NAIDOC DAY 2014

On the 22 July 2014 NAIDOC Day was celebrated to embrace the indigenous culture at Asquith Girls High School. An aboriginal elder from the Kuring-gai people called Uncle Laurie, did a smoking ceremony for the assembly to welcome the spirits. He also talked about his heritage and the history of where he came from.

After the assembly the Year 8 students split into 3 groups and were taken to 3 different activities, each led by the aboriginal students. The three activities were friendship bracelet making (in indigenous colours), Indigenous dancing and canvas painting.

In the first group, the Year 8 girls were taught a modernised indigenous dance by an aboriginal choreographer, Thomas. They spent 40-45 minutes learning new aboriginal dance moves.

After learning the dance moves the girls formed little groups and painted their hand black to make prints on canvas. They got coloured paints and sticks to decorate the canvas.

When they finished their beautiful hand canvas they moved on to friendship bracelets. The leaders showed them the bracelets and then taught them how to make them. Friendships bracelets mean that one person holds one end of the bracelet and at the other end the other friend plaits it.

Everyone enjoyed the day and had a fantastic time and we would like to thank Ms Overhall for organising this amazing day.
Principals Report

Vision 2020 – Future Directions Strategy Update
The Future Directions Strategy for Asquith Girls High School will guide our school’s development of the 2015-2017 Strategic Plan and provide a sound platform for the years beyond. The planning process is on schedule, with surveys, focus groups and the community forum complete. Thank you to all the parents, students, staff and community members who attended the future directions strategy community forum on May 20, 2014 and their contribution, ideas and recommendations. They will help us build on our successes and plan for the future goals of our school.

The recommendations and findings report has been received from the consultants’ involved in the process. Five (5) key areas for development of future goals were identified:

1. Governance and administration
2. Student welfare and wellbeing
3. Curriculum
4. Teaching and learning
5. Community – informing and linking

The school executives have recently begun to prioritise areas identified in the report and drafting a School Management Plan. The draft report will be tabled for discussion with staff, students and parents/caregivers. Parents/caregivers will be given this opportunity at a designated P&C meeting. The report is available from school upon request.

My China Tour with DEC International
Last term I travelled to China on a business trip for the International Students Centre (ISC). I was accompanied by two other personnel, a Principal colleague and a DEC International Officer. The scope of our visit was to promote NSW government schools and brief potential candidates about our public secondary system and the opportunities offered to Chinese students seeking education in Australia. We visited Beijing, Shanghai, Shenzhen and Guangzhou. We met 21 education agents and took part in two large educational exhibitions in Shanghai and Guangzhou. This provided a great opportunity to talk about Asquith Girls and promote our school’s learning culture. I was pleasantly surprised to find out that they knew a lot about our school. This is obviously evidence that they have done their homework prior to our arrival. Overseas education is huge market in China. This year the number of international students at AGHS is 26. Our international students enrich our school fabric and broaden our cultural horizons by knowledge and understanding of other cultures. It was a wonderful cultural awareness trip and proved once more that no matter where we are in the world, parents’ priority will always be their child’s welfare and high grade education. Thank you to all staff that stepped up and supported the school during my absence.

School Development Day
In accordance with the DEC Professional Policy, the first day of each Term 1, Term 2 and Term 3 as well as the last 2 days of Term 4 are designated days for staff professional learning. Our last school development day was devoted to ‘Staff Well Being’ and ‘Accidental Counseling’. An outside agency was employed to run both workshops. The school has a strong commitment in delivering quality professional learning, as staff professional learning is an important component of quality learning outcomes for students.
Course Selection Information Evenings
Last term the school began the process of introducing a ‘Course Market Day’ for year 10 students. In week 2 of this term the course choice counseling continued by hosting information evenings for Year 8 and Year 10. School personnel and the Board of Studies Liaison Officer provided vital information regarding course choices for 2015 to students and their parents/caregivers.

The recommendation was voiced strongly by all; students and their family must consider carefully their curriculum choices by reflecting on the student’s strengths, abilities and course interests.

Last Friday the on-line course selection closed and the school will start the next step in the process; that is: which courses will run in 2015. These decisions will determine the school timetable for 2015. I would like to remind you that the school curriculum at AGHS is student driven. Subsequently it’s important to understand that courses offered will be determined by student choice. In case a student does not get a desired course, the Deputy Principal of the particular year will arrange a ‘one to one’ interview with the student. There may be cases where the presence of a parent/caregiver could be requested in such an interview.

Dance Evening
Congratulations to all dance students and Ms Eastley for an excellent dance performance. Those who attended the evening will agree; we are not short of talent!!! Well done all

The following is an extract from a parent.

‘Hi Adelaide
I have been meaning to send you this email expressing my thanks for a wonderful evening you put on for all of us dance parents the other week. I was truly 'blown away' (do people still use that term?) by the professionalism of the backstage team, the teachers and of course, the dancers. I think our girls are very lucky to have such an inspiring dance teacher such as yourself and to learn such a wonderful creative skill/art in high school.

Thank you for all your effort. I think you would find that parents would be happy to pay for such a professional, inspiring event in an auditorium any day.’

Thank you to our parent for her acknowledgement. Such comments give us strength to spread our wings of innovation further.

Drama HSC Performances.
I had the pleasure to view our students HSC drama, group and individual pieces, last week. I was extremely proud of them all. Thank you to Mrs Sekula for her counseling and support. Thank you to all parents for their presence.

HSC Performances and Submissions
It is important to note that many of our year 12 students have their HSC performances and practical courses submissions this term. Should you require further information please contact Head Teacher Faculty.

Leadership Camp
It was an absolute pleasure to accompany the girls this year. The students joined me in a workshop about:
- findings Vision 2020
- effective leadership
- effective leaders
- effective teams and their qualities.

What impressed me more was their ability to articulate their vision and passion for AGHS and their strong commitment to make a positive difference by contributing to whole school decision. Thank you to all staff involved and congratulations for their commitment to our leadership vision.

Reports
Last term all students received their Semester 1 reports. Any issues arising from your child’s report should be addressed to the relevant Year Adviser, Head Teacher or Deputy Principal.

Year 12. End of Year Celebrations.
Students and their families will receive detailed information about the ‘End of Year 12 Activities’ and a reminder regarding adherence to our school’s code of conduct. I ask you to go over this information with your daughters and clearly understand the school’s expectations and the consequences for overlooking these. Our school prefers to avoid disciplinary action and I trust there will be no need for this. Let’s all help make our school festivities positive memories for all of us.
LOTE News

We would like to welcome Tommy Chan to the LOTE team for Term 3. He is an intern from Sydney University completing his final Japanese practicum at Asquith Girls.

We are thrilled to have such a professional, diligent and dynamic teacher working with us!

Exchange Students

This year we have had many enquiries about student Exchanges. There are many companies that offer exchange programs but here are some Registered NSW Exchange Organisations. Further information can be found by visiting: http://www.decinternational.nsw.edu.au/study/student-exchange or by researching the individual sites below. Most organisations require students to be at least 15 years old. Please let us know if you are thinking of going on exchange!

Students at Asquith Girls High School will not be allowed to partake in an exchange in Yr 12.

