New York CAPA Tour

2014

Our Mission Statement: ‘To nurture personal best and global citizenship in every student by providing a safe and vibrant learning environment with inspiring teaching’
Principal’s Report

I would like to welcome our new Deputy Principal Ms Maria O’Harae to Asquith Girls learning community. Ms O’Harae comes to us with four years of experience as Deputy Principal (National Partnerships) and 19 years of experience as Head Teacher Mathematics.

This experience coupled with her Masters of Education has enabled Ms O’Harae to develop and implement best practice in pedagogy, curriculum and assessment to drive improvement in student outcomes.

Ms O’Harae will now work with our school learning community to deliver a world class education where our girls are confident, knowledgeable, resilient and fully prepared to pursue any chosen career as global citizens.

We wish Ms O’Harae the best in her new role.

Celebrating Excellence through rich experiences

Congratulations to our Year 12 students nominated for consideration in:

Chae Hyun Lee Glaciate - ARTEXPRESS 2015

Creative Writing Workshop

With John Larkin

Asquith Girls High recently invited award winning author John Larkin to conduct creative writing workshops with almost 60 girls from Years 7-10. Over the last 30 years John has written 25 books, his latest being Shadow Girl, a young adult story about a teenage girl who is homeless and lives in trains.

During the workshops, the attending students soaked up John’s stories, cried during the short movie clips he showed (including Mrs Kyrikos) and were inspired by his teaching to create slogans and phrases that were clever and creative. He was engaging, knowledgeable and fun and the girls came out of the workshops having learned something new and exciting about creative writing from a professional writer. He was so inspiring that some budding writers from Year 7 have since started writing stories in colourfully bound notebooks and sharing them with their friends!

Here are some comments from the students who attended the workshops:

“The workshop was amazing. The top ten writing tips were really helpful.”

“Mr Larkin was an engaging speaker, in a sense like a comedian.”

“John Larkin’s wise words washed upon me, a wave of knowledge filling my seemingly empty brain, his engaging voice drowning me.”

“The workshop made me feel like a caged bird being released into crystal evening skies.”

“The workshop was excellent and I wouldn’t change it and I would love to attend another one in the future.”

The English staff hope the students that attended the workshops continue to be inspired about creative writing and put into practice what John Larkin conveyed to them for their future creative writing tasks.

New York CAPA Tour

During the September holidays 48 excited girls and five dedicated staff members had the amazing opportunity to fly all the way to New York to experience everything that the city that never sleeps had to offer. We left Australia on September 18th and arrived in New York at 6pm that same day, which was confusing to say the least. After surviving Security and Customs we met our new best friend, Phil. Phil was our tour guide for the duration of the tour and we are all incredibly grateful for him making sure we didn’t get too lost, for directing us to all the best food places and, of course, making sure we all had our subway Metro cards.

The tour wasted no time in showing us why New York is so iconic, after dragging our possessions to the hotel before getting our first experience of American dining. The food was amazing but it wasn’t long until we were chaperoned back to the hotel for the most important part of any tour. Sleeping. Over the next 11 days we experienced an incredible variety of different activities. We visited the Statue of Liberty, Ellis Island. We also did specific activities depending on what your interests in CAPA are. Music students were treated to attending a New York Philharmonic Open Rehearsal and were also blessed (literally) with a visit to Harlem and to a Gospel Church which was amazing. Dance students frequently attended workshops at Alvin Ailey and the Broadway Dance Centre. Drama students had an in depth workshop with Cinderella cast members and got to experience creating a
scene from Cinderella which we later witnessed being done professionally on stage. The entire tour group also attended an improvisation class where we got to play a range of cool games and watch our teachers do some hilarious impressions. And Art students saw the masters of modern art in the MOMA and the MET.

Experiences which will be remembered by the entire group are our visits to the Broadway theatres of New York where we saw four shows. They were: Aladdin, A Gentleman’s Guide to Love and Murder, Matilda and Cinderella. With incredibly talented casts, amazing sets and pure comedy the girls aren’t likely to forget any of them.

