



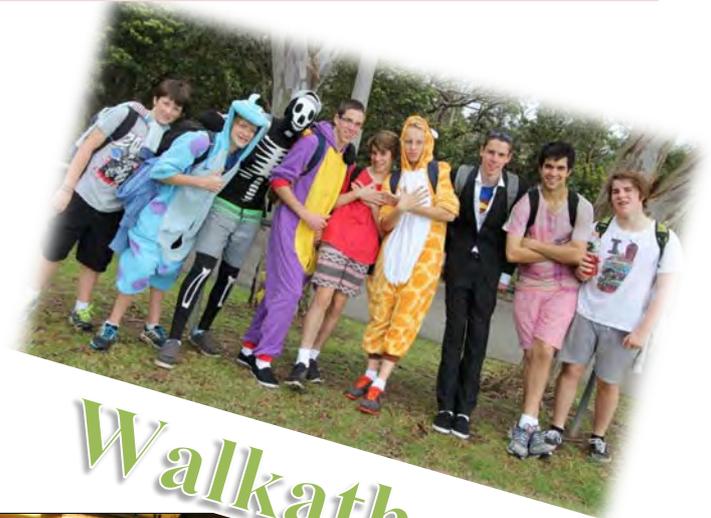
Asquith Boys High School Community Newsletter

BACKCHAT

Principal: Terry Griffiths
Deputy Principal: Andrew Skehan
Phone: 9477 3508
Fax: 9482 2546
www.asquithboy-h.schools.nsw.edu.au
asquithboy-h.school@det.nsw.edu.au

September 2014

MAJOR EVENTS @ABHS



Walkathon



Inaugural Father & Son Breakfast



ANNUAL ART & TAS EXHIBITION



Year 7 PIP



Swing City Jazz Festival with John Morrision

PRINCIPAL'S MESSAGE

Year 12 2014

This year's cohort leaves us this week. They have been a terrific group of young men and have made a huge contribution to the school over six years. It has been my pleasure to be their principal. Best wishes to Year 12 for the HSC exams and beyond. I look forward to hearing of their future progress.

P&C Community Day

This day, held on Sunday September 14th, was a tremendous success. With perfect weather there was entertaining and high quality musical performances all day, a number of very competitive soccer matches, the prestige car display, artworks, great food and interesting stalls. An interesting inclusion this year was the "dunk tank" which added plenty of theatre and colour to the day's events. The new TAS outdoor deck, built with funds raised from last year's event, was officially opened. The event was very well supported by our community with hundreds of visitors throughout the day, including local parliamentarians, Mr Paul Fletcher and Mr Matt Kean. This event has now been cemented as a regular annual feature on our calendar. Many members of the P&C were involved in organising this day and were ably led by School Council President Dr Kim Pinnock. Mr Jim French was the staff co-ordinator. Congratulations to everybody connected with this outstanding event.

Big Event Season

Over the last month we have seen a number of major traditional Asquith Boys events that were all very successful. Many parents and students attended the opening of the **ART/TAS Exhibition** on the evening of August 21st and were treated to a display of high quality visual arts, musical performances, and Year 12 Industrial Technology major works. Equally successful was the **Walkathon** on August 29th. Excellent attendance, participation and behaviour by our boys made the event a fun day out for everybody, despite the fact that extreme weather in the lead up to the day meant a change in venue. My thanks to the parents and volunteer helpers who made a valuable contribution to the success of this day. The inaugural P&C **Father and Son Breakfast** was held in the hall on the morning of August 26th and was very well attended. **The Jazz Big Band Fundraising Concert** was staged on September 6th, featuring John Morrison's Swing City, the ABHS Stage Band, Berowra Public Band and the ABHS Jazz Ensemble. For the first time the hall was transformed into a "cabaret" style that made for a very entertaining concert. Finally, boys from Year 9 and the prefects sold badges for **Legacy** and raised over \$11,000 for this worthy cause. All of these events were possible because of the passionate commitment of ABHS staff and students. Well done to all those involved.

Financial Contributions

It pains me to once again to have to write about parents who have not yet paid school contributions (what used to be called "school fees"). At this stage of the school year only approximately 60% of contributions have been paid. If this situation is not significantly improved by the early part of Term 4 it will have a serious impact on our school budget for 2015. I remind parents that we are very dependent on parent contributions to fund our educational resources and programs. A new round of invoices will shortly be posted home. Payments can be made in several ways or by instalments. In the event of financial hardship we still have some funds left in the Students' Assistance Scheme. Please contact the school office for payment details and options. I can assure all parents that every dollar contributed goes towards educational resources for your sons. If you would like to personally discuss this issue or your own individual circumstances, please contact me at school.

Terry Griffiths, Principal

DEPUTY PRINCIPAL'S REPORT

On Tuesday September 16 I had the pleasure of attending the annual TAS fashion parade at Asquith Girls High School, which featured a number of Year 8 Asquith Boys modelling the boxer shorts they had made in their Textiles classes throughout the year. The evening was a wonderful success and showed yet again the great depth of talent at Asquith Boys HS and breadth of experiences available to all students. Particular recognition must go to Mrs Bird for her excellent work with the boys in creating such excellent garments.

The end of HSC courses is fast approaching for our Year 12 students, and after much celebration of the end of their time at Asquith Boys HS, the serious business of examinations is about to begin. It is essential that all students make effective use of the weeks before the examinations to revise course content, answer questions from past papers and communicate with their teachers where possible. I would like to wish all boys every success for the examinations and their future endeavours.

As of next term, the boys will again wear summer uniform. 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.

Andrew Skehan
Deputy Principal

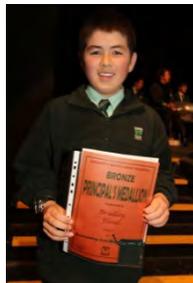
YOUNG STAR IN U19 SOCCEROOS

George Blackwood (12) has been selected for the under-19's Socceroos squad for the ASEAN Football federation Youth Championships in Vietnam, which is all preparation for the u/20 World cup that is in NZ next year. Last week he scored 4 goals to help the NSW All Schools side win the National Championship.

Congratulations and all the best George!



FORMAL ASSEMBLY 28TH AUGUST



Bronze Principal Medallion recipients term 3



Get your orders in for beautiful memories of your son's achievements and experiences at Asquith Boys H.S.

PHOTOS

Tel: 9477 3508

Photos are available for purchase of formal assemblies and school special events and functions. Proofs are available at Front Office. All proceeds go to the school for the future purchase of photographic equipment.

Photos are \$5 each

For further information contact Ms Cooke.



Photography by Ms Cooke

Photos from Year 12 Graduation Assembly & Winter Grade Sport Assembly are available to view and order from Reception.

Year 10 Ski Excursion



Day 1

Our day began with buzzing alarms at a time that no-one should ever be awake at. Weary eyed and still half-asleep we rushed around the house packing last minute items and eating breakfast before making our way to the coaches by 6am. As we lined up to board the buses the boys began to wake up - we were going to the snow! As we boarded Coach 1 and 2, we met our bus drivers and left Asquith at 6:45 for the snow! We made good time,

making our first pit stop 2 hours in for a quick toilet break, before proceeding to the Australian War Memorial. It was a very special day to visit the Australian War Memorial as World War I had begun exactly a year ago from today. After 90 minutes of rich history, a documentary on planes in the war and exact models of plane, weapons and other transportation methods, we hopped back onto our coaches to begin the last leg of the journey. As we arrived at Berrydale with the day coming to an end, we were given our equipment for the next exciting days including ski jackets pants, helmets, skis and poles. After a delicious dinner we were set to get a good night's sleep for our first day of Skiing.