- AFS Cultural Exchange Programs
- Australian Institute of International Understanding
- Nacel Australia
- Rotary International
- Society for Australian German Student Exchange
- Southern Cross Cultural Exchange
- Student Exchange Australia and New Zealand
- STS Student Exchange
- World Education Program Australia Ltd
- Youth for Understanding Australia Ltd

At the moment, we have three wonderful exchange students with us at Asquith Girls High School.

Yr 10 - Clemence Coudert from France (Nacel)

Yr 11 - Andréane Vallée from Canada (Southern Cross) & Iida-Lotta Mattila from Finland (Rotary Australia)

This is Clemence’s last term with us at Asquith but Andréane will be staying until the end of Term 4 and Iida-Lotta will be here until July next year!
Year 7 Patisserie Day

Year 7 students finished their semester of French last term with a Patisserie Day. Students enjoyed the delights of croissants, pains au chocolat, macarons and Orangina (a French orange fizzy drink). Before enjoying their picnic, students were required to order all this food in French and to pay with euros. A much deserved treat! Students are now studying Japanese for the second semester. At the end of year, students will choose either French or Japanese for Year 8.

Yr 8 Weekend d'Immersion at Milson Island

On Friday the 23rd May eight Year 8 students went to Milson Island for a French immersion weekend. Joining them were students from four other schools, Blacktown Girls, Mackellar girls, Manly campus and St Ives. The purpose of the weekend was to help the students with their French skills and their confidence in speaking. We left school during lunchtime with Ms. Palma and caught the train to Brooklyn and then caught the ferry to Milson’s Island. That night we watched a French movie called Un chat à Paris (A cat in Paris). The next day we were split into groups and over the course of the day, we participated in three activities, French texting, a drama lesson and learning how to write a letter.

Later on we had a tournament of Péタンque (French Boules). Then we picked groups and created plays that we would perform later. After dinner it was time to perform, which was amazing and helped boost our confidence (as they were in French), then we had a fun disco.

On our final day, we participated in a scavenger hunt with all of the instructions in French. Then we had a general knowledge trivia quiz and an official farewell. We were given free time before the ferry arrived to take us back to Brooklyn.

We had a great time and made new friends. We are extremely thankful that Ms. Palma who provided us with this opportunity and gave up her weekend for us.

Dana Bewick and Rebekah Grimmond Year 8
‘Concert Pop!’ by Theatre LOTE Fantastique

On Thursday the 24 July, the Years 8, 9 and 11 French classes attended a French Performance called ‘Concert Pop’ in the library. Pierre, the performer, was very funny and he sang very well. He involved us in many activities, such as dancing, singing and answering questions. He helped us enhance our French language and cultural knowledge. We all enjoying attending it and hope other Year groups are able to have the same experience.

By Tessa Hobday and Sarah Tingle.

Language Perfect World Championships

At the end of May, language students in Yrs 8 -11 languages participated in the Language Perfect World Championships. We would like to congratulate the following students who achieved outstanding results:

Gold Award (top 2%) - Sophia Carabetta and Erinn Branagh (Yr 8)

Silver Award (top 5%) - Chloe Liu

Bronze Award (top 10%) - Jasmine Brading, Kateland Dove, Tamara Dudfield, Bridgitte Holden, Sandra Macura, Isabel Persson, Brittany Rourke (Yr 8), Carly Dayhew (Yr 10), Jaime Lee (Yr 11)

Credit Award (top 20%) - Jessica Herbertson, Violet Lamey, Ella Kerney, Maravel Petalio Conte, Maddie Pyke (Yr 8), Kirrily Dunn, Laura Harvey (Yr 9), Hannah Brading, Georgia Koos (Yr 10) and Andréane Vallée (Yr 11).

Their awards have been presented at the school assembly.

Well done Asquith LOTE classes!

Year 12 HSC Speaking Examination Dates

French Continuers - Saturday 9 August

French Beginners - Saturday 30 August

Italian Beginners - Saturday 23 August

Japanese Beginners - Saturday 13 September

Japanese Continuers - Saturday 6 September

Swedish Continuers - Saturday 16 August

Stay tuned for…

Students from Naha, Okinawa Japan will be coming to Asquith Girls High School in Term 4. There are 76 students coming to schools in this area so we will soon be asking for host families. Watch this space!

On Fri 10 October (Term 4, Week 1), Year 8 students will have their restaurant excursion! You will receive a note home shortly.
Going overseas to race isn't any less exciting the second time. We were one of the first teams to arrive in Rarotonga, Cook Islands, where we had several days before competition (The Oceania Athletics Championships). I spent most of my free days by the pool, snorkelling in the reef just outside our resort, training and a day at the local Sunday markets.

All 22 countries stayed within the same resort and it wasn't until the Opening Ceremony that all competing countries came together. We marched into the resort as teams, led by esteemed flag bearers and were warmly welcomed by local school students 'coral singing' and dancing. At the ceremony the mayor officially opened the games and we were entertained with cultural 'Cook' performances. At the ceremony I was announced in the 4x100m relay which ignited my excitement to compete in both the hurdles and the relay.

Race day came upon me quickly and my nerves were high until race time. I crossed the line first in 15.01, improving my hurdles pb by a half of a second. I was over the moon with both the result and my performance and it was a definite bonus to share my excitement with my mum and sister who had travelled to watch. The relay was shortly after in which I was starter. Our Australian team finished 2nd place, under a second behind the girls from New Zealand.

Rather than just the outcomes of the competition, meeting such kind hearted and hard working people from the competing countries made the experience a whole lot more worthwhile and it was definitely a shame when we all had to leave. The experience made me extremely grateful and reminded me how important it is to take all opportunities with both hands.

Natalie Setiadji

Under 15’s Netball Schools Cup

On 20 May two teams of 9 Asquith Girls were selected to go to Willoughby to compete in a schools cup. Both teams played phenomenally well winning most of their games.

The team’s were coached by Year 10 Student Tiana Hazelwood, who did a fantastic job running training sessions before school prior to the carnival and organising the positions on the day for both teams.

All the girls showed great skill on the day and displayed awesome sportsmanship even when the calls did not go their way. Neither of the teams made it through to the next round of the competition, However the day was fantastic and the weather was great.

<table>
<thead>
<tr>
<th>Team 1 – Green</th>
<th>Team 2 – White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rachel Peirce</td>
<td>Elizabeth Argent</td>
</tr>
<tr>
<td>Taleah Gladden</td>
<td>Jordan Corbet</td>
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<tr>
<td>Kahlia Rae</td>
<td>Abby Smith</td>
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<tr>
<td>Molly Bird</td>
<td>Natalie Albace</td>
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<td>Layla Chakerian</td>
<td>Parneet Bhele</td>
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<tr>
<td>Charley Clements</td>
<td>Lucy Grimshaw</td>
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<tr>
<td>Ashleigh Gammie</td>
<td>Neve Parsons</td>
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<tr>
<td>Briahna Duke</td>
<td>Grace Roberts</td>
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<tr>
<td>Emily Bryant</td>
<td>Bella Eliasson</td>
</tr>
</tbody>
</table>

The girls and Ms Overhall would like to thank Tiana Hazelwood for her time and coaching skills before and during the event, Rebecca Rogers and Emma Brady for their outstanding refereeing of the games.

