

The Achiever



Northmead Creative and Performing Arts High School newsletter

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No 2 Term 2

JUNE 2018

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IMPORTANT DATES

JUL 23 - AUG 3	TRIAL HSC
JUL 30—AUG 3	WORK PLACEMENT—HOSPITALITY Year 10
AUG 6—10	WORK PLACEMENT—CONSTRUCTION - Year 11
AUG 10	CELEBRATION ASSEMBLY Yrs 7-9
Aug 13—17	WORK PLACEMENT—HOSPITALITY Year 10
AUG 20	Y12 DRAMA SHOWCASE
AUG 21	Y12 VISUAL ARTS SHOWCASE
Aug 27—31	Y11 WORK PLACEMENT—HOSPITALITY & RETAIL SERVICES
Aug 27- 31	Y11 WORK PLACEMENT—HOSPITALITY
SEPT 25	Y12 FORMAL
SEP 26	Y12 GRADUATION
SEP 27	Y12 PICNIC DAY

TERM DATES 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

CELEBRATION ASSEMBLY
 Years 7,9, 11
 AUGUST 9, 2018

Years 8, 10
 August 10, 2018

Achiever of the Month— Rayven-Jodeci



Raven-Jodeci Boyce is an outstanding vocalist and Sports person.

Her achievements so far this year include:

Performed as a solo vocalist at the Mid Year Showcase. Participated in the undefeated grade sport Girls Oztag team - Term 1 2018.

Participated in the NSW State undefeated Oztag team, taking out the

State Championships in 2018. Participated in the West Harbour Rugby Union club who won the Girls U17 State Rugby Union Championships.

She was selected for Girls U17 State representative team for Rugby Union.

She was also selected for National Representation as part of Sydney Warriors U16 Oztag team.

PRINCIPAL'S REPORT

This term at Northmead Creative and Performing Arts will encompass our four evenings of performance in Dance, Drama, Music and Visual Arts. This is an exciting time for our Performing Arts' students. The four separate evenings give us the opportunity to showcase as much curriculum work and student achievement as possible.

The Music evening was held last week and audiences were treated to an amazing array of talent. There were twenty one acts which demonstrated the skills and talents of students studying Music from Years 7 to 12. The Concert band exploded on the stage with Temple of Sinawava and J Williams Musical Adventure Medley. We all knew we were in for a great night of entertainment from that moment. A special addition this year has been the Acoustic Night where a variety of students performed in a more casual setting whilst the Hospitality students provided refreshments for the audience. It is fabulous to see faculties working together to highlight student achievements. Thank you to Mr Wilson, Ms Trehear, Ms Kim, Mr Madry, Mr Duong, Ms Scott, Mrs Kennaugh and Ms Kamel. I urge you to come along and enjoy celebrating student achievements in Dance and Drama later this week.



Congratulations to our outstanding Year 12 students, Brittany Hickey and Irelish Barker for their amazing performances in the NSW State Drama Company. Their final production was a powerful performance of YERMA at NIDA's Studio Theatre. Yerma is set in a Spanish village where the opportunities and possibilities for women are severely limited. Yerma's loveless, childless marriage only highlights Yerma's sense of loss in a society where women are wives and mothers. Her sense of desolation is complete in an alien, judgemental community.



Year 12 HSC Dance Showcase highlighted the incredible commitment, skill and beauty of dance by our Year 12 Dance students. Eight students performed their Core performances, core composition and Major Performance for friends and family. It was so wonderful seeing the culmination of years of practice, hard work, creativity and talent. Congratulations to Ms Cullen, Riley Head, Tamsyn Craig,

PRINCIPAL'S REPORT

Anya Huxtable, Jessica Frater, Hannah Hayes, Emily Palmer and Kaleisha Pearse. Special mention should be made of the dancers for the Core Composition for the Year 12 students: Aliah Barroso-Villaverde, Alyssa Craig, Melissa Jones, Avigalle Mendoza, Brianna Head, Jessica Rae and Shaylee Pearce. Beautiful dancers, whose talent and skills portrayed the beauty of the individual compositions. Thank you, for a fabulous evening.



It gives me great pleasure to officially announce that Ms Jenna Cullen has been successful at Merit Selection for the position of Head Teacher CAPA at our school. Congratulations, Ms Cullen!

Celebration of Academic Success will be held in Term 3 Week 3 on the 9th and 10th of August. Thursday recognition will be given to students in Year 8 and 10 and on the 10th August Years 7, 9 and 11. This will be the first time we will formally acknowledge Year 11 students at a Celebration of Success ceremony. I look forward to seeing many parents and share the joy with them as their students are recognised for their achievements. So, don't forget to save the dates!

Year 12 are also coming up to that very important time of the HSC Trials. Timetables have been issued. There are still three weeks until the Trials and I advise students to be strategic and plan their time wisely for their revision. Students should remember they can only do their best on each particular day and that's what matters. We wish Year 12 all the best in their forthcoming examinations. Remember Year 12, keep the balance in your life; look after your health, eat and sleep well, study sensibly and you will perform at your best.

I hope you have all had the opportunity to speak with teachers regarding semester one's achievements and that you have received important and helpful advice on how to help your children achieve further good results. I look forward to a successful second semester.

Regards,

Narelle

Northmead Creative & Performing Arts High School

**2018 MID YEAR
SHOWCASE**



MUSIC

**MUSIC - Monday 18th June 2018
School Hall @ 5:00PM - \$15**



DRAMA

**DRAMA - Thursday 28th June 2018
School Hall @ 6:00PM - \$15**



DANCE

**DANCE - Friday 29th June 2018
School Hall @ 6:00PM - \$15**

VISUAL ARTS



**VISUAL ARTS - Wednesday 4th July 2018
School Hall @ 3-7PM
Official Opening @ 6pm
Entry Gold Coin Donation**

Web Booking – www.trybooking.com

**YEAR 11 COMMUNITY AND FAMILY
STUDIES CLASSES ARE RUNNING A
WINTER APPEAL**

**PLEASE DONATE CANNED FOODS,
PACKET FOODS, WARM SOCKS AND WARM
BLANKETS TO ROOM 41 THIS TERM**



**SO THAT OUR SCHOOL COMMUNITY CAN
HELP THOSE LESS FORTUNATE THAN US
SURVIVE THE WINTER.**

**DONATIONS CAN BE RECEIVED ANY DAY OF
THE WEEK IN ROOM 41**

THANK YOU!

