

Parent Newsletter

Hurlstone Agricultural High School

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2019 Issue 3 Term 1 - Week 10

5 April 2019

SPECIAL POINTS OF INTEREST

- E-Diary Launched
- SRC - No More Bullying
- Anzac Day Invitation

Principal's Message

Hurlstone Agricultural High School and our community celebrate diversity, embrace the rich cultural beliefs, and practices that make our school such an exceptional place to learn. The mass shooting in Christchurch is a tragedy that has shocked us all, the loss of innocent life so confronting.



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Events like these inevitably impact our community in many ways. Our school utilises systems to support our student and staff wellbeing. Our student's heart felt emotions run deep from the leadership teams of Prefects, Interact and SRC right through to all students' day-to-day classroom and playground interactions. You only have to read the content in each newsletter to know that our future world leaders are part of the Hurlstone community. Respect, dignity and harmony are sentiments held close in the hearts of our young gifted children and it is distressing to make sense of such tragedy. Hatred and discourse should never cast shadow over a quest for world peace. As a school community, we will continue our resolve to promote harmony and celebrate diversity.

Our new build "STEAM" facility will be timetabled for next term, your children will be conducting a Work, Health Safety walk through the facility early next week. At a date yet to be advised we will officially open the building and invite parents and community to enjoy the incredible future focus designs.

CALENDAR

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

April 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
29	30					

Our Agricultural team are at Camden Show this weekend and will bump in at the RAS next week. We wish them all the best for the two events and look forward to hearing of their success. It would be wonderful for our participating students to see members of our community visit them and enjoy each show.

Congratulations to John Stone who was awarded 1st place in automotive 2018 in the Macarthur workplace learning program.



Principal's Message continued...

Congratulations to Jessica McAleer. Jessica has been selected for the NSW Public Schools Year 8 Drama Ensemble is quite prestigious as only 24 places are available. Jessica will begin her rehearsals in May and conclude with drama works celebrated at the State Drama Festival at Seymour Centre in October.

I am heading out this evening to support our World Scholar Cup, generously hosted by Inaburra High School. Our school would like to acknowledge the generous support from the P&C who supported this program.

I would like to inform our community that the panel charged with appointing a new Head Teacher of English to our school has finalised and the successful candidate is Zenna Diab. Zenna will begin teaching at Hurlstone Agricultural High School in term 2. We are looking forward to welcoming her to her new school.

Year seven and eight boarders along with Senior environmental boarder leaders Tom Cummings, Francesca Smith and Alexis Casey, took part in a series of workshops and Agricultural immersions held at WSU Hawkesbury campus. The Agricultural workshops "No Bees, No future" The day was highly engaging and gave the students an opportunity to use and interact in world class Agricultural research facilities. Our school would like thank Principal Kris Beazley for the invitation to attend.

On behalf of all the staff, I wish all our families a safe and happy break.

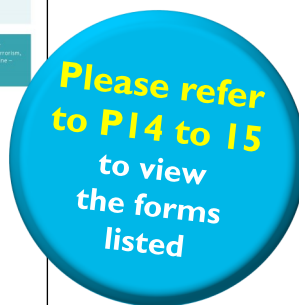
Kind regards

Christine Castle
Principal

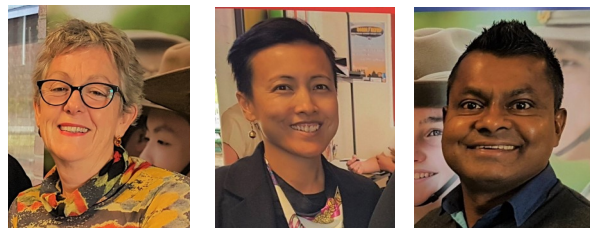
Updates to Building Project

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



As you read this newsletter, you will note a number of links to department and school support documents.

These relate to how you can support your child in making the most of their time at school or during difficult times.

Cyber safety, anti-bullying and health concerns often come across our desks. With your support by keeping well informed, we can make these conversations easier for you and your child. All Year 7 received a hard copy of the department's behaviour code for students. This helps students know what expectations are accepted as Hurlstone's school 'rules'. Please read these with your child.

These are also on the department website.

So, please read the communities working together document, the behaviour code for students and the ACSIA information sheet to help with your knowledge.

