PRINCIPAL’S MESSAGE...

**Student Success:**
A Year 10 student has just returned from the CHS Lawn Bowls Competition at Glenbrook Bowling Club where he placed 4th overall in the District. While this is an achievement in itself and one worthy of congratulations, he has gone on to be selected to compete at State level in the Singles and Pairs competitions in June at Warilla. Jack’s interest in this sport was stemmed from his interactions with an older significant person who sparked that interest and encouraged him when he showed promise as a bowler. Lawn Bowls is not what we generally what comes to mind when we think of young people and their sports. The fact that he has been prepared to explore what I know to be a skilful and challenging sport is a credit to him. I hope he does really well and shows that stereotypes are there for a reason – to be broken! Good luck Jack.

Congratulations to Danika Hampstead of Year 11 who has once again been accepted for the State Dance Ensemble. This is the third year in a row that Danika’s audition has led to her being accepted at State level. It is quite an achievement as only 30 students in NSW are chosen. Danika will now participate in regular workshops and this will culminate in a performance at School Spectacular. Congratulations Danika.

**State Drama Camp:**
While we wait to hear of the outcome of applications from 5 of our students who wish to go to the State Dram Camp I am delighted to acknowledge that our very own Mr Montgomery has once again been asked to be a tutor and facilitator at the camp. This is the third year he has done this and while he misses out on our Fame at the Farms evenings, he returns with a wealth of skill and experience that our students who are not lucky enough to attend, can benefit from. Chris is a teacher passionate about extending himself and his students and I am delighted to support his involvement in this valuable camp.

**Annual General Meetings:**
Both the P&C and the School Council have held their Annual General Meetings and even though I do a report for those meetings outlining how the year has gone in terms of the school, I would like to publically acknowledge all the hard work and dedication of both of these parent bodies. The interest this community has in ensuring that the school continues to provide quality education for our students is tremendous and something a lot of other schools would envy. Personally I have
always found the members to be supportive and frank. I look forward to another great year in partnership with them.

**Holiday Safety:**

Last Tuesday I attended the funeral of a dear friend who was killed in a tragic motor vehicle accident on the Pacific Highway over the Easter holiday period. The whole experience has reminded me how very fragile and precious life is. Over the coming weeks as parents and families escape the daily grind to explore areas beyond our home, please travel safely and return happy and healthy ready for another great term at the Farms.

Christina Bennet  
Principal

**DEPUTY’S MESSAGE**

What a fantastic term 1!! This term has been an extremely busy one with swimming carnivals, cross country and excursions all over Sydney. I am sure that all students involved have benefited enormously from all events. Term 2 is shaping up to be just as cram packed, with both Years 7 and 9 completing their NAPLAN tests in week 3.

A reminder to all Year 11 students that Wednesday 1st May is a normal school day with classes as normal. From Thursday 2nd May until Friday 10th May 2013 all Year 11 students will be sitting half yearly exams. Students only need to attend school when they have an exam. Some general tips:

- Arrive at school least 20 minutes before the start of your exam
- Ensure that you have all the necessary equipment; pens (more than one), pencil, highlighters, calculator, ruler etc...
- Use the holidays effectively to study; make summary notes, redo maths questions, make notes based on your syllabus, write a glossary for each unit covering the main terms and concepts.

Advance warning to Year 9 students; your formal half yearly exam week is week 2 of Term 2. A useful tip is to use the holidays to ensure that in all subjects you are up to date and have completed all work.

I wish everyone a happy and enjoyable holiday.

Jennifer Pledger  
Relieving Deputy
DEPUTY’S MESSAGE

Facebook:
The Facebook page is a great way of keeping up to date with the latest information from our school including photos and information such as the Examinations and photos of school events.

The Facebook page is open to comment and likes of posts however, these are all moderated. Liking our page does not make you “friends” with the page or it’s administrators. Liking our page simply means you will receive update notifications of new information as it is posted.

Like our page at http://www.facebook.com/pages/Model-Farms-High-School-NSW/397573010257457

2013 Year 12 students invited to activate their Students Online account: This week the Board will send all Year 12 students an email, inviting them to activate their Students Online account.

Students Online (studentsonline.bos.nsw.edu.au) is a website designed specifically for senior students, with information, tips and tools to assist them in their study. Each Year 12 student has a personal account section called ‘My Details’, where they can see their personal HSC information including:

- enrolment and contact details
- personal HSC examination timetable (available 29 April 2013)
- assessment ranks (available after the written exams)
- HSC results (available 18 December 2013).

The 2013 HSC written examination timetable will be published Monday, 6 May 2013 on the Board’s website. Students who activate their account will see their personal HSC examination timetable a week before the public release of the timetable.

Students need to have an email address recorded on the Board’s system to be able to activate their account. Schools are encouraged to submit any outstanding email addresses for their Year 12 students as soon as possible via Schools Online, to ensure their students are able to activate their account and see their personal HSC examination timetable on 29 April.

Managing depression: One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don’t be afraid, ask your child how they are feeling and keep communicating with them.


