Student Success
Congratulations to Mackenzie Bohan, Mitchell Williams, Alex Mc Alone and Dylan Wright for being selected to be part of the Sydney West Regional Baseball team to compete at the State Championships at Manly this past week.

Congratulations also to Matthew McVey who represented NSW at the Australian Junior Athletics Championships earlier this month. Matthew was extremely successful being crowned the Under 15 boys Discus Australian Champion and coming second for the Javelin in the same age group.

Year 11 In-Contact
Our Year 11 In-Contact evening was held on Tuesday night with the theme of 'Thriving Through the HSC'. We were fortunate to have Mary-Ann Das Neves, a retired principal with her previous school being Girraween Selective High School who has done a tremendous amount of work in the area of positive psychologist. MaryAnn began by telling us that the HSC
years were not to be seen as the end of an era. Rather, it was just the next stage in life's journey. The HSC is just another challenge - a rite of passage that is no different from any other challenge and that while we already had strengths to get through it we needed to be aware of the potholes in the path ahead.

She cautioned parents about becoming helicopter parents during the next 2 years and urged them to remember that it was not their HSC, it was their child's HSC and that they should not place their expectations on their children without due consideration of their abilities. Despite a parent's desire for their children to do well, the constant supervision can lead to unnecessary stress and will only contribute to a negative experience.

In senior school things change - relationships, adolescence, commitments, and students and parents should learn from cyclist Lance Armstrong who, when asked how he got through his challenging races said "Learn to love the hills"!

We all need a little bit of stress to get us motivated but too much becomes distress. Too much stress in students inhibits our ability to learn. Knowing what is happening to us in times of distress can help us deal with it.

Mary Ann's advice about how to de-stress revolved around our ability to rationalise the things that cause us stress - get rid of the unnecessary - or top up on strategies that help us cope. She made a very valuable point when she reiterated the fact that school is there to help you and your child, all that's needed is to put your hand up and ask. The school may be able to ease the source of stress or worry and occasionally the school can get rid of the stress for you altogether. This may be negotiating assessment submission dates; allowing students to drop the number of subjects they are studying; or it may even be by liaising with the Board of Studies. Talking with someone from the school when things look like they might be going pear shape is the best thing a parent or student can do to progress smoothly through the senior years.

Her presentation is available on our website and I encourage you to have a look at all the specific strategies she suggests that would be very useful for every parent and student to have in the back of their minds in the months and years ahead.

**Year 7 Camp**

Unfortunately I was unable to attend the Year 7 camp this year due to work commitments at school. However I was in daily contact with the teachers and as expected, the students appeared to be having a terrific time away. This camp is at a new venue that we have not used before but the team building exercises and activities were as good as anywhere else we have been. Some students liked the 'camping' aspect of the accommodation on offer while others were not so impressed. Despite this they all interacted, climbed, danced, role played and socialised in a very positive manner and I’m sure many will return with new friendships and a greater feeling of
really belonging to a fantastic school. My thanks goes to the senior students who attended at their own expense to act as peer group leaders as well as the staff who gave up personal time with family to be with your children.

Christina Bennet
Principal
Anti Bullying at The Farms
On Friday 21 March, the school community came together in a show of demonstration against bullying. Students were asked to make pledges against bullying behaviours and stick these pledges at various locations around the school.

I would like to thank all of the staff and students for their work on this valuable activity and in particular, Mrs Lumley for developing and coordinating the afternoon.

Award Winners
Congratulations to our Week 8 Assembly Award winners. This once again demonstrates a combination of wonderful effort and achievement.

Ben Kahane 11 Bronze Award
Shuhong Chao 11 Bronze Award

The following Yr 10 students are receiving an Award for Citizenship for their leadership in the High Resolves Program

Katie Driscoll  Sophie Richardson
Brendan Carroll  Holly Palmes
Cara Boljevac  Rohan Kandan Smith
Emily Jenkins  Lachlan Chok
Sian Muller  Rachel Ivers
Isabella Sarne  Paige Van Aswegen
Emma McAlonan  Rachael Logozzo
Have a wonderful week,
Mark Grady

STREET WISE SEMINAR

Wednesday, 16 April 2014 | 6pm

REBELLION ROOM, CASTLE GRAND COMMUNITY CENTRE
[Limited parking – Underneath the community centre]

COST $12 per group (up four) RSVP www.streetwise2014.eventbrite.com.au

Julianne Bridges, Surviving Driving, explains – WHAT IS THE ISSUE WITH YOUNG DRIVERS?

NSW POLICE look at local motor vehicle statistics, local black spots and local pubs.
– Senior Const. Jason Roughtley

Claudia and Robert McEwen, family of recent ONE PUNCH victim Michael McEwen speak – How it changed their lives and The WAKE UP Foundation.