As Term 1 wraps up, all students will have an opportunity to undertake a tour of the new STEAM building as a part of their WHS induction. Any students absent when these tours take place will be given a period to have a visit too during the final week of school.

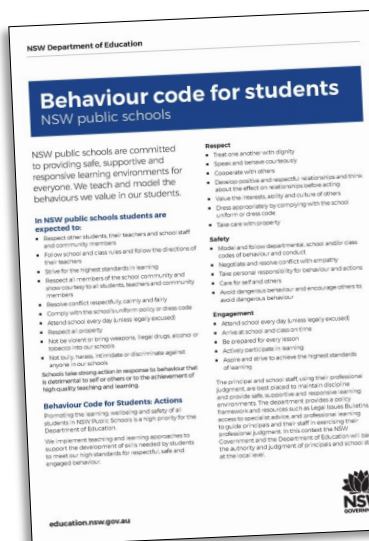
We would also like to remind you that every student has received an assessment schedule as a printed document.

Year 7, 11 and 12 also received a print copy of the Homework and Assessment Policy. All students had this sent to their education email.

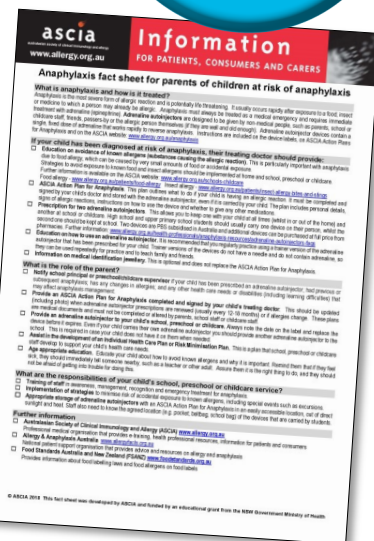
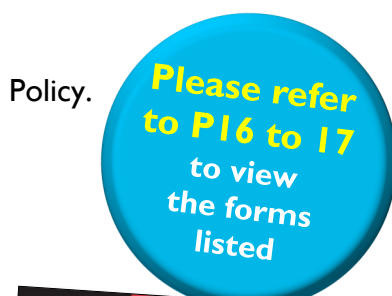
Both schedules and Homework and Assessment Policy documents are available through Sentral on the parent portal. Please have a look for these again to support your child to succeed and avoid any pitfalls with submission of assessment tasks.

Last message from us, have a relaxing holiday, spend time with each other connecting - and read a few good books.

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



Behaviour Code



ACSIA Information

From the DP Desk Continued...

For your information, the following staff are your points of call for anything welfare and wellbeing related to your child.

If you have any subject concerns, please contact the classroom teacher or Head Teacher.

2019 Welfare Team

Year Advisers:

Year	Year Advisor		Assistant YA	
	Name	Faculty	Name	Faculty
7	Marwan Malak	English	Vasilia Dokos	English
8	Tahmeena Tarannum	Mathematics	Maryam Sabah	Mathematics
9	Basem Shenouda	Mathematics	Brenda Cologon	Learning support
10	Paul Pittas	Social Science	Elyse Crichton	Science
11	Mikala Hewett	LOTE	Sam To	Science
12	David Coombes	Science	Laura Rose	Science

Deputy Principal Areas:

Name	Area of administration as per school plan	Year group	Faculty
Ann Young	Differentiating	Year 7 & Year 10	MATH, SCIENCE, HSIE, AG, TAS, LOTE
Sailash Krishan	Communicating DP Boarding	Year 8 & Year 11	CAPA, BOARDING, WELFARE HTS, Administration incl. Library & Careers
Mai Ni Pham	Engaging	Year 9 & Year 12	PDHPE, ENGLISH, T&L

Head Teachers welfare:

Roxanne West – HT Welfare (Girls)

Samir Seblani – HT Welfare (Boys)

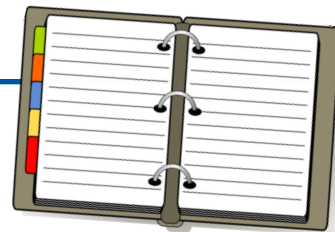
Aboriginal liaison officer:

Elyse Crichton (Science faculty)

Anti-racism contact officer (ARCO):

Nashaat Mahfouz (Science faculty)

**Click Here
to view this link -
Information -
Anti Racism Contact
Officer**



Head Teacher - Teaching & Learning

My E-Diary has Launched!

