

Parent Newsletter

Hurlstone Agricultural High School

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2019 Issue 2 Term 1 - Week 4

22 February 2019

SPECIAL POINTS OF INTEREST

- ACSIA Information
- Year 7 Camp
- Behaviour Code
- Swimming Carnival

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CALENDAR

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

February 2019

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			

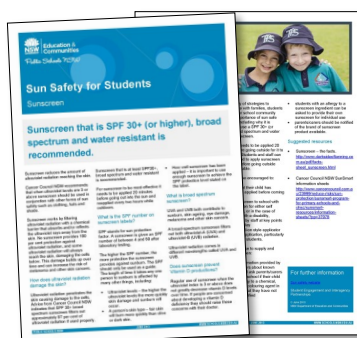
Principal's Message

It is with great pride that I begin my report with some exciting news: last year 56, 997 students sat VALID 8. The Validation of Assessment for Learning and Individual Development (VALID) program provides online end-of-stage assessments for the science key learning area. The assessments assist schools to monitor student achievement and inform planning, programming and assessment practice. I am delighted to inform you that Marianne Abzack and Hannah Yin both achieved the fifth highest score in the state along with 30 other students, placing them in the top 50 in the state. Congratulations must go to Marianne and Hannah, their families and the Science faculty.

Please enjoy reading the celebration of our Year 7 and Year 10 peer support camp on behalf of our community I would like to personally thank the teachers, support staff and students involved as they took the time away from their families to support this important wellbeing opportunity.

Our annual swimming carnival will be held next week and this is an opportunity to remind our community of the following;

- Legal requirements to attend school on all school days
- Opportunities to encourage your children to actively participate in physical activity
- Supporting our gifted and talented athletes and celebrate their achievements
- Reminders that all students have a responsibility to be safe and behave in accordance with the Department of Education's Student behaviour code (see attachment)
- Sun Safety (see attachment)
- <http://www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app>



Principal's Message continued...

Tonight is our Creative and Performing Arts Night, doors open at 6pm and the event should conclude at 8:30pm. Our community is looking forward to celebrating your talented children.

Our new "STEAM" facility is nearing completion; you can find the latest details of the school upgrade by following this link.

<https://www.schoolinfrastructure.nsw.gov.au/projects/h/hurlstone-agricultural-high-school-upgrade.html>

Christine Castle

Principal

Update's to Building Project

The schedule of work onsite at Hurlstone Agricultural High School Glenfield is well underway. Please check updates at the following link.

<https://schoolinfrastructure.nsw.gov.au/schools/hurlstone-agricultural-high-school/hurlstone-agricultural-high-school-glenfield>



From the DP Desk

Assessment Policies and Procedures

Assessment policies and assessment schedules for Years 7 - 11 are available through the parent Portal. Students can find these in their education emails. Students should check their education email regularly.

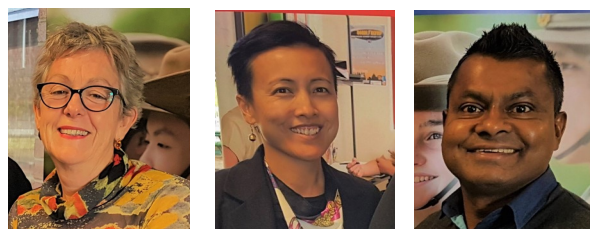
Year 7 have been issued hard copies of the assessment and homework policy by Ms Young. Hard copies of the Year 7 assessment schedule will be given to all Year 7 early next week. Ms Young will support students to engage with the schedule. Please have your child see Ms Young if they did not receive a hard copy of either document.

Students Years 8 - 11 may request print copies of the assessment policy and schedules through the front office.

Using these documents electronically is preferred as HAHS works towards continuing to reduce our carbon footprint.

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

Deputy Principals



Behaviour Code

ACSLA Information

Vocal Ensemble Consent Form 2019Learning Labs Information 2019

Year 7 Camp



Hurlstone Agricultural High School held the annual year 7 camp at the Tops in Stanwell Park from Monday the 18th to Wednesday the 20th February.

The theme of the camp was building friendships and making connections. The importance of these two things as an integral part of the year 7 transition into high school were emphasised throughout the day and informed the activities during the camp. We were also accompanied by a select group of year 10 peer support leaders who did an outstanding job in supporting the year 7s.

