FROM THE PRINCIPAL

Welcome Back

Welcome back to all our parents, staff and students to what I feel certain will be another fabulous year at the Farms. 2016 is the Chinese Year of the Monkey and it is predicted to be one of quantum leaps as the monkey is characterised as lively, clever and active. The lucky colours for the year of the monkey are white, blue and gold and the lucky directions are north, northwest and west. If this is true then the Farms couldn’t be much luckier as we head in to 2016 given that we are located in the northwest and our school colours include white, blue and gold! Regardless of what the year is predicted to bring, I know it will be one where your children will thrive, your families will be welcomed and the school will continue to work in partnership so that dreams and aspirations are achieved.

We welcomed 204 new Year 7 students who have had a terrific first few weeks as a Farmer. They look marvellous in their school uniforms, as do all the other students, and there weren’t been too many lost faces in the playground. Hopefully they are now more comfortable finding their way around and feeling much like they’ve been here forever.

I must send a big thank you to all parents who have endeavoured to abide by our uniform policy and for resisting the temptation to be swayed by your child telling you that non-uniform items are acceptable. You have made our job so much easier with this cooperation. Our new staff have even commented on what a delight it is to see so a whole school in full uniform. It is indeed an impressive sight-seeing the students leaving en masse at the end of the day.

Staff Changes

In 2016 we have some new staff who bring with them a wealth of experience and some fresh ideas. While usually having new staff means that we have lost people along the way to transfers, promotion or retirement, it can also mean that we continue to grow as a school and in some cases need new staff to cover our curriculum offerings to students. For 2016 some positions have been permanently filled while others are filled with temporary casuals who will be with us, probably for the year, while we find our balance with subjects and students numbers.
Returning staff include Ms Hietamaki in LOTE, Ms Blockley in English, Mr Chand in Science. I offer a warm welcome to all new staff and a welcome back to those who are returning or here filling a long term casual block.

**Student Success**

Last year’s HSC results came out just as the school was ending for the summer break but I am happy to report now that they were once again something of which we can be proud. These include:

- 47 Band 6, 1 All Rounder who achieved Band 6 in every subject
- 25 Distinguished Achievers
- 18 subjects above the state average
- Industrial Technology above state by average of 7.07; English Advanced by 6.17, Hospitality by 5.68, CAFS by 5.65, English Standard by 5.61, and Mathematics General by 5.56 marks
- 22 subjects had more students in the top 2 bands than across the state
- 100% of English Advanced and Extension 1 students got Band 6
- 83 % of Drama and English Ext 2 students got Band 5 while 90% of Music students got Band 5,
- 90% of Industrial Technology in top 2 Bands

Congratulations to all students but in particular to Emma Cuelho who achieved the top ATAR result and was deemed Dux of the year. From 137 students, 93 were offered places at University, while others have accepted places at TAFE and entered the workforce.

Congratulations also to Brentin Azzopardi of Year 11 who has been named in the 2016 Australia National Youth Ice Hockey Team. Brentin will travel to Bulgaria in March to play in the U18 Division IIIA World Championships. Brentin is a highly experienced and travelled Ice Hockey player so we wish him a successful year ahead.

**Support for Aboriginal Students**

The school has received funds under the Norta Norta program to support Aboriginal students with their senior studies. The program provides targeted individual support for students to accelerate progress in student achievement. The focus is to provide learning assistance in the key areas of literacy and numeracy. I am therefore seeking to employ suitably qualified tutors to provide tutorial support during school hours. If you would like to be considered for this role please submit a CV to the school email address with a title “Norta Norta Tutor Application” by 24th February 2016. Applications will be considered through a merit section process.

Christina Bennet
Principal
I would like to take this opportunity to welcome back all of our students returning to MFHS as well as sending a warm welcome to our new Year 7 students and those who have recently enrolled. As parents, you have made an excellent choice in allowing Model Farms to oversee the education of your child and hopefully by now, all of our students are starting to feel part of the school community.

Year 8
Our Year 8 students have settled in very well and are now becoming accustomed to no longer being the youngest group in the school. I look forward to this group providing leadership and support for our new Year 7 cohort as well as making the most of each opportunity presented in the classroom and beyond.

Year 10
Year 10 students are now into the second year of their Stage 5 studies. As a reminder, the electives chosen prior to entering Year 9 were all for 200 hour courses, which at MFHS equates to study in both Years 9 and 10. It is only under exceptional circumstances that a change of elective is considered. This cohort are now the leaders of the Junior school and I look forward to each individual stepping up to the plate and continuing the tradition of leadership, academic and sporting success and more importantly, continuing to develop into fine young community members.

