Parent Newsletter

Hurlstone Agricultural High School

Address: Roy Watts Road, Glenfield, NSW 2167 Email: hurlstone-h.school@det.nsw.edu.au

2019 Issue 1 Term 1 - Week 2

SPECIAL POINTS OF INTEREST

- School Planner e-diaries for 2019
- Year 7 Transition Day 2019
- Year 7 Parent—Meet & Greet

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CALENDAR

Please see below the link for the school calendar – www.hurlstone.com.au

	Fe	bru	ary	20	19		
MON	TUE	WED	THU	FRI	SAT	SUN	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28				

Principal's Message

Welcome back to school in 2019. To our new students and families I hope that your time so far at Hurlstone Agricultural High School has been inspiring and that you have made connections and are looking forward to the opportunities that our school can bring.



It is an honour to inform our community that Mr Sailash Krishan was the successful candidate appointed in the role of Deputy Principal Boarding. Mr Krishan is looking forward of the opportunity to serve our community in this important role.

Tel: 9829 9222 Fax: 9829 2026

Website: www.hurlstone.com.au

To begin our school year I would like to share a quote from Mark Scott,

"Outstanding teaching – ensuring young people are engaged, challenged and independent learners – is central to all we do. Some get the privilege of shaping lives through teaching every day."

Mark Scott's quote highlights the privilege of being an educator, for me as the Principal of your school I am encouraged by the synergy our teachers and their students bring to daily life at Hurlstone Agricultural High School and to the world beyond. I am impressed with the inspiring ways your children respond, rise and accept challenges that maximise their learning potential and ultimately make a difference to the world.

I am currently writing our annual school report celebrating our school and highlighting our student's achievements. In this newsletter, I would like to share some exciting news about one of our students, Sienna O'Dea who shadowed Mark Scott last year in the secretary for a day program. Sienna has received a full scholarship from Rustic Pathways, and will attend the Critical Issues Summit in Southeast Asia this July. This prestigious award includes full-tuition, travel expenses and flights to/from Southeast Asia. 300 applications for the scholarships were submitted, and Sienna was one of 25 recipients. Congratulations Sienna and to Deputy Principal Ms Mai Ni Pham who supported Sienna's application.

Principal's Message continued...

Deputy Principal, Ms Ann Young has led our teams of teachers and students through the beginning stages of Year 7's transition to high school with more challenges and opportunities in the coming weeks. Year 7's Year Advisors Mr Marwan Malak and Ms Vasilia Dokos have begun their roles as year advisors and are looking forward to the six year journey ahead. Head Teachers, Ms Vanessa Garrick, Ms Joanne Twomey and Ms Sharon Davis, Ms Roxanne West and Mr Samir Al-Seblani have created opportunities in opening up wellbeing support, academic support and talent development profiles for your children. The link below will give you an opportunity to consider how educators, parents and carers can support our brightest minds in educational partnerships.

https://www.smh.com.au/education/schools-need-to-go-beyond-imparting-and-testing-knowledge-mark-scott-20181206-p50klj.html

I would like to thank Business Manager, Ms Therese Ejsak who has been working hard on co-ordinating a busy schedule of works for renovations I have requested for our school. You will see some photo's in the newsletter and there will be many more upgrades to come this year and beyond. The finalisation of our new building is drawing close and I am looking forward to opening up this innovative space for your children.

The administrative team under the leadership of Ms Linda Waltho are currently creating account invoices, which you should receive week 5 this term. In addition to this Student Health Plans 8-12 will be updated and be required to be returned as soon as possible to ensure we can keep your children safe. Attached to this letter are forms for families who require student assistance.

AHS School N	lotes & Forms		Please refer to PI4 & I6 to view the forms listed
<form></form>	A samedy application from parents for federal samedy in the federal samedy in the federal samedy in the federal samedy is the federal samedy in the federal samedy is the f	<image/> <image/> <text><text><text><text><text><text></text></text></text></text></text></text>	restances in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the medical transmerses in the case of an express y light the or of Press/Claurelas

Vocal Ensemble Consent Form 2019

From the DP Desk

This week we shine a spotlight on the operations of the boarding school.



