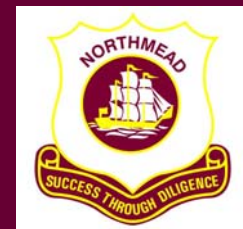


The Achiever



Northmead Creative and Performing Arts High School newsletter

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Mrs F Clifton (Deputy Principal)

Mr M Milne (Deputy Principal)

No 2 Term 1

APRIL 2018

IMPORTANT DATES

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March 27	HAST TESTING
March 29	Cross County Carnival
March 30	Good Friday
April 2	Easter Monday
April 3	Parent Teacher 7, 9 11
April 4	P & C Meeting (AGM)
April 10	Parent Teacher 8, 10, 12
April 13	Anzac Day Ceremony
May 2	P & C Meeting

TERM DATES 2018

Term 1	30/01/2018— 13/04/2018
Term 2	01/05/2018—06/07/2018
Term 3	24/07/2018—28/09/2018
Term 4	15/10/2018—19/12/2018

SECOND HAND CLOTHING

Parents/Carers,

Your help is required!!

We are in desperate need of second hand uniforms.

If your child has outgrown their school uniform and it is still in good condition - Why not donate it back to the school? We would really appreciate the donation and will find them a good home.

PLEASE NOTE

Parent Teacher Interview—
Yrs 7, 9, 11—Tuesday 3rd April.

Parent Teacher Interviews-
Yrs 8, 10,12—Tuesday 10th April.

Make your booking online.

Achiever of the Month—Angeline Camilleri



Angeline Camilleri of year 9 was chosen to represent Northmead CAPA at the Annual Clift Public Speaking Competition, organised by the Parramatta Rotary Club held at Parramatta RSL on 26th March.

Angeline competed against four other schools, presenting both a prepared speech and an impromptu speech. Angeline's prompt was to consider today's world based on the relevance of the words from Martin Luther King's famous speech "And even though we face the difficulties of today and tomorrow. I still have a dream." Angeline spoke about the racism and gender inequality prevalent in today's society.

The impromptu speech, in which she had two minutes to prepare, was based on the idea that a real life friend is just as important as an online one. Angeline should be commended on both of her speeches and skill as both a speaker and speech writer. She spoke eloquently regarding both topics and we look forward to seeing her progress as a speaker in the future.

PRINCIPAL'S REPORT

I trust that everyone is now settled back into the habit of school and that students are clearly focused on achieving their best. There have been a myriad of events, I hope you have been able to enjoy some of these events: Open Day and Night, Mocktail Evening for Year 7 parents, P&C Welcome to the School meeting, Congratulations to all the students who proudly served as ambassadors on these occasions, in particular thanks to our Captains Suren Misaghi and Annie Brown, the Hospitality students and the Entertainment crew, and of course the performers who showcased their talents.

The first of our **Parent Teacher Nights** for Years 7, 9, and 11 will be held on 3rd April followed by Years 8, 10 and 12 on 10th April. Parents who attend these evenings are appreciative of the feedback given to them about their child's learning. I look forward to seeing you on the evening. I hope this helps parents to provide the guidance students need to perform to their own personal best.

Interim reports for Year 7 and 11 have been issued to parents providing an idea of how students have transitioned into their new courses. I hope parents will find our **interim reports** useful in identifying areas of strengths for students and in particular areas where students can improve or direct their energies to achieve at an even higher level

Harmony Day was celebrated on 23rd March. The day was run by the Multicultural Committee to celebrate diversity and unity within our school community. Mrs Squires with help from Ms Simpson organised an enjoyable day which celebrated the diversity and richness of our society. One project with the help of an artist, Mike Freedom from the Literacy Foundation, saw our recent arrivals collaboratively design and paint a Harmony mural, soon to be found in the Quadrangle to remind us all of our varying backgrounds and the harmony that we create together.

This week has also seen the beginning of the **Max potential Project**. This is a student leadership program sponsored by Castle Hill RSL which focuses on firstly personal leadership and then leadership in general. Jaxon Moala, Daneal Gardiner, and Shujaarth Ahmadi, Year 11 successfully won three of these scholarships. I am very proud of our Northmead CAPA High School students.. A school is only as good as its students; our students are impressive and have wonderful skills in a variety of areas.

Congratulations to Angeline Camilleri who represented our school at the Rotary Club's Clift Public Speaking Competition. Five schools competed in the Parramatta District. Angeline was very impressive in her prepared speech highlighting the relevance of Martin Luther King's speech: "And even though we face difficulties of today and tomorrow- I still have a dream" and also in her impromptu speech about how online friends are just as important as real friends. Thank you to Angeline for representing our school in the wider community so well and to Ms Quinn for her coaching.

PRINCIPAL'S REPORT

Meeting Minimum Standards testing has occurred this term. As you know the current Year 10 need to meet a minimum standard to be eligible for the HSC. We are delighted to report that 85% of the students who completed the test this term have been successful. Congratulations to those successful Year 10 students. Remember, if you still need to meet the Standards there are opportunities available twice every year for you to complete the testing.

I hope your month has been enjoyable as mine. It is such a pleasure to work with such fine young people on a daily basis.

I look forward to seeing you at the next P&C meeting on 4th April.

Regards
Narelle



After being elected by my peers at the New South Wales Constitutional Convention, at the end of 2017, I had the amazing opportunity to attend the National Schools Constitutional Convention in Canberra, from the 20-23 of March. At this convention, students from schools in every state and territory came together to discuss Section 44 of The Australian Constitution, which regards the disqualification of elected Members of Parliament and Senators, meeting several political figures and learning a great deal about Australia's historical values and how they have changed over time to become what they are today. As a group, we sat in on a question time, getting a look into the dynamics of the Senate and observed the debate between Senators on an array of topics, from the Minister for Education, Scott Birmingham's comments on the Victorian Catholic Education Office to bushfires in NSW and Victoria and America's National Rifle Association.

Travelling to Old Parliament House, we had the opportunity to listen to a variety of speakers discuss and answer our questions about Section 44, and the Constitution as a whole. Including, Andrew Phela, Chief Executive of the High Court of Australia, Professor George Williams, Dean Faculty of Law at UNSW, Professor Kim Rubenstein and Ryan Goss of the ANU Faculty of Law, we received a great insight into the details of our Constitution which makes it so difficult to interpret clearly, as well as the personal views and interpretations of Section 44 and its relevance in modern Australia.

