parking hassles!

Meet at 8am near the school bus shelter on Pacific Highway Asquith



BVO lunch/drink/nibbles to have in the park.

**LUCKY DOOR PRIZES GALORE**

This is a fundraiser for Asquith Boys P&C with 12% of sales going back to the school. All family & friends welcome. Please leave your interest here or by contacting Marg Gibson c/- [gibbhome@bigpond.com](mailto:gibbhome@bigpond.com)

PAYMENT is via the school office with **CASH** or **CHEQUES** (made out to Asquith Boys P&C). Please make sure you put your name on an envelope with the quantity of tickets you are securing.

Alternatively, you can pay by **DIRECT DEPOSIT** into ABHS P&C Fund BSB: 032 084 Account No: 120216 (Reference: Surname and number of tickets purchased)

*Your commitment early would be greatly appreciated to ensure numbers are met. Payment will secure your seat.*


**President:** John Koellner  
**Vice Presidents:** Kim Pinnock  
Kerry Limbert  
**Secretary:** Nicky Morrison  
**Treasurer:** Jenny Williams  
**Ground Maintenance:** Michelle Roscarel, Kirsty Berryman & Kerry Limbert  
**School Council Reps:** Linda Stanford, Kim Pinnock

The next P&C meeting

@ 7.30pm  
Tuesday 22 October  
in the Library.  
All welcome.

### ABHS CALENDAR OF EVENTS TERM 4 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>Week 1A</b>	October 7 <b>LABOUR DAY</b>	October 8 Staff & Students return	October 9	October 10 <b>Formal Assembly</b> (Student Leaders Investiture)	October 11	Oct 12/13
<b>Week 2B</b>	October 14 <b>HSC Commences</b>	October 15 HSC	October 16 HSC	October 17 HSC	October 18 HSC	Oct 19/20
<b>Yr 10 Work Experience</b>						
<b>Week 3A</b>	October 21 HSC	October 22 HSC <b>School Council P&amp;C Meeting</b>	October 23 HSC	October 24 HSC	October 25 HSC	Oct 26/27 <b>Sat 26 P&amp;C Shopping Bus Tour</b>
<b>Week 4B</b>	October 28 HSC	October 29 HSC	October 30 HSC	October 31 HSC	November 1 HSC	Nov 2/3
<b>Week 5A</b>	November 4 HSC	November 5 HSC	November 6 HSC	November 7 HSC <b>High School Experience Day</b>	November 8 HSC	Nov 9/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>Week 6B</b>	November 11  Backchat Published	November 12	November 13	November 14  Year 12 Formal	November 15	Nov 16/17
<b>Week 7A</b>	November 18	November 19	November 20	November 21  Yr 7 & 9 Vaccinations HPV Dose 3 & Hep B Dose 2	November 22	Nov 23/24
<b>Week 8B</b>	November 25	November 26  School Council P&C Meeting	November 27	November 28  Yr 10 Exams	November 29  Yr 10 Exams	Nov 30/Dec 1
<b>Week 9A</b>	December 2	December 3	December 4  ORIENTATION DAY YEAR 7 2014	December 5  Formal Assembly (Leadership Induction)	December 6	Dec 7/8
<b>Week 10B</b>	December 9	December 10  School Council Finance Meeting	December 11	December 12  Yr 8 Gerringong Excursion	December 13  Backchat Published	Dec 14/15
<b>Week 11A</b>	December 16  PRESENTATION NIGHT  	December 17	December 18  Yr 7-10 Reports issued  End of Term 4	December 19  Staff Development Day	December 20  Staff Development Day	Dec 21/22

## 2014 DATES

Term 1 – Tuesday 28<sup>th</sup> January till Friday 11<sup>th</sup> April

Years 7, 11 & 12 start Wed 29<sup>th</sup> January, Years 8, 9 & 10 start Thu 30<sup>th</sup> January

Term 2 – Monday 28<sup>th</sup> April till Friday 27<sup>th</sup> June

Term 3 – Monday 14<sup>th</sup> July till Friday 19<sup>th</sup> September

Term 4 – Tuesday 7<sup>th</sup> October till Friday 19<sup>th</sup> December

**SDD's Tue 28<sup>th</sup> Jan, Mon 28<sup>th</sup> April, Mon 14<sup>th</sup> July, Thu 18<sup>th</sup> Fri 19<sup>th</sup> Dec**



## THE WORD FROM ENGLISH

Currently, all the classes are incredibly busy preparing for Assessment Tasks. It is really important that all boys place substantial emphasis on achieving a good result in these tasks. Assessment Tasks offer the opportunity for the boys to showcase what they have learned during the term and gain the satisfaction of knowing they have done their very best.

