



Asquith Boys High School Community Newsletter

BACKCHAT

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**November
2015**

COMMUNITY FUN DAY 2015 SUNDAY 13TH SEPTEMBER

Each year the Community Fun Day gets bigger and better and this year was no exception! Many months of planning goes into organising this event and the P&C were all excited when the day finally arrived. As we woke up on the Sunday Morning and headed to the school we had a beautiful warm bright and sunny day. The Principal, P&C and teaching staff, students and volunteers were all there early to set up for the day.

This year the theme was "Celebrating our Diversity". We wish to thank LJ Hooker Hornsby Andrew Laidlaw, Vaughan and Monaghan Insurance and Financial Services, NSW Government, Multicultural NSW, Liveability, AIE – Academy of Interactive Entertainment who were sponsors of the day.

The new attraction this year with thanks to Skateology was the pop-up Skate Park with Electronic DJ where the kids could join in and get some great skating lessons and tricks. We also had Normanhurst Scouts with the Climbing Wall, Sydney Dunk Tanks, Apex cooking the sausage sizzle BBQ, Mr Tim Josephs and the Hospitality boys' hot food stall, Mr George Moscos and staff arranging the Soccer games and OZ-Tag and the ABHS Old boys stand.

There was certainly plenty to see and do on the day – perusing the market stalls on the top oval, trying out the segways, looking at the Wild Life Expo, checking out the car display, watching the hive of activity on the Skate Park & Climbing Wall, supporting the victims of the Dunk Tank, anticipating the next move at the chess games, marvelling at the ABHS Art Display, enjoying the variety of foods, sitting down at the Wine Bar, listening to music and watching OZ-Tag and Soccer games.



Thank you to Maddi Bailes, the P&C Community Day Co-ordinator who put in a fantastic amount of work to make the day a success; Principal Mr Terry Griffiths & Deputy Principal Mr Andrew Skehan for their support; ABHS Staff; ABHS parents and boys who volunteered throughout the day and of course the incredible P&C Committee who put in an extraordinary amount of work to help make this day a success.

Thanks to the ABHS community and the wider community for coming along to the day - I hope you enjoyed your experience.

Dianne Stoddart – Publicity Officer ABHS P&C



Photography by Ms Cooke & Chris Kent

PRINCIPAL'S MESSAGE

New Student Leaders

Our new student leaders were sworn in at our first formal assembly of the term. I'm pleased to announce that the 2016 School Captain is Griffin Sleigh, Vice Captain is Zachary Duretto, and Senior Prefect is Joel Winch. I know that these boys, along with all the Year 11 and 12 Prefects and Sports Captains will do a great job upholding the traditions of Asquith Boys High School.

Head Teacher Mathematics

I would like to welcome Mr Kim Shead, our new Head Teacher Mathematics, to the Asquith Boys community. My thanks also goes to Mrs Ronelle Laffer for relieving as Head Teacher Mathematics for the last 12 months.

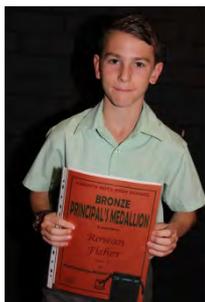
NAPLAN Results

By now all parents of Year 7 and Year 9 should have their son's individual results. Once again, as a school, Asquith Boys has registered very significant improvement in this year's Year 9 cohort since the same group arrived in Year 7 in 2013. There is growth in all the NAPLAN categories, but absolutely outstanding growth in Writing. Our students are regularly defying the statewide trend for boys in all the Literacy categories. Unfortunately, the MySchool website does not report gender results in co-ed schools, so it is impossible to gain an accurate view as to how boys are progressing in individual co-ed schools. However, we do have the technological capacity to compare the progress of our boys to all boys across the state. This improvement is quite significant when the statistics are viewed as compared to "boys only" across the state. This is further evidence of the effectiveness of our whole-school Literacy and Numeracy Program.

Term 4

I would like all students and parents to note that this school term is an eleven week term, and that **school finishes for all students on Wednesday December 16th**. The focus for all students this term should be very much on their academic results. Yearly reports will be handed out towards the end of term and all students should be striving to achieve their best outcomes and registering improvement from their half yearly reports. I look forward to celebrating our students' achievements in all fields of school life at our **Presentation Night on Monday December 14th**.

Terry Griffiths, Principal



Bronze Principal Medallion Recipients at Formal Assembly 8th October

Rowan Fisher & Jake Lawler

COMMUNITY FUN DAY

It was a test of skill in balance which many tried and tried again.

Nathan Jollie (Year 7) tried once and swivelled off the balance ladder. At about 2:30pm on 13 September and his second attempt Nathan managed the almost impossible and touched the top of the frame. To a round of applause from onlookers, Nathan accepted his \$50 prize from owner/operator.

Well done, Nathan!



DEPUTY PRINCIPAL'S REPORT

The Higher School Certificate examinations have been running since the beginning of this term and are due to conclude state wide on November 4th. This is the end of a long high school journey for students and we wish them all the very best in their post-exam lives. Many Asquith Boys staff are now involved in the HSC marking process, with most subjects having a current or recent HSC marker working with students.

Alongside the HSC, the rest of the school is now entering the final assessment phase of the year. Year 10 examination timetables will be distributed shortly. Students in other years should take careful note of messages from staff regarding arrangements for end of year assessments.

Students have generally made the transition to summer uniforms well. However, I would like to remind families that black leather shoes (not suede, cut below the ankle) are both a uniform and WH&S requirement. It is also imperative that on the odd cool day, students ensure that they wear the correct school uniform (eg. jumper), not other coloured clothing.

Andrew Skehan
Deputy Principal

BANDANA DAY 2015



Six Year 8 boys who are going on tour to Malaysia with the ABHS 2016 International Football Tour volunteered their time to sell Bandanas on Bandana Day at Hornsby Station. Recently the Tourists have always done this and in a little under 2 hours the boys sold all their stock and in the process raised \$577. The boys should be congratulated on their efforts and they might even have a career in Sales the way they sold 100 bandanas.

Jarrold Haines, Nick Barratt, Luke Antrim, Alex Humphreys, Nick Fannelli & Seb Eliasson.