Careers:

HSC SUBJECT KLA / FACULTIES

CAPA

Dance, Drama, Music, Visual Arts

National Art School Open Day

1 September

At the National Art School, we believe that an artist's role is to think creatively and critically about the world through the making of art. We offer you the opportunity to shape your future as a forward thinking artist in a dynamic, supportive and collaborative environment. If you have an artistic edge, something to say and the desire to create, the National Art School is the place for you.

<https://www.nas.edu.au/Whats-On/open-day-2018/>

JMC Academy Open Days - Audio, Animation, Games Design, Music, Film

11 August . 9.30am - 3.00pm

561 Harris St, Ultimo

On the day you can take a tour of our facilities, get your hands on some of our serious gear, grab a bite to eat and learn why JMC continues to lead the way in Creative Industries education. You'll also have a chance to chat with current students and heads of department about studying abroad, industry internships and scholarships. Don't forget to listen to our student bands and stop by the studios to see and hear live film and audio productions in action!

<https://www.jmccademy.edu.au/events/open-days>

Mercer School of Interior Design Webinar

4 July. 10.00am – 1.00pm

Our team of online teachers have a range of experience and a wealth of knowledge globally in the decoration and interior design industry. Our webinar event is the perfect way to learn more about Mercer from the comforts of your own home or workplace. You'll e-meet our Future Student Advisor, Adila and she will explain how you can effectively learn a creative course online.

<https://www.mercer.edu.au/events/webinar-event>

SCIENCE

Senior Science, Biology, Chemistry, Earth and Environmental Science, Physics

Australian College of Nursing – Scholarship Resources

Want to pursue your nursing career but need some financial support along the way for your study. You can receive from \$1,000 to \$30,000 for study assistance from Diploma to Masters levels.

<https://www.acn.edu.au/scholarships>

We Need Country Doctors. Check this and see the great benefits. It will change your life.

If you're considering becoming a general practitioner in rural and remote Australia, you should choose a Fellowship with the Australian College of Rural and Remote Medicine. The paths that take you to Fellowship will help you become truly confident in the knowledge that you have what it takes to succeed in the dynamic context of rural and remote general practice.

We understand that training as a rural generalist is as much a lifestyle choice as it is a medical career. That's why our training pathways and resources fit your life, not the other way around. We offer you:

- flexible study options
- access to training providers across Australia
- ongoing assessment as opposed to a final exam
- ongoing feedback via virtual classrooms
- great job opportunities leading to better pay

- extended skills options in general practice

It's all part of our continued effort to take the isolation out of rural and remote practice. See our easy to understand step-by-step guide to becoming a rural generalist and take the first step on your pathway to becoming a Fellow of the College today.

Rural Training Pathways (cont)

Are you going to be a medical Student, Intern, or Registrar interested in becoming a rural generalist?

The Australian College of Rural and Remote Medicine offers a variety of training pathways and courses for anyone interested in working in and making a positive difference to rural and remote medicine. Whether you live in the hustle and bustle of one Australia's cities, or half way around the world, the College can help you pave your way to help others in rural and remote Australia.

See below for all locations across Australia for different medical schools and training posts to suit your needs.

<http://www.acrrm.org.au/preparing-for-your-career/becoming-a-rural-general-practitioner>

MedEntry Seminars

28 June to 1 July

Western Sydney Careers Expo, Olympic Park

MedEntry staff will be presenting seminars on 28 June at 11:45am and on 1 July at 12:45pm. Staff will be on hand to answer any questions you may have. Come speak to us at Booth number 48 to find out more about your future in Medicine, as well as different pathways to become a specialist doctor.

<http://www.westernsydneycareerexpo.com.au/>

Reminder: Engineering and Technology Cadetships

Closes 22 June

Engineering Cadets combine university study with paid work at a global leader in creating information solutions.

Technology Cadets study at university while working at Macquarie Group. On graduation, cadets can head for a career in technology and business.

Contact Alister Wilkinson from Professional Cadetships Australia at: alisterwilkinson@professionalcadets.com.au

<http://www.professionalcadets.com.au/index.asp>

University of Wollongong – Women in STEM Afternoon Workshop

26 June. 4.00pm to 5.30pm

Smart Building 6 Foyer, University of Wollongong

The University of Wollongong invites young women in Years 9 and 10 to attend an afternoon tea hosted by the Women in STEM Society and sponsored by RMS to learn more about careers in Science, Technology, Engineering and Maths (STEM). Biomedical, mechanical, mechatronic, materials engineering.

<http://www.uoweis.co/event/women-in-stem-afternoon-tea-and-hands-on-workshop/>

H.S.I.E.

Aboriginal Studies, Ancient History, Business Studies, Economics, Geography, Legal Studies, Modern History, Society and Culture, Studies of Religion

A Day with Macquarie Group – Sydney

27 June. 4.00pm to 5.30pm

Macquarie Head Office, 50 Martin Place, Sydney

In partnership with Explore Careers, Macquarie Group would like to invite year 11 and 12 students to our Global Headquarters to find out more about the Banking and Financial services industry. We would like to welcome students regardless of the degree they are considering, but who are interested in finding out more about our industry.

<https://www.eventbrite.com.au/e/a-day-with-macquarie-brought-to-you-by-explore-careers-tickets-44391276503>

SIBT (Sydney Institute of Business & Technology) Information Evening

30 August. 4.00pm to 8.00pm

Level 4, 255 Elizabeth St, Sydney

At Sydney Institute of Business and Technology (SIBT), transitioning to university is simple. An SIBT diploma is the equivalent to the first year of a bachelor's degree, so you can fast track your way into your second year of a bachelor's degree at Western Sydney University, Sydney City Campus. If you're unsure of what to study or if you need help to plan your pathway to university, let our experienced team help you with these difficult choices.

http://www.study.sibt.nsw.edu.au/SIBT-InfoEvening-30Aug2018.html?utm_source=outdoor&utm_medium=atl&utm_campaign=SIBT-AUS-InfoEvening-30Aug2018

T.A.S.