The parents who dedicated their time for the day to drive the girls to Willoughby and staying to support the girls during the day.

Mrs Overhall
**Engineers without borders**

*Engineers without borders* paid our school a visit, and 8F were fortunate enough to have a lesson instructed by these university students. Before beginning the practical work, they quickly educated us on: the different areas of engineering, the anatomy of the human leg and why this was relevant to the day’s practical activity. We were going to make a prosthetic leg using various everyday materials, which is what many people in third world countries are being forced to do every day.

We were given: a toilet plunger, 2 sponges, 2 rolls of rope, 2 small planks of wood, a PVC pipe and a limited amount of duct tape. In order to create this limb, we had to give it a certain range of movement, it had to be sturdy enough to hold the weight of the ‘limbless’ volunteer AND had to be reasonably pleasing to the eye. And the race began! In 30 minutes time, 6 groups had each created their own individual prosthetic leg. We then put it to the test. One member of each group was to walk about 5 metres using the leg and the university students and our teacher, Mrs Martin, would evaluate the functionality of each leg.

The overall winner was a tie, 2 groups scored a total of 12 out of 15. Even though the competitive mind-set of ALL the students was very evident, we learnt a lot and the lesson was a huge success!

*By Ashleigh McLeod and Ella Kerney - 8F*

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**Engineers Without Borders**

Science is usually a time when we look at our world on a smaller scale, analysing bacteria under a microscope. On Wednesday the 16th of July, we had our eyes opened to a much bigger world.

Engineers Without Borders is an initiative aimed at young engineers pursuing a career in solving global issues. The team explained both what basic human rights are and how the majority of the globe is being deprived of them. Cambodia is one such country that suffers these hardships; more specifically we focused on the issue of housing. Engineers are currently working towards more effective housing in the form of floating housing for regions affected by monsoonal tides.

The team set us a challenge that allowed us to break the barriers of traditional thought to find a solution. We ourselves had to design such a house and making us realise how difficult it was especially with such a tight budget. This made us realise that engineering isn’t just a field based in a lab but rather one that makes a difference in the world.

There were three women on the team, and their discussion with us made us realise that engineering isn’t just a masculine field, but one filled with opportunity. With subject selections in the forefront of our minds, this experience has caused us to consider new options. It has inspired us to make a difference in a field that we once thought wouldn’t have enabled us to do so.

Engineers without Borders has changed our outlook both on our own careers and the issues affecting our world today. We’d like to thank both our school, Asquith Girls High School, and Engineers Without Borders for providing us with this opportunity.

*Annika Reynolds, Natalie Rathswohl, Tash Barrow, and Jessica Binet.*

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2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
**Maths News**

7F had a challenge set by their mathematics teacher in Term 1 this year: they were to write every number from 1 to 40 using only four number 4s and any operation. For example, 16 is the same as $4+4+4+4$. The numbers 1 to 40 were written on the board in room 17 and they would stay there until the students completed the challenge. The students immerse themselves into the task and wrote about a third of the numbers in one lesson.

Then it got harder and harder, so only a couple of numbers were added every week. But after a bit over a term, and with a few contributions from years 10, 11 and 12, the challenge was completed at the end of term 2. Here is a photo of some proud 7F students with all the numbers before they were finally allowed to wipe the board:

….Well done girls! Mrs Font

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**Year 11 Ancient History**

Mrs Key’s Year 11 Ancient History class, along with the help of student teacher Mr Oliver drew up two life sized versions of Tutankhamun’s tomb in Quad A. The class split into two teams. The challenge was to draw the best, most accurate representation of the tomb including the artefacts that each room held. The rooms had to be the exact dimensions of the original tomb to win. In the end no winner was chosen because Mrs Key had never seen two groups put so much effort into perfecting the dimensions of the tomb and drawing with such passion. This was such a fun activity and a great way to visualise the magnificence of the tomb that belonged to The Boy King. Year 11 Ancient History have enjoyed having Mr Oliver teach them over the past few terms. We wish him luck with the rest of his studies and hope to see Mr Oliver back in the classroom in the future!

Jessica Steele
Year 11 Ancient History
**Legacy Junior Public Speaking**

Congratulations to Laura Cook, from Year 9, who has progressed to the regional final of the Legacy Junior Public Speaking Competition. Laura competed in the local final at Pymble Ladies College on Wednesday 16th November and was one of the three finalists selected. Laura had to deliver a five minute prepared speech – her topic was the lack of government transparency in regards to the processing of asylum seekers – and a two minute impromptu speech, the subject of which was ‘in the deep end.’

Laura delivered both her speeches with confidence, impressing the adjudicator with her use of clear and effective English. The regional final will run from 12th – 15th August, where Laura will compete against other local finalists from within the Sydney metropolitan area. Best of luck Laura!

**SRC NEWS**

*‘Asquith ‘Morning Tea’*

On Thursday 12th June the SRC organised a ‘morning tea’ to raise money for the Cancer Council and Motor Neurone Disease Australia. The oval was littered with picnic rugs to encourage students and teachers to mingle and chat with each other, while tables were set up with ‘morning tea’ boxes full of tasty treats. A big thanks to the Science faculty who showed good humour (and some awesome dance moves) in allowing the SRC to blast some tunes out onto the oval right under their staff room window.

As usual, the SRC should be commended for their creative fundraising ideas and excellent organisation. The event raised over $1000.00, and provided the whole school with an opportunity to get together and help out those less fortunate. Extra special thanks goes to Ms Gough, Head Teacher Leadership, who supported the girls in getting the initiative off the ground.

**SRC 2014-2015**

Congratulations to the newly elected SRC team. The following students have been selected by their peers to be part of the AGHS Leadership Team for 2014-2015:

**President:** Georgina Cant  
**Vice-President:** Samiha Asim  
**Secretary:** Mikayla Sonter  
**Treasurer:** Lauren Gallaway  
**YEAR 7:** Eloise Wilshaw, Elizabeth Argent, Amy Condren, Elyse Hall, Keisha Maksoud, Caleigh Thomas.  
**YEAR 8:** Emily Bryant, Francine Dayrit, Joyda Hackett. Kanika Khemlani, Ashleigh McLeod, Kate Williams  
**YEAR 9:** Laura Cook, Ruby Dashwood, Tiegan Gleave, Libby Wilson, Ana Vaka, Taylor Webb  
**YEAR 10:** Jessica Binet, Bianca Harris, Leilani Hughes, Madison Williams.

As a new SRC term begins, we say a sad but appreciative farewell to the Year 11 members of our team. Millie Ambrose, Michelle Carroll, Lauren Crowther, Emma Frost, Eli Li and Shayde O’Casey – thank you for your contributions. You have been amazing role models and fantastic advocates for making AGHS a more vibrant, creative and cohesive school community. It has been an absolute pleasure to work with you.