One week has already passed and our 54 boarders have settled into their spaces for another exciting year.

Mr Seblani, Ms West and Mr Krishan addressed the boarders at breakfast on Wednesday 6 February and reminded them:

- Hurlstone is their home away from home
- Keep connected with one another

In the boarding school, we take every step to ensure our boarders' safety and wellbeing needs are met. Some of the ways we do this include:

- Right place right time boarders have been issued with a document "Right place at the right time" which outlines where they should be at any time.
- Our staff stay connected with our boarders by involving them in as many activities as possible. Staff and student boarders collaboratively plan weekday and weekend activities. They are encouraging as many students to attend as possible.
- For those boarders who have taken the initiative to enrol themselves in extracurricular activities, the duty team staff plan their shifts to accommodate for any transportation needs where necessary.
- Reminding boarders on a regular basis about the importance of signing in/out of the boarding school.
- Reminding boarders about our vehicle policy and reminding them about safe driving habits at all times.
- Reminding students about safe and ethical use of social media and encouraging them to have safer, more positive experiences online.

Ms Ann Young, Ms Mai Ni Pham & Mr Sailash Krishan

Deputy Principals

Year 7 Transition Day 2019



NSW department of Education's strategic direction statement 2018-2022 says **all students are known**, **valued and cared for.** Hurlstone's first Year 7 transition program welcomed Year 7 through a 5 day transition program covering a range of topics and activities which not only introduced students to Hurlstone but also introduced students to their teachers starting the process of making them known. They are already cared for and valued as new faces in the Hurlstone community.

Meeting teachers, completing personality profiles and writing an introduction to their teachers started the transition in Edmondson Hall. Presentations on Gagne's Model of giftedness, developing a growth mindset and using failure to support successful learning were interspersed with getting to know you games and peer support. There was no homework set – to the relief of students but maybe not parents!

Year 7 Transition Day 2019 Continued...

Subject specific challenge activities in maths, science and TAS allowed students to show off their talents. PDHPE Boot Camp revealed the willingness of students to take some risks, not give up and identified talented sportspeople. Students were introduced to drawing Manga and represented aspects of a cultural event common to the group. Students worked in groups getting to know each other

under the guidance of teachers from LOTE (Language Other than English) and English, again showcasing their talents in drawing, narrative writing and leadership.

Other sessions on assessment policy and High Resolves were more serious topics, but reinforced the importance of making the right decisions to achieve the best learning and life outcomes.

Overall, Year 7 responded well giving positive feedback and some constructive criticism indicating that they appreciated the place of these varied activities in their move to high school.

Year 7 are now in their timetabled classes and looking forward to camp in Week 4. Transition is not the end – or at an end – there are still plenty of ways for teachers to ensure **all students are known, valued and cared for** as they continue their secondary schooling.

From the deputy perspective, it has been entertaining, insightful and rewarding to have engaged with all 180 Year 7 students and their teachers across these 5 days and it is a surety that these relationships will continue to foster each student's sense of belonging.



Sandbag Carry!



400m Start **Ms Ann Young** Deputy Principal Year 7



How high can you jump



Planking!!

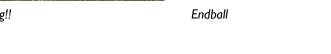


Over & Under









Best Start Year 7 Assessment

Assessment dates Tuesday 12th February and Thursday 14th February

Our school will participate in Best Start Year 7, an online literacy and numeracy assessment available to secondary schools at the start of Term 1, 2019.

Best Start Year 7, undertaken within the first five weeks of the school year, assesses key literacy and numeracy skills of Year 7 students. Best Start is designed to assist teachers to identify students who may require additional support in developing their literacy and numeracy skills.

Best Start Year 7 is just one of a range of assessments the school uses to assess students.