Agriculture, Design and Technology, Engineering Studies, Food Technology, Industrial Technology, Information Processes Technology and Technology, Software Design and Development, Textiles and Design

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World Food Festival Open Day - Kenvale College

1 September. 11.30am to 1.30pm

38 High Street, Randwick

Travel the world with your taste buds as we take you on a culinary journey at World Food Festival!. Find out more about future career possibilities from our industry leaders. Get first-hand advice from our current students. Tour the campus and get your questions answered. .

<http://bit.ly/KenvaleEvents>

Kenvale College - High Flyer Program - Hospitality, Cookery & Events Scholarship Program

Closes 27 June

If you have a real passion for Hospitality, Cookery or Event Management then our High Flyer Program is for you. This is a partial scholarship program for Year 12 students in 2018. For more info contact us on study@kenvale.edu.au or 9314 6213.

<http://kenvale.edu.au/apply/scholarships/high-flyer-program/>

VET COURSES

Explore Career Options at TAFE NSW Information Week

to 29 June

One week just wasn't enough so we decided to make it two! Explore career options at the 2018 TAFE NSW Information Week. TAFE NSW will be opening its doors to future students seeking course info and help with enrolments. Students can join interactive info sessions and explore state-of-the-art facilities.

<https://www.tafensw.edu.au/info-week>

VET Automotive

Apprenticeships R Us - All Jobs with Cars

The positions indicated below are our current vacancies that we are recruiting for right NOW. If you are a job seeker looking for an immediate start to your automotive apprenticeship and you see an apprenticeship that is right for you then don't delay and start an apprenticeship with us.

<http://www.appurus.com.au/current-vacancies.html>

VET Entertainment Industry

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11 August . 9.30am - 3.00pm

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On the day you can take a tour of our facilities, get your hands on some of our serious gear, grab a bite to eat and learn why JMC continues to lead the way in Creative Industries education. You'll also have a chance to chat with current students and heads of department about studying abroad, industry internships and scholarships. Don't forget to listen to our student bands and stop by the studios to see and hear live film and audio productions in action!

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VET Financial Services

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VET Hospitality

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OTHER FIELDS

Check out these cadetship, scholarship, and work experience opportunities.

Australian Government Departments

Choose from the list below to locate information about Australian Government and individual agency programs.

<https://www.australia.gov.au/information-and-services/jobs-and-workplace/australian-government-jobs/cadetships-scholarships-work-experience>

Sydney Flight College Open Day

17 November

Bankstown Airport

The day will likely include tours of our facilities and aircraft fleet, discovery sessions about careers as a pilot, free air experience flights, and an all-day sausage sizzle.

<http://www.sfcaero.com.au/club/events>

Positions in Australian Defence Force – Gap Year

A Gap Year in the Australian Defence Force is not only a chance to experience what a career in the Navy, Army or Air Force could be like, but also to have a year full of adventure, new friends, new skills, leadership, and travel.

An ADF Gap Year is a truly unique opportunity for you to grow and figure out what next step you'll take in life.

<https://www.defencejobs.gov.au/students-and-education/gap-year/>

CAPA EXCURSION PRISCILLA QUEEN OF THE DESERT MUSICAL

Our NCAPAHS students had an absolute ball at the excursion to the Capitol Theatre to see the musical Priscilla Queen of the Desert.

Your teachers would like to thank everyone for their responsible and respectful behaviour, they all represented Northmead well!



Year 9 Childhood Studies

In Year 9 Childhood Studies, we have been learning about a range of topics fertility, parenthood, emotional wellbeing and physical changes during pregnancy, family types, sizes, and even had the opportunity to create a healthy nutritious meal for the whole family.



Every week we have two lessons of Childhood Studies, but there is one that everyone looks forward to TERRIFIC THURSDAYS. During these lessons we have more of a hands on exciting lesson. In fact, we were able to gather inside knowledge from a mum of a three month old baby Tahana. She told us what to expect, needs and wants during pregnancy, but most of all even through many sleepless nights, how much she loved and enjoyed spending time with her baby boy Tahana.



One of our exciting TERRIFIC THURSDAY lessons, we analysed different baby apps that would inform and help you throughout your stages of maternity. We both love the following Apps and rated them a 9/10. The Baby Bump app, is a creative and engaging way for pregnant women to learn and discover new things about their pregnancy.



CHILDHOOD STUDIES NEWS

The Baby Names app, is fun and easy for both parents to use by connecting their phones and match their lists for the name of baby.

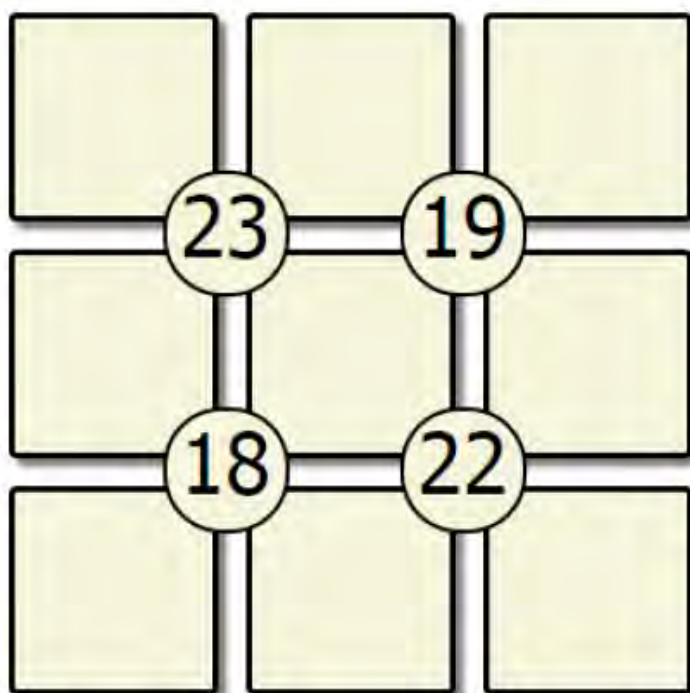


Attending each lesson gives us the opportunity to be informed on parenthood while working individually and sometimes in groups which has made this class extremely enjoyable. Overall, the Year 9 Childhood Studies class has been working hard as well as preparing and looking forward to receiving our virtual babies next semester!

