PRINCIPAL’S MESSAGE...

Student Success:
It is always pleasant to hear of a student who has been selected to represent us in some sport or art event but it is even more delightful when we hear that they have gone on to further success. A few weeks ago I mentioned that Year 7 Matthew McVey was going to State to compete in the Little Athletics State Multi Event. Matthew did very well, competing in a number of athletics events in the last month. In his first time to compete at the Little Athletics State Multi Event, he completed six events over two days and came second overall. At the Little Athletics State Championships he qualified to compete in four events, discus, javelin, shot put and high jump and earned a gold medal in javelin. Then he represented NSW at the National Junior Track & Field Championships in Perth and won the silver medal in both of the events he competed in, javelin and discus, and set a new personal best in javelin with an amazing throw of 44.99 metres. Sounds like Matthew could be a rising star to watch over the coming years. Well done Matthew.

Year 11 student Marcus Loy has been selected to participate in the NSW Public Schools State Dance Ensemble for 2013. This is a state wide initiative in dance, coordinated by the Arts Unit for the Department of Education and Communities. The Ensembles are open to students from Years 7 to 12 from across NSW and they provide valuable training and performance experience for talented dancers. To audition Marcus had to submit video footage of a performance that illustrated a range of sequenced dance skills and he is now required to commit to a series of intensive workshop programs held in Sydney throughout the school year to prepare performance work for the State Dance Festival held September 2-6 and the School Spectacular held November 29-30. Congratulations Marcus.

Student Attendance:
One of the most important things your child can do to achieve academic success is also one of the most basic: going to school every day. In fact, research has shown that your child’s attendance record may be the biggest factor influencing her academic success. By attending class regularly, your child is more likely to keep up with the daily lessons and assignments, know what important upcoming events they need to be aware of and are more likely to achieve better test scores than students who don't attend regularly.

As parents and carers your commitment to school attendance will also send a message to your child that education is a priority for your family; that going to school every day is a critical part of
educational success, and; that it’s important for them to take their responsibilities seriously including going to school.

**You can do this in a number of ways:**

Help your child get to school on time every day. Babysitting, problems with a car or late bus, and the weather are not permissible reasons to miss school. Frequently coming to school late may also be noted on your child’s permanent record, and will make it difficult for your child to stay caught up with the first lessons of each morning. Teach your child how to set and use an alarm clock, and keep the television turned off in the morning.

Follow the school's guidelines and attendance policy, and report excused absences immediately. At the beginning of the school year, review the school's rules and make sure you understand whom you need to call if your child is going to be absent.

Try to limit the amount of time that your child misses school due to medical appointments or illness. If possible, avoid scheduling doctor's appointments during the school day. Allow your child to stay home only in the case of contagious or severe illnesses.

Schedule family events with your child's school schedule in mind. Plan holiday celebrations or family trips during weekends or school vacations. In the case of family emergencies or unexpected trips, talk to your child's teacher as far in advance as possible and set up a way that your child can work ahead or bring important homework on the trip.

By making your child's school attendance a priority, you will be taking an important step in supporting your child's school success, and setting a good example. Remember every day counts!

**Christina Bennet**

**Principal**
DEPUTY’S MESSAGE

The Mary Ann Das Neves’ Presentation from The Year 11 In Contact Evening can be downloaded from the School website. Click here to be directed to the page. The document can be located under the heading Useful Resources in the School Years, Year 11 tabs.

A reminder to our Year 11 students that the Half Yearly Assessments will commence in Week 1 of Term 2. Planning now and determining how you will prepare, especially over the 2 week holiday will assist you greatly in achieving your best results. Remember that a balanced life is also important, so make sure you are allocating time to study, some form of physical activity, friends and the other past times you enjoy.

In the Week 9 Newsletter, I provided material from Andrew Fuller regarding Hints to Improve Learning. Not all of the hints will resonate with each individual as we are all different, however you might find some aspects of the article that will assist you and your child with their learning. The second part of the article can be found following.

Handy Hints for Improving Learning
No. 1 Know Your Child’s “Down” Time

Everyone has a down time when they learn new information less well. As a rough guide, think of the time they go to sleep, then think of the time they usually wake up, calculate the midpoint of their sleep, add twelve hours and around that time is their “down time”.

For example, if your child sleeps from 9.30 pm to 7 am, the midpoint of their sleep is 2.00 am. Adding twelve hours takes us to 2.00 pm which is the time your child is likely to learn least well. It is important for teachers and parents to know students likely down times so they can schedule in active, hand on learning at these times.