Please inform the school if your child has special needs requiring support to complete an online assessment. Students will be asked to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment. Earbuds used for phones or other portable devices may be suitable for use during the assessment. The type of computer connection needed is a jack or USB. Please let us know if your child needs earbuds provided by the school.

Students are also asked to bring a book to read should they finish the text early.

Ms Young

Deputy Principal, Year 7

	HURLSTONE aron Device Specifications
	BADD Device Philosophia
Wireless Connectivity:	Devices MUST support 5/Jhz Daal Band wireless Note: Most android devices do net support 5/JHZ
Operating System:	To ensure security as well as compatibility, the most recent OS or previous version recommended 0.e. Win 7, Win 8, KOS 5-or KOS 7/
Battery Ufe:	Maximum & Hours
RAM	Laptop: 408 NAM Tablet: 208 NAM
Screen Size:	Needs to be a reasonable size for ease of use throughout the day. Too large and device will not fit easily into a school bag.
Handware Features:	Camera and Microphone are necessary to participate in $22^{\rm st}$ century activities.
Other Considerations:	Case or cover that will protect the device from accelerate learning Accelerate laws or damage instrumes Wright of the object (our take and the annual tax school every day) Keyboards for 12 object (our tax) take Warning may reduce repair cases in the future
Software:	Operating System (see above)
Web Browser:	Modern web browser such as Friefps, Chrome or IE 10
Ward Processor:	Any text editing software such as Microsoft Word or Agele Pages
Spreadsheet:	Such as Microsoft Excel or Apple Numbers
Astivirus / Malware	http://windows.microsoft.com/en-us/windows/encetts-morenials_download http://www.clamses.com/
	http://mae.students.onthehub.com/wakStors/Wakcome.aspx

BYOD Form 2019



Learning Labs Information 2019

Business Manager

School Renovations

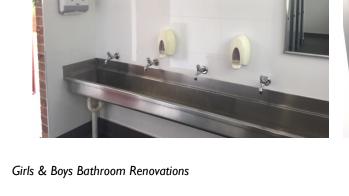
Over the past three months the school has undertaken extensive renovation work.

The students' bathroom facilities have been upgraded, and HSIE, Science and Maths classrooms have been painted and re-carpeted. External painting has taken place in the Maths area and, in the Science there has been new flooring put down in the stair well area.

In the HSIE area new carpets have been laid, painting has freshened up the appearance of the classrooms.

The student bathroom facilities, floor and wall tiling has been replaced. All the cubicles have been updated and new cisterns have replaced the old ones.

HSIE Staff Room Foyer













Business Manager

School Renovations Continued...

The most obvious renovation has taken place in the library. All the carpets have been replaced, all the Library has been painted with additional student study areas now operational. The Library has now available additional technology resources for student use.



We are now preparing for Phase 2 of our renovation project with further painting planned both internally and externally. Walkway awnings are to be replaced and the canteen area will undergo painting and refurbishment. Edmondson Hall will also undergo a facelift with painting planned in the bathroom faculties.

Ms Therese Ejsak

(R) Business Manager

Head Teacher - Teaching & Learning

School Planner for 2019

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With the rapidly changing landscape both on our school grounds and in curriculum we have decided to trial the use of e-diaries for students, staff and parents for 2019. The company we are utilising are busy getting our system set up but the capabilities of this diary system has us excited for the possibilities it allows.

Parents should look through the introduction guide which gives an overview of what the diary can do and informs you of the interaction you will now have with our diary system that can see you informed about your child's homework and progress and will allow greater communication between parents and teachers.

The diaries should be functional shortly and as the guide explains, you will receive an invite in the e-mail address you have provided to the school. I will send a this article to your e-mail address and if you haven't received it, you should contact the school to update your e-mail information in Sentral.