*Ms Fowler – SRC Coordinator*

The 2013-2014 SRC farewelling the Year 11 representatives at their last SRC meeting
On Thursday the 26/06/14, nearly 150 Students of year 11 Studies of Religion, year 11 Society & Culture and year 9 International Studies accompanied by Dr Ganeson, Mrs Key, Mrs Sahdeva, and Mr Oliver (a student teacher) went on an exciting excursion to visit a Hindu and a Buddhist temple located near Helensburgh about 2 hours south.

The day began at 7:15 am when we all arrived at school, climbed aboard the coaches we fastened our seatbelts and began the long journey. Relieved to be out of the cold and excited to begin our day we turned onto the freeway and were off. We were all excited and eager to be on this adventure to explore other cultures we had only read about in class.

Two hours later we arrived, happy to be off the bus and keen to explore the Sri Venkateshwara Hindu temple. We removed our footwear as per temple protocol and examined the magnificent elaborate cultural sculptures and carvings surrounding the temple. We were kindly given a highly informative, and interesting guided tour of both parts of the temple by Mr Nataraja, he was a goldmine of information and explained about all the deities and various religious practices undertaken within the temple. The tour through the temple was excellent but what followed was even better, we were all treated to a morning tea of delicious traditional Indian foods provided by the temples staff, hot drinks and samosas, and vadas (a savoury doughnut). The kind and generous hospitality of the volunteers at the temple was absolutely wonderful and greatly appreciated by the students and staff, they went above and beyond to make everyone’s experience spectacular.

After a lovely morning tea we said our thank you and goodbyes, took some group photos and climbed back on-board the bus to go to our second adventure. The Nan Tien Buddhist temple which is about 30 minutes further south, in Berkeley.

We walked through the beautiful peaceful gardens full of Buddha statues up to the gigantic set of stairs leading up to the temple. We had to stop for a moment to take in the absolutely stunning temple structure. We were treated to a lovely vegetarian lunch and then taken on a guided tour. After learning about the Buddhist culture the group was split into two, one group met with a Buddhist nun, meeting her was one of the best experiences, it was very calming and insightful listening to her and learning about what life is like as a nun. The other group participated in a Buddhist meditation session, learning Buddhist meditation from a Buddhist nun was indeed a unique experience. The day concluded with a wander through the well maintained temple gardens before we climbed back onto the bus where our wonderful driver David was waiting to drive us all back to school.

This excursion was a truly amazing experience, learning about the different cultures and meeting beautiful people with the kindest hearts who were so happy to share their cultures and hospitality with us all. All the girls who attended had a wonderful time and are so grateful to have received this fantastic opportunity. A huge thank you to Dr Ganeson for organising this excursion and a big thank you to all the teachers who spent this day with us.

Thank you for a fabulous day!

Bianca Rogers, Year 11
**Temple Visits**

On Thursday 26 June, it was an early 7:30am start for Year 9 International Studies and Year 11 Society and Culture and Studies of Religion classes. It was a long coach ride to the first temple, Sri Venkateswara. We met with our tour guide outside the temple who told us a bit about the structure and carvings around the temple. Before entering we were told to remove our shoes and were taken inside. The tour guide led us through the Shiva temple and showed us figures of worship and explained the roles of the Hindu beliefs as he walked us around the temple. He explained the reasons for customs performed by Hindus including customs using red powder and coconuts. The tour guide also took some questions for us.

The tour guide then took us to the Vishnu temple next door. He explained to us the beliefs of their evolution of the world and we observed prayer, or puja, done by a man who also offered us with holy water and food. We were offered delicious samosas for morning tea before getting back on the coach for the next temple.

Once arriving in Wollongong we could see the Buddhist Temple on the hill looking picturesque. As we arrived through the gates of the Nan Tien Temple, meaning Southern Paradise, we were greeted by the immaculate gardens and Buddhist monks and nuns roaming the grounds, as well as many other tourists and Buddhist worshippers.

We were firstly served a vegetarian lunch of fried rice, spring rolls and tofu by the volunteers in the kitchen. After this we split into two groups and were shown the museum, Lotus Pond and the main shrine also called the Great Hero Hall where our tour guide explained our surroundings and answered any questions we had. The 2 groups then met up again to begin a class. The year 11 Studies of Religion went to a talk with a Buddhist Nun who had been living at the temple for a number of years, while the remaining 3 classes attended a meditation session.

The Year 9 International Studies and Year 11 Society and Culture and Studies of Religion classes would like to take this opportunity to thank Dr Ganeson for organising the Temple Visit excursion and for all the teachers that attended on the long but very worthwhile and interesting day in Helensburgh and Wollongong.

**Shivani Patel and Natalie Taylor Year 11**

**Debating Success!**

Asquith Girls High School’s Stage 4 and 5 debating teams have been performing successfully against some tough competition in The Premiers Debating Challenge. The Stage 5 (B) has shown expertise and confidence in their debates. Although they won the first two of their rounds they were unsuccessful in their third round. This debate was against our own Stage 5 (A) team which unfortunately means the B team does not progress further. I’m sure they will all be keen to join in the debating competition next year.

Our Stage 5 (A) team of enthusiastic and hard working students won their first three rounds and has moved onto the Inter – Zone Round. This will take place on 13th August at Asquith Girls High and the team will compete against North Sydney Boys High.

Our stage 4 team of competent and keen debaters was successful in their first two rounds and will complete their third round in the next few weeks.

We can be very proud of our student’s sportsmanship and efforts. All the girls have enjoyed interacting with the other teams and participating in the debates. The students involved in the competition this year are:

Stage 5: Annika Reynolds, Amy Knott, Hannah Bradding, Georgie Cant, Laura Tierney, Maggie Humphreys, Laura Cook, Stina Langdren, Samiha Asim, Lauren Galloway and Rebecca D’Souza.

Stage 4: Jasmine Bradding, Tamara Dudfield, Emily Shilling, Jess Murphy and Bianca Hutchins.

Congratulations to all team members and we wish you continuing success!

**Lorraine Hawdon – Debate coordinator**

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**THE TAS DISPLAY**

**‘ROYAL ASQUITH SHOW’**

**IS COMING SOON!**

**SAVE THE DATE – TUESDAY THE 16TH SEPTEMBER 2014**

5.30PM - 7.30PM

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2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
**Connecting Learning & Life**

The introduction this year of Connecting Learning & Life (CLL) has been a success with students, parents and staff. Our Year 7 & 8 students participate in a CLL lesson once per fortnight run by teachers with a passion for wellbeing. The specific focus of the CLL program is to support students in taking positive action and responsibility for their physical, social and emotional health.

The program is designed to meet the personal, social and learning needs of stage 4 students. It aims to ensure that students feel safe, have a sense of belonging, have positive self-esteem, trust their teachers and accept responsibility for their learning.

Students have had an opportunity to participate in lessons to build essential knowledge, understandings and skills that will allow them to be active, effective and responsible participants in a 21st century society.

