SRC Induction Ceremony 2013

On Tuesday 19th February we inducted our Student Representative Council – or as we know them the SRC. As the name of this team suggests, these are students who have been elected and are willing to represent the students of Galston High School– they are the voice of the student. In 2012 we were fortunate to have an active team that revitalised the SRC and really got some of the things done that the students wanted. SRC representatives are selected for their leadership qualities to enhance the Galston High School community, focusing on the needs of the student body – they are our social conscience.

We congratulate all of our 2013 SRC representatives today.

The executive team of the SRC are:
Claudia Russo - Secretary, Simon Oberlechner - Treasurer, Georgina Trotter – Vice President, Lydia Pendlebury - President

The SRC team
Ahmed Sweedan
Cameron Croese
Cameron Shields
Connie Clarke
Daisy Trethewan
Dan Munro
Emily Parkinson
Erin Brady

Harrison Kerr
Ibrahim Sweedan
Josh Stringer
Kaea Bidois
Nik Zuvela
Odessa Jones
Rhiannon Hilton-Butt
Samantha Thomson

Sarah Perry
Shirona Thompson
Tom Fraser
Georgia Stanley
Andrew Aceituno
Natalie Wiseman

As a part of the assembly, Lydia Pendlebury (President) and Georgina Trotter (Vice President) addressed the assembly to inform the school of their vision for 2013. Provided below their speech which clearly articulate what the 2013 SRC will be doing for students in our school.
“We both feel incredibly privileged and humbled having been elected to lead this fantastic group of people as president and vice president.

The role of the SRC is to be the “voice of the student body”, and it is our duty to listen, act upon and fulfill the needs and wishes of the students of Galston High School. During recent years as Galston High has benefited from change and so has the SRC. In 2012 the visibility of our profile in the school has been lifted and improved. This image is soon to be polished and perfected throughout the coming year.

Last year, the SRC answered the cry of students begging for extra seating around the school grounds. Through the successful negotiation with the P&C, countless fundraisers and tapping into existing funds we managed to provide this for the students. We were proud to achieve this incredible goal and we are looking forward to a bright future. The support of the P&C and their dollar for dollar funding has made everything possible. Also throughout recent negotiations the P&C have agreed to do a soap dispenser trial in some of the bathrooms.

Along with supporting the school, the SRC sponsored many charities including the Leukaemia Foundation. In 2013, although the SRC is a separate quotient of the leadership body, we hope to develop links with our new prefect leadership team to enhance the pride of our school. Also as the image of Galston High School improves we strive to improve and establish links within the local community.

All of the SRC this year feel that in order to engage the student body we need to “mix things up”. Prepare yourself for innovation and ingenuity, nothing that will be happening this year will have ever been seen before.

Starting with the charities we have decided to support this year. We were told to choose charities that are relevant, local and not commonly known. We have selected Youth Off The Streets and Cambodia WTL. More information will be pouring in about these charities during the coming weeks during our weekly updates on assembly. All other fundraising events will be dedicated towards funding ongoing and new projects occurring at Galston High School, benefiting the student body throughout the year and for years to come.

For the next year, we plan to lead the Student Representative Council in a new direction. We plan to continue to develop and consolidate roles of individuals within the SRC, to enhance and grow new and future leaders. SRC will also have a greater presence in promoting the image of the school, as each member shall exert the school values of respect, responsibility and personal best.

In 2013 we also welcome Year 7 members into the SRC to ensure that there is a varied representation of the whole school. We also plan to work collaboratively with the staff and parents to ensure that they know what students want and need to ensure their learning environment is a safe and happy place to be.
Matt Moody of Year 8 is part of a prestigious group of talented musicians in our region. We, as a school community, are very proud of Matt’s involvement in this project. Early in December last year, the school received a letter of commendation and certificate for Matt’s involvement in the State Wind Band and the Regional Band Tour during 2012.

In this letter, Di Hall, who is the Coordinator for the State Wind Band commends Matt for being “polite, punctual and reliable in addition to displaying his incredible musical skills”.

Congratulations Matt on your involvement with this event and for representing Galston High School so well. We recognise your incredible contribution to music and applaud the standard of performance that you have attained.