Financial literacy:
Technology-savvy girls:
We know our girls are just as techno-savvy as boys - so why do you think they're not pursuing careers in technology? Read how Silicon Valley is opening the gate for girls and making them consider technology studies.

http://dealbook.nytimes.com/2013/04/02/opening-a-gateway-for-girls-to-enter-the-computer-field/?hp

Help with ratios:
Homework is full of tricky maths questions. Brush up on some of the maths terms your child uses in the classroom. This glossary gives straightforward explanations and illustrated examples. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/maths/maths-a-to-z

Mark Anderson
Deputy Principal

HEAD LICE

It has come to our attention that the presence of head lice has been reported in the local community.

Please check your child's hair regularly. Information about head lice and what to look for are included on the back of this letter.

If you feel concerned, or think that when checking that your child may have come in contact with lice, a visit to your local chemist will provide further information. A treatment shampoo is available from both chemist and supermarkets. The whole family should be treated at the same time and it is recommended that bedding be removed and washed.

Thank you for your co-operation in this matter.

Mark Anderson
Deputy Principal
Head Lice - A Common Nuisance in Children

The proper name of head lice is Pediculus humanis capitis but they are known for short as pediculus and 'nits'. They are small insects which feed off the human scalp, and can affect only humans. Although they are the cause of much anxiety, anger and disgust among parents the most they usually cause is an itchy scalp. Rarely, the bites become infected and boils may occur. Head lice are a common pest in children, but their presence does not mean that your child or family are not clean.

Lice tend to spread easily among children because they often put their heads close to each other when they are together. This means that it is possible for head lice to crawl from the head of one child to another. They do not fly or jump between children.

Head lice are quite hard to see as the adults are only 2-4mm long and they move quickly away from the light. It is mostly the eggs, called nits, that you will see looking like tiny white or grey specks. The lice lay their nits and stick them firmly onto a hair shaft close to the scalp. Only nits which are 1cm or less from the scalp are alive.

Treatment is carried out with a specific lice treatment shampoo and a fine-toothed metal lice comb. There are many shampoos available – they are all safe when the instructions are followed. None of these preparations reliably kills the eggs but they act on the lice after they have hatched. The most effective ones are based on permethrin, which has the property of persisting on the scalp for a period of time after washing.

Apply the shampoo according to the instructions. It is most important to apply the shampoo to the scalp, where the lice are, rather than just the surface of the hair. After rinsing and drying, comb the hair carefully with the fine-toothed comb. This is to remove the dead lice and all the nits. The itchy scalp may persist for a few days after treatment. You should also check the hair of everyone else in the family, including adults.

Away from the human scalp, head lice die within two days. It is advisable to wash all combs and brushes in hot soapy water and then dry them in the sun. Launder all pillowcases in hot water and clean or brush all caps and hats. Your child may return to school or childcare the day after you have carried out the treatment, unless your child’s school has a stricter policy.

It is necessary to repeat the shampoo treatment after 8-10 days, so as to kill lice which have hatched from nits left after the first treatment. Check your child’s combs and brushes and change the pillowcases again.

If there is an outbreak of head lice at the school, it may be necessary for the whole class to have head lice treatment on the same evening or same weekend. Just as having a couple of children in a class immunized against measles won’t stop a measles outbreak, so only treating a few children will be ineffective in stopping a head lice outbreak. To help stop them coming back, brush and comb your child’s hair every day; tell them not to share combs, brushes or hats; teach your children to wash their hair at least once a week and plait or tie up long hair.

Associate Professor Mark Ferson
Director, South Eastern Sydney Public Health
ATTENTION PARENTS

Please note that Grade Trials for Term 2 & 3 sport will be on the 1st May & Rec Sport Selections will be on Friday the 3rd May.

Please speak to your children about the sports that they will be permitted to select before these dates. Take into consideration the cost of the sport and whether they will have to catch a bus. This will save last minute changes and ensure your child is in a sport that they are happy to participate in. If they need to change sports after the selections they will need a valid reason with a note from home and then they will be restricted in their options as many of the sports fill up on selection day. Below is a summary of the sports and the costs involved.

**Grade sports** – Most grade sports will alternate away games and home games. Exceptions to this are **Hockey & AFL** who will play away at central venues most weeks.

**Boys** – Soccer, Volleyball, Oz Tag, AFL and Rugby League  
**Girls** – Soccer, Basketball, Touch  
**Mixed** - Hockey

**Rec Sports**
Rock Climbing $7.50 + bus  
Ten Pin Bowling $6.50 + bus  
Gym $8 + bus  
Swimming $4 + bus  
Ice Skating $8 + bus  
Squash $5  
Tennis Olympus $5  
Rec Walking - No charge  
Rec Touch, Netball, Soccer & Volleyball Round Robin - No Charge  
Boot Camp – No charge
SPORTS NEWS

Congratulations to the following teams for winning their Term 1 Grade Sport finals:
- Boys Opens Baseball defeated Muirfield 6-4.
- Boys Opens Cricket defeated Muirfield 1/65 to 4/64 from 6 overs.
- Boys 15’s Cricket defeated James Ruse 57 to 51 from 10 overs.
- Boys 15’s B Touch Football defeated Greystanes 4-2
- Girls Opens B Oztag defeated Muirfield 7-5

On another positive note, we had 5 talented, young swimmers compete in the State Swimming Championships on the 4th–6th April at Sydney International Olympic Park.