Students are starting to receive their invite e-mails as are parents. Please follow the instructions carefully to initiate your e-diary. The link you should bookmark for sign in is https://myediary.com.au/users/sign_in. Remember that there are also apps that you can utilise on all your devices. Parents should also go into their e-diary access and nominate the level of notifications you wish to receive related to homework completion etc.

The cost of the electronic diary is less than that of the paper versions. As this is our first year of utilising this resource, we will seek feedback later in the year about how effective you found this method of keeping track of work and reminders compared to the paper version.

Make sure you keep up to date with the files we have loaded onto the e-diary - we will continually update the files and their content, so this is a great place to find the most up to date content for school policy and processes.

An e-mail was sent to all students with an introduction presentation to explain the use of the diary. If you have any questions, come and see Mrs Davis or e-mail her at sharon.davis30@det.nsw.edu.au

Mrs Sharon Davis

rel. Head Teacher Teaching and Learning

Student Representative Council

Announcements

The Student Representative Council (SRC) are proud to announce that registrations for the annual football took place from the 6/03/19 until the 8/03/19. This year the Asian Football Competition will follow a linear tournament schedule that commenced in week 8 with pool play games to end at the ending of the term. The knockout stages of the tournament will start at the commencement of the new term. Come register with a team for a chance to win it all. Or if you have missed out, come down and watch Hurlstone's finest footballers battle it out.

SRC is also proud to be involved in the promoting / supporting *Anti-Bullying Day* on the 15th of March. Students enjoyed interactive activities held during recess and lunch. All Hurlstonians participated in these fun activities to show support, spread awareness and promote a positive message!

Don't forget, the new 2019 SRC body will be soon elected for Term 2! The voting for the new team will take place at the end of Term 1 so keep an eye out for interest forms coming out soon.



Abdul-Qavi Siddique

SRC Representative

Interact Valentines Day



Hurlstone INTERACT is the largest student-led social justice group in the Southern Hemisphere, where members of the student body are encouraged to collaborate and help others in the local community and across the world. In our diverse group, we proudly live by our motto of

“Equipping members to advocate for social justice, work together with integrity and transform their passion into action to leave a lasting legacy in our community, our nation and our world.” Hurlstone INTERACT actively holds events and stalls to raise funds for numerous charities and organisations, bringing light onto social issues to raise awareness in the school.

This year, our most recent event was INTERACT's annual Valentine's Day, which helped raise funds for the Australian Heart Foundation. Over 400 red and white roses were personally delivered to students and teachers by the INTERACT team, and groups of the Year 11 cohort performed passionate serenades throughout classes. A special love-themed photo-booth was also set up in the school, where students gathered to snap many lovely photos. Behind-the-scene pictures of the day can be accessed on our Facebook page @Hurlstone Interact.

From this event, INTERACT has proudly fundraised over \$470.00 for the Australian Heart Foundation. Cardiovascular disease is the number one cause of death in Australia, and the Australian Heart Foundation has dedicated centuries of research to improve heart disease prevention and care. We are extremely proud to have held such a successful day, which helped raise funds for research that could lead to saving lives. This could not have been possible without our student volunteers who worked endlessly to wrap roses, and to the performers who delivered “sing-a-grams” to fellow students and staff. Hurlstone INTERACT would also like to extend our appreciation to the teachers and staff who were extremely cooperative in our activities.

Hurlstone INTERACT's meetings are held every Wednesday lunch in the dance studio. Within the short 20-minute-long meetings, students are informed about current social justice affairs around the world, in the form of weekly news reports in our Global News segment. Members of INTERACT, led by executive members, are also involved in the organisational and promotional processes leading up to future charity and fundraising events. Through this, students develop essential skills - such as leadership, teamwork and problem solving - all of which allow the members to share their passion for a greater change whilst fostering lasting relationships with their peers.