How can students prepare for Assessment Tasks in English?

Make the most of the time allocated in class for preparation and drafting.

Use the scaffolds and sample answers provided by the class teacher to ensure that responses are shaped in the most academically advantageous way.

Remember that a well-structured response is essential for success. Use ToPEEL in every paragraph.

If there are any questions or concerns – ASK your teacher, who will be delighted to help you.

Write drafts and work towards a perfectly polished, final response.

**Year 11** are presently completing their Final Preliminary Examinations. This is a huge undertaking for all students who are, in the most part, completing 4 hours and 15 minutes of English exams. The English Faculty wishes all classes the best of luck in these exams.

Excitingly, our **first Extension 2 English** class has just handed in their major works. This is an incredible achievement for the three boys involved. Tom Tuynman composed a short film entitled *The Menace Within*, Marcus Limbert created a crime fiction story and Austin Carey crafted a shifting narrative that explored the links between Science Fiction and the Maori experience of the 1950s. Congratulations to the boys for their enthusiasm and hard work and Ms Rebecca Kelly for her dedication, patience and support for the boys.

Should you have any questions or concerns about the progress of your son, please contact me by email ([Jessica.schadel@det.nsw.edu.au](mailto:Jessica.schadel@det.nsw.edu.au)).

*Ms J. Schadel*

*Head Teacher English*



## SCIENCE

### Year 12

The Science Faculty would like to wish all Year 12 boys the best of luck in their HSC exams next term. Most of the boys have worked extremely hard to cover all bases and we hope to see some very strong results out of this cohort.

## Year 11

The boys have now finished their Preliminary HSC Course and have the choice to go through to the HSC Course. There are some options for boys struggling with Chemistry or Physics. They can move across to Senior Science which is a general science course without the heavy mathematics but it is an ATAR course which traditionally our boys do very well in. So if you do not need Chemistry or Physics as a prerequisite for your university course this is a very good option as a band 5 or 6 is well within reach for boys who put the effort in.

### Surfing Scientist Incursion

Year 7 & 8 attended an incursion presented by Ruben Meerman, the Surfing Scientist. This is the 3rd year Ruben has visited and he did not disappoint.

He engaged the boys with fun science facts and demonstrations using liquid nitrogen to make dry ice and liquid oxygen whilst



emphasising the importance of safety when working in the lab environment. Ruben talked about his experience making lasers for military binoculars and always talked in a context the boys could relate to. He even posed the question of where does your fat go when you lose weight. There is some research for you before the next issue.

*Mr S. Robertson*

*Head Teacher Science*



## Greetings from HSIE!

As we come to the end of another Term, we say farewell to our **Year 12** cohort, who leave us to prepare for their HSC examinations. They have been a fine example of what our school works towards – honest, diligent and accepting young men who go into the community with anticipation, achievement and expectation. We wish them all the very best in the future.

All are well prepared for the upcoming examinations and I know that our staff are having extra lessons with them, mostly in the holidays, to make sure they are ready to go.

Term 4 promises much work and experiences aplenty. **Year 7** will be having Class Projects as well as the annual excursion to Darling Harbour and the IMAX – always a great day out. **Year 8** will go to the Zoo to investigate Habitats and Endangered Species. **Year 9** will be doing a

Contemporary Tour of the Sydney Museum and the Hyde Park Barracks, whilst **Year 10** are doing their Local Assessment Walking Tour of the Hornsby Region. All in all, a busy term of activity.

We are improving our resources and now have only one room without an IWB (Interactive White Board). This will happen in 2014, giving us, apart from our Seminar Room which is my classroom, an Electronic White Board in each room. Aesthetically, our rooms are all looking great with posters and students' work displayed to encourage and visually excite the students' minds.

Before I finish, I would like to thank all our HSIE staff on a job well done and have a well-deserved holiday.

Cheers,

*Mr G. Moscos*

*Head Teacher HSIE*



## MATHS

### **The Australian Mathematics Competition 2013**

The results are back for the AMC 2013.

Firstly, I'd like to congratulate all of the students who participated in the annual Australian

Mathematics Competition. You demonstrated a high level of perseverance in applying your Mathematical knowledge to solving some very complex problems.

