Recently we had a formal assembly to congratulate Megan Hinchliffe on becoming Dux of the school for 2014. In her speech Megan reflected on her time at the school and how she had taken up the challenge to be the best she could be. Her speech was quite inspirational for the students and it left me to ponder on the importance of those years at secondary school.

For most of us those adolescent years occupy a significant place in our memories. Just watch ex-students at any school reunion and you will hear stories come quick and fast. Those days were full of excitement and discovery. In fact research has shown that memories from the ages of 15 to 25 are vividly retained.

Just before adolescence, the prefrontal cortex—the part of the brain that governs our ability to reason, grasp abstractions, control impulses and self-reflect—undergoes a huge flurry of activity, giving young adults the intellectual capacity to form an identity. This is the time of the teenage brain. Any cultural stimuli we are exposed to during puberty can make a significant impression. For example, the music you are exposed to at this time resonates with you for the rest of your life! As an aside, there will be no prize for guessing the type of music I like!

At the same time, the prefrontal cortex has not yet finished developing in adolescents. This explains why adolescents are so poor at self-regulation and so much more dramatic and intense. As parents you will be familiar with the outbursts of protests and denials that are common in teenagers who feel they have been wronged. The full development does not finish until the mid-twenties. This remains a dangerous time for our students and early graduates.

A shift in the social fabric of modern time is that adolescents spend much more time away from the company of adults. I remember when I left school at 15, I worked predominantly with adults who taught me how to operate in the world. Today the vast majority of our students stay in training until their early twenties. They rely on school and then TAFE or University to teach them how to conduct themselves.
These are young adults who live in a sort of bubble without any clear, predetermined way of sorting out status; without established hierarchies and power. The students create their own world; determine what are the hierarchies and often this is on the crudest level - looks, nice clothes, prowess in sports - rather than the subtleties of personality.

Though adolescents may want nothing more than to be able to define themselves, high school is one of the hardest places to do it. It is a time when they experience the most social fear, they have the least control; at the time they’re most sensitive to the impressions of others, they’re put into an environment where it’s easy to be labelled. Many of our kids suffer incredibly painful feelings that they’re not lovable or worthy of belonging.

Even the most popular students may not entirely benefit from the experiences of the high-school years. One study shows that at the age of 24, the ‘princesses’ had lower self-esteem than the brainy girls, which certainly wasn’t true when they were 16. Perhaps, once out of high school, the brains suddenly had a purpose and place, whereas the princesses were still relying on luck and looks to carry them through.

As I listened to Megan’s speech I reflected on just how well our school supports our students through this difficult time. I saw her proud parents and many of her real friends sitting in the front row and to me they represented another of our strengths. We are a community of students, staff and parents and we put the social wellbeing at the heart of our practice.

So I want to publicly thank Megan, all her class mates, my wonderful staff and the fantastic parents who support us.

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**Parent Information**

Every year we are asked to up-date our records. Part of this up-date is to register each child’s parent’s level of education and their employment status.

This information is used to determine part of our financial allocation for the year.

I understand that some of this information is sensitive and I can assure you that any details are held in confidence.

If your circumstances have changed since you enrolled your child at Holsworthy High could you please contact the school as soon as possible so we can adjust our records.

John R Frew
Principal

2nd March 2015
IMPORTANT MESSAGE FOR PARENTS

Payments

The cashiers office is located in the school's Administration building. Although the Administration office is open all day payments can only be accepted between **7.45am and 2.00pm** each day. Students can only make payments outside of class time, this means before roll call, during recess and lunchtime. Parents are able to make payments at any time during cashier opening hours.

Payments can be made by credit card (except American Express), EFTPOS, cash and cheques made payable to Holsworthy High School. Unfortunately at this time we can not accept payments over the phone by credit card.
A Reminder to parent’s to notify the school about your child’s health

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.
School grounds must be secure and safe for students despite various areas being available for use by vehicles.

Due to pedestrian safety and traffic congestion issues, parents are asked to refrain from driving onto the school grounds unless they have official business ie. an appointment with staff.