Day 2

The sound of the teachers knocking on the door at 5am stung as we forced ourselves out of bed and get ready for our first day. Boys started to wake up at breakfast, which really gave us the kick we needed to start our day. The bus ride was enjoyable and we were able to get our first glimpse of snow as we began our journey to Perisher Terminal. Once we arrived there we stepped out grabbed our gear and made our way down to the Skitube to catch it to Blue Cow. Our first lesson proved to be challenging for most, with the majority of us never having been skiing or snowboarding before. However after some lessons everyone really started to improve and was having lots of fun. Pleasant Valley was where most people spent their time with a few others spending time on the magic carpet or on the other beginner slope. At 4 we caught the Skitube back to Perisher Terminal before heading back to the motel. Tuesday night's entertainment was trivia including a few different topics like - sports, TV and flags. After that we were sent to bed to rest up for the day ahead.



Day 3

The 5AM start was no easier on Wednesday morning but the thought of hitting the slopes again motivated all the students to get all their gear ready and up to the restaurant for a nice and early 6AM breakfast. The coach trip felt quicker on the second day and before we knew it we were hopping off the crowded ski tube at Blue Cow and heading towards our meeting spot where we would get in our groups for ski and snowboard lessons. This was the second day on the slopes for the students and the conditions could not be any better. There was a predicted blizzard for later in the afternoon but we could see nothing but blue skies. The lessons went really quickly and all the boys had progressed a lot. It was time for a quick roll call and some food to top us up with energy. Mr Moscos was enjoying the warm environment inside the kiosk and the amazing view of mountain ranges as far as you could see. He did a great job of making sure all of us were marked off and ready to go out for the rest of the afternoon. The wind picked up slightly during the free time on Wednesday afternoon but that didn't stop the boys going hard and getting the thrilling rides they were looking for. Pleasant Valley was a popular area for the Asquith boys and you were sure to spot many of us just in one run. The serenity of the chair lift rides was dreamlike and you could see all the action happening on the slopes but at the same time you could feel the warm sunlight mixed with the quiet cold breeze hitting your face. The fact that we were all with our closest friends while skiing and snowboarding made the experience even better. At the top of each run we all waited for our friends on the lift behind us and when we all met we wasted no time to strap up and hit the run. After another fantastic day on the mountain we headed back to the coach and headed back to our motel stopping at Jindabyne Woolworths to restock on snacks and lunch food for Thursday which was going to be just as big a day. Wednesday evening was very laid back. The teachers were kind enough to give us a free evening and we were able to kick back in our cabins, watch TV, play video games, and some of the boys enjoyed watching video footage that they had taken on the slopes. There was no hesitation to hit the hay at the teachers demand, as we were all so exhausted.



Day 4

Beep beep.....beep beep.....beep beep.....The sound of alarms woke every student in no time on Thursday morning. The thought of it being the last day on the snow was at the back of all our minds. We were glad to hear that overnight the weather forecast changed from a blizzard on the mountain to another bright and sunny day. We headed off on our coaches at around 6:45. The view as we were driving on the windy roads leading up to the ski tube was amazing. The hills were covered with untouched snow. We got to the top of the ski tube slightly earlier than our lessons and were able to have a couple warm up runs. Everyone was starting to get the hang of the sport and soon Asquith boys were shredding down the slopes in style. We had been told by the instructors that the mountain for the last 2 months had been a blizzard and we had come at the perfect time for great weather. The lesson was awesome again and it was a great time creating memories with our mates and stretching our skills.

For free time on Thursday we headed back down the ski tube from Blue Cow and got off at Front Valley. We spent the rest of the afternoon at Front Valley. We could see the Board World Australia team doing huge jumps in the terrain park and in the half pipe. It was fascinating to watch them get so much air time. Some of the boys stayed indoors and regained some energy but the majority of the students continued to go hard. A group of boys was taken by a teacher up to the top of the mountain and they had an absolute blast. Even though the runs were all new, the boys still had an awesome time and managed to find their way around. As it got later in the afternoon, the sun started to drop and there was shadow on one side of the mountain. As we all began to find our way back to the meeting point to get back on the coach we appreciated our last runs for the trip and truly made the most of the opportunity that was given to us.

The coach ride back was full of laughs at all the great sleeping positions, faces and sounds coming from the most tired of us. When we arrived back at the motel in Berridale we had a bit of time before dinner to have showers and take all of our hire gear back to the ski shop. Dinner was great once again and the news soon spread that each cabin would have to perform one song for Karaoke Night. We headed down stairs to the lounge room where it would all happen. Mr Moscos gave us a motivational demo and introduction to karaoke while we all prepared to let our inner performer shine bright. Despite having a rebellious attitude leading up to the event all the boys got up confidently and performed to the best of their ability, which was pretty fantastic. The event highlights were definitely performances from Charles Shepherd, Paul Chant, Griffin Sleigh, Mr Moscos and of course the teachers performance of 'Love Shack'. The night was topped off with a bold performance by Sam, performing an individual song in his background language. This night was a great turnout and everyone enjoyed it.

Day 5

Sleep was enjoyed thoroughly once again and we were able to have a sleep in due to the later departure time back to Sydney. The bus trip back was a great opportunity to reminisce with all of our friends over the amazing last 4 days we had shared with each other. We stopped for lunch in Goulburn and refuelled to continue the travel home. Some slept, some watched the movies and some talked as we finished the best week we had ever had.

This camp was truly one of the best experiences I have had and it will be remembered for the rest of my life. It was an amazing opportunity to get outside of school with our friends and teachers and build great relationships with them as well as having indescribable fun in the snow.

Thank you to all the teachers that came along to keep us safe, thank you to anyone who helped organise the trip and the activities that we did and thank you to the office staff for assisting the teachers and students in organising this trip.

All the boys are so grateful for the opportunity that we were given and would like to say thankyou to Mr Corbitt for putting so much time and effort in to the organisation of this trip to make it happen.

By Aran Dennis and Joel Winch



SPRING WALKATHON

The first Friday in spring has a special meaning for the Asquith Boys High School community. It's the traditional date for our Spring Walkathon and 2014 was the 27th time we have held the event.

The day started off gloomy and it threatened to rain, just like every other day this August! There was an air of excitement and everyone tried to get into the spirit of the day with year group photos in the quad. By the time we got moving the sun was trying to get out and to be honest it was a perfectly reasonable day for a walk. Usually the boys (as well as a good number of staff and the occasional parent) walk from the school, through the suburbs of Asquith & Hornsby to North Wahroonga where they enter the Gibberagong Track. This leads down through beautiful bush from the dry ridge tops, through tall eucalypt and turpentine forest to more lush surrounds along the river and then out to Bobbin Head and finally to Apple Tree Bay. However, this year due to August having its wettest month in history the Gibberagong Track was too hazardous for us to use and so the route was altered. The new route took the boys from school to North Wahroonga and then to Cliff Oval for their water stop before looping back and returning to school. Not the most scenic walk, but a walk none the less.