This year we had 121 students sit the various levels of the competition. These students achieved total of 12 distinction and 34 credit certificates.

Distinctions were achieved by: Aidan Waters in Year 7, Tobey Isobe, Andrew Morrison and Riley Gibson in Year 8, Zachary Duretto and John Martin in Year 9, and, Xavier He, Oscar Duretto, Harry Gibbons, Nick Miller, Han Yu and Zihong(Silvan) He all of Year 11.

This year's Prudence Award for correctly answering the most number of consecutive questions starting with question 1 was awarded to Troy Staff of Year 7.

Hopefully the distinction certificates will arrive in time to be presented at the first formal assembly in term 4. Credit certificates will be presented at a morning assembly, with certificates of Proficiency and Participation issued in Maths classes.

Please note: Students can still pay for the Maths Comp at the front office. Only students who have paid will receive their results and certificates.

*Mrs Laffer, Teacher Maths*



## CAREERS

### **Important Information**

An Electrical Pre-Vocational course will be held next year at Meadowbank TAFE from February to June 2014. This course allows students wishing to become electricians an opportunity to complete the first 12 months of the Electrical Trades Course in 18 weeks. They will also undertake work experience with a contractor which will make them a very employable commodity. Information session and selection screening will be held on Wednesday 22nd January 2014 at 9am in Room H4-17. For more information phone Bob Kefford on 99423641

### **School Tax File Number Service**

Asquith Boys High students have the opportunity to apply for a Tax File Number (TFN) through the TFN Education Program. I encourage potential school leavers to apply for their TFN while they are still at school.

Students leaving early or completing Year 12 may need a TFN for their employment, deferring university fees or applying for Centrelink benefits. It is in the best interests of students to take advantage of this program now before they leave school.

To ensure that students get their TFN before Christmas, completed application forms must be received in the Australian Taxation Office by 22 November 2013.

Please see Mrs Fry for an application form.

**A reminder Year 12 - Applications to apply for University for 2014 close on 27th September 2013.**

### **Year 10 Work Experience**

This will be held in the week from Monday 14th - Friday 18th October 2013

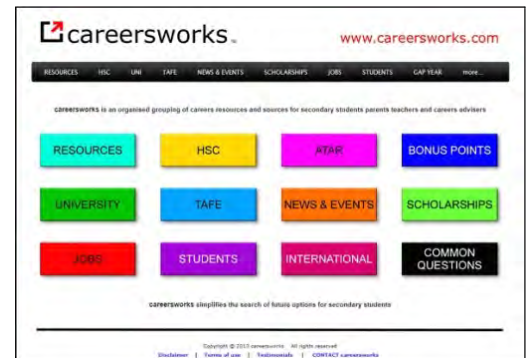
## New Department of Education Careers website

[www.seek2b.com](http://www.seek2b.com) Version 2. To access this website you now need the password "gorilla".

If you are wondering what career might best suit you go to "Find My Career" You can gain a better understanding on a career by watching a video about it. There are 4 handy quizzes you can also try.

The UNI section has the following drop down menu options – Open Days, Scholarships, Bonus Points, alternative Entry, Educational Access Scheme, Deferment etc . Lots of great information on employment vacancies, resume builder, interview videos etc.

[www.careersworks.com](http://www.careersworks.com) Careersworks is an organised grouping of careers resources for students, parents and teachers. This valuable information is under the headings of Resources, HSC, ATAR, Bonus Points, University, TAFE, News & Events Scholarships, Jobs, Students, International Common questions. Please see Mrs Fry for the password.



Mrs J. Fry  
Careers Adviser

## Experience Life As An Overseas Teenager with WEP!

From Sarah in the USA:

*I am having the best time of my life!! The New York orientation was incredible! I am so happy that it is part of the program. It was a great way to see another part of America and experience new cultures by talking to the other exchanges students. I was not expecting there to be so many of us!! There was a total of 53 of us from Belgium, France, Italy, Germany and just 3 of us Aussies. My host family are so nice and caring and they have been great. I started volleyball with my host sister a few days before school which was good because then I knew people before school started. My first day of school was like walking into an alien spaceship! Everything was so different and it was weird not wearing a uniform. Everyone there was so nice and welcoming and it wasn't hard to make friends. Overall the first month has gone way too fast and I wish I was staying for a year!! I have already made unforgettable experiences and if the rest of my time is like this month I never want to leave!!*



### Find Out More!

WEP's not-for-profit student exchange programs give secondary students the opportunity to choose from over 20 countries to live and study for a summer, semester or even a year. Our programs are designed to fit into the academic schedule to complement your secondary studies with an international exchange experience!