Whooping Cough Alert - Information for Schools



There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](#).

walkathon



Walkathon is not compulsory for the Year 12s but many of them didn't want to miss out on their 'last' 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 this year was the 28th time we have held this annual fundraising event. The day started off surprisingly gloomy and wet after a week of perfect sunny weather but the students showed up in force eager to walk. Despite the weather there was an air of excitement and the boys were in good spirits starting the day off with Year Group photos in the quad. By the time we got moving the sun was glaring and the raincoats were put away for great walking conditions.



Year 7 ready for their first Walkathon!

Unlike the year before where the track had to be significantly modified due to very poor weather conditions, this year the boys, staff and parents walked the traditional track from school, through the suburbs of Asquith and Hornsby to North Wahroonga where they entered the Gibberagong Track. This scenic route leads down through the beautiful Kuring-gai National Park bushland from the dry ridge tops, through tall Eucalypt and Turpentine forest to more lush surrounds along the river and eventually out to Bobbin Head and the final destination of Apple Tree Bay – a total of 10km.



Year 8

Once the boys reached Apple Tree Bay in the humid conditions they were treated to sausage sandwiches, drinks and doughnuts. The boys enjoyed the down time socialising and listening to Fifty50 who tirelessly provided the music for the afternoon thanks to Luke Antrim, Keegan Morris, Kane Whittaker and Callum Roscarel. Of course the music would not be possible without the help of the Sound Engineer Joshua Collins who with his father did a great job getting the equipment set up.



Year 9

We would like to thank all the parents who helped out with cooking, serving, transporting and constructing the marquee. Also a big thank you to the staff and prefects who helped in many and varied ways to take on jobs on the day. There were many compliments made afterwards on the assistance the staff, students and parents received on the track by the prefects.



Year 10

Mr Melrose and Mr Josephs would like to especially thank the wonderful team of staff, parents and family members, who cooked up a storm providing walkers with sausage sandwiches, food for a variety of dietary requirements, drinks and of course the doughnuts! Thanks you to all the office staff, Steve and Gabe for your help and support for the day.



Year 11

Thanks also to the businesses that sponsored the event in various ways including donations and special deals: McDonalds Waitara & Coles Asquith.

A final thanks to the boys, their families and sponsors for their contribution to this fundraiser which supports the school and the Royal Flying Doctors charity. Over the last 28 years we have raised over \$190,000. Information on exact money raised this year and the boys who raised the highest amounts will be published in the next Backchat.



Asquith Boys High School is very privileged to have such an enjoyable event on the calendar as it is an activity that most other schools don't do. It is a strong Asquith Boys tradition that brings the boys, staff, parents and ABHS community together for a great cause. Can't wait for next Spring!

Mr Melrose & Mr Josephs – Walkathon Coordinators



THANK YOU to the businesses below who sponsored 2 of our boys.

Charlton Refrigeration P/L
Gold Licence no: 41253C ABN 54 002 400 740

AIR CONDITIONING & REFRIGERATION SPECIALISTS

30 Years Experience

Geoffrey Charlton
 Managing Director

ARC
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Mobile: 0418 218 036 Fax: 9476 0999
 Email: charltonrefrig@bigpond.com

home of our famous
Royal Easter Show
CHAMPION
& GOLD MEDAL
AWARD WINNING
SAUSAGES

Riverview Gourmet Meats

MEAT CLUB

Phone/Fax: (02) 9427 2108
 Email: luke@riverviewgourmetmeats.com.au

55 Tambourine Bay Rd, Lane Cove NSW 2066



Photography by Ms Cooke & Mr Philip

WINNERS: SPRING WALKATHON PHOTO COMPETITION

Congratulations to the winners of the Spring Walkathon Photography Competition. The brief was to consider the beautiful environment in which we walk every year. The Spring Walkathon is a huge day in the ABHS calendar and a tradition that has been going for years. There were over 60 entries posted on *Instagram* with the hashtag #abhsspringwalkathon15. The winners were; Jack Beckerleg, Keegan Watterson and Zachary Howe. They each received a JB HiFi voucher that they will be able to put towards their next purchase. Thank you to Mr Yates and the Environmental Committee for providing the prizes.

The students explored a number of digital options in the execution of their photographs. Some boys used their phones and then manipulated the images on *Instagram* while others used cameras such as a Go Pro and blue toothed the image onto another device.

Other apps were also utilised before visiting *Instagram*. *Afterlight* is another popular editing tool for photographers. Successful images considered; format, compositional structure, framing, filters, cropping.

Ms Caroline Cooke, CAPA

1st Place: Jack Beckerleg, Year 9



**2nd Place:
Keegan Watterson, Year 9**



**3rd Place:
Zachary Howe,
Year 8**



HORTICULTURE GARDEN

Year 8 Horticulture elective class has been working tirelessly with Mr Yates and Ms Polson to develop the vegetable garden. Many of the plants are enjoying the warmer weather with their growth rates increasing considerably. Some of the plants being grown in the horticulture patch include aloe vera, strawberries, tomatoes, a variety of herbs, a fruit salad tree with various stone fruits and beans. Alex Humphries is one of the team leaders in the garden and his hard work has been paying off with some extremely healthy kale, lettuce and peas being grown to complement the other garden produce. Well done to Alex and all of the other boys for their hard work in perseverance in the garden.

The boys have also set up some trellising and are starting to grow some grape vines. The vines are only young and small but we hope to be getting a crop within 2 or 3 years of a variety of red and white grapes.

Mr S Robertson, HT Science



YEAR 12S LAST WEEK GRADUATION & BEACH DAY



Thank you to the parents, friends and family who came to support the boys at their Graduation Service, celebrating their years at ABHS and their growth into young men.





WEP Student Exchange

There's So Much To Gain From A WEP Student Exchange!

WEP student exchange is the opportunity for students to exchange their school, culture, family and possibly language for a selected time period in another country. It is far more rewarding than simply being a tourist, as students live like locals and acquire knowledge not available to the general traveller. It is a once in a lifetime opportunity to travel and study at an overseas school with the support of a volunteer host family.

To find out more visit our website: www.wep.org.au

Year 10 student, Conrad White is currently in Norway on a 10 month stay organised by WEP Student Exchange. He wrote an article for the WEP newsletter which is reproduced below.

Conrad is right at home with the cool Norwegians!

I've been here in Norway for one month now and everything has been fantastic! I arrived after 30 hours of travel and 48 hours without sleep, despite being exhausted, meeting the family went really smoothly and it wasn't nearly as awkward as I expected.