No. 2 Use Music

There is a growing evidence to suggest that playing instrumental music softly in the background enhances learning. Pachelbel’s Canon, Mozart and Baroque music seem to be particularly effective though you might like to use a range of music. It is always good to have students study for some time without music. Exam rooms don’t have music playing in them.

No. 3 Use Aromas

Most people have had the experience of smelling a particular aroma and having a series of memories flood back. Partly this is because your olfactory nerve is directly linked to the hippocampus, which is the part of your brain where memories are integrated. The aromas most often associated with improvements in concentration and memory are lemon, basil and rosemary.
No. 5 Video Games
Video games are incredibly popular and give a sense of great mastery, challenge and involvement. Boys particularly use video games in a social way. It is important to realise that the use of video and computer games is not completely passive.

Too much playing of these games can be negative. These games can be so compelling they become addictive. While some games require quite intricate problem solving, the skills learned on these games do not appear to readily transfer into other arenas of life. Very few of the games require creative problem solving or an opportunity to be an active participant in determining a story line.

Some exposure to computer games is good. Too much, though, can be toxic. Sadly, there is no research that tells us what the right amount of time spent of computer games should be so you’ll need to think about the balance of your child’s life and their range of activities and interests.

No. 6. Help them to build the essentials skills for success.
Three of the skills needed for success at school (and in most areas of life) are concentration, memory and sequencing or getting things in the right order. The games that parents play with their children such as Snap, Uno, Concentration, Battleships, Monopoly, Chess, Jigsaw puzzles all play an incredibly important role in developing these skills of success. Computer versions of these games are not as effective in helping children develop these skills. To really help your child to succeed at school every so often switch off the TV, unplug the computer and pull out a game.

Mark Grady
Deputy Principal
DEPUTY’S MESSAGE

Term 2 Winter Uniform:
A reminder to students and parents that boys in Years 11 and 12 are required to wear a tie as part of their uniform for Terms 2 and 3. These are available from the Uniform shop for $20. As the uniform shop is only open on Monday, Wednesday and Friday this means students will need to purchase this Friday or on the first Wednesday back next term to avoid being out-of-uniform next term. Female students can also choose to wear the tie if they wish. For our Year 11 students who are perhaps too embarrassed to admit they do not have a clue about how to tie a tie, try this website...http://www.youtube.com/watch?v=MbXzI-IAdSc

Advance Warning of Double School Development Day at the Start of Term 2:
Please be aware that DEC schools across the state have been allocated an additional School Development Day (SDD) to support the planning and programming for the new Federal Government’s National curriculum. This change has widespread ramifications for teaching and learning across the nation. To enable staff to begin programming for these K-12 changes both Monday the 29th and Tuesday the 30th of April (the first 2 days of Term 2) will be student free days with all students returning to school on Wednesday the 1st of May. No student supervision or lessons will be available on these two days. Sorry for any inconveniences caused. For those parents with Primary aged students this change may create more substantial “baby-sitting” issues for parents. Please check with your local Primary School to confirm that they are taking this SDD on this date.

Year 12 Board of Studies Logins for Students On-line:
We are still waiting for these from the Board of Studies.

April School Holidays:
Have you got April school holidays organised yet? It’s not too late to book for a Sport and Recreation Kids’ Camp. Watch the video to see how much fun these kids are having. Find out more: http://www.dsr.nsw.gov.au/kidscamps/

Assignment Starters A-Z:
What projects or essays does your child have that are due by the end of term? One of them could be among the School A-Z website’s assignment starters – resources designed to point you in the right direction. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-assignments

Buying an E-Reader or Tablet:
E-readers may be a good way to get reluctant readers into books, plus they let you carry your library around with you wherever you go. Find out more: http://www.schoolatoz.nsw.edu.au/technology/using-technology/e-book-re-kindle-love-of-reading

Has Your Student Backed-up Their Laptops Lately?
Holidays are a great time for them to get organised and back things up to external hard drives or flash drives. It is heart-breaking seeing good students disadvantaged in their study due to hardware failure. Please “nag” year 9 to 12 students to create a back-up this break.