To get a picture of how Australia's method of controlling the disqualification of MP's and Senators, we heard from Charles Reeves, Deputy High Commissioner from Canada, and Andrew White, First Secretary of the High Commission from New Zealand. These speakers highlighted the similarities and differences between our Constitutional obligations of federal elects and those of similar nations with whom we have strong ties, Canada and New Zealand. We then met the Governor-General, Sir Peter Cosgrove, at Government House and proceeded to have dinner at The High Court.

Again, as a group, we heard about the intricacies in which Australia's referendums are held from Megan McCrone of the Australian Electoral Commission, and held a mock referendum regarding our views on what changes should be made to Section 44. The referendum put forth was voted on by each student, as passed in favour of "Yes", with each state having a "Yes" majority, except Queensland.

This amazing opportunity was one I hope that future students have the chance to take, as I not only learnt a great deal about Australia, but also formed incredible friendships with students across the State and the nation. I hope that like this year, Northmead CAPA High School is represented at such an incredible event in years to come.

- Jesmond Connolly Borg, Head Prefect, Yr 12

Harmony Art Project



Year 11 Student India Lewis, participated in the Harmony Art Project, created by SBS and CMRC in a partnership with AMBUSH artists. Students from Aboriginal and Torres Strait Islander backgrounds, as well as students from refugee backgrounds worked on a the collaborative project for Harmony Day 2018 which is displayed at Darling Quarter, Darling Harbour. The artworks will be on display until the 27th April and then will be returned to the community, to be displayed in a local settings.

The project is an opportunity for young people to express how they are feeling about their world. The Harmony Art Collective brought together young people from diverse backgrounds, to collaborate with professional artists on a large scale urban artwork.

This artwork reflects their unique narratives, identity

and role in their local community. The workshops were run in six locations around Australia.

This year, the Harmony Art Collective have recruited another four Australian artists known for incredible urban artworks, including internationally renowned illustrator Jeremyville; the first Archibald Prize-nominated street stenciller, Luke Cornish, aka Elk; one of Australia's finest muralist and contemporary street artist, Fintan Magee; and illustration and monochrome mural master, Georgia Hill.

Between them, the four artists have worked with local community centres in Darwin (NT), Westmead-Girraween (NSW), Wyndham (VIC), Mirrabooka (WA), Ipswich (QLD), and Salisbury (SA) over the past five months.

Alongside the exhibition, the project also produced four fascinating short documentaries on the national workshops airing on SBS Learn, which is available via <https://www.sbs.com.au/learn/harmonyart> under VIDEOS

And each of the 4 parts will be uploaded to SBS VICELAND Facebook week <https://www.facebook.com/SBSVICELAND/videos>

Congratulations India, on your contribution to such a wonderful project.

CAPA MARCH NEWSLETTER

OPEN DAY

We would like to extend a huge Thank you to all the dance and music students who performed during our Open Day formalities on Tuesday 13th March. They all did an exceptional job performing their HSC pieces for prospective families.

Also, thank you to students rehearsing in our amazing performance and visual art spaces for parents and students to see. We appreciate your time and effort.

VISUAL ARTS - Mikala WHITING, MIKAELA HOOKE, SAMANTHA SALTER & LUNA POWER

DANCE

Tamsyn Craig, Jessica Frater, Hannah Hayes, Riley Head, Brianna Head, Alyssa Craig



MUSIC

Thomas Kern, Samuel Hiller, Sharlize Tani, Shayla Robson, Arianne Fontanilla, Thea Djukic, Bailey Cummings, Tahlia Brennan, Jessica Wellham, Eklavya Mudgil



First Round - CAPA AUDITIONS for 2019

CAPA staff held the first round of auditions for intake in 2019.

What a great turn out for CAPA!!

We witnessed some amazing talent and would thank all the candidates for their strong auditions. Well done and we look forward to working with the successful candidates in 2019.

"DANCE OFF" CAMP 2018

Again the Dance Off Camp will be held this year during Term 1, Week 10.

Some of our talented dance students from years 7-12 will be representing Northmead CAPAHS at this 4-day residential camp.

This is an exceptional opportunity for these dancers to work with highly regarded professionals in the industry as well as other talented dancers across NSW.

Enjoy the camp ladies and we look forward to hearing about your experiences.

CAPA JACKETS

A reminder to all Dance/Drama/Music Ensemble and Company members - that CAPA representative jackets are compulsory. Jackets are only to be worn to outside curricular events. It is not part of the School uniform.

Please ensure you purchase your CAPA jacket from the uniform shop ASAP. We will begin our performances Mid Term 2, where all performers will need their jacket by then.

Life skills centre stage with high school performance

Staging a school drama production may seem a daunting task, but according to Warren Flanagan of Northmead Creative and Performing Arts High School it's a task well-worth the benefits to students, teachers, and the wider school community. *School News* caught up with Mr Flanagan to demystify the process and help equip teachers for taking on a student cast.

Suzu Barry: What are the legal considerations for putting on musicals? Copyright for songs and plays and what about if students write the play?

Warren Flanagan: In many cases, you have to apply for the rights to use creative content. Necessary rights vary in cost



Warren Flanagan

depending on the musical or play. Hal Leonard Australia provides all information on rates and fees, rehearsal material and orchestral material.

If students write their own material, they have to make sure their work is original and does not plagiarise other works. This also includes using iconic characters

or branding such as Mickey Mouse as you have to seek approval for the use. However, you can create adaptations from stories for example creating a modern adaptation of a Shakespearean play as plays by Shakespeare, Wilde and many other pre-twentieth century plays can be performed freely without obtaining a licence.

You DON'T need a licence if your production will be performed only for students and staff as part of your usual school activities, within school hours and no outside guests will be present.

