



# ASQUITH BOYS HIGH SCHOOL COMMUNITY NEWSLETTER BACKCHAT

SEPTEMBER 2019

Asquith Boys High School  
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## SCHOOL EXECUTIVE

**Bryce Grant**  
*Principal*  
**Michael Hoareau**  
*Deputy Principal*  
**Catherine Holder**  
*Deputy Principal*

*Legacy Week - Year 11 Prefects and  
Mr Moscos*



## PRINCIPAL'S MESSAGE

*Mr Bryce Grant*

Term 3 is by far the busiest on the school calendar. In recent weeks we have had many events that have showcased the talents of our boys and our great community spirit.

As our Year 12s complete their final school days we wish them the very best in their upcoming HSC Examinations and congratulate them on their commitment and dedication to their studies which has enabled them to reach this point. I will have the pleasure of speaking to the boys and their families at their graduation dinner reiterating how significant the achievement of graduation from school is and how proud we all are of them. Over the past few weeks, I am repeatedly reminded of the fine young men they have become. The boys are well supported by our dedicated teaching staff who have organised many study days in the upcoming holiday break to continue to support and strengthen their learning. The students have also completed Snap Examinations over Week 7 and 8 in readiness for their HSC Examinations. These examinations provided an excellent opportunity for the staff to provide the students with further feedback and practise in the hall under the examination conditions that they will receive for the HSC.

Our Year 11 students have recently completed their final preliminary course examinations and now have an opportunity to reflect on the success of their examination preparation techniques before they begin their HSC course in Term 4. They too will continue to be supported by our teaching staff throughout their HSC year with opportunities for study skills seminars and access to career guidance from Ms Fry to ensure that they too can work towards achieving their goals.

### **NAPLAN Results - Years 7 and 9**

NAPLAN results were received and distributed to the students during Week 9/10 of this term. As per standard our students in Years 7 and 9 have achieved excellent overall results in their NAPLAN examinations. Year 9 achieved well above the State average in Numeracy, Reading and Writing, with their results in Numeracy particularly strong as they also outperformed similar secondary schools in average comparisons. They improved on their performance in the Year 7 NAPLAN examinations that they completed in 2017.

Year 7 achieved very similar comparison results to Year 9. They achieved above state average in Reading, Writing and Numeracy, and again excelled in Numeracy by outperforming similar secondary schools with whom Asquith Boys High School is grouped.

Asquith Boys High School will continue with its long standing tradition of Literacy and Numeracy classes in 2020. However, these classes will be transitioned from their current early morning session to later in the morning to maximise the quality of the students learning. Literature highlights that this later time period offers a more appropriate time for students to absorb the materials being presented to them, particularly with regards to reading and writing. From 2020 students in Year 9 and 10 will receive a period per cycle that will focus on literacy skills. These targeted lessons will include preparation for the HSC Minimum Standards tests, essay writing techniques, and interpretation of reading materials. The course will be designed to prepare students for the increased workload and expectations of the Year 11 and HSC courses.

Over the coming weeks we will also be reflecting on the individual performances of our students, and address any concerns that are clearly evident in the results and from our analysis.

## **Annual School Walkathon – Friday 13th September**

The Walkathon day eventuated into a glorious spring day, after some early showers students and staff set off for the brisk 14 kilometre walk from Berowra Oval, via the Benowie Bush Track before returning to the road track at Glenview Rd (near Aldi) for the return journey to school. This was a new course for 2019, and one which we will reflect upon in the coming weeks to decide if it is a more suitable alternative than the previous route, for the event in 2020. A drink, two sausage sandwiches and a cake filled the stomachs of close to 300 hungry boys after they completed the course. With this re fuelling, the students were filled with energy to play and socialise for the remainder of the afternoon on the oval.

It was a great day to share and behold the positive behaviour of our boys and their enthusiastic participation on the day. This event has been a proud fund raising tradition at Asquith Boys High School for the past 31 years. In this time the school has raised over \$250,000 for significant school projects and the Royal Flying Doctors Service. This year again a donation will be made to the Royal Flying Doctors Service and Buy a Bale (supporting farmers in need) and any remaining funds will go towards buying furniture for the new modular classroom. The highest student fundraisers will receive a range of prizes which will be distributed in Term 4.

A big thank you to Mr Melrose, Mr Josephs and the School Administration Staff for their outstanding organisation of the Annual School Walkathon. This is an enormous event and logistical operation to coordinate and organise, especially when you consider that they were challenged with a course change only 6 weeks earlier. An amazing effort from all involved – students, staff and the parent helpers, and a tradition that continues to get better and better each and every year.

## **Asquith Boys High School Father and Son Breakfast – Thursday 6 September**

More than 150 guests attended the P&C organised Father and Son Breakfast, enjoying quality time together whilst consuming the quality hot breakfast prepared by Mr Josephs' Year 11 Hospitality students. A couple of the Hospitality students were required to leave home that morning around 5am to ensure that they were at school on time to commence the required preparations for this major event. Research has repeatedly shown that fathers play a major role in the development of our young men and it is vital that we take as many opportunities as we can to share time and be present with our sons. Thank you to all of the fathers who took time out of their busy schedule to have a nice hot breakfast with their sons on this cool winter morning.

## **Legacy Week Collection**

Congratulations to our Year 11 Prefects, Year 9 students, Mr Melrose and Mr Moscos who recently raised over \$6,000 for Legacy. This is an incredible amount for a worthy charity that supports returned servicemen, veterans and their widows and was one of the highest amounts raised in the NSW Metropolitan area by a school. This is yet another example where we can take pride in our boys' continued generosity to their local community.

## **ABHS Prefects and SRC Leaders 'Respectful Relationships' Presentations**

Thank you to the Prefects and the SRC Leaders for their participation and conducting of the second 'Respectful Relationships' session for the Year 7 and 9 students. This is an excellent initiative by the student leaders in the school and has created an excellent culture of respect, trust, and even more importantly, on what behaviour is not to be just accepted by us as students, males and a society.

This is an excellent legacy that the current Year 12 Prefects and leaders will leave on the school for many years to come.

## **Incoming Student Leaders**

This week we announced our new Year 10 School Prefects who have the privilege of representing our school over the next twelve months. There were 21 excellent Year 10 nominees for the prefect positions in 2020, who presented themselves proudly and with distinction to their peers. With an exceptional range of students to select from, Ms Kelly and myself are excited by the quality of the students elected by their peers, and also disappointed for the quality of students who missed out on attaining one of these highly sought after positions. Elected School Prefects are aware that they are required to appreciate the honour that they have been bestowed and will be required to work hard to maintain the integrity of the roles.

Of our current Year 11 Prefects, we received 8 students nominations for the senior leadership positions for 2020. We congratulate all of the 8 nominations and announce the new Year 12 Senior leaders for 2020:

***James McLean – School Captain***

***Otis van Egmond-Jones – School Vice Captain***

***Mitchell Bennie – Senior Prefect***

I know that you will all join with me in wishing the Senior Leaders and our new prefects the very best for 2020.

## **Parent Pick up and Year 11 Drivers**

Thank you to all the parents who collect their sons after school from the school side of Peats Ferry Rd. If you are heading towards Asquith and therefore park on the opposite side please be advised that your son must cross at the pedestrian crossing located approximately 100 metres from the school gate. More often than not, I and/or the deputies are patrolling the crossing and it frightens me to see students race across the road to get to the waiting parent car. Students **must** cross at the crossing. You can park in the side street, Hyacinth St, where many of the senior students park, and collect your son safely there of an afternoon.