I wasn't nervous at all for school pre-departure but it really hit me hard a day before I actually had to go. It all started awkwardly when Klaus (the teacher who's responsible for helping me) threw me into a full class. 30 pairs of eyes looking straight at you is daunting!

Fortunately the school is brand new, so everybody there was new! Despite everyone being shy and slightly nervous, it was still hard for me because talking to people proved so difficult! Making friends is one thing, but asking them to speak their second language just so they could have a conversation is another.

Fortunately I'm in a special course called Idrettsfag, which roughly translates to Sports Course. This is a life saver for me because I have made more friends through the course.

I'm a month in now, I am fully settled into a large group of great people. Everyone in the class is friendly and I feel I can talk to anyone!

Family life here is going just as smoothly. The food has been great, my family has been so welcoming.

It's been a month and they already feel like family to me and I to them.

As for the differences between Norway and Australia, where do I even start? I should be listing things that aren't different. Everything from the roads to the people are different!

Norwegian people are the coolest people you'll meet but most of them won't come up and speak to you, you have to get to know them, then you'll truly see who they are. They'll show you they're interested in talking to you by making eye contact. In Australia when you make eye contact with someone people will look away. But here people will look at you for a good few seconds several times and it is really obvious...yet, slightly flattering!

It's true, a vast majority of the country have blonde or fair hair and blue eyes. I feel kind of left out having black hair and brown eyes!

The roads here are thinner and there aren't many traffic lights! The countryside looks exactly the same as the postcards!



To conclude, I'm having the time of my life here in Norway, things here have gone unbelievably smoothly aside from a few minor problems like language, but all-in-all, I love this place and I can't wait to see what the next nine months brings!

- Conrad, Sandnes, Norway

BATTLE OF THE MINDS

On Friday the 21st of August 5 boys from Year 8 accompanied by Mr French, the Year 8 Year-Adviser, and travelled to Auburn Girls High School to compete in the 'Battle of the Minds'; a competition in which students from over 40 schools are quizzed on four subject areas - Maths, Science, HSIE and General Knowledge.

The day kicked off once every school had arrived at the Auburn Girls hall. It was here where the rules were explained and the quizzes were completed. The rules stated that the quizzes were to be done by the whole team within a specific time limit - this enforced team work and made sure that the quiz' had a degree of pressure! The day had 4 components, 4 different activities and quizzes based on the 4 subjects. Overall our team came 14th, with a particularly strong performance in the HSIE orienteering challenge, coming 1st overall.

For the HSIE orienteering challenge we had to run around the oval trying to find different points and record them in a booklet. The points were marked on a map in the booklet to help, but there were additional points that you did not need to mark, which confused many teams.

We really enjoyed the competition and it's great that we had the opportunity to participate.

Thomas Dandle, 8E



ARTEXPRESS 2015: MAITLAND

Earlier in the year, we had the joy of travelling to the Hazelhurst Gallery in Gymea to attend the opening of Artexpress. Christopher Bissett was one of a privileged group who achieved exemplary results in the HSC and whose work 'The Fountain' was consequently selected for this prestigious exhibition. His work is now a part of the travelling exhibition that visits regional centres throughout NSW. During the school holidays, I took the opportunity to visit the Maitland Regional Gallery and personally experienced Chris' work in this fabulous facility.

It was a standout (and NO, I am not biased). Couldn't resist taking a 'selfie' with his fabulous fly, a survivor of post-apocalyptic Hornsby!

He is to be congratulated once again for being such a wonderful Visual Art student. We are very proud of you.

Caroline Cooke
CAPA Faculty



In the Kitchen....

Year 10 Food Technology

Along with cooking in the current unit of work 'Food for Special Needs', Year 10 managed to fit in an excursion to the local factory, Wrigley. This visit was to reinforce the content of their last unit 'Food Product Development'.



Students, along with Ms Barlow and myself, made their way on foot to the Wrigley factory, which is located in Asquith. We all suited up in PPE (Personal Protective Equipment) and toured the factory floor. The students were keen and interested, displaying excellent behaviour at all times. Once back inside the office we all received a sample bag full to the brim with Wrigley products. A little birdy also mentioned that Mr Skehan's favourite gum was PK and Wrigley kindly gave us a box full of PK to brighten his day!

Year 11 Food Technology

In the last Year 11 unit 'Food Quality' students have learnt in great detail the functional properties of protein, lipids and carbohydrates, as well as the sensory characteristics of food. This has been reinforced through practical experiences such as Sticky Date Pudding with Caramel Sauce where properties such as gelatinisation, caramelisation, mechanical aeration, chemical leavening, and dextrinisation occur.

Ms K Bird, TAS teacher



Year 11 Hospitality

After an extremely busy term 3 catering for events such as Community Day, Father & Son breakfast and the Hornsby Apprenticeship Expo, the students have settled in quite well. They are preparing for their second Work Placement which they are in good stead to complete with flying colours.



Their second task assessment (Cluster D) is soon coming upon them; they are inviting their parents to come to taste their products at an afternoon tea. They are currently completing Prepare Sandwiches, Produce Appetisers and Salads, and Work Effectively with others.

Congratulations to William Jensen

William was selected for his enthusiasm during his first Work Placement at Eden Gardens. William has been offered and has taken up the offer for part time work as cook on the weekends.

The award is only given to six students among 1500 work placement students. His efforts have been fantastic. He was awarded **Excellence in the Work Place** by Eden Gardens. The following was the comments below.

"William stood out as being very keen to learn and asked questions to extend his understanding. He demonstrated a real passion for Commercial Cookery. We were delighted to offer William the opportunity of weekend employment for later in the year. We would highly recommend William for employment in this industry due to his passion, natural aptitude, professionalism and ability to work well as a team member".

Mr Josephs, TAS Teacher



Kitchen Battles

Kitchen Battles Grand final was completed at Turrumurra High for 2015. The dish was quite difficult with 6 parts to the dish, including poaching Salmon in 42°C olive oil. Keegan Watterson and William Garrett competed well and can hold their heads up high; finishing 4th and 5th with only 6 marks difference between first and last. Both boys represented Asquith Boys High School with enthusiasm and discipline, with the other schools commenting on the exemplary behaviour and skill in a foreign kitchen. Extremely well done boys, you should be both very proud of your efforts.

