Champion School at Castle Hill Show 8th - 10th March 2013

Galston High School was once again excited to be a part of the Castle Hill Show in its 127th Year. It allows our students opportunities to display what they have learnt in the areas of Agriculture, TAS and CAPA. Students who exhibit their works, or participate in the organisation and running of the event are students who show consistent effort and dedication in their studies at Galston High School.

This is seen with our school display in the Education Pavilion, various woodwork, metal work and photography pieces displayed, as well as a collection of prize winning baked goods.

Once again, we were very successful in the 2013 Education Pavilion. The awards we received in the 6 categories for school display included:

- 1st place - Audience Participation
- 2nd Place in 3 of a possible 6 categories:
  1. Knowledge of Display
  2. Team Organisation
  3. Participation & Display Design
- 3rd place – Clarity of Design Message
We also received a Highly Commended in the Gavin Mancell Award which is awarded for team effort in design, construction and presentation of display.

The highlight for the Castle Hill Show team was being awarded the perpetual trophy for Champion School of which we should be very proud to have won and recognises the whole school effort at the Castle Hill Show in the Education Pavilion.

And last but not least, the final award recognises our whole school achievement. That is our effort and dedication in the Education Pavilion, Apiculture, Poultry, Arts, Crafts, Cooking, Horticulture, Equestrian and Visual Arts and Photography, where we were awarded the Agriculture Teachers Association Prize for overall point score winners in all categories. This is the 22nd year we have won this award out of a possible 23 years.

Without a hard working group of students, staff and parents working together, our success would not be possible and we thank all who have been a part of the 2013 success.

TAS award recipients are as follows:
- Ben Stevens 18yrs Woodwork - First & Annual Show Champion
- Scotty Macdiarmid 18yrs Furniture - First & Annual Show Reserve Champion
- Meagyn Gittins 12 yrs Woodwork – Second
- Shane Adorini 14yrs Woodwork – Second
- Juliette Buyink 14yrs Home Baking – Second
- Clair Byrne - 14 yrs Home Baking – Third
- David Richey-Lowe – 3rd Honey Cake
- Nathan Perram – 1st Chocolate Cake
- Kari Fontanel 14 yrs Home Baking - First & Annual Show Champion
- Jimmy Flecknoe 16 yrs Metalwork - First, Second, Annual Show Champion & Reserve Champion
- Ben Atkinson 16 yrs Woodwork & Furniture - First, Annual Show Champion
- Jack Petith 16yrs Furniture – Second
- Jackson Copeman 16yrs Metalwork – Third
- Alec Watt 18yrs Woodwork – Second
- Nicholas Mule 18yrs Furniture – Second
- Kaitlin Hazelton - 2nd place in the Open's Category for Textiles-Handbag/Shoulder.
In the Horticultural area, we had one award winning recipient – Georgina Trotter. She received:

- First - Miscellaneous Cut Flowers - Vase of Cut Flowers
- Second - Miscellaneous Cut Flowers - Vase of Cut Flowers
- First - Miscellaneous Cut Flowers – Variegated Leaf
- Second - Miscellaneous Cut Flowers – Variegated Leaf
- First - Vegetable & Fruit – Collection of Kitchen Herbs
- First - Miscellaneous Cut Flowers - 5 Cut Foliage
- Second - Miscellaneous Cut Flowers - 5 Cut Foliage
- Second - Miscellaneous Cut Flowers - Vase of Australian Native Flowers (under 25)

In The Poultry area, Galston displayed yet again another magnificent array of birds. With the 32 birds entered, 20 of them achieved an award.

- Champion Of The Show – Silver Spangled – Tiana Springer
- Best in class:
  - Best Bantam Soft Feather Frizzle Cock – Rhiannon Grooms
  - Best Bantam Light Sussex Hen – Emma Kinnaird and Libby Nealon
  - Best Large Fowl Light Sussex Hen – Jessica Watts
  - Best Large Fowl Soft Feather Langshan Hen – Harry Squires
  - Best Black Silkie Cock - Jackson Klintworth
  - Best Faverolle Hen – Emma Kinnaird
  - Best Silver Spangled Hamburgh Cock – Tiana Springer
First Places:
Faverolle Cock – Matt Jeffrey
Large Fowl Soft Feather Langshan Cockerel – Anthony Lozina
Large Fowl Soft Feather Langshan Pullet – Fabian Pellizzon
Silver Spangled Hamburgh Hen – Charly Smallwood
Light Sussex Cockerel – Dallas O'Mara
Bantam Light Sussex Cockerel – Amanda Todman
Bantam Light Sussex Pullet – Joe Naude
Bantam Light Sussex Pullet – Christian Davy
Silkie AOC Pullet – Emily Lambert
Silkie White Cockerel – Sarah Pernice
Silkie White Cock – Silkie Black Cockerel – Sam Fuller
Silkie AOC Cock – Matt Bowry