The rewards for the boys, as well as a good number of staff and the occasional parent are is the amazing lunch and a concert/DJ playing music at the completion of their walk. This year a wonderful team of parents cooked up a storm providing walkers with sausage sandwiches, drinks and doughnuts. After eating we all enjoyed music provided by Josh Collins and Phil Banton. There were dance impersonations as well as air guitarists everywhere. Balls were being kicked around and the boys enjoyed themselves. The day was brought to an end with an emu parade to leave the school rubbish free.

We would like to thank all the parents (and brothers) who helped with cooking, serving, transporting and erecting the marquee. Also thanks go to the staff and prefects who helped in many and varied ways to take on jobs on the day as well as beforehand – especially with the last minute change of walking track.

Mr Lappas would like to thank the wonderful team of staff, parents & family members, who cooked up a storm providing walkers with sausage sandwiches, food for a variety of dietary requirements, drinks & of course my favourite food group, doughnuts! Thank you to all the office staff & Steve S for your help & support throughout the day.

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 and equipment to Apple Tree Bay

McDonalds Mt Colah and Head Office – Vouchers

Coles Asquith – Food for BBQ

JB HiFi – Discount on major prize

REBEL – Discount on major prizes

A final thanks to the boys, their families and other sponsors for their contribution to this fundraiser which supports the school and charity. Over the last 27 years we have raised over \$180,000. A reminder that all cards and sponsorship money needs to be returned to school by the last day of term 3, so that the prizes can be allocated early in term 4. Update on money raised will be published in the next Backchat.

As this is my last walkathon, I wish the next organiser all the best. It is a wonderful day and ABHS should feel privileged to be able to hold such a rare event in today's society. I hope you are all looking forward to the first Friday of September 2015 for the 28th walkathon.

Mr D Lappas, Walkathon Coordinator



WALKATHON 2014



Photography by Ms Cooke,
Mr Philip & Ozzie

2014 UNSW GREAT ENGINEERING CHALLENGE

This year's challenge built on the success achieved by the 2013 competitors from Asquith Boys High. Two teams participated with forty seven other schools from the Sydney metropolitan area to record overall results on the day of a fifth and tenth place. The boys are given three challenges over the course of the day as well as informative talks from practicing engineers who presented dynamic videos detailing the types of projects that engineers typically deal with on a day to day basis.

Asquith fielded two teams from the current group of Year 11 Engineering Studies students.

Team 1: David Cook, James Seidl, James Sheldon & Michael Sheldon (5th overall)

Team 2: Oscar Beaven, Jack Bell, Michael Cowell & Thomas Smith (10th overall)

Challenge 1: Build an earthquake proof tower using paddle pop sticks, straws, a styrofoam cup, blue tac, sticky tape and 2 sheets of paper. Marks were awarded on the basis of a maximum possible height, the ratio of the weight of the testing load to the tower height, aesthetics and the amount of time it survived on the testing rig.

Team 1: achieved first place. Team 2: 4th place.

Challenge 2: Design a basic code, transmit and decipher a pre-drawn terrain display using red, green and blue coloured lights. Each group had 2 minutes and 30 seconds to send and decode the information.

Team 1: 31st place. Team 2: 9th place.

Challenge 3: Design and build a catapult to shoot 2 ping pong balls at a given target positioned 2 metres away.

Scores were awarded on the basis of the accuracy, stability and weight of the structure.

Team 1: achieved 7th place. Team 2: 37th place.



Team 1 and the winning tower.

A good day was had by all the students who attended. It is pleasing to see the enthusiasm of all the students competing against other teams, the clock and absorbing the ideas offered up by team members in solving each challenge. It was also pleasing that six of the eight Asquith Boys students who competed were engineering students in Years 9 and 10. This background in problem solving no doubt served them well and gave them some insight into the basic engineering principles necessary for successful and competent participation. Congratulations to both teams on their efforts.

Mr McCubbin, Engineering Teacher

2014 LEGACY COLLECTION

Legacy week saw ABHS step up to the mark yet again in supporting the Legacy

organisation by another great collection effort this year reaching a total of about \$11600.

- Year 9 boys under the supervision of Ross Johnston their Year Adviser raised \$7175
- Year 11 Prefect Sales at RSL - \$2000
- Harry Gibbons (the Magnifico) @ Westfields - \$941
- Year 11 Prefects, Connor Woolsey (in Cadet Uniform) & Michael Pratama @ Railway Stations on Friday – approx \$700
- Griffin Sleigh and Aiden May @ Westfields Friday approx - \$800

Congratulations to you all from Sydney Legacy on another \$10,000+ Club Effort!

ASQUITH



Harry is forging Legacy

TEEN'S SALES AID FAMILIES

Tracey Findlay

HARRY Gibbons has put in a mammoth effort selling Legacy badges over the past three years - raising \$2000 for the charity.

And the community-spirited teenager is about to boost his tally with the start of Legacy Week on Sunday.

The Asquith Boys High School student said he was

happy to support such a worthy cause even while in the midst of his busy HSC year.

"It's very important as a charity and it's a very good opportunity to perform community service," Harry said.

Sydney Legacy Hornsby division deputy chairman Col. Gilchriston praised Harry and the other Asquith Boys' students for getting behind the charity.

BUY A BADGE

What: Legacy Week

When: August 31-

September 6

Why: To help Legacy

continue to support

around 100,000 war

widows and 1800 children

and people with

disabilities nationwide

Details: legacy.com.au

"This school has consistently led the charge," he said.

Indeed in 2011 it became the first school in NSW to raise \$10,000 for Legacy and it has consistently achieved more than \$10,000 each year since then.

Next week a prefect group will be selling badges at Hornsby RSL and at the train station, and another 40 Year 9 boys will be fundraising in Westfield.

Harry Gibbons sold more than \$1000 worth of Legacy badges last year.

Picture: PETER CLARE

Article used with permission from the Advocate, 28 August 2014

You boys were outstanding - brilliantly presented and a credit to Asquith and themselves!

Mr George Moscos, Legatee

ANNUAL ART & TAS EXHIBITION 2014

Past exhibitions were generally packed up and put away on a Monday; this was not the case in 2014. It was the exhibition that kept on giving, a shame it couldn't be teleported to the Art Gallery of NSW! Set up began early in the week with the usual reconfiguration of the hall that will ultimately be the last of this set up. As from 2015 we will be setting up without the dilemma of the rises. This should improve the visual aesthetic of the show. Exciting times! The marvellous Steve S and the wonderful Hall Crew Team are old hands at set up, ready for the curatorial team to swan in and start the hanging process. The vision of the show evolves gradually over two days with the curatorial collaboration of Ms Cooke and Ms Holder. Their team of trainees were hand picked due to their spirit of cooperation and creativity. Thank you to both Hall Crew and Curatorial teams; Braedon Douglas, Bailey Keane, Damon Orre, Ben Adams, Greg Stanford, Jonathan S, Ben Herden, Peter Stevens, Jordan Mirabile-Kumar, Tim Michas, Jack Argent, Josh Collins, Tim Harris, Farhan Auliya. We were privileged to have the assistance of Mrs Cant and Ms Minkley who contributed their time to support the Visual Arts team. We were also very lucky to have our two amazing interns; Miss Lee and Mr McGrath.