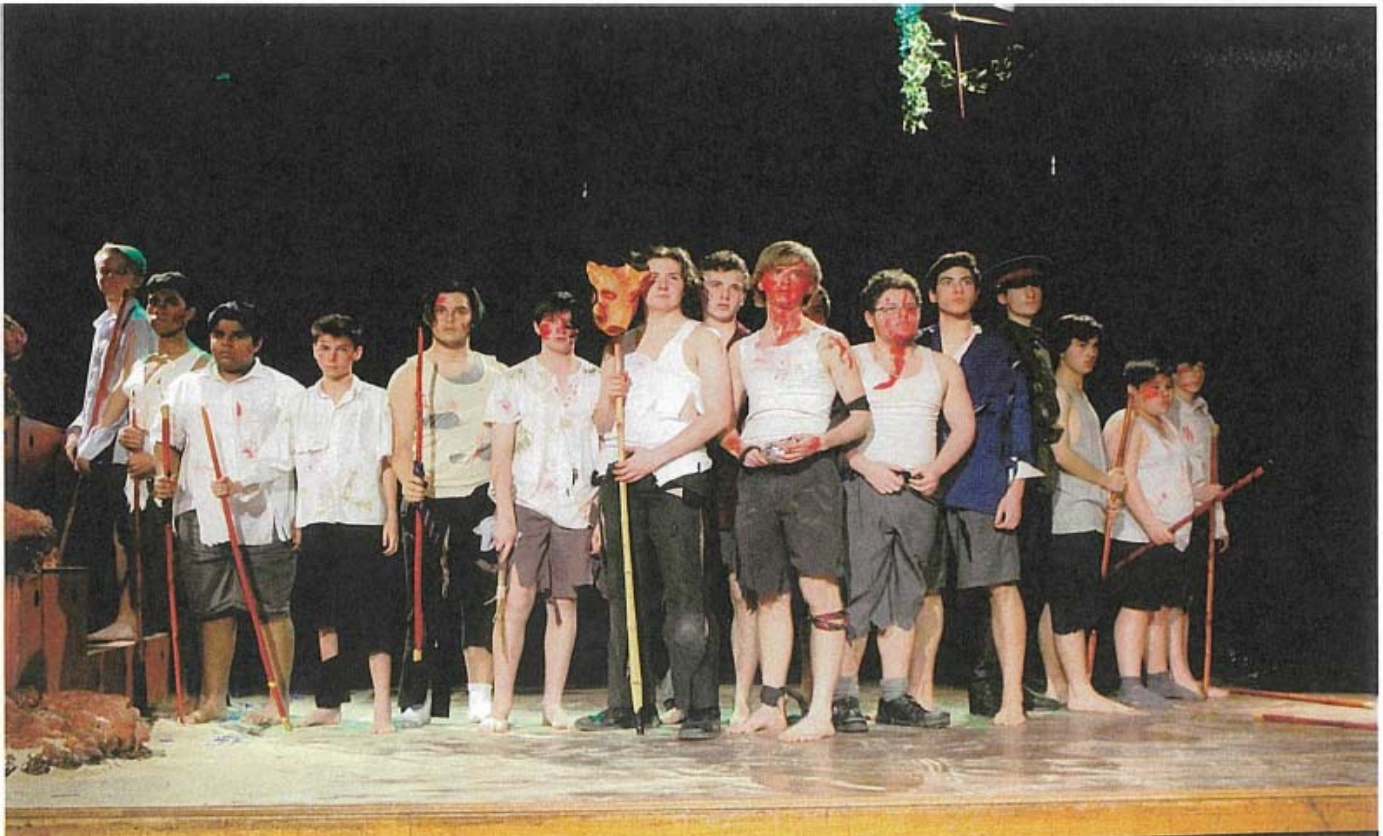
You DO need a licence if the production will be public. That means anyone who is not a current student or staff member at the school will be present (whether or not they have to pay for a ticket) or the performance will take place outside of normal school hours.

Almost every song, musical or play performed in public is subject

to the payment of royalties, and this includes excerpts, except in cases where copyright is no longer required, because the period of protection has expired (70 years after the artist's death).

You can use songs in your devised play, however, you still need to seek approval and buy the licencing rights to have the songs played during your production. APRA and AMCOS Australia provide information on licensing rights for music. However, students can write their own musical score as there are no licensing rights for originality.

My advice is to do both (scripted and devised) for experience, as you learn new things along the way. Producing a play or musical is never the same experience twice, as there are always new challenges to face. The remarkable thing about producing a student-devised work is the satisfaction of witnessing a student's creative production coming to life on stage.



SB: How does costume provision work these days – not so many stay at home parents to sew on sequins and ruffles?

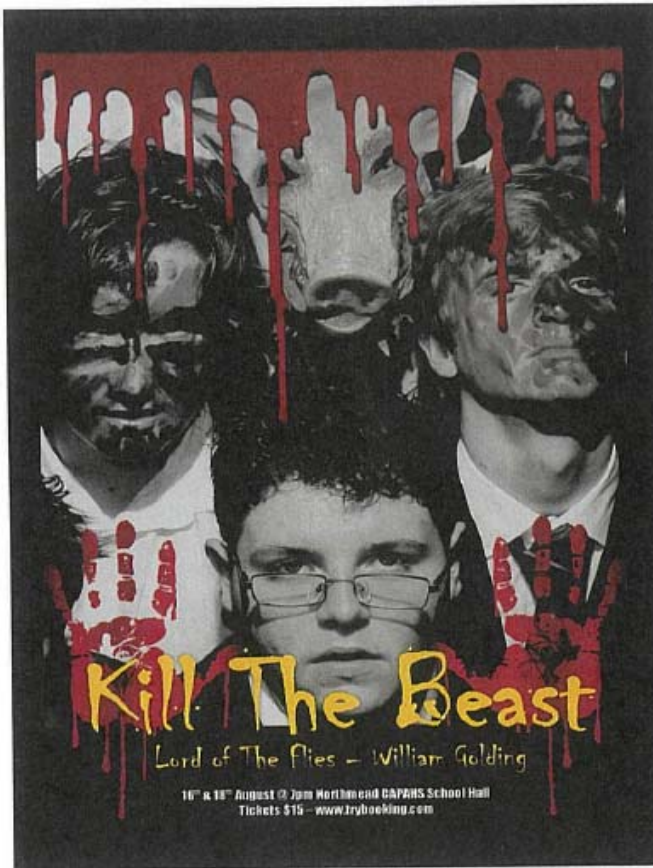
WF: Sourcing costumes from Op shops, eBay and Gumtree are the best, as you find things that save you time. Get in contact with local theatre groups and schools that may have a costume wardrobe they are willing to lend, rent, or in some cases, donate. Seek, ask, and you shall receive.

Advertise within your school community for a group to help out with costuming. You'll be surprised at how many parents or grandparents will be interested to attend, bringing an array of creative skills.

SB: What sorts of AV equipment is required for a school to put on quality performances? Is it just a PA? What about lighting?

WF: For a quality performance, I would seek out equipment to mic the stage properly for effective audio projection. This may require an assessment of the performance space and venue, making sure the audio equipment will satisfy the acoustics, and that there is a clear balance for the performers as well as the audience. Hiring equipment for audio can be costly, however some companies are willing to negotiate to give you the best deal.