Lauran & Hannah



Hurlstone INTERACT Executive Team



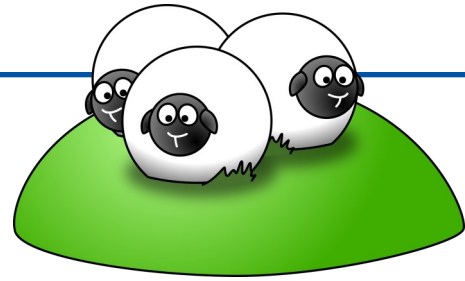
Hurlstone INTERACT's Executive Team

Back row Left to Right- Tommy Lam, Catherine Nguyen, Sienna O'dea, Cassie Bush, Aksita Deo and Bianca Tran-Lam

Front Row Left to Right- Elizabeth Nguyen, Ella Collville, Stephanie Chung, Hannah Wu, Lauran Tien, and Jay Hegde.

Extracurricular - Agriculture

Canberra Show 2019



From Thursday the 21st to Sunday the 24th Sylvia Nanziri, Nadia Gunn, Kira Wilson, Luca Squires and Abby Nolan from Rural Youth went to Canberra Show to show the school's Suffolk sheep.

In the Breeder's competition the school sheep achieved two firsts, three seconds and three thirds. In the school competition the sheep achieved two firsts, one second, a third, a fourth, a fifth, a reserve champion, champion short wool ewe and supreme school exhibit.

All of the girls participated in a Young Handler's competition and a Junior sheep judging competition. Both groups consisted of 100 students. Luca Squires came out with an outstanding placing of 5th in the Young Handler's competition.

Congratulations to all the girls who participated and a huge thank you to Mr Jeffery Doolan the Farm Manager and Mrs Karen Johnston for organising this event. These girls spend most afternoon's down in the farm with Jeff working with the school's livestock during the day and on weekends.

Teagan Colless Year 12



Champion school short wool ewe



Luca Squires in handlers

Extracurricular - Agriculture

Rural Youth—Robertson Show 2019

On Friday the 8 March 2019 students from Rural Youth attended Robertson Show for fruit, grain and vegetable judging. These students were Cassie Bush, Kyra Leal, Sylvia Nanziri, Sophie Grainger, Isabelle Grainger (pictured right), Jeorgie Johnson, Abby Nolan, Luca Squires and Kira Wilson.

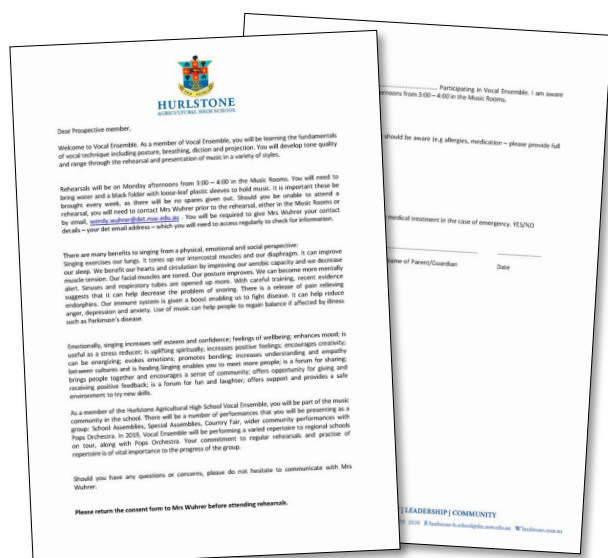


In the grain judging, Isabelle Grainger placed first and Sophie Grainger placed third. In the fruit and vegetable judging Sophie placed first.

Congratulations to Isabelle and Sophie for their placings, and all the students for representing the school with pride. Thank you also to Mr McAlpin for facilitating the involvement in Robertson show.

Teagan Colless
Year 12

HAHS School Notes/Information& Invitations...



Vocal Ensemble



Anzac Day Invitation

Click Here
to view this link -
Code of conduct for school
students on trains
and stations

Extracurricular - English

English Enrichment Opportunities:

What Matters?



For the children of Australia... the answer is to involve the creative energies of our children and our youth in a creative, concerned community.”

Gough Whitlam, 1972

Annually, The Gough Whitlam Institute invites students in Years 5 – 12, to submit an original written work between 400-600 words in prose or poetry, of either fiction or non-fiction. The ‘What Matters’ writing competition closes on the 10 May 2019. For submission and further details:

<https://www.whitlam.org/what-matters>

NSW Premier’s Reading Challenge 2019

The NSW Premier's Reading Challenge (PRC) is an initiative of the NSW State government. It aims to encourage in students a love of reading for leisure and pleasure and to enable them to experience quality literature. It is not a competition but a challenge to each student - to read, to read more and to read more widely. Students in the Years 7-9 category are challenged to read 20 books. 15 of these books from the official PRC reading list and 5 of their own choice.