## Year 11 Drivers

As many of the Year 11 students are successfully getting their license and many generous parents are allowing them to drive their cars to school. It is important to note that they too must cross at the crossing if they park on the opposite side to the school on Peats Ferry Rd. While it may feel like a major inconvenience to cross with me at this point, it is definitely a lot safer and it is also appropriate role modelling for the junior students. All the current Year 12 drivers have complied with this request and the expectation is that Year 11 will also. Any student wishing to drive will require a permission note from Mr Hoareau, which allows them to drive and we also indicate if they are allowed to transport other Year 11 students in their vehicles.

## Congratulations to:

- **Sam Parry** (Year 11) who was invited to travel to Queensland with the NSW U16 soccer team as a shadow player for the National Championships.
- **Edward Parker** on his performance at the recent NSW CHS Athletics Championships, where he won Gold in the 16+ Years Multi-Class Boys 800m for the 3<sup>rd</sup> year in a row. This is to go with silver medals in the 100m and 200m and Discus. This is the fifth straight year that Edward has won a CHS Medal.
- **Corey Miller** and **Ryan Brooks** have both been selected in the Sydney North Cricket team. Corey was also named as Captain for the up coming competition.
- **Lachlan Donnolly** who is representing Australia at the World IFMAR Off Road Titles in Europe.

Finally, I would like to wish all families a safe and happy holiday and hope that the boys take this opportunity where possible to relax, reflect and rejuvenate for the upcoming final term of their 2019 studies.

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## DEPUTY PRINCIPAL'S MESSAGE

*Mr Michael Hoareau*

### Central Parent Portal and Subject Selection

For Years 7 – 10, new subject selection processes have been put in place which involve online selections through our new timetabling system, Edval. These processes are designed to be more people friendly, efficient as well as engage our students in a vital process. To maximise the efficiency of these processes, having the Central Parent Portal set up and operating on your phone as a parent is vital. Please email the school if you are struggling with this and we will do our best to help you to get it working effectively. It should be intuitive and work equally well on any smart phone.

### Year 11

Year 11 are currently undertaking their yearly examinations, their first major examinations as seniors. It is important for the boys to reflect on the feedback they will receive from their teachers after they complete their examinations. For parents, please continue to support your boys as they finish their examination period, allowing for an environment at home to be conducive to revision and examination preparation.

Term 3 also marks the final term for Year 11 as Year 11 students before the boys commence the HSC in term 4. Congratulations to all boys who successfully completed Year 11 and a big thank you to all parents/carers for their ongoing support, which is vital for their boys' success.

### Uniform

Term 4 signals the start of the summer uniform period. Ties and senior blazers are not required on a daily basis, however, every student needs to meet the clear standards outlined in the uniform policy every day. Presenting ourselves in a positive and appropriate manner to meet expectations is a life skill. This includes wearing grey school shorts and black, polished leather school shoes. The question of shoes has implications for boys in practical subjects as they cannot enter or work in TAS workshops or Science labs unless they are wearing safe footwear. This means that they cannot complete certain tasks or meet course outcomes unless they are wearing the appropriate footwear. If for any reason your son is unable to wear a piece of school uniform on a particular day, please ensure you provide him with an explanatory note. I encourage you to contact the school if you wish to discuss any aspect of the uniform policy.

In terms of school jumpers, students in Years 7-10 have both the green polar fleece which is no longer produced and the new green hooded jacket. Year 11 and 12 are able to wear their blazer and if cold add the maroon jumper. On Wednesdays they are able to wear their green polar fleece with the sports uniform only. Hooded shirts and jumpers, apart from the green hooded jacket are banned. Beanies and visible undershirts are also banned.

*Thanks to all staff and students for a great Term 3.*





# DEPUTY PRINCIPAL'S MESSAGE

Ms Catherine Holder

## Year 12

As term 3 comes to an end we begin the process of farewelling Year 12. Over the next 6 weeks Year 12 will enter the final challenge of their schooling with the completion of their HSC written examinations.

It is vital to the boys' success in the HSC examinations that they revise thoroughly, calling on the expert advice of their teachers, who have been guiding them in their individual subjects for the past two years. Some staff will negotiate with the boys to hold a final holiday workshop to revise and prepare and we urge all students to take advantage of these extra opportunities for which staff give up their family time to advantage their students. As we enter these times of transition and the festivities that will ensue, we urge the boys to look out for their mates and be safe with their decision making so that no one is prevented from sitting their final exams due to injury or ill health.

We wish the boys every success as they graduate from Asquith Boys High School.

## Merit System

With our renovation of the ABHS Merit System, teachers are able to award merits as they mark class rolls and parents are notified weekly if their son has achieved a merit in class via a letter from the Principal. This has happily resulted in merits being awarded more frequently and across more year groups than previously. At the last assembly over 80 students were recognised at Principal level across Years 7 – 12. It is great to see the system become more relevant and applicable to students of all ages. Stay tuned for further new opportunities where we will recognise the fantastic achievements of our students.

## Subject Selection Interviews

Year 10 Subject Selection Interviews were held on Friday 23 August. Thank you to the ten interviewing Head Teachers, Year Advisers and Advisers who gave of their time to interview 10 students each to ensure they had their 2020 subject plans in place that suited their needs and goals. Thanks to Mrs Laffer, Mr Bolger, Mrs Fry and Mr Bonser whose expertise and hard work made the day go so smoothly. We are happy to hear any feedback you may have about the day which was a new format in response to 2018's feedback.

*Have a safe and happy spring holiday and October long weekend.*

## LATE / ABSENT EXPLANATION VIA PARENT PORTAL / APP

With the new Sentral Parent Portal in full swing **you will only receive an SMS notification of your son's absence/lateness if you have NOT registered for the parent portal.**

If you have registered for the Sentral Parent Portal/App you will receive an absence notification via the Portal and can explain his absence/ or late arrival on the system.

## PARENT PORTAL:

If you are still to register for the parent portal, your completion of this request would be greatly appreciated.

To register, please go to <https://web3.asquithboy-h.school.nsw.edu.au/portal/register>. You need to **set up the Parent Portal on a desktop or laptop first before downloading the phone app.**

For help or more information go to: <https://www.sentral.com.au/solutions/im-a-parent/>

Thank you to everyone for your support with this request.



# MESSAGES FROM ADMINISTRATION

## CONTACT DETAILS

Please make sure you keep the school updated if there are any changes to your contact details. It is important that we have your correct **phone number** for contacting you regarding absences or in the case of illness. The right **email address** is also crucial as most of our communication to parents now goes via email. This includes the monthly newsletter, fee notices, excursions and other events.

## CASHIER CLOSED ON MONDAYS

We are not able to process any payments on Mondays as the Cashier desk is closed that day. All other days payments are processed from 8.30-2pm. Please remind boys to bring up any notes and payments before school, at recess or at lunch.

Parents can make payments anytime using the POP system via our website.

## ABSENT AND EARLY LEAVE

If your son is going to be absent from school you can send a note when he returns to school or you can email the school directly. A phone call is not sufficient as the Department requires absence notes to be in writing.