If you have any questions about the e-diary system, you may direct them to <u>Sharon.davis30@det.nsw.edu.au</u>. We will conduct a thorough review of the system by students, staff and parents in the second semester. <u>https://help.myediary.com.au/article/166-parent-guardian-training-toolkit</u>

Ms Sharon Davis

HT - Teaching & Learning

Future Focus Learning & Engagement

Year 7 Parent Seminar

On Thursday 31^{st} January we held our first Year 7 parent seminar for assisting our students with study regime. It was well attended with over 80 parents and if you have a child in Years 8 – 12 or missed the session let us know if you would like to run another through the school facebook page and we will organise it.

Date for the Diary - Year 7 Parents Meet & Greet

Year 7 Parents

Thursday 21st March 2019 3:30pm- 5pm Parent – Teacher meet and greet.

An informal time where parents are welcome to meet their child's teachers and see how they are settling into high school life.

Ms Vanessa Garrick

HT - Future Focus Learning & Engagement

Extracurricular - English

The Importance of Reading for Pleasure:

There is no greater way to end the day than to crawl in to bed at night and unwind with a great book. However, reading for pleasure also has academic advantages. Students who read for pleasure make more progress in literacy development (writing ability, text comprehension, grammar, breadth of vocabulary) have a better general knowledge across subjects, are better decision makers and show greater empathy. Reading for pleasure is important for children's cognitive development and educational success.

Researcher Stephen Krashen found "those who read more, read better. They also write better, spell better, have larger vocabularies, and have better control of complex grammatical constructions."

The greatest academic gains for students are in reading **intellectually challenging fiction** (researcher Alice Sullivan). This is reinforced by the OECD (Organisation for Economic Co-operation and Development), who identified internationally, the strongest readers are those who read fiction.

Optimally, students should be reading for pleasure for at least **15 minutes EACH day**, or for greater academic advantage 30 minutes each day. (For some, this is easily achievable travelling to or from school).

Students should always carry a reading for pleasure book in their school bag. (Novels issued in English are not classified as reading for pleasure). The school library has a great selection of fiction, however, utilising your local library is also beneficial.

The English Faculty support and encourage students in Years 7 - 9 to complete The **Premier's Reading Challenge (PRC),** which officially opens on **4 March 2019** and concludes on **30 August 2019.** Students in these year groups will be given further information regarding the PRC in English classes. Any books that students are currently reading can be included in this year's PRC once it officially opens.

The PRC website which contains information, reading records and booklists can be accessed via:

https://online.det.nsw.edu.au/prc/home.html

Thank you in advance for encouraging your child/children to engage with reading for pleasure.

Ms J. Webber

English Faculty



P&C

Hurlstone Canteen News

The canteen's daily specials continue to be extremely popular, with students asking "Miss, what are you making today", "Miss, can we have ...?". It is wonderful to see students appreciate what we make and take an interest in alternative food options. An example is our pasta with meatballs. The meatballs are freshly made in the canteen, then we use the one and only deep electric frypan to make the sauce, then we use the same one and only deep electric frypan to boil the pasta and the end result is delicious 'Hurlstone Pasta with Meatball Special'.

Go to Next page to view HAHS Canteen **Price List**



'The making of the Hurlstone Pasta with Meatball Special'

Another important introduction to the canteen in Term 3 2018 was the establishment of the canteen's herb and veggie garden created by Ben Nguyen (Yr12) and the environment group. The canteen veggie garden so far consists of tomatoes, lettuces and parsley. I have harvested the garden on a couple of occasions, picking parsley and lettuce for SASS functions.