Emergency services perspective from SURVIVAL FIRST RESPONSE
– Steven Johnson

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VACCINATIONS

This week ALL Year 7 students and the Year 9 boys took home their Vaccination Program packs. Information on the vaccines is included in the material distributed to your child.

The dates for vaccinations are:

| Term 2: 2nd May | Term 3: 18th July | Term 4: 14th November |

YEAR 7
Year 7 have 3 vaccinations:
- Human Papillomavirus (HPV vaccination) - 3 doses: Terms 2, 3 and 4
- Diphtheria-Tetanus-Pertussis (dTpa) vaccination - 1 dose Term 2
- Varicella (Chickenpox) vaccination – 1 dose Term 3

YEAR 9 BOYS
Year 9 boys have 1 vaccination:
- Human Papillomavirus (HPV vaccination) - 3 doses: Terms 2, 3 and 4

If you would like your child to be vaccinated, we require a Parent or Legal Guardian to complete the consent form, to be returned to your child’s Mathematics Teacher by Friday 28th March.

If you wish to withdraw your child from all or part of the vaccination program you must provide the school with written notification. The notes can be handed into to Mrs Lumley in the Welfare Staffroom.

If you have any questions regarding vaccinations please contact the school on 9624 3133.

Mrs K. Lumley
HT Welfare
## 2014

### TERM 1

#### WEEK 9
- **Mon 24/03**
  - Yr 12 Buffer Week
  - Yr 11 Legal Studies
  - Parramatta Court Visit
  - 9GY Natural Hazards due
  - Yr 10 Science Skills Test II
- **Tues 25/03**
  - Yr 12 Buffer Week
  - Yr 9 History Incursion
  - Periods 5 and 6
  - Yr 9 Maths Assignment 1 due
  - Yr 8 Maths Assignment 1 due
  - Yr 11 Elevate Seminar
  - Yr 10 Elevate Study Skills
- **Wed 26/03**
  - Yr 12 Buffer Week
  - 11 IPT S+E Video Task due
- **Thur 27/03**
  - Yr 12 Buffer Week
  - Yr 12 Prac Exam
  - Yr 11 English Assessment
  - Yr 8 English Response to Text
  - Castle Hill Show – Yrs 9&10 Agricultural students
  - Yr 9 Science Topic Test
  - Atomic Structure & The Periodic Table
- **Fri 28/03**
  - SRC Camp
  - Yr 12 Buffer Week
  - Castle Hill Show Yrs 9&10 Agricultural Students
  - Yr 12 Prac Exam
  - Yr 7 Introduction to Science Test

#### WEEK 10
- **Mon 31/03**
  - Yr 12 Exams
  - Yr 10 History Source Based Assessment
  - Heritage Assignment due 7R,U,B & K
- **Tues 01/04**
  - Yr 11 Biology Theory/Skills Assessment Task
  - Yr 9 Narrative Assessment p4
  - Yr 11BS Topic Test
  - Yr 12 Exams
  - Yr 11 and 10 ArtExpress Excursion
- **Wed 02/04**
  - Yr 9 History Topic Test Assessment Gas
  - Heritage Assignment due 7S
  - Yr 8 Science Metals & Non Metals Test
  - Yr 12 Exams
  - 7GS World Heritage Assignment due
  - Girls’ Knockout Soccer Game
- **Thur 03/04**
  - Yr 12 Exams
  - Heritage Assignment due 7L
  - Yr 12 Exams
  - Yr 11 Legal Studies Court Report due
  - Japanese Visit Incursion (hall)
  - 7K, 7R and 7B Japanese Test

#### WEEK 11
- **Mon 07/04**
  - Yr 12 Exams
  - Yr 7 Narrative Task
- **Tues 08/04**
  - Yr 12 Exams
- **Wed 09/04**
  - Yr 12 Exams
  - School X Country (competitors Only pds 1-4)
- **Thur 10/04**
  - Yr 12 Exams
- **Fri 11/04**
  - Yr 12 Exams
FROM THE FACULTY THAT COUNTS

Congratulations to the following Maths merit recipients:

Year 7
Emily Akon, Nikita Byrnes,
Zac Etchemendi,
Sophie Kirman,
Hannah MacKean.

Year 8
Thimmiah Baduvanda x 2, Madeline Smith.

Year 9
Lauren Smith

This Week’s News

Australian Mathematics Competition:
Notes are being issued to students for The 2014 Australian Mathematics Competition. This supplements the Gifted and Talented work being done in the classroom. It costs $5 and the money is to be paid to the school by Friday 11th April. The competition will be held on Thursday 7th August 2014. If your child has not received a note and they want to sit the examination, please ask them to speak to their Maths teacher.