If your son needs to leave early please send your son to school with a note which he needs to get signed by the Deputy before going to the print room to get his early leave slip. This needs to be done before school or during recess or lunch.

## LOST PROPERTY - LABEL CLOTHING

Please label your son's uniform CLEARLY. We suggest you use a white marker for the jumpers and jackets. When a lost item is brought to Reception we try to reunite it with the owner but more often than not there is no name. Items that have no name end up in the lost property box in the print room. Unclaimed items of clothing are donated to the 2nd hand uniform shop or to charity at the end of each term.

At the moment we are overflowing with shoes, sneakers and jumpers. Send your son to the Print room to check for any lost items.

## 2ND HAND CLOTHING

We love receiving 2nd hand uniforms and many families make use of the opportunity to purchase pre-loved cheap uniform items. Please remove the name when you donate your items to the uniform shop and if you purchase an item clearly re-name the clothing item.

## SENIOR UNIFORM FOR SALE

Blazers are compulsory for the winter terms (Term 2 and 3) for ALL Senior students. Please see the list below of outgoing Year 12 blazers for sale. Contact the person directly if you are interested.

Some Year 12 parents have chosen to donate the senior blazer to the school. They are available for you to purchase from the clothing pool in the print room. These range from \$50- \$70, depending on the condition and if they have been dry cleaned.

Name	Size	Price	Contact Details	other information
Sue	18	\$90	Email: <a href="mailto:suependrick@bigpond.com">suependrick@bigpond.com</a> Mobile: 0407 473 720	• Senior <b>blazer</b> in very good condition and dry cleaned

## GAMES CLUB - LEGO WANTED

Is your old Lego taking up space? Are you sick of having boxes of Lego clogging up your house that your kids don't play with anymore? Well we have a solution for you.... Donate it to **Games Club!**

With the popularity of Lego Masters the boys are very keen to have some Lego at Games Club so their creativity can reach similar heights.

If you have any to spare please drop it in to the office clearly labelled Games Club.

Thank you to the 2 families who have already donated their unwanted Lego.

**Colleen Sweeney, Student Welfare Officer (Tuesdays and Thursdays)**

# NEWS FROM CAPA (CREATIVE AND PERFORMING ARTS)

Term 3 has been another very busy and exciting term for CAPA. This term we celebrated the talent of our Visual Arts students through the CAPA/TAS exhibition. It was wonderful to see so many parents and carers who came to support their children and admire the quality work their child has created over the latter part of 2018 and the early part of 2019.

Congratulations to all the HSC Visual Arts students who worked during school hours, afternoons and weekends to ensure they completed their Body Of Work for the NESA cut-off. All boys received very positive feedback from exhibition patrons including staff. Well done to Lachlan Turner who was awarded the Senior student People's Choice Awards and to Oscar Cullen who was awarded the inaugural Junior student People's Choice Award. This year we had over 100 nominations and the results were extremely close.

Congratulations to Ms Alison Gowthorp, Mr Sam Newton and Ms Rebecca Ursino who put together a very professional HSC showcase for Drama and Music HSC students. The students shone and reflected the time and effort that both the boys and their teachers have put in. We wish all our HSC students the best of luck in the upcoming examinations and their practical results from NESA. Please read on to find out about what has been happening in our dynamic department.

**Mrs Linda Robson**  
*Relieving CAPA Head Teacher*

## GATS MORAN PHOTOGRAPHY PRIZE INCURSION

On Monday 16 September the boys were treated to an amazing photography workshop hosted by professional photographer Louise Whelan. Louise is an award winning photographer who is widely published and awarded. She has exhibited nationally and internationally. In 2013 Louise received a Highly Commended Award at the National Photographic Portrait Prize presented by the then Prime Minister Julia Gillard.

During our workshop the boys were treated to some insights and stimulus before venturing out into the playground to find interesting subjects for their photographs. I was astounded by the quality of the work and I am very excited to see if the boys win a prize in the Moran Contemporary Photographic Prize. Students can win up to \$3000 and the school can also win a monetary prize. Fingers crossed for our talented students!

**Ms Robson**



## DRAMA

Congratulations to the Year 12 Drama class who performed for the HSC Markers this term. The students had to create a Group Performance using a topic list as a starting point to devise a piece of theatre. We had 2 groups perform entertaining pieces. One group looked at the life of a High School student and the other delved into the supermarket phenomenon of squidgies. Both groups are to be commended on their commitment to working together, sharing ideas and being open to suggestions from group members. Valuable lessons that they can take with them into the future.

We also had 4 Individual Projects in Performance marked on this day and these students showed the ability to portray engaging characters on stage to enthrall the audience. The HSC Marking Centre has received our 4 other Individual Projects which our students completed in either Video, Set Design or Lighting Design. Well done to all. The Individual Project is an opportunity for Drama students to work on a project that interests them and offers a range of diversity from which they can choose.

Wishing all of the students the very best as they complete their written examination in the HSC.

**Alison Gowthorp**  
*Drama Teacher*





## HSC PERFORMANCE SHOWCASE

2019 marked the first time that a combined ABHS HSC Drama and Music showcase occurred here at school. This evening was an opportunity for the boys to gain some valuable performance experience prior to their examination later in the Term. It also provided the school community with an insight into the endless hours of hard work that goes into a Performing Arts Major Work.

On display from Drama, were the self-devised group performances which relied upon collaboration to produce an entertaining piece of theatre. Individual monologues also showcased the performers own interests and emotional versatility on stage.

Music students performed two pieces from their practical program on guitar, piano or voice solo or with an ensemble. A wide variety of genres were explored, highlighting the broad musical tastes and abilities within the talented cohort.

Alison Gowthorp and I would like to wish our performing arts boys all the best in their future endeavours.

**Sam Newton**  
*Music Teacher*



## MUSIC 1 HSC PRACTICAL EXAM

On Friday 13<sup>th</sup> September, instead of attending Walkathon with the rest of the school, the Music 1 HSC class completed their practical examination. This involved presenting their core performance and up to three electives in performance or musicology back-to-back in front of a panel of HSC Markers. The high level of preparation, technical skill and endurance required to succeed in this examination is no mean feat.

All of the boys did an outstanding job and should be extremely proud of their efforts on the day. I have no doubt that they will all continue in their musical journey long after the last HSC examination paper is complete.

**Sam Newton**  
*Music Teacher*

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## VISUAL ARTS EXHIBITION OPENING NIGHT 2019

The Annual Visual Arts Exhibition Opening was held on Thursday 29 August. It has been the tradition that we start the preparations early in the week with the layout and setting up of screens on Monday. This task is the responsibility of the hall crew and their efforts are always appreciated. Our wonderful and trusty Year 7s started the process and delivered the work to the hall where it was placed on the stage in anticipation of hanging. On Tuesday and Wednesday the curatorial team start their work hanging the show, generally with themes in mind, under the watchful gaze of Ms Cooke who has curated the show for a lifetime. Ms Cooke barks her instructions and the team flies into action. Needless to say, Ms Cooke indicated that this exhibition set up was probably the most relaxed she has ever been during the busiest week of the year for Visual Arts. The team was brilliant as they were hand selected by the Visual Arts faculty.