Written by Hayley Riley-Holland and Hayley Jones

From the Mathematics Department - Problem of the Month 1

Using the digits 1, 2, 3, 4, 5, 6, 7, 8 and 9 (only once each), place the digits onto the grid below so that the sum of the four numbers around a circle add up to the total given in the circle.



The answer will be published in next month's newsletter.

Cyber Bullying!

This resource is taken from the “ReachOut.com” website. “Reach Out” provides relevant information and assistance to parents, students and teachers about current issues and concerns. The following information supports the **Cyber Safety** presentation made to years 7, 8 and 9 students during **Spirit Week**. Keep current and talk to your teens about their online conversations. Remember the *Golden Rule* (even online), “if you can’t say anything nice, don’t say anything at all”.



Cyberbullying is a serious topic that can seem overwhelming to both teenagers and their parents. It can be difficult to know when to seek help, and who to get help from.

Initial steps

If your child is the subject of hurtful comments or images posted online, the first steps they can take are:

- don’t respond to bullying behaviour
- keep evidence of bullying behaviour, via print outs or screen shots
- delete the offensive posts or messages once they’ve been documented
- untag or flag any photos for removal that are distressing
- unfriend or block the person that is posting hurtful comments
- set privacy settings and change any passwords that have been shared with others

What parents can do to help?

The first thing to do if your child tells you that they’re being cyberbullied is to listen and be supportive. Cyberbullying is a serious issue that should not be trivialised.

Talk to your child about what has been happening and try to get a clear picture about what has been happening and for how long it’s been going on.

Teach them how important it is to stay calm when dealing with bullying. Don’t respond to bullying with aggression. Encourage them to call out the bullying behaviour in a calm manner. For example, ‘Please stop sending these messages – this is bullying’.

CYBER BULLYING NEWS

Go through the initial steps listed above to try to put a stop to the abuse.

If the cyberbullying continues or intensifies, it's time to enlist some external help.

Cyber bullying School

If your child knows who is bullying them from school, it's important to involve the school in the issue. Schools will have a bullying policy and they will be able to help investigate the issue further.

When contacting the school:

- involve your child in any decision or action
- have as much information as you can about the bullying - how long it's been happening and what's been happening
- make an appointment to see your child's teacher or an administrator at the school
- make a plan with the school on how to stop the bullying
- keep in regular contact with the school after the initial meeting to monitor the situation
- if you're unhappy with the school's response, try to meet again with the school, and failing that, contact the local education authority.



Social media and mobile phone providers

Social media and mobile phone providers can be a resource to call on in the case of cyberbullying. Mobile phone providers can assist with tracking in the case of abusive texts or calls and you are also able to report cyberbullying content to them.

eSafety Commissioner

The Office of the Children's eSafety Commissioner can also help with cyberbullying by getting offensive material removed from sites on your behalf. This is done by completing a complaint form on their website.

A complaint can be made to the eSafety Commissioner by any young person aged less than 18 years, and any adult who is a parent or guardian to a young person who is being cyberbullied. Complaints can be made via an online form on the eSafety Commissioner website.

Cyber bullying Before making a complaint:

- contact the social media provider and report the abuse, keep proof that you have done this and keep a note of the date that the report was filed.
- gather as much evidence as you can such as screenshots, videos links and keep the message

Making a complaint to the eSafety Commissioner is the best way to go if you have reported abuse to your social media provider and the offensive material hasn't been removed within 48 hours.

Police

The police should be contacted in the case where the cyberbullying takes the form of intimidation and direct threats. They can help to track down the perpetrator in the case that the cyberbullying is anonymous.



Peer and professional support

Dealing with cyberbullying is an incredibly difficult thing to cope with for both children and parents. Alongside all of the strategies above, make time to reach out for support from family and friends, both for you and your child. Don't be afraid to access professional support like a counsellor or youth worker, particularly if the cyberbullying is ongoing or is having an **impact on your child's wellbeing**. You can also encourage your teen to participate in safe online peer-support through the ReachOut Forums for youth. It is a reputable, evidence based and professionally moderated online information and support service.



DANCE JUNE NEWSLETTER

SYNERGY PUBLIC SCHOOLS DANCE FESTIVAL

In Term 2, Weeks 6 and 7, Jazz and Contemporary Ensembles as well as Dance Company performed their pieces at the Synergy Public Schools Dance Festival 2018.

The students worked incredibly hard performing their items at the festival and showed great dedication in representing Northmead.

Miss Cullen and Ms Sammes were very proud!



YEAR 12 DANCE 2018

A huge CONGRATULATIONS to the HSC DANCE CLASS of 2018 for putting on an entertaining SHOWCASE for family, friends and teachers in Term 2, Week 8, 19TH June. You all did Miss Cullen proud!!

Tamsyn Craig
Jessica Frater
Hannah Hayes
Riley Head
Anya Huxtable-Jones
Kaleisha Pearse
Emily Palmer
Alex Pirrello

Also, a big thank you to the Composition dancers for all your hard work in assisting the HSC dancers in their Core Compositions – Alyssa Craig, Shaylee Pearse, Melissa Jones, Avigalle Mendoza, Aliah Barroso Villaverde, Brianna Head and Jessica Rae.



A REMINDER TO ALL DANCE ENSEMBLE & DANCE COMPANY STUDENTS

Please get see Ms Cullen in the CAPA Staffroom for your upcoming Eisteddfod Permission Notes.

Dear Parents/Guardians,

All the dance ensembles have been working well this year and have produced beautiful pieces!

This letter is to inform you of our eisteddfods for 2018.

Please note: this is for JAZZ, CONTEMPORARY, BALLET, JUNIOR & HIP HOP ENSEMBLES as well as DANCE COMPANY'S 2 pieces.

It is COMPULSORY for ALL Ensemble/Company members to attend both Eisteddfods.

City of Penrith Dance Eisteddfod - Government Showcase

The section at this eisteddfod is for Government High School performance groups only. Therefore, we will be competing against other Government High School dance groups across Sydney.

To be held at - Nepean Creative & Performing Arts High School - 115-119 GREAT WESTERN HIGHWAY, EMU PLAINS

Date - TERM 2, WEEK 10, Thursday 5th July 2018

All dancers need to arrive with their hair and make-up done. There will be no time to do hair and make-up once at the venue. A warm up and quick run through would be ideal, so please ensure you are punctual.