Year 9 Agriculture

In agriculture this year at Galston High School, Year 9 students have been very busy preparing for the Castle Hill Show which is coming up very soon. We have been extracting the honey and wax from the beehives and we are about to wash the chickens to be entered in the show.

To harvest all of the honey from the beehives we have to put the frames of full honey into a container and then remove the wax from the outside of the honey frame.

After we have all the frames capped we put them in the extractor to extract all the honey from the frames. We then jar the honey and leave it until the show to allow it to settle and become clear. We also make bee’s wax candles for the show but have not done this in the past. The bees wax is melted on a warm hotplate and then poured into prepared moulds which are then left to set for several days – this process was quite time consuming and we had to be very careful.

Peter Van Roy came out to the school to demonstrate how to make foundation wax candles and how to prepare “chunk honey” (honeycomb in jars with honey) to put into the show. He very kindly gave us a few hints on how to prepare our bottled honey ready for judging.

On Wednesday the chickens will be washed and blow dried so that they look beautiful for the show. We will also be clipping their claws, oiling combs and wattles and making sure they look perfect.
Upcoming Events

This Week
Monday 11 March
Year 12 Music Composition Workshop periods 2 & 3
Tuesday 12 March
Sydney North Regional Swimming Carnival
Wednesday 13 March
Year 11 Mental Health Forums
Friday 15 March
Year 12 Australian Museum Excursion - Ms Carden
VET - WH&S Orientation - Ms Gray
Sunday 17 March
Beecroft Rugby Trial

Next Week
Tuesday 19 March
P&C Meeting
Wednesday 20 March
School Cross Country
Thursday 21 March
Harmony Day
Sydney Royal Easter Show Begins
Friday 22 March
School Photos
Saturday 23 March
Chatter over a Platter

Still to Come
Monday 25 March
Year 12 Excursion Free
Tuesday 26 March
Year 12 Excursion Free
Wednesday 27 March
Year 8 Royal Easter Show Excursion
Year 12 Excursion Free
Year 10 & 11 Legal Studies Excursion
Thursday 28 March
Year 12 Excursion Free
Friday 29 March
Good Friday Public Holiday

Homework Club
Homework Club has resumed for 2013 and will be held every Wednesday in the Library from 3.15 - 4.15pm. Come along for help with homework and assignments.

Afternoon tea will be served!

Teachers from Maths and English will be available to assist you. All students and staff welcome.

We look forward to seeing you all there.

Georgia Medcalf
Australian U/17 Girls Softball Squad

Huge congratulations to Georgia Medcalf of Year 10, who has successfully gained a position in the Australian U/17 Girls Softball Squad. This is a massive achievement for Georgia as she was selected from over 200 potential U/17 girls across the country. Georgia is an exceptional softball player, with the second highest batting statistics of the national tournament in January 2013. This is a great opportunity for Georgia to demonstrate her abilities at a national level and to represent herself, her country and her school. Galston High School is extremely proud of all what Georgia has achieved and wishes her all the luck for the future both in and out of softball.

Georgia reflects
To be selected for the national team, I was fortunate enough to be a part of the U/17 New South Wales Team, which played in the Women’s National Tournament from which the best 30 players of the country are selected for the national squad. Being selected for the national squad is the highest achievement a girl my age can get in her softball career. As a team we will train together for a few months before we play at the Friendship Series tournament, playing international teams as well as the Australian U/19s Girls Softball Squad. It was tough to get selected and I had many doubts, at the time I wanted to play my best to guarantee the New South Wales team would win. The next stage is to begin the training sessions and meet the other girls who were selected.

In the future I really want to make the U/19s Worlds which, if I train hard and keep respecting the game, I might have a good chance of making.
It has been another busy few weeks at Galston High School!

We were pleased to welcome another two facets to the leadership team – the Student Representative Council (SRC) and Peer Support Leaders. It was inspiring to induct these students into the school’s leadership team and we look forward to forging new connections and endeavours with these fellow leaders.

The annual swimming carnival was held on the 18th February and proved to exemplify the school spirit of GHS. Spartans, Samurai, Knights and Vikings went up against each other in, what can only be described as the most epic battle of ages. The flood of red, yellow, blue and green was blinding as war cries echoed across the pool. A special mention goes to Kaea Bidois for breaking 5 school records in the swim meet. This is an awesome effort and we congratulate you on your achievements.