I believe lighting is very important as it creates the atmosphere within a production. Once again,



lighting hire companies are willing to help - patching in lights with special effects and will even demonstrate how to operate and cue lights into the lighting desk. Visual projections are a great way to utilise the stage to add to a set creating depth or even create a minimalist effect.

Overall you can hire an operator for lighting and sound. Try to provide students with the opportunity to learn new skills in production elements, such as lighting and audio systems.

SB: What benefits do students derive from participating in

performance-based activities at school?

WF: Whether a student seeks a career in the industry or not, the benefits gained are life skills. Drama teaches students to explore universal concepts and develop skills, such as improvisation. It develops confidence in students and a self-belief in knowing how to present themselves to others. Performing prepares young people for similar scenarios, like job interviews, presenting, and auditions, which are all improvised situations; un-scripted.

Back stage roles can be offered to less extroverted students, however, these students need to be effective communicators. They are the spine of the performance, which provides the support required for the show to run smoothly.

SB: Should all students give performance a go or are some students just not suited?

WF: Only if they enjoy it. However, I do believe every student should give performance a go, because they'll discover something about themselves. Even if they didn't do well, they can learn to laugh at themselves and develop resilience. It's all about experience.

SB: What are the biggest issues you face with directing/producing live performance with children or teenagers?

WF: The biggest issue is around commitment to the production. Rehearsals take up a lot of time and some students are unaware of the time needed to stage a production. I've had to re-cast due to lack of commitment.

SB: What else should teachers consider before producing live performance projects at school?

WF: Teachers should know their students well, and effectively communicate with parents about the expectations of the performance and rehearsal process. Keep your principal well-informed about all processes and developing ideas. ▶



◀ Simple ideas can turn into a big mess with students who don't communicate to their parents effectively. Use every form of communication: Email, notices, verbal, meetings etc.

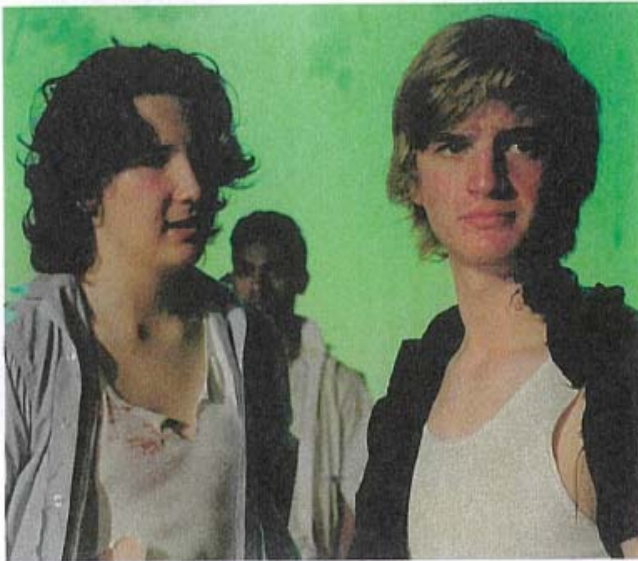
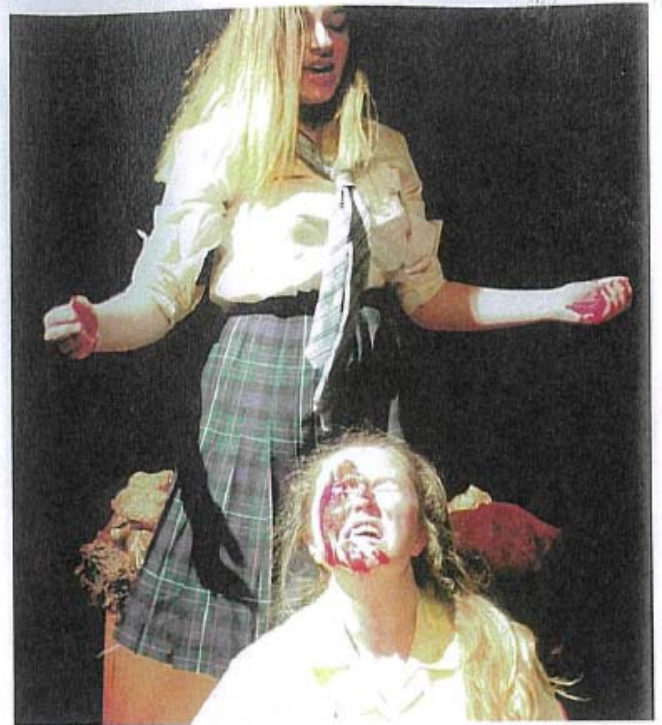
SB: Can you tell us about a recent performance you have produced with your students?

WF: In 2016, we produced William Golding's *Lord of the Flies*. I had a drama company numbering 42; 20 boys and 22 girls. The dilemma was to find a play that would suit a large cast. As difficult as it was, *Lord of the Flies* came to mind, as it is studied within our junior English curriculum. I decided to split the cast along gender lines and stage two productions,

which served to create inclusivity, regardless of gender.

The challenging, yet rewarding, part was the process of adapting the play to the female cast. The female cast went into a writing process to rework the script from a female perspective. The workshoping process derived from the question: 'Would girls act differently on the island?' This led our female students into a study of human behaviour and defining differences between boys and girls, exploring how they would approach confronting issues.

Characters' names were changed and even characteristics had to adopt a female flair. My female students loved this process of



reworking a script and so did the school audience. The male students' performance was remarkable and full of violence and suspense. Devoted fans of the play supported the male version, as it was true to the script, which made our female cast concerned that their version would not do the story justice - though this expectation proved far from correct.

The audience found the violence performed by the girls far more confronting. My female students wanted to express that bullying and violence among girls is just as savage as boys, but society is used to seeing males fight, while

females fighting seeming to be more confronting and awful to witness.

My students workshoped the fight choreography, learning stage combat, which they enjoyed. The production received praise from the staff and students who felt that our adaptations of the play brought a new creative and confronting light to William Golding's concept of displaying human ugliness. We adopted a new title for our productions, calling them: *Kill the Beast- an adaptation of William Golding's Lord of the Flies*. ■

By Suzy Barry, Editor

MUSIC

Meet the Music (Sydney Symphony Orchestra Concert Series)

Music CAPA students from all grades have attended the first Meet the Music Concerts at Sydney Opera House. The students will attend the next three concerts throughout the year.