Mr Josephs, TAS Teacher



Confit Salmon with textures of carrot, potato gnocchi and radish (Confit Salmon with carrot puree, sweet and sour baby carrots and carrot crisps)

Confit Salmon

Ingredients

- 2 x 35gm pieces of salmon (or 1 x 70gm piece)
- Salt and sugar for curing
- 500ml Olive Oil (for confit)
- Selection of aromatics for infusing the oil (whole garlic cut in half, bay leaves, thyme, basil and dill)

Method

- Sprinkle salt and sugar on salmon, then let the salmon sit at room temperature for 10 minutes
- In a small square metal container double lined with tin foil put oil and aromatics, then heat on the side of the stove to 45 degrees, let it sit for 5 minutes.
- Rinse salmon and place in oil

Carrot Purée

Ingredients

- 300gm Carrots
- 100gm Onions
- 1 Garlic clove
- 1 tablespoon Butter
- 30ml Double Cream
- 100ml Chicken stock
- Salt and Pepper to taste

Method

- Sweat onions and garlic till translucent
- Add sliced carrots and cook till soft
- Add butter and cream, then reduce
- Top with hot chicken stock and cook for 20 minutes
- Blend and strain

Radish

Ingredients

- 1 x radish
- Splash of white wine vinegar
- 1 punnet of baby basil

Method

- Thinly slice baby radish, splash with white wine vinegar and olive oil left over from the salmon
- Let this sit for 20 minutes

Parmesan Gnocchi

Ingredients

- 600 gm Potatoes
- 100-200gm Flour
- 50gm Parmesan
- 1 Yolk
- ½ Egg

Method

- Place whole potatoes on rock salt in the oven
- When baked scoop out the potato and pass through a sieve
- Add parmesan, eggs, salt and half the flour
- Lightly mix in flour until the right consistency

Sweet & Sour Baby Carrots

Ingredients:

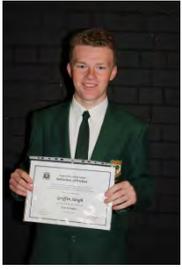
- 1 bunch Baby carrots
- 200gm Butter
- A splash of red wine vinegar
- A pinch of sugar
- Salt and Pepper to taste

Method

- Peel baby carrots and roast in frying pan
- Add butter, continue cooking till butter starts to foam
- Add a pinch of sugar then deglaze with the vinegar



OUR 2016 STUDENT LEADERS



School Captain
Griffin Sleigh



School Vice-Captain
Zachary Duretto



Senior Prefect
Joel Winch

Year 12 (2016) Prefects

Zachary Duretto, Matthew Fitzsimmons, Aynsley Gaveston, Jarrod Griffith, Matthew Griffin, Angus Lord, Aden May, David Mays, Artem Nosovtev, Griffin Sleigh, Joel Winch, Christopher Rourke, Charles Shepherd, Jordan Ritchie, Joshua Solinas & Brock Virtue

Year 11 (2016) Prefects

Benito Albace, Saber Attar Motlagh, Rory Beuman, Jay Campbell, Mitchell Claydon, Garrett Fitzgerald, Max Fortune, Riley Gibson, Tobey Isobe, Daniel Jollie, Beau-Thierry Lukich-Yang, Andrew Morrison, Benjamin Parnell, Nicholas Roscarel & Riley Turner



Sports Captain
Daniel Jollie



Sports Vice- Captain
Riley Gibson



Photography by Ms Cooke

THE AUSTRALIAN MATHEMATICS COMPETITION 2015

The results are back for the AMC 2015.

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 129 students sit the various levels of the competition. These students achieved a total of 8 distinction and 45 credit certificates.

The **Prudence Award** is given to the student who answers the most number of consecutive questions correctly, starting with question 1. In 2016, this was awarded to **Brendan McSweeney** of Year 10 who answered the first 17 questions correctly before making a mistake.

The Distinction certificates and Credit certificates will be presented at a "pizza lunch" and presentation put on by the Mathematics faculty, 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, Competition Coordinator

Responsible Service of Alcohol



During the July school, the Northern Sydney Institute Tafe, held a day for school students aged 17 and over where they could receive their RSA (responsible service of alcohol) certificate which allows them to work in a licensed premises that sells or supplies liquor to the public.

The course taught the context of RSA, the legislative framework for the RSA, the impact of alcohol abuse, how to implement responsible service of alcohol strategies and many other interesting facts that involve licensed premises and alcohol

The responsible service of alcohol means; complying with the law by serving liquor responsibly and legally; by looking after patrons; and by being aware of the rights of neighbours and the general community to remain undisturbed by the operation of the venue.

To determine whether a person may be intoxicated include the following:

- **Speech**- slurred words, incoherent speech and rambling
- **Balance**- unsteady on feet, cannot stand or walk straight and stumble into people and objects
- **Coordination**- difficulty counting money, spill of drop drinks with no one around them, and difficulty opening doors
- **Behaviour**- they become rude, aggressive or offensive, cannot follow simple instructions, and become loud and pester others

In order to prove that people entering licensed premises include:

- Current legal driver's license
- Current legal passport
- Current legal Photo Card

A "standard drink" contains 10 grams of alcohol. One standard drink always contains the same amount of alcohol regardless of container size or alcohol type, that is beer, wine, or spirit.

- Full strength beer: 285 ml glass - 1.1 standard drinks
- Mid strength beer: 375 ml bottle or can - 1 standard drink
- Light Beer: 425 ml glass - 0.9 standard drinks
- Wine: 100 ml standard serve - 1 standard drink
- Champagne: 150 ml average restaurant serving - 1.4 standard drinks

For anyone who is thinking of doing a RSA course, I highly recommend doing it as it provides you with further knowledge on alcohol and opens up job opportunities.

By Matthew Claydon

FACULTY NOTES

ENGLISH

Year 7 are developing their very own HORROR! stories this term. Please encourage them to read their narratives to the family and share your own favourite (PG) HORROR! tales.

Year 8 are delving into the world of Sci-Fi with aim of creating informative brochures explaining the key elements of the genre. Please ask them about the film they are studying in class and if possible watch another film at home to build their understanding of the genre.

Year 9 are reading exploring poetry in order to prepare for an in class essay. Students should be able to communicate the way that striking images are created from poetic language. Please ask them about the key images and ideas in their texts.

Year 10 are exploring the Coming of Age and Western genres in their respective films. Students will be creating sophisticated brochures explaining the significance of their genre. Please ask them about their films and offer your own favourites (perhaps a family movie night!) within the genre to assist them in developing their understanding of the genre.