During camp, the students participated in many fun (and challenging!) activities such as abseiling, the giant swing, the survivor challenge, a bush walk, and cart racing. After dinner time, fun activity nights were a lovely addition to the outdoor activities.



Giant Swing

Alongside this, students were encouraged to participate in a kindness project initiative which involved taking selfies with as many unfamiliar faces as possible and to post these on our grade Edmodo page. This added a lovely sentimental element to our trip!

The event was a major success, and by the end of the camp the year 7s were visibly enriched by the experience, and left the Tops feeling more confident and ready for the challenges of high school.

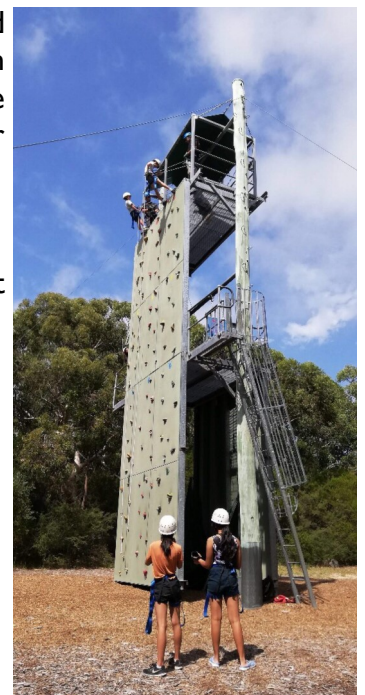
I would particularly like to acknowledge to staff who came along to the camp and helped make it the success that it was: Sam Cavallaro, Ann Young, Ryan Mackinder, Elly Klappas, Michelle Barry, Vasilia Dokos, Samir Seblani, Kate Crosbie, and Pail Pittas (who also played a key role in the organisation for year 10).

I trust that year 7 are now settled in at Hurlstone and I look forward to our next camp together!

Here is a link with photos:

<https://photos.app.goo.gl/a6Azgjkv2NNunmwW8>

Mr Marwan Malak
Year 7 Adviser



Abseiling

Extracurricular - PDHPE

Swimming Carnival House Meeting

The house captains ran house meetings in the lead up to the swimming carnival. They took the opportunity to promote house and school spirit, to explain their theme for the carnival and to rehearse some chants.



Pictured - The Farrer House Captains in front of their House

2019 House Captains

Farrer	
Boys	Girls
Tanveer Mahtab (C)	Jennifer Dœur (C)
Michael Bahn (VC)	Shivanti Vinod (VC)

Lachlan Macquarie	
Boys	Girls
Edison Lam (C)	Janet Nguyen (C)
Jordan Gregory (VC)	Simone Britto (VC)

Macarthur	
Boys	Girls
Kai Lavers (C)	Lisa Ngo (C)
Anmol Munjal (VC)	Mekaela Hockey (VC)

Wentworth	
Boys	Girls
Ronald Nguyen (C)	Angela Pidgeon (C)
Rahat Howlader VC)	Bianca Tran-Lam (VC)

House themes for the carnival:

Farrer

Fairy tales

Macarthur

Mahalo

Lachlan Macquarie

Laneway

Wentworth

Wonderland



Extracurricular - Agriculture

Kangaroo Valley Show

Ten students from Rural Youth attended Kangaroo Valley Show and participated in the beef youth judging competition on the 15th of February.

There were four students in intermediates who qualified for an oral presentation. Sylvia Nanziri placed 3rd and is reserve for Sydney Royal, the state final".



Written by Teagan Colless

SRC

The Student Representative Council (SRC) is a student-led team that focuses on serving the school community. We proudly advocate for student well-being whilst fostering future leaders.

After an extremely successful 2018, the SRC body is continuing our efforts until the end of this term. Term 2 will hold an exciting start for the newly elected SRC body as the voting for the new team will take place at the end of Term 1. Students are to keep an eye out for interest forms, which will be available later this term.

SRC has commenced planning for the annual Football tournament this year - the *Hurlstone Asian Football Cup*. Last year's *Hurlstone World Cup* was a blast with over 15 teams competing. The final was a showcase of Hurlstone's 'finest' footballers playing on the tennis/hockey/futsal courts with glory, with the Year 11 team Djibouti coming out in front to win. This year, we hope to replicate such an exciting tournament filled with banter and the Hurlstone Spirit. Team registrations will be opening soon. The SRC body hopes to see you in the field and take on a mighty task of defeating the reigning champions.