Year 12
For the last couple of years, Year 12 have heard both Ms Letherbarrow and I discuss how, before they know it, they will be in Year 12. Well here we are! Congratulations to all of our students who successfully navigated their way through the Preliminary HSC component in 2015 and commenced the path towards the HSC. In Term 4 last year, the school ran an evening for students and parents, highlighting the importance of regular, quality sleep, a suitable study place and organisation to assist in navigating through the year. I encourage all of our students to ensure these words are put into actions as they are the keys to success in what can best be described as a challenging, though potentially very rewarding year.

Student Success
Throughout my newsletter articles, I enjoy highlighting the successes of our students in an array of pastimes, activities and sports. Please feel welcome to pass on information about these successes as they serve to encourage others and also recognise effort and achievement.

Dylan Wright, a current Year 12 student at MFHS competed in his 4th and final National Youth Baseball Championship over the school holidays, competing for the NSW Country Under 18’s team. This competition is the highest competition for Youth baseball and the NSW Country team had an amazing tournament, taking out the Gold Medal against Victoria. The team had 10 wins and 1 loss for the entire tournament, playing against the best players from each state. A remarkable effort.

In the four Nationals that Dylan has competed in, his team have won four medals, these being two Bronze (2015 and 2013) and two Gold (2016 and 2014).
This is also the first time that the NSW Country team have won the Gold Medal in the Under 18’s tournament. This competition tops off another successful summer for Dylan, winning two gold medals in 3 months. These being the Pacific School Games, National Schools Title and the National Youth Baseball Championship. Congratulations again to Dylan on this outstanding performance and the school wishes him every success as he attempts to again make the NSW Schoolboys team later this year.

Have a wonderful week,

Mark Grady
Deputy Principal
Welcome back for 2016 to all parents and students! I especially welcome our new parents who have children commencing at Model Farms High School for the first time this year. I hope your involvement with ‘The Farms’ will be happy and beneficial.

In commencing the new school year, academic focus is paramount for staff, parents and, of course, our students. Hard work, study and revision are expected and excellence in achievement remains our key goal and target. Staff remain ever ready to assist students in achieving their best and in developing pride in this achievement.

Year 11 Assessment Booklets
- On Monday last week Year 11 received their assessment booklets. This booklet contains all the rules and procedures for completing their Preliminary Studies. Some pointers from the booklet:
  - Assessment tasks must be handed in personally to the class teacher. Unless otherwise specified, all assessment tasks must be handed in as hard copies.
  - Assessment task dates will normally be displayed on the calendar of the school’s website at least two weeks before completion date.
  - Students are expected to complete all assessment tasks on the specified date. Students cannot normally sit the task before this date.
  - Apart from exceptional circumstances, holidays are not grounds for an Illness or Misadventure Appeal.
  - Broken discs and computer printing problems, and any other computer issues will not be accepted as valid excuses for late work. All computer work should be backed up on a regular basis.
  - If a student is absent from an assessment task, proof of illness must be produced. A doctor’s certificate is considered proof of illness. Students will be expected to complete the task on the first day of their return to school. The student has the responsibility of reporting to the Head Teacher or Deputy Principal on their arrival at school. A substitute task will normally be given.
  - If a student knows beforehand that they will be absent, they should contact the school and inform the Deputy Principal.
  - Students must attend all classes on the day an assessment task is due. Students are not permitted to turn up late because they have been working on the task.

Year 7 In Touch Evening
Just a reminder about the Year 7 In Touch evening on Monday 15th February, this evening provides opportunities to:
- Meet the teachers over light refreshments
- Hear what to expect from past students and parents of Year 7
- Learn about our Philosophy, Merit and Award systems
- Discover what Year 7 have already been doing this year and what lies ahead
- Enjoy the music performances of our students

We encourage all Year 7 families and students to attend, meet the teachers in a relaxed setting and gain an insight into the year ahead at Model Farms.
Year 11 In Focus Evening
An invitation was sent out to all Year 11 parents about the upcoming In Focus night on the 22nd February. The evening will be about:

- Balancing your life in Year 11
- Stress and the indicators
- Ways to assist your child with homework, study and managing Year 11
- Setting effective and manageable goals
- Developing good sleeping and eating habits to support your learning

We encourage all Year 11 families and students to attend.