The opening night saw hundreds of people in the hall that were treated to exceptional catering by Mrs Bird and her hospitality class. The Year 11 Jazz Ensemble jammed to the delight of the audience and we were also lucky to have Jonathon Walker & Callum Johnston play a few tunes. On Friday we were visited by



Kindergarten and Year 2 from Hornsby North PS. Year 2 had a special display of their work in the exhibition that was created through the collaboration of their teacher and Ms Holder; an initiative to support our community of schools. Saturday morning is traditionally family and friends of CAPA visit day. We were privileged to have a group of our experienced colleagues visit and provide feedback on the HSC works. We were delighted with their input. Rather than

pack up on Monday, the exhibition formed the backdrop for the Scholarship lunch and then a repeat performance at the Father & Son Breakfast on Tuesday morning. If we thought we were completely packing up on the Tuesday, we were delusional! Screens were prepared and stored in preparation for Community Day as well as the plethora of 3D forms.

The exhibition featured a bumper crop of junior work. We could hardly believe how much there was, not to mention the quality of the work. Ms Holder had an epiphany realising that it was partly due to her return to full time work, after working part time due to her family commitments. We both felt so proud of our boys. The 9/10VA class were painting to the very last minute and produced colourful and expressive painterly cars inspired by the work of Ben Quilty. He would have been most impressed with this homage to his work (we must tag one on FB for him!). The Creature breeding program certainly increased the overall population of Asquith (just a shame we can't include them in our staffing). Year 11 were also prolific with their abstract interpretations and figurative works. Landscapes, portraits, cows, orcs, pots with spots, instruments and PIPs filled every surface. A visual smorgasbord!

The highlight of the show is always the showcase of HSC works. The Year 12 cohort included; Christopher Bissett, Benjamin Cant, Jacob Chantarat, Kevin Pascua, Oliver Shepherd, Jacob Mandy, Angus Morton-Stoud, Lachlan Miles, Joshua Wilson, Joseph Hulse and Josiah Heggie. All the boys were excited to bring family and friends to the exhibition opening where they received critical acclaim for their hard work in creating beautiful art works.



An added extra to the art show was the introduction of the people's choice award and the "Packers Prize" (or in our case the curatorial team prize). Kevin Pascua was the standout with the People's Choice while Benjamin Cant won the "Packers Prize" (portraits just like the Archibald). Other runners up included; Daniel Adam and Christopher Bissett. \$100 was raised to support the development of the band program. Thank you to all who supported our cause with a gold coin donation to vote.

We also invited the wonderful boys from TAS to also highlight their HSC constructions at the show; boats, cars, recliners, tables, lounges impressed all as well as Josiah's corner with apron and oven mits. Ms Jackson's Year 11 gorgeous 'pallet' side tables were also a hit with the crowd. Year 7 PIPs also made an appearance and the boys were very excited to show off their wonderful projects.

The best exhibition yet??? Perhaps.... We look forward to dazzling you all once again in 2015.

Ms Caroline Cooke and Ms Cath Holder, CAPA staff



Photography by Ms Cooke

HSC DRAMA SOIREE

The term of Practical Assessments and HSC Markers

On the evening of 22nd July there was a flurry of nerves and excitement as the HSC Drama boys performed their Group Performances and presented their Individual Projects to parents and friends in the Annual HSC Drama Family and Friends Soiree. The boys have been rehearsing and developing these projects since the start of Term 1, surprisingly with little to no tears or tantrums.



The boys looked like seasoned actors and trained professionals, and delivered an engaging variety of performances – some funny, others serious, and the rest a little quirky.

Below is a beautiful emailed that was sent to the school from a parent, Miriam Miles, providing a great summary of the evening.

Ms L Mashman, Drama Teacher

A new voice springs forth: observations of the ABHS HSC Drama performances

The lights dimmed to black and I lost sight of my hands. The room fell quiet. Stillness enveloped us, and then, it began.

Voices sprung forth like an orchestra tuning their instruments before that moment of clarity: a cacophony of sound saturating our ears, emotions tapping into our psyches, as boys took us back in time, connecting us to our own memories of final school year stress.

Each one played a role, not dissimilar to their true personalities: enhanced and defined, they mimicked themselves and mirrored perhaps some of their own internal struggles being faced in the now.

Fully using both the spectrum of volume and space, they owned each one, letting their expressions, their words, hang in the air or pierce it through like a knife. One minute funny, the next deathly serious; one moment sensitive, the next simply frightening.

Nothing else matters right now, but this moment.

Like seasoned actors, they moved, kept pace and paused. Like stage veterans, they let their fears unravel, revealing parts of themselves; becoming vulnerable to the moment; letting us see them.

And we, glued to our hard wooden stools, forgot for a time this momentary discomfort, as we watched our sons turn into men of substance before our very eyes.

**Cheers for now,
Miriam Miles**



IN THE KITCHEN...

Hospitality Catering

The Hospitality students have worked very hard over the past few weeks.

On August 13th, the students catered for the **Careers Expo** at Hornsby RSL Memorial Hall. We cooked for 80 hungry exhibition holders supplying a variety of cold and hot savoury and sweet finger food.

There was nothing but high praise for Mitch, Sam, Adam and Keegan from the exhibition holders.



The Art/TAS display, held in the hall on the 21st August, was our second catering function. The same food was served as at the Careers Expo but much more of it, 3000 pieces of finger food and it all went! The Thai chicken sausage rolls were a favourite. Thank you to Ben Adams for giving up his evening to help the hospitality students with this one.



Finally, on the 26th August, the **Father & Son Breakfast** was held. In the early morning darkness the hospitality students, accompanied by one year 9 student and several year 10 students, entered the school grounds to commence the mammoth task of catering for about 180 hungry fathers and sons. Bacon, eggs, sausages, hash browns, tomato and onion were all prepared and cooked. It was a huge success and the students did an amazing job, their teamwork was fantastic!



Thank you to all the year 11 Hospitality students for their efforts over the past few weeks. Thank you also to Jordon, Charles, Noah, Elias, Aaron and Ben from year 9 and 10.

A very big thank you must go to Ms Kerrie Booth, our Kitchen assistant, who works tirelessly behind the scenes to ensure these events happen successfully!

Food Equity

On Monday 8th September all Year 9 and 10 Food Technology students cooked meals for the homeless people in the local area. The students worked in pairs to choose a nutritious meal suitable to feed the homeless. There was a great variety of meals chosen such as lasagna, chicken soup, casseroles, pasta dishes and tuna bake.

A reporter and photographer from the Advocate were present to record the event. This type of activity reinforces to the students how lucky they are, after learning that there is enough food in the world for everyone yet it is distributed unequally.

Meals have been received by *The Dish*, where they will be shared among the homeless in our local area.