Mr Samir Seblani



Boarding

A Day in the Life of a Boarder

As Boarder Captains, we would like to introduce you to a typical day in the HAHS Boarding school.



Boarding School Girls Dormitory



Formal Dinner in the Dining Hall

Waking time in the boarding school can vary quite a lot. From the 6:30am alarm for gym enthusiasts, to the average 7:00am wake up. Regardless of our waking times, we all join together at 7:45 sharp for the first communal meal of the day, breakfast.

At the conclusion of our meal, we grab our bags, brush our teeth and go off to the day school, it is at this time that we blend in with all the other day school students.

On our way, we might stop at the laundry where the amazing laundry ladies will wash our clothes whilst we are at school. Our laundry will be all fresh and clean for us to pick up at the end of the day.



Hurlstone Laundry

During our school day, the dining staff provide morning tea and lunch for all boarding school students in the dining room. After school they also provide a light refreshment for afternoon tea.

Following the formal school day we can attend music lessons, play sports, go down to Rural Youth, run the Cross Country Course, watch movies in the common room, study, relax or even sleep. We then have dinner at 5.45pm in the dining hall.

After dinner, all students participate in “prep” our allocated homework completion time. Students from year 7-9 complete this time in our newly refurbished library while the senior students have the option to stay in our own rooms or go to the library to study. In the library we have access to a librarian, teachers and tutors to help us.

At the end of prep, we have supper in the dining room. We then all go to bed at times ranging from 9:00pm for year 7 students, to 11:00pm for year 12 students.

And there we have it, a day in the life of a boarding school student at HAHS.

By Cassie and Kai (2019 Boarding School Captains)



Junior Prep - Library



Business Manager

“Hurlstone Surrounds”

As you can see from the photograph's, the Maintenance Team have been busy over the past few weeks tidying up the Hurlstone surrounds. The mowing, pruning and gardening program is quite extensive and the work is progressing well.

I would also like to take this opportunity to welcome Jesse Garcia to the Maintenance Team. Jesse was successful in securing the General Assistant role and his appointment is effective from 25 February 2019. Jesse is well known to staff and students and has worked casually in Maintenance over the past few years as well as in the Boarding School, undertaking a Casual Residential Supervisor role for a number of years.



General Assistant - Jesse Garcia

Therese Ejsak

Business Manager



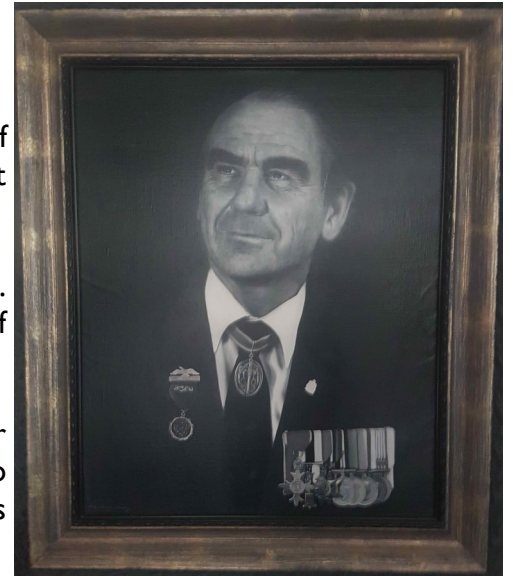
Archives

“Old Boy”, Sir William Keys

Hurlstone Agriculture High School was recently given the jacket of our "Old Boy", Sir William Keys. Sir William Keys wore this jacket whilst fighting in the Korean War from 1950-1953.

Sir William Keys was a boarder here at Hurlstone from 1935 to 1940. He went on to serve in WW2 and then rose up through the ranks of the RSL to become president of the RSL in 1978.

Our Archive group have been working on a video depicting Sir William's achievements. After showing the first draft of the video to the family, Sir William Keys daughter Amanda Zappia donated his jacket to our school.