On another note, Year 12 would like to announce that they made over $900 profit in their annual Valentines Day celebrations – smashing all previous records! A thankyou goes to the student body for their support - we couldn't have done it without you!

Our teacher spotlight this week is on the “men” in the TAS department – Mr Draper and Mr Graice. They have been conscientiously developing better seating throughout the school; which the student body has been excited to hear. We look forward to seeing what these teachers will provide for us in the coming weeks.

By Sarah and Amanda

Prefect Report

Worlds Greatest Shave 2013

On March 25, Galston High School will be participating in the World’s Greatest Shave. Any students interested in shaving their heads to raise money for Leukaemia Shaving for a Cure, please speak to Ms Price in the English Staffroom.

We also require volunteer hairdressers on the day. If any parents are willing to lend their services for the day, or know anyone willing to help out, please contact the school on 9651 2222.

Harmony Day

In order to promote diversity and unity within the school community, Galston High School will be celebrating Harmony Day on March 21. Harmony Day is an event that encourages acceptance, cultural respect and harmony.

Activities include an Orange accessory day, hair braiding/spraying and ‘Free Hugs’ and ‘Hi-Fives’ from members of the SRC.

Attention Sewers

We are looking for an enthusiastic team to help design and create costumes for the school musical. It will require meeting once a week after school.

There are also some props that need to be made that will not require sewing and any help would be greatly appreciated.

If you are interested, please send an email to Samantha.lee31@det.nsw.edu.au.

HSC Seminars for Year 11 & 12 Students March 11th 2013

The University of Technology (UTS) is sponsoring an evening of seminars for senior students and parents on Monday 11th March 2013. Presenters include Senior Markers, Counsellors and past high-achieving students and will include sessions on:

Maintaining a stress-free HSC: Top tips for parents and students
HSC English: How to Master English Exams
Study strategies and exam tips from Expert Teachers and 97+ students

Tickets are just $10 per family with all the proceeds going directly to Father Chris Riley's Youth Off the Streets Charity.

The evening runs from 6:30pm-8:30pm.

To learn more or to register, just go to hscintheholidays.com.au and click on the HSC Seminars tab.
“Very few recognise science as the high adventure it really is, the wildest of all explorations ever taken by human beings, the chance to glimpse things never seen before, the shrewdest manoeuvre for discovering how the world works.”

Lewis Thomas

The quote above from Lewis Thomas is a picture of what the Science staff would like our students to experience, that Science is a high adventure.

Year 7 and 8 students have an opportunity to participate in IRiS or Independent Research in Science program. This is an extra-curricular activity that has project-based activities allowing students to investigate some aspect of Science that is of their own choosing.

The activities range from posters to working models to extended pieces of writing for an audience. It encourages critical thinking and it is hoped that all IRiS projects will be available for display during Science Week later in the year. If any student would like to be involved in this activity, please speak to your teacher or Mr Scollay - Head Teacher Science.

Already, some students have submitted tasks and they are of pleasing quality.

Year 7 seem to have settled in well to their experiences within the Science environment and are scheduled for an excursion to the Zoo in Term 2.

Year 10 are currently completing their Stage 5 Student Research Project (SRP) which is mandatory for all Stage 5 students for their RoSA.

The project is assessed based on the presentation of log-books, raw data and a final report. It is progressively marked. By this time, ALL Year 10 students should have handed in their log book at least once for checking by their teacher. The project is due for completion towards the end of this term.

It is encouraging to see many good ideas for student’s research being discussed as this project presents the opportunity for students to demonstrate their prowess at planning and conducting first hand experiments. It is important to remember that it is the process of science that is being assessed, not whether the experiment worked or not.

Year 9 have been involved in learning about chemistry, and seem to be enjoying all the practical work in the course. As a Science Faculty, we now ask that all students in years 7 to 10 have a separate practical book, so that students can maintain an accurate and complete record of practical experiences across each stage. This practical book will be checked by the Head Teacher at some stage through the year.

Later this year, the Science Faculty will have incursions, with Ruben Meerman (The Surfin’ Scientist) giving a presentation on Climate Change and CSIRO presenting a workshop on Forensics. We are always seeking opportunities for quality engagement in Science-related areas for our students. On June 5, the ICAS Science competition will be held. Notices regarding this competition will be sent out shortly.