Mark Anderson
Deputy Principal
## TERM 1 CALENDAR 2013

### WEEK 11

| Mon 08/04 | 7R Cooking Assignment due  
| Yr 10 Science Skills Test  
| Yr 11 Lithgow Camp  
| Yr 7 World Heritage Assignment  
| Tues 09/04 | 7B World Heritage Assignment  
| Yr 10 Drama Practice Essay due  
| Yr 7R World Heritage Assignment  
| Yr 7T World Heritage Assignment  
| Yr 11 Lithgow Camp  
| Wed 10/04 | Yr 10 History Assessment 1 Periods 1 and 2  
| Yr 9 English Exposition Assessment  
| Yr 11 Lithgow Camp  
| Thur 11/04 | Yr 11 Lithgow Camp  
| Yr 8 FT Letter (Flying) Assignment due  
| Yr 8 J2 PDHPE Assignment due  
| Fri 12/04 | Extension 1 English Excursion,  
| The Real Inspector Hound  
| Support Rewards Excursion,  
| Powerhouse Discovery Centre  
| Yr 8 Visual Arts Assignment due  
| Yr 9 Architecture Assignment due  
| Yr 11 Lithgow Camp  
| Yr 10C To Kill a Mockingbird Study Guides due  
| Yr 9 Romeo & Juliet Study guides due  

### WEEK 1 – TERM 2

| Mon 29/04 | Staff Development Day  
| Tue 30/04 | Staff Development Day  
| Wed 01/05 | Hills Performing Arts Festival, Hills Centre, Castle Hill  
| Yr 10 Fieldwork Report due  
| Yr 10 Mathematics Assignment 1  
| Yr 8 High Resolves Program Justice – Day 2  
| Yr 8 Resolves Program (Justice) Day 1  
| Yr 11 Mathematics Assessment Task 1  
| General & Mathematics  
| Yr 9 Visual Art Assignment due  
| Thu 02/05 | Yr 12 Advanced English Hamlet Excursion  
| Fri 03/05 | Yr 7 Boxer Shorts Assignment due  

From the FACULTY THAT COUNTS!

**Year 7**
Chelsea Froggatt, Maia Garcia-Medved, Natasha Newell.

**Year 8**
Richard Kim, Jake Krnel, Joel Norman,

**Year 9**
Emily Duncan, Lucy Laing, Emma McAlonan, Caitlin Taylor x 2,

**Year 11**
Vi Ngo

**This Week’s news:**

**Assignment Season:**
Here is the due date for the Year 9 assignment:

<table>
<thead>
<tr>
<th>Year</th>
<th>Topic</th>
<th>Assignment Due</th>
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<tbody>
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<td>9</td>
<td>Probability</td>
<td>Week 10, 4th April 2013</td>
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Just a reminder about plagiarism. All work submitted for assignments must be the student’s own work and not just cut and pasted from the internet. Students can briefly quote sources when referenced correctly. Students who plagiarise will be given a mark of zero for the assignment and will have to resubmit the assignment.

**Congratulations!**
We have received some excellent assignments over the last few weeks. We would like to congratulate the following students for their efforts with their assignments. This is by no means an exhaustive list, but certainly indicates the quality of work being produced by Model Farms High School students:

**Year 7:**
Ryan Anderson, Gemma Barnett, Emily Deschacht, Olivia Durie, Nicola Gapper, Riley Irvine, Chelsea Karanga, Hannah Maestri, Mia Maguire, Natasha Newell, Miia Niskanen, Ashleigh Paine, Ethan Paul, Katie Rigg

**Year 8:**
Year 10:
Michael Cousins, Chloe Elbaz, Christina Golgini, Ben Kahane, Joshua Smith.

The Year 9 assignments are still being marked and we will mention these students in a future newsletter.

**Free Maths Tuition:**
Free Maths tuition is provided every Thursday afternoon after school from 3pm to 4pm. Years 7 to 10 are in room 8-07 and Years 11 and 12 in 8-06. It is fully supervised by the Mathematics Faculty. Tuition will not be run in week 11, however, it will recommence in week 1 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.

Coming Events Year 12 are currently doing their Maths Half Yearly Exams and we wish them every success.

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.

**Fun With Maths:**
Year 9 are currently studying ‘Equations and Inequations’. There are some really good maths ‘apps’ available for iphone, ipad and ipods. Often when students are studying algebra and equations, they can’t understand the changes in operators as terms are moved across the equals sign. For $1.99 you can purchase an app through itunes that helps students to understand this concept.

From Jackie Dalton and the Maths Faculty Staff
DRAMA at the FARMS – from Mr. Montgomery (Drama Teacher)

**Year 9 Drama Students** presented their Melodrama performances this week. Their acting was certainly over the top with side splitting scenarios of cruel villains and egotistical heroes vying for the one lonely damsel. Well done Year 9 – I was thoroughly impressed!