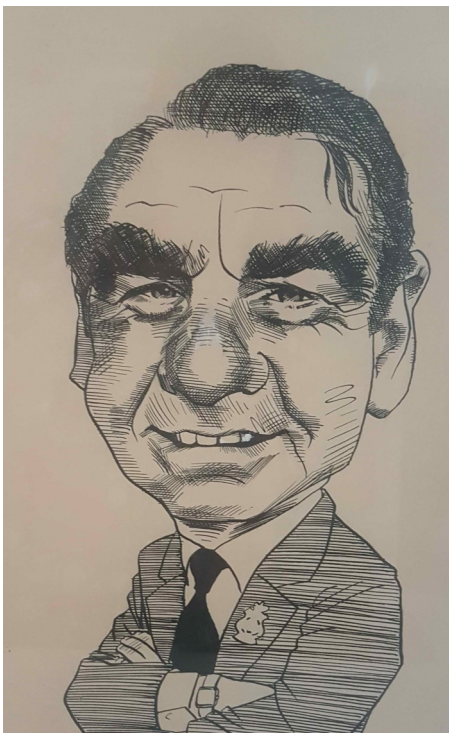
Archives is immensely grateful to Sir William Keys family to be bestowed with the huge honour of being the caretaker of this historical piece, his military uniform, that staff and students will enjoy learning from.

We also collected numerous images of Sir Williams recognitions and achievements from national and international governments.

We received a wonderful image of Sir William Keys with his brother Joseph Keys who also attended Hurlstone.



HAHS Archive Group



Cartoon Drawing of Sir William Keys



Sir William Keys & brother Joseph Keys both attended HAHS

P&C

Hurlstone Canteen



HAHS Canteen Price List Effective 29 January 2019			
SANDWICHES			Salad Box with Tuna \$7.50
Salad	\$4.00		Salad Box with Salmon \$8.00
Salad and Cheese	\$4.50		Forks and Spoons \$0.15
Salad and Egg	\$4.50		
Salad and Ham	\$5.50		CAKES & SNACKS
Salad and Chicken	\$5.50		Cheese and Bacon Roll \$3.00
Chicken	\$4.50		Muffins (large) \$2.50
Chicken, Lettuce and Mayo	\$5.00		Chips (small) \$1.50
Ham	\$4.50		Other Assorted Chips/Crisps \$1.00
Ham and Cheese	\$5.00		
Ham and Tomato	\$5.00		DRINKS
Egg	\$3.00		Plain Milk 300ml \$1.50
Egg, Lettuce and Mayo	\$4.00		Plain Milk 600ml \$2.00
Cheese	\$3.00		Flavoured Milk 600ml \$3.00
Cheese and Tomato	\$4.00		Juice \$3.00
Tuna	\$4.50		Water \$1.50
Tuna, Lettuce and Mayo	\$5.00		Soft Drinks (no sugar) \$4.00
Salmon	\$6.00		Coffee, Tea, Hot Choc \$2.00
Vegemite	\$2.50		Up and Go \$2.00
Ham, Cheese, Lettuce and Tomato	\$5.00		Lead Teas \$2.50 - \$4.00
			Aloe Drinks \$2.50 - \$4.00
Add 80c for rolls and wraps			OTHER ITEMS
Additional vegetable fillings 30c each			Fresh Fruit Salad \$3.00
Additional ham, chicken, tuna, cheese, egg \$1.00 each			Frozen Yoghurt \$2.50
Additional Salmon \$2.00 each			Ice Blocks & Ice Creams 25c to \$4.00
Plain Roll	\$1.00		SPECIAL ITEMS
Buttered bread (2 slices)	\$1.00		Homemade Pizza (Veg) \$1.50
Salad Bowl - small	\$3.00		Ham & Pineapple Pizza \$2.50
Salad Box - large	\$5.50		Meat lovers Pizza Slab \$2.50
Salad Box with Ham	\$7.00		Sushi (when available) \$4.00 - \$6.50
Salad Box with Chicken	\$7.00		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
			Hummus with Crisps & Veg \$3.00
			Don't want to queue at lunchtime? Order your lunch before school starts to guarantee your lunch choice!
			<i>Be alert for Daily Specials...</i>

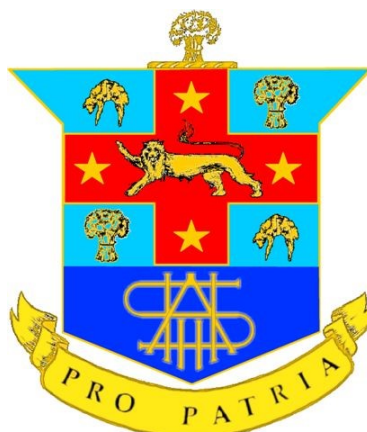


Uniform Shop

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



Behaviour code for students

NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.