Veggie Garden - Fresh Produce to Plate

The Hurlstone Canteen Team xxx



HAHS Canteen Price List Effective 29 January 2019

SANDWICHES	
Salad	\$4.00
Salad and Cheese	\$4.50
Salad and Egg	\$4.50
Salad and Ham	\$5.50
Salad and Chicken	\$5.50
Chicken	\$4.50
Chicken, Lettuce and Mayo	\$5.00
Ham	\$4.50
Ham and Cheese	\$5.00
Ham and Tomato	\$5.00
Egg	\$3.00
Egg, Lettuce and Mayo	\$4.00
Cheese	\$3.00
Cheese and Tomato	\$4.00
Tuna	\$4.50
Tuna, Lettuce and Mayo	\$5.00
Salmon	\$6.00
Vegemite	\$2.50
Ham, Cheese, Lettuce and Tomato	\$5.00

Add 80c for rolls and wraps Additional vegetable fillings 30c each Additional ham, chicken, tuna, cheese, egg \$1.00 each Additional Salmon \$2.00 each

Plain Roll	\$1.00
Buttered bread (2 slices)	\$1.00
Salad Bowl – small	\$3.00
Salad Box – large	\$5.50
Salad Box with Ham	\$7.00
Salad Box with Chicken	\$7.00



Salad Box with Tuna	\$7.50
Salad Box with Salmon	\$8.00
Forks and Spoons	\$0.15
CAKES & SNACKS	
Cheese and Bacon Roll	\$3.00
Muffins (large)	\$2.50
Chips (small)	\$1.50
Other Assorted Chips/Crisps	\$1.00
DRINKS	¢1.50
Plain Milk 300ml	\$1.50
Plain Milk 600ml	\$2.00
Flavoured Milk 600ml	\$3.00
Juice	\$3.00
Water	\$1.50
Soft Drinks (no sugar)	\$4.00
Coffee, Tea, Hot Choc	\$2.00
Up and Go	\$2.00
Iced Teas	\$2.50 - \$4.00
Aloe Drinks	\$2.50 - \$4.00
OTHED ITEMS	
OTHER ITEMS	¢2.00
Fresh Fruit Salad	\$3.00
Frozen Yoghurt	\$2.50
Ice Blocks & Ice Creams	25c to \$4.00
SPECIAL ITEMS	
Homemade Pizza (Veg)	\$1.50
Ham & Pineapple Pizza	\$2.50
Meat lovers Pizza Slab	\$2.50
Sushi (when available)	\$4.00 - \$6.50
Sushi (when available)	φ 1 .00 - φ0.30
Dressing Sachets:	
Salad Dressing	\$0.40
Tomato or BBQ Sauce	\$0.35
`	

HOT FOOD	
Lasagne	\$5.00
Macaroni Cheese	\$5.00
Ravioli	\$5.00
Chicken Burger	\$5.00
Beef Burger	\$5.00
Veggie Burger	\$5.00
Chicken Tender Roll	\$5.00
Chicken Tender	\$2.00
Beef Pie	\$4.50
Potato Pie	\$4.50
Pizza Pie	\$4.50
Traveller Pies	\$4.50
Sausage Roll	\$4.50
Spinach and Ricotta Roll	\$4.50
Noodles	\$3.50
Cheesy Bread	\$2.00
Garlic Bread	\$1.50
Flaming Wings	\$1.50
Hot Dog (with Sauce)	\$3.00
Hot Dog with Cheese	\$3.50
Hash Browns	\$0.75
BBQ Pork Riblets	\$4.00
Pork Riblet Roll	\$5.00
Spring Rolls (4)	\$1.00
Samosas	\$1.00
Mini Sausage Rolls	\$1.00
Mini Spinach & Ricotta Triangles	\$1.00
Hommus with Crisps & Veg	\$3.00

Don't want to queue at lunchtime? Order your lunch before school starts to guarantee your lunch choice!

Be alert for Daily Specials...