In the senior years, all disciplines, (Biology, Chemistry, Physics, Earth and Environmental Studies and Senior Science) are moving towards assessment time and we are pleased at the level of application being displayed by most students. Students should be consistently revising their work (study) as well as completing homework, to avoid the necessity of “cramming”.
Kaea Bidois blitzed the swimming carnival breaking long distance records with ease; the 400 metre he swam a slick 4.54.51 and followed that up with a stunning 2.30.60 which broke the record by more than 5 seconds. Kaea followed up this success breaking another 5 records in the shorter distance events including 50 metre, 100 metre, 200 metre freestyle and 50 metre backstroke and butterfly. He is obviously in great form for the upcoming representative events and we wish him well at the zone, regional and state level competitions.

### Sport Report

In a hectic sporting start to the year, the first month has seen our annual school swimming carnival, the all schools state triathlon, weekly grade competition and regional trials for baseball, tennis, and volleyball. Our knockout coaches are also busy trialling teams for soccer, touch, tennis, water polo, and lawn bowls.

### Swimming Carnival

The colour and character evident on the day was up with the best ever with many individuals making a special effort to get into the spirit of the day via their amazing outfits. Bold war cries were heard especially during the 'Big Splash' novelty with some amazing styles being witnessed as entrants bravely belly-flopped, back dropped, face planted... But it was Callum Trethowan with immaculate technique who snatched victory with his classic 'bomb'. In the competition races the 13 years age group was well supported plus the 17 boys who certainly kept the competition referee Ms Bellamy on her toes! Records were broken and we congratulate the individuals on these fine achievements.

A big thanks to all the house leaders who worked tirelessly and to the large number of year 12 who were enthusiastically involved in their last aquatic school based carnival.

#### Age Champions:
- **12 Year Girls**: Danielle Cook
- **12 Year Boys**: Nathan Ho
- **13 Year Girls**: Taylah Massingham
- **13 Year Boys**: Kaea Bidois
- **14 Year Girls**: Shivana Mudaliar
- **14 Year Boys**: Harry Trethowan
- **15 Year Girls**: Felicity Morris
- **15 Year Boys**: Lachlan Morris
- **16 Year Girls**: Emily Parkinson
- **16 Year Boys**: Grant Massingham
- **17 Year Girls**: Maddy Scutts
- **17 Year Boys**: Cameron Morris
- **18 Year Girls**: Lauren van den Elzen
- **18 Year Boys**: Cameron Shields

#### House points:
- **4th**: Knights, 410
- **3rd**: Samurais, 470
- **2nd**: Spartans, 672
- **1st**: Vikings, 725

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**Sports Star of the Week:**

- **Harry Trethowan - Swimming Superstar**
- **Danielle Cook - Record Breaker**
- **Taylah Massingham - Record Breaker**

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All Schools State Triathlon

Galston can be proud of its endurance athletes as we’ve assembled our biggest squad ever to compete at this year’s prestigious triathlon meet with 10 teams involving thirty one students. Schools from all around gathered excitedly to compete head to head with outstanding athletes of their divisions. 2500 students prepared themselves for what would be one of the most challenging events of the year. The atmosphere buzzed with anticipation as the students took their mark. The commentators announced our place in the race as we pushed out towards the finish line. We felt proud of our team and efforts, keen for the next All Schools Triathlon at Regatta Centre.

A special mention for Sally Parkinson who filled in for one of our junior teams when another participant became unavailable and especially to Luke Gonzales who answered the call at the last minute to swim up an age group with the senior boys to ensure they could complete the race in their final year at school.

Well done also to Callum Trethowan of Year 7 who backed up on Friday to compete with his team after contesting the individual event on Thursday over the following distance 400m swim, 10km cycle and 3km run. For his efforts he was the sports star of the week.

Callum Trethowan of Year 7 showed great endurance qualities at the recent State All Schools Triathlon Championships. He was our sole competitor in the individual event and excelled in his first ever triathlon to be placed 8th in the M-14s GHS section and 2nd in his own age group as he is currently only 12. He took just over 40 minutes to finish the course with his 400m swim completed in 6.03, his 10km cycle taking 21.52, while he ran home strongly taking just short of 13 minutes over 3km distance. A day later he was combining with two friends in the team event as he cycled in 10km in a faster time of 20.58 helping his side to a creditable 4th position in the state. Congratulations to Callum for a tremendous debut in the sport of triathlon.