Another highlight of the tour was our time spent in Central Park. It is a peacefully chaotic place if that is possible with all the makings of a quiet oasis in a city of sound yet we were constantly accompanied by the sounds of cyclists, horse drawn carriages and a slightly dimmed down hustle and bustle common in New York. With amazing scenery and monuments Central Park is a clear highlight of the tour. We all miss it dearly.

As a tour group, we can never thank Phil our tour guide, our teachers; Miss Dale, Miss Eastley, Mrs Sekula, Ms Lewis and Ms Amvrazis and our parents (of course) for giving us this once-in-a-lifetime opportunity. Finally, all the girls would like to give a massive shout out to Miss Eastley who handled the majority of the organisation of the tour which was an incredible (and massive) task.

By Laura Cook

Work Placement Awards
Work placement is a compulsory part of a VET (Vocational Education and Training) course. For the students at Asquith Girls this includes Hospitality, Business Services and Entertainment at school and Nursing, Tourism and Events, Automotive Studies and Information and Digital Technology at TAFE.

This is a challenging time for all students. How will they fit into their allocated work placement business? How will the other employers treat them and will they be able to perform the tasks asked of them?

The places for all work placements for all schools are managed by an outside agency. In the case of Asquith Girls, this agency is called 2Realise.

This year, for the first time, 2Realise asked their employers if there were any students that they would like to nominate for special mention. I am happy to report that of the 28 schools involved, and the 20 students nominated, five were students from Asquith Girls.

These girls, Brienna Read, Imogen Williams, Jessica Klassen, Marie-Claire Havet and Jessica Steele received their certificates at a formal function at Eden Gardens. A further eight awards (trophies) were presented to the students where employers made extra mention of the great work skills demonstrated by students.

At this stage of the evening it became the Asquith Girls Show, with three of the eight awards going to the one school. Congratulations to (from left to right) Jessica Klassen, Marie-Claire Havet and Jessica Steele for going the extra mile.

Eric Sekula
TVET Coordinator, Careers Adviser

2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
Year 7 Technology

Year 7 students have been very busy this semester! They completed a task looking at the Australian company ‘Dinosaur Designs’ and the importance of considering the environment and society when designing/creating. They had the choice to present their findings in a variety of ways including a newspaper editorial, board game, jingle, or to create a sustainable product with a promotional brochure. We were blown away by the level of creativity and thoughtful design that strongly considered environmental issues in the creation of these products. Here is a snapshot of the wonderful projects created by Year 7 Technology students.

**Ella Stevenson:** Light bulb Vase

**Charmion Taylor:** Cutlery wall hooks

**Ella Thompson:** Wind Chime

“HELP KEEP OUR ENVIRONMENT CLEAN BY RECYCLING. WHY NOT TAKE YOUR RECYCLING AND CREATE A MASTERPIECE.”

ELLA THOMPSON 7TECH 7

**Lucy Nicklin:** Newspaper dress

**Amelia Welsh:** iPad stand
**Debating**

The Asquith Representative Debating Teams have had yet another year of success.

The Year 7 and 8 Team was the zone winner, defeating Asquith Boys in all three rounds. They were narrowly defeated by Castle Hill High School in the regional round. The Year 9 and 10 teams were also zone winners defeating Asquith Boys in all three rounds. They debated against North Sydney Boys for the regional round and were defeated in a close debate. Regardless of the result after each debate, the girls always represented the school with pride. We'd like to congratulate the girls on their achievements.

This year, the annual debating workshop will be held on Tuesday 16th December. If students are interested in trying out for the 2015 Asquith representative team, they must attend this workshop. Other students are also encouraged to attend to build up their confidence when public speaking and to learn valuable debating skills. Information for this workshop will be made available to the students shortly.

We're looking forward to an exciting year of debating in 2015!

*Mrs Horler (Debating Coordinator) and Ms Hawdon (Assistant Debating Coordinator)*

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**Nursing Graduation.**

Recently I attended a happy but also sad occasion at Hornsby Hospital.

The happy part was that three of our girls had embraced an opportunity and gained success. So it was with great pride that I attended the successful completion of just such an opportunity, the graduation ceremony of three Year 12 Asquith students at Hornsby Hospital.