P&C

Uniform Shop

Please see uniform opening hours below:

UNIFORM SHOP OPENING HOURS

MONDAY	10.00am to 4.00pm
TUESDAY	10.00am to 3.30pm
WEDNESDAY	8.00am to 3.30pm
THURSDAY	CLOSED
FRIDAY	8.00am to 4.00pm

Go to Next page to view HAHS Website for Uniform Price List



UNIFORM SHOP PRICE LIST (at 15/10/18)

Prices subject to change

Boys Uniform

Shirt	Khaki	10 - 14	\$34
		16 28	\$36
	Long Sleeve Grey/White	10 - 28	\$29
	Short Sleeve White	14 – 28	\$27
Shorts	Wash and Wear	Boys 6 - 16	\$40
		Mens 4 - 9	\$42
Trousers		Boys 8 -18	\$56
		Mens 3 - 81/4	\$58
Socks	Khaki Wool or Cotton	2 - 8, 8 - 11, 11 - 14	\$20
	Grey Wool or Cotton	2 - 8, 8 - 11, 11 - 14	\$11

Girls Uniform

Dress	Junior -	6 - 12	\$92
		14 – 28	\$96
	Senior	8 – 12	\$92
		14 – 28	\$96
Pants	Junior & Senior	6 - 20	\$53
Skirt	Junior & Senior	Up to size 16	\$102
		size 18 and over	\$107
Blouse	Summer Junior Short Sleeved	8 - 20	\$33
	Winter Junior Long Sleeved	4 – 22	\$33
	Senior Short Sleeved	6 – 26	\$33
	Senior Long Sleeved	6 26	\$35
Shorts	Junior & Senior	8 - 20	\$41
Tights	Nylon/Lycra Grey or Navy	S, AV, T, XT.	\$10
	Cotton/Lycra Grey or Navy	S, Av, T, XT.	\$24

All Students

Blazer		Girls 30 - 40, Boys 12 - 18 Girls 42 - 46, Boys 19 - 26	\$228 \$242
Jumpers		8 - 22	\$93
		24 - 28	\$98
Socks	White Red Robin Long White Pack	13 – 3, 2 – 8, 7 – 11, 11+ 13 – 3, 2 – 8, 7 – 11	\$8 3 for \$16
Ties	Junior Senior		\$19 \$19
Caps Hats	Boys & Girls - wool Boys' Cricket		\$18 \$32

Sports Uniform

Sports	T-Shirt	8C – XXL	\$38
	Short	8C – XXL	\$30
	Tracksuit Jacket	8C – XXL	\$84
	Tracksuit Pants	8C – XXL	\$49
	Tracksuit Jersev	75 – 125	\$84

Other Items

Scarves	Navy – Boys & Girls		\$10
Gloves	Navy – Boys & Girls		\$6
Leather Belts	Black – Boys		\$20
Materials – to be ordered	Junior – Summer Junior & Senior Winter	per metre per metre	\$19 \$35

Second Hand Clothing available in all items.

Lay-By 2 months with deposit or 2 weeks without deposit

Shop Phone Number: (02) 9829 9251

Opening Times:

Terms 1,	2 & 4:	Term 3:	
Monday Tuesday Wednesday Friday	10:00 am – 4:00 pm 10:00 am – 3:30 pm 8:00 am – 3:30 pm 8:00 am – 4:00 pm	Monday Wednesday Friday	10:00 am – 4:00 pm 8:00 am – 3:30 pm 8:00 am – 4:00 pm



Student Assistance Scheme Application Form

Disbursement of Funds

- Every family in the school will have access to an application for assistance form through the Hurlstone website – <u>www.hurlstone.com.au</u>. Initially an application will be emailed to all families. The closing date for lodgement of forms will be **Friday, 22nd March 2019.**
- 2. Forms should be returned to the Principal in an envelope marked 'Confidential'.
- 3. A committee comprising the Principal, a community member and 2 other representatives will meet to distribute the funds according to needs as set out in the applications.
- 4. The identity of applications will be kept strictly confidential.
- 5. Successful applicants will be notified in writing, adjustments to the child's account will be processed and a revised statement issued.
- 6. Unsuccessful applicants will be informed accordingly.
- 7. School Contributions are not funded under this program.
- 8. All application forms together with the precise details of the Committee's decisions will be retained for the Department of Education auditors.