In Year 7, this has included lessons focused on:
- Communication skills
- Unpacking assessments
- Time management
- How to work as an effective team

In Year 8, this has included lessons focused on:
- Female Behaviour on the Media
- Effective electronic communication
- Cyber bullying
- Digital Footprint – Digital Citizenship
- Visioning their future

The students are enjoying the opportunity to engage in these lessons. Some comments from the students this year include:

“CLL has a lot of great tips and it encourages you to join in on team work such as building bridges out of lollies and talking about emotions and how to control them. It is also a great opportunity to get to know your class and make new friends” – Darcey Hiscock

“I like CLL because it is really enjoyable. I can relate to a lot of things. I enjoy having conversations with others that connect with me. I also learn and build on my teamwork skills. My favourite CLL lessons are the teamwork lessons because I have made friends and improved my teamwork skills a lot” – Samantha Nowell.

“I like CLL because it covers practical aspects of learning and life. For example, we covered studying in one lesson and in a more recent one we learnt about addressing our emotions as well as controlling them” – Corrine Konda

“I have really enjoyed going to CLL lessons. It is one of my favourite subjects. It teaches you things that will actually help you in life. I found the lesson about study helped a lot and I love all the fun activities. It teachers you great life skills and you do heaps of fun activities” – Amelia Welsh

“What I like about CLL is that it is fun and different. I like how we are learning about how to set goals for ourselves and I am learning that my tastes in sports, music, clothing, food and mainly everything will change. I like CLL” – Anonymous

“This year I have loved having CLL. Learning that all my goals are possible if I take small enough steps. That is the biggest thing I have learnt in this subject” – Anonymous

*Ms C Jeffs*
*Head Teacher HSIE (Relieving) & CLL teacher*
**NSW State Pool Rescue Championships**

Over the weekend (Saturday 26th – Sunday 27th July) I competed in the NSW State Pool Rescue Championships, representing Umina Surf Club at Woy Woy Peninsula Leisure Centre. After many hours of training, it was finally the big day and I was super excited.

There are several events, both individual & team contested in Pool Rescue including the 100m obstacle race, 50m with fins, patient tow and brick carry to name a few. I competed in every event for my age group and was very pleased with my results, ending up with several Top 10 finishes individually but the highlight of the competition for me was winning a bronze medal in the 4x25m brick carry relay with my team mates finishing 3rd behind two teams from Terrigal Surf Club.

It was a great feeling to win my first ever State Medal!

I’m really looking forward to the experience of swimming at the Australian Pool Rescue Championships at SOPAC in a couple of weeks.

Lily Perry 7F

**Rebecca Rogers Cross Country**

Rebecca Rogers recently competed in the North West Metro Girls zone for cross country representing AGHS. Rebecca placed first in her race at Zone level and was awarded age champion, she then went on to the Sydney North Regional Carnival held in Gosford. Rebecca ran a fantastic race on the day and again came first. Rebecca went on to compete at the all schools carnival, which is a combination of NSW public high schools, private schools and catholic schools. There were 99 people in Rebecca's age group and she managed to finish her race with an awesome time and come in 21st. Rebecca is pictured below with the Deputy Principal of AGHS Mark Robinson receiving her Medal for her outstanding efforts and achievement in cross country.

Well done Rebecca.

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**Can your Students Climb Sydney’s Tallest Building?**

We would love to invite your students to be part of the ‘School’s Challenge’ at this year’s Sydney Tower Stair Challenge on August 24. This is a great chance for teams of 4 to take on the 1504 stairs from Pitt Street Mall to the Observation Deck at the Sydney Tower Eye. **Participants have to be 12 years or older.**

Each stair climbed will assist Giant Steps who operate a school and intervention service for children and young people (2-20) who have been diagnosed with Autism Spectrum Disorder.

For more information and to register simply go to [www.active8change.com.au](http://www.active8change.com.au). Alternatively you can contact Steve Corrie at Active8Change on 0439 975 759 for specific event day information or Michelle Jocum at Giant Steps on (02) 9879 4971.

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2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
2014 Zone Athletics Carnival Wrap up

The 2014 Zone Athletics Carnival was held on Friday 6th of June at Sydney Olympic Park Athletics Centre, Homebush. The carnival ran reasonably smoothly and the day ran to schedule. Ms Carter, Miss Amor, Mr Nicklin and Mrs Horne attended the Zone carnival. Thank you to all the staff that attended on behalf of AGHS.

The girls from Asquith represented their school with pride and competed fiercely in all their events. Due to their dedication and athleticism they placed third in the North West Metro Zone with 1317 points which is a phenomenal effort. First place was taken out by Riverside Girls and second place went to Cheltenham Girls.

The following girls were selected to represent AGHS at the Zone athletics carnival

<table>
<thead>
<tr>
<th>Name</th>
<th>Surname</th>
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<tbody>
<tr>
<td>Lily</td>
<td>Jehn</td>
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<tr>
<td>Ainslie</td>
<td>O'donnell</td>
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<tr>
<td>Daila</td>
<td>Walker</td>
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<td>Katyeln</td>
<td>Bolster</td>
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<td>Georgina</td>
<td>Lemckert</td>
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<td>Maravel</td>
<td>Petalio Conte</td>
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<td>Kayla</td>
<td>Blonner Sullivan</td>
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<tr>
<td>Danielle</td>
<td>Israel</td>
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<tr>
<td>Kate</td>
<td>Johnstone</td>
</tr>
<tr>
<td>Jemma</td>
<td>Lewis</td>
</tr>
<tr>
<td>Rebecca</td>
<td>Rogers</td>
</tr>
<tr>
<td>Jasyln</td>
<td>Setiadji</td>
</tr>
<tr>
<td>Liana</td>
<td>Baker</td>
</tr>
<tr>
<td>Tiana</td>
<td>Hazelwood</td>
</tr>
<tr>
<td>Hannah</td>
<td>Jeppesen</td>
</tr>
<tr>
<td>Tara</td>
<td>Kissick</td>
</tr>
<tr>
<td>Lily</td>
<td>Mugridge</td>
</tr>
<tr>
<td>Mikayla</td>
<td>Sonter</td>
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<tr>
<td>Madison</td>
<td>Williams</td>
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<tr>
<td>Sally</td>
<td>Hawkins</td>
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<tr>
<td>Annabelle</td>
<td>Mawhinney</td>
</tr>
<tr>
<td>Annabelle</td>
<td>Rogers</td>
</tr>
<tr>
<td>Natalie</td>
<td>Setiadji</td>
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All the girls did a fantastic job at the zone carnival, Mikayla Sonter took out the age champion (16 years girls) of the zone. Well done Mikayla.

Everyone should be very proud of their efforts and sportsmanship over the both days.
Welfare Update
Myfanwy Gough - Head Teacher Female Students

- We welcome Mr Tony Nicklin to the school’s Welfare Team. He is the new Assistant Year Adviser for Year 8 and will be helping Ms Lara Palma.

- Please update your daughter’s medical records. A request for information was sent out earlier in the year. If your daughter has anaphylaxis, diabetes, epilepsy, asthma or any other medical condition the school must have a copy of her health care plan.

- Two cases of head lice have recently been reported to the school. Please check your daughter’s hair and read the information below.

Head Lice

Time from infestation to eggs hatching
Usually 7 to 10 days.

Symptoms:
Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.

Do I need to keep my child home?
No, as long as head lice management is ongoing.

How can I prevent spread?
Family, friends and classroom contacts should be examined and treated if infested. Clothing and bedding should be washed in hot water.