Concert 1: Heaven is Closed

Wed 28 Feb 6:30

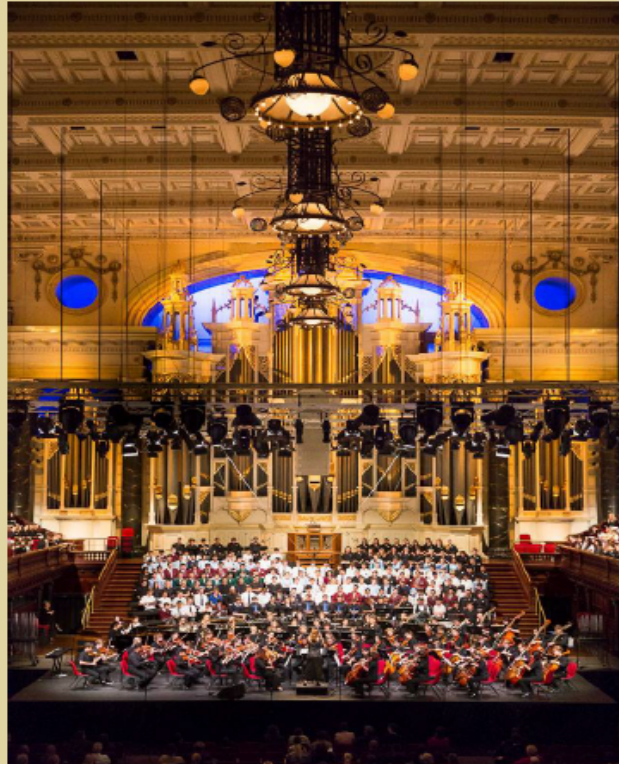
Program

Elena Katz-Chernin Heaven is Closed

Sergj Prokofiev Violin Concerto No.2 in G minor, op.63

Richard Strauss Don Juan - Symphonic Poem, Op.20

Till Eulenspiegel's Merry Pranks- Symphonic Poem, Op.28



In Concert rehearsals began on 27th Feb. This year, the Arts Unit's secondary choral festival *In Concert* will feature 'The Idea of North', a world renowned A Cappella group will collaborate with students cumulating in a combined performance with the massed choir at Sydney Town Hall in May 2018.

The next two rehearsals for this event are 3rd and 22nd May.

Tickets can be purchased via this link: <https://www.cityrecitalhall.com/events/in-concert>

Our school will be performing on Tuesday 22nd May.



Year 8 HSIE.I, have been studying Medieval History and investigating the Bayeaux Tapestry in term 1.

They have made their own version of this amazing embroidered artwork which was made way back in 1066 to commemorate the Battle of Hastings and other important events.

Each student has created a personal story board, highlighting an important event in their own life. They drew this onto cardboard, with creative borders, to fit into a long line, in a similar format to the original which is 70 metres long.



INTERNATIONAL WOMEN'S DAY

International Women's Day 8 March 2018: "Press for Progress"



On 8 March our Vice Captain Daneal Gardiner hosted the International Women's Day Forum at our school and we had the privilege to invite the Honourable Deputy Lord Mayor from Parramatta, Ms Garrard, to address the year 11 girls and male prefects about the theme for the year: Press for Progress. Ms Garrard's twin daughters (Kiara and Leah) are currently in year 11 so it was extra special to have Ms Garrard as one of our guest speakers. Ms Garrard shared her ideas about our future by reflecting on our Australian history, addressing how many opportunities women *do* have in the workforce, where we've come from and where there is still the need to "Press for Progress" in so many male dominated arenas.



Shujaath Ahmadi (prefect, year 11) spoke on behalf of the young men in our society in supporting women for equal opportunities, standing up to discrimination and speaking up against bullying and domestic violence. Shujaath said that men also needed to attend International Women's Day Forums to be exposed to the issues women face, so more men can be educated and realise their role in reducing the incidence of discrimination and providing a more equitable future for all Australians.

INTERNATIONAL WOMEN'S DAY

Our last guest speaker was another special lady – a role model in Mrs Kennaugh's life – her fourth class teacher from primary school, Mrs Yvonne O'Brien. Mrs O'Brien spoke to the audience about being a woman who valued family and a career and how she managed to support her husband with his career, raise her children and also pursue her own career in teaching. Her speech was inspiring, and she encouraged the young women in the audience to aim high, set some clear goals for their future, make wise choices and to never give up. Life can be tough sometimes, but have the resilience to be resourceful, find solutions to problems, surround yourself with people you care about and who care about you, and the sky's the limit!



And then.....there was a surprise guest and everyone was surprised! We thank Mr Bylsma for his entertaining rendition of "I am Woman".

Thank you Mrs Clifton for attending the IWD forum and thank you to Mrs Vazquez for supporting this event and providing not only a wonderful experience but also a delicious luncheon afterwards – much appreciated!

Happy International

Women's Day 2018

Mrs Kennaugh and year 11





Science News Update:

Students in year 7 have been learning about basic astronomy, Earth's position in our solar system and relationships between the Earth, Sun and the Moon using models in the Science topic 'The Solar System'.

As part of this unit, students had the opportunity to participate in a school incursion that is designed to teach students about the celestial objects, their characteristics and relative positions.



SCIENCE NEWS

We have also had the pleasure to meet some of our future students as the Primary Links program has been taking place this term. In Science, students were introduced to the science labs and have been participating in a number of hands-on activities and experiments. From elephant toothpaste to electromagnetism, our future students have been busy with excitement and anticipation to start their high school journey!





The pictures above showing year 11 students during their their visit to Penrith Lakes, as they enjoyed a nice day out with a variety of engaging hands-on activities relating to their in-depth studies.



Northmead Creative and Performing Arts High School

16/03/18

Leadership Workshop

By: Kiana Gashtirajaie



In order to supplement our roles as the student council representatives, we were given the opportunity to attend a Leadership Training and Team Building workshop on the 14th of March 2018. The purpose of the workshop was to prepare students for their roles as student leaders, regarding the development of the skills necessary for effective leadership.

To help students with this, representatives from Western Sydney University Student Representative Council, Grant Murray and Cheryl Jendrachowski, visited our school and presented to students, about the importance of student voice and representation. Students also participated in a number of activities designed to strengthen teamwork and collaboration across year groups, build a repertoire of leadership skills and generate ideas for supporting the welfare and participation of all students in school life. The SRC within Western Sydney University provide an important voice for students, raising campus issues such as campus facilities, parking, transport, disability access, safety and academic issues.