The three girls have attended Hornsby Hospital every Tuesday for seven terms and have also completed 105 hours of work placement in their school holidays. The result has been the successful completion of a Certificate III in Human Service Assistance. The girls can also sit a HSC exam in this subject and it will count towards the calculation of their ATAR. The course also enables the girls to gain employment in hospitals. A good result all around and a fitting reward for students who go the extra distance.

The sad aspect of this day was that it was the final group to undertake this program as it was decided that the funding required to support this program could be spent elsewhere. Throughout the entirety of this program Asquith Girls has had the largest number of students in this program.

Many Asquith girls have moved into university studies in the health sciences and others have joined the workforce in the health industry.

Fortunately this course is still available to our students through the TVET program at St Leonards and Meadowbank TAFE.

Congratulations to (from left to right) Jessica Fisher, Kathryn Hooguis and Emily Smith.

*Eric Sekula*

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**From the Counsellor’s Desk**

**Mental Health Month**

**Celebrate, Connect, Grow**

October was Mental Health month for Australia. Mental Health month in Australia is about understanding how to take care of and improve our nation’s mental health. In Support of this initiative AGHS has made fact sheets available on the school website.

These fact sheets give simple explanations in relation to resilience connecting with community, kindness little acts, big impacts, investing in your own life and being with friends. These are some of the processes available to all of us in support of good mental health. These fact sheets are available in English, Greek, Chinese, Arabic, Hindi, Italian, Khmer, Korean, Somali, Spanish and Vietnamese.

*Colleen Meehan*

School Counsellor AGHS
**LOTE News**

**Edogawa Gardens Excursion**
The Year 8 Japanese students went on an excursion to Gosford Edogawa Commemorative Garden on Friday 10th October. We were given a tour guide around the gardens and learnt about their different meanings. We learnt that the gardens combine different elements to convey messages and that they are a good place to relax or to meditate. Our guide also explained the art of the Japanese tea ceremony and the raked dry stone garden.

For lunch we were given bento boxes filled with Japanese foods such as sushi, rice, chicken, fish or vegetables and we were lucky enough to taste a Japanese soft drink. After lunch we were given a work sheet and worked around the garden in groups. We studied kanji and origin of the words as well as what each section of the garden represents.

The day was a great success and was enjoyed by all of the students involved as well as our two teachers, Sensei Nicklin and Sensei Prosser.

*Jasmine Brading Year 8*

**Le Petit Escargot Excursion**
On 10th November, French classes travelled to the Petit Escargot restaurant in Pyrmont. Upon arrival we were seated and served our entrées. For our starters we could choose from a range of dishes, including escargots (snails). For the main meals we had the choice of coq au vin (chicken), pâtes végétariennes (vegetarian pasta) or saumon grillé (grilled salmon). The three course meal was exquisite and we all had a great time. We also had the opportunity to speak French in a real life situation. It was definitely an excursion to remember!

*Becky Oluwi Year 8*
**Back-to-Back Project – Year 8 Welfare Initiative**

We are the Back-to-Back Project, a group of psychology students from the University of New South Wales. We visited Asquith Girls High School on Friday, October 10 and spoke to Year 8 students about the effects that poor posture can have on their quality of life, and encouraged students to make some small changes to their lifestyle to help improve their posture.

We have put posters around the school, giving suggestions on how to ease the pressure on students’ backs and shoulders that is caused by heavy schoolbags. Basically, if your bag weighs more than 10% of your body weight, then it’s too heavy!

Besides carrying a lighter bag, there are many other ways to maintain good posture, such as sitting with your back up against the back of the chair and your feet flat on the ground (avoid crossing your legs!); taking breaks after every hour of studying and stretching; and avoiding standing with hunched shoulders or with one bent knee. The best standing posture is one where you are standing upright while still maintaining a natural, comfortable position.

Poor posture can seriously affect your life, from causing or worsening back pain, to making it harder for you to get a job or make new friends. People with bad posture are often treated differently, but you can make sure that doesn’t happen to you.

Remember: it’s not hard to watch your back!

*Back-to-Back Project.*

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**Bring Your Own Device (BYOD) Update**

Following the discontinuation of the NSW Digital Educational Revolution (DER) program, schools have been investigating ways to implement appropriate BYOD solutions for the school community.