FAMILY DETAILS

Student's Name:			Roll Class:	
	Given Name	Surname		
Home Address:				
			Postcode:	
Parent/Guardian:				
	Given Name	Surname	Phone Number	

DETAILS OF SUPPORT REQUESTED

Item	Amount Requested	Amount Approved
School Uniform		
Subject Costs including workbooks		
School Camps		
TOTAL		

PARENT/GUARDIAN DECLARATION

I declare that, to the best of my knowledge and belief, all the information in the following "SUPPORTING INFORMATION" section is true and correct.

INTRODUCTION

After some years of experience in assessing applications from parents for financial assistance, the committee has reached the conclusion that some parents do not provide enough information for their circumstances to be given proper consideration. The relative evaluation of applications from an objective viewpoint, is becoming more difficult with each succeeding year due to the increase in the numbers of families asking for assistance. The data we suggest you may wish to provide in this section is considered to be beneficial in enabling the disbursing committee to reach a balanced and reasoned decision based on common criteria.

Please note that:

• Provision of this information is NOT compulsory but it is very difficult to assess need when no evidence of family income is provided.

FAMILY DETAILS

a. Parental status

The following information may be provided: Centrelink documentation confirming any of the following: sole supporting parent/single parent in receipt of maintenance/single parent not in receipt of maintenance/two-parent family living together domestically with no regular employment incomes.)

b. Indication of family income with supporting evidence attached.

For example: annual taxable income/unemployed/unemployment benefits/welfare payments

c. Additional information

For example, social/economic factors such as sudden financial trauma, loss of a family member, drought, business failure, etc. In these instances, whilst the matter is no doubt private and the source of some distress, it would be helpful to the application if some details were given.



Dear Prospective member,

Welcome to Vocal Ensemble. As a member of Vocal Ensemble, you will be learning the fundamentals of vocal technique including posture, breathing, diction and projection. You will develop tone quality and range through the rehearsal and presentation of music in a variety of styles.

Rehearsals will be on Monday afternoons from 3:00 – 4:00 in the Music Rooms. You will need to bring water and a black folder with loose-leaf plastic sleeves to hold music. It is important these be brought every week, as there will be no spares given out. Should you be unable to attend a rehearsal, you will need to contact Mrs Wuhrer prior to the rehearsal, either in the Music Rooms or by email, <u>wendy.wuhrer@det.nsw.edu.au</u>. You will be required to give Mrs Wuhrer your contact details – your det email address – which you will need to access regularly to check for information.

There are many benefits to singing from a physical, emotional and social perspective:

Singing exercises our lungs. It tones up our intercostal muscles and our diaphragm. It can improve our sleep. We benefit our hearts and circulation by improving our aerobic capacity and we decrease muscle tension. Our facial muscles are toned. Our posture improves. We can become more mentally alert. Sinuses and respiratory tubes are opened up more. With careful training, recent evidence suggests that it can help decrease the problem of snoring. There is a release of pain relieving endorphins. Our immune system is given a boost enabling us to fight disease. It can help reduce anger, depression and anxiety. Use of music can help people to regain balance if affected by illness such as Parkinson's disease.

Emotionally, singing increases self esteem and confidence; feelings of wellbeing; enhances mood; is useful as a stress reducer; is uplifting spiritually; increases positive feelings; encourages creativity; can be energizing; evokes emotions; promotes bonding; increases understanding and empathy between cultures and is healing.Singing enables you to meet more people; is a forum for sharing; brings people together and encourages a sense of community; offers opportunity for giving and receiving positive feedback; is a forum for fun and laughter; offers support and provides a safe environment to try new skills.

As a member of the Hurlstone Agricultural High School Vocal Ensemble, you will be part of the music community in the school. There will be a number of performances that you will be presenting as a group: School Assemblies, Special Assemblies, Country Fair, wider community performances with Pops Orchestra. In 2019, Vocal Ensemble will be performing a varied repertoire to regional schools on tour, along with Pops Orchestra. Your commitment to regular rehearsals and practise of repertoire is of vital importance to the progress of the group.