Opening night was huge! The hall was filled to capacity with around 300 people, including award winners and their guests. The canteen staff, Mrs Booth and Mr Bostelman, provided a wonderful spread of food that satisfied the appetites of the guests.

Congratulations to all award winners. Certificates were awarded to our many worthy recipients. Students who achieved excellent results in Drama, Music, Photography and Visual Arts in Semester 2 last year (after the exhibition) and Semester 1 of this year were nominated by class teachers. Many thanks to everyone in the audience for their applause and recognition of excellence.



The viewing of completed HSC Visual Arts Body of Works is always a highlight of the exhibition. It is a celebration of achievement with the artworks being 50% of the candidate's examination. Mrs Robson guided the students throughout their 60 hours of art making (plus weekend and holiday workshops as well as additional hours during lunch time and after school). She was exceptionally proud of their efforts but will also look forward to some holiday relaxation. We wish them all the best in their written examination later in the year. Well done to; Samuel Allen, Jamal Belkadi, Jordan Bolton, Lachlan Turner, Daniel Wilson and William Su.

Mr Newton organised Year 12 Music to perform and we were entertained by the magic playing of Stephen Morrison and Luke Antrim on guitars as well as a vocal performance by Callum Roscarel with his smooth velvet tones.

The audience was also treated with an HSC group Drama performance. The actors; Callum Geelan, Callum Roscarel, Jackson Salloch and Lachlan Turner delighted all with their comedic representation of supermarket politics. Mrs Gowthorp has worked tirelessly with the students to ensure they too excel and achieve their personal best in the HSC examination.

Thank you to Mrs Robson, for the invitations, promotional material and coordination of administration. Huge thanks need to also go to the many people who supported us along the way – Mrs Gowthorp, Mr Newton, Miss Ursino, Miss Xiahenazi, Mrs Beckerleg, all excellent artists and exhibition helpers and any staff member who allowed us to borrow someone. Mrs Parker and Ms Lorrae also popped in and lend a hand. Finally thanks to all the parents, friends and family who came along to support or boys as they received their awards. You have all helped to make a huge success of our annual showcase.

**Caroline Cooke**  
**Curator and Visual Arts Teacher**

P.S.

Boys are having their work returned over the next few weeks. We ask that you support us in emphasising that their beautiful work gets home safely. A shopping bag in their bag will prove useful. Work that is not collected will be discarded in the next clean up.





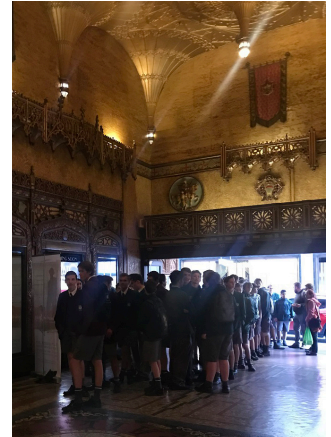
# HSIE EXCURSION - THREE WEEKS IN SPRING

'3 Weeks in Spring' is a representation of events which occurred between 25 April and 19 May 1915, the three weeks from when the Gallipoli landings took place. These landings were an offensive of the Gallipoli Campaign, (a campaign of the First World War), which took place on the Gallipoli Peninsular in the Ottoman Empire (now Turkey) from 17 February 1915 to 9 January 1916. The anniversary of these landings, 25 April is ANZAC Day.

Asquith Boys HSIE department was incredibly grateful to receive free tickets to the production, held in the beautiful State Theatre. The students attending included Year 11 Ancient and Modern History and Elective History 9 students. Needless to state that our gentlemen behaved in an exemplary way on the trip there and back and in an exceptional way while watching the production.

For many of our boys it was the first time that they had attended the State Theatre and a musical production and it was a great privilege for the HSIE staff who attended to be able to share in this experience.

**Adriana Cufre-Sadnick**  
**Head Teacher HSIE**



## GOLD DUKE OF EDINBURGH AWARD

On Friday 13th September, James Tarte in Year 12 was awarded his Gold Duke of Edinburgh Award. This is a prestigious award that is recognised internationally and represents hundreds of hours of commitment across a range of areas. James played basketball as his physical recreation, learnt marksmanship for his Skill, volunteered at the Lifeline charity store for his Service, assisted as a Youth Leader at Camp Yarramundi for his Residential Project and completed two four-day hikes for his Adventurous Journey. James was recognised for his accomplishments at the National Award Ceremony held at Town Hall, a significant event which was attended by His Royal Highness, Prince Edward.

Congratulations James, on your wonderful achievement.

**Ms Elly Connolly,**  
**Duke of Edinburgh Coordinator**



# CAREERS

## RECENT EVENTS

The Combined Schools Tertiary Careers Evening was held on Wed 28<sup>th</sup> August at Cherrybrook Technology High and was very successful with students able to access representatives from many universities, Tafe and private providers and attend small group talks by UAC, Nesa etc. There was an excellent booklet issued with a wealth of information on post school options. Please see Mrs Fry for a copy.

## COMING EVENTS

### TAFE NSW Open Day is Now On

Saturday, 14 September from 9am to 1pm.

We can help them kickstart their career, become an aspiring apprentice, or gain exciting new skills for the job they want. There will be talks, demos, food, entertainment and more. Your students can pre-register and jump the queue when checking in on the day by visiting: <https://events.tafensw.edu.au/open-day>

### ATC | Apprenticeship & Traineeship Information Session

25 September 2019, 9:30 am

Australian Training Company, Homebush is offering school leavers an opportunity to explore their career options and find a pathway to a successful future.

Join us along with other interested young people, to learn and explore employment options that are available to you in the fields of Sport & Recreation, Business, Information Technology (IT), Fitness, Horticulture, Landscaping, Carpentry and various other trades.

Find out more: <http://www.austrg.com.au/wp-content/uploads/2019/08/2019-Recruitment-Day.pdf>

### The Hotel School | HSC Revision Clinic

3 October 2019, 10:00 am - 2:00 pm

The Hotel School will host a free HSC Revision Clinic on Thursday, 3rd October 2019.

The HSC Revision Clinic was designed by The Hotel School in consultation with key HSC specialists to offer Year 12 students who are interested in studying a degree in Business and Hospitality with an opportunity to gain further preparation for their HSC exam.

This will be an amazing opportunity for students to get some 'tips & tricks' with some of the leading HSC experts in the field.

Find out more: <https://hotelschool.scu.edu.au/events/sydney-hsc-revision-clinic/>

### AIE Industry Experience Day

2nd Oct 2019, 10am - 3pm: Level 4, 33 Mountain St, Ultimo, Sydney (FREE)

Contact person: Jessica Bull : [jessicabu@aie.edu.au](mailto:jessicabu@aie.edu.au)

AIE's Industry Experience Days are a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools. The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

If you are thinking about a career in the games or film industry then we highly recommend registering for the free event. [https://aie.edu.au/aie\\_event/industry-experience-day/](https://aie.edu.au/aie_event/industry-experience-day/)

### University of Sydney - Sydney School of Architecture, Design and Planning Portfolio Day

12 October. 10am to 1pm, The Hearth, Level 2, Wilkinson Building, Camperdown/Darlington Campus

Register to have your portfolio reviewed by our academics and receive feedback on what it takes to create a successful submission.