Ku-ring-gai Zone Swimming

A large squad of 46 aquatic athletes left in the dark for Sydney International Aquatic Centre in search of swimming success. Kaea Bidois was back to what he does best, breaking records, with the previous 100m Backstroke mark being lowered by over a second to 1.06.09. The black cape continued to perform in lane 2 throughout the day with some memorable victories and individual students recording personal bests. The relays proved an exciting finale to the day. A special thanks to Hayley & Luke for their organisational skills and encouragement of our swimmers throughout the day.

Congratulations to our school and Ku-ring-gai Zone Age Champions;

- Danielle Cook- 12 Years
- Kaea Bidois- 13 Years
- Taylah Massingham- 13 Years

The following students have qualified for the Regional Swimming Carnival next week:

- Danielle Cook, Nathan Ho(Reserve), Taylah Massingham, Kaea Bidois, Callum Trethowan, Harry Trethowan, Felicity Morris.
The Interschools Equestrian Competition was held at Horsley Park on Friday 1st March. There were over 500 competitors from schools all over NSW and Galston High School was lucky enough to be represented by Lucy Fretus of Year 8.

Lucy and her trusty steed Piper had a great day. They really enjoyed the dressage and showjumping and placed 15th out of 38 riders overall in their division – a great result for Lucy & Piper congratulations.

As the School Certificate and the accompanying tests have now been abolished, the Board of Studies have developed the Record of School Achievement (ROSA) for all eligible Year 10 students.

The ROSA is specifically designed to be awarded to students who leave school before completing their HSC. As in previous years for Year 10, teachers will award A to E grades in all courses at the completion of Year 10. However, no ROSA Certification will be provided unless a student is leaving school.

The Board of Studies will collect this information and maintain it until a student leaves school. In addition, the Board of Studies will also implement online literacy and numeracy testing in 2013 for Year 11 students who indicate they wish to leave school before sitting the HSC tests. Students will have two opportunities each year to complete these tests.

The Board of Studies is also trialling in a small number of schools, the recording of extra curricula activities that students may be involved in, such as the Duke of Edinburgh or Volunteering Programs. If this involvement can be verified, it will be added to a student’s ROSA.

In order for students to successfully complete the ROSA they are required to complete all mandatory assessment tasks as well as homework and assignments for each subject, attend all lessons regularly and apply themselves with diligence and sustained effort to all work presented in class.
The role of Transition Advisor is a new initiative being implemented at Galston High this year. It is part of the Department of Education and Communities School to Work program that is designed to meet the learning needs of specific students within the school. Officially known as the W.I.S.E (Waddell Inspiring Student Engagement) Program at Galston, my role is to provide opportunities for identified students to enjoy success in their education through vocational education opportunities.

Students involved in the program have the opportunity to undertake a range of vocational education courses that would not normally be available to them in the standard school setting.

Specific goals of the program include developing vocational education pathways for identified students and to develop their work readiness skills to enable a smooth transition from school to work or further education. In addition students gain an understanding of the relevance of their school based knowledge and skills and how they apply in the work environment.

All students who complete the program will receive nationally recognised TAFE certificates ranging from Certificates of Attainment through to Certificate II level qualifications. Currently there are three different programs running under the WISE initiative. Each one runs in collaboration with outside agencies including TAFE Outreach and Northern Beaches Business Education Network (NBBEN) – Links To Learning.

**Trade Tasters Hair and Beauty program:**
This run by TAFE Outreach at their Hornsby campus each Wednesday during semester 1. There are currently 8 Year 10 girls taking part in this program.

This is an excellent introduction to the beauty industry where the students learn the fundamentals of hairdressing, makeup and nails as well as specific work readiness skills.

**Landscaping and Construction at GHS:**
is also connected to the Hornsby TAFE Outreach program who provides a qualified landscape gardener/ TAFE teacher to instruct students in developing the correct skills and knowledge for this trade. This group of 7 boys will spend one day per week involved in upgrading and constructing new facilities in the Agriculture area of the school which will improve the learning opportunities for all students in the future. An additional project will be the construction of an outdoor learning area in front of the HUB. Working with students from the HUB, the completed project will provide a relaxing recreational and educational facility for all students at the school.