The staff carpark is for the use of staff and delivery vehicles only and not for use by parents and students to drop off and pick up children.

Parents are encouraged to use the appropriate areas out the front of the school when needed.

We would like to thank the majority of families who take care to behave responsibly and park in safe and appropriate locations outside the school.
School Zone Penalties Effective 1 July 2014
*The values are doubled during designated holiday/long weekend periods.*

<table>
<thead>
<tr>
<th>Offence</th>
<th>Minimum Fine</th>
<th>Minimum Loss of Demerit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stop on or near:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• A pedestrian crossing</td>
<td>$415</td>
<td>2</td>
</tr>
<tr>
<td>• A children’s crossing</td>
<td>$415</td>
<td>2</td>
</tr>
<tr>
<td>• Any marked foot crossing</td>
<td>$415</td>
<td>2</td>
</tr>
<tr>
<td>Double park</td>
<td>$311</td>
<td>2</td>
</tr>
<tr>
<td>Park on a footpath or stop across a driveway</td>
<td>$173</td>
<td>2</td>
</tr>
<tr>
<td>Make an illegal U-turn</td>
<td>$311</td>
<td>3</td>
</tr>
<tr>
<td>Exceed 40km/h in a school zone in a light vehicle:</td>
<td></td>
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<tr>
<td>• 10 km/h and under</td>
<td>$182</td>
<td>2*</td>
</tr>
<tr>
<td>• Over 10 km/h</td>
<td>$327</td>
<td>4*</td>
</tr>
<tr>
<td>• Over 20 km/h</td>
<td>$545</td>
<td>5*</td>
</tr>
<tr>
<td>• Over 30 km/h</td>
<td>$1,053</td>
<td>6*</td>
</tr>
<tr>
<td>• Over 45 km/hr</td>
<td>$2,400</td>
<td>7*</td>
</tr>
<tr>
<td>Use a mobile phone while driving</td>
<td>$415</td>
<td>4</td>
</tr>
<tr>
<td>Fail to give way to a pedestrian</td>
<td>$519</td>
<td>4</td>
</tr>
<tr>
<td>Reverse unsafely</td>
<td>$242</td>
<td>3</td>
</tr>
<tr>
<td>Park within 3 metres of double barrier lines</td>
<td>$242</td>
<td>0</td>
</tr>
</tbody>
</table>

The minimum penalty for disobeying ‘No Parking’ is $173 and 2 demerit points. You may only stop here for 2 minutes and stay within 3 metres of your vehicle.

The minimum penalty for parking in a ‘Bus Zone’ is $311 and 2 demerit points. You can not stop here at all.

The minimum penalty for disobeying ‘No Stopping’ is $311 and 2 demerit points. You can not stop here at all. Parking on nature strips is also illegal.
High school
Helping with homework
You can:
+ help your child with assignments, but don’t do the work for them as this doesn’t help your child to learn
+ let the school know of any family situation that may interfere with home work
+ chat to your child’s teacher if your child is finding homework too hard
+ help your child to have a regular time each day to do their homework
+ help your child manage their time when they have lots of assignments at the same time
+ help your child research information on the internet by directing them to useful sites, such as www.tale.edu.au
+ encourage children to re-read their writing to check for spelling and punctuation.

Sometimes it’s easier to find ways to improve writing when it’s read aloud. Encourage and praise all of your child’s efforts.


The following tips can help students check written compositions and how best to correct and improve the content. Proofreading is as important component of the writing process.

* If time allows set your text aside and revisit it (hours or days later) proofread it with bright fresh eyes.
* Look for one issue at a time. Read over text several times concentrate on sentence structure, is the text coherent, is spelling correct, punctuation….
* Check over facts and figures. Does your composition contain correct information?
* Print a hard copy. Read and review it in a different format.
* Read your text aloud. Does it sound correct?
* Check spelling.
* Use your dictionary and thesaurus. Spell check will tell you only if a word is a word, not if it’s the correct or incorrect word.
* Have you answered the set question? Revisit the question and make sure all areas have been covered.
* Have someone (peer, parent or teacher) review your text.
* For the future: create your own proofreading checklist for future reference.