The key considerations for parents who are considering a BYOD device for NSW schools are as follows.

**Durability:**
Experience shows most damage to devices occurs outside of the classroom, such as during transport to and from school, in the grounds of the school or after school hours at home. A student’s device should be commercial grade, built using high quality components, materials and design. Parents should try to ensure that the notebooks and tablets used by students are durable enough to last several years.

**Battery Life:**
Many manufacturers advertise battery life that doesn’t consider the usage profile of a student. BYOD models need to last the full school day whilst using system resources such as continual wifi connectivity, presentation modes, frequent audio video use and having multiple applications open concurrently.

**School wifi infrastructure:**
The NSW DEC schools utilise the 5GHZ wireless band to enable a greater density of simultaneously connected devices. Many consumer notebooks and tablets do not include the appropriate wireless card to enable connectivity to the DEC wireless network.

**Software capability:**
The DEC has negotiated student access to Microsoft Office and some Adobe software free of charge. The device selected must competently run these applications ensuring students can actively participate in digital curriculum and activities that utilise these applications.

The Asquith Girls High School BYOD implementation plan is currently being prepared. To assist parents planning to buy a personal computing device in the near future, Asquith Girls High School has developed hardware and software specifications for suitable devices. These specifications have been included in this newsletter (following page) and are also available from our website. Windows based devices have been specified to take advantage of the Microsoft Office and Adobe software offerings and to minimise technical support issues in the initial stages of our BYOD implementation.

For further information please contact Asquith Girls Head Teacher Secondary Studies via email at bronwyn.moreton@det.nsw.edu.au.
## BRING YOUR OWN DEVICE (BYOD) DEVICE SPECIFICATION

### Hardware Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Form Factor</td>
<td>Laptop or hybrid (touch screen notebook) device. Note: SMART phones are not acceptable as the only BYOD device a student has access to.</td>
</tr>
<tr>
<td>Physical Dimensions</td>
<td>Minimum screen size: 10 inches.</td>
</tr>
<tr>
<td>Operating System</td>
<td>Microsoft Windows 7 or newer</td>
</tr>
<tr>
<td></td>
<td>Note 1: Android-based tablets are not permitted from the hardware specification due to incompatibilities with some applications on the NSW Department of Education (DEC) wireless protocols.</td>
</tr>
<tr>
<td></td>
<td>Note 2: Needs to be a desktop or laptop operating system.</td>
</tr>
<tr>
<td></td>
<td>Note 3: Printing from Macintosh devices and access to school data storage space will not be supported by the DEC or Asquith Girls High School.</td>
</tr>
<tr>
<td>Wireless Compatibility</td>
<td>Device must have 5 GHz 802.11n support. This may be advertised as “Dual Band Wireless”. “802.11a/b/g/n”, “802.11ac” or “Gigabit Wireless”.</td>
</tr>
<tr>
<td></td>
<td>Note 1: Devices marketed as “802.11bgn” probably do not support the required standard.</td>
</tr>
<tr>
<td></td>
<td>Note 2: GHz adapters may be purchased, however this should be avoided.</td>
</tr>
<tr>
<td></td>
<td>Please note that devices that do not meet the above wireless specification will not have access to the internet.</td>
</tr>
<tr>
<td>Battery Life</td>
<td>Advertised battery life of six hours.</td>
</tr>
</tbody>
</table>
| Additional Recommendations | Maximum weight 2 kg.  
|                        | Minimum RAM (laptops) 4GB  
|                        | Disk configuration (laptops) solid state disk  
|                        | Accidental loss and breakage insurance  
|                        | A tablet device should have a physical keyboard attachment and keys  
|                        | must move when physically depressed.  
|                        | The keyboard may be permanently attached, a snap on or Bluetooth.          |