Have a good week,

Have a good week,

Jennifer Pledger
Deputy Principal
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<td>REC</td>
<td>Rock Climbing $7.50 + bus</td>
<td>The Edge Castle Hill</td>
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<td>12:15 – 2:40</td>
<td>Snell, Weingarth, Sanders</td>
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<td>Ten Pin Wondabowl $6.50 + bus</td>
<td>Wondabowl Castle Hill</td>
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<td>Gym $7 ~ bus</td>
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<td>Ice Skating $8+ bus</td>
<td>Sydney Ice Arena</td>
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<td>12:15 – 2:40</td>
<td>Munro, P.Singh, Leghorn</td>
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<td>Baulko Squash $5</td>
<td>Baulkham Hills</td>
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<td>Rec Walking</td>
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<td>House Sport</td>
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<td>TLC/Quad</td>
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<td>Relf, Rawat, Parker, Georgopoulos, Hodgson, Cole, M.Jones, Murdocca</td>
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TERM 1

Week 4
Monday 15th February  
Yr 7 In Touch Evening  
Support PBL Excursion
Tuesday 16th February  
Yr 7 Little Fish Big Fish Session  
Yr 9 Science Skills Test
Wednesday 17th February  
Yr 8 Science Literacy Assessment  
Yr 9 Science Skills Test  
Yr 9 English Visual and Representing Task  
Yr 7 Science Literacy Test
Thursday 18th February  
Yr 11 English ESL Reading Paper  
Yr 9 Science Skills Test
Friday 19th February  
Yrs 7 and 11 Peer Support Session 4  
Yr 9 Science Skills Test  
Yr 7 Science Literacy Test

WEEK 5
Monday 22nd February  
Yrs 11 and 12 Encore Concert  
The Helmsman Project – Yr 10  
Yr 11 In Focus Evening
Tuesday 23rd February  
Hills Zone Swimming
Wednesday 24th February  
Hills Zone Swimming  
Yrs 7 and 11 Peer Support Session 5  
Yr 11 Extension Mathematics preliminary Task 1
Thursday 25th February  
Yr 11 General Mathematics and Mathematics Preliminary Task 1
Friday 26th February  
Yr 12 Music – Core Composition Task

WEEK 6
Monday 29th February  
Yrs 7 and 11 Peer Support Session 6  
The Helmsman Project – Yr 10  
Open Night
Tuesday 1st March  
Yr 11 Preliminary Standard and Advanced Concept Study Task 1: Reading Paper  
Yr 10 Assignment 1 due  
Yr 9 History Source Based Task
Wednesday 2nd March  
Yr 7 Camp  
HSC Music Study Day
Thursday 3rd March  
Yr 7 Camp
Friday 4th March  
Yr 9 Assignment 1 due  
Castle Hill Show  
Yr 7 Camp
Saturday 5th March  
Yr 9 Drama Assignment Task 1  
Castle Hill Show
Dear Parent/Caregiver

At Model Farms High School we are committed to catering to the needs of all students. It is necessary that accurate medical records are kept and maintained each year. If your child has a medical condition that needs updating or a recent medical condition that the school needs to be aware of, please complete the following Individual Health Care Plan and return it to the school office by Friday 26th February.

It is important that the school staff administer correct procedures for the wellbeing of students with medical conditions. If your child suffers from severe asthma, epilepsy, diabetes, anaphylaxis or allergic reactions then you will need to complete a Management Plan for that medical condition as well.

If there is additional information that the school should be aware of to support your child’s medical needs then please speak to your child’s Year Adviser.

If you have any questions regarding your child’s medical condition and the care they receive at school please contact me on 9624 3133.

Sincerely

Kellie Lumley
Head Teacher Welfare
## Individual Health Care Plan

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<th><strong>Emergency contacts (if parent/carer unavailable)</strong></th>
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<th><strong>Medical practitioner / doctor contact:</strong></th>
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**Emergency Care**

*An emergency care/response plan is required if the student is diagnosed at risk of a medical emergency at school. For students at risk of anaphylaxis the ASCIA Action Plan for Anaphylaxis is the emergency response plan.*

**Signature of Parent/Carer:**

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SEVERE ASTHMA CARE PLAN

Managing an asthma attack.

Staff are trained in asthma first aid.

1) Sit the person upright – be calm and reassuring
2) Give 4 puffs of blue reliever medication (shake, 1 puff, 4 breaths)
3) Wait 4 minutes and repeat if there is no improvement
4) If there is no improvement call emergency assistance – Dial 000

Please write down anything different this child may need if they have an asthma attack.

Daily asthma management

<table>
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<tr>
<th>The student's usual asthma signs</th>
<th>Frequency and severity</th>
<th>Known Triggers</th>
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<tbody>
<tr>
<td>□ Cough</td>
<td>□ Daily/most days</td>
<td>□ Exercise</td>
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<tr>
<td>□ Wheeze</td>
<td>□ Frequently (&gt;5/year)</td>
<td>□ Cold/flu</td>
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<tr>
<td>□ Difficult breathing</td>
<td>□ Occasionally (&lt; 5/year)</td>
<td>□ Smoke</td>
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Does this student usually tell an adult if he/she is having trouble breathing?  Y  N
Does this student need help to take asthma medication?  Y  N
Does this student use a mask with a spacer?  Y  N
Does this student need their blue reliever puffer medication before exercise?  Y  N
EPILEPSY MANAGEMENT PLAN