**Upcoming Information Sessions:** Wed, 11 September (7:30-9pm) - Sydney

### Request Information

If you cannot attend a WEP information session, please don't worry. We're only a phone call away. If you would like to go overseas or invite an exchange student into your family, simply request a FREE information pack, including our brochure, fee sheet and FREE application form:

- visit [www.wep.org.au](http://www.wep.org.au) or email [info@wep.org.au](mailto:info@wep.org.au) or call 1300 884 733

# THANK YOU to our Walkathon sponsors

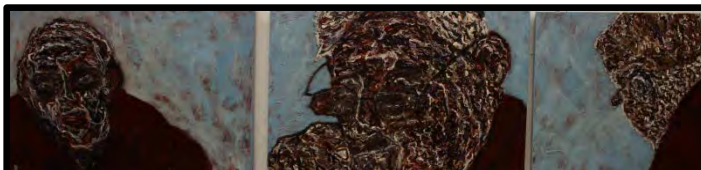
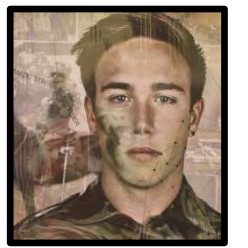
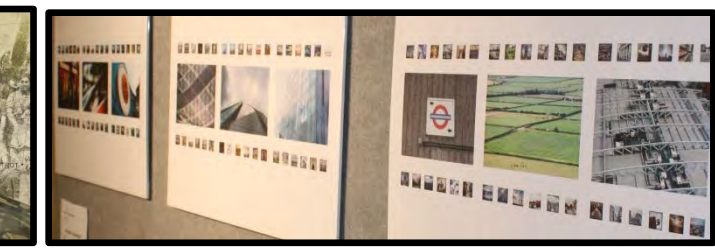
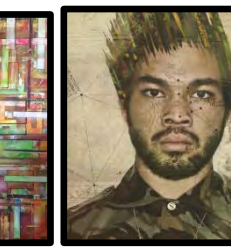
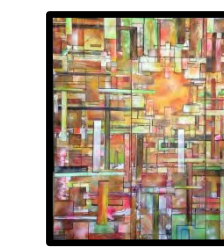
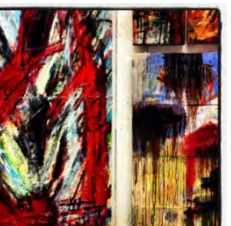
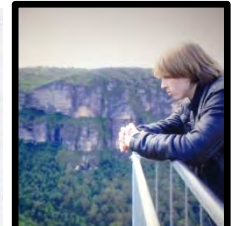
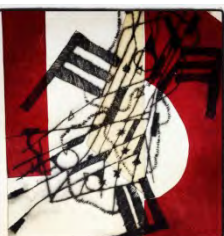




# CAPA BACK PAGE GALLERY

## Year 12 Visual Arts 2013

### BODIES OF WORK





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

## 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. Valid for new students only. Normal price \$175 adult, \$140 concession. On-going family discounts apply to the normal rates 75% off second member. 50% off 3<sup>rd</sup> or more

**Normanhurst West Public School**  
**Family Fun Day**  
Sunday 27th October 2013  
11am - 3:30pm  
Earfield Road, Thornleigh  
**All Welcome!**

**14 Exciting Rides**

The Big Thrill Rides Are Back!  
Lots of Stalls & Activities  
Stretch Hammer Joy Rides!  
Rainbow Pony Rides  
Side Show Alley  
BBQ  
Face Painting  
Lucky Dips  
Kindifarm

**Great Entertainment**

Pre-Purchase Unlimited Ride Tickets Online and Save \$10  
Go to [www.backchat.com.au](http://www.backchat.com.au) and search for Normanhurst West PS  
Check it out on [www.normanhurstwestps.nsw.edu.au](http://www.normanhurstwestps.nsw.edu.au)

**60th Anniversary**  
**MONSTER SPRING CARNIVAL**  
Sunday 13th October, 2013  
10am to 3pm  
Entrance through Pierre Close, Cowan Rd or Telopea St, Mt Colah

**Amusement Rides for all ages**  
"Feature Creatures" reptile show  
Cakes, Handmade Crafts, Plants  
Market Stalls  
Trash & Treasure  
Cupcake Decorating  
plus lots more

Rides 10am to 3pm.  
Unlimited ride wristbands 11am to 3pm.  
Unlimited ride wristbands \$25 if bought before the day, \$35 on the day.  
Email: [fair2013@mcpeandc.asn.au](mailto:fair2013@mcpeandc.asn.au) to pre-purchase your wristbands by Wednesday 9th October, 2013.