Year 11 have started Year 12 coursework. **Advanced and Standard** are developing their conceptual awareness of Discovery through the creation of a narrative that shows the journey of a character to a new point of understanding in their lives. It would assist students to have another pair of eyes to read their writing and offer alternative viewpoints, so please volunteer to be a proof reader.

English Studies are exploring the complexities of Australian Identity and developing their ideas in order to present a speech to their class. Please ask them to read their speeches to you in order to help them develop their public speaking skills.

Year 12 of 2015 are currently sitting their HSC exams and have mostly expressed their satisfaction with the English papers, we wish them the best with their remaining exams. More importantly, we wish them, **"All days of glory, joy and happiness"**.

Ms J Kelly

Rel. Head Teacher English

MATHS

Welcome back to Term 4 from the Mathematics Department. On a personal note, I would like to thank the Mathematics Faculty, the staff, students and parents who have made me feel very welcome and ensured a smooth transition to the school. It is great to be at ABHS. I look forward to working with you all to continue to develop the Numeracy skills of all the boys at ABHS.

From a Faculty point of view, we were very pleased with a number of good results in the Mathematics Competition (please see article by Mrs. Laffer). We were also very excited to run the Mathematics Incursion 'Smart Money' for Year 10. We were very happy to see the positive engagement of the boys. Due to its success, we have decided to run another module 'Smart Saving' involving all Year 9 boys. It is to be held on Friday, November the 6th, Periods 1 to 4 in Room 7. There is no cost.

Examinations are coming up later on in the term, so please boys, it is essential that you revise.

Remember the motto:

**"Those who fail to prepare,
prepare to fail"**

Mr K Shead

Head Teacher Mathematics

CAREERS

Coming Events

UTS: Men in Nursing - Thu 12th November, 5.30pm, City - Broadway

Learn about what can be achieved in a career as a male nurse. A panel of industry experts will be in attendance to debunk common misconceptions about men in nursing, as well as speak about gender issues in the health industry more broadly.

Contact: health@uts.edu.au

<http://www.uts.edu.au/about/faculty-health/events/men-nursing>

The University of Newcastle: UNI Advisory Days

Tue 5th January, 2.00pm – 6.00pm, Newcastle, Central Coast, Port Macquarie campus

Thu 21st January, 3.00pm – 6.00pm, Newcastle, Central Coast, Port Macquarie campus

The first UNI Advisory Day, on Tue 5th January, will provide the opportunity for prospective students to speak to university staff about courses and change of preferences for study in 2016. The second UNI Advisory Day is for anyone who didn't get a university offer and would like to discuss change of preferences or enabling programs such as Newstep, Open Foundation or Yapug.

http://www.newcastle.edu.au/events?result_40254_result_page=2

UNSW: Minerals Summer School

Mon 18th January – Wed 20nd January

Applications close Sat 31st October

Students in Year 10 or 11 who are interested in science or engineering can take part in this four day residential summer school. Students will learn about study, careers, lifestyles, and opportunities in the Australian minerals industry.

Contact: mining@unsw.edu.au

<http://www.engineering.unsw.edu.au/mining-engineering/unsw-minerals-summer-school>

Important Information

The Good Universities Guide 2016- now available in Careers Room.

This book is a comprehensive, national list of degree courses and The Guide rates the quality of institutions and degrees against a list of criteria such as Teaching quality, Overall Satisfaction, Student Retention, Getting a full-time job and Graduate Starting Salary. There is a copy available for loan from Mrs Fry or there is a free electronic version available for students and parents at - ebook.gooduniguide.com.au. The ratings are derived from the feedback of thousands of recent graduates.

Australian Institute of Architects NSW

The Australian Institute of Architects NSW provides a range of resources for students interested in the industry. Information about events, studying architecture at university and more can be found at the website.

<http://www.architecture.com.au/nsw/>

Careers with Woolworths

Woolworths Limited (Woolworths, Big W, BWS, etc) has a range of job options available, from apprenticeships & trade roles to casual, part time or full time positions.

www.wowcareers.com.au

National Skills Needs List

A list of 65 traditional trades that are experiencing a skills shortage. Some of the occupations included are electrical lines worker, baker, bricklayer, joiner and panel beater.

<http://www.australianapprenticeships.gov.au/national-skills-needs-list>

Mrs J Fry
Careers Adviser

tsfx Succeeding in the HSC

For students studying Year 11 or 12 in 2016

FREE lectures designed to maximise ATAR scores
Delivered by leading HSC experts & HSC exam markers



- Ace the UMAT
- Advanced study skills program
- English AOS (Discovery) lecture
- Panel session: Is the HSC fair?
- Parent information session
- Subject specific lectures
- The psychology of success

Valued at Over
\$250!

FREE when you donate \$10 to charity on the day
Total donated to date: \$291,390.15

Dates & Venues:

Saturday 14 November 2015
University of Sydney
(Camperdown)

Sunday 22 November 2015
University of NSW
(Kensington)

Vacancies are strictly limited



The Fred Hollows
Foundation

Each year, countless "average" and "below average" students receive higher ATARs than their academically gifted peers. Analysis of these students' study habits has revealed that they are applying key systems and strategies that are **not known** or **not being used** by their HSC peers.

"Succeeding in the HSC" is an annual fundraising event designed to raise much needed funds for The Fred Hollows Foundation and to provide students with the skills and information they need to maximise HSC marks. Featuring a unique range of guest speakers and HSC exam markers, this exclusive event is a **must** for students studying Year 11 or Year 12 in 2016!

- Learn how average students obtain 90+ ATAR scores each year and how you can use the same systems and strategies to reach your full potential in Year 11 and 12.
- Discover the biggest mistakes made by past HSC students.
- Get ahead and maximise marks in the English Area of Study (Discovery) assessments.
- Benefit from in-depth instruction from prominent HSC teachers (and exam markers) from top ranking schools.
- Learn what to expect next year, challenges to watch out for and how to prepare for (and conquer) these.
- Hear what teachers and exam markers expect from those students striving for the higher subject marks.
- Discover strategies that can be implemented now, so you can reduce stress and workloads next year.
- Receive exclusive advice from Australia's leading learning and study skills specialist.

Admission Fee:

Valued at over \$250, "Succeeding in the HSC" is **FREE** when you make a minimum \$10 donation to The Fred Hollows Foundation on the day. Students attending lectures on both dates (14 & 22 November 2015) will be required to make a \$10 donation on each day.