Person’s Name: ___________________________ Gender: ______ Date of Birth: __________

Treating Doctor: _________________________ Phone: _________________________

EPILEPSY DIAGNOSIS & DETAILS

Type of seizure/s: ____________________________________________________________

Known triggers: _____________________________________________________________

Seizure pattern: (What happens before, during and after)

________________________________________________________________________

EPILEPSY MEDICATIONS

<table>
<thead>
<tr>
<th>Name</th>
<th>Dose</th>
<th>Time Given</th>
<th>Form of Administration</th>
</tr>
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<tbody>
<tr>
<td>Epilim</td>
<td>200mg</td>
<td>8am</td>
<td>tablet</td>
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________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

In the event of a seizure, I __________________________ authorize the management / staff / carers to follow the emergency action plan for as presented on the back of this document.

Signed: __________________________  Date: __________________________

Model Farms High School Epilepsy Management Plan page 1
EPILESPY MANAGEMENT PLAN

The Emergency Action Plan should include step by step instructions to help management / staff / carers manage this particular individual’s seizures. It should also indicate the specific circumstance in which an ambulance should be called.

EMERGENCY ACTION PLAN


Epilepsy Australia recommends regular consultation with the treating doctor to assist with details for this emergency action plan. Information must be current and changes need to be communicated to carers.

<table>
<thead>
<tr>
<th>Date of last seizure</th>
<th>Types of seizure/s</th>
<th>Did an ambulance attend?</th>
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</table>
DIABETES MANAGEMENT PLAN

Management Healthcare Plan
for Student with Type 1 Diabetes

Name:

Address:

Age:

Year:

Contact Details:

1.

2.

Hypoglycaemia – “Hypo” (Low Blood Glucose Level - BGL)

Treatment for hypoglycaemia:
• Easily absorbed carbohydrate e.g. fruit juice.
• Followed by snack or meal e.g. apple/sandwich/glass of milk.
• Repeat treatment if necessary.
• A hypo kit should be close to the child at all times.
• The child will need to sit quietly immediately following the hypo and may not be able to resume classwork straightaway.
• Child should not be left alone.
• Child may not be able to concentrate on school work for several hours following the hypo.

Mild – moderate hypo
• Recognise and adequately treat symptoms of hypoglycaemia immediately.
• Treat as hypoglycaemia when BGL is under 4 mmol/l.
• A blood glucose test may show a result less than 4mmol in the absence of hypo symptoms.

Severe hypo
• Recognise when child is unable to swallow and instigate first aid
  - Coma position
  - Keep airway clear
  - Stay with child
  - Call ambulance
  - Call parent

Model Farms High School Diabetes Management Plan page 1
Physical activity

- Be aware that physical activity lowers the BGL.
- Be aware that prior to and possibly during physical activity the child should have a “top up” snack.
- Parents should provide extra hypo kits and snacks for physical activity, excursions, camps, etc.
- If a child is using an insulin pump they may need to detach the actual pump for contact sports and swimming and re-attach following the activity.

Meals:

- Child should eat carbohydrate food regularly every 2-3 hours.
- Child should eat all snacks/meal provided.
- Child should not exchange meals with another child.

High BGLs

- If BGL is above 15mmol/L:
  - encourage child to drink water.
  - allow extra toilet breaks.
  - check BGL in 2 hours. If still elevated, contact parent.
  - if child is vomiting, contact parents. If parents are unavailable, contact ambulance and state ‘diabetes emergency’.

Sharps disposal

- Care should be taken to place sharps in an appropriate container either provided by the school or by the student with their diabetes equipment.

Current situation: Blood glucose testing

- It is best for the child to test their BGL in class because:
  - hypoglycaemia commonly occur during class time.
  - the child will miss classwork if sent to the office.
  - it removes the mystique for the other children and gets them used to the child’s diabetes management. This may reduce teasing and bullying.
- Number per day (one to two – discuss with parent. NB not all children require blood glucose testing while at school).
  - Time(s):
  - Place:

Insulin injections or insulin pump

- Negotiation between parent/carer and school staff in regards to insulin injections/pumps is essential for good diabetes management at school. Young children (primary school age) require more supervision than adolescents. Schools have a duty of care to provide this supervision.
- The insulin pump is worn at all times, but can be detached when needed e.g. during sport or swimming.
  - Method:
    - pen
    - syringe/needle
    - insulin pump
  - Time(s):
  - Place:

Infection control

- Teacher and/or teachers’ aides must wear gloves when performing blood glucose monitors.