Now, let’s start our assessments and put these proofreading tips to the test.

English Faculty
On Friday, 27th February our Year 12 Advanced English class went on an excursion to the University of Sydney. Despite the stuffy and full train, our rumbling stomachs and the ‘hill of hell’ walking there, we finally arrived at our destination, and for some our future University homes.

The main point of this excursion was to attend study seminars on the Area of Study-Discovery for the HSC, and we discovered that we can get through this.

The first seminar was on our Discovery text, Shakespeare’s *Tempest*, which left us feeling confident since we had already studied this text. Our second seminar was on writing creatively about Discovery, and was by far the best! Here we learnt that if you want to do well you must engage with the world around you and become avid observers by ‘staking people’ and listen in on conversation when you’re on the train or in public places to capture real voices for narrative writing. I guess I will be writing some riveting creative stories from now on! The last seminar was on Section 1 and how to analyse unseen texts on Discovery.

It turned out to be a day filled with many new and wonderful discoveries not just about the texts we are studying but also the prospect of our future choices in tertiary education and what Uni life is really like. This meant we were able to build on our existing knowledge in preparation for the upcoming HSC and also be inspired to achieve our personal best if we have our eye on Sydney University as our pretence for next year. We also discovered what it’s like to be a new University student about to start at Sydney University during O-Week and the array of opportunities it has to offer not to mention how big the campus actually is! This was very inspirational indeed! We also quickly realised how expensive food is on such an amazing campus and why University students do it tough when they have to pay $8 for a serving of chips.

Other than that, we got to see the Nicholson Museum and extend our History knowledge (a great hidden treasure of so many ancient artefacts) took load of selfies, and spot some wonderful spots to have lunch at next year as Uni students and of course meet so many beautiful and good looking people! After this excursion, I have decided that Hogwarts is real and truly exists disguised as The University of Sydney! Trust me I saw it! I was there!

Thanks you to Miss Pardalis for organising such a great excursion and enriching experience. Our Year 12 class really benefited from this day.

Ramesha Faraz
Year 12 Advanced English
Term 1 is progressing very productively in the HSIE faculty. Students are well into their first topic for the semester. Assessment tasks have already been issued or will soon be issued to students.

In Years 7 – 10, students study one semester of Geography and History each year. This means that the assessment program for each course is completed during that time, and a final grade is awarded at the end of the semester. A reminder that the semester grade is based on formal tasks and informal tasks. Formal tasks may include source work, skills tasks, research based tasks or in class tests. Informal tasks may include class participation, book work or other class activities. It is the responsibility of each student to maintain an up to date book, and this includes catching up work missed during an absence.

There have been a range of events in the HSIE faculty which deserve a mention:

Year 10 Geography fieldwork
On Thursday 26th February year 10 students studying Geography participated in a fieldwork excursion to Cronulla Beach. Each year the Year 10 students undertake this excursion to build on their knowledge and understanding of the topic ‘Coastal Management’. This excursion is an important part of their learning and students will complete an assessment task related to the topic. There is an excursion report below.

11 Legal Studies excursion to the law courts on Tuesday 3rd March.
Year 11 Legal Studies students went to the District Courts in Liverpool Street in the city to observe court cases and further develop their knowledge and understanding of how the court system operates. The students found the day fascinating and beneficial for their course.

Year 9 History assessment task – commemorating 100 years of Australia’s involvement in World War I.
Students have been issued with a task to create a piece of writing and an artefact relating to Australia’s involvement in World War I. The completed work will then be placed on display during the Anzac Day commemorations in a school created Museum of Artefacts. The task is divided into two parts; part 1 is due before the end of term and part 2 is to be submitted in the first week back of Term 2.