A case of Chicken pox has been reported to the school. Please read the information below.

Chicken pox

Time from exposure to illness
10 to 21 days, usually 14 to 16 days.

Symptoms:
Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.

Do I need to keep my child home?
Yes, for 5 days from the onset of the rash and the blisters have dried.

How can I help prevent spread?
Immunise your child at 18 months of age. Immunisation is recommended for children at 12 years if they are not immune.

A case of impetigo was also recently reported. Please read the information below.

Impetigo (school sores)

Time from exposure to illness
1 to 3 days.

Symptoms:
Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.

Do I need to keep my child home?
Yes, until antibiotic treatment starts. Sores should be covered with watertight dressings.

How can I prevent spread?
Careful hand washing.
Too sick for school?
As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety’s sake, if your child seems unwell you should always keep them home from school and seek medical advice.
School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E

Teenager’s seeking more independence
Knowing how much freedom and responsibility to give your teenager is difficult, especially if they’re your eldest or only child. To become capable adults, teenagers need to learn to make good decisions on their own and have opportunities to show you they can. The Raising Children Network website has a wealth of expert information and guidance for parents of teens and younger children. If your child is testing the boundaries and pushing for more independence, you may find the article ‘Shifting responsibility to your child’ worth reading. Go to www.bit.ly/1jCxKhe

Study help for high school
It’s often quite difficult for parents to assist their children with their high school homework and study. Even if we have professional experience in the subject area, children tend to find it difficult to take parental advice when it comes to school. (Don’t feel bad, teachers’ own children do exactly the same thing.) www.khanacademy.org is an excellent, not-for-profit website which may help your child study and revise tricky concepts in science, maths and the humanities.

YouthSource is a joint initiative of Northern Sydney Local Health District, the Department of Education and Communities, and North Sydney Council. Representatives from Northern Sydney Youth Health Promotion, Naremburn School, Arndell School, Pennant Parade Tutorial Centre (Karonga School), and Planet X Youth Centre came together in 2012 in recognition of an emergent need in Northern Sydney to inform young people of existing local services that cater to their diverse needs.
The YouthSource website and App will provide a central access point for youth friendly services and events throughout the Northern Sydney Region. YouthSource was created by young people for young people and those who work and live alongside them (i.e. parents, teachers, youth workers, professionals).
The YouthSource initiative aims to increase the dialogue between healthcare providers and youth; this will assist services in being more accessible and youth friendly, whilst empowering young people to take greater ownership of their health and wellbeing.
YouthSource has been funded through the Commonwealth Government’s “Every Student, Every School” initiative. A unique component of this collaboration is the inclusion of young people throughout every stage of the project. The ongoing development and maintenance of YouthSource will be driven by Northern Sydney Youth Health Promotion, which employs a team of local young people as youth consultants. DOWNLOAD THE FREE APP
SaintsCare Youth Services Northern Sydney offers information, advocacy, referral, counselling, case management, accommodation, brokerage and emergency relief. Semi-supported accommodation for young people who are homeless or in crisis in the Ryde & Hills area, must be in full time employment or education (or a combination of both).

**Appointment:** Required.

**Referral:** Not required.

**Catering to:** Ages 12 to 24. Young persons must be enrolled in an educational facility to use these services.

**Cost:** Both free and paid services.

**Bulk Billed:** Bulk billing is not available.

**Parent or guardian:** Not required.

**Languages:** English, Arabic, Chinese dialects, Italian, Interpreters available

**DETAILS AND OPENING TIMES**

176-180 Blaxland Rd, Ryde NSW
(02) 9809 7850
admin@nsyss.org

<table>
<thead>
<tr>
<th>Monday - Friday</th>
<th>9.30am - 4.30pm</th>
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<tr>
<td>Saturday - Sunday</td>
<td>All public holidays</td>
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P & C News

We are very much looking forward to our annual Father / Daughter breakfast. This year it is held on Friday August 29th, and we look forward to a great morning. We have the traditional bacon and egg roll, pastries with fruit, tea and coffee. We have the Wind Ensemble playing, and a guest speaker who is one of Australia’s eminent journalists. It will be a great time to spend time with our daughters in the school environment; meet our daughters’ friends and their fathers, and be entertained. The promo page is attached to this newsletter with the details. Please RSVP by email to treasurer@aghspandc.org.au so we can get the catering right. Please also note that Father / Daughter is a generic term. If a student’s Dad can’t come for whatever reason, then any other significant person in their life is more than welcome to come.

The September P&C meeting is our Annual General Meeting. It is imperative that we get more parents engaged with the P&C. As our daughters grow up and older, so do their parents! Both the Vice President and the President’s daughters are approaching their final school year, and their fathers’ usefulness to the P&C is also drawing to a close. Ideally, we would be replaced this year, and graciously hand over the workings of the P&C and its digital web presence over the next twelve months. We also have to appoint a new Treasurer for the Uniform Shop at the very least, so we need people willing to step up and take a valuable role in your daughters’ educations, a value that far exceeds the minimal effort required. Please call me on 0409 998 752 or Jonathan on 0414 445 883 if you want to find out more information on what is involved. Or come to our next meeting on Wednesday to try before you buy!! All positions are up for re-appointment, come along and see how you can support your daughters’ school and education.

Our next meeting is Wednesday August 13th, at 7:30pm in the staff common room. We will be finding out the goings on of the school, and discussing upcoming events for the P&C, and 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

IMPORTANT DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11—15 August</td>
<td>National Science Week</td>
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<tr>
<td>Wednesday 13 August</td>
<td>P &amp; C Meeting</td>
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<tr>
<td>Saturday 17 August</td>
<td>P&amp;C Working Bee</td>
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<tr>
<td>Tuesday 19 August</td>
<td>Investiture Assembly</td>
</tr>
<tr>
<td>Wednesday 20 August</td>
<td>Musicale</td>
</tr>
<tr>
<td>Wednesday 27 August</td>
<td>Science Expo</td>
</tr>
</tbody>
</table>

AGHS P&C UNIFORM SHOP
~ Now Open Mondays 8-9am ~

We Sell: 2nd Hand Uniforms plus
          New Cooking Apron/Cap
          New School Cap & Socks

New Poly-Cotton Jumpers In Stock
Poly-cotton school jumpers have arrived at last!
Sizes 14-22 in stock NOW - $60 each

We also have limited stock of
new sports shirts, track pants & jackets

Donations of 2nd Hand Uniforms gratefully received - Thank You!

2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
**Mathematics update ...**

On behalf of the Mathematics faculty, I would like to highlight some of the wonderful achievements and initiatives that have been happening in the Mathematics faculty so far this year:

- Alina Ali, Humira Zaman and Annika Reynolds participated in the Mathematics Challenge for Young Australians run by the Australian Mathematics Trust with Annika achieving a Credit - well done!
- 8 students from Year 8 and 9 have been selected to represent our school at the North Sydney Region Mathematics Association at Brigidine College St Ives on Monday 18th August, we wish them well.
- Year 9 had the opportunity for quality feedback after their last assessment and changed classes for 2 periods of “Reteach and Enrich”. This was a valuable exercise to allow students that were struggling with the concepts to be helped while others were extended. They will have the opportunity to showcase their knowledge in a future assessment task.
- MoTH (Maths on Thursday) has proved to be successful this year with many students taking advantage of this free service. It runs every Thursday in the library 3:15-4:15pm for Year 7-10. Please come along.
- In the school fees, there was a $10 contribution towards Mathletics for Years 7 - 10. Each student has a login and password and should be encouraged to use this valuable resource for consolidation at home and for preparation for assessment tasks.
- The Mathematics Faculty have been busy working on a smooth implementation of the NSW Syllabus for the Australian Curriculum for Year 7 and 9 this year and planning for implementation of the new Year 8 and 10 course for next year.