Additional Information:
ACTION PLAN FOR Anaphylaxis

For use with EpiPen® adrenaline autoinjectors

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- For insect allergy, flick out sting if visible. Do not remove ticks.
- Stay with person and call for help
- Locate EpiPen® or EpiPen® Jr
- Give other medications (if prescribed)
  Dose: ________________________________
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for any one of the following signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficulty/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.
2 Give EpiPen® or EpiPen® Jr
3 Phone ambulance*: 000 (AU), 111 (NZ), 112 (mobile)
4 Phone family/emergency contact
5 Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)

If in doubt, give adrenaline autoinjector

After giving adrenaline:
- Commence CPR if there are no signs of life
- Give asthma medication if unsure whether it is asthma or anaphylaxis
EpiPen® is generally prescribed for adults and children over 5 years.
EpiPen® Jr is generally prescribed for children aged 1-5 years.
*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

Additional information

Note: This is a medical document that can only be completed and signed by the patient’s treating medical doctor and cannot be altered without their permission.
Year 7 Vaccinations

Free vaccines, for all Year 7 students

Dear Parent/Guardian

Teams of specially trained registered nurses will be visiting your child’s school during Year 7 to offer free vaccinations against serious vaccine preventable diseases.

Vaccines include:

1. Human Papillomavirus (HPV) vaccine (3 doses)
2. Diphtheria-Tetanus-Pertussis (dTPa) vaccine (1 dose)
3. Varicella (chickenpox) vaccine (1 dose)

These vaccines are only provided free whilst your child is in Year 7.

What do you need to do?

✓ Read Year 7 Vaccination Information Kit which will be distributed by your school at the beginning of the school year
✓ Check your child’s vaccination records for varicella vaccine: all students should receive 1 dose unless the vaccine has been given before or your child has had the chickenpox disease
✓ Complete & sign the Consent Form (make sure you sign for each vaccine your child requires)
✓ Return the signed Consent Form to your child to return to school, as soon as possible
✓ Discuss the importance of vaccinations with your child
✓ Ensure your child has breakfast on the morning of vaccination
✓ If your child is absent from school on vaccination day catch-up vaccinations will be provided at school throughout the year

More questions?

Please contact Western Sydney Public Health Unit on 9640 3603 or visit

www.health.nsw.gov.au/immunisation for further information and translated copies of the Year 7 Vaccination Information Kit
FROM MATHEMATICS FACULTY

We welcome everyone back to school for the start of another busy year. We hope that everyone had a good break.

We are hoping this year to issue a lot of merit awards for outstanding effort and hard work in Mathematics. A reminder to those with previous small green merits to redeem them for Faculty Merit Awards (5 for juniors and 3 for seniors). Congratulations to the final 2015 Maths merit recipients:

Year 8
Tara Ghosh
Year 11
Ezra Teh

Helpful hints for the start of the new school year:

Homework for Mathematics: it is anticipated that Year 7 and 8 students should be spending approximately 15 to 30 minutes a night on homework on average each night, increasing to 20 to 30 minutes for Years 9 and 10; and depending upon the level of Mathematics, 30 to 40 minutes for Years 11 and 12.

Establishing a routine at home to prepare for school the next day is very important. It is important for students to ensure all Mathematics classwork and homework is completed every day. Make sure that your students check their timetable each evening so that they can pack their school bags and be organised for the next day. It is important that they bring their Mathematics textbook, workbook and calculator to every Mathematics lesson. For some Mathematics topics, it will be necessary for your child to also bring a Geometry set.

Especially for Year 7 students it is really important that they know their times tables and that they can quickly recall them. If students don’t know their times tables they can’t see the factors of numbers or the multiplicity or divisibility of numbers and this will hinder their progress. There are some phone apps available to help to encourage children to thoroughly learn their times tables.

Mathletics
Thank you again to the P&C for their continuing generosity in sponsoring our subscription to Mathletics again 2016 for Years 7 to 10.

Mathletics encourages students of all abilities by giving instant feedback, providing practice and is very engaging for students because it is visual and involves interacting with computers and other forms of technology. Homework can also be set using Mathletics. It is a most valuable tool for the Mathematics Faculty and all of our junior students. Students are also free to explore the various revision activities provided by Mathletics and including practice NAPLAN and we encourage students to explore this resource.

Textbook Round-Up
We are still missing Mathematics textbooks from last year. Please look around your home to see if you have any Model Farms Mathematics textbooks and return them this week. If your student has not returned the textbook that was allocated to them last year, you will be asked to pay for its replacement.
Calculators:
Please make sure that all students have their own calculator. The Casio fx-82AU PLUS II is sold at the uniform shop for $35. Different brands of scientific calculators have different layouts 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.

Back to work...