Year 12 Society and Culture visit to the State Library on Thursday 19th February.
Students who study Society and Culture had the opportunity to visit the State Library to refine their research skills in preparation for their Personal Interest Project (PIP). Students were able to conduct research using the library’s data base and to read extracts from the outstanding PIPs from the 2014 HSC. The students have just made their first formal submission of the PIP for the year. There will be two more formal submissions before the final completion date which is in early Term 3. A reminder to the class that regular work is essential to remain organised in the completion of the PIP, and that they may submit their work at any time for feedback from the teacher.

Year 7, 2016 School information night Monday 2nd March— thanks to the energetic and willing Year 7 students who volunteered to take part in a Geography or History activity on the night. They all were very enthusiastic and enjoyed the activity.

Introducing Financial Hour
Students who study Commerce or Business Studies are invited to stay back at school every Thursday Week B from 3.00-4.00 pm of Week B for ‘Financial Hour.’ One of the HSIE teachers, Mr Amerikanos is offering his expertise to assist the students’ understanding in these subjects. The students will meet in the library each Week B on Thursday from 3.00-4.00pm. A big thank you is extended to Mr
Amerikanos for providing this opportunity to the students and I particularly encourage Year 12 to take up this offer. Please read the report below for further information.

**Year 10 Geography fieldwork report**

On the 26th of February 2015, Year 10 embarked on an excursion to Cronulla Beach in order to examine climatic effects on the Australian coastline. Through their investigations, students had the opportunity to observe the processes of erosion, corrosion, constructive/destructive waves and longshore drift. The students reflected upon their experiences and documented the findings of their research into an assessment task.

Some of the students' reflections have been published below:

**During the excursion to Cronulla Beach last Thursday, I learnt that even though the Seabee wall is expensive, it helps to protect the hind dunes, maintain property value and decrease erosion. I also learnt that Tombolo is the built up of sand via longshore drift, the direction of longshore drift is usually north but varies with the tide, swell and current. I found this excursion enjoyable because I did learn new things and we got to understand what we are learning in class much better.**

_Zara Foley-White_

At Cronulla Beach last Thursday, we learnt about the Seabee wall and why it was on a slope, which there main function was to absorb and dissipate the energy transferred by storm waves. Essential it was built on a slope to limit storm damage.

I also learnt that the dune system acts as a buffer zone which ultimately can move sand freely from dune to beach depending on the tide and weather. There was also a plant which was called Murmnien grass and is used world-wide
as a sand binding plant. The waxy coating on the leaves provide protection from salt laden wides.
I think this was a great experience and experiment because we all learnt new things that could help me in class.

Renee

On Thursday was the Cronulla excursion where we learnt about a range of different things. On my personal experience I gathered information about the waves and the different types of waves such as spilling, plunging and surging waves.
I notice the difference between all the waves and how the surging wave had sand in it, which was constructive. I notice the wind and where it came from (North East). I notice how the wind changed the direction of the waves to t go that way.

Brock Russo

Upon arriving at Cronulla beach, we sat below the foredune and the temperature was about 30 degrees, however walking closer to the water it was much cooler. From this geography excursion I learnt that the longshore drift was heading north along the coastline.
We also had the opportunity to examine and study the different types of plants/vegetation around the Cronulla. One particular plant I looked at was called Marram which was a waxy, furry plant which could handle salt heat and low moisture. I also learnt that the Seabee wall was designed to spread out the wave energy that gets pushed towards the wall.

Amy Molloy

HSIE Faculty

Whilst I was at Cronulla I learnt many interesting things that could be quite useful in the future. We were shown exactly how longshore drift works by throwing a tennis balls in the water and observing which direction the water took them. Another thing I learned was that we can be proactive and stop the effects of erosion.
Cronulla council has installed a “Seabee” wall, a concrete wall that acts as a barrier and catches the water and sand to stop erosion. I believe that more coastal areas should do more proactive things such as Cronulla does, as it benefits the community and environment.