Calculators:
Please make sure that all students have their own calculator. The Casio fx-82AU is sold at the uniform shop for $35. Different brands of scientific calculators work differently and it is important that everyone in a class has the same calculator. 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.

Year 12 Half Yearly Exams
These exams are being held in weeks 10 and 11 of this term. Students should be working on their revision and preparation for these important examinations. If they have any issues or concern in their Mathematics studies, they should discuss them with their teachers. Don’t forget that free tuition is available on Thursday afternoons from 3pm to 4pm.

Assignment Season:
Please encourage your student to be organised and to have their assignment finished prior to the due date. If assignments are handed in late without a note giving a valid reason from a parent/caregiver, 10% of the marks will be deducted for each day it is late. A weekend counts as two days. Please note that computer or printer problems do not constitute a valid reason for an assignment being late as we have computers and printers at school that students can use.
In respect to Year 9 and Year 10 assignments, these form part of their assessment for their ROSA and failure to submit may result in an ‘N’ award being issued in line with the Board of Studies requirements and ultimately can affect the awarding of the ROSA for the students involved.

<table>
<thead>
<tr>
<th>Year</th>
<th>Topic</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 9</td>
<td>Mathematics, Puzzles &amp; Poetry</td>
<td>Tuesday 25&lt;sup&gt;th&lt;/sup&gt; March 2014</td>
</tr>
<tr>
<td>Year 8</td>
<td>History of the Calculator</td>
<td>Tuesday 25&lt;sup&gt;th&lt;/sup&gt; March 2014</td>
</tr>
</tbody>
</table>

**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.

**Fun with Maths**

**Mysterious Numbers:**
37 x 3 =
37 x 6 =
37 x 9 =
37 x 12 =
Predict how this pattern will continue.

**Last week’s answer:**
The smallest answer is 1, 9 for 19. The largest answer is 10 for all multiples of ten.

Have a Mathematical week,
From Jackie Dalton and the Maths Faculty Staff
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
SPORT BUS PASSES CAN NOT BE PURCHASED ON WEDNESDAYS

Sports Bus
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:

________________________

Amount in figures ______________________________

Expiry Date: ___________  CCV: ___________

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

Signature of Credit
# Model Farms High School

### Boys Grade

<table>
<thead>
<tr>
<th>SPORT</th>
<th>Venue</th>
<th>Room</th>
<th>Time</th>
<th>Staff</th>
<th>HT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Baseball</td>
<td>Col Sutton (Training)</td>
<td>1W1</td>
<td>12:15 – 2:40</td>
<td>Stevenson</td>
<td>MC</td>
</tr>
<tr>
<td>Open Cricket</td>
<td>Max Ruddock (B) &amp; Harold West Res (Y)</td>
<td>805</td>
<td>12:15 – 2:40</td>
<td>Puleo &amp; Jiminez</td>
<td>JB2</td>
</tr>
<tr>
<td>15’s Basketball a/b</td>
<td>GRHS</td>
<td>804</td>
<td>12:15 – 2:40</td>
<td>McKenna</td>
<td>JB2</td>
</tr>
<tr>
<td>Open’s Touch a/b</td>
<td>Gooden Res</td>
<td>504</td>
<td>12:15 – 2:40</td>
<td>Luttringer</td>
<td>JB</td>
</tr>
<tr>
<td>15’s Touch a/b</td>
<td>Bathurst St Park</td>
<td>712</td>
<td>12:15 – 2:40</td>
<td>Keen</td>
<td>JC</td>
</tr>
</tbody>
</table>

### Girls Grade

<table>
<thead>
<tr>
<th>SPORT</th>
<th>Venue</th>
<th>Room</th>
<th>Time</th>
<th>Staff</th>
<th>HT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Softball</td>
<td>Gooden Res</td>
<td>6L3</td>
<td>12:15 – 2:40</td>
<td>Newton</td>
<td>FH</td>
</tr>
<tr>
<td>Open Otaga a/b</td>
<td>Gooden Res</td>
<td>806</td>
<td>12:15 – 2:40</td>
<td>Attenborough</td>
<td>JD</td>
</tr>
<tr>
<td>Open Volley a/b</td>
<td>MFHS</td>
<td>503</td>
<td>12:15 – 2:40</td>
<td>Hietamaki</td>
<td>JE</td>
</tr>
<tr>
<td>15’s Volleyball a/b</td>
<td>GRHS</td>
<td>6L2</td>
<td>12:15 – 2:40</td>
<td>Edwards</td>
<td>FH</td>
</tr>
<tr>
<td>Open Netball a/b</td>
<td>Gooden Res</td>
<td>509</td>
<td>12:15 – 2:40</td>
<td>Dunger</td>
<td>JB</td>
</tr>
<tr>
<td>15’s Netball a/b</td>
<td>Bathurst St Park</td>
<td>707</td>
<td>12:15 – 2:40</td>
<td>Estacio</td>
<td>JC</td>
</tr>
</tbody>
</table>