Have a Mathematical week,
From Jackie Dalton and the Maths Faculty Staff
Welcome back, Model Farms High School, to an exciting 2016. Now that the craziness of room changes and lab refurbishments of last year is over, we are hoping to place all our energy into offering lots of exciting activities and opportunities for students to engage in science. This year Mr Chand has returned to our faculty, as well as a new fresh face – Mr Bailey, who is also teaching in Maths. We hope they have a fantastic year with us, as well as the two lab assistants who are filling in for Mrs Martin while she is on leave for Term 1 – Jen and Lynette.

Science Group
Due to the positive feedback from members and the overall success of Science Group last year, the Science Faculty is happy to say we are continuing the program started by Mrs Manson and Ms Owen. For those who are new to Model Farms, Science Group is a free, fortnightly group where students do experiments and activities which are not part of the standard curriculum and focus on aspects of science which the students themselves are interested in. For this year Science Group will take place in 6L1 on Week B Fridays at lunch. Students who would like to learn more about Science Group are invited to come to our first session on Friday 19th February (Week 4) at lunch in 6L1 where information will be provided.

Major Science Investigation
As per usual, Year 10 have received their Major Science Investigation booklets and have started the process of undertaking their own Science experiment. The Major Science Investigation is an opportunity for Year 10 students to use the scientific method to investigate their own question in an area of interest. The due date this year is Wednesday, 6th April for all Year 10 students. This gives students approximately 8 weeks to come up with an idea, do their research, gather their equipment, perform their experiment and write up their results. Last year we had students building solar panels, juicing fruit, testing cosmetics, testing computer batteries… the list was endless! Hopefully Year 10 can come up with some great investigations, and all the Science Faculty look forward to seeing their results.

From Ms Owen and the rest of the Science Faculty
The school will be using MindMatters as a mental health initiative that aims to improve the mental health and wellbeing of young people. It recognises the important role that parents and carers play in the lives of their children and encourages effective working relationships between school staff, parents and carers and students as well as the broader community.

We will be inviting all parents and carers from our school community to take part in a survey about the school’s approach to mental health and wellbeing. We would appreciate you taking the time to complete the 10 minute survey using the Parent survey link below.

The students at Model Farms High School will also be asked to take part in a 10 minute student survey. An important aspect of implementing MindMatters is involving students and empowering them to take care of their own mental health. Students can click on the Student survey link below to partake in the survey.

The school will also be emailing the survey to each of the families at Model Farms High School. Each student will likewise be emailed a Student survey through the Department’s school email.

We would appreciate you taking the time to complete the survey provided.

Parent survey

Student survey

Thanking you
Mrs K. Lumley
Head Teacher Welfare
The French Excursion to Europe was one of the best few things I have ever taken part in. From sites ranging from Big-Ben to the Eiffel Tower, there wasn’t many famous icons that we did overlook. With the accompaniment of various helpful and comedic tour guides, no questions were left unanswered.

When in France the locals were happy to see Australians and would “politely correct” our speech with a laugh. They enjoy it when you give their beautiful language a try. Even if you were to say “Bonjour”, they would smile back and say “Hello”. The streets of Paris were busy and with more mopeds than you could count. It was nice to see the tiny streets with old apartment blocks dating back to antiquity.

Sites like Saint Pauls Cathedral were breathtaking. The ceiling was decorated with domes which had over one million stained glass shards on each. The Notre Dame tour was simply amazing! We went from the bottom floor with the Priest conducting his ceremony, to the top were we had a view that would leave you lost for words. The Eiffel Tower, when it first came into view, was absolutely magnificent! The size of this monstrous piece of architecture was overwhelming and once on the 2nd floor, the view blew me away. The French Tour was amazing and it has given me a small piece of what it’s like to travel the world, and I am eager for more!

-Thorne Blackman

-Image of the Eiffel Tower with a telescope view of Paris
Welcome back to another year of art making, photographing and designing. Year 7 have already started working on their portrait unit of work. We looked at the self-portrait painting of Albert Tucker and students were asked to draw and colour to create a “likeness” to the original painting. A great start to the year!
ADDICTED TO TECHNOLOGY?
EVENING SEMINAR FOR PARENTS

Parents of adolescents (12-17 years) are invited to attend an evening seminar that will discuss:
- How to manage your teens obsession to social media
- Dealing with low school attendance due to all night gaming
- Setting positive and healthy boundaries surrounding technology use

The seminar will be delivered by Collett Smart, a child and adolescent psychologist who has been working with families and delivering seminars for over 20 years. Collett is well known in the media for her TV and radio interviews on issues impacting families with children growing up in a technology saturated society.