Emily Henry
Business is an integral part of modern society. It is an organised and systematic activity for profit. The modern society cannot exist without business. The need and importance of business in society can be described as follows:

* Businesses help people in general to improve their standard of living.
* It involves production, purchase and sale of goods and services for price.
* Business organisations these days take care of various welfare activities for workers. They provide a safer and healthier work environment for employees.
* They provide employment opportunities to a large number of people in society.
* Undertake R&D activities to improve existing products and develop new ones.

All students will encounter the world of business, whether they work in urban or rural areas. They must be prepared to engage in business activity with confidence and competence. Young people need to understand how business functions, the role it plays in our society, the opportunities it generates, the skills it requires, and the impact it can have on their own lives and on society, today and in the future.

Holsworthy High School realising the importance the Business and Economic environment can have on society and on the individual consumer respectively has decided every Thursday B to offer a new economic and business program to its students.

The program will be titled “Financial Hour”. Students will have the opportunity to discuss and analyse contemporary economic and business issues form a variety of sources. The main sources will include the newspaper Financial Review and the magazine Business Review Weekly. Students will be invited to participate to discussions, solve problems and express their views and opinions on current economic, financial and business issues. The program will also help and support students in enhancing their knowledge and assist them in both their classroom activities and the forthcoming HSC exams.

The program will be offered by Mr Amerikanos
TAS News

Year 7 Technology Mandatory

“Upcycle Recycle”

Our Year 7 designers have begun working on their planter boxes which are made out of milk bottles. These planter boxes will be used to grow herbs such as basil, parsley and chives. Year 8 Technology will be using the herbs in their food unit next term.
Devonshire Tea @ Holsworthy Fun Fair

A huge congratulations to all our staff who helped out at the Fun Fair! We had a very successful day, and we all enjoyed helping out the school.

Thank you to Mrs. O'Neill's catering team - Sheree, Rameesha, Lauren and Amy for all their help on the day! They definitely helped our stall to be successful!
Recipe of the month

With St. Patrick’s day celebrated on the 17th March, here is an exciting recipe to help celebrate the day!

**Chocolate mint shamrock parfait**

**Ingredients**

- 150g white chocolate, chopped
- 1/2 tsp peppermint essence
- 600ml ctn thickened cream
- 90g dark chocolate, finely chopped
- 75g white chocolate, extra, melted
- Green sugar crystals
- Green food colouring, to tint
- 2 x 90g pkt Dark Chocolate Mint Tim Tams, finely chopped
- Finely grated dark chocolate, to sprinkle

**Method**

* Combine white chocolate, essence and 300ml of the cream in a small saucepan over low heat. Cook, stirring, until melted and smooth. Transfer to a bowl. Place in the fridge for 2 hours to chill.

* Meanwhile, heat 80ml of the remaining cream in a saucepan over low heat until almost boiling. Add dark chocolate. Stir until melted and smooth. Transfer to a bowl. Set aside for 20 minutes to cool.

* Draw 4 four-leaf clover shapes onto a piece of baking paper. Turn paper over. Place on a baking tray. Place melted white chocolate in a snap-lock bag and snip off 1 corner. Pipe white chocolate onto outlined shapes and then fill in centre with chocolate. Sprinkle with the sugar crystals. Set aside until set.

* Use electric beaters to beat white chocolate cream mixture and remaining cream until soft peaks form (do not overbeat or mixture may curdle). Divide mixture into 2 portions. Use food colouring to tint 1 portion pale green.

* Spoon half of the green chocolate mixture among 4 serving glasses. Top with a third of the Tim Tams, then half of the white chocolate mixture. Drizzle with half of the dark chocolate mixture. Top with half of the remaining Tim Tams. Continue layering with the remaining green chocolate mixture, Tim Tams, dark chocolate mixture and white chocolate mixture. Top with clovers. Sprinkle over chocolate.
School Spectacular
We have started to prepare our audition item for the Schools Spectacular this year. Students have been rehearsing and it is great to see the enthusiasm and dedication that is arising from the junior school. We will keep our fingers crossed for our success this year in our application.