**NBBEN - Links to Learning:**
Two students have been fortunate to be selected to attend the Links to Learning program held at Ingleside during semester 1. Both students will be involved in the Brick and Block laying program for 2 days each week. By the end of the program the students will have attained a Certificate I qualification as well as having developed a range of work readiness skills.

Additional programs and opportunities will be available in semester two for students who will benefit from these learning experiences. As the Galston High School Transition Advisor I am thrilled to be able to offer these unique programs as part of the school’s goal to provide high quality learning experiences that meet the needs of all its students.

Mr Chris Lanske
Head Teacher- Student Engagement
Galston High Social Committee proudly presents
the infamous

Chatter Over a Platter

A social get together for parents and carers
of all students

Music!

Rain or shine!

Galston High School Quadrangle
Saturday night, 23rd March 2013 - from 6:30 pm

Come and meet:
- Our Principal, Jillian Toulas
- Deputy Principals and Teachers
- Other parents and carers
- And the President of our P&C for 2013

Bring a platter to share and your own drinks
(responsible consumption of alcohol is permitted)

Adults only
The Children and Families Research Centre is offering places in a free 10-week Literacy Tutoring Program for children aged 8-15 who are in the full-time care of their grandparents and are experiencing difficulties in reading and/or spelling. We know that these children sometimes struggle with literacy and that professional tutoring can bring a financial burden to grandparents.

University student volunteers, trained and supervised by academic staff, will deliver the tutoring individually to each child, using research-based programs. These tutors will work in pairs with each child and will have passed a Working with Children Check.

When
After school two days per week, 4pm – 5pm, either Monday and Wednesday or Tuesday and Thursday. Families attend for a 10-week program.

The program will begin with assessment of the children in June and tutoring will begin in August. The program will end in early November (with allowances made for school holidays and university breaks when the program will be suspended).

Where
Macquarie University Special Education Centre, Building X3A, Macquarie University, North Ryde. Campus Map is available at http://www.mq.edu.au/on_campus/maps/

Cost
Tutoring and materials will be provided free of charge.

Expectations of participating families
Grandparents will transport their grandchildren. For the best results, a 20 to 30-minute daily practice is required at home three days in the week. We will provide tutoring materials for use at home and train and support grandparents in their use.

This program is part of a research project to measure the impact of a short-term intensive program on the children’s literacy skills and to evaluate any benefits and issues arising from such a program for the people involved. Families will be asked to consent to participate in this research. There will be a short interview for each grandparent and each child before and after the program. Grandparents will receive a written report on their grandchild’s initial literacy level and their progress as a result of tutoring.

To register your interest in participating
Contact Sally Thompson with the following information:
Your name and contact details,
Your grandchild’s name and date of birth,
Preferred days (Monday & Wednesday OR Tuesday & Thursday),
Email sally.thompson@mq.edu.au Phone 9850 9882 (Monday, Tuesday or Thursday).

Inquiries about the program
Jennifer Bowes - jennifer.bowes@mq.edu.au Tel: 9850 9844
Coral Kemp - coral.kemp@mq.edu.au Tel: 9850 8712
Kerry Hodge - kerry.hodge@mq.edu.au Tel: 9850 9864

The ethical aspects of this study have been approved by the Macquarie University Human Research Ethics Committee.
ABSENCE NOTE

Student’s Name: ___________________________________ Date: ____________________
Absent Dates: ______________________________________
Reason: ____________________________________________

____________________________________________________

Parent / Guardian Signature: ___________________________ Date: ____________________

X ______________________________________________________________________________________

ABSENCE NOTE

Student’s Name: ___________________________________ Date: ____________________
Absent Dates: ______________________________________
Reason: ____________________________________________

____________________________________________________

Parent / Guardian Signature: ___________________________ Date: ____________________

X ______________________________________________________________________________________

ABSENCE NOTE

Student’s Name: ___________________________________ Date: ____________________
Absent Dates: ______________________________________
Reason: ____________________________________________

____________________________________________________

Parent / Guardian Signature: ___________________________ Date: ____________________

X ______________________________________________________________________________________