- Jayden Chesson, of Year 7, competed in 200m Freestyle (15th), 100m Freestyle (16th), 50m Freestyle (16th), 100m Backstroke (18th) and 100m Backstroke (16th).
- Zac Demos, of Year 7, competed in 200m Freestyle (17th), 100m Backstroke (19th) and 50m Freestyle (13th).
- Nathan Smith, of Year 11, competed in the 100m Backstroke (13th).
- Our Boys 12 Years Relay team also represented Model Farms High School and consisted of Jayden Chesson, Zac Demos, Harold Phillips and Nicholas Smith.

Congratulations on your fantastic results boys!

The Weekend to End Women’s Cancers™ benefiting the Chris O’Brien Lifehouse at RPA offers participants the opportunity to make a real difference in the fight to end breast and gynaecologic cancers. During one incredible weekend, 9-10 November, 2013, thousands of women and men will join forces for a monumental 60km walk through Sydney over two days to honour those we’ve lost, celebrate survivors and raise much-needed funds for cancer research and care. Proceeds from The Weekend will support the development of the Chris O’Brien Lifehouse at RPA, a world-class centre that will transform cancer treatment for Australians in an environment thriving on discovery, research, and uncompromising care.

Keri Murphy ID: 810567-5
is a registered participant in The Weekend and has committed to walking 60km and raising a minimum of $2,000, to aid in this ongoing fight. Please accept this letter to acknowledge their fundraising activities in the community and their heroic commitment to the cause.

Thank you for your interest in The Weekend. If you have any further questions, please feel free to contact me at 1300 33 WALK (9255).

Sincerely,

Walker Coach
The Weekend to End Women’s Cancers
1300 33 WALK (9255)
Charitable Tax # 70 388 962 804
www.endcancer.org.au
## TERM 2 CALENDAR 2013

### WEEK 1

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon 29/04</td>
<td>Staff Development Day</td>
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<tr>
<td>Tue 30/04</td>
<td>Staff Development Day</td>
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<tr>
<td>Wed 01/05</td>
<td>Hills Performing Arts Festival, Hills Centre, Castle Hill</td>
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<tr>
<td></td>
<td>Yr 10 Fieldwork Report due</td>
</tr>
<tr>
<td></td>
<td>Yr 10 Mathematics Assignment 1</td>
</tr>
<tr>
<td></td>
<td>Yr 8 High Resolves Program Justice – Day 2</td>
</tr>
<tr>
<td></td>
<td>Yr 8 Resolves Program (Justice) Day 1</td>
</tr>
<tr>
<td></td>
<td>Yr 11 Mathematics Assessment Task 1 General &amp; Mathematics</td>
</tr>
<tr>
<td></td>
<td>Yr 9 Visual Art Assignment due</td>
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<tr>
<td></td>
<td>Buckley Shield Rugby League v Quakers Hill</td>
</tr>
<tr>
<td>Thur 02/05</td>
<td>Yr 12 debate p4-6</td>
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<tr>
<td></td>
<td>Yr 7R debate audience p5</td>
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<tr>
<td></td>
<td>Knockout Girls’ Soccer</td>
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<tr>
<td>Fri 03/05</td>
<td>Yr 12 Adv English Hamlet Excursion</td>
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<tr>
<td></td>
<td>Food Safety Assignment due</td>
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<td></td>
<td>Yr 7 Boxer shorts assignment due</td>
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### WEEK 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon 06/05</td>
<td>Yr 7 Music Incursion Drumbeat</td>
</tr>
<tr>
<td></td>
<td>1:45pm-3:00pm in TLC</td>
</tr>
<tr>
<td></td>
<td>Yr 8 Poetry Assessment Task 4</td>
</tr>
<tr>
<td>Tues 07/05</td>
<td>Yr 10 Elevate 'Study Sensei’ seminar</td>
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<td></td>
<td>11:30-12:45pm</td>
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<td></td>
<td>Yr 9 Science Practical Exam</td>
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<tr>
<td>Wed 08/05</td>
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<tr>
<td>Thur 09/05</td>
<td>English language &amp; Reading Assess</td>
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<tr>
<td>Fri 10/05</td>
<td>Yr 10 IST Video Assignment</td>
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<td></td>
<td>Yr 8 Egyptian Assignment due</td>
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<td>Yr 9 History Half Yearly Exam</td>
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### WEEK 3