All dancers MUST make their own way to and from the venue. If you are having difficulties getting your child to and from the event, please contact Head Teacher CAPA on 9630 4116.

All dancers MUST arrive by NO LATER than **9am.**

All dancers will be done by approximately **2pm.**

Please be aware that these are APPROXIMATE times and sometimes section times are shortened as some schools pull out last minute so please make sure you are on time. If you are in two items in the same section (contemporary and company) you will have enough time to change.

Parents, family and friends are welcome to attend and cheer us on.

Tickets can be purchased at the door for \$15.

The Ultimate Dance Challenge - Educational Showcase

The section at this eisteddfod is for High School performance groups only. Therefore, we will be competing against other High School dance groups across Sydney.

To be held at - Pacific Hills Christian College - 9 Quarry Rd. Dural

Date - TERM 3, WEEK 1, Sunday 29th July 2018

All dancers need to arrive with their hair and make-up done. There will be no time to do hair and make-up once at the venue. A warm up and quick run through would be ideal, so please ensure you are punctual.

All dancers MUST make their own way to and from the venue.

All dancers MUST arrive by NO LATER than **9am.**

All dancers will be done by approximately **2pm.**

Please be aware that these are APPROXIMATE times and sometimes section times are shortened as some schools pull out last minute so please make sure you are on time. If you are in both items in each section you will have enough time to change.

Parents, family and friends are welcome to attend and cheer us on.

Tickets can be purchased at the door for \$20

TAYLAH WOODS TRAVELS THE WORLD REPRESENTING AUSTRALIA

A massive congratulations to our CAPA DANCE STUDENT - Taylah Woods, who is represented Australia in the Aerobics Gymnastic Aerodance Team Category at the 2018 World Age Group Championships in Guimarães, Portugal. Well Done Taylah!



SPIRIT WEEK CIRCUS PERFORMANCE

Congratulations to Ash Heming and Madison Jacobs for debuting the Circus Apparatus in their exciting act at NCAPAHS's Spirit Week.

The audience were in awe of your exciting skills, and you have inspired others to join the course.

Keep up the great work!



SCHOOL SPECTACULAR 2018

@ Qudos Bank Arena

23-24th November

Congratulations to all the following students who are representing Northmead CAPAHS Drama at this year's prestigious annual showcase event –

'Schools Spectacular' Combined Drama Ensemble members:

Yr 11 -	Hayley Osborne	Kirsty Saville	
Yr 10 -	Jeremy Hare	Claudia Morsink	Sam Noll
	Tasmyn Ogilvie	Hope Piper-Van Stiphout	Bailey Withers
Yr 9 -	Catherine Bell	Jacob Selwood	Maddison Shiels
Yr 8 -	Elizabeth Abarca	Amelia Ward	

School Spectacular Drama Workshop - Wednesday 20/6/18

Our students attended their first workshop at NIDA last week to begin the journey towards creating this wonderful show. Students representing eight other schools in Sydney and across New South Wales will collaborate to create the Drama piece in this year's production. Firstly, students participated in a two hour workshop on how puppets are constructed and brought to life. They worked alongside industry professionals and NIDA staff to learn how to engage an audience with a puppet. This was followed by an opportunity to see how puppetry has been integrated into the play *Ex Machina*, directed and adapted for the stage by Finn Caldwell. Most students agreed this play was the most brilliant thing they had even seen on stage before.

This was the student's first opportunity to explore the concept they will be an integral part of in the Dram item at School Spectacular later this year. We thoroughly enjoyed the opportunity to connect with students from other schools and each of the professionals from NIDA. And we can't wait to get started next Term on our School Spectacular item!

Northmead CAPAHS

DRAMA NEWS



POETRY IN ACTION

On the 25th of May, students in Year 10 were fortunate enough to attend the Poetry in Action short play *Fact Vs Fiction* in our school hall. The performance explored the power and impact of language, speeches, and poetry in the real world and fictional worlds. This proved to be an insightful and engaging show which gave students an opportunity to navigate critical literacy by questioning and challenging information in our modern world.

Claudia Morsink

"Poetry in Action was an absolutely amazing and entertaining performance that opened the door to discuss current issues and topics that engage the audience in a way that kept us hooked throughout the entire show. Poetry in Action proved to Year 10 how important, entertaining and informative poetry can be. The performance changed many perspectives on poetry and inspired its audience to enjoy poetry more, which is something most poets struggle to do for today's youth."

Roxylou Grey

"The performance Fact Vs Fiction was incredible; it gave in-depth insight into particular topics concerning the target audience of youth. The performance delved into confronting issues facing today's young generations such as technology dependency, 'alternative facts', fake news and determining fact from fiction. Overall, very engaging for a young audience and it informed us on the importance of analytical analysis."

Ash Hemming

"Fact Vs Fiction was a great performance that gave deep insights into societal issues that are relevant to today's youth. The way they engaged the audience was very entertaining and enjoyed by all of Year 10."



On the 5th of June, Students in Year 7 were also given an opportunity to see a performance by the group Poetry in Action. *The Poet's Quest* follows the journey of William Blake on his time travelling that brings all the joy and frivolity of language to life. Students laughed whilst learning with Blake how to master four key poetic techniques: rhythm, rhyme, imagery and theme.

Tatianne Saldanha –Briaga

"The performance I saw on Tuesday was about a boy named Blake who needs to go on an amazing journey to get his girlfriend Virginia back and ultimately save future generations. By using his time machine to go back in time to find all the elements of poetry - rhythm, rhyme, theme and imagery - Blake learns how to express himself as a poet."

Samantha Galloway

"I enjoyed the performance and it helped me understand the main components in poetry. It was both entertaining and engaging. The characters were portrayed very well and it was just all-round a good performance. If I could watch it again I would."

Zoe Cooper- Clarke

"I really enjoyed how they entertained and engaged us from the start. I liked the poems and the story behind it. I think it is really cool how they get to travel around Australia to perform. I would like to do that someday. I also like how they switched characters in every scene except the main character and using an umbrella as a time machine. I also enjoyed how they made the audience get involved too."