***Drama Faculty Merits***
Andrew McMenemy – Yr 10
Support
The Faculty With Ability

News

THE SYDNEY ROYAL EASTER SHOW
On Friday the 22rd of March the support students went to the 2013 Sydney Royal Easter Show.

The students visited the Woolworths pavilion, a working dairy (where we learnt the large extent to which robotics are now involved in the milking process) and an animal farm. Three of the students were even lucky enough to read the news with 7News anchorman Mark Ferguson!
THE SYDNEY ROYAL EASTER SHOW CONTINUED

In addition to training future newsreaders, the students got to see how we got milk, pre robots, and had the opportunity to milk a cow themselves.

Some fantastic show bags were also purchased, capping off what was a very successful visit to the 2013 Sydney Royal Easter Show.

Thanks must be given to Ms Ljubicic and Mrs Cottis for organizing such a fantastic trip!

B. Maksimovic
Head Teacher Support
In the middle of Term 1 tryouts were conducted for 2013’s Open Boys Knockout Soccer team. 15 students were selected from grades 10-12 to represent Model Farms High in the Errea Cup Knockout soccer competition.

The students are training hard and are passionately coached by Mr Keen and managed by Mr Mak.

On this year’s team are:
Jacob, Liam, Galen, Nick, Stewart, Joe, Michael, Milad, Mason, Jake, Ben, Isaac, Zac, Leroy and Aaron.

The team played their first round again Girraween High School on the 18th of March. We emerged victorious, 3 - 1, in a solid victory.

Round 2 was played on the 26th of March against Greystanes High School. Once again, we took away a win, 2 – 0, in another superb play.

To our team’s credit they played both games like the true professionals that they are, with honour and integrity, adding to our school’s already stellar reputation.

Well done to all of the students in this year’s team. You should all be very proud of yourselves and of your achievements.

Round 3 will be played around the 6th of May against either Northmead High School or Doonside High School (depending on who wins in their match). We will keep you all apprised of the results.

B. Maksimovic
Supporter of good Football
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

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<td>$35.00</td>
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<td>Skirt – Check (Junior) / Grey (Senior)</td>
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<tr>
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<tr>
<td><strong>JUMPERS</strong></td>
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<tr>
<td>Exercise Books – ie. maths, music, normal</td>
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2012/2013 - Prices subject to change without notice – includes 10% GST
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
SPORT NEWSLETTER

Congratulations to all Grade sport teams for their participation this term. Well done to the following teams for placing 1st or 2nd leading into the finals:

- Opens Boys Baseball
- Opens Boys Cricket
- 15’s Boys Cricket
- 15’s Boys Touch A’s & B’s
- 15’s Girls Netball A’s
- Opens Girls Oztag B’s

Good luck in the finals!

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.
THE HILLS SHIRE COUNCIL

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 75
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
129 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 | Sunday 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
   Enemy of the People | Friday 28 June 2013 | 8:15pm

Name ____________________________
Address ____________________________
Suburb ____________________________ Postcode __________
Phone ____________________________
Name of Organisation where you volunteer ____________________________

Suburb of Organisation ____________________________

WWW.MODEL FARMS - H.SCHOOLS.NSW.EDU.AU
Support

The Faculty With Ability

News

The sixth annual World Autism Awareness Day was April 2\textsuperscript{nd} 2013. Every year, autism organizations around the world celebrate the day with unique fundraising and awareness-raising events.

Autism spectrum disorder (ASD) encompasses a group of complex disorders of brain development. These disorders are characterized, in varying degrees, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviours.

ASD can be associated with intellectual disability, difficulties in motor coordination and attention.

By way of comparison, more children are diagnosed with autism each year than with juvenile diabetes, AIDS or cancer, combined and affects tens of millions worldwide. Moreover, government autism statistics suggest that prevalence rates have increased from 10\% to 17\% annually in recent years.

Each individual with autism is unique, just as people who are not on the autism spectrum are all unique. Many of those on the autism spectrum have exceptional abilities in visual skills, music and academic skills. About 40\% have average to above average intellectual abilities. Indeed, many people on the spectrum take deserved pride in their distinctive abilities and “atypical” ways of viewing the world. Others with autism have significant disability and are unable to live independently. About 25\% of individuals with ASD are nonverbal but can learn to communicate using other means.

A person on the spectrum’s viewpoint of the world can be very different to someone who is not on the spectrum. They may receive too much sensory input (such as too much noise and light), which can become overwhelming. Conversely, they may receive too little input, causing a feeling of disassociation.