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon 13/05</td>
<td>NAPLAN</td>
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<tr>
<td>Tues 14/05</td>
<td>Yr 8 Maths Half Yearly Exam 1</td>
</tr>
<tr>
<td>Wed 15/05</td>
<td>Macquarie Uni talk lunchtime</td>
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<td>Rm 504</td>
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<tr>
<td></td>
<td>NAPLAN</td>
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<tr>
<td></td>
<td>Yr 11 CFS Assessment Task</td>
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<td></td>
<td>Yrs 10 &amp; 11 Frisbee Gala Day Nth Sydney</td>
</tr>
<tr>
<td>Thur 16/05</td>
<td>Yr 11/12 Drama Students Stage Combat Incursion (1-3pm)</td>
</tr>
<tr>
<td></td>
<td>Yr 12 Debate p1-4</td>
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<tr>
<td></td>
<td>Yr 8 Mathematics Half Yearly Exam 2</td>
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<tr>
<td>Fri 17/05</td>
<td>NAPLAN catch-up</td>
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<td></td>
<td>Yr 10 Mathematics Surveying Excursion to Homebush Bay</td>
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<tr>
<td></td>
<td>Yr 10 Commerce Excursion</td>
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<tr>
<td></td>
<td>Yr 10 Elective History Excursion to Jewish Museum</td>
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<tr>
<td></td>
<td>Yr 12 Modern History Excursion</td>
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<tr>
<td></td>
<td>Jewish Museum</td>
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<tr>
<td>Sat 18/05</td>
<td>P &amp; C Trivia Evening</td>
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<tr>
<td></td>
<td>6:00pm -11:30pm</td>
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</tbody>
</table>
From the FACULTY THAT COUNTS!
CONGRATULATIONS TO THE FOLLOWING MATHS MERIT RECIPIENTS

Year 7
Thimmiah Baduvanda, Gemma Barnett, Sarah Bernard, Jasmine Billett, Deborah Burns, Elizabeth Campbell, Emily Deschacht, Olivia Durie, Anthony Keat, Timothy Kennett, Connor McMillan, Mia Maguire, Hannah Maestri, Miia Niskanen, Tarun Raja, Matthew Swavley.

Year 11
Senuri De Silva

This week’s news
Gifted and Talented:
Early next term we will be hosting the Model Mathematician competition where our five ‘feeder’ primary schools, Winston Hills, Winston Heights, Jasper Road, Matthew Pearce and Excelsior, are each invited to send two students to join in mathematics investigations with some of our Year 9 students. Each team scores points and the winning team receives a trophy. We are looking forward to working mathematically with these students.

Half Yearly Exams:
A reminder that Year 11 will have their Half Yearly examinations in the first two weeks of Term 2. If any Year 11’s have any questions or requests for additional study work, please ensure that they speak to their teachers about it before the end of term 1 week 11.

Below is a table showing the exam weeks for Mathematics for the Half Yearlies for Years 7 to 11. NAPLAN will be in week 3 of Term 2 for Years 7 and 9.

<table>
<thead>
<tr>
<th>Year</th>
<th>Week in Term 2</th>
</tr>
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<tbody>
<tr>
<td>7</td>
<td>Week 5</td>
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<tr>
<td>8</td>
<td>Week 3</td>
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<tr>
<td>9</td>
<td>Week 2</td>
</tr>
<tr>
<td>10</td>
<td>Week 4</td>
</tr>
<tr>
<td>11</td>
<td>Week 1 &amp; 2</td>
</tr>
</tbody>
</table>

Free Thursday Afternoon Maths Tuition:
Due to the end of term, there will be no tuition after school this (week 11). It will recommence on the first Thursday of Term 2.

Calculators:
Please make sure that all students have their own calculator. The Casio fx-82AU is sold at the uniform shop for $35. Students need this calculator from Year 7. It is vital for their progress that students are familiar with their calculator and know how to use the different functions.

Fun with Maths:
Year 7 are studying the topic of ‘Exploring Numbers’. In this topic we learn about Fibonacci Numbers. This YouTube video links Fibonacci Numbers with the occurrence of this pattern in
nature and also mentions the Golden Ratio. Beautiful numbers!  
http://www.youtube.com/watch?v=wTlw7fNcO-0

Term 1 has been busy and successful for the Mathematics Faculty. ‘Assignment Season’ went well and we received some excellent work from our Year 7, 8, 9 and 10 students. Our Year 11 and 12 students have also been working hard to prepare for their Half Yearly exams. We wish everyone a safe and happy holiday. We look forward to seeing everyone back again on Wednesday 1st May for another busy term.

From Jackie Dalton and the Maths Faculty Staff

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**WESLEY GIANT GARAGE SALE**

**Where:** In the Wesley Uniting Church grounds at 32 Showground Road, Castle Hill.

**Dates/Times:** Friday May 3rd 2013 (operating from 10:00am to 3:00pm) and Saturday May 4th 2013 (operating from 8:00am to 1:00pm)

Sale items/Stalls will include Books, Records, CD’s, DVD’s, Clothing, Electrical, Plants, Toys, Furniture, Manchester, White Elephant, Fine Art and China etc.