Anaphylaxis fact sheet for parents of children at risk of anaphylaxis

What is anaphylaxis and how is it treated?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It usually occurs rapidly after exposure to a food, insect or medicine to which a person may already be allergic. Anaphylaxis must always be treated as a medical emergency and requires immediate treatment with adrenaline (epinephrine). **Adrenaline autoinjectors** are designed to be given by non-medical people, such as parents, school or childcare staff, friends, passers-by or the allergic person themselves (if they are well and old enough). Adrenaline autoinjector devices contain a single, fixed dose of adrenaline that works rapidly to reverse anaphylaxis. Instructions are included on the device labels, on ASCIA Action Plans for Anaphylaxis and on the ASCIA website: www.allergy.org.au/anaphylaxis

If your child has been diagnosed at risk of anaphylaxis, their treating doctor should provide:

- ☐ **Education on avoidance of known allergens (substances causing the allergic reaction).** This is particularly important with anaphylaxis due to food allergy, which can be caused by very small amounts of food or accidental exposure. Strategies to avoid exposure to known food and insect allergens should be implemented at home and school, preschool or childcare. Further information is available on the ASCIA website: www.allergy.org.au/schools-childcare
Food allergy - www.allergy.org.au/patients/food-allergy Insect allergy - www.allergy.org.au/patients/insect-allergy-bites-and-stings
- ☐ **ASCIA Action Plan for Anaphylaxis.** This plan outlines what to do if your child is having an allergic reaction. It must be completed and signed by your child's doctor and stored with the adrenaline autoinjector, even if it is carried by your child. The plan includes personal details, signs of allergic reactions, instructions on how to use the device and whether to give any other medications.
- ☐ **Prescription for two adrenaline autoinjectors.** This allows you to keep one with your child at all times (whilst in or out of the home) and another at school or childcare. High school and upper primary school students should usually carry one device on their person, whilst the second one should be kept at school. Two devices are PBS subsidised in Australia and additional devices can be purchased at full price from pharmacies. Further information: www.allergy.org.au/health-professionals/anaphylaxis-resources/adrenaline-autoinjectors-faqs
- ☐ **Education on how to use an adrenaline autoinjector.** It is recommended that you regularly practice using a trainer version of the adrenaline autoinjector that has been prescribed for your child. Trainer versions of the devices do not have a needle and do not contain adrenaline, so they can be used repeatedly for practice and to teach family and friends.
- ☐ **Information on medical identification jewellery.** This is optional and does not replace the ASCIA Action Plan for Anaphylaxis.

What is the role of the parent?

- ☐ **Notify school principal or preschool/childcare supervisor** if your child has been prescribed an adrenaline autoinjector; had previous or subsequent anaphylaxis; has any changes in allergies; and any other health care needs or disabilities (including learning difficulties) that may affect anaphylaxis management.
- ☐ **Provide an ASCIA Action Plan for Anaphylaxis completed and signed by your child's treating doctor.** This should be updated (including photo) when adrenaline autoinjector prescriptions are renewed (usually every 12-18 months) or if allergies change. These plans are medical documents and must not be completed or altered by parents, school staff or childcare staff.
- ☐ **Provide an adrenaline autoinjector to your child's school, preschool or childcare.** Always note the date on the label and replace the device before it expires. Even if your child carries their own adrenaline autoinjector you should provide another adrenaline autoinjector to the school. This is required in case your child does not have it on them when needed.
- ☐ **Assist in the development of an Individual Health Care Plan or Risk Minimisation Plan.** This is a plan that school, preschool or childcare staff develop to support your child's health care needs.
- ☐ **Age appropriate education.** Educate your child about how to avoid known allergens and why it is important. Remind them that if they feel sick, they should immediately tell someone nearby, such as a teacher or other adult. Assure them it is the right thing to do, and they should not be afraid of getting into trouble for doing this.

What are the responsibilities of your child's school, preschool or childcare service?