Ms Karen Bird, Food Technology Teacher



PIP - PERSONAL INTEREST PROJECTS



What is the PIP? The PIP is a ten week programme which every Year 7 student completes. It starts in Term 2 with a Habits of Mind Day introducing the concepts that underpin the Habits of Mind Philosophy. Then over the next ten weeks in specific PIP lessons, students with their teachers work in their PIP Booklet. These lessons guide students through the process of completing their PIP's. These include decision making, organisational steps, writing and reflecting on their finished product. Within this booklet are worksheets on the four Habits of Mind which underpin this programme.

During term 3 every Year 7 student presented their PIP (Personal Interest Project with Habits of Mind) to their own classmates and a judging panel consisting of Kirsty Berryman, Tom Tuynman, Mr French and Joan Wilson. Again in 2014 the presentations by the Year 7 were brilliant. The judging panel were amazed at the outstanding quality and variety of the students' projects. After hours of presentations, the panel had to decide on the winners.... Each Year 7 Class had a Gold, Silver & Bronze winner as well as 5 Year Adviser runners up awards. Well done to Year 7 2014!

Mr J French, Year 7 Year Adviser

Enjoy the following report

by Nicholas Fannelli (7R2 Year Adviser Award winner) & Bradley Flood (7R1 Silver Award winner)

This year Asquith Boys High School brought in 102 new Year 7 students. Each student was asked to complete their Personal Interest Project (PIP), an annual tradition at ABHS.

All the Year 7 students had to come up with their own unique designs and overall set a very high standard for next years' Year 7.

We conducted a survey with 50 Year 7 students, asking them whether they though PIP was a good idea and whether they would like to do it again if they had the chance. The majority of the students said yes to both questions.

Our experience was fantastic! We both saw amazing PIP's, ranging from skateboards all the way to cooking food. Both of us would definitely agree that it was a fantastic event and we would recommend it to all Year 7's in future years.

SURVEY		
Question 1: Did you think that PIP was a good idea?		
Good	Ok	Bad
### ### ### ### ### ###-1	### ### II II	###
Question 2: Would you do it again?		
Yes	No	
### ### ### ### ### ### ### II	### ### III	



Adrian Schoenmaker
(Brookvale Oval – Bronze Award)



Brenden de Berg
(Cupcakes)



Joshua Tompsett
(LEGO Bart Simpson)



Nabeel Ali
(Soccer 'food'ball)



Nicholas Barratt
(Vegetable Patch)



Cooper Davenport
(Surfboard Bronze Award)



Alister Pirrie
(World Cup Trophy)



JAZZ FESTIVAL FUNDRAISER & SWING CITY CABERET CONCERT A RESOUNDING SUCCESS !

The informal and warm atmosphere of a Jazz Club inspired a highly creative night of musical performance for musicians from primary school to professional. The aim of this successful night was to celebrate and provide performance opportunities for student bands in a semi professional gig with acclaimed, professional musicians. We are also fundraising and raising the profile of our highly successful Stage Band to create a complementary Concert Training Band which encompasses a wider range of instruments and opportunities to perform in a band for more boys on a greater range of music. All of these threads came together in a complementary manner on Saturday 6 September in the ABHS auditorium, now refurbished to its original floor plan.



Berowra Public School Concert Band opened the proceedings with a lovely performance of classical & familiar pop tunes led by director Erik Thorvoldson. We are delighted to involve the absolute enthusiasm of Berowra Public in our band program and wish them continued success in their musical endeavours.

The second group on the night was the newly formed **ABHS Year 11 Jazz Ensemble**, yes, THAT trio, playing some funky grooves with the solid rhythm section work of Michael Sheldon, James Seidl and Jacob Sheldon, directed by Mike Williamson. The sound they produced augurs well for their HSC performances in 2015.



Next came the massive sound of the **ABHS Stage Band**, fresh from their sausage sizzling gig at Bunnings the previous Sunday. The level of maturity and polished sounds they produce goes ahead in leaps and bounds. One could hear in their playing the many hours of work, practice and rehearsals accompanied by countless performances and hours on the road with tours and band festivals, led by the energy, professionalism and high demands of band director Iain Howick. They will be playing in the Manly International Jazz Festival on Saturday 4 October on the 'Rising Stars' (Corso Stage) at 5pm. This is the hottest spot for a school band. Please come down and support them! The word in the room on the night among the oldies was that ABHS Stage Band were the hot ticket item!



After a brief intermission with music provided by our highly competent MC's Callum & Jon and an extensive snack bar of delicious food, the headline act - John Morrison's Swing City - exploded on to the stage. The material ranged from timeless classics and jazz standards to modern contemporary arrangements. These included 'Summertime' (Gershwin), 'Fever' and 'Can't Buy Me Love' (Lennon/McCartney) which featured the exquisite vocals of Jackie Cooper, John's partner. The level and depth of musicianship in this ensemble make it one of the hardest swinging bands in Australia, possibly the world.



Gordon Goodwin's Phat Band (accredited as the best Jazz Big Band in the world) recently performed in Australia (Concourse Chatswood), which our boys attended. There was not much daylight between them and Swing City, if any at all! Another reason our Stage Band sounds so amazing is by providing professional opportunities such as these and opportunities to see these bands play. Swing City played all manner of material from bounce, ballad, be-bop to modern all with an emphasis on swing.



The evening was well supported by our community and some people deserve special mention: Jack Argent and the hall crew, Inez Beckerleg, Iain Howick, The Roscarels, Phil Banton, Barbara Tuynman, The Townsends, Margaret Skillbeck, Alison Winch, Steve S, Craig Philip, Laura Mashman, Paul Chant, Kirsten Dudley, Joan Wilson, our sponsors Asquith Family Butchery, Cakes For All Occasions and Encounter Church.



Overall a highly successful evening of Jazz music was enjoyed by everyone. It was particularly heartening to see so many friends and family groups who booked tables and were totally inspired by the depth of talent on display. Callum Johnston closed the evening with a thank you to sponsors and the hard working production team to which John Morrison replied: 'That was really well done!'



We look forward to visiting BPS to present certificates and photos from the night to participants and the Principal.

Mr Mike Williamson and Ms Cath Holder, CAPA

NEWS FROM HSIE

MEDIEVAL EUROPE PROJECTS IN HISTORY

8E create sustainable projects for Environment Week



Year 8 studied Medieval Europe in History this term. They learnt about medieval life, the feudal system, religion, architecture, castles and significant personalities such as William Wallace and William the Conqueror. 8E were given an option of creating a word document, poster or a 3D model of a topic within the course. The assignment was due during Environment Week which was August 24th – 30th 2014.

Enviroweek challenges young Australians to take positive everyday action for a sustainable future. Consequently some students used recycled products from home to create their models. Brendan Greig, who is a member of the Environment Committee at ABHS, created a Medieval Battle Axe out of sustainable wood and plywood. He painted it with leftover paint that he had at home. Jack Beckerleg made a Medieval Concentric Castle out of tin cans, toilet rolls, cardboard, paper & reused photo foam backing for the base. Both students made excellent use of reusable & sustainable materials.



Well Done Boys!

Ms A Evans, HSIE Teacher

Inaugural Father & Son Breakfast



On Monday September 26 August we held our inaugural Father's Day Breakfast. And what a great morning it was! The P&C had worked up the Father's Day Breakfast concept as a fund raiser to recognize Fathers and to provide an opportunity for busy Dads and other significant male figures to connect with the boys at their school. The event was fully booked!