We will also be providing tea and coffee during sale hours, together with a Sausage Sizzle for lunch on both days, and Bacon and Egg rolls for breakfast on Saturday morning.

Enjoy the friendly atmosphere, and pick up a bargain (or two) knowing you are helping those families who need help within the Hills District, through the Hills Family Centre.
From the ENGLISH AND DRAMA FACULTY

DRAMA at the FARMS – from Mr. Montgomery (Drama Teacher)

Well done to all drama students on a successful and enjoyable Term 1. Have a safe holiday and get ready for a jam packed Term 2 with performance overdrive – With playbuilding, scripted performances, auditions and camps ahead!

***Drama Faculty Merits***
Cara Boljevac – Yr 9
Madilyn Williams – Year 10
A Word from the Year 10 Adviser... from Mr. Montgomery
Congratulations to three of our talented Year 10 students: Harrison Papagianis, Leroy Jennings and Amy Gibb. Each of these students received finalist placings at the Sydney Hills Youth Awards, presented by the Hills Shire Council. The awards evening was held at the Hills Centre on Wednesday 10th April. These students represented the school in the categories of Sports and Training and Young Achiever.

On behalf of the staff and students at Model Farms High School we congratulate these students on this amazing achievement. You are each glowing examples of the hard work and dedication students of The Farms are so well known for and a reminder to your peers that success is always possible. As your Year Adviser I am extremely proud of you, well done!

Have a safe holiday Year 10 and I will see you next term ready to work hard in preparation for your Half Yearly Exams.
MODEL FARMS HIGH SCHOOL
UNIFORM PRICE LIST
Trading Days and Hours
Monday, Wednesday and Friday
8.10 am until 9.00 am

Payment Options
Cash - Cheque - Visa - Mastercard
NO Eftpos

<table>
<thead>
<tr>
<th>ITEM</th>
<th>PRICE</th>
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<tbody>
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<td><strong>BOYS</strong></td>
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<tr>
<td>Shirt - Blue (Junior) / White (Senior)</td>
<td>$30.00</td>
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<tr>
<td>Shorts – Grey (easy care)</td>
<td>$35.00</td>
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<tr>
<td>Long Trousers (easy care)</td>
<td>$45.00</td>
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<tr>
<td><strong>GIRLS</strong></td>
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<tr>
<td>Blouse – Blue (Junior) / Lemon (Senior)</td>
<td>$30.00</td>
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<tr>
<td>Skirt – Check (Junior) / Grey (Senior)</td>
<td>$55.00</td>
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<tr>
<td>Long Pants</td>
<td>$40.00</td>
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<tr>
<td><strong>JUMPERS</strong></td>
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<tr>
<td>Fleecy</td>
<td>$40.00</td>
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<tr>
<td>Wool - (Australian Wool)</td>
<td>$80.00</td>
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<tr>
<td><strong>SPORT</strong></td>
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<tr>
<td>Top</td>
<td>$40.00</td>
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<tr>
<td>Shorts</td>
<td>$35.00</td>
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<tr>
<td><strong>TRACKSUIT</strong></td>
<td></td>
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<tr>
<td>(By Order Only)</td>
<td></td>
</tr>
<tr>
<td>Jacket Only</td>
<td>$75.00</td>
</tr>
<tr>
<td>Pants Only</td>
<td>$50.00</td>
</tr>
<tr>
<td>Complete Set</td>
<td>$120.00</td>
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<tr>
<td><strong>MISCELLANEOUS</strong></td>
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<tr>
<td>Aprons</td>
<td>$13.00</td>
</tr>
<tr>
<td>Tie – Junior / Senior</td>
<td>$20.00</td>
</tr>
<tr>
<td>Blazer</td>
<td>$200.00</td>
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<tr>
<td>Calculator</td>
<td>$35.00</td>
</tr>
<tr>
<td>Exercise Books – ie. maths, music, normal</td>
<td>$various</td>
</tr>
</tbody>
</table>

2012/2013 - Prices subject to change without notice – includes 10% GST
Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here’s how to keep your kids safe when online.

Cyber bullying is one of the biggest, safety issues facing young people today. Bullying and harassment online is now commonplace. For instance, over a third of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyber bullying go to a new level. Messages and images can now spread like wildfire reaching a huge potential audience in the time it takes to upload an image or shoot off a text message.

Once the family home offered young people an escape from schoolyard bullies. Now the cyber world is so invasive that their bedrooms offer no guarantees of safety any more.

The cyber world is enticing. Young people have always wanted to escape from their parents’ world. In the past they hung out in shopping centres and pool halls. Parents tried their best to keep an eye on where their children were and what they were doing.

The online world is now the shopping mall of the 21st Century. Parents have the same responsibility to help kids stay safe in the online world as they do in the real world. ‘Stranger danger’ and accompanying safe behaviours are just as relevant in the online world as they are in the real world.

Parents should use the same offline preventative strategies to maximise their children’s online safety as they’ve always used. These strategies include: teaching children about the right way to behave online; don’t let them spend all night in the cyber world; and ask questions about what they are doing and where they go when they’re online.