Dance Ensemble
The ensembles have started to rehearse and prepare themselves for filming their works for the Dance Festival panel. It is imperative that students attend all rehearsals to ensure that the works are to audition standard. If you are unable to attend any rehearsal, notification is required asap to the coordination teacher.

COS Ensemble
We had a successful audition day in the earlier weeks of term and will begin rehearsals on the 4th March. These rehearsals will be very tiring but rewarding. Congratulations to those students who were successful in gaining a place in this year’s ensemble. We had many applicants and therefore it is a great achievement to be a part of this group.

Callback Excursion
On Thursday 12th February Senior Dance students had the opportunity to attend the HSC ‘Callback’ performance at the Seymour Centre showcasing exemplary works from the previous year. It was a great learning opportunity for students to view a variety of works in Performance, Composition and Film to assist and inspire them in their upcoming HSC year. It is always a great opportunity for students to attend these showcases as it allows them to view what is happening at other schools.

Ms Forbes
HT PDHPE/PA Coordinator
SAVE THE DATE

FRIDAY
24 April 2015
Commences at 10.45am

Holsworthy High School
invites all school community members to attend

RSVP: maria.leetham@det.nsw.edu.au by 27 March 2015
Date: 25/04/2015
Start Time: 10:00 am
End Time: 05:00 pm
Location: Bigge Park, Liverpool

PROGRAM

10 – 10:30am - Official opening by Mayor Ned Mannoun
10:30 – 11:30am - Hats Off to the Flag – 100 Years of Glory
11:30 – 12pm - Power Puppets presented by the Sydney Puppet Theatre (SPT)
War Stories with Christopher Tomkinson
War Diary readings presented by Australian Theatre for YoungPeople (ATYP)
12 – 12:30pm -
Reading of Tibby’s Leaf with author Ursula Dubosarsky Poetry readings presented by ATYP
12:30 – 1:30pm - Through These Lines, an abridged version
1:30 – 2pm -
Power Puppets presented by SPT
Reading of Little Wars with author Ursula Dubosarsky
War Stories with Christopher Tomkinson
War Diary Readings presented by ATYP
2 – 2:30pm -
Power Puppets presented by SPT (2:10pm)
Chapter reading of Let Me Whisper You My Story by Moya Simons
Poetry readings presented by ATYP
2:30 – 3pm - 18th Battalion Living History Group World War I Re-enactment
3 – 3:30pm -
Power Puppets presented by SPT
War Stories with Christopher Tomkinson
War Diary Readings presented by ATYP
3:30 – 4pm -
Chapter reading of Let Me Whisper You My Story by Moya Simons
Poetry readings presented by ATYP
4 – 4:30pm - Commemorative March and Last Post presented by Bankstown City Brass Band
Connection with the Community
Coffee & Cake Morning Tea Defence Spouses/Partners

Free Coffee & Cake Morning Tea

Come along and meet staff from DCO Liverpool in a relaxed friendly environment. Bring your ideas to discuss how DCO and Defence families can work together. This morning tea is open to Defence spouses from all over Sydney & metropolitan areas.

Where: Alley Break Café, 2/4-6 Kingsway, Cronulla
Time: 10.30 am
Date: Friday 13 March 2015

RSVP essential for reservation numbers by close of business Tuesday 10 March 2015 to dco.liverpool@defence.gov.au (please provide name, number attending and mobile contact information)

Regards,
DCO Liverpool/Sydney

Images courtesy Department of Defence
The Role of the Family in Australian Defence Force Member Rehabilitation

We’d like to hear from you!

The Australian Institute of Family Studies (AIFS) is working with Joint Health Command to learn more about the experiences of Defence families. In this study, we are talking to families where a Defence member has undergone rehabilitation in Defence for physical and/or mental health issues.

So if you are an adult family member of a serving Defence member who either:

- is undergoing rehabilitation; or
- has completed rehabilitation since 2012

we would like to hear from you.

The findings of this research will help Joint Health Command understand how they can better serve the needs of seriously wounded, injured or ill Defence members and their families.

Interviews will be conducted over the telephone at a time that suits you and will take about 45 minutes to an hour to complete.