<https://www.eventbrite.com.au/e/portfolio-day-2019-sydney-school-of-architecture-design-and-planning-tickets-69821884135>

### University of Sydney - Economics and Business at Sydney

1 November. 4pm to 7pm, Abercrombie Building

Camperdown/Darlington Campus, Corner Abercrombie Street and Codrington Street

Learn more about the economics and business subject choices on offer, our world-class teaching, industry placements, admission pathways and scholarships.

<https://www.eventbrite.com.au/e/experience-economics-and-business-at-sydney-tickets-64158645235>



## IMPORTANT INFORMATION FOR YEAR 12

Reminder for Year 12 students to apply for University and School Recommendation Scheme through UAC by 30<sup>th</sup> September.

School Recommendation Scheme applications also close on **Monday 30 September** and school applicant ratings for 2019 close at midnight on **Wednesday 9 October**.

[Read more about SRS](#)

### ATAR 2019

#### RELEASE DATE

ATARs this year will be released at **1pm** on **Tuesday 17 December** – the same day as HSC results.

This is so students will have all the information they need on the day to make their future study decisions and have more time to finalise their preferences for December Round 2.

#### ATAR ENQUIRY CENTRE

UAC is once again operating its ATAR Enquiry Centre for students who have queries about the calculation of their ATAR.

- Tuesday 17 December, 12pm–8pm
- Wednesday 18 December, 8.30am–4.30pm
- Thursday 19 December, 8.30am–4.30pm
- Friday 20 December, 8.30am–4.30pm

#### ATAR NOTICES

Remind your students to download and print their ATAR Advice Notices when ATARs are released in December.

They only have free access until February; after that they will be charged for a digital or printed copy. [Read more about ATAR](#)

### OFFER ROUNDS FOR YEAR 12 STUDENTS

The most important offer rounds for Year 12 students are:

- December Round 2 – Monday 23 December 2019
- January Round 1 – Friday 10 January 2020.

Not all courses will be offered in December Round 2, and applicants should check UAC's website for details of excluded courses before they finalise their course preferences.

Students whose results are not available in time for December Round 2 can be assured that they will not be disadvantaged – universities will still have places available to make offers to all courses in January.

[Read more about OFFERS](#)

### UNDERGRADUATE KEY DATES 2019–20

For a full list of dates, including offer rounds visit **UAC's website**.

#### Mon 30 September

- Early bird applications close
- SRS applications close

#### Tue 17 December

- HSC results released
- ATARs released (1pm)

#### Mon 23 December

- December Round 2

#### Fri 10 January 2020

- January Round 1

The deadline for finalising December Round 2 preferences is midnight on **Thursday 19 December** so be prepared.

### Bonus Points (now called adjustment factors)

[The facts about bonus schemes and why they work.](#)

Some students who receive an ATAR below the advertised, minimum ATAR, for a course, may still be offered a place.

#### How?

Other factors are taken into account and they are awarded 'bonus points' or adjustment factors which improve their selection ranking.

Selection Rank = Your ATAR + Bonus Points

Your ATAR remains the same even if you get bonus points, only your Selection Rank (SR) changes. If you're eligible, you will receive different points for different universities and courses.

UAC have a great explanation for how this system works:

For example, course A has six applicants and only three places available. The six applicants have the following selection ranks:

1. 99 (ATAR of 99)
2. 98 (ATAR of 97 plus 1 bonus point)
3. 97 (ATAR of 95 plus 2 bonus points)
4. 96 (ATAR of 96)
5. 95 (ATAR of 93 plus 2 bonus points)
6. 94 (ATAR of 94)

Offers will be made to applicants 1, 2 and 3. Applicant 4 will not receive an offer even though that applicant has an ATAR higher than applicant 3. The cut-off for course A will be 97.

- Between 1 and 5 is the average number of bonus points awarded
- Applying for additional bonus schemes e.g. Elite Athletes and Performers, could increase that number to 10 or more
- Not all courses will award adjustment factors – highly competitive ones such as Medicine and Law are unlikely apply bonus points to applications.

## TAFE

### TAFE NSW Degrees

You don't have to go to uni to get a degree.

TAFE NSW offers a number of degree level courses and higher education options with strong industry links and both practical skills and theoretical knowledge.

<https://www.tafensw.edu.au/courses/tafe-nsw-degrees>

#### **Bachelor of Commerce**

<https://www.tafensw.edu.au/degrees/bachelor-of-applied-commerce>

#### **Bachelor of Business**

<https://www.tafensw.edu.au/degrees/bachelor-of-business>

#### **Bachelor of Early Childhood Education**

<https://www.tafensw.edu.au/degrees/bachelor-of-early-childhood-education-and-care-birth-5>

#### **Bachelor of 3D Art and Animation**

<https://www.tafensw.edu.au/degrees/bachelor-of-3d-art-and-animation>

#### **Bachelor of Design (Interior Design)**

<https://www.tafensw.edu.au/degrees/bachelor-of-design-interior-design>

#### **Bachelor of Community Services**

<https://www.tafensw.edu.au/degrees/bachelor-of-community-services>

#### **Bachelor of Information Technology Data Infrastructure Engineering**

<https://www.tafensw.edu.au/degrees/bachelor-of-information-technology-data-infrastructure-engineering>

#### **Bachelor of Information Technology Network Security**

<https://www.tafensw.edu.au/degrees/bachelor-of-information-technology-network-security>

#### **Bachelor of Creative Practice**

<https://www.tafensw.edu.au/degrees/creative-practice>

#### **Bachelor of Fashion Design**

<https://www.tafensw.edu.au/degrees/bachelor-of-fashion-design>

#### **Bachelor of Property Valuation**

<https://www.tafensw.edu.au/degrees/bachelor-of-property-valuation>

#### **Associate Degree of Applied Engineering in Renewable Energy**

<https://www.tafensw.edu.au/degrees/associate-degree-of-applied-engineering-renewable-energy-technologies>

## APPRENTICESHIPS

### [Become an Apprentice Chef](#)

Applications are now open for Apprentice Chef positions across New South Wales with HTN.

As an apprentice chef, you will work alongside qualified chefs assisting in all aspects of food preparation and presentation. This position provides the opportunity to learn and build experience in a commercial kitchen environment. Working as an apprentice chef will give you the skills and knowledge to one day run your own kitchen.

Find out more and apply here: <http://htn.com.au/total-chef-professional/>

**Warm Regards**

**Jan Fry**

**Careers Adviser**

# ABHS OLD BOYS

## Asquith Boys success over North Sydney Boys half a Century ago.

Article reprinted from Asquith Boys' High Northerly 1969 volume 6

The Hume Barbour team debated triumphantly this year and gained its highest award: the Hume Barbour Trophy. Throughout the year the team, under the careful guidance of Mr R. Petherbridge, defeated every team in the zone, thus entering the semi-finals. Again the team continued on the winning streak and reached the grand finals against a most experienced team in North Sydney Boys' High who proved to be worthy opponents for the Asquithians. Asquith presented a concrete case in brilliant style and, with a great deal of initiative, were able to gain the adjudicator's choice. The team consists of 1<sup>st</sup> Speaker Stephen Rix, 2<sup>nd</sup> Speaker Leigh Sutherland, 3<sup>rd</sup> Speaker Graham Taylor and Co-ordinator Paul Knox. These young men have brought great credit to the School and this might give the Cramp Team the incentive to repeat this great feat.