Parents need to remind kids that things in the online world can spin out of control very quickly. A written message or an image can be circulated electronically so rapidly that the scope and scale of cyber bullying can be greater than any other form of bullying.

The following seven key messages form the basis of an online safety strategy for kids. They should be taught to kids so they become second nature, just as the messages about stranger danger were absorbed by an earlier generation.

1. **Respect others.** Make kids aware that what they send can offend. Discuss with kids the types of messages and images that can cause harm to others when sent. Teenagers often walk a fine line with what they do and say to each other offline, yet it’s relatively harmless. The same type of behaviour online however can be a different story.

2. **Think before you send.** Remind kids cyberspace is a very public and permanent forum. A text message or image sent to just one person can be passed to a potentially unlimited number. Once they are sent they’re almost impossible to erase and take back.

3. **Treat online passwords like your house key.** Teach kids to keep passwords guarded at all times. Young people can be incredibly trusting of each other, which is to be encouraged. However there are some things, such as online passwords that they don’t share, not even with their best friend.

4. **Block bullies.** Teach kids to block bullying messages. They can filter out messages and addresses online. Similarly, they can block text messages from bullies as well.

5. **Don’t reply to harassment.** Bullies can retain proof of your response, which can further be spread around. Besides responding to bullying behaviour often simply encourages the bully to continue.

6. **Save the evidence.** If kids are bullied they should keep the pictures and offending messages. These can be used as proof if the bullies are brought to justice.

7. **Tell someone.** The insidious part of bullying is that kids on the receiving end often don’t seek help, as they think there’s something wrong with them. Talk with kids about going to a trusted adult, when they feel their rights or safety have been violated. They should with your help report online bullying to the appropriate service provider.

Join Michael’s community of parents on Facebook. Go to [www.facebook.com/michaelgroseparenting](http://www.facebook.com/michaelgroseparenting) and click on the Like button.
FutureCampus Parramatta
OPENING CEREMONY INVITATION

To the School Principal and School Community,

The University of New England is celebrating the opening of its new high tech FutureCampus with a launch party full of entertainment for everyone. The event will start at 8.00am and include an exclusive appearance by the Parramatta Eels.

This is an opportunity for everyone to experience the new generation of distance learning through displays and presentations showcasing the cutting edge technology that is making distance education more accessible. UNE’s diverse range of courses will also be brought to life at FutureCampus.

Entertainment will include jazz performers as well as activities for the students. The Parramatta Eels, many of whom are students with UNE, will be on hand to man the sausage sizzle and sign autographs for fans.

When:  
Friday 19 April from 8.00am-12.00pm

Where:  
211 Church Street, Parramatta (the old Post Office Building)

About:  
UNE Future Campus, located in the old Parramatta Post Office at 211 Church Street, will provide high-tech facilities and support to over 2,000 UNE students currently studying in Western Sydney. Students will have access to state-of-the-art learning technologies and opportunities to collaborate with peers and lecturers.

The new facility, open to the wider Parramatta community, will make university education accessible to the adult population in Western Sydney.

Further information about FutureCampus may be found via: www.une.edu.au/parramatta

For more information please contact the FutureCampus team at ph: 9633 2510/9633 2525 or via: parramatta@une.edu.au
YOUTH CONNECTION SERIES

THE FREAK FACTOR

DISCOVERING UNIQUENESS BY FLAUNTING WEAKNESS

DAVID RENDALL

WORLD RENOWN KEYNOTE SPEAKER

WED 17 APRIL 2013 / 6:30 PM

TICKETS $10

EVENT CINEMAS CASTLE HILL

At 6'6" and 180 lbs, David has been called a lot of things including: twiggy, melvin, walking stick, doc and the freak. He was always in trouble for being obnoxious and disruptive in school (and sometimes at work) but has found a way to reframe his so-called weaknesses as strengths and now wants to share what he has learned.

BUY TICKETS ONLINE AT WWW.STICKYTICKETS.COM.AU/10787 OR AT THE CASTLE HILL BOX OFFICE
Seven Hills Rugby League Club
International Park, Seven Hills.

We are trying to put together a rugby league team for any boys born in 1996/1997.

All abilities are welcome and even those who haven't played before can come along.

Any interested players can call 0402086120.
VOLUNTEERS
Council says “Thank You”

THE HILLS SHIRE CELEBRATES NATIONAL VOLUNTEER WEEK 13 - 19 MAY 2013

Do you volunteer in The Hills Shire Council area or do you live here and volunteer elsewhere? The Hills Shire Council wants to say thank you for volunteering.

We are offering 2 FREE tickets per volunteer via a ballot system to either a movie, musical or theatre performance.

BALLOT CLOSES: Tuesday, 30 April 2013

TO ENTER:
Post to:
Volunteer Free Tickets Ballot
The Hills Shire Council
PO Box 76
CASTLE HILL NSW 1765

OR Apply Online: Visit www.thehills.nsw.gov.au and click on “Customer e-requests” in the green panel.