The Department of Defence has commissioned AIFS to do this research, but we will not provide names or details of anyone who participates in the research to the Department of Defence—your information will be confidential.

Are you interested?

For information on the study, including how to participate, contact the AIFS research team:

Phone: 1800 352 275 (local call, higher charges from mobile phones)
Email: defence-family-study@aifs.gov.au

You can also register your interest in the project at our website:


Australian Institute of Family Studies ▪ Level 20, 485 La Trobe Street, Melbourne VIC 3000 Australia
Phone: (03) 9214 7888 ▪ Fax: (03) 9214 7839 ▪ www.aifs.gov.au
What a busy first half of the term.

I would like to thank parents and guardians for their efforts in preparing our Yr7 students for high school and the many new demands and challenges that comes with being a busy well-prepared high school student. My Year 7 look great with a standard effort for the correct school uniform. So please continue the high standard and the way most students are ready and organised by bringing in notes for excursions etc and asking questions if your unsure about anything.

I would like to mention the very good reports that I am hearing about Yr7 in general from other teachers about their being ready to listen and learn in class with a well mannered attitude.

I have some important dates for parents to be aware of that will be keeping Yr7 very busy and again thank you for the prompt return of permission notes and payment of excursions.

* Whole School Photo Day - Friday 13/3/15 - payment must be with the photo company envelope and brought in on the day. No money is handled by school staff. No change is given by the school or the photo company. Full school uniform please
* Parent Teacher Night - Monday 16/3/15 - please ask your child to make an appointment with me if you would like to see me on this night
* Surf Skills at Cronulla Beach Excursion Tuesday 17/3/15 - return permission note to the PDHPE staffroom and $39 is to be paid at the front office by Wednesday 11/3/15
* NSW School Vaccination Program Year 7 visit 1 on Thursday 19/3/15 - please read all information and return completed form to roll call teacher before Monday 16/3/15
* Year 7 Camp to The Tops Conference Centre Stanwell Tops on Wednesday 22/4/15 - Friday 24/4/15 - return completed and signed forms to me Ms Booker ASAP and final payment before Friday 20/3/15

Please contact me if you have any concerns with payments or any issues regarding the camp.

I would also like to mention how well the Year 7 have participated in our recent Swimming Carnival and would like to congratulate those that participated and those that have achieved a spot on our school team to compete at Zone.

A special thankyou to our peer support leaders in Yr10 who continue to work with Yr7 and a thank you to April Moore who spoke on our Yr6 into Yr7 Open Night on 2/3/15 as an experienced Yr7 student and talking so confidently about starting high school at Holsworthy and what to expect in particular the friendships made with the Peer Support leaders in Yr10. Year 7 can I please remind you to be ready, be responsible and be respectful in your daily endeavours at Holsworthy.

P.S. Check out the new Yr7 news/display board in the main quad for up and coming events for Year 7. Keep being the best you can be.

Ms Booker
Welcome back everyone.

2014 was a great year and 2015 will be even better.

Year 12 are undergoing their last year of schooling and everyone should now be preparing for their exams.

A study plan should be in action and you should be utilising your mentors for guidance. Don’t forget your amazing teachers.

At the beginning of the year I handed out a goal setting card. Each student was asked to write down their short and long term goals. What a response! I am so proud of you all for working towards your dreams and goals.

Exams are fast approaching at the end of this term. I can’t stress enough how important they are. Just remember to seek out your teachers advice and help at all times. If for whatever reason you are feeling stressed or overwhelmed, please speak to some one. Holsworthy High School has a great support network.

We also enjoyed our last Year 12 carnival in Week 3. Students dressed up as characters from Halloween and it was a great day. So much school spirit!

On 21 February we had our first ever Fun Fair. It was so nice to see Year 12 stepping up and helping with the organisation. For that I thank you.

I have organised a team building workshop at Taronga Zoo and a note will be handed out shortly.

In closing, I would like all Year 12 to keep working hard towards their goals because dreams really do come true.