All students were invited to submit their own poems to the Poetry in Action poetry competition. All details can be found on the Poetry in Action website: <https://www.poetryinaction.com.au/poetry-competition/>

BELL SHAKESPEARE

On the 31st of May, students in Years 8 and 9 engaged with the Shakespearean world to enhance their understanding and studies in class. *Shakespeare is Dead*, performed for Year 8 students is a funny, provocative and fast-paced rollercoaster ride through the world of William Shakespeare. Students challenged their understanding and knowledge about the world's most famous playwright. Featuring a buffet of famous plays, characters, key scenes, soliloquies, themes and conventions, students will finally be able to answer the age-old question – why are we still studying Shakespeare?



Maya Peach and Jules Eliesa –Year 8

"Bell Shakespeare's performance of 'Shakespeare is Dead' helped us to understand the words and Shakespeare's context. The actor's had great humour and knowledge about performing for students."



Year 9 students became observers and participants in *Macbeth: The Rehearsal*. This interactive show highlighted famous scenes and soliloquies from Macbeth. The play followed with the actors' own journeys, illuminating key motivations, themes, language techniques and plot devices to encourage students to develop their understanding of the play.

Danielle Chard – Year 9

"Macbeth was shown through an interactive and entertaining drama piece, performed by Bell Shakespeare. After viewing the performance, I have a better understanding of the play. Bell

Shakespeare even taught me a few facts about the play that I hadn't even heard about before. Macbeth by Bell Shakespeare also allowed an interactive experience, allowing students to join in, giving us the chance to work with the actors. As expressed before, Bell Shakespeare enhanced my knowledge of Macbeth and allowed an interactive experience, and I hope to see a performance by this amazing company again."

Jack Beeston

"It was a very entertaining play and very informative. It was smart how they broke the play down and explained what was happening while still making it fun to watch and even getting those in the audience involved. Overall, if you want or need to know the details of this Shakespearean play, this is a very viable option to learn."

Angeline Camilleri

"Bell Shakespeare presented a very insightful performance and adaptation of Macbeth. Throughout, the audience received a breakdown of major events, characters and themes which occur in Shakespeare's work. During the play, students were also called up to the stage to be involved with the performance. The company engaged Year 9 in a great learning experience that was unlike watching an average show. In all, I hope to see many more performances from Bell Shakespeare as I came out of it with much more knowledge about the play, Macbeth."

Saumya Pulavorty

"The Bell Shakespeare actors who came to our school on their school tour, performed an eccentrically unique piece which was based on a play's rehearsal and actors. It was eerily beautiful in its essence. Macbeth which is a dark play filled with guilt, ambition and betrayal was portrayed justly through their performance."

Patrick Hennessey

"The rehearsal of Macbeth by Bell Shakespeare was highly enjoyable. It did a magnificent job explaining the why and how of Shakespeare, while still being entertaining. The actors were great, showing a great deal of commitment in what they were doing. I also became invested in what we were learning by their use of comedy to explain what's going on. The humour was a great way of making sure the audience was listening and learning."

C. Parkinson

English Teacher

DEBATING

On the 1st of June, four members of the Year 9 and 10 debating team, (Danielle Chard, Angeline Camilleri, Calga Alca and Sree Saumya Pulavorty) accompanied by Miss Quinn, debated against Greystanes High School.

It was a very complicated debate in which both teams gave great reasons and arguments to support their view on "Voting should be Compulsory". It was a tough decision for the adjudicator who finally decided to call the debate a draw. Considering this was our first debate, with three of us having little experience in debating, our team worked cooperatively to present broad opinions and facts. Each of us learnt something different and can confidently work even harder to personally succeed next time.

The debating group will continue to meet every Monday to discuss progress and develop skills. Whilst many are new to debating, each student is doing exceptionally well and teams from Year 7 to Year 12 will continue to work hard and learn more to succeed in future debates.

Overall, debating is a great opportunity to brighten your horizons and regardless of the result at the end of every debate, each student has a lot of fun.

By Danielle Chard and Angeline Camilleri



CREATIVE WRITING CLUB

In the creative writing club on the 15th of May, Ms Lee prepared an image for our class which she put on the board and asked us to describe it as best we could. After spending a bit of time on it we started to share our ideas. To begin with, no one wanted to share but Miss kept on encouraging the class to share. She went out of her way even supplying chocolates to further encourage us. A couple of people shared and were told that they were great, just with very slight weaknesses in certain sections.

Our second task was to select one part of the image and describe it in great detail. When we completed that, we started to share and Miss gave out pointers on our strengths and weaknesses and how we could improve. The last task was to describe our bedroom. Ms Lee gave us lots of tips on making our piece powerful, including the techniques we could use and when to use them. Later we started to share again. Lots of students shared at the end, and the small paragraphs they had written were absolutely amazing.

You can tell Ms Lee really wants to help further improve our creative writing skills. She often goes out of her way to help us succeed and to feel welcomed, making creative writing club an amazing atmosphere. We have learnt so much from her and can't wait for the next sessions. Some students' work is here for you to read. By Qasim Raja

The overwhelming thuds of lightning strike around my house. I stop what I'm doing and look outside the rectangular-shaped, glass window above my bed, in hopes to somehow take in the various sounds of rain and thunder hitting the hard and steady cement floor. The lightning bolts lit up the sky like plain, white fireworks. The perplexity of the whole scenery astonishes me. I see the light, however there is no sound. As the colour fades from the dark and mysterious sky, I am struck by a sudden bang which I realise has now made my heart beat 10 times faster!

By Kiana Gashtirajaie

The lightning flashed under the pitch black sky, as if it was a beacon for the dark times ahead. Thunder roared in the still, silent sky, enraged at the state of the world. Then the rain came. Clouds blocked the stars as the rain poured onto the otherwise peaceful beach. It drowned everything in its sorrow and pain. The torrents of wind whipped my skin and the flying sand sent pain into my legs. Birds attempted to run away from the brewing storm, only to be swept away into the ocean. The sea was restless, chaotic waves bashed the ships on a nearby harbour, sending them deeper into the ocean, never to be seen again. The cities lights went off, as if someone just blew a candle away. People cowered in fear in their houses, hoping the storm would go away. No one dared to move from their safe spots as they feared for their lives.

The cold damp air greeted me as I opened the door.