TIME: 7:00pm-9:00pm
DATE: Thursday 18th February, 2016
VENUE: Glenwood High School, Corner Forman Ave and Glenwood Park Drive
COST: $10.00 per person (early-bird price: $5.00- book before 05/02/16)
BOOKINGS: Contact Justine on 9626 6620
Parents of adolescents (5-12 years) are invited to attend an evening seminar that will discuss:
• What every parent should know about children and technology?
• What should parents of different age groups expect?
• How much “screen time” is too much?
• Setting positive and healthy boundaries surrounding technology use

The seminar will be delivered by Collett Smart, a child and adolescent psychologist who has been working with families and delivering seminars for over 20 years. Collett is well known in the media for her TV and radio interviews on issues impacting families with children growing up in a technology saturated society.

TIME: 7:00pm-9:00pm
DATE: Wednesday 2nd March, 2016
VENUE: Quakers Hill Public School, Wesley Out of School Hours Care Building
COST: $5.00 (payable to the school)
BOOKINGS: Katrina on 9626 6620 for further information
Program

0830 – 0900   Registration

0900 – 0910   Welcome and introduction
Ms Mae Rafraf
Transition Support Worker, NSW Agency for Clinical Innovation
Transition Network

0910 – 0940   Building Resilience in young people – what do protective health assets offer?
Professor Fiona Brooks, Professor of Child and Family Health
Centre for Midwifery, Child and Family Health, Faculty of Health,
University of Technology Sydney

0940 – 1010   An introduction to positive psychology for youth and change
Dr Sean O’Connor, Lecturer/Researcher, The Coaching Psychology Unit,
The University of Sydney

1010 – 1045   MORNING TEA

1045 – 1115   Warrangal: Empower today – positive tomorrows
Ms Margaret Mulcahy, Executive Principal, Connected Communities
Coomamble High School

1115– 1145   Using Positive Psychology in Paediatric Pain Management
Ms Renee Sandells, Clinical Psychologist, Department of Pain Medicine
and Palliative Care at The Children’s Hospital at Westmead

1145 – 1155   Mindfulness and Gratitude
Ms Annette McClelland, Digital Content Creator, BITE BACK

1155 – 1230   Panel discussion
Facilitated by Chairperson on the day
Panel will include all program speakers

NSW Health
Positive psychology and young people
9 March 2016

Venue
Lorimer Dods Lecture Theatre, The Children’s Hospital at Westmead (CHW)

Directions to venue
Go through the main entrance and take the glass elevator to Level 4.

Cost
$35 (incl. GST) For organisations represented on the YHF Organising Committee
$20 (incl. GST) For under 24 years of age and unwaged
Free

RSVP
By Friday 4 March 2016 (or when full capacity has been reached)
If you don’t have internet access, you may register via phone (02) 9526 1221.

Receipts
Receipts will only be generated automatically if you pay by credit card. Please contact Marney for a receipt for other payment types.

Transport
We recommend you use public transport (Westmead train station is 1 km walk from The Children’s Hospital at Westmead). Limited parking is available in the public car park in Hainsworth Street near the front entrance to The Children’s Hospital at Westmead (cost is $13 for 3–4 hours, $15 for 4–5 hours). Street parking has a 2-hour limit and is regularly monitored.

NSW Kids and Families ABN No 35 833 903 293
The YHF Organising Committee includes representatives from Academic Department of Adolescent Medicine; Agency for Clinical Innovation; Children’s Hospital School, CHW; Department of Adolescent Medicine, CHW; High Street Youth Health Service; Parramatta City Council, Area School Link Coordinator, Western Sydney Local Health District; Transcultural Mental Health Centre; Yfoundsations; and Youth Health and Wellbeing, Office of Kids and Families

Rural and regional video conference sites
Video conferences are now available in 16 sites across NSW. For your local video conference sites and local rsvp details, go to the Kids and Families website and search for ‘Youth Health Forum Resources’ (Please note that video conference facilities are reserved for rural and regional sites only).

Program enquiries: Hulya Bicici / Wui-Ken Yap
Youth Health and Wellbeing, NSW Kids and Families
☎: (02) 9424 5833 / (02) 9424 5846
✉: hulya.bicici@doh.health.nsw.gov.au;
wuyap@doh.health.nsw.gov.au
☎: www.kidsfamilies.health.nsw.gov.au
FOR YOUR NEWSLETTER

Thank you for your support by informing parents about the opportunities for teenagers to live and learn in another culture with World Education Program (WEP) Australia.

For an electronic version of the newsletter article please contact Annie Taylor — annie.taylor@wep.org.au

PLEASE CHECK OUR WEBSITE FOR CURRENT INFORMATION SESSION DATES

STUDENT EXCHANGE

A ONCE-IN-A-LIFETIME OPPORTUNITY!