We would like to, on behalf of Northmead Creative and Performing Arts High School, thank the representatives that gave their time in order to teach us some of their leadership wisdom and knowledge. Everyone that took part in the workshop has taken at least one positive tip from this beneficial experience. We also hope to work hard on creating a better environment within our school community by using the key skills that we have obtained from the workshop.

INTERNATIONAL WOMEN'S DAY



7th March 2018

International Women's Day

By: Kiana Gashtirajaie



Happy International Women's Day!

Northmead CAPA High School took pride in celebrating the social, economic, cultural and political achievements of women this year. The SRC alongside Mrs. Vazquez and Miss Morse, took part in the International Women's Day breakfast hosted by Hills Zonta Club. The theme of this international women's day was "leave no woman behind". One thing that a presenter said which struck a chord with everyone was: "our grandmothers fought to give women the vote, our mothers fought for our right to go to University. What will our legacy be?"

As school leaders, this question is very relevant to us. The world has witnessed a significant change and attitudinal shift in both women's and society's thoughts about women's equality and emancipation. This is a great step forward for women across the globe. Northmead is very proud to be involved in such an honourable experience.

Australian teens commonly skip breakfast

New research shows Australian teens, in particular girls, commonly skip breakfast. (AAP)

(SBS News: Updated 13 September 2017)

There are concerns too many Australian teenagers aren't eating the so-called most important meal of the day, breakfast.

New research, published in the Australian and New Zealand Journal of Public Health, has found up to one in five adolescents commonly skip breakfast.

"Occasional skipping is more common", the authors wrote.

Natasha Murray, spokesperson for the Dietitians Association of Australia, says the results are worrying because eating breakfast is a great way to get in extra vitamins and minerals such as calcium.

"There's research out there that says people who routinely skip breakfast have lower intakes of food groups including dairy, and as you know we recommend two to three serving per day," said Ms Murray.

"Breakfast is also a great source of Vitamin B, folate and fibre," she added.

Ms Murray says its important that good breakfast eating habits are established early.

"We know habits formed in childhood and adolescence are highly likely to carry on into adulthood," She said.

Analysis of the 2011-12 National Nutrition and Physical Activity survey found 13.2 per cent of boys and 18.6 per cent of girls were breakfast skippers.

The unhealthy habit increased with age, from five per cent of boys and 11 per cent of girls aged 2-3 years, to 25 per cent of boys and 36 per cent of girls aged 14-17 years.

Of those who did report eating breakfast, 36 out of the nearly 1600 surveyed only consumed a beverage for breakfast on one day.

The research also showed that kids who did habitually skip breakfast, most of them had a parent or primary caregiver who also skipped.

Ms Murray says for people who don't like cereal a wholegrain toast topped with avacado or eggs is a good idea, as is a fruit-based smoothie.

"You can always blitz them up the night before and put them in the fridge ready to go in a take-away cup," Ms Murray said.

Source: AAP

BREAKFAST = Break the Fast

After we go to bed at night it is quite a few hours until we consume food again – it's a bit like fasting. Nutritionists say.....

BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY!

We need breakfast to get our metabolism working again. If you have breakfast each day you will have:

- Improved memory and concentration
- Improved energy to study and play
- A healthier, more balanced weight
- Improved metabolism
- Many beneficial nutrients to your overall health and wellbeing
- Improved stability of blood sugar levels


AND... you will feel great, be awake and ready to learn!

Some Healthy Brekky ideas.....

- muesli with yoghurt
- fresh fruit and yoghurt
- higher-fibre cereals like Weet-Bix, Vita Brits, Oats
- multigrain toast with a boiled or poached egg
- baked beans on toast
- melted cheese and vegemite on toast or an English muffin
- crumpets
- banana milkshake or fruit smoothie/vegetable smoothie
- pancakes with yoghurt and fruit.
- Wholegrain toast with a thin scrape of peanut butter, or avocado and spinach or reduced fat ricotta.
- Porridge with fresh fruit
- Wholemeal fruit toast with thin scrape of cream cheese.



MAKE BREAKFAST A DAILY PRIORITY – it's your responsibility to be the best YOU you can be!



*Hills Shire
Symphony Orchestra*

**Performance Opportunity for
Aspiring High School Musicians!**

The Hills Shire Symphony Orchestra is a new and exciting symphony orchestra starting in August 2018.

We are seeking committed and enthusiastic musicians who want to perform in a symphony orchestra and learn valuable musical skills.

Any orchestral instrument is welcome (strings, flute/clarinet/bassoon/oboe, horn/trumpet/trombone/tuba and percussion) and standard is approximately of a Grade 7 AMEB level.

If you are interested, please visit <http://www.hillsshiresymphonyorchestra.com.au> or email admin@hillsshiresymphonyorchestra.com.au.

RAGE

A 4 week anger management course for young people.



RAGE program outline:

WK 1: 15/03/2018 - The Many Faces of Anger

WK 2: 22/03/2018 - The 4 Ts of Anger, Healthy Expressions of Anger

WK 3: 29/03/2018 - Getting Through the Guilt of Anger

WK 4: 05/04/2018 - Relaxation, Exercise & Diet, Summary & Awards

THURSDAYS 10:30am - 12:30pm @ High Street Youth Health Service

The RAGE program is a 4 week program that introduces the topics of: reflecting on anger, recognizing anger symptoms & identifying the different faces of anger.

RAGE is a strengths-based anger management program.

It is a solution focused program that is hands on, practical and also fun for participants.

The Program is run by trained staff in a youth friendly setting at High St Youth Health Service.

RAGE is the intellectual property of RCI

Suitable for young people who:

Want help dealing with anger or violence

Have been suspended from school

Have been in trouble for anger or violence

Want to improve relationships with family & friends

This program is for 16 – 24 year old young people

Registrations required.