### Software Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Web Browser</td>
<td>Windows devices must run Internet Explorer 10 / Chrome or newer</td>
</tr>
<tr>
<td>Word Processor</td>
<td>Examples include Microsoft Word</td>
</tr>
<tr>
<td>Spread sheet Package</td>
<td>Examples include Microsoft Excel</td>
</tr>
<tr>
<td>Security Software</td>
<td>Windows based devices should at least run Microsoft Security Essentials</td>
</tr>
<tr>
<td>Software available from the Department of Education and Communities</td>
<td>Note: Currently students with a NSW government education email address can download Microsoft and Adobe software at <a href="http://nsw-students.onthehub.com/">http://nsw-students.onthehub.com/</a>. One copy of this software can be loaded on a desktop computer or a laptop. This software cannot be loaded on tablets that are only app based.</td>
</tr>
</tbody>
</table>

The following supplier has indicated that they provide devices which meet the minimum specifications via an on-line portal specifically designed to suit parent BYOD purchases. Some suppliers may offer educational discounts. Asquith Girls High School makes no recommendation toward any supplier.

P & C News

Our September AGM has been run and won, and the huge surprise on the evening was the re-appointment of Michael Ficker to serve as President for yet one more year! Despite the jocular tone of the opening, it is an honour to once again lead your P&C for one final term. To all the parents whose children commenced at Asquith Girls this year in Year 7, I can assure you the next five years will pass rapidly, and you will realise your little girl that moved from Primary School last year is about to become your adult daughter leaving school in less than twelve months. Enough about me…

The year is drawing to a close, and we have the next Year 7 group joining us in a few weeks for Orientation Day. This is a busy day for our Uniform Shop team, and we always need assistance to manage the day, as the shop is very busy outfitting the girls with some of the compulsory equipment required. If you are available for a few hours on the morning of December 3, Lucy would appreciate your help. Contact Lucy Uniforms@AGHSPandC.org.au

It has been many, many years since we have had two Deputy Principals where one or another are neither relieving nor acting. We welcome Maria O’Harae to Asquith Girls and look forward to working together.

All the HSC exams are now complete, and our Year 12s have basically finished school. Results are yet to come, and we wish the girls a relaxing break, whether that be a holiday, a rest, or working! Our Years 7 – 11 have just a few short weeks left of school for 2014. We look forward to the celebration of achievements as our year draws to a close.

We are having our regular P&C meeting next Wednesday, November 12, at 7:30pm in the staff common room. We look forward to meeting our new DP Maria in more relaxed surroundings, and find out the goings on of the school, and discussing upcoming events for the P&C. As always, we would value your contribution to these discussions. Please visit the meetings tab on our web site to find a map to the common room. We look forward to seeing you there.

Michael Ficker P&C President

Email: President@AGHSPandC.org.au
Web: www.AGHSPandC.org.au

2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>P &amp; C Meeting 7.30pm</td>
<td>Wednesday 12 November</td>
</tr>
<tr>
<td>Year 7 Swim School</td>
<td>Tuesday 25 - 28 November</td>
</tr>
<tr>
<td>Annual Art Exhibition</td>
<td>Wednesday 26 November</td>
</tr>
<tr>
<td>Year 7 Orientation Day</td>
<td>Wednesday 3 December</td>
</tr>
<tr>
<td>P &amp;C Meeting 7.30 pm</td>
<td>Wednesday 10 December</td>
</tr>
<tr>
<td>School Presentation Day</td>
<td>Friday 12 December</td>
</tr>
<tr>
<td>Years 7—10 Semester Reports issued</td>
<td>Tuesday 16 December</td>
</tr>
<tr>
<td>Last Day of Term</td>
<td>Wednesday 17 December</td>
</tr>
<tr>
<td>Staff Development Days</td>
<td>Thursday / Friday 18-19 December</td>
</tr>
</tbody>
</table>
WEP Student Exchange Information Evening

Do you want to see the world? Are you keen to push your boundaries and grow as a person? Could you see yourself living overseas as an exchange student in 2015? With over 20 different English and non-English speaking countries to choose from, the hardest part is choosing where you want to go!

WEP Australia is holding our final information evening in Sydney on the 10th of November, and we’re inviting interested students and parents to come along! It is a fantastic opportunity to find out everything there is to know about WEP’s not-for-profit student exchange programs to more than 20 countries around the world! With returned students attending the session, you can hear first-hand what it is like to go on exchange.