The 'Northerly' wishes to congratulate the team and its coach, Mr Petherbridge in becoming the Hume Barbour Debating champions.

That competition was/is still dominated by Fort St High School, Sydney Boys High and North Sydney Boys. It was quite an achievement!

**Chris Kent**  
President ABHS Old Boys

**Debating award to Asquith**

A debating team from Asquith Boys' High has won the coveted Hume-Barbour trophy.

The team, Stephen Rix, Leigh Sutherland, Graham Taylor and Paul Knox, defeated a team from North Sydney High.

Topic for debate was "That we need a change of Government in Australia".

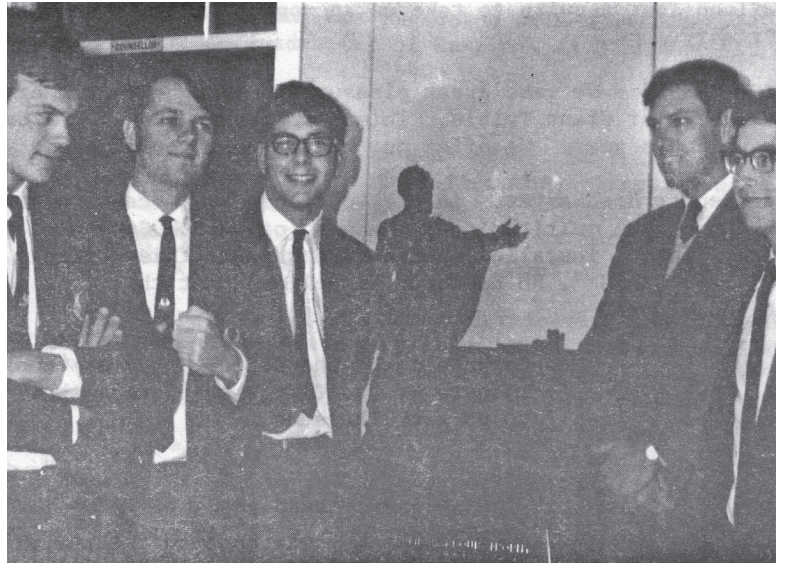
Asquith won the debate by a majority of two adjudicators to one.

The win gives them the title of Sydney Metropolitan Debating Premiers.

Eighty teams competed for the \$1,500 Hume-Barbour Trophy.

The Asquith team was coached by debating master, Mr. B. Petherbridge, of Cammeray.

Report from *The Advocate Weekly* – page 3,  
3<sup>rd</sup> September 1969



The Hume Barbour team and the impressive trophy, 5' tall (150cm approx).

## ABHS - 60th ANNIVERSARY CELEBRATIONS IN 2020

Details about when, where and how the 60th year will be celebrated at Asquith Boys High School will be published in the Backchat and communicated to the school community when finalised.



Photo taken by Peter Svans of the record breaking touch football game organised by the School Prefects in 1979.



# P&C ASSOCIATION

Parents and Citizens working together for our school

Hello ABHS community,  
**Trivia Night 2019**

Thanks to all who contributed to making this year's Trivia Night such a great night. It was great to see parents, friends, old boys and teachers all having fun while supporting the Asquith Boys High School community. The night raised just over \$6000 that will go to 2019 P&C grounds projects including new handball court line marking in the main quad and Year 7 area and a new School mower.

Once again the theme of 'Second Childhood' set by this year's Trivia Committee, headed by Tanja Green, was met by a serious response from all who attended. Madonna, Blues Brothers, Mickey Mouse, punk rockers, hippies, a whole table of Pacman and so many others celebrated the icons of their youth. A photo booth donated by Mike, a school parent captured the looks. A highlight of the night was the original School song sung by a dedicated group of old boys... in uniform! We were challenged by a series of Trivia questions expertly posed by our MC George Moscos and the winning table certainly deserved the prize! Thanks to the fabulous Trivia Committee - Tanja Green, Jackie Ryan, Lucy Bal, Belinda Greer, Claire Apostoloff, Ginny Ventura, Kristina Duke, Cassandra Batey, Tony Nicklin, Maureen Khan, George Moscos. Thank you to all the businesses, parents and friends who donated to this very important event.



## Year 12 Dinner

This week we will farewell the Class of 2019! The P&C Year 12 Dinner is being held at the PCYC at Waitara to celebrate with their families the end of their time at Asquith Boys High School. Invitations have gone out and we are expecting it to be a great night. Thanks to the Committee of Year 11 parents led by Michelle Roscarel.

On behalf of the P & C I would like to wish all the boys the very best in their upcoming exams.

**Tempe Beaven**

P&C President

[president.abhspnc@gmail.com](mailto:president.abhspnc@gmail.com)

**Next P&C meeting**  
**Tuesday 24 September @ 7.30pm**  
**in the Library.**  
**All welcome.**



# ASQUITH BOYS HIGH CANTEEN MENU

## TERM 4 2019 and Term 1 2020



### AVAILABLE EVERYDAY

*Sandwiches available white or wholemeal bread*

Ham & Tomato \$3.50

Tuna, Lettuce & Mayo \$3.50

Cheese & Salad \$3.50

Egg & Lettuce \$3.50

Chicken, Lettuce & Aioli \$4.50

### Fresh Fruit 50c

Pears, Apples, Orange, Watermelon

### Fruit Cups \$2.00

Fruit Salad, Pear, Peach

Mixed Berry & Muesli Yoghurt \$4.00

Mango & Passionfruit Yoghurt \$4.00

Strawberry Custard \$4.00

Chocolate Custard \$4.00

### RECESS

BLT \$5.00

Bacon, Lettuce & Tomato with bbq sauce

Vegemite & Cheese Muffin Melt \$3.00

Vegemite & Cheese Toasted on an English muffin

Home Made Ham & Egg Tart \$3.00

Ham & Pineapple Pizza \$5.50

### Toasties From \$2.50

Ham & Cheese      Baked Bean & Cheese

Cheese              Spaghetti & Cheese

### DRINKS

Bottled Water from \$2.00

Flavoured Water from \$2.50

Juices (Mango, Apple, Orange) from \$4.00

No Sugar Flavoured Mineral Water from \$3.50

No Sugar Soft Drink Bottles from \$4.50

No Sugar Soft Drink Cans from \$2.50

Plain Milk from \$2.50

300ml Flavoured Milk \$2.50

### LUNCH

Grilled Chicken Burger \$6.50      Beef Burger \$6.00

Chicken Penne Pasta (ORDER ONLY) \$6.00

Ham Cheese & Egg Roll \$5.50 (Mon, Thurs, Fri)

