PRINCIPAL REPORT

2011 HSC successes

I’d like to begin my final newsletter for 2011 by heartily congratulating all of our Year 12 students on their HSC results which were revealed on Wednesday this week. There are some outstanding results but all students deserve to be proud of their efforts. The teachers are impressed with their performances and my brief analysis at this stage indicates that Model Farms High School has again performed exceptionally well in the HSC.

Informal notification received from students indicates that we have approximately 10 – 12 students who received an ATAR of over 90 with a considerably large number between 80 and 90 as well. We had 25 students who made it onto the Distinguished Achievers list. Distinguished Achievers are students whose results place them in the top band of a HSC course. Band 6 and band E4 for extension courses are the top bands. Students need to get 90-100 marks to be placed in band 6 or 45-50 marks for band E4.


These distinguished Achievers have 38 credits acknowledged on the Honours list.

Collectively we had 30 students achieve a Band 6 result and 185 achieve Band 5 results. This means that 35% of our students achieved the two highest bands in the HSC scale.

Seven subjects, CAFS, English Ext 1 & 2, Industrial Technology, IPT, SDD and Visual Arts, had more students in the top band than the State average for these subjects and 20 subjects had more in Band 5 than the State average. Of note here is that Industrial Technology had twice as many; IPT had 2 and a half times as many and SDD had 33% of students in the top band compared to only 6% in the state.

Twenty four subjects were above the state average with Industrial Technology and SDD being the standouts with 14.38 and 12.63 points above the state respectively. A special mention needs to go to the Math’s subjects where 50% of students in
mathematics achieved the top 2 bands and 100% in Extension 1. Overall 45% of students in all Mathematics subjects achieved the top 2 bands.

A more thorough analysis will take place over the break but I’m sure you will agree that these results are proof that there is indeed Quality Teaching and Learning taking place at Model Farms High School. Congratulations to students and parents for enduring what always proves to be a very stressful time. Well done.

Farewell to 2011
It has been another great year for Model Farms and a fantastic one for me as the new principal. I have enjoyed my time immensely. I would like to thank the staff for their gigantic efforts throughout the year; thank the parents for their continued support and thank the students for coming every day with the sole purpose of expanding their minds. I wish everyone in the community a happy and safe break.

Christina Bennet
Principal

Newsletters for 2012: As of 2012 there will be a slight change to the location of the Newsletter within the school website. One of the changes that were made by the DEC recently was the inclusion of a button on the homepage for newsletters. For those who have looked at the page recently you may have noticed that there are currently 2 “Newsletter” buttons. The one that we started and have been using this year is in blue menu bar. As of 2012 this button will disappear and the newsletters will be stored in the “Newsletters” section between the two blue lines. Confused? The reality is that you probably will not even notice the difference if you access the Newsletter by clicking on the link we send each Friday.

Celebrating Excellence: Thank you to all the parents who have attended one or more of the Recognition Assemblies held over the past couple of weeks. As an educational institution it is vital for us to demonstrate just how important achieving or striving for excellence is. It is equally, or even more vital, for our students to know how much their effort and achievement is valued by those they love and respect in their home lives. Thanks also to those who have worked tirelessly to make the events as “slick” as they are. The hundreds of certificates generated are the culmination of weeks of work ensuring that the correct student is rewarded for achievement. Presentation is a wonderful celebration but generates an amazing amount of work. Between Kay in the front office feverishly attempting to navigate a database that appears to be in flux right up to the day before, and Amy Barnes spending hours each afternoon ensuring that the correct certificate is placed in the correct envelope, the event is a major production.

Deputy's Report

2012: Please be reminded that Monday 30th of January is the first day of the school
year for years 7, 11 and 12. Tuesday the 31st of January is the first day for years 8, 9 and 10.

Lastly, let me wish you all a very Merry Christmas and happy New Year. Thanks to all of our parents for your support this year. As a parent I really look forward to spending time with my kids other than rushing them off to school each day and going “defense” on the refrigerator at the end of each school day. The rapidness of changes taking place in our kids only really becomes obvious when you are exposed to them for a protracted period of time, as you are during breaks. Please be safe. We look forward to hearing all the Christmas stories upon return to school for 2012.