The Dads arrived around 7am to find our hall looking like a cross between an art gallery and an up market café with tables laden with pastries & fruit salads surrounded by pitchers of fresh orange juice and chilled water. The boys and dads were then treated to a full cooked breakfast. It was lovely to see our menfolk ensconced within the art exhibition enjoying their meals and the conversation of the boys and other Dads.

They were treated to a brief speech from our recent old boy Matthew Douglas remembering his time at ABHS and how the school helped him in working towards his potential. Thanks also to the School Captain, Ben Cant, and our principal Mr Terry Griffiths and his staff for their time and presentations on the morning. The breakfast concluded around 8.30am, allowing the attendees to get about their business with minimal disruption to their working lives.

Events like this always rely on our volunteer team and our generous sponsors to make it happen. Congratulations to the raffle ticket winners of great prizes donated by **Asquith Golf Club, The Springs Golf course and Glenworth Valley Adventures**. Many thanks to our other generous sponsors in **Daily Fresh, Food on the Move, Peters Meats Hornsby, Bakers Delight Berowra, Muffin Break Hornsby, Woolworths Hornsby, Coles Asquith, K Mart Hornsby, Asquith Family Butchers and Red Fish Café Brooklyn**. Thanks to the P&C's Maddi Bailes for organizing the event with the support of the school staff. A special mention to Karen Bird and the school's hospitality staff and students who laboured long and hard to prepare and cook our fabulous breakfast for us.

We are all already looking forward next year's breakfast!



FACULTY NOTES



SCIENCE

HSC

Year 12 Chemistry have had 2 excursions to complete their course studies. One excursion was to the Sydney Maritime Museum where the boys looked at the chemistry of corrosion as part of their elective on oxidation and reduction reactions. The other excursion was to Lucas Heights Nuclear Reactor where the boys looked at nuclear medicine and radioactivity.

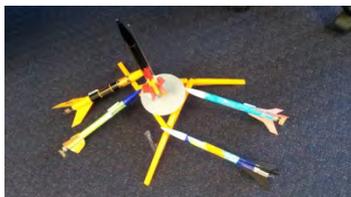
Year 12 Biology visited the Museum of Human Disease at the University of NSW. The boys who attended gained some great insights outside of the classroom settings and appreciated spending some time on campus where many will seek to attend next year.

Year 11

With exams over and the Preliminary course completed some boys will need to assess their options on what Science course to do next year. Any students doing Physics who are struggling have the option of changing to Senior Science which is a full ATAR general science course. Boys dropping to Senior Science can still continue with other Science courses.

Year 10

Mr Robertson's Year 10 class have been working on a model rocket project based on the motion topic and Newtons Laws. The model rockets were made of cardboard



and plastic and have a pre-bought engine in them. The boys will be launching the rockets later in the term at Storey Park.

Science Week Museum Excursion

Our brightest Year 9 and 10 Science students ventured down to the annual Science Week Festival down at the Australian Museum. The boys were entertained by a CSIRO rock band as well wandering through stalls involving scientific organisation and universities. After lunch our boys wandered through dinosaur, mammal and crystal exhibits.

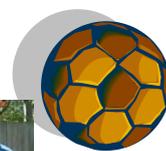
Mr S. Robertson
Head Teacher Science

SPORT



The Asquith Under 16's (Div 1) boys won their Final last Saturday in a hard fought 2 - 1 game against Northbridge.

Well done boys.



CAREERS

Important Information

2015 Post School TAFE Course Information went "live" on NSI (Northern Sydney Institute of TAFE) website on 9th September. Students can now REGISTER their interest in a course for next year. They will then be contacted by NSI Call Centre for information about attending information sessions on their course. The banner on <http://www.nsi.edu.au> will take students to the course search page where they can begin the search! It is very important that students make the right choice as fees are increased and in case of higher level courses students will be carrying a debt.

It seems that students will be able to **enrol** in early November. Please check websites for updates on course information.

2015 Higher Education Enrolments for NSI are now open Please go online at www.nsi.edu.au.

I will attach a link with information re Vet Fee-Help



Smart and Skilled: 2015 Student fees for TAFE and other private providers.

Smart and Skilled is a reform of the NSW vocational education and training system. From 1st January 2015 eligible individuals will be entitled to government subsidised training. To be eligible, individuals must be an Australian citizen, permanent or humanitarian visa holder or a New Zealand citizen, aged 15 and older, no longer at school and living or working in NSW. Apprentices will be eligible.

Basically this means that the fees have changed. I will list some of the main changes

- From 2015 fees will be calculated for the whole qualification, not just by paying for the year or semester.
- This way, you will know the total cost of the course regardless of how long it takes to finish the course.
- Cost will be lower for lower qualifications.
- Costs will vary by industry.
- Costs will be lower for students completing their 1st post school qualification.
- Costs will be the same regardless of the training provided chosen.
- Students enrolling in Certificate IV, Diplomas and Degrees will have access to VET FEE-HELP
- VET FEE-Help debt will need to be repaid when students reach the defined income threshold (in 2014 this is \$51,308.
- There are concession fees for some courses but not above Cert IV.

Below are the links for **2015 student fees, Student eligibility and fees- some examples, a fact sheet on the fees** with information re fees for students with a disability, Aboriginal students, etc

http://www.training.nsw.gov.au/forms_documents/smartandskilled/prices_fees/2015_student_fees.pdf

http://www.training.nsw.gov.au/forms_documents/smartandskilled/prices_fees/2015_student_fees_fact_sheet.pdf

http://www.training.nsw.gov.au/forms_documents/smartandskilled/prices_fees/student_eligibility_fees_examples.pdf

http://www.training.nsw.gov.au/forms_documents/smartandskilled/vet_fee_help/vet_fee_help_student_eligibility.pdf

For individual course costs please visit:- http://www.training.nsw.gov.au/smartandskilled/prices_fees.html.

Students can also visit a TAFE counsellor for more information re courses and fees or phone 131674. I am also including a table for TAFE costs for 1st qualification and then 2nd qualification to give you some idea of costs.

TAFE Costs 2015 -Total Cost for Courses

For individual course costs, go to: http://www.training.nsw.gov.au/smartandskilled/prices_fees.html

If Course is 1st Qualification	If course is 2nd Qualification
<ul style="list-style-type: none">• Cert I- \$220• Cert II - \$870.00 to \$1340.00• Cert III - \$1310.00 to \$3270.00 – Trade Level• Apprentices -\$2000.00• Cert IV - \$1540.00 to \$4220.00 – Technical Level• Diploma - \$2510.00 to \$7280.00 – Supervisory Level• Advanced Diploma - \$2510 to \$7280.00 – Mgt Level	<ul style="list-style-type: none">• Cert I- \$220• Cert II - \$870.00 to \$1340.00• Cert III - \$1310.00 to \$3270.00 – Trade Level• Apprentices -\$2000.00• Cert IV - \$1540.00 to \$4220.00 – Technical Level• Diploma - \$2510.00 to \$7280.00 – Supervisory Level• Advanced Diploma - \$2510 to \$7280.00 – Mgt Level

2015 Carpentry apprentices will need the following to be eligible to commence a TAFE course

1. A letter from your employer stating you are employed as an apprentice and being trained to carry out Carpentry work.
2. Proof of registration as an Apprentice (a copy of receipt with Apprentice registration number from an Australian Apprenticeship Centre or the front page of your Training Plan.
3. A Copy of your Workcover Whitecard or the certificate issued for the Whitecard (WHS General Induction for Construction Work in NSW).