Looking forward to a fantastic Semester 2,

*Mrs Smith and the Maths faculty*

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**Maths On THursday**

A quiet place to complete your Maths HW  
Get free help from a Maths teacher  
Available to Years 7-10  
In the Library every Thursday 3:10-4:15pm  
See you there ... Bring a friend!!

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**Asquith Girls High School Anzac Assembly runner up in 2014 Anzac Day Schools’ Award**

Last week we were pleased to hear that the script and video recording of our 2014 Anzac Day AGHS Assembly was judged the runner up in the secondary school category of the Anzac Day Schools’ Awards. The Anzac Day School’s Awards are given by the Department of Veterans’ Affairs. Schools entering the competition must demonstrate that their celebrations of Anzac Day are relevant to the audience, demonstrate creativity, contain quality research, and show respect for the experience of veterans. The AGHS Anzac ceremony was held at school on the 29th April 2014. The responsibility for this ceremony was taken by 11 year 9 students: Libby Wilson, Rachel Maree Taylor, Laura Cook, Tiegan Geave, Tarna Rosentreter, Nherrie Pilley, Sarah Hampson, Rachel Paige Taylor, Shayde Savin and Tanaz Toossi Ardakany. These girls read a series of readings about the experiences of soldiers in World Wars 1 and 2 and showed a PowerPoint to accompany the readings. We were also lucky to hear from an invited guest, Captain Karlie Battese from the Australian Defence Force to speak about her experiences in Afghanistan. Musical accompaniment was provided by Peta Tavener from Year 11 played the Last Post and Rouse, and Naomi Dodd who played piano.

In recognition of the school’s achievement we will receive a plaque and a cheque for $500. Mr Paul Fletcher, the member for Bradfield will attend a school assembly to present the award to the students involved. Congratulations and thanks must go to all students and staff involved in the 2014 Anzac Assembly. The competition from other schools is always of a high standard and to be runner up in the 2014 Anzac Day Schools’ Awards is a significant achievement. AGHS won this competition 2007 and to be runner up in 2014 shows that the tradition of respect for Anzac Day is continuing.
NSW BAND FESTIVAL

Congratulations to the Wind Ensemble and Concert Band who performed at the NSW Band Festival at the University of NSW at Kensington on Sunday 20th July. Both the Concert Band and Wind Ensemble were awarded a SILVER award. Well done Girls!

MUSICAL

Our annual music evening “Musicale” will be held on Wednesday 20th August at 7:00pm in the school hall. It will feature Year 12 HSC Music performances as well as performances from Concert Band, Wind Ensemble, Stage Band, Vocal Group and Junior Choir. Tickets will be available at the door for $5.

FEES

All members of the extracurricular music ensembles including Wind Ensemble, Concert Band, Stage Band, Vocal Ensemble and Junior Choir are reminded that payment for Term 3 is now due. Please pay your fees to the front office. Fees are as follows:

<table>
<thead>
<tr>
<th>Ensemble</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Membership for Wind Ensemble, Concert Band or Stage Band</td>
<td>$70 per term</td>
</tr>
<tr>
<td>Additional Membership for either Wind Ensemble, Concert Band or Stage Band</td>
<td>$20 per term</td>
</tr>
<tr>
<td>Vocal Group or Junior Choir</td>
<td>$30 per term</td>
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</table>

DANCE NIGHT

On Thursday 24 July, all dancers from elective dance, HSC students and Dance Companies and Ensembles performed various dance works and sequences for our annual Dance Night. The night was a huge success thanks to the hard work and dedication of Miss Eastley.

The HSC students would like to thank their dancers for their time and talent during the HSC dance compositional process – Ruby Dashwood, Sabrina Watson, Danielle Israel, Amber Blisset and Erin Yelland. Miss Eastley would like to thank Mrs Sekula and the Stage Crew for their assistance and support in running the event.

We look forward to seeing you at the AGHS Dance Night 2015!
LEARN TO SAIL COURSE

Have you ever wanted to learn to sail? Here’s your chance!

Hornsby Kuring-gai Sailing Club (PCYC) has been teaching young people to sail for over 45 years on the beautiful Hawkesbury River.

- Open to children (generally 8-13 years) who love being on the water.
- Saturday mornings Sept to Mar

Skills taught
  - Water safety
  - Capsizing
  - Knot tying
  - Rigging
  - Boat handling
  - Sailing dinghys

- Supervision and activities provided by qualified club members.
- Learn about sailing safely.
- Numbers limited.

Interested?

For more information:

- Enquire by emailing the club: hornsbysailing@gmail.com
- Call - 0418251751
**WANTED: New York CAPA Tour Sponsorship**

In September, 49 Asquith Girls students will be travelling to New York as part of an outstanding Creative and Performing Arts educational opportunity. In New York the girls will be participating in workshops and mentoring sessions with industry professionals. We are hoping to raise extra funds to help alleviate some of the cost to parents and are asking local companies and small businesses for their assistance in achieving this goal. In return we are offering valuable, local advertising through our school newsletter which is published monthly, with a further opportunity to advertise on our school website.

Below are the details concerning the sponsorship levels.

* **$1000 Platinum Sponsorship:** Your company name and logo on the school newsletter (Published monthly) and in an article on the AGHS school website with hyperlink to company website – From April to December 2014

* **$750 Gold Sponsorship:** Your company name and logo on the school newsletter (Published monthly) and in an article on the AGHS school website with hyperlink to company website – From April to September 2014

* **$500 Silver Sponsorship:** Your company name and logo on the school newsletter - Published monthly from April to December 2014

* **$250 Bronze Sponsorship:** Your company name and logo on the school newsletter – Published monthly from April to September 2014

If your organization would like to participate in this sponsorship opportunity, please contact Ms Alana Lewis (CAPA Tour Sponsorship organiser) on 9477 6411 or via email at asquithgirl.school@det.nsw.edu.au

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**Many Thanks to Chris Scaife and the team at Coolibah Building & Design Pty Ltd for becoming our first Sponsor.**

**Coolibah Building & Design Pty Ltd**

Unit 6, 22 Leighton Place, Hornsby NSW 2077


Coolibah Building & Design are a professional North Shore building company, offering premium services within the construction industry. We specialise in **home additions and alterations**, building and renovations, **decks and pergolas**, extensions and home improvements in the North Shore area. We have been recently named one of the best North Shore builders.