CALENDAR
TERM 4
WEEK 11
Mon 19/12 Staff Development Day
Tues 20/12 Staff Development Day

TERM 1 2012
WEEK 1
Fri 27/1 Staff Development Day

WEEK 2
Mon 30/1 Years 7, 11 & 12 return to school
Tue 31/1 Years 8, 9 & 10 return to school
Wed 1/2
Thur 2/2
Fri 3/2

Are you learning to drive?

Then allow us to teach you…

We are a family owned business based in the Hills District. Your instructor, Peter, is a former police officer with over 25 years experience. Peter holds a Certificate IV in Driving Instruction and a Certificate IV in Training & Assessment. We have single lessons, multi lesson packages and gift certificates available.

www.allthingsdriving.com.au
Student Planner Focus

\Junior – Focus: Distractions
\Middle - Focus: Distractions
\Senior – Focus: Countdown to Exams

Specific Aims and Objectives - at the end of this week students should have:
• A raised self awareness of what things they have to watch out for as distracters.

• An understanding of strategies they can use to reduce distractions in class and in preparing for assessment and exam periods.

• A willingness to get their prioritising right to ensure they prepare well and able to produce personal bests.

• A preparedness to incorporate what they have learned into their learning and study cultures to build resilient habits.

Weekly Focus:
Adolescence is a period of time in which students’ capacities to stay focused on the job at hand and ignore distractions is often tested. For Junior and Middle years’ students this week focuses on assisting them to build resilient habits to ignore distractions in class. For Senior students we focus on assisting them to prioritise what they do to prepare for their assessment and exam periods. Different education systems have their assessment and exam periods at differing times and this and upcoming focuses in the Senior planners are best taught prior to these periods.

Distractions can arise from many things in the classroom and in student’s lives:
• Students not being in the ‘learning zone’ and their brains having other things competing for their attention.

• Students’ natural curiosity often displays itself in class and activities as being easily distracted by what’s happening around them in the group; unfortunately this is more times than not treated as a discipline issue.

• A lack of prioritising and not placing preparation for assessment and exams high on their list.

• Their image and how they believe they should act in class to win peer acceptance; highly valued by teenagers.

Students need to be explicitly taught how to reflect on when and why they are distracted so that their self awareness is raised on this issue. This will enable the building of resilient self managing and self correcting habits in them which will reinforce their learning power.

A proactive approach is to engage their curiosity by providing them with opportunities to relate what the class is learning to their interests and their worlds. This may mean that there are quite a number of different directions being pursued in class, but this is where rich learning occurs and distractions are minimised.

“It wasn’t till quite late in life that I discovered how easy it is to say, “I don’t know.”” W. Somerset Maugham
Success @ the Desk

A series of practical seminars and workshops for HSC students. Discover how to organise your time, space and study to achieve the results you deserve.

Free Parent Information Seminar plus 4 Student Workshops
6:15pm for 6:30-7:30pm

Hills Adventist College Library, 86 Cecil Ave, Castle Hill
Bookings essential. Spaces limited.

Contact Emma Ray on 0407 240 290 or email emma@organised-solutions.com.au
* Book all Student Workshops and receive a free 30 min Consultation.

Free Parent Information Seminar
Thursday, 2 February 2012 - Tools and strategies for HSC students.

Student Workshops - $50 per workshop *

What Motivates You?
Thursday, 9 February 2012
Goal setting strategies to understand what it takes to get where you want to go.
Be inspired!

Time is Gold
Thursday, 23 February 2012
Time manage the demands of student life. Gain tools and strategies to project manage your assignments, study notes, and homework. Make it happen!

File It & Find It
Thursday, 1 March 2012
Implement an easy and effective paper solution to tame the paper tide. Create a streamlined storage system for assignments, study notes and homework and managing your paperwork from school to home and back again. Find what you want when you want it.

Find My Study Style
Thursday, 8 March 2012
Discover your personal study style and develop hints and tips to maximise your success. What's your style?
## MODEL FARMS HIGH CANTEEN MENU 2012