Alternatively drop ballot papers in at Council’s Customer Service Centre
Monday - Friday | 8:30 am - 4:30 pm
125 Showground Road, Castle Hill
Fax: 9843 0409

NOTE: Tickets are free and are limited to two per volunteer. Successful applicants will have their tickets posted to them prior to the event.

BALLOT FORM
TWO FREE TICKETS FOR OUR VOLUNTEERS

Please number in order of your preference.

☐ READING CINEMAS, ROUSE HILL
Iron Man 3 | Monday 13 May 2013 | 7pm

☐ DURAL MUSICAL SOCIETY
Aladdin | Saturday 19 May 2013 | 2pm

☐ EVENT CINEMAS, CASTLE HILL
The Great Gatsby | Monday 3 June 2013 | 7pm

☐ HILLS MUSICAL SOCIETY
The Wedding Singer | Wednesday 12 June 2013 | 8pm at Castle Hill RSL Club

☐ THE PAVILION THEATRE, CASTLE HILL
Cenary of the People | Friday 28 June 2013 | 8:15pm

Name
Address
Suburb Postcode
Phone

Name of Organisation where you volunteer

Suburb of Organisation

Privacy Statement: Any information provided by you will be stored on a database that will be only accessed by authorised personnel and is subject to privacy restrictions. To be eligible to enter the ballot draw and receive tickets you must:
1. Be a volunteer
2. Complete all details on the ballot form in block letters
3. Nominate your preference in number order
4. Provide the name and details of the organisation where you volunteer

9843 0555 | www.thehills.nsw.gov.au

CUSTOMER SERVICE CENTRE
125 Showground Rd, Castle Hill
PO Box 76, Castle Hill NSW 1765
Website: council@thehills.nsw.gov.au

MEETING DATES
ORDINARY MEETING
Council Chambers 7pm
Tuesday, 27 April 2013

WWW.MODELFARMS-H.SCHOOLS.NSW.EDU.AU
Model Farms High School P&C
Annual Trivia Night
Lots of fun, lots of prizes...Get a
group of 8-10 people together
and make your own table
team, or book a single place
and we will find a team for you

Saturday 18th May 2013
7pm
Model Farms High School Hall
$15 per head
Book your ticket with

Julie on phone number 0411 126393
or the School office on 96243133

*Please note all participants must be 18 years or older and not current students of Model Farms High School
Fast Track Your Studies
Certificate 3 in Business

An opportunity to develop your business administration skills

Some units will be delivered in our simulated business office

This is a fast track study course, 3 days per week for 9 weeks

Where: Baulkham Hills Campus, 146 Old Northern Road, Baulkham Hills

Class timetable: 9.00 am to 3.30 pm — 3 days per week (Wed/Thur/Fri)

Classes commence: Wednesday, 1 May — Classes finish: Friday, 28 June

Contact: Rita Camilleri for more information

rita.camilleri@tafensw.edu.au or call 9865 1146

You will need some basic computing skills before commencing, ask us for information

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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</thead>
<tbody>
<tr>
<td>BSBWHS302A</td>
<td>Apply knowledge of WHS legislation in the workplace</td>
</tr>
<tr>
<td>BSBWOR301B</td>
<td>Deliver and monitor a service to customers</td>
</tr>
<tr>
<td>BSBITU302B</td>
<td>Create electronic presentations</td>
</tr>
<tr>
<td>BSBITU202A</td>
<td>Organise personal work priorities and development</td>
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<tr>
<td>BSBITU307A</td>
<td>Develop keyboarding skills</td>
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<tr>
<td>BSBITU303A</td>
<td>Create and use simple spreadsheets</td>
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<tr>
<td>BSBWRT301A</td>
<td>Design and produce text documents</td>
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<tr>
<td>BSBFLM311C</td>
<td>Write simple documents</td>
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<tr>
<td>BSBINN301A</td>
<td>Support a workplace learning environment</td>
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<tr>
<td>BSSUS301A</td>
<td>Work effectively with diversity</td>
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<tr>
<td>BSBDIV301A</td>
<td>Promote innovation in a team environment</td>
</tr>
<tr>
<td>BSSUS301A</td>
<td>Implement and monitor environmentally sustainable work practices</td>
</tr>
</tbody>
</table>
SPORT BUS PASSES CAN NOT BE PURCHASED ON WEDNESDAYS

Sports
052-001

Please indicate preferred pass:

- A 5 trip pass for $37.50  No. of passes   _____  Total $________
- A 10 trip pass for $75.00  No. of passes   _____  Total $________

Name of Student/s  ___________________________________________  Year/s_________

Payment by: CASH  [ ]  CHeQUE  [ ]

PAYMENT BY MASTERCARD OR VISA SLIP
Please circle the appropriate card

- Please debit my Mastercard / Visa Account No:  /   /   /  4
digits   4 digits   4 digits   4 digits

Amount in figures ________________________________  Expiry Date:  ________________  CCV:  __________

Name of Credit Card Holder (as shown on card)  ________________________________

Signature of Credit Card Holder:  ________________________________
The office may need to contact you urgently please complete the form below and detach from newsletter and return to the front office.