Sweet Chilli Chicken Cheese & Spinach Wrap \$6.00

Hot Dog \$4.00

Meat Pie \$4.50              Sausage Roll \$3.50

Noodle Cups (Beef, Chicken, Hot & Spicy) \$3.00

### FROZEN SNACKS & SNACKS

Koala Popcorn \$1.50      Rice Chips \$2.00

Smith's Chips Red Rock Deli Chips \$2.00

Sun Bites Grain waves \$2.00

Uncle Toby's Muesli Bars Mixed Flavours \$2.00

Frozen Milk Cups (Chocolate, Strawberry, Vanilla) \$1.50

Frozen Fruit Packets (Watermelon, Grape, Pineapple, Orange) 50c

Frozen Yoghurt \$3.00      Quelch Sticks 50c

Paddle Pops (chocolate, rainbow) \$2.50

Juicies (lemonade, orange, tropical, wildberry) \$2.50





# Asquith Boys High School

JERSEY ST, ASQUITH

## UNIFORM PRICE LIST

### Junior Boys Summer Uniform

SHIRT:	GREEN OVERSHIRT WITH SCHOOL CREST	From	\$41.95
SHORTS:	GREY DELUXE COLLEGE SHORTS		\$44.95
TROUSERS:	GREY COLLEGE DELUXE		\$54.95
JACKET:	BOTTLE SOFTSHELL WITH EMB		\$73.95
PULLOVER:	BOTTLE WITH SCHOOL CREST	From	\$75.95
TIE:	SPECIAL SCHOOL DESIGN - JNR		\$21.95
SOCKS:	LONG GREY REGULATION SCHOOL STRIPES		\$11.99
HAT:	AVAILABLE AT SCHOOL		
SHOES:	BLACK LACE UP	From	\$35.00

### Junior Boys Winter Uniform

SHIRT:	GREEN OVERSHIRT WITH SCHOOL CREST	From	\$41.95
SHIRT:	LS DELUXE GREEN WITH EMB		\$42.95
TROUSERS:	GREY COLLEGE DELUXE		\$54.95
PULLOVER:	BOTTLE WITH SCHOOL CREST	From	\$75.95
JACKET:	BOTTLE SOFTSHELL WITH EMB		\$73.95
TIE:	SPECIAL SCHOOL DESIGN - JNR		\$21.95
SOCKS:	LONG GREY REGULATION SCHOOL STRIPES		\$11.99
SHOES:	BLACK LACE UP	From	\$35.00

### Senior Boys Summer Uniform

SHIRT:	WHITE S/S WITH CREST	From	\$35.95
SHORTS:	GREY COLLEGE DELUXE		\$43.99
TROUSERS:	GREY COLLEGE DELUXE		\$54.95
PULLOVER:	MAROON WOOL W/EMB	From	\$75.95
PULLOVER:	MAROON POLY/COTTON W/EMB	From	\$84.95
TIE:	PLAIN MAROON		\$18.99
SOCKS:	LONG GREY REGULATION SCHOOL STRIPES		\$11.99
BLAZER:	MAROON SERGE WITH CREST		\$219.95

### Senior Boys Winter Uniform

SHIRT:	WHITE S/S WITH CREST	From	\$35.95
SHIRT:	WHITE DELUXE LONG SLEEVE		\$37.95
TROUSERS:	GREY COLLEGE DELUXE		\$54.95
PULLOVER:	MAROON WITH SCHOOL CREST	From	\$75.95
PULLOVER:	MAROON POLY/COTTON WITH CREST	From	\$84.95
SOCKS:	REGULATION SCHOOL WITH STRIPES	From	\$16.99
BLAZER:	MAROON SERGE WITH CREST		\$219.95

### Boys Sports Uniform

POLO TOP:	WHITE, SPECIAL COLLAR & CREST	From	\$37.95
SHORTS:	BOTTLE MICROFIBRE WITH EMB		\$31.95
TRACK JACKET:	BOTTLE/MAROON/WHITE MICROFIBRE		\$61.95
TRACK PANTS	BOTTLE MICROFIBRE WITH EMBROIDERY		\$49.95
FOOTBALL SOCK:	TALL WITH 2 BOTTLE STRIPES		\$9.95
SOCK:	CREW SOCK SHORT		\$9.95

**ALL PRICES ARE SUBJECT TO ALTERATION**

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# Marian Street Theatre for young people

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Chatswood



Enrol  
Now



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Auditions are free for our drama members, and \$49 for non-members. Join the drama school and get the audition fee back.

www.mstyp.org.au info@mstyp.org.au 9411 1800



### Bring on Summer at Hornsby!

The new swim club season is just around the corner.

Hornsby Swimming Club meets every Friday night at Hornsby Aquatic and Leisure Centre from 6.30pm finishing approx 8.00pm, leaving your weekends free!

We cater for all ages and abilities with 25m, 50m, 100m, 200m, 400m and relay race events.

Come along on Friday September 20th to register or 'test the waters' before joining (pool entry applies).

Contact Hornsby Swimming Club for more information  
hornsbywimteam@gmail.com  
or visit our website

[hornsby.swimming.org.au](http://hornsby.swimming.org.au)

and like Hornsby Swim Club on Facebook!



**POOL & SPA  
WAREHOUSE**



HORNSBY  
RELAY FOR LIFE

# Twilight MARKETS

**SATURDAY 2ND NOVEMBER**

ROFE PARK, HORNSBY HEIGHTS

**4 PM - 8 PM**

**STALL PRICE: \$50\***

FOR STALL ENQUIRIES: HORNSBYRELAY4LIFEMARKETS@GMAIL.COM

\*STALL PRICE IS DONATED TO CANCER COUNCIL

# LIVING WELL PHOTOGRAPHY COMPETITION 2019



1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

## THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100  
Technical Award \$100

**FREE ENTRY**

## Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



Submission By  
**30.09.2019**

# HORNSBY RELAY FOR LIFE

2 - 3 NOVEMBER, ROFE PARK, HORNSBY HEIGHTS

## YOUTH CUP

The Youth Cup is aimed at teams of youth walking as many laps as they can in the space of 6 hours. The team with the most average laps per team member will receive a prize.

**12:30PM - 6:30PM SATURDAY 2 NOVEMBER**  
**\$20PP REGISTRATION FEE**

There will be a Box Car Rally at 3pm where you should let your creativity run wild and design your dream cardboard car as well as the Youth Lap at 5pm where we encourage all Youth teams to assemble and walk together behind their team flag or banner. Following the Youth Cup there will be a presentation ceremony at 7pm.

For more information and to sign up your team, contact [hornsbyrelayforlife@gmail.com.au](mailto:hornsbyrelayforlife@gmail.com.au)

Join the Relay For Life movement!  
Get your team together. Walk or run. Each step takes us closer to beating cancer. Raise funds for Cancer Council NSW's world class research and local prevention and support programs.

BE READY FOR TERTIARY STUDIES

# HSC & TPC INFORMATION SESSION

Year 12 & University Preparation Courses for 2020

**Information Sessions**  
31 October, 2019  
21 November, 2019  
5 December, 2019  
starting at 5.00pm

23 January, 2020  
starting at 12 noon followed by enrolment

TAFE NSW, St Leonards Campus  
Building Q,  
Level 4 Room Q423  
213 Pacific Highway  
St Leonards NSW 2065

TAFE NSW can assist you to build bridges to further study so you can reach a new future. So whether your goal is to finish your high school studies, gain entry to a career of choice, or to study for a degree at TAFE NSW or university, our courses and programs can help you.

You are invited to attend an information session to discuss study options with our teaching staff.

**Higher School Certificate (HSC)**  
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**Tertiary Preparation Course (TPC)**  
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Year 12 equivalent course.  
Part time or full time study

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Melissa Knudson  
Head Teacher, Educational Pathways  
[melissa.knudson@tafensw.edu.au](mailto:melissa.knudson@tafensw.edu.au) (02) 9942 0743

**BE AMBITIOUS**





# FIRST AID COURSE

12-24 years

**WEDNESDAY 2 OCTOBER**

**8.45am – 4.30pm Gordon Library**  
799 Pacific Highway Gordon, Meeting room 2  
\$100 (Includes lunch)

This one day course (plus prework) provides you with the skills to administer first aid in a variety of situations that you may face in everyday life.