Contact Christian:

High St Youth Health Service

65 High St

Harris Park NSW 2150

Phone: (02) 8860-2500

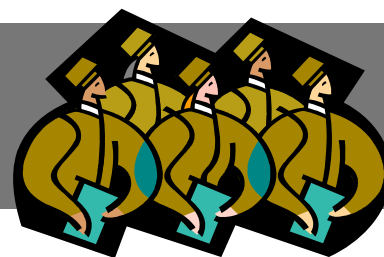


Health

Western Sydney

Local Health District

NHS UNIFORM SHOP / COMMUNITY ANNOUNCEMENTS



PLEASE NOTE THAT THE UNIFORM SHOP WILL NOW BE OPEN ON: MONDAY, WEDNESDAY AND FRIDAY MORNINGS 8.00AM—10.00AM

NORTHMEAD C.A.P.A HIGH SCHOOL UNIFORMS

PRICES EFFECTIVE 7/03/2016- SUBJECT TO CHANGE WITHOUT NOTICE - INCLUDES 10% GST

PRODUCT	PRICE	QTY	SIZE	JR/SR	TOTAL
POLO SHIRT-yth.(12-16)	\$30.00				
POLO SHIRT-ad.(18-22)	\$30.00				
JUMPER	\$75.00				
GREY SHORTS	\$30.00				
GREY TROUSERS (Elastic Waist)	\$40.00				
GABERDINE BELT LOOP TROUSERS	\$47.00				
SHIRT	\$30.00				
BLOUSE	\$30.00				
MAROON JNR SKIRT	\$50.00				
MAROON/GREY CHECK SNR SKIRT	\$50.00				
MAROON STUBBIES JNR SLACKS	\$35.00				
GREY STUBBIES SNR SLACKS	\$35.00				
MAROON WATERPROOF JACKET	\$60.00				
SPORTS POLO- yth. (12-16)	\$35.00				
SPORTS POLO- ad. (S-2XL)	\$35.00				
SPORTS SHORTS	\$26.00				
MICROFIBRE SPORTS JACKET	\$75.00				
MICROFIBRE SPORTS TRACKPANTS	\$45.00				
BASEBALL CAP	\$12.00				
APRONS	\$10.00				
WHITE SOCKS	\$5.00				
WHITE SOCKS (4 pairs)	\$15.00				
FOOTBALL SOCKS	\$10.00				
TIGHTS	\$12.00				
BELTS	\$20.00				
TIES	\$20.00				
BEANIE	\$5.00				

SECOND HAND CLOTHING



We are in desperate need of second hand clothing.

If your child has outgrown their school uniform and it is still in good condition - Why not donate it back to the school. We could send these uniforms to a good home.

Message from Back to Basics

Due to overwhelming amount of bounced cheques we have been receiving through the Uniform Shop, we will no longer be accepting cheques. We now offer Visa, Mastercard, Eftpos and Cash.

Sorry for any inconvenience.

The B2B Team

Name: _____ Class: _____
 Address: _____ Phone: _____
 Date: _____ Due Date: _____ TOTAL = \$ _____
 CASH M/C VISA 3 digit verification code: ORDER / SALE
 Card holder's name: _____ Exp. Date: _____

 Signature: _____

CHEQUES NOT ACCEPTED

Enquiries: **BACK TO BASICS SCHOOLWEAR & SPORTSWEAR**

Phone: (02) 4721 7422 Fax: (02) 4721 7429 Email: basics@backtobasicschoolwear.com.au Website: www.backtobasicschoolwear.com.au
 COWAN & LEWIS PTY LTD ABN 76 000 412 779

UNIFORM
WHITE SOCKS ONLY
BLACK LEATHER SCHOOL SHOES ONLY



Northmead

Creative and Performing Arts High School

Bicycle Policy

Students wishing to ride their bicycle to school need to read the following and return the second page of this document with their parent's signature to the Front office.

Parents and carers are responsible for how their child travels to and from school. However, under duty of care, schools are responsible for the student once they have entered the school premises.

Since July 1 1991, cyclists of all ages have been required by law to wear a helmet. By law, all riders and passengers must wear an Australian and New Zealand Standards (AS/NZ2063) approved helmet. Helmets need to be securely fitted and fastened on the rider's head. Advice on how to correctly fit a helmet can be found in the RTA publication *Information for parents and carers about safety on wheels*.

Students wishing to cycle home from sport during school time must have the Principal's written permission and must **WALK** their bike to the venue and in the company of the teacher on duty. Once dismissed from the activity they must wear an Australian and New Zealand Standards (AS/NZ2063) approved helmet. Students without these helmets may not take part in cycling, on or off school grounds.

Children under 12 years, by law, are allowed to ride bicycles on the footpath unless there are signs that specifically prohibit cycling. Children aged between 10 and 12 years old should avoid cycling on busy roads (for example Windsor Rd). The Department of Education and Communities supports the RTA in this recommendation.

Cyclists over 12 years must not ride on the footpath unless it is signposted as a shared footpath. Cyclists, just as other road users, must comply with all road rules.

By law, bicycles must be fitted with a working brake and bell. This is a parent and carer responsibility.

Schools are obliged to notify parents and carers when a student is seen to be not wearing or incorrectly wearing a bicycle helmet when riding to or from school.

Once a student arrives at the school gates/boundary they must dismount from their bicycle and **WALK** the bicycle to the caged area adjacent to the Front office. They must provide their own lock to secure their property.

Although the school can provide an area for storage it cannot accept responsibility for theft or damage.

At the end of the school day, students put on their helmet and **WALK** their bicycle to the front gate or school boundary at which point they can then mount the bicycle for their journey home.

A handwritten signature in black ink that reads 'Mrs N. Vazquez'.

Mrs N. Vazquez

Principal

Ph: 9630 4116 www.northmead-h.schools.nsw.edu.au email: northmead-h.school@det.nsw.edu.au

Campbell St, Northmead NSW 2152

Imagine, endeavour, achieve.



Northmead

Creative and Performing Arts High School

Detach and return to the Front office

Bicycle Permission note

I have read and discussed the policies outlined earlier with my child/ward and they will adhere to these policies.

_____	_____
Name of child/ward	Signature
_____	_____
Signature Parent	Date

My email address is: _____

COMMUNITY INFORMATION

KICK START HIGH SCHOOL WITH 8 EASY TIPS

A Healthy Body = A Healthy Mind

1



60
MIN

Get Moving!

Being active helps you manage stress.

- Walk or ride to and from school
- Play a sport or an active game during lunch
- Throw on some music and dance
- Use stairs instead of lifts or escalators

2



Eat brekky everyday

A healthy breakfast gives you the energy you need to start your school day.

- Make breakfast a priority each morning
- Try some wholegrain toast or cereal
- On the go? Have a glass of plain milk & grab a banana
- Remember energy drinks aren't breakfast

3



Get Vaccinated

Don't freak out! This is important stuff and it could save your life.

- Thousands of Year 7 students get vaccinated each year and this is what some say:

"I expected it to be more painful, but it felt like a pinch."
"I felt brave afterwards - there's nothing you can't do. Just do it."
"Try not to over react - it protects you."