100% of the proceeds collected will be donated to The Fred Hollows Foundation. To date, TSFX fundraising programs have raised over \$291,000, every cent of which has been donated to charity.



Timetable & Venues:	Saturday 14 November 2015 University of Sydney (Camperdown)	Sunday 22 November 2015 University of NSW (Kensington)
8:30am – 11:15am	Advanced Study Skills Lecture & Panel Session: Is the HSC Fair?	Advanced Study Skills Lecture & Panel Session: Is the HSC Fair?
11:45pm – 1:15pm	English Area of Study (Discovery) Lecture OR Preliminary HSC (Year 11) English	English Area of Study (Discovery) Lecture
1:15pm – 2:15pm	LUNCH	LUNCH
2:15pm – 3:45pm	Specialised Subject Lectures: HSC Biology OR HSC Business Studies OR HSC Mathematics (2 Unit) OR HSC Mathematics Extension 1 OR	Specialised Subject Lectures: HSC Business Studies OR HSC Chemistry OR HSC Economics OR HSC Mathematics (2 Unit) OR HSC Mathematics Extension 1 OR
4:15pm – 5:30pm	Ace the UMAT Parent Information Session The Psychology of Success	Ace the UMAT Parent Information Session The Psychology of Success

Note: Same subject/topic lectures are identical. For example, the 'UMAT' lectures on Saturday 14 and Sunday 22 November 2015 are identical.

ENROLMENTS:

Enrol online at www.tsfx.com.au. Alternatively, please call 1300 364 173.

P&C Association

Parents and Citizens working together for our School

Hello ABHS community,

Hello ABHS community and welcome back to an exciting and busy Term 4.

On behalf of the P&C I would like to welcome the new Maths Head Teacher Mr Kim Shead and give a huge thankyou to Mrs Laffer for acting in the role for the past year and doing a wonderful job. Congratulations to the new School Captain Griffin Sleigh, Vice Captain Zach Duretto and Senior Prefect Joel Winch.

I would also like to thank our local MP Matt Kean for the opportunity for Mr Griffiths to attend a breakfast at Parliament House for School Principals on the North Shore.

Dates to remember:

28th November Family Portrait Day.

24th November the last P&C meeting for the year and I hope to see you there.

Linda Stanford
P&C President

The next P&C meeting
@ 7.30pm
Tuesday 24
November
in the Library.

ABHS CALENDAR OF EVENTS TERM 4 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Week 5A	November 2 BACKCHAT published	November 3	November 4	November 5 High School Experience Day	November 6 HSC finishes	Nov 7/8 Bronze Duke of Ed Expedition to Royal Nat Park (overnight)
Week 6B	November 9 Bronze Duke of Ed Expedition to Royal Nat Park	November 10	November 11 Gold Duke of Ed Expedition	November 12 Gold Duke of Ed Expedition	November 13 Gold Duke of Ed Expedition	Nov 14/15 Gold Duke of Ed Expedition
Week 7A	November 16	November 17 Yr 12 Formal	November 18	November 19 Yr10 Yearly Exams	November 20 Yr10 Yearly Exams	Nov 21/22
Week 8B	November 23 Yr11 Construction & Hospitality VET Work Placement Leadership Camp	November 24 Yr11 Construction & Hospitality VET Work Placement Leadership Camp School Council & P&C Meeting	November 25 Yr11 Construction & Hospitality VET Work Placement	November 26 Yr11 Construction & Hospitality VET Work Placement Formal Assembly (SRC Induction/ Winning House)	November 27 Yr11 Construction & Hospitality VET Work Placement	Nov 28/29

Week 9A	November 30	December 1	December 2	December 3 Year 7 2016 ORIENTATION DAY	December 4 Yr9 Jamberoo excursion	Dec 5/6
Week 10B	December 7	December 8 School Council Finance Meeting	December 9	December 10	December 11 Beach Day (Winning house) BACKCHAT published	Dec 12/13
Week 11A	December 14 PRESENTATION NIGHT 	December 15	December 16 End of Term 4	December 17 Staff Development Day	December 18 Staff Development Day	Dec 19/20

2016 DATES

Term 1 – Wednesday 27th January till Friday 8th April

Years 7, 11 & 12 start Thu 28th January, Years 8, 9 & 10 start Fri 29th January

Term 2 – Tuesday 26th April till Friday 1st July

Term 3 – Monday 18th July till Friday 23rd September

Term 4 – Monday 10th October till Tuesday 20th December

Staff Development Days

Wed 27th Jan, Tue 26th April, Mon 18th July, Mon 19th Dec & Tue 20th Dec

ABHS P&C Fundraising Event - Family Portrait Sunday 28th November, 3-7pm

The P&C is organising this event together with AGHS.

- Contact Linda (0408 263 251) to book a time slot and advice how payment will be made
- \$20 per family
- outdoor setting is near the ABHS hall
- pets are welcome

See the following pages for further details, contact and booking forms.

Dear Families,

We are holding a portrait fundraising day and would be delighted to receive a donation from you in return for a framed 10"x13" family portrait (of your family – valued at \$90!) by Laura Jean.

How long has it been since you had your family together for a group photo? Update your family pics with their relaxed and fun photographers – view gorgeous samples for ideas or check out their available packages online at:

laurajeans.com.au  facebook.com/laurajeansfundraising

Every family can receive this personalised photographic service, close to home. Flexible options include portrait choices, complimentary 3-pose sitting and obligation free additional portraits to suit your needs (see back for more details).

We will receive 100% of funds raised from the special framed family portrait, plus heaps of extra bonuses when more families participate.



FREE 3-Pose Portrait Pack

When we get 25 families participating there will be a complimentary 3-pose portrait pack + CD up for grabs.

How can you help us get there?

- Return your voucher ASAP
- Invite a friend with additional voucher below
- Encourage more families to book

INSTRUCTIONS

1. Complete Voucher
2. Place into envelope with donation (cheques made out to your organisation)
3. Mark envelope 'Family Portraits'
4. Return to office
5. Invite a friend to help our fundraiser
6. Appointment time confirmed soon!