BBQ  
Free Reptile Show  
Lucky Dips  
Kindifarm

Laing-Simmons Hornsby 9477 5500 [www.lshornsby.com.au](http://www.lshornsby.com.au)  
Bendigo Bank 8455 2280  
LEAGUES NETBALL CLUB 0108 210 470

**INAUGURAL ST PATRICK'S SCHOOL & COMMUNITY ART EXPO & ART PRIZE**  
26 - 27 OCTOBER 2013

We welcome established artists, emerging artists and students of all mediums to submit artworks for inclusion in the 2013 Expo.

**ENTRIES CLOSE: 10 October 2013**  
Entry forms and more info: [www.stpat.nsw.edu.au](http://www.stpat.nsw.edu.au)

**VENUE:** St Patrick's School, 1 Royston Parade, Asquith NSW 2077

**SHOW HOURS:** Fri 7pm, Sat: 10am - 4pm, Sun: 9am - 12pm

**SPACE** St Patrick's Art and Community Expo  
**FOTA** FUTURE OF THE ARTS  
**HORNBY** HORNBY HIGH SCHOOL

**CALL FOR ENTRIES**  
First Prize \$1000  
Youth Prize (13-18yrs) \$200  
People's Choice \$250  
NON-ACQUISITIVE

### 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.

# SUPERCAMPS

For boys and girls 9 to 15 years of age



# AUSSIE HOOPS BASKETBALL CLINICS

For boys and girls 6 to 8 years of age



[www.hornsbyspiders.com.au](http://www.hornsbyspiders.com.au)  
for more information and camp application forms

# SPIDERS REP TRIALS

Trials start in October for all boys and girls born years 2005 - 1997 (Under 12 to Under 18 age groups)



Trials will be held at Knox Grammar - entry via Woodville Ave



[www.hornsbyspiders.com.au](http://www.hornsbyspiders.com.au)  
for more information and camp application forms

## Family Fun Day and Moon Festival

Chinese & Korean Performances  
Traditional Games & Information Stalls

Date: Saturday, 21 Sep 2013  
Time: 10am-2pm  
Venue: Killara High School  
Koola Ave, Killara  
Free Lunch

Bookings: Essential. Please contact:  
Young on 9424 0847 or [korean\\_northernregion1@cmrc.com.au](mailto:korean_northernregion1@cmrc.com.au)  
Sue on 96879901 or [chinesegp@cmrc.com.au](mailto:chinesegp@cmrc.com.au)  
Frank on 0415 132 866 or [admin@aacansw.org.au](mailto:admin@aacansw.org.au)



### ST BERNARD'S COMMUNITY FETE

SATURDAY 12 OCTOBER 2013  
10am-3pm  
Warrina Street, Berowra Heights

**LOTS OF FUN FOR EVERYONE**  
Major Prize Raffles,  
Side Show Alley + Rides  
Gourmet Food & Wine, Devonshire Teas,  
Cafe, Fairy Floss, Waffles, Snow Cones,  
Crafts, Plants & 2<sup>nd</sup> Hand Stalls,  
Wine & Lolly Tombolas, Cupcake  
Decorating, Chocolate Wheel  
**& So Much More!!!**

DOWNLOAD YOUR COLOURING COMPETITION ENTRY NOW:  
[Community Fete Flyer and Colouring In Competition](http://www.dbb.org.au/schools/stbernardsberowra)  
OR go to the NEWS & EVENTS Page at:  
[www.dbb.org.au/schools/stbernardsberowra](http://www.dbb.org.au/schools/stbernardsberowra)

1<sup>st</sup> Prize: \$100 Bendigo Bank New A/C Voucher  
2<sup>nd</sup> Prize: \$50 Bendigo Bank New A/C Voucher  
3<sup>rd</sup> Prize: Family Pass to Ryde Aquatic Centre  
(For all age categories 2-5yrs, 6-9yrs, 10-13yrs)

Buy your ride armband in advance for 4hrs unlimited rides for just \$25 outside IGA Berowra between 10am-2pm on Sat 28 Sept AND Sat 5 Oct  
Contact: Nicole Day Email: [pda14684@bigpond.net.au](mailto:pda14684@bigpond.net.au)



# Relay For Life

*Celebrate Remember Fight Back!*

## Hornsby Ku-ring-gai Relay For Life

On Saturday 2<sup>nd</sup> & Sunday 3<sup>rd</sup> November, 2013, Hornsby Ku-ring-gai Relay will be taking place at Rofe Park, Galston Rd, Hornsby Heights.