- For vaccination day - bring a positive attitude and your signed consent form

4



Drink water

Your brain works better if you drink enough water.

- Stick to tap water for a healthy smile
- Carry a water bottle with you
- Drink tap water with meals
- Limit sugary drinks

8
GLASSES



Health

KICK START HIGH SCHOOL WITH 8 EASY TIPS

A Healthy Body = A Healthy Mind

5



Eat well

Fuelling your body with the right food means you'll have longer lasting energy.

- Eat mostly 'everyday' foods
- Eat fruit & veg every day and try a new one each month
- Prepare your lunch at home
- Help cook dinner

6



Follow your gut

Walking away when your gut tells you something isn't a good idea is a smart move.

- Some examples:
- Being offered a smoke
 - Skipping school
 - Bullying someone

7



Stay fresh & clean

Good personal hygiene can help protect you and others from getting sick.

- Shower everyday
- Brush & floss your teeth morning and night
- Consider using anti-perspirant deodorant
- Wash your hands before handling food & after the bathroom

8



Get to bed!

You're more likely to learn better in class if you're not tired and grumpy.

- Get at least 8-10 hours a night
- Set a bed time
- Avoid/limit caffeine after midday
- Switch your phone to silent and face it down

8-10
HOURS



Health
Western Sydney
Local Health District

Northmead CAPA High School does not endorse or recommend any commercial products, processes or services as mentioned in this newsletter.



A non-profit social group operated by the Single Parent Family Association

ARE YOU A SINGLE PARENT?

Every week **Single with Children** provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free)



It's a great way to meet and get to know people in your area

To find out more and get a **FREE** copy of our social calendar, contact us today.

Call 1300 300 496

Or visit our website:
www.singlewithchildren.com.au

Guitar Lessons

Learn guitar from an accredited & experienced guitar teacher.

- Acoustic or Electric
- All styles taught
- Beginner to Advanced

Call Owain today on

0433 548 772

Available 7 days



GKR KARATE PRIME
STRONG HUMBLE BRAVE



CONFIDENCE IS THE BEST SELF DEFENCE

You are invited to attend a **FREE TRIAL CLASS** at our upcoming **Open Night**

Northmead High School Monday, Wednesday and Saturday Morning, call the number below to book in for a free lesson

Our classes provide a positive learning environment for the whole family. Students of all ages can build confidence, improve their fitness and be empowered to reach their maximum potential in all areas of life.
All family members welcome (5 years+)

Family discounts available

Allan Davies 0411 704 812 Charmaine Agius 0450 011 690

gkrkarate.com



NORTHMEAD PRESCHOOL

52 Moxhams Road Northmead
(Located across the road from Northmead Primary)
Ph 9630-2676

We promote: Early years learning framework
National quality framework
School readiness program
8am – 4pm \$62 per day
Half day of 4 hours \$35 per day
Child care benefit & child care rebate available
Email: info@northmeadpreschool.com.au
Web: www.northmeadpreschool.com.au

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BECOME A WINSTON HILLS BEAR IN 2018

**THE WINSTON HILLS BEARS ARE VERY EXCITED TO BE PARTICIPATING
IN THE NEW FSNW ENDORSED HILLS ASSOCIATION
COMPETITIONS COMMENCING IN 2017.**

**BUILDING ON OUR SUCCESSES IN 2016, INCLUDING U17 CHAMPION
OF CHAMPIONS HONOURS, WE ARE INVESTING HEAVILY IN OUR
YOUTH COACHING AND DEVELOPMENT PROGRAMS
FOR THE NEW SEASON.**

**OUR YOUTH DEVELOPMENT PROGRAM, RUN BY OUR FFA C
LICENCED COACHES, WILL OFFER A GREAT PLACE FOR KIDS OF
ALL AGES AND LEVELS OF ABILITY TO ENJOY THEIR FOOTBALL AND
DEVELOP THEIR SKILLS.**

www.whsc.com.au

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**WE'RE CURRENTLY SEEKING EXPRESSIONS
OF INTEREST FROM BOYS AND GIRLS ACROSS
ALL AGE GROUPS FROM
U5-U18 FOR NEXT SEASON**

**IF YOU THINK YOU'D LOOK GOOD IN TANGERINE
AND YOU CAN ROAR LIKE A BEAR
WE'D LOVE TO HEAR FROM YOU!**

**MORE INFORMATION IS AVAILABLE ON OUR WEBSITE
OR FROM OUR TECHNICAL DIRECTOR**

PETER BARR
secretary@whsc.com.au
www.whsc.com.au

REGISTER NOW!

PLAYERS WANTED FOR UNDER 14's GIRLS TEAM!!!



Winston Hills Tigers are wanting to break our history books and field an Under 14's girls' team in 2018!!

Pre-season commences in March, contact our club if you're interested.

Registration cost \$150

(Registration includes: Registration, Insurance, Jersey, Socks, Short, training shirt and cap)

Don't miss the opportunity to show the boys how it's done!



FOR MORE INFORMATION CONTACT:

Tinatiger@outlook.com.au 0426 227 486 www.winstontigers.org



Northmead Uniting Netball Club

Northmead Uniting Netball Club is a member of the Gooden Reserve Netball Association. This is a local community competition held on Saturday afternoons at Gooden Reserve in Baulkham Hills. We are committed to maintaining a low-cost competition that has a friendly, safe and welcoming environment where girls (and boys under 12) of all skill levels can participate.

2018 REGISTRATION COSTS

These fees are a one-off payment which covers the entire season.



Fun Net: \$55
Up to Year 7: \$75
Year 8 and above: \$80
Season starts 7th April 2018



Register online now at:

www.goodenreservenetball.com

Go to Northmead Uniting tab. Registrations close 16 February 2018

Fun Net:

For ages 5 – 7 (Kindy and Year 1) we have Fun Net, which teaches basic ball skills, the rules of the game and teamwork. Fun net is held every Saturday at 12.30.

Junior Competition:

Years 2 to Years 12 at school. Our junior competition is open to everyone, including those who have not played previously. Games are held every Saturday between 12.30 and 3pm.

Adult Competition:

Our adult division is a social competition with a fun, friendly atmosphere. We have players who join after not playing for years and even those who have never played. This is the perfect competition to join with a group of friends for some exercise and fun! Teams and individual registrations welcome.

Email: northmeadnetballclub@gmail.com



www.facebook.com/NorthmeadUnitingNetballClub <http://www.goodenreservenetball.com>

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