Should you have any questions or concerns, please do not hesitate to communicate with Mrs Wuhrer.

Please return the consent form to Mrs Wuhrer before attending rehearsals.

Consent

I hereby consent to Participating in Vocal Ensemble. I am aware rehearsals are held on Monday afternoons from 3:00 – 4:00 in the Music Rooms.

Special Needs

Special needs of my child which you should be aware (e.g allergies, medication - please provide full details):

I give permission for my child to receive medical treatment in the case of emergency. YES/NO

.....

Signature of Parent/Guardian Name of Parent/Guardian

Date

EXCELLENCE | OPPORTUNITY | LEADERSHIP | COMMUNITY

Roy Watts Road GLENFIELD NSW 2167 T 02 9829 9222 F 02 9829 2026 E hurlstone-h.school@det.nsw.edu.au W hurlstone.com.au



BYOD Device Specifications

Wireless Connectivity:	Devices MUST support 5Ghz Dual Band wireless Note: Most android devices do not support 5GHZ
Operating System:	To ensure security as well as compatibility, the most recent OS or previous version is recommended (i.e. Win 7, Win 8, iOS 6 or iOS 7)
Battery Life:	Minimum 6 Hours
RAM:	Laptop: 4GB RAM Tablet: 2GB RAM
Screen Size:	Needs to be a reasonable size for ease of use throughout the day. Too large and the device will not fit easily into a school bag.
Hardware Features:	Camera and Microphone are necessary to participate in 21 st century activities.
Other Considerations:	 Case or cover that will protect the device from accidental damage Accidental loss or damage insurance Weight of the device: Can it be carried to school every day? Keyboard for Tablet devices Extra Warranty may reduce repair costs in the future
Software:	Operating System (see above)
Web Browser:	Modern web browser such as Firefox, Chrome or IE 10
Word Processor:	Any text editing software such as Microsoft Word or Apple Pages
Spreadsheet:	Such as Microsoft Excel or Apple Numbers
Antivirus / Malware:	http://windows.microsoft.com/en-us/windows/security-essentials-download http://www.clamxav.com/
DEC Student Software	http://nsw-students.onthehub.com/WebStore/Welcome.aspx

Learning Labs Liverpool APRIL 2019



Outreach & Pathwavs

Liverpool Learning Labs

23 & 24 APRIL, 2019 9.00AM - 3.30PM UOW SOUTH WESTERN SYDNEY CAMPUS, LIVERPOOL \$170 (2 DAYS) | \$90 (1 DAY)

PROGRAM INFORMATION

Learning Labs is a popular enrichment program from the University of Wollongong, designed for students that are keen and motivated learners who are performing in the top group in their area of interest. Workshops are fun, yet challenging for participants.

All workshops are held over one (mini-labs) or two days, and are presented by teachers with specialist training or a specific interest in gifted education. There will be sponsorship places available for some participants- please see more details on how to apply for these places on the website.

WORKSHOPS ON OFFER

Learning Labs workshops cover a range of diverse and innovative disciplines that are designed to challenge and stimulate the interest of the academically gifted.

A full list of the available workshops to choose from can be found on our website at <u>uow</u>. <u>info/learninglabs</u> (under 'Liverpool' expandable button). Please note that the program books up quite quickly, so ensure you submit your application as early as possible.

APPLICATION & CONTACT DETAILS

For more detailed workshop descriptions, how to apply, FAQ's, and the online application form, please go to: **uow.info/learninglabs**

For all other enquiries, please contact the Learning Labs team via: **E:** learning-labs@uow.edu.au **P:** (02) 4221 5557 **Facebook:** www.facebook.com/UOWOandP

APPLICATIONS CLOSE MONDAY, 25 FEBRUARY 2019