University Application

A further reminder that **30th September** is the closing date to apply online for university courses. Late fees apply after that date. It is also the closing date for IES **Equity Scholarships**. These scholarships assist financially disadvantaged students with the costs associated with higher education. They comprise

- Commonwealth Scholarships (CS) for Indigenous students established and funded by the Australian Govt.
- Institution Equity Scholarships (IES) funded by individual universities.
- Please visit www.uac.edu.au and apply online.

A Free Careers Advisory is available from 18th December to 23rd December 2014 from 9am to 5pm. Get online at www.cas.det.nsw.edu.au or phone 1300 300 687 for free advice. The website also contains helpful information in clarifying course choices, employment opportunities, career pathways and training options.

Mrs J. Fry
Careers Adviser

Discover the World on a WEP Student Exchange Program!

Are you ready for a bit of excitement and culture in your life? Looking to push your boundaries in 2015? Why not participate in a semester or year-long student exchange program to one of over 20 countries, including popular destinations such as the USA, France, Argentina and Italy? **Applications for January programs are still open but will close soon!** Don't miss out on this once-in-a-lifetime opportunity to do something out of the ordinary, with a WEP high school exchange!



Sarah in Belgium: "I really loved the orientation in Brussels, I had such a fun time. My host family were really welcoming of me and have kept me distracted for the first few weeks, which has helped a lot. In fact, I've barely felt homesick compared to what I was preparing myself for! The students were all very excited to have an Australian around that they could speak English with! During classes I mostly do French worksheets that they have given to me, or try to translate the worksheet that the rest of the class is focusing on."

Early Bird Special!

WEP is offering students in years 9 to 12 (excluding year 12 in VIC) a \$500 discount off the 2014/15 program fee towards a semester or year program to any of the following countries departing in July - September 2015: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Thailand or the USA. Simply submit your full application online **before 28 Nov '14**.

Find Out More!

- Visit www.wep.org.au and request a FREE information pack for you and your parents. Our brochure contains everything you need to know about WEP's not-for-profit student exchange programs to help you and your parents make this important decision.
- If you have any questions about any of our exchange programs please feel free to give us a call on 1300 884 733 or email info@wep.org.au.

WEP Australia is a not-for-profit student exchange organisation registered with the Education Departments in VIC, NSW and QLD.

Get Your ²⁰¹⁴ WEP Classroom Poster & Handouts

WEP

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CLAFOUTS AUX CERISES

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WWW.WEP.ORG.AU LEARN AND DISCOVER THE WORLD

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WORLD IN YOUR HAND

www.wep.org.au/info/teachers

P&C Association

Parents and Citizens working together for our School

Hello ABHS community,

ABHS P&C had a successful Bunnings BBQ on the 31st August raising \$640.00. Michelle Roscarel would like to thank the following people for their help on the day: Nicholas & Keith Roscarel, Kim Pinnock, James & Ray Stoddart, Darren Gibbs, Ronni Laffer, David Morgan, Ian & Emma Gillies and Cole Davenport.

The following is a brief rundown of the last P&C meeting held in August: A lot has happened at ABHS and we'd like to thank Karen Bird, Maddi Bailes and the Hospitality students who organised and cooked for the inaugural P&C Father/Son breakfast which was so well attended and really enjoyed by the fathers and sons. Thank you also to the Hospitality team & CAPA staff for their efforts with the Art Exhibition. The Year 7 PIP projects have been presented, the scholarship students have been selected, Legacy Week was another great success, the Jazz night has been held and Year 11 will participate in Men of Honour program.

The Community Fun day was held on Sunday 14th September and it was a great success. The weather was perfect and everyone enjoyed the day, with lots of events happening. The next Backchat will have a more detailed report & photos of the day. I would like to thank everyone for their help and support on the day. The money raised will be supporting the upgrade to the top quad.

The next meeting will be held on 28th October and I look forward to seeing you there.

Thanks,

Linda Stanford

P&C President

If you wish to email the P&C please use the following email addresses:

president.abhspnc@gmail.com - Linda Stanford

secretary.abhspnc@gmail.com Nicky Morrison

treasurer.abhspnc@gmail.com Jenny Williams

grounds.abhspnc@gmail.com Michelle Roscarel

fundraiser.abhspnc@gmail.com Maddy Bailes

publicity.abhspnc@gmail.com Di Stoddard

President:	Linda Stanford
Vice Presidents:	Dr Kim Pinnock Mary Beijerinck-Gooley
Secretary:	Nicky Morrison
Treasurer:	Jenny Williams
Ground Maintenance:	Michelle Roscarel
School Council Reps:	Michelle Roscarel, Mary Beijerinck-Gooley, Rizwan Ali
Publicity Officer:	Dianne Stoddart

The next P&C meeting

@ 7.30pm

Tuesday 28 October
in the Library.

All welcome.

ABHS CALENDAR OF EVENTS TERM 4 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Week	October 6	October 7	October 8	October 9	October 10	Oct 11/12
1A	LABOUR DAY			Formal Assembly (Student leaders Investiture)		

Week 2B	October 13 HSC Commences	October 14 HSC	October 15 HSC	October 16 HSC	October 17 HSC	Oct 18/19
Week 3A	October 20 HSC Year 7 Swim School	October 21 HSC Year 7 Swim School	October 22 HSC	October 23 HSC Year 7 Swim School	October 24 HSC Year 7 Swim School	Oct 25/26
Week 4B	October 27 HSC	October 28 HSC School Council & P&C Meeting	October 29 HSC	October 30 HSC Duke of Ed Silver & Bronze Expedition	October 31 HSC Duke of Ed Silver & Bronze Expedition	Nov ½ Duke of Ed Silver & Bronze Expedition
Week 5A	November 3 HSC	November 4 HSC	November 5 HSC	November 6 HSC HIGH SCHOOL EXPERIENCE DAY	November 7 HSC	Nov 8/9
Week 6B	November 10	November 11	November 12	November 13 Year 12 Formal	November 14	Nov 15/16
Week 7A	November 17	November 18	November 19	November 20	November 21	Nov 22/23
Week 8B	November 24 Yr 11 Construction & Hospitality Work Placement	November 25 Yr 11 Construction & Hospitality Work Placement School Council & P&C Meeting	November 26 Yr 11 Construction & Hospitality Work Placement	November 27 Yr 11 Construction & Hospitality Work Placement	November 28 Yr 11 Construction & Hospitality Work Placement	Nov 29/30
Week 9A	December 1	December 2	December 3 Year 7 2015 Orientation Day	December 4 Formal Assembly (SRC Induction)	December 5	Dec 6/7
Week 10B	December 8	December 9	December 10	December 11 Year 9 Camp	December 12 Year 9 Camp	Dec 13/14
Week 11A	December 15 PRESENTATION NIGHT 	December 16	December 17 End of Term 4	December 18 Staff Development Day	December 19 Staff Development Day	Dec 20/21

Etheringtons

S O L I C I T O R S

Paul Etherington
Principal

Ground Floor, 153 Walker Street, North Sydney, NSW
PO Box 2000, North Sydney, NSW 2059
Telephone (02) 9963 9800 Facsimile (02) 9963 9830
DX 10508 North Sydney E-mail paul@etheringtons.com.au
Homepage www.etheringtons.com.au

Paul Etherington was a student of Asquith Boys High School from 1971 to 1976 after which he studied law. Paul is now the founder and partner of Etheringtons Solicitors, a law firm based in North Sydney dealing in conveyancing, family law, litigation, leases, commercial, wills, estates and intellectual property.