When and Where?
Surry Hills Neighbourhood Centre
Level 1, 405 Crown Street
SURRY HILLS NSW 2010
10 November | 7:30-9pm

Why Go On Exchange?
Becoming an exchange student will break you out of your shell. You are given the opportunity to not only learn and discover things about another culture, but also become aware of, discover and appreciate your own. By living overseas as an exchange student, you will be challenged, educated and undoubtedly rewarded. Aside from language acquisition (for non-English speaking countries) and knowledge of another culture, student will gain invaluable skills that future employers will look favourably on. So get on board! Join the 1000s of other students who have joined the WEP community, and ventured overseas as an international exchange student.

Can’t Make It?
Visit www.wep.org.au to request a FREE information pack for you and your parents. Our brochure contains everything you need to know about WEP’s not-for-profit student exchange programs to help you and your parents make this important decision.

See you there! – The WEP Team
Section 6A of the Smoke-Free Environment Act 2008 makes a number of outdoor public places smoke-free.

Smoking is banned at all public transport stops and stations in NSW.

This includes:

- Platforms of passenger railways and light rail stations;
- Bus stops;
- Ferry wharves; and
- Light rail stops.

The ban applies regardless of whether the area is covered or uncovered. The ban also applies to the area where people queue or gather.

**Will a person break the law if they are the only one at a public transport stop, such as a bus stop, and they light up?**

Yes. A person will be breaking the law if they smoke at a light rail stop, bus stop or taxi rank irrespective of whether they are the only person there at the time.

**The reason for this is because a smoker may be the only person at the bus stop when they light up, it is unlikely that they will continue to be the only person there for the time it takes them to smoke their cigarette.**

**Will a person break the law if they are passing by a public transport stop, such as a bus stop, while smoking?**

Yes. The law creates appropriate distances to ensure that it will not be an interference to pass through a smoke-free area such as a bus stop, light rail stop or taxi rank while smoking.

This means no stop people smoking while in a public transport queue or where people gather to wait for public transport.

**Will there be signage to indicate where smoking is not permitted?**

The diverse range of transport stop makes it difficult to have one law for signage. Because the vast majority of light rail platforms, railway platforms and ferry wharves have a clearly defined area, the “smoking” signage is required to be displayed. There is generally not a clearly defined area which constitutes a light rail stop, bus stop or taxi rank, so signage is not be required to be displayed at public transport stops and taxi ranks across NSW.

The law allows the Ministry of Health to work with Local Councils and other Government departments to develop signage appropriate to the different public transport stops. No smoking signage is strongly encouraged to increase awareness of the smoking ban by public transport commuters.

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**Understanding your teenager**

Ku-ring-gai Council and KYDS invite parents of teens to a series of forums.

Each forum is held on a Monday from 6.30pm - 8.30pm (registration from 6:15pm) at Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon.

**Parent forums**

- March 4 - Adolescence 101: When to Worry
- May 6 - Resilience Building 101
- June 24 - Supporting Young People with Disabilities
- August 5 - Communicating with your Teenager 101
- October 14 - Internet Safety 101

**BOOKINGS REQUIRED**

Ku-ring-gai Council Youth Services on 9424 0837 or youth@kmc.nsw.gov.au

For more information on the forums contact KYDS on 9416 9524 or visit www.kyds.org.au

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**Athletics**

**HDLAC**

Hornsby District Little Athletics

Bring a friend and have double the fun!

registration details on our website
www.hdlac.org.au
Go 4 Fun is a free healthy living program for children above a healthy weight. It is a fun and interactive program that helps children aged between 7 & 13 and their families adopt a long-lasting healthy lifestyle. The program focuses on improving:

- Eating habits
- Fitness
- Teamwork
- Overall health

Programs are led by qualified health professionals & take place after school running parallel with school terms. Children & their families become fitter, healthier & happier as they have fun, meet new friends & learn new skills.