“No!” I shouted enraged that rain had begun while I was inside. Head fuming as the rain cooled down my body. The pitter patter of the rain drowned all sound and feeling in my hands.

“And I forgot my umbrella too,” I said as I looked around my back, desperate for anything to cover my head. The only things inside my bag were books that were essential for school, as I realised I couldn’t get cover, my frown only got bigger, so I started walking. My clothes were heavy and drenched as I made my way to the bus stop. Black glistening hair soaked as the fresh rain smell made me despair. The rain kept getting heavier and colder until it actually hurt to be in the rain. While most people were inside, comfy in their heated houses, I was drenched in rain, as frozen as a popsicle. As I reached the bus stop, I saw my bus just leaving it.

“STOP, PLEASE STOP!” I shouted as I ran to the bus but to no avail. Instead it splashed me with the murky water on the side of the street. I sat at the bus stop, soul broken, spirit shattered, wondering if this onslaught would ever stop.

By Pailo Paul

Sept 3/4

ART CAMP!



ART STUDENTS ARE INVITED TO CANBERRA

Collect your permission note
from the CAPA staffroom



The Hills Music Academy
Concert Bands present:
SPACE AND BEYOND

SATURDAY
JULY 7
7:30PM

CASTLE HILL RSL
LYCEUM THEATRE

ADULTS - \$25
CONCESSION - \$20
(STUDENTS / PENSIONERS)

(TICKETS AVAILABLE
VIA TRYBOOKING)



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ENQUIRIES: KELLY CLARK - 9620 7903

WWW.HILLSMUSICACADEMY.COM.AU

SCIENCE NEWS

Science News Update 4:

During their topic on Contact and non-contact forces, year 7 students have been engaged in a number of hands-on activities that model electrostatic forces. They have explored such forces using scientific instrument such as the Van Der Graff Generator. In class, students have also enjoyed other activities where static electricity can be observed, such as charging objects including Perspex rods, balloons and even bending water! Students had fun racing their friction frogs to explore the concept of friction forces.



In Chemistry, year 11 students have been learning about more complex phenomena such as modelling diamonds and Bucky Balls!



SCIENCE NEWS

As for our Agriculture classes, students in year 12 enjoyed a day out at Camden Country Valley Dairy as part of their product study. Throughout the day, students were involved in a number of activities that explore product marketing and branding as well as factory processes of milk production from raw milk to ready for sale products.



SPIRIT WEEK 2018!

"Embrace Vibrance!"



(logo design: Shujaath Ahmadi Year II Prefect)

12th -15th June 2018 was Spirit Week at Northmead CAPA High School – and YES it was **VIBRANT**! We had themed dress-up days, acrobatics, music, singing, dancing! We had presentations that made us more aware of our local and wider community issues and people in need. The students and teachers had fun together, we had more games on the oval, we had the famous teachers vs students football match, we had food fairs, an Historic Fashion Parade, ice your own cupcakes and the new and honourable Pizza Eating Competition!

It was **FANTASTIC!**



SPRIT WEEK NEWS

We wore **Superhero** costumes, crazy socks, wigs and hats and raised money for the **"make-a-Wish" Foundation.**

Jackie Lee shared so many stories with us about kids that are very sick or terminally ill and how the money raised goes towards making their days a lot brighter, a lot happier and a lot more fun by granting them a special wish. Thank you everyone for your donations and joining in the fun of dressing up, being vibrant and fun!



SPIRIT WEEK NEWS

The Wayback Group (“Don’t Do Drugs”) gave an informative, realistically frightening and interactive presentation about what types of drugs are on the streets, where and how they are made, the possible side effects, the dangerous chances of the first time being the last time, and the dangerous behaviours and situations people find themselves in when under the influence of drugs or alcohol. The clear message is

Don’t Do Drugs!



(Students volunteered to wear special goggles that simulated their normal vision being affected, and they had to try and walk a straight line, pick up a ball, throw the ball in the air and catch it! They fell, they tripped, they fumbled.....it was not as easy as it looked!)



SAVE THE DATE!

Parents and Carers will be invited to attend an informative and interactive evening on **29 August** with one of our local Senior Police Officer's, together with the "Wayback Group" to discuss **Safe Parties, Drugs and Alcohol**. All welcome to attend. A formal invitation will be sent out via email at the start of term 3 with more details.

SPIRIT WEEK NEWS



With the principal's endorsement, Northmead CAPA High School welcomed Kathy Kelly to our Spirit Week. Kathy addressed the students in years 10, 11 and 12 about her very personal story and the loss of her two beautiful sons – Thomas to a random “king hit” in the city and Stuart to suicide. Her family was changed in an instant and although suffers daily from their loss, has stepped out on the streets of Sydney to share the message of taking care, looking out for your friends, being safe and arranging to get home safely.

The **Thomas Kelly** Foundation promotes the message “**Take Kare**” and together for both brothers, **Stuart Kelly**'s initials stand for “**Stay Kind**”.

Kathy was personal and approachable, spent time after the presentation to chat with students and teachers, and is a hero of the community. We thank her for being strong enough to share her family's story and enforce the much needed message to be safe when out with friends, in the hope that this tragedy will not happen again.



“Take Kare, Stay Kind”



Fostering Friendships



Our School Captain Elise Baxter and Miss Masey, addressed years 7, 8 and 9 in Spirit Week about Fostering great friendships, showing gratitude, and engaging in “Random Acts of Kindness”. Elise is a Max Potential recipient from 2017 and designed a project around gratitude and thankfulness. Miss Masey and Elise had some interactive activities for the students to participate in whilst identifying *true friendships* and how to be a good friend.



Daneal (Vice Captain), Alysha (prefect) and Shujaath (prefect) also delivered a presentation and forum about fostering good friendships and their personal stories were relatable and built great connections with the students. Great role modelling!



Spirit Week Cyber Safety

Protect your personal identity – do **NOT** post everything online!



Why is there a risk?

- Games, apps and social networking sites are popular among children and adults.
- Any app or game that allows users to interact with others, including people they may not know, presents a **potential risk of unwanted contact**.

What is Cyber Abuse?

- Cyber abuse is online behaviour that threatens to hurt a person socially, psychologically or even physically.
- It can have a **DEVASTATING IMPACT ON A PERSON'S WELLBEING AND SENSE OF SAFETY**.