Participants who successfully pass this one day face-to-face course will receive a **Nationally Recognised Statement of Attainment** in HLTAID003 Provide First Aid.

**Bookings close Wednesday 25 September.**



**Ku-ring-gai Youth Services**

9424 0981 | youth@kmc.nsw.gov.au | kmc.nsw.gov.au/youth

## Study Without Stress Overcome study and exam stress for Year 10-12 Students



### Do you or a loved one struggle with stress and anxiety when it comes to study?

The Study Without Stress Program is a 6 week program for Year 10 to 12 students to equip them with knowledge and practical tips on how to approach and overcome the stress that can arise from study pressures.

The program covers:

1. Understanding stress
2. Goal setting
3. Managing expectations and beliefs about exams
4. Creating effective timetables
5. Learning how thoughts can affect performance
6. Challenging negative or unhelpful thinking patterns
7. Understanding perfectionism
8. Understanding procrastination
9. Tips to deal with work avoidance
10. Building good study habits
11. Procedures for problem solving
12. Exam preparation

Details

6 sessions 5pm to 6:30pm  
Wednesdays 9, 16, 23, 30 October and 6 and 13 November  
Location: Centre For Effective Living, Suite 2H, Level 2 Gordon Centre, 802-808 Pacific Highway, Gordon 2072

Cost paid upfront for all 6 sessions: \$480  
To book your place: <https://www.trybooking.com/BFDFP>  
For more information email: [admin@effectiveliving.com.au](mailto:admin@effectiveliving.com.au)

Note no refund provided if sessions not attended

**Hornsby Child and Youth Mental Health Service (CYMHS)**



**Health Northern Sydney Local Health District**

### Parenting Through the Ups and Downs of Adolescence

Monday 4th November 2019 5.30pm-7.30pm

A seminar for parents of high school students focusing on:

- Understanding Adolescent Development
- Challenges of Parenting Adolescents with strong emotions, including self-harm and suicidal ideation.
- Strategies and tips to help parents remain calm and be a resource for their adolescent



- To register please call CYMHS on 9485 6155
- **VENUE:** Hornsby Hospital Meeting Room 1 near Gate 1, Reception/Switchboard, entry via Palmerston Rd.
- Please allow enough time for parking and arrive 10 minutes before the registered start time.
- Unfortunately, we cannot provide childcare facilities and are unable to have infants/children attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local government area.
- The cost of the seminar is \$10. Correct money would be appreciated. There will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.



**FREE HSC LECTURES**  
UTS (Ultimo) + Macquarie University (North Ryde)

#### Free HSC Lectures

In total, this series has **51 free lectures** across two campuses, and will run on:

- 28-29 September (Class of 2019)
- 5-6 October (Class of 2020)





THE YOUTH MENTORING FOUNDATION

# RAISE YOUR HAND TO MENTOR

Helping to empower young people to become more resilient, capable and connected by delivering best practice mentoring programs in schools across Australia



[raise.org.au/volunteer](http://raise.org.au/volunteer)

Creating thriving communities by empowering young people to become more resilient, capable and connected through best practice mentoring programs.

In Australia, one in ten young people are completely disengaged from education, employment and training.

Not surprisingly this leads to social isolation and poor outcomes in mental health, with suicide now the highest reason for death of young Australians.

This is an urgent problem and mentoring from a neutral positive role model during the critical teenage years provides much needed early intervention.

We have 1,000 young people across the country in high schools near you, who need someone to talk to.

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AND  
EVERYTHING ELSE



**INSTORE & ONLINE THURSDAY 10TH OCTOBER.**

\* Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store. No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount. Offer ends midnight (AEST) 10/10/19. Must use Zero or Rewards card to receive discount.





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### Asquith Boys High School

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## ASQUITH BOYS HIGH SCHOOL CALENDAR TERM 4 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>Week 1A</b>	October 14 <b>Staff and Students Return</b>	October 15 <b>Formal Assembly (Leadership)</b>	October 16	October 17 <b>HSC commences</b>	October 18	Oct 19/20
<b>Week 2B</b>	October 21	October 22	October 23	October 24 <b>Duke of Ed Bronze Qual Exp</b>	October 25 <b>Duke of Ed Bronze Qual Exp</b>	Oct 26/27
<b>Week 3A</b>	October 28 Year 8 Valid Science Test (all week)	October 29 <b>Year 7 –Vaccinations</b>  <b>P&amp;C Meeting-7.30pm</b>	October 30	October 31	November 1	Nov 2/3  Relay for Life-Concert Band Performance
<b>Week 4B</b>	November 7	November 5	November 6	November 7	November 8	Nov 9/10
<b>Week 5A</b>	November 11 <b>YEAR 10 EXAMS</b>	November 12 <b>YEAR 10 EXAMS</b>	November 13 <b>YEAR 10 EXAMS</b>	November 14 <b>YEAR 10 EXAMS</b>	November 15 <b>YEAR 10 EXAMS</b>	Nov 16/17
<b>Week 6B</b>	November 18	November 19	November 20	November 21 <b>HIGH SCHOOL EXPERIENCE DAY</b>  <b>School Formal</b>	November 22	Nov 23/24
<b>Week 7A</b>	November 25 <b>Formal Assembly (White Ribbon Day)</b>	November 26  <b>P&amp;C Meeting-7.30pm</b>	November 27	November 28	November 29	Nov 30 Dec 1
<b>Week 8B</b>	December 2 Yr 11 VET Work Placement (Hospitality)	December 3 Yr 11 VET Work Placement (Hospitality)  <b>Year 7 2020 ORIENTATION DAY</b>	December 4 Yr 11 VET Work Placement (Hospitality)	December 5 Yr 11 VET Work Placement (Hospitality)	December 6 Yr 11 VET Work Placement (Hospitality)	Dec 7/8
<b>Week 9A</b>	December 9 Yr 11 VET Work Placement (Construction)	December 10 Yr 11 VET Work Placement (Construction)  Principal's Reward Day Year 10	December 11 Yr 11 VET Work Placement (Construction)	December 12 Yr 11 VET Work Placement (Construction) <b>Beach Day</b>  Principal's Reward Day Year 9	December 13 Yr 11 VET Work Placement (Construction)	Dec 14/15
<b>Week 10B</b>	December 16 <b>PRESENTATION NIGHT</b>	December 17  End of year concert -p5	December 18	December 19 <b>Staff Development Day</b>	December 20 <b>Staff Development Day</b>	Dec 21/22

### 2020 DATES

**Term 1** – Tuesday 28 January to Thursday 9 April (11 wks)

**Years 7, 11 & 12 start Wed 29 January, Years 8, 9 & 10 start Thu 30 January**

**Term 2** – Monday 27 April to Friday 3 July (10 wks)

**Term 3** – Monday 20 July to Friday 25 September (10 wks)

**Term 4** – Monday 12 October to Friday 18 December (10 wks)

#### Staff Development Days

**Tue 28 Jan, Mon 27 April, Mon 20 July, Thu 17 & Fri 18 Dec**