When you next speak with someone on the autism spectrum the main thing to remember is that they are just like everybody else. Yes there are some differences, but aren’t we all different from one another anyway? It is our differences which make us the unique, fantastic individuals that we are!

B. Maksimovic
Head Teacher Support

It’s not okay to be away ... nor to be late to school

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it’s true.

The correlation between school attendance and children’s achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me it’s often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-condoned.

It’s hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year’s lost schooling over the school-life of a child.

In today’s highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

That’s not a reason to be away!

It’s now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling’s birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don’t really value learning or their children’s school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

---

As a Parent:

- Commit to sending kids to school every day.
- Make sure kids arrive at school and class on time.
- Inform the school when they are away, sending medical certificates and other evidence of genuine absence.
- Consider catching-up on missed work.
- Make kids who are away stay in their bedroom – that is where ill kids should be.

Being late is not okay either

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10:00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

It takes strong parenting...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as “It’s not fair that I have to go school today because Aunty is coming to visit!”

Nice try. But the answer should be “No!”.

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It’s reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.
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 guarantee of safety anywhere.

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.

Sticking to the proverbial head in the sand regarding kids' use of communications technology is no longer an option for parents. Savvy parents need to learn as much as they can about children's and young people's online lives so they can respond to situations appropriately.
### Illustrative Guide to Assist in the Purchase of Acceptable School Shoes

<table>
<thead>
<tr>
<th>Boys Shoes</th>
<th>Girls Shoes</th>
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</thead>
<tbody>
<tr>
<td><strong>Acceptable Boys Shoes:</strong>&lt;br&gt;- Black leather&lt;br&gt;- Laced or Velcro&lt;br&gt;- Upper foot protection&lt;br&gt;- Non-slip sole</td>
<td><strong>Acceptable Girl’s Shoes:</strong>&lt;br&gt;- Leather upper providing protection to the majority of the upper foot&lt;br&gt;- Laced (preferred) or strapped (leather strap)&lt;br&gt;- Heal and sole with non-slip grip.</td>
</tr>
<tr>
<td><img src="image1" alt="Boys Shoes" /></td>
<td><img src="image2" alt="Girls Shoes" /></td>
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<tr>
<td><img src="image3" alt="Boys Shoes" /></td>
<td><img src="image4" alt="Girls Shoes" /></td>
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<td><img src="image5" alt="Boys Shoes" /></td>
<td><img src="image6" alt="Girls Shoes" /></td>
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<tr>
<td><img src="image7" alt="Boys Shoes" /></td>
<td><img src="image8" alt="Girls Shoes" /></td>
</tr>
</tbody>
</table>

**Unacceptable Boys Shoes:**<br>- Splashes of colour/white (shoes must be totally black, inc. shoelaces and sole)<br>- Canvas upper<br>- Eg Rabens

**Unacceptable Girl’s Shoes:**<br>- The majority of the upper foot is unprotected.<br>- Smooth sole with little grip<br>- No/token heel<br>- Thin/soft leather offering little protection.

**Sports Shoes**

- Lace up/Velcro (no slip-ons or dress shoes)
- Covers all of the top of the foot
- Provides arch support and sole protection

**Ballet Flats** are not acceptable

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*Students undertaking practical based subjects need to wear lace-up shoes that protect their feet against drops and spills. O H & S requirements may result in students who are not wearing shoes with sufficient protection being excluded from some practical activities. If in doubt please purchase lace-up shoes.*
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>Unit Code</th>
<th>Title of Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSBWH302A</td>
<td>Apply knowledge of WHS legislation in the workplace</td>
</tr>
<tr>
<td>BSBITU302B</td>
<td>Create electronic presentations</td>
</tr>
<tr>
<td>BSBITU307A</td>
<td>Develop keyboarding skills</td>
</tr>
<tr>
<td>BSBITU303A</td>
<td>Design and produce text documents</td>
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<tr>
<td>BSBFLM311C</td>
<td>Support a workplace learning environment</td>
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<tr>
<td>BSBINN301A</td>
<td>Promote innovation in a team environment</td>
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<td>BSBCUS301B</td>
<td>Deliver and monitor a service to customers</td>
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<td>Organise personal work priorities and development</td>
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<td>BSBITU202A</td>
<td>Create and use simple spreadsheets</td>
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<tr>
<td></td>
<td>BSBDIV301A Work effectively with diversity</td>
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<td></td>
<td>Environmentally sustainable work practices</td>
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</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
- Please debit my Mastercard / Visa Account No:  /  /  / 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