Cyber abuse can also involve a range of behaviours, some of which are described as:

- trolling
- flaming
- cyberbullying
- cyber hate
- cyber violence
- cyber mobbing
- cyber stalking
- cyber harassment
- cyber racism and online hate speech
- technology-facilitated abuse
- sextortion / image-based abuse



Years 7, 8 and 9 participated in the Cyber Safety Forum and learned who and when to report cyber bullying to. Keep communication lines open and be linked to your child's accounts. Keep kids safe online.

Northmead CAPA High School Embraces Friendships and Fun!

SPRIT WEEK NEWS



SPIRIT WEEK NEWS



SPIRIT WEEK NEWS



SPRIT WEEK NEWS



SPIRIT WEEK NEWS



The Hills School's Wheelie Walk-a-thon

The Hills School at Northmead provides caring and supportive education to children with disabilities. It caters for students with moderate to severe intellectual disabilities, which may include physical disabilities, sensory impairments or autism spectrum disorder. The school has a proud tradition of promoting student participation and inclusion in the arts, sport and leadership initiatives. In addition, The Hills School has established partnerships with a number of schools around the area, including Northmead CAPA High School. Being a partner school, we support The Hills School via our volunteer peer-tutor program taking place on Wednesday afternoons during sport.



The Hills School's annual Wheelie Walk-A-Thon was held on the 30th of May and encourages students from kindergarten to Year 12 to participate in physical activity. The involvement of staff, students and volunteers was fantastic as it raised money for the Hills School P&C as well as ensuring that the students had a great time walking, wheeling and running laps of the bike track. To support the event, Miss Mattos took nine Northmead CAPAHS student peer-tutors in Year 9 and 10 to

volunteer and provide assistance throughout the day. Our peer-tutors cooperated with staff and volunteers by taking roles in supervision, stamping student achievement cards and assisted participants.

We would like to thank The Hills School for letting us take part in the occasion!



Yuden Sae-Ueng – Year 10

SCHOOL ZONE OFFENCES

WHAT ARE YOU RISKING?*



Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need YOU to take extra care when driving and parking around school zones.



No Parking

No waiting. You have 2 minutes to drop-off or pick-up. You must stay within 3 metres of your vehicle.



No Stopping

You must not stop on a length of road with a No Stopping sign. The first 10m from an intersection is a no stopping zone. Yellow kerb lines are also No Stopping zones.



Bus Zone

Only a public bus can stop in a bus zone.



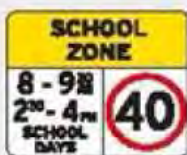
Mobile Phones

Extra fines apply for using mobile phones in a school zone.



May be subject to Double Demerits

Speeding Offences



40km/h is the limit. Children are vulnerable, so slow down in school zones.



May be subject to Double Demerits

Pedestrian Crossings

1. In a queue of traffic, no part of your vehicle can stop on a pedestrian crossing.
2. Do not let your child in or out of a vehicle at a pedestrian crossing as this is a No Stopping zone.



Driveways & Footpaths

Do not park on or across a driveway or footpath.



U turns

Illegal on or near a pedestrian crossing and across double white lines.



Double Parking

Double parking is illegal and is very dangerous in a school zone.



PENRITH CITY COUNCIL



*Fines current as of March 2018. Fines and demerit points are subject to change. For more information check out the NSW Centre for Road Safety website.



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



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

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Learn guitar from an accredited & experienced guitar teacher.

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GKR KARATE PRIME
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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

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

COMMUNITY INFORMATION

BAULKHAM HILLS



BASEBALL

Any enquiries please contact:

Ben - 0405 195 395

Jason - 0408 293 345

[facebook.com/BaulkhamHillsBaseballClub](https://www.facebook.com/BaulkhamHillsBaseballClub)

REGISTRATION / COME & TRY

Sunday 29 July 2018

Sunday 5 August 2018

10:00am - 1:00pm

**Northmead Reserve
Elizabeth Cres, Northmead**



REGISTER NOW
2018/19 JUNIOR SUMMER COMPETITION

Boys & Girls 4 - 17 years
Competition starts September 2018



Shop 12-16, 2-6 Campbell St, Northmead 2152
(Walking distance from Northmead High School)

Ph: 9098 6488

www.twinkledental.com.au



Friendly family dentists, passionate about helping you achieve and maintain a beautiful, healthy smile.



- A full range of dental services – preventative, orthopedic orthodontics, crown and bridge, veneers, teeth whitening, oral surgery, dental implants, and much more.
- Treatment for children of all ages, and of course adults too
- Happy gas and IV sedation
- Bulk billing for eligible children under **Child Dental Benefit Scheme**.
- **ONLINE booking** now available via our website (Conditions apply)
- CBHS Preferred Provider
- Easy parking, ramp access

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CONFIDENCE IS THE BEST SELF DEFENCE

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

Northmead High School, 25/6/18 and 2/7/18
To book in for a free lesson email, or call number below

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

Charmaine Agius 0450 011 690

cagius@gkrkarate.com

"Your Local Club"



Est. 1919

BAULKHAM HILLS CRICKET CLUB INC

2018/2019 – Celebrating our 100th season

Registration Day
For both Junior and Senior players
New players always welcome!

Saturday 21st July - 9:00am to 3:00pm
Sunday 29th July - 9:00am to 3:00pm
Baulkham Hills Sports Club, 11 Renown Rd. Baulkham Hills

In2Cricket for 5-8 year olds – Friday nights from 6pm-7.30pm at Charles McLaughlin Reserve.
The season runs from September to December only (approx 10 weeks)
Register in September

Junior Cricket

We have teams in every age group. Family discounts apply.

Under 10's (Modified rules) play on Saturday mornings 8.30am -11.00am from September to March.

Under 11,12,13,14,15 & 16's play on Saturday mornings 8.30am -12pm from September to March.

Senior cricket

For age 16 & over

Senior cricket is played on Saturday afternoons 1.30pm -6.15pm from September to March.
We normally field a minimum of 10 senior teams each year.

Junior training and grading will be held on Sundays throughout August
Senior training and grading also on Sundays in August

Whether you are a first time player or someone returning to the game, come & find out
why we are the biggest & best club in the Hills District.

Find more details on our website

www.baulkocricquet.com.au