- ☐ **Training of staff** in awareness, management, recognition and emergency treatment for anaphylaxis.
- ☐ **Implementation of strategies** to minimise risk of accidental exposure to known allergens, including special events such as excursions.
- ☐ **Appropriate storage of adrenaline autoinjectors** with an ASCIA Action Plan for Anaphylaxis in an easily accessible location, out of direct sunlight and heat. Staff also need to know the agreed location (e.g. pocket, belt bag, school bag) of the devices that are carried by students.

Further information

- ☐ **Australasian Society of Clinical Immunology and Allergy (ASCIA)** www.allergy.org.au
Professional medical organisation that provides e-training, health professional resources, information for patients and consumers
- ☐ **Allergy & Anaphylaxis Australia** www.allergyfacts.org.au
National patient support organisation that provides advice and resources on allergy and anaphylaxis
- ☐ **Food Standards Australia and New Zealand (FSANZ)** www.foodstandards.org.au
Provides information about food labelling laws and food allergens on food labels



Student Assistance Scheme Application Form

Disbursement of Funds

1. Every family in the school will have access to an application for assistance form through the Hurlstone website – www.hurlstone.com.au. 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.

Signature

Date

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.

[illegible]



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www.hurlstone.com.au



21 February 2019

Information Only

Dear Parents / Guardians,

On Monday 8 April 2019 (week 11, term 1) during periods 3 to 5 all students will complete activities in either:

- International Women's Day Sessions
- Gentlemen's Convention Sessions

Students will be assigned to workshops as appropriate.

Guest speakers and Prefect Student Leaders will convene and lead various activities promoting contemporary women's and men's issues at school. Periods will be supervised by teaching staff.

Please contact the school in writing if you wish for your child to complete an alternative activity during periods 3-5. Our email address is: hurlstone-h.school@det.nsw.edu.au

Regards,

Ms M. Pham

Kaylen Lim

Prefect Coordinator

School Captain (on behalf of the Prefect Leadership Team)

Prefect- Gentlemen's Convention/ International Women's Day

FUNDRAISING 4 CHARITY : PRE-ORDER LUNCH FORM for Monday 8 April 2019

Indicate quantity:

- ☐ Halal sausage sandwich + drink* @ \$5.00 each
- ☐ Vegetarian patty sandwich/ roll + drink* @ \$5.00 each

*Select from water bottle or Pepsi (sugar free)

First name:	Surname:	Year: 7 / 8 / 9 / 10 / 11/12
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Pay at the finance office by Friday 29 March 2019

Your name will be on a pre-paid lunch list at the canteen. On the day go to school canteen to collect your order from the Prefects.



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 Wuhler prior to the rehearsal, either in the Music Rooms or by email, wendy.wuhler@det.nsw.edu.au . You will be required to give Mrs Wuhler 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 Wuhler.

Please return the consent form to Mrs Wuhler 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

A young woman with long brown hair and a young man with dark curly hair are both wearing white lab coats. They are focused on working on a sculpture of a human face. The woman is using a small wooden tool to shape the sculpture, while the man is holding a piece of wood. The background is a workshop with other people and tables.

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Learning Labs Liverpool

APRIL 2019

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UNIVERSITY
OF WOLLONGONG
AUSTRALIA

—
Outreach & Pathways

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 uow.info/learninglabs (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

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

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

OTHER ITEMS

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

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...

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 - 8½	\$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	\$228
		Girls 42 - 46, Boys 19 - 26	\$242
Jumpers		8 - 22	\$93
		24 - 28	\$98
Socks	White	13 – 3, 2 – 8, 7 – 11, 11+	\$8
	Red Robin Long White Pack	13 – 3, 2 – 8, 7 – 11	3 for \$16
Ties	Junior		\$19
	Senior		\$19
Caps	Boys & Girls - wool		\$18
	Boys' Cricket		\$32
Hats			

Sports Uniform

Sports	T-Shirt	8C – XXL	\$38
	Short	8C – XXL	\$30
	Tracksuit Jacket	8C – XXL	\$84
	Tracksuit Pants	8C – XXL	\$49
	Tracksuit Jersey	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	per metre	\$19
	Junior & Senior Winter	per metre	\$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:

Monday 10:00 am – 4:00 pm
 Tuesday 10:00 am – 3:30 pm
 Wednesday 8:00 am – 3:30 pm
 Friday 8:00 am – 4:00 pm

Term 3:

Monday 10:00 am – 4:00 pm
 Wednesday 8:00 am – 3:30 pm
 Friday 8:00 am – 4:00 pm