Mr Spyroulias

Believe in yourself, be strong, never give up no matter what the circumstances are. You are a champion and will overcome the dreaded obstacles. Champions take failure as a learning opportunity, so take in all you can, and run with it. Be your best and don’t ever ever give up.”

- Brad Gerrard
Thursday 19th March
3.30pm-5.30pm

What you need to bring:

- eye protection (sun glasses, safety glasses, goggles)
- Nerf blaster
- Appropriate clothing and footwear (enclosed shoes)
- Soft drinks available for purchase
Youth Clicks

Youth Committee

- If you are 12 to 18 years of age and want to have a say on what happens with the young people from your area join the first Youth Clicks Youth Committee.
- Learn leadership skills and engage with other young people who want to make a difference.

Meetings are on Monday 330pm to 430pm during the schooling term At Wattle Grove Community Centre.

If You are interested contact:
Fernando Drogo at
Wattle Grove Community Centre or at breakfast club
9825 2575—0403 136 099
Liverpool Youth and Family Support Service

... A confidential, solution-focussed service supporting young people and their family through crises and difficult issues.

You are not alone. Let us support you.

Issues like...
- Bullying and cyber-bullying
- Abuse of alcohol and other drugs
- Homelessness, or at risk of being homeless
- Depression and mental health issues
- Truancy and disengagement from school
- Contact with the police, Juvenile Justice System
- Family relationship breakdown

Contact...
Emma Kassar
Youth Case Manager
The Junction Works
Phone: 9825 2575
Mobile: 0427 255 050
Email: emmak@thejunctionworks.org

Vanessa Rebello
Youth Case Manager
The Junction Works
Phone: 9825 2575
Mobile: 0410 530 523
Email: vanessar@thejunctionworks.org

Case Management • Decision Support • Information • Referrals • Counselling • Life skills development

The Liverpool Youth and Family Support service is provided by The Junction Works.
Ph: 02 8777 0500  www.thejunctionworks.org
ATTENTION PARENTS

If you have outdated uniforms you are planning to discard you are most welcome to bring them in to our Second Hand Uniform Shop. These uniforms are finding homes with other students and are very much appreciated by the parents.
PLEASE NOTE

The first meeting of the P & C for 2015 is at 5.15pm on February 9 in the Learning Centre.

We encourage all parents to attend our P&C meetings and find out in more detail what happens at our school.

Future P&C Meetings are scheduled for

March 9
May 11
August 10
September 14
October 12
November 9
December 7

fx 82AU Casio Scientific
Cost:$25.00
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 9 March</td>
<td>P &amp; C Meeting</td>
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<tr>
<td>Friday 13 March</td>
<td>School Photo Day</td>
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<tr>
<td>Monday 16 March</td>
<td>Yr7 + Yr12 Parent Teacher Night</td>
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<tr>
<td>Monday 16 March</td>
<td>HSC Information Night</td>
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<tr>
<td>Monday 16 March</td>
<td>Regional Swimming Carnival</td>
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<tr>
<td>Friday 20 March</td>
<td>School Photo Day catch up</td>
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<td>Thursday 26 March- Thursday 2 April</td>
<td>Yr12 half yearly exams</td>
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<tr>
<td>Thursday 2 April</td>
<td>Last day of Term 1</td>
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<td>Tuesday 21 April</td>
<td>Term 2 commences for all students</td>
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<td>Wednesday 22 April - Friday 24 April</td>
<td>Year 7 Camp</td>
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<td>Friday 1 May</td>
<td>School Cross Country</td>
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<tr>
<td>Monday 4 May</td>
<td>Parent Teacher Night - Yrs 8-11</td>
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<td>Thursday 7 - Friday 15 May</td>
<td>Year 11 Exams</td>
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<tr>
<td>Monday 11 May</td>
<td>P &amp; C Meeting</td>
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<td>Tuesday 12 - Thursday 14 May</td>
<td>NAPLAN</td>
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Reminder: Students need to arrive at school by 8:40am for roll call each day.