### HOT FOODS

- **Home-made soup (G)** 3.00
- **Low-fat cheesy hotdog (A)** 4.00
- **Chicken corn roll (A)** 2.50
- **Low fat beef pie (A)** 3.20
- **Low fat shepherds pie (A)** 3.50
- **Sausage roll (A)** 3.00
- **Spinach & ricotta roll (A)** 3.20
- **Home-made pizza: chicken or vegetarian (A)** 4.00
- **Gourmet beef burger (A)** 4.50
- **Lean chicken burger (A)** 4.00
- **Portuguese chicken burger (A)** 4.60
- **Lasagna or Vegetarian Lasagna (G)** 5.00
- **Spaghetti Bolognese (G)** 5.00
- **Fried Rice (A)** 4.50
- **Butter chicken & rice (A)** 5.00
- **Curried chicken & rice (A)** 5.00
- **Satay chicken & rice (A)** 5.00
- **Creamy chicken fettuccine (A)** 5.00
- **Spaghetti Bolognese (G)** 5.00
- **Creamy pesto pasta (A)** 5.00
- **Stir-fry noodles (A)** 5.00

### TURKISH BREADS

- **Vegetarian**
  - **Vegetarian – eggplant, sundried tomatoes, capsicum & cheese (A)** 5.00
- **Chicken**
  - **Chicken – avocado, chicken, sundried tomatoes & cheese (A)** 5.00
- **Mediterranean**
  - **Mediterranean – pesto, olives, capsicum & fetta cheese (A)** 5.00
- **Turkey**
  - **Turkey – roast turkey, cranberry sauce & swiss cheese (A)** 4.80
- **Chicken snitzel – chicken snitzel, roast capsicums, pesto & cheese (A)** 5.50

### DRINKS

- **Plain milk 300mL (G)** 1.20
- **600mL** 1.60
- **Flavoured milk 300mL (G)** 2.30
- **600mL** 3.20
- **Soft drink cans (A)** 2.00
- **Cool Ridge water (G)** 2.00
- **Milkshakes: chocolate, strawberry, caramel (A)** 3.00
- **100% popper (G)** 1.50
- **Iced Tea (A)** 3.50
- **Juice bottles** 2.50
- **Aloe Vera (A)** 2.80

### HOT DRINKS

- **Hot chocolate (G)** 2.00

### BREAKFAST

- **Toast – jam or honey (A)** 2.20
- **Cereal & milk (G)** 2.50
- **Low fat yoghurt & berries or passionfruit (G)** 3.00
- **Fresh fruit salad (G)** 2.50
- **Bacon & egg roll (A)** 3.50
- **Up & Go – Chocolate, strawberry & vanilla** 2.50

### JAFFLES

- **Cheese (G)** 3.00
- **Cheese & tomato (G)** 3.20

### SNACKS ‘N’ THINGS

- **Garlic or Herb bread (A)** 2.00
- **Jelly & custard (A)** 2.50
- **Fresh seasonal fruit (G)** 0.80+
- **Fresh fruit salad (G)** 2.50
- **Low fat ice-cream & ice-blocks** 1.20+
- **Low fat muffins (A)** 3.00
- **Low fat banana bread (A)** 3.00
- **Hot cookies (A)** 2.00

### SUSHI

- **Tuna (G)** 3.00
- **Chicken Teriyaki (G)** 3.00
- **Vegetarian (G)** 3.00
- **Crab, avocado & cucumber sushi (G)** 3.00

### SALAD BOXES

- **Garden salad (G)** 3.50
- **Roast chicken salad (G)** 4.50
- **Tuna salad (G)** 4.50
- **Tuna pasta salad (G)** 4.50
- **Chicken avocado pasta salad (G)** 4.50
- **Caesar salad (G)** 4.00
- **Chicken Caesar salad (G)** 5.00
- **Potato salad (A)** 3.50
- **Greek salad (A)** 4.50
- **Pesto pasta salad (G)** 4.50

### SANDWICHES (G)

- **Vegemite (G)** 2.00
- **Egg & lettuce (G)** 3.30
- **Curried egg (G)** 3.00
- **Turkey cheese & cranberry (G)** 3.50
- **Tasty cheese & salad (G)** 3.60
- **Tasty cheese (G)** 3.00
- **Tasty cheese & tomato (G)** 3.20
- **Lean roast chicken (G)** 3.20
- **Lean roast chicken, lettuce & mayo (G)** 3.50
- **Tuna or Salmon (G)** 3.00
- **Tuna & salad (G)** 3.80
- **Chicken & salad (G)** 3.80
- **Salad (G)** 3.30
- **Lean lite ham, tomato & cheese (G)** 3.50
- **Assorted wraps (G)** 4.00

### EXTRAS

- **Rolls (G)** 0.80
- **Wraps (G)** 0.80
- **Turkish bread (G)** 1.00