With over 25 years of service, Etheringtons Solicitors are well placed to provide clients with sound legal advice to any Asquithian.

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Cowan Public School

75th Anniversary
Saturday 25th October
12.30–8.00pm

Save the Date!

BBQ all day / Jumping Castles / Market Stalls / Activities for Children
Live Music / Café / Book Fair / Craft / Fire Brigade Activities
Food Stalls / Classroom Museum / Bush Dance

**If you would like to book a Market Stall...
please enquire at Cowan Public School on 9456 1065**

Cowan Public School, Chandler Avenue, Cowan



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sydneynewcomers.com.au

Don't be shy, get in touch. We'd love to have you join us.

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.





BARE CREEK TRAIL RUN

Garigal National Park, St Ives
Sunday 2nd November 2014
www.barecreektrailrun.com

Supporting St Ives Park Primary School and the SES




Printed by  Lane Cove

In partnership with 

10km trail run
 A challenging trail run, suitable for those who want to try their first trail run and tough enough for experienced trail runners.

6km trail run/walk
 Fun for families, runners or walkers from ages 6 and up

Enter online now!



Proudly sponsored by



Great prizes and spot prizes on the day

FREE WORKSHOP

MOTIVATIONAL SPEAKER, LEADER & SOCIAL CHANGEMAKER
 — GLEN GERREYN WILL INSPIRE AND MOTIVATE YOU —

Do you have a teenager?



If you have a teenager it's no secret you have one of the hardest jobs in the world so don't miss this fantastic opportunity!

Parents are invited to attend this life changing workshop aimed at equipping you with positive and powerful skills to raise resilient and successful teenagers.

The session is uplifting and motivational and will provide skills for each member of the family to contribute, support and encourage each other.



Achieve great things in your life



Find your place in the world



Make positive life choices



Build long lasting relationships

6:45pm Wednesday 29th October 2014
 William Clarke College, 1 Morris Grove, Kellyville
 RSVP to natalie.paci@2realise.org.au or 02 9639 0263

Special thanks to The Hills Shire Council and William Clarke College
 This initiative has been brought to you by: Gradise, Wesley Family Centre, The Hills, MTC, Australia and Christ Church Priory.



Let's rabbit on about mental health.

Mental Health Month Talks, Seminars and Workshops

All talks will be held at the Sonya Phillips Room, Castle Hill Library, corner of Castle Street and Pennant Street Castle Hill

Bookings are essential online <http://www.thehillsshirelibraryservice.eventbrite.com.au/>

TOPIC: The Art of Possibility
 PRESENTER: Kim Pearce
 SUITABLE FOR: Teenagers, young adults, educators
 DATE: Wednesday, 8 October 2014
 TIME: 6:30-7:30pm
 COST: Free (bookings essential online)



Kim Pearce is a former high school teacher and the founder of The Possibility Project. Drawing on her collaborative experiences with youths living below the poverty line in India, she will share with you the attitudes these communities use to respond to adversity. Consisting of a 45 minute talk followed by a simple creative exercise, this informal and upbeat presentation is open to everyone. Highly suited to teenagers, parents, and teachers who are looking for a non-medical approach to the serious growth of mental health issues amongst our young people.

For more information about Kim Pearce visit <http://thepossibilityproject.com.au/>

SEMINAR: Stress, Anxiety and Sleep
 PRESENTER: Psychologist, Carlo Jacobs-Bloom
 SUITABLE FOR: All ages
 DATE: Wednesday, 15 October 2014
 TIME: 6:30pm-7:30pm
 COST: \$5.00 (bookings essential online)



This seminar is ideal for people who are suffering from a lack of sleep due to anxiety and stress. Carlo Jacobs-Bloom is a Psychologist who's work involves helping individuals experiencing mood and anxiety disorders, personality disorders, addictions, trauma, grief and loss, self-esteem and relationship difficulties.

For more information about Carlo Jacobs-Bloom visit www.thehillsclic.com.au/kellyville-psychologists/

SEMINAR: Caring for a family member with mental health issues
 PRESENTER: Psychologist, Gerald Haslinger
 SUITABLE FOR: Carers, parents and family members
 DATE: Wednesday, 22 October 2014
 TIME: 6:30pm-7:30pm
 COST: \$5.00 (bookings essential online)



Being in a caring role for someone living with a mental illness can be a challenge and it's critical that we take a moment to appreciate the amazing contribution such carers make to the lives of their care recipients as well as the community as a whole. We take some time to recognise the amazing work such carers do, explore some of the challenges carers might experience, discuss what Recovery means in the context of mental health and explore some of the services and resources out there for someone caring for a family member with mental health issues. Recovery is possible for most people experiencing mental health issues but it can be a bumpy ride for carers – let's find out how you and the person you care for can get the most out of the journey together.

Gerald has a great deal of experience working with carers of people living with a mental illness in Western Sydney, having worked with such carers firstly as a support worker providing emotional and practical day to day support and then as an educator. He completed his studies in psychology with a focus during his Honours study on the idea of Recovery from mental health issues and investigating just how much carers know about this concept. Gerald is passionate about increasing community awareness about these topics as well as supporting carers in their crucial role. For more information about the courses Gerald runs please visit www.mhta.com.au

TOPIC: Depression and Anxiety in Teens
 PRESENTER: Psychologist, Leesa Adlard
 SUITABLE FOR: Carers, parents, family members, friends
 DATE: Tuesday, 28 October 2014
 TIME: 6:30pm-7:30pm
 COST: \$5.00 (bookings essential online)



This talk aims to assist parents, carers, families and teens to gain a deeper understanding of Depression and Anxiety in Teens. The discussion will include the symptoms, causes and treatment options as well as coping strategies. It aims to create understanding, hope and empowerment to overcome depression and anxiety in teens.

Leesa has over 8 years of experience as a registered psychologist working in both a private practice and private hospital inpatient settings. She has worked extensively with children, adolescents, adults and families presenting with a wide struggles such as Depression, Anxiety, PTSD, Adjustment disorders, Eating disorders, Bereavement, Trauma, Stress and Relationship difficulties. She has Master's Degree in Psychology and is currently completing a Doctoral Degree in Psychology within the field of Trauma. For more information about Leesa and her speciality areas please visit www.beyondresilience.com.au



For mental health month events visit www.thehillsmentalhealth.org

For mental health month events visit www.thehillsmentalhealth.org