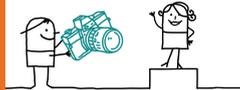
ORGANISATION:

RAISING FUNDS FOR:

CONTACT:

DONATION:

PHOTO DATE:



PLEASE CUT OUT AND RETURN TO OFFICE 



Voucher for 1 Framed 10"x13" Family Portrait at Special Fundraising Price*

Oldest child's full name: _____

Class: _____

Mobile or home no: _____

Email: _____

Preferred time: _____

*Very special limited offer – please see back for details

PLEASE CUT OUT AND RETURN TO OFFICE 



Voucher for 1 Framed 10"x13" Family Portrait at Special Fundraising Price*

Oldest child's full name: _____

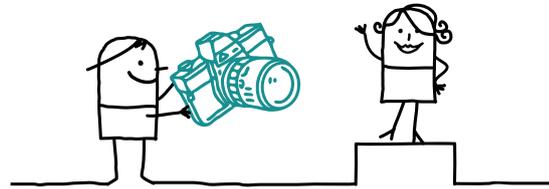
Class: _____

Mobile or home no: _____

Email: _____

Preferred time: _____

*Very special limited offer – please see back for details



Phone 1300 137 749

★ www.laurajeans.com.au ★ laura@laurajeans.com.au ★ www.facebook.com/LauraJeanFundraising

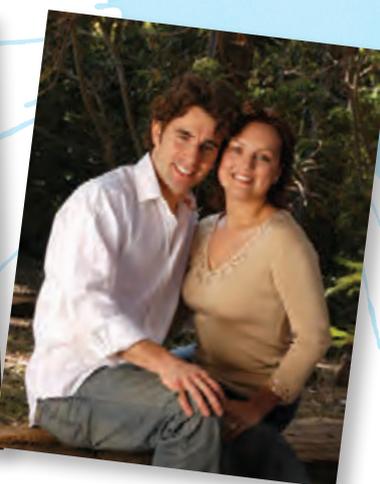


THE STORY BEHIND THE OBLIGATION-FREE ADDITIONAL PORTRAITS

Laura Jean's professional photographers believe that a quick, fun, 15 minute portrait sitting with your family will create the best expressions possible.

18+ families are photographed on location, avoiding studio rental costs. This is passed on to offer us all great savings on professional portraits. The photo shoot is relaxed, fun, natural and easy.

3 pose portrait packs (17 portraits) are available for \$189.00 or can be broken down separately per sheet. The portraits are viewed back on our premises less than 3 weeks later. CDs, canvases and reorders are also available.



*No refund for failure to keep appointment.
*One voucher per family/person – nobody can appear twice for this special offer.
*Parent/Guardian must be available to view own portrait or postage and handling shall apply.
*Please arrive 10 min prior to your appointment – thank you.

*No refund for failure to keep appointment.
*One voucher per family/person – nobody can appear twice for this special offer.
*Parent/Guardian must be available to view own portrait or postage and handling shall apply.
*Please arrive 10 min prior to your appointment – thank you.

LANTZ



Lic No: 013431

DRIVING SCHOOL

0412 320 048

10 years experience as a Driving Examiner



ENGAGING ADOLESCENTS™

A three-session program for parents and carers of teenagers

Wednesday 4th, 11th and 18th November

6.30pm – 9.00pm

**Naremburn Family Centre
40 Merrenburn Avenue, Naremburn**

Engaging Adolescents is a program ideally suited for parents of young people in Years 6 – 9 that aims to equip you with knowledge, skills and tips to assist everyone through the teenage years. It aims to strengthen bonds and find new ways to resolve problems.

*“An end to the arguing and yelling”
“Simple, sane and effective”*

Bookings are essential as spaces are limited. To enquire or register for the course please contact us at:

naremburnfamilycentre@dbb.org.au

8425 8700

\$60 per person

Course cost includes workbook, fridge magnet and supper.

CatholicCare
Diocese of Broken Bay

This course is being run by ParentsShop® licensed practitioners.
www.parentsshop.com.au

Learn:

- ✓ Some common ground shared by parents and reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ Ways to respond to different behaviours
- ✓ Self check-in
- ✓ Building a relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

Who's running it?

The trainers for this course are Nicola Hensler and Jacque Stone from CatholicCare. Both work at the Naremburn Family Centre within the Counselling and Family Support teams respectively. Between them they have nearly 40 years' experience working with young people and families in Sydney's north.

They have a wide range of professional experience in the youth sector and are passionate about the benefits of early intervention and strengthening families.

 St Vincent de Paul Society
NSW *good works*

No Interest Loans Schemes

Interest free loans for individuals and families living on low incomes.

NILS are community based programs that enable people living on low incomes to access affordable, fair, safe and equitable credit to purchase essential household items or services. Loan amounts range from \$800 to \$1200 and are often for items such as fridges, washing machines, furniture, computers, health related equipment or to cover educational costs. NILS do not provide loans for emergency relief, bond or rent money, living expenses or debt repayment.

For more information please contact:

Hornsby NILS,
St Vincent de Paul Society,
41 Jersey St,
Hornsby NSW 2077

Phone: 02 9477 5010 ext 7
Fax: 02 9482 2048
Email: nilshornsby@vinnies.org.au



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.



This is your second chance. *Make it count!*

HSC & TPC 2016

Course Information Evening

Wednesday 11 November 2015, 6:00pm – 7:30pm

Ground Floor, Building J (Cameraygal) - St Leonards Campus, 213 Pacific Highway, St Leonards

The Prevocational Studies Section will once again be offering students the opportunity of studying units in the Certificate IV in Tertiary Preparation (TPC) and the Higher School Certificate (HSC) in 2016.

We encourage potential students and their parents/guardians to attend the information session where both HSC and TPC options will be discussed. School Career Advisors and teaching staff are welcome to attend also. Timetables and course information will be available at this session.

Our Teaching staff will be available on the night to answer any questions you may have about both these Year 12 equivalent courses.

For more information, please contact Colin Frederick
ph 9942 0713 or colin.frederick@tafensw.edu.au

To find out more, call 131 674 visit nsi.edu.au

Bradfield / Crows Nest / Hornsby / Meadowbank / Northern Beaches / Ryde / St Leonards



OLD MANS VALLEY BIKE AND FILM FESTIVAL

Saturday 7 November

Behind Hornsby pool in Old Mans Valley there will be an adventure filled day for bike enthusiasts, featuring social riding, demo bikes, buzzing fun races for all abilities, including kids' races and cross country.

The evening will host a licensed bar, food trucks and a free screening of the adventure film *un@eal*, one of only two screenings in Australia.