## Positive Parenting Program

Free seminar, refreshments provided.

This program is a lecture style presentation and does not allow for children to attend that are over 6 months and mobile. Childcare is not provided.

This program consists of 3 seminars held over 3 Weeks designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills which promote children's health, development and wellbeing. This program is aimed at parents of children aged 0-10 yrs.



### SEMINAR 1

THE POWER OF POSITIVE PARENTING: Thursday 10th October 6:30pm-8:00pm

### SEMINAR 2

RAISING COMPETENT, CONFIDENT CHILDREN: Thursday 17th October 6:30pm-8:00pm

### SEMINAR 3

RAISING RESILIENT CHILDREN: Thursday 24th October 6:30pm-8:00pm

Triple P Seminars address general parenting issues: why children tend to behave in certain ways under certain influences, and what they best respond to; dealing decisively and effectively with behaviours such as aggression, non-co-operation and disobedience; recognising and managing situations that might be much less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

Location:

Lane Cove Library  
Library Walk, Lane Cove.

Bookings are essential! To make a booking call CatholicCare on 8425 8700  
Or email: [naremburnfamilyservice@dbb.org.au](mailto:naremburnfamilyservice@dbb.org.au)

\*Please note children are unable to attend and childcare is not provided\*



## ARE YOU STRUGGLING WITH A TEENAGER WHO ANSWERS BACK?

# BACKCHAT

This is a 2.5 hour workshop for parents and carers of teenagers that includes:

- Learning how to restore a respectful and positive relationship between you and your teenager
- Understanding what it's like being a teenager today
- Learning how to talk so they will listen and how to listen so they will talk

When: Thursday 7th November – 6:00-8:30pm

Where: Lane Cove Library, Library Walk, Lane Cove

Who: Presented by Northern Sydney & Central Coast Child and Adolescent

Parenting in partnership with Lane Cove Council and CatholicCare Naremburn

Cost: Free



Places are limited so  
**BOOKINGS ESSENTIAL!**

To make a booking call 8425 8700 and ask for the intake worker, or email: [naremburnfamilyservice@dbb.org.au](mailto:naremburnfamilyservice@dbb.org.au)

Small changes,  
big differences.



## Teen Triple P Group for parents of teenagers 7 week group work program

The Teen Triple P Group is a 7 week parenting program aimed at parents or carers of teenagers aged 12-16 years who have or are at risk of developing behaviour problems. Teen Triple P teaches parents how to encourage emotional self-regulation and to help their teenager develop the social skills they need to get along with others and be successful at school and in the wider community. Teenagers who grow up with positive parenting are more likely to develop appropriate life skills, feel good about themselves, and are less likely to develop serious problem behaviours.

The group work program involves the first 4 weeks at Brookvale Family Centre, 2 weeks of phone calls and one final week at Brookvale Family Centre  
DATE: 16<sup>th</sup> Oct – 27<sup>th</sup> November (2013)  
TIME: Wednesday Evenings 6:30pm-8:45pm  
VENUE: Brookvale Family Centre  
9B/44 Wattle Road,  
Brookvale NSW 2100  
PRESENTERS: Laura Hurstfield & Gemma Wood  
TOTAL COST: \$50

**BOOKINGS ARE ESSENTIAL AND PRE-SCREENING REQUIRED**

Please contact Family and Youth Support workers on 8425 8700 or email [naremburnfamilyservice@dbb.org.au](mailto:naremburnfamilyservice@dbb.org.au)

Please note children are not able to attend and childcare is not provided

[www.triplep.net](http://www.triplep.net)



## HORNSBY PCYC

'POLICE VS.

YOUTH SERVICES'

QUIDDITCH COMPETITION

**WHEN: 1PM FRIDAY 18 OCTOBER 2013**

**WHERE: 22 WAITARA AVE WAITARA**



**FREE COMMUNITY BBQ**

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