Phone 1800 780 900 or SMS back 0409 745645 or visit https://go4fun.com.au/
RAVRA RSL
SUB-BRANCH YOUTH
SWIMMING CLUB

Come and give it a try
the first two weeks
free for new members

Season starts Sunday 12th October
9:30 – 11:30
Hornsby Aquatic Centre

REGO DAY
SATURDAY 13TH SEPT
10 TILL 2
IGA BEROWRA

Join us for the perfect opportunity to swim and compete in a friendly, relaxed atmosphere. We are a club for swimmers who want friendly competition - to go beyond swimming lessons - prepare for school races - or learn more about swimming as a sport.

Competitors enjoy swimming in handicapped races against other swimmers with similar abilities and times. There are also opportunities throughout the season for competing at Zone and State levels.

Come along for a fantastic day full of

ATTRACTIONS INCLUDE:

- Dodgem Cars
- Ferris Wheel
- Super Slide
- Side Show Alley
- Kindifarm
- Pancakes
- Sausage Sizzle
- Hot Dogs
- Gozleme
- Slushies
- Ice Crème Parlour
- Chocolate Wheel
- Market Stalls
- Show Bags
- Plant Stalls
- 2nd Hand Books
- 2nd Hand clothes
- Cake Stall & Cafe
- Trash and Treasure
- Rides, Rides and Rides.
- Entertainment
- Silent Auction

Location: In the school grounds, corner of Berowra Waters Road and Hillcrest

Rides from
10am - 4pm
Armbands valid
11am to 3pm

Come along for a fantastic day full of
Normanhurst West Public School
FAMILY FUN DAY
Sunday 2nd November
10am – 3pm
ALL WELCOME!

14 Exciting Rides
Fun Novelty Games
Huge Book Stall
International Food
Animal Petting Farm

Over 30 Market Stalls
Trash & Treasure
Pony Rides

Entertainment for all ages

Purchase Unlimited Ride Tickets Online Now $30. Great value for 14 rides and 5 hours of fun!! Go to www.flexischools.com.au and search for Normanhurst West PS

Ambulance • Art Show • BBQ • Balloon Bust • Cake Decorating • Cake Stall • Chocolate Toss
Face Paint • Fairy Floss • Fire Engine • Gutter Nails • Henna Tattoos • Hot Chips • Kiran’s Kurry Kitchen
La Thai Restaurant • Lolly Shop • Mini Makeover • Plant Stall • Plastic Art • Pre Loved Clothes
Police Horses • Showbags • Snowcones • Sponge Throw • Toys • Trash & Treasure • Turkish Gozleme

For more details and to check out the rides go to www.normanhurstwestpandc.com.au

Normanhurst West Public School
FAMILY FUN DAY
Our school Sponsors play a big part in the success of our Family Fun Day and it is important to acknowledge their generous support.
If you have the opportunity please thank them for helping our school.
if you want to
HAVE FUN,
HELP your
COMMUNITY
and gain
NEW SKILLS,
go to
www.pcyckbluestar.org
Be a friend
Make a difference

Compeer volunteers provide friendship to someone who is lonely due to difficulties with their mental health. An hour a week of your time can have a big impact on your new friend’s confidence and quality of life. Training and ongoing support is provided.

volunteer today
www.compeer.org.au
compeer.northernsydney@vinnies.org.au
(02) 9413 3091

A Special Work of the St Vincent de Paul Society

AUSTRALIA’S MAGAZINE FOR PARENTS OF ADOLESCENTS
EXPLORINGTEENS

Do you want to UNDERSTAND your teenager?
Are you looking for ACTIVITIES to entertain and engage them?
Do you need better ways to COMMUNICATE with your teenager?
Do you want to know about RESOURCES to help you or your teen?
Are you seeking comfort and reassurance from parents and experts with SPECIALISED KNOWLEDGE?

Then Exploring Teens is for you!

Exploring Teens is a brand new magazine for parents of Australian teenagers. No longer abandoned by the magazine industry whose focus has been on the 0-12 year age group, we provide the next level of support in your parenting journey.

We understand you, because we have teenagers too!
We intend to arm you with what you want and need to know about the wellbeing of your adolescents. Articles will cover communication, teen health - mental and physical, work and finance, gaming and book reviews, driving, travel, events for you and/or your teen, and more.

But, we need your support to survive and grow in our ability to continually meet your needs.

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