SCHOLARSHIPS AND EARLY BIRD SPECIALS AVAILABLE FOR 2017

World Education Program (WEP) Australia is now accepting applications from students who wish to participate in 2016/17 exchange programs for a summer, semester or year. Students can choose to study in a country of their choice and experience life with a carefully selected host family.

Exchange students return to Australia with maturity, confidence, and in many cases, proficiency in another language. If learning another language is not a priority, excellent programs to the USA, Canada, the UK and Ireland are also available.

"I have learned more about the world in three months than I ever thought possible. I know more about myself than ever before, and I have become so much more independent. I can now view the world from a new perspective!"

Austin, China, Sameastar

"Exchange programs are important to fostering understanding around the world. We are proud of Sophie for taking part in this!"

Parents of Sophie, Belgium, Short Term

FIND OUT MORE!

Attend one of WEP’s online or group information sessions. Visit www.wep.org.au to find out more.

WEP

WORLD EDUCATION PROGRAM AUSTRALIA

BECOME A WEP HOST FAMILY!

Experience the joys of hosting an exchange student and gaining an international family member.

WEP.ORG.AU

World Education Program Australia Limited [ABN 62 066 281 207], PO Box 2000, Black Rock 3193, Melbourne, Victoria. Tel (03) 9598 4233 Fax (03) 9598 4233. Email info@wep.org.au

WEP Australia is a not-for-profit student exchange organization registered under the Education Services for Overseas Students Regulations, Queensland and Victoria.
Hills Community Homework Group

Tutor available to assist students in years 5 to 12
- Homework
- Assignments
- Study Tips

Contact our office for details and registration.

FREE sessions every Monday during school terms
4-5pm and 5-6pm
Vinegar Hill Memorial Library
Nina Terry Room
29 Main Street
Rouse Hill

Your link to local community services

Monday to Friday - 9am to 3pm
390 Windsor Road, Baulkham Hills

02 9639 8620
enq@hca.org.au
www.hca.org.au

Find us on Facebook

A COMMUNITY PARTNERSHIP
Hills Community Aid

YOUTH SPACE

Behind the stairs
@ Vinegar Hill Memorial Library.
Entry opposite elevators or from Civic Way next to Westpac

FRIDAYS 3:30pm to 6:30pm

- Information on all things youth - drugs, sex, school and home troubles
- Space to relax and hang out
- Art supplies for all your drawing needs
- PlayStation 3 and Xbox

NEW Service!
Tell us what YOU want

Your link to local community services

Hills Community Aid
Providing Support Since 1969

02 9639 8620
enq@hca.org.au
www.hca.org.au

Find us on Facebook

A COMMUNITY PARTNERSHIP
Play Netball with Model Farms in 2016

Have fun, meet new friends. We are registering now for the 2016 season, which runs from April till August. **We have several vacancies for players turning 16 and 17 in 2016.** No experience necessary. Bring your friends and make a team. Call Chris Hockley for more details on 0415 907 132 or go to [www.modelfarms-netball.com](http://www.modelfarms-netball.com)

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**MATH, ENGLISH, SCIENCE AND HSIE TUTORING SERVICE**

*Subject specialties:*

- K-6 Math and English
- Year 7-10 Math, English, History
- Year 7-10 Science
- Year 11 and 12 Ancient and Modern History, Business Studies and Legal Studies
- Year 11 and 12 Math (General and 2 Unit) and English (Standard and Advanced)
- Year 11 and 12 Biology and Chemistry
- Visual Arts
- Essay writing, structure and study techniques
- The transition from Primary School to High School and Year 12 to University.

Founded by a High School teacher, employed by the Department of Education, One to One tutoring service provides the ideal engaging experience for your child. With a range of tutors from the North Shore through to the Hills District, I will match the expectations of your child to one of my expert tutors.

**For bookings or enquiries please contact Tim Fragogiannis on 0403 293 665 and visit my Facebook page [www.facebook.com/oneetonetution](http://www.facebook.com/oneetonetution)**
PARKING AROUND SCHOOLS

OBEY PARKING SIGNS IN SCHOOL ZONES AT ALL TIMES TO PROTECT CHILDREN

ZERO TOLERANCE

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance.

When an offence is detected, you will be fined.

The Hills Shire Council’s Compliance Officers will be enforcing parking regulations at your school.
Parking Rules & Penalties Fact Sheet

BUS ZONES

You must not stop your vehicle in a Bus Zone unless you are driving a public bus.

Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE
Penalty from $319 and 2 demerit points

Council’s Compliance Officers enforce parking signs at your school.
For more information please contact The Hills Shire Council on 9843 0145
You must not park your car over or block access to a driveway.
You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

SCHOOL ZONE
Penalty from $177 and 2 demerit points

Council's Compliance Officers enforce parking signs at your school.
For more information please contact The Hills Shire Council on 9843 0145