### Rec Sport

<table>
<thead>
<tr>
<th>Activity</th>
<th>Venue</th>
<th>Room</th>
<th>Time</th>
<th>Staff</th>
<th>HT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rock Climbing $7.50+ bus</td>
<td>The Edge Castle Hill</td>
<td>3C1</td>
<td>12:15 – 2:40</td>
<td>Weingarth, Schultz</td>
<td>JE</td>
</tr>
<tr>
<td>Ten Pin Wondabowl $6.50+ bus</td>
<td>Wondabowl Castle Hill</td>
<td>812</td>
<td>12:15 – 2:40</td>
<td>Woods, Gardner</td>
<td>MC</td>
</tr>
<tr>
<td>Gym $7+ bus</td>
<td>Waves</td>
<td>501</td>
<td>12:15 – 2:40</td>
<td>Gregory</td>
<td>JB</td>
</tr>
<tr>
<td>Ice Skating $8.00+ bus</td>
<td>Sydney Ice Arena</td>
<td>4L3</td>
<td>12:15 – 2:40</td>
<td>Relf, Wawrzyniak</td>
<td>GC</td>
</tr>
<tr>
<td>Squash $5</td>
<td>Winston Hills</td>
<td>1TD</td>
<td>12:40-2:40</td>
<td>Vince, Murphy</td>
<td>MC</td>
</tr>
<tr>
<td>Tennis Olympus $5</td>
<td>Winston Hills</td>
<td>809</td>
<td>12:40-2:40</td>
<td>Archer, Montgomery</td>
<td>JP</td>
</tr>
<tr>
<td>Rec Walking</td>
<td>Around</td>
<td>701, 702, 704, 708, 710, 713</td>
<td>12:40-2:40</td>
<td>Manson, Varghese, Alexander, Rawat, Ljubicic, Robertson, Atkins</td>
<td>FH &amp; JE</td>
</tr>
<tr>
<td>House Sport</td>
<td>Gooden Res School Oval</td>
<td>TLC</td>
<td>12:40-2:40</td>
<td>Leghorn, Crouch Sanders, Villigran, Munroe, P Singh</td>
<td>GC</td>
</tr>
<tr>
<td>Boot Camp</td>
<td>School</td>
<td>507</td>
<td>12:40-2:40</td>
<td>Daly</td>
<td>MC</td>
</tr>
<tr>
<td>Gardening</td>
<td>School</td>
<td>506</td>
<td>12:40-2:40</td>
<td>Snell</td>
<td>JC</td>
</tr>
<tr>
<td>Zumba $5</td>
<td>School D-Studio</td>
<td>12:40-2:40</td>
<td>Manson, Varghese, Alexander, Rawat, Ljubicic, Robertson, Atkins</td>
<td>GC</td>
<td></td>
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### Year 7 Sport

<table>
<thead>
<tr>
<th>SPORT</th>
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<th>Time</th>
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<th>HT</th>
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<tbody>
<tr>
<td>Frisbee</td>
<td>807</td>
<td>12:40 – 2:40</td>
<td>Dawson</td>
<td>JD</td>
<td></td>
</tr>
<tr>
<td>Blacktown Indoor $4.50</td>
<td>709</td>
<td>12:15 – 2:40</td>
<td>Bowen, Georgopoulos</td>
<td>JB2</td>
<td></td>
</tr>
<tr>
<td>Netball</td>
<td>802</td>
<td>12:40 – 2:40</td>
<td>Parker</td>
<td>JB2</td>
<td></td>
</tr>
<tr>
<td>Blacktown Indoor $4.50</td>
<td>711</td>
<td>12:15 – 2:40</td>
<td>Medina</td>
<td>JB2</td>
<td></td>
</tr>
<tr>
<td>Cricket</td>
<td>811</td>
<td>12:40 – 2:40</td>
<td>J.Singh</td>
<td>JD</td>
<td></td>
</tr>
<tr>
<td>Ice Skating $8</td>
<td>4L4</td>
<td>12:40 – 2:40</td>
<td>D’Souza</td>
<td>FH</td>
<td></td>
</tr>
<tr>
<td>School</td>
<td>801</td>
<td>12:40 – 2:40</td>
<td>Kumar</td>
<td>JD</td>
<td></td>
</tr>
</tbody>
</table>

### Sport Detention

<table>
<thead>
<tr>
<th>SPORT</th>
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<th>Time</th>
<th>Staff</th>
<th>HT</th>
</tr>
</thead>
<tbody>
<tr>
<td>School</td>
<td>LIB</td>
<td>12:40 – 3:00</td>
<td>Jideh</td>
<td>JC</td>
<td></td>
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</tbody>
</table>

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