The PRC is now officially open for 2019. Students can access their student reading records via the PRC website and start recording their reading.

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

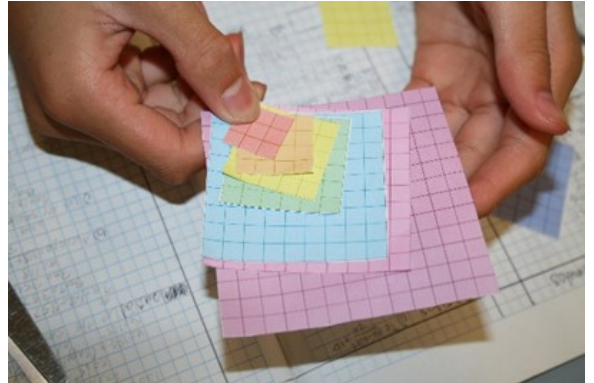
For further details please see **Mrs Chapman** or **Ms Webber** at the English Staffroom



Extracurricular - Mathematics

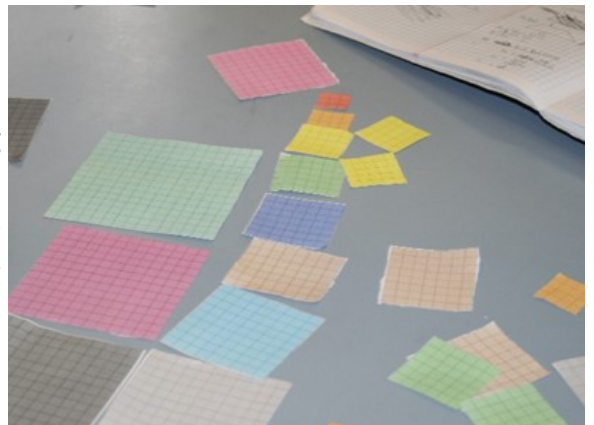
Working like a Research Mathematician

8M2 were introduced to Pythagoras through strategies used by research in mathematics. Research mathematicians grapple with open ended problems and attempt to solve them by narrowing in on interesting insights and refining constraints. 8M2 had been given a variety of squares and were told to “do something mathematical”.



It was common for students to realise the similarity of the squares they were given. After students were encouraged to think outside the square, triangles began to be formed using the sides of the squares.

Students were then asked to categorise the triangles they formed by the type of angles inside. This was part of refining process that research mathematicians do. Eventually, students started to realise they were exploring Pythagoras' Theorem.



*1 Obtuse
& 2 acute*

$$6^2 + 8^2 < 11^2$$

$$3^2 + 13^2 < 15^2$$

$$3^2 + 5^2 < 6^2$$

*1 right
& 2 acute*

$$3^2 + 4^2 = 5^2$$

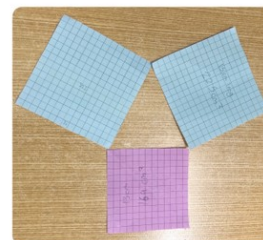
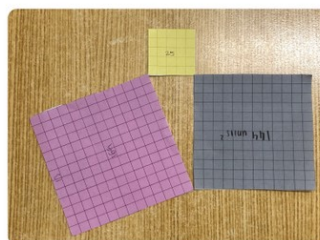
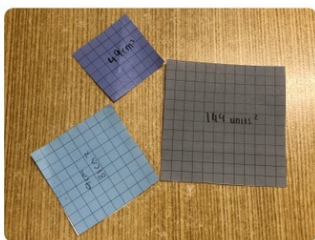
$$\downarrow \times 2$$

$$6^2 + 8^2 = 10^2$$

3 acute

$$6^2 + 6^2 > 6^2$$

$$11^2 + 12^2 > 13^2$$



After refining the problem further, by considering the link between areas of squares and their lengths, students developed Pythagoras' Theorem and variants of it for non-right-angled triangles.