CHANGE OF CONTACT INFORMATION
MODEL FARMS HIGH SCHOOL

Name of Student: ________________________________ Year __________

New Address: ___________________________________________________________

___________________________________________ Postcode: ______

Correspondence: _________________________________________________________

___________________________________________ Postcode: ______

Email Address: ___________________________________________________________

New Home Phone No. _____________________________________________________

Mother Mobile: __________________________________________________________

Mother Work: ___________________________________________________________

Father Mobile: __________________________________________________________

Father Work ___________________________________________________________

Emergency Contact if changed: _____________________________________________

Phone No. _____________________________________________________________

Any change in Medical Condition e.g. Allergy, Asthma etc.

Details _________________________________________________________________

Bus Pass: YES / NO
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<thead>
<tr>
<th>Model Farms</th>
<th>GRADE TRIALS</th>
<th>VENUE</th>
<th>ROOM</th>
<th>TIME</th>
<th>STAFF</th>
<th>HT</th>
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<tr>
<td><strong>BOYS GRADE</strong></td>
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<tr>
<td>Open Soccer A/B</td>
<td>Max Ruddock</td>
<td>1W1</td>
<td>12:15 – 2:40</td>
<td>Cooper, P.Singh, Leghorn</td>
<td>EL</td>
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<tr>
<td>15’s Soccer A/B</td>
<td>Max Ruddock</td>
<td>7.10</td>
<td>12:15 – 2:40</td>
<td>Jiminez, Weingarth, D.Harney</td>
<td>JB2</td>
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<td>Open Volleyball A/B</td>
<td>MFHS</td>
<td>5.3</td>
<td>12:15 – 2:40</td>
<td>Hietamaki, Gardner, Snell</td>
<td>JE</td>
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<td>15’s Volleyball A/B</td>
<td>MFHS</td>
<td>6L2</td>
<td>12:15 – 2:40</td>
<td>Edwards, Rawat, Woods, Wawrzyniak</td>
<td>FH</td>
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<tr>
<td>Open’s OzTag</td>
<td>Gooden</td>
<td>8.2</td>
<td>12:15 – 2:40</td>
<td>Puleo, Dawson, Relf</td>
<td>JB2</td>
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<tr>
<td>15’s Rugby League</td>
<td>Col Sutton</td>
<td>3MU2</td>
<td>12:15 – 2:40</td>
<td>Neville, Attenborough, D’Souza</td>
<td>GC</td>
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<tr>
<td><strong>GIRLS GRADE</strong></td>
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<td>Open Soccer</td>
<td>Max Ruddock</td>
<td>1W2</td>
<td>12:15 – 2:40</td>
<td>Vince, Greer, McKnight</td>
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<tr>
<td>15’s Soccer</td>
<td>Max Ruddock</td>
<td>7.4</td>
<td>12:15 – 2:40</td>
<td>Keen, Estacio, Gregory</td>
<td>JC</td>
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<tr>
<td>Open Basketball A/B</td>
<td>MFHS</td>
<td>8.12</td>
<td>12:15 – 2:40</td>
<td>Chand, Aldababas, Georgopoulos</td>
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<td>15’s Basketball A/B</td>
<td>MFHS</td>
<td>4L1</td>
<td>12:15 – 2:40</td>
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<td>Open Touch A/B</td>
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<td>5.4</td>
<td>12:15 – 2:40</td>
<td>Hoysted, Manson, Munroe</td>
<td>JB</td>
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<tr>
<td>15’s Touch A/B</td>
<td>Gooden</td>
<td>5.9</td>
<td>12:15 – 2:40</td>
<td>Barnes, Fountis, Daly</td>
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<td>MIXED Hockey</td>
<td>Col Sutton</td>
<td>6L2</td>
<td>12:15 – 2:40</td>
<td>Newton, Parker, Jideh</td>
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<td><strong>YEAR 7 SPORT</strong></td>
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<td>7N</td>
<td>Soccer</td>
<td>704</td>
<td>12:15 – 2:40</td>
<td>Murphy</td>
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<td>7T</td>
<td>Blacktown Indoor</td>
<td>706</td>
<td>12:40 – 2:40</td>
<td>Broadbent, Bowen</td>
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<td>7V</td>
<td>TBall</td>
<td>3C1</td>
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<td>7I</td>
<td>Blacktown Indoor</td>
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<td>7B</td>
<td>Touch</td>
<td>3T2</td>
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<td>Montgomery</td>
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<td>7R</td>
<td>Gymnastics</td>
<td>709</td>
<td>12:40 – 2:40</td>
<td>Middleton</td>
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<td>7A</td>
<td>Frisbee</td>
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<td>Villigran</td>
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<td><strong>NON SPORT</strong></td>
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<td>MocTo, Akko</td>
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