Ride your trusty steed to the event and receive free bike valet parking and the opportunity to have it checked over by a qualified mechanic for free. Race tickets and information about the event at oldmansvalley.com.au.

Contact Kelly Mapleston on 9847 6042 for further enquiries or email kmapleston@hornsby.nsw.gov.au

St Luke's 29th Annual Model Train Exhibition

The St Luke's 29th Annual Model Train Exhibition will be held over the weekend of 14-15 November. About eighteen model railway layouts will be on display, together with a craft stall, Devonshire teas and other light refreshments. This year's display will showcase about eight visiting displays, both large and small, together with home layouts belonging to club members young and old – each one displaying different modelling techniques.

There will also be a free jumping castle, free face painting, and \$2 plaster painting.

Take the opportunity to look over our new church hall.

Details:

Saturday 14th November:	Exhibition	9am to 5pm
Sunday 15th November:	Church Service	9.30am – 11am
	Morning Tea:	11am
	Exhibition	12noon – 4pm

Where?

St Lukes Anglican Church
155-157 Galston Road
Hornsby Heights, NSW, Australia

Displays include:

- Appletree Vale – H0 trams & trains
- New Defty – St Lukes brand new club 00 scale layout, featuring Hornby live steam
- Rosemount – H0 Australian trams in an urban setting
- Legeauxland – complex operating theme park using Lego components
- Croesyceiliog NCB – 00 scale Welsh mine railway system
- Penguins Halt – H0 U-drive, with a variety of animal themes among the trains
- Thomas – Display of novelty Tomy "Thomas Big Loader" items
- Warringah Model Engineers – display of working miniature machines
-and many more!

For additional information phone 02-9477-3140



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME and DATE:	VENUE:	BOOK NOW ON:
6.30pm to 8.30pm Tuesday 17 November 2015	Hornsby Shire Council Chambers Building 296 Peats Ferry Road, Hornsby	(02) 9847 6856 Bookings Essential

Helping learner drivers
become safe drivers



STOP the supply of alcohol to minors.

You're a **parent**,
not a **mate**.



Secondary Supply of alcohol to a person under 18 years is against the law* and results in a minimum on the spot fine of \$1,100 or fine of up to \$11,000 and/or 12 months imprisonment. NSW Liquor Act 2007

*Unless you are the parent or guardian

Credited by Northern Beaches Community Drug Action Team (CDAT)
Concept & Design by Tactical Directors

Funding supported by: Northern Sydney Local Health District | Hornsby Ku-ring-gai CDAT | Hornsby Shire Council

www.stopthesupply.org.au



Stepping Stones Triple P



Does your child have a disability?

Parents of children with a disability aged 2 to 12 are now eligible for free parenting support through the Stepping Stones Triple P Project.

You are invited to attend the following FREE parenting seminar:

Positive Parenting for Children with a Disability

Tuesday, November 24 from 9.30am to 11.00am
Normanhurst West Public School, Dartford Rd, Thornleigh NSW 2120
RSVP: Elizabeth McDonald, 9114 4060
fhs.steppingstones@sydney.edu.au

Helping your Child reach their Potential

Tuesday, December 1st from 9.30am to 11.00am
Normanhurst West Public School, Dartford Rd, Thornleigh NSW 2120
RSVP: Elizabeth McDonald, 9114 4060
fhs.steppingstones@sydney.edu.au

Changing Problem Behavior into Positive Behaviour

Tuesday, December 8 from 9.30am to 11.00am
Normanhurst West Public School, Dartford Rd, Thornleigh NSW 2120
RSVP: Elizabeth McDonald, 9114 4060
fhs.steppingstones@sydney.edu.au

For more sessions visit www.triplep-steppingstones.net



Funded by the National Health and Medical Research Council, Australia

EXPAND YOUR WORLD — WITHOUT AN AIR-TICKET

Capture the spirit of fun and friendship in your own backyard!

Department of Education-registered Southern Cross Cultural Exchange (since 1983) wants to provide your family with a different educational and cultural experience. Your children will also have an invaluable opportunity to improve their foreign language ATAR score by living a few months with a native speaker at home as a 'sibling'.

If you have a spare room and a place at the family table, why not begin next year with a new mission? Introduce a wonderful 15-17 year-old exchange student as a member of your family, and appreciate how your family sees the world, and each other, in a new light.

Enjoy sharing cultures with your exchange student from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden, Canada or the USA for 3, 5, or 10 months. Call S.C.C.E. now on 1800 500 501 or email scceast@scce.com.au or visit www.scce.com.au and ask for a selection of profiles of incoming exchange students.

SPORTS CAMPS AUS | | **SWIMMING**

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Sports Camps Australia

Book your camp today!
 Visit www.sportscampsaustralia.com.au +1800 753 127
 Follow us on @sportscampsaustralia

THE ATHLETE'S FOOT HORNSBY REWARDS PROGRAM IS A PROUD SUPPORTER OF ASQUITH BOYS HIGH SCHOOL

The **School Rewards Program** is a great fundraising opportunity with \$5 from every pair of shoes purchased being donated back to your school. This applies to the whole family across our fantastic range of school, sports, work and casual shoes. Ask one of our friendly staff in store for more details.

\$5 FROM EVERY PAIR OF SHOES
 PURCHASED IS DONATED
 BACK TO YOUR SCHOOL

SCHOOL REWARDS PROGRAM
 The Athlete's Foot

LOWER GROUND FLOOR
 WESTFIELD SHOPPINGTOWN



Sports Camps Australia SCA/Aquabliss Junior Swimming Camps - Sydney

Aquabliss North Sydney

Camp Director: Gina Sacilotto
Dates: 11-12 January 2016
Location: Wenona School, North Sydney
Times: 9am-3pm
Cost: \$200 (1 day option available)

Aquabliss Normanhurst

Camp Director: James Harnett
Dates: 13-14 January 2016
Location: Loreto Normanhurst Girls School
Times: 9am-3pm
Cost: \$200 (1 day option available)

Aquabliss Normanhurst

Camp Director: Haydn Belshaw
Dates: 22-23 January 2016
Location: Loreto Normanhurst Girls School
Times: 9am-3pm
Cost: \$200 (1 day option available)



These camps cater for boys and girls aged 9-15 years with intermediate to advanced swimming ability.
 Sibling discount available for these camps, please contact SCA Head Office to book!



www.sportscampsaustralia.com.au +1800 753 127

Follow us on @sportscampsaustralia

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