Extracurricular - PDHPE

2019 All Schools Triathlon

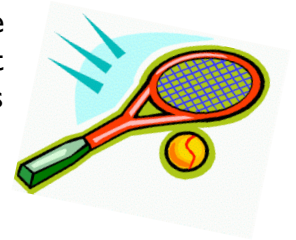
A big congratulations to the 10 students who took part in the 2019 All Schools Triathlon event held at the Sydney International Regatta Centre. Bronte Clifford of Year 11 performed exceptionally well receiving a silver medal for Senior female students across state wide government schools and will be off to represent the school and the state at the National Triathlon held in Queensland in May. Good luck Bronte!



During the teams event triathlon on day two, 3 relay teams took place and competed in a 400m swim, 15km bike ride and 3km run with our best place team finishing 10th out of 29 government schools. Well done to following students for your fighting spirit throughout this tough event: Bianca Tran-Lam, Janet Nguyen, Jennifer Doeur, Angela Pidgeon, Dilan Huseyin, Lily Hua, Vivian Nguyen, Hunter Mcauliffe and Jordan Gregory.

Sydney South West Tennis Trials

Congratulations to Zuo Yu Hsu of Year 12 who successfully progressed through the Sydney South West boys tennis trials and will be apart of the team who will take part at the Combined High Schools tournament held in Parramatta this week across four days.



Tyson Willoughby

PDHPE teacher
Sports Coordinator

Sydney South West Basketball Knockout



On the 15th of March the Hurlstone girls Opens basketball went to the Minto indoor basketball stadium to compete in the Sydney South West opens basketball knockout competition. Teagan, Shivanti, Simone, Sanjana, Jenifer, Kristy, Sorita, Emily, Vivian and Maddison represented the school at this event.

The girls unfortunately lost their first game to Leumeah but won their second game 42-19 against Moorebank.

A huge congratulations is due to the girls for their efforts on the day and thanks to Mr Willoughby and Mr Shenouda for taking the time to organise this opportunity.

Teagan Colless

Year 12



MKR AT HURLSTONE

It's official, Hurlstone has its own MKR, that's **MY KANTEEN RULES**. Our Kanteen innovators Lucy Thrassis and Lucy Ripepi have received their MKR aprons, which they are proudly wearing. In keeping with the tradition of MKR...exciting new menus will be created throughout all of 2019. So be sure to visit and let the Lucys know what your favourites are. MKR knows that inspiration needs to be fed and talented students are just the people to do that.



2018 saw the introduction of our popular daily specials alongside our traditional menu, but 2019 is going to be even more healthy and delicious.

Our daily specials are all freshly prepared in the canteen and our menus are inspired by favourite foods from around the world. We have a wide selection of Italian favourites such as pasta dishes, ravioli, homemade lasagne and homemade spinach and ricotta cannoli. Spanish chicken paella, Mexican nachos, red and green chicken curries, chicken burritos, tandoori chicken with vegetable couscous and lentil soups, me goreng noodles, papou's Greek marinated meats and one of the all-time favourites the good old Aussie sausage sizzle.

YES Manu there is "Extra sauce" and YES Pete paleo dishes are also available on request.

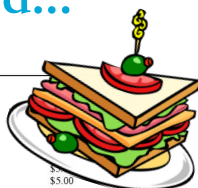
Bon Appetit and Au revoir

♥ Your Hurlstone Canteen Team xxx

P&C

Hurlstone Canteen Continued...

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
Vegete	\$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
Additional 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 Bowl - 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



Go to
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to view
HAHS Canteen
Price List



Uniform Shop

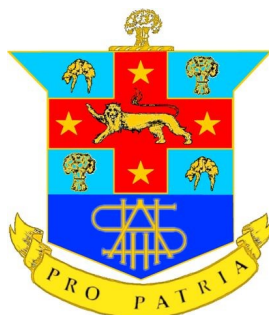
The Uniform Shop will be open **Saturday 13 April 2019**
from **9.30 am to 12.30 pm** for the purchase of Winter Uniform.

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
Page 22
to view
HAHS Website
for Uniform
Price List



School Communities Working Together

Fact sheet for parents and carers



08/09/17_28017

Introduction

The role of schools is to work in partnership with parents to provide an environment that encourages students to connect with each other and their community, so they can succeed and thrive. Parents, teachers and the community all play a role in fostering this environment.