---

**Thanks also to Paul Kingston (General Manager Schoolwear) and the team at Lowes Hornsby for their continuing support of our School, becoming our second sponsor for the New York CAPA Tour.**

Asquith Girls High School uniforms can be purchased at our local Hornsby outlet, and their friendly staff is there to help cater to all our schooling needs.

**Lowes Hornsby**

Shop 1063, Westfield Hornsby, 35 Hunter Street, Hornsby, NSW 2077

Phone: (02) 9477 5169

Measles, Mumps and Rubella
High School-based Catch-up Vaccination Program 2014

Many teenagers and young adults are catching measles, especially while travelling abroad or from someone who has brought the disease into Australia from overseas.

Who is at increased risk?
Teenagers and young adults are at higher risk of measles, mumps and rubella (MMR) because many of them missed one or both of their routine MMR vaccinations as infants and/or the second dose of MMR vaccine was not included on the National Immunisation Schedule during their childhood.

Up to 2 in 5 students are not fully vaccinated against measles, mumps and rubella (MMR). Teenagers and young adults are also likely to travel for schoolies or other holidays to countries where measles is more common, including Thailand, the Philippines and Bali.

What can you do?
Our school has been identified as possibly having a high number of students who have not received MMR vaccination. Two doses of MMR vaccine provide life-long immunity. The local Public Health Unit will be offering one dose of free MMR vaccine to students in Years 9 & 10 on Friday 22nd August. Parent Information Kits have been sent home soon and parents should:

- read the information provided
- check your child’s vaccination records
- complete the consent form if you would like your child to be vaccinated and return the signed consent form to school ASAP.

Parents can check your child’s immunisations in their Blue Book or ask your GP. If parents are unsure or unable to find their child’s records, it is safe for your child to receive another dose of MMR vaccine.

After vaccination, a Record of Vaccination will be given to children and parents should inform your GP that MMR vaccine has been given. If this is the child’s first dose of MMR vaccine, you should contact the GP to arrange for your child to receive a second dose of free MMR vaccine in 4 weeks’ time.

What is measles?
Measles is a very infectious virus that is spread by coughing and sneezing and causes fever, cough and a rash. Measles is often a severe disease that has complications such as middle ear infection, lung infection, and diarrhoea. Measles infection during pregnancy can cause in miscarriage and premature delivery. Brain inflammation can result in permanent brain damage.

What is mumps?
Mumps is an infectious disease causing swollen neck glands and fever. One in five male teenagers/ adults with mumps develops inflammation of the testes. In females, mumps infection in the first three months of pregnancy may cause miscarriage. Mumps can sometimes cause fertility problems, permanent deafness and brain inflammation.

What is rubella?
Rubella, also known as German Measles, is an infectious disease causing rash, fever and swollen glands. A number of patients develop bruising or bleeding and many develop brain inflammation. Infection in the first three months of pregnancy will result in nine out of 10 babies having a major congenital abnormality, such as deafness, blindness or heart defects.

Why is vaccination important?
MMR vaccine is safe and has been used for over twenty years. Any link between MMR vaccine and autism or other health conditions has been disproven by many studies and experts.

Where can I get more information?
More information will be provided in the Parent Information Kits that has been sent home. Additional information is available on the NSW Health website at www.health.nsw.gov.au/measles.
asquith girls HS - developing high achieving young women who are responsible and independent leaders and learners.

why this brochure has been created:

...
WHAT'S ON IN TERM 3 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
* Understanding teenagers today & communication skills
* Emotional intelligence skills
* How to prevent behaviour problems & conflict resolution
  Chatswood 5 wks/2.5hrs  (12/8 - 9/9, 7.00-9.30pm)

Dealing with Teen’s Backchat Workshop
* Learn how to restore a respectful & positive relationship with your teenager
* Understand what it is like being a teenager today
* Learn how to talk so that they listen & how to listen so that they talk to you
  Chatswood (5/8, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (13/8 - 10/9)

Three P (Positive Parenting Program) Course- Chatswood (28/7- 8/9)

NEW Communicating with Kids Workshop (based on PET)-Chatswood (4/9)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830
* Dealing with Teen’s Back Chat
* Transition to High School
* Triple P Seminar Series (Teens)
* Resilient Kids
* Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)
* Understanding Your Toddler/Discipline & Tantrums
* Tucker without Tantrums/Toilet Training
* Speech & Language Development/Sleep
* Triple P (PPP) Seminar Series (1-12 years)
* Older Sibling - New Baby
* Transition to School
* Grand Parenting – Chatswood (15/9)
* Communicating with Kids

Enquiries: Child & Adolescent Parenting  9887 5830
Public Transport

No smoking at public transport stops and stations

Section 5A of the Smoke-Free Environment Act 2000 makes it an outdoor public place 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;
- Taxi ranks; 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 regardless of whether they are the only person there at the time.

This is the reason for the law - because a smoker may be the only person on 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 ciggies.

Will a person break the law if they are passing by a public transport stop, such as a bus stop, while smoking? No. The law comes into operation because it works that if no one else is in the vicinity of a bus stop or light rail stop or taxi rank while smoking. The law is there to 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 stops 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 law applies to stations. There is generally not a clearly defined area which constitutes a light rail stop, bus stop or taxi rank, so signage is not 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 diverse types of public transport stops. No smoking signage is strongly encouraged to increase awareness of the smoking ban by public transport commuters.

Sports Grounds

No smoking in spectator areas at public sports grounds

Section 5A of the Smoke-Free Environment Act 2000 makes it an outdoor public place smoke-free. Smoking is banned in spectator areas at sports grounds and other recreational areas in NSW. However, smoking is only banned when an organised sporting event is being held.

Major sporting events are included under the definition of a public sports ground and are required to comply with the law. Other outdoor sporting facilities, such as local Council playing fields, are also covered by the law.

Is smoking banned only in spectator areas which are covered? No. The smoking ban applies to all spectator areas at sports grounds and other recreational areas where they are being used for an organised sporting event.

The ban applies to both covered and uncovered spectator areas and whether smoking is permitted or not.

Does the ban only cover the time that the players are competing? No. The smoking ban applies for the entire duration of the organised sporting event.

This includes pre match and half time games and entertainment that forms part of the sporting event.

Is there a sport practice session regarded as an organised sporting event? Yes. Where a practice session at a sports ground is regarded as an organised sporting event for the purposes of the Act.

Will there be signage to indicate where smoking is not permitted? Due to the vast area of different sports grounds and recreational areas, the law does not require signs to be displayed to indicate that smoking is not permitted.

However, smoking signage is strongly encouraged. Signs may be required in the future if regulations are made requiring a class of sports grounds or other recreational areas to display signs.

What is a spectator area? A spectator area is an area set aside for or used by spectators to watch an organised sporting event at a sports ground or other recreational area, but only when an organised sporting event is being held there.

Parent Forums

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, 816 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@kem.nsw.gov.au

For more information on the forums contact KYDS on 9416 8243 or visit www.kyds.org.au

Facts - Trends - Issues - Empowerment

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Call 1300 300 496
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CONTACT DETAILS
Have you changed jobs, moved house or changed phone numbers (including work and mobile) or have a new email address?

Please make sure your details are up to date so we can contact you when your child needs you.

Changes must be advised in writing. Change of Details forms are available from reception.
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