Schools have well established systems which support student wellbeing and address instances of anti-social behaviour such as bullying, threats of physical violence and other offensive behaviours.

- Encourage positive outlets for your child's energies – sports, performing arts, hobbies and organised clubs, all provide a sense of belonging and somewhere to focus their interests, though it may take a few attempts to find the right interest for your child.
- Be a role model – modelling positive, respectful relationships, positive ways to show emotions and how to apply objective thinking skills are valuable life skills for your child.

Your role in supporting your child

- Be involved in your child's life – dedicate time to really understand your child. Know where they are, who they are with and what they are doing.
- Be cyber-aware:
 - regularly monitor what they are looking at on the internet and on social media sites and do what you can to reduce their exposure to inappropriate content;
 - place the computer or device in a common area of the house, so your child is less likely to try and access inappropriate web sites or use social media sites inappropriately; and
 - consider using content filters to help control what your child can access.
- Encourage open and honest discussion at home – encouraging your child to learn about and understand other points of view is a valuable life skill. If you stop discussion about topics that you are uncomfortable with, for example religion, politics, racism, drugs, extremism or terrorism, your child may find it even more interesting and may try to find information without you knowing. This could lead them to inaccurate information.

How you can help your child

You know your child better than anyone else and are in a good position to notice any changes in their behaviour. If their behaviour changes significantly, try to find out what is happening in their lives. There are many reasons for a change in behaviour, so don't jump to conclusions.

The best way to support your child is to maintain open, non-judgemental communication with them. By keeping a positive relationship you may be in a position to help them if they want to talk about their problems. Listen to their concerns and try to understand their perspective.

Even if you disagree with what they are saying, it is important to find some way to let them know they are accepted and that you are there to help them.

What to do if you are concerned for your child

If you do have concerns that your child is involved in or supporting extremist behaviour there are a number of options for seeking advice. You may like to talk to someone from your child's school such as the Principal, your child's Year Advisor, a teacher, or a trusted staff member.

You may wish to talk to your child yourself, or ask a close friend or family member to do so. Alternatively, there are government assistance and advice lines and websites. Some are listed below.

Remember

As your child grows, they will be exploring their own values and beliefs. They may search for and push the boundaries of acceptable, responsible behaviour during this process.

Cyber Safety

- Office of the Children's eSafety Commissioner – <https://esafety.gov.au/esafety-information/games-apps-and-social-networking>
- ThinkUKnow – internet safety education site – <http://www.thinkuknow.org.au/>

If you are concerned that a person in your community is showing possible signs of terrorism, you should call the National Security Hotline - 1800 123 400 or email hotline@nationalsecurity.gov.au

Resources

- **000** (triple zero) if you feel unsafe or in danger
- **1800 RESPECT** – <http://www.1800respect.org.au>
- Domestic violence line **(24h) 1800 65 64 63**
- Lifeline – T: **13 11 14** – <http://www.lifeline.org.au>
- Black Dog Institute – <http://www.blackdoginstitute.org.au>
- Secure NSW – <http://www.secure.nsw.gov.au>
- Living Safe Together – <http://www.livingsafetogether.gov.au>
- Multicultural NSW – <http://www.multicultural.nsw.gov.au>
- Australian Multicultural Foundation – <http://www.amf.net.au/>
- Multicultural Youth Advocacy Network – <http://www.myan.org.au/>

If you are concerned that a person in your community is showing possible signs of terrorism, you should call the National Security Hotline – **1800 123 400** or email hotline@nationalsecurity.gov.au

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

Anzac Day Service



You are invited to attend

**Hurlstone Agricultural High School's
Anzac Day Service**

Date: Thursday 11th April 2019

Time: 11.00am for a 11.30am start

Place: COLA (next to Edmondson school hall)

Hurlstone Agricultural High School

Roy Watts Rd

Glenfield NSW 2167

RSVP: Monday 8th April 2019 to

hurlstone-h.school@det.nsw.edu.au Attn: RSVP Anzac Service or phone 9829 9222

(Morning tea will be provided at the conclusion of the service on Clarke House Garden lawns)



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

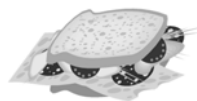
.....

Name of Parent/Guardian

.....

Date

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