Second Places:
Faverolle Hen - Libby Nealon
Light Sussex Pullet - Larissa Larin
Silver Spangled Hamburgh Hen - Taylor Barrow
Silver Spangled Hamburgh Pullett - Kianna Munro
Lanshan Hen - Maddie Taylor
Buff Sussex Hen - Rebecca Jenkins

There was no surprise that Galston achieved Champion School in the Agriculture Display. Along with Champion School, Galston High School was also awarded Champion Junior Honey Exhibitor.

Champion Jar of Honey - Dallas O'Mara
Decorate Beeswax - Fabian Pellizzon

Congratulations to all of these students who have achieved Excellence and Inspired Success at the 2013 Castle Hill Show
Junior Photography at Castle Hill Show

Year 10 Photography and Digital Media have been experimenting with creative use of light so far this year in both traditional black and white film as well as other digital capture methods. From our 25 entries in to the junior photography section at the 2013 Castle Hill Show, we have been awarded a very pleasing 8 ribbons!

- Shirona Thompson with a portrait of Brianna Quaken won 1st Place in the Monochrome Portrait Category & Show Champion overall Junior Photography
- Brianna Quaken with a Portrait of Shirona Thompson - 1st Place in the Colour Portrait
- Alana Perrett with a Portrait of Lauren van den Elzen painting - 2nd Place in the Colour Portrait
- Jasmine Bianco with an image of Luna Park reflections - 3rd Place in the Open Colour
- Brianna Quaken with a re-coloured flower image - 3rd Place in the Colour Nature
- Steven Cai with a self portrait - Highly Commended in the Colour Portrait
- Brianna Quaken with a shadow of a balloon - Highly Commended in the Open Colour
- Tayla Giblin with her shadowed hand puppets - Highly Commended in the Open B&W
Upcoming Events

**This Week**
- Monday 25 March
  - Year 12 Excursion Free
  - World’s Greatest Shave
- Tuesday 26 March
  - Year 12 Excursion Free
- Wednesday 27 March
  - Year 8 Royal Easter Show Excursion
  - Year 12 Excursion Free
- Thursday 28 March
  - Year 12 Excursion Free
- Friday 29 March
  - GOOD FRIDAY PUBLIC HOLIDAY

**Next Week**
- Monday 1 April
  - EASTER MONDAY PUBLIC HOLIDAY
  - Sydney Royal Easter Show Final Day
- Tuesday 2 April
  - Year 12 Excursion Free
  - Harmony Day
- Wednesday 3 April
  - Year 12 Excursion Free
  - GCOS - GATS Amazing Race
  - Back up School Photos
- Thursday 4 April
  - Year 12 Excursion Free
  - CHS Swimming Carnival
- Friday 5 April
  - Year 12 Excursion Free
  - CHS Swimming Carnival
  - Year 10 Vietnam Talk - Mrs Lamont
- Saturday 6 April
  - CHS Swimming Carnival

**Still to Come**
- Monday 8 April
  - Year 12 Excursion Free
- Tuesday 9 April
  - Year 12 Excursion Free
  - ANZAC Day Assembly
- Wednesday 10 April
  - Year 12 Excursion Free
  - D of E Gold Practice Walk
  - Year 10 & 11 Legal Studies Excursion - Mrs Edwards
- Thursday 11 April
  - Year 12 Excursion Free
  - Grade Sport - Semi Finals
  - D of E Gold Practice Walk
- Friday 12 April
  - LAST DAY OF TERM
  - Year 12 Excursion Free
  - D of E Gold Practice Walk
- Saturday 13 April
  - D of E Gold Practice Walk
- Sunday 14 April
  - D of E Gold Practice Walk

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**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.

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**Year 11 Mental Health Forum**

On Wednesday 11th March, Year 11 participated in a Mental Health Forum run by the Rotary association. It was to inform and prepare us on the mental health issues facing teens around our age. There were 3 speakers followed by a question time. The first speaker and my personal favourite, spoke about dealing with stress during the HSC.

He gave us many tips and useful information helping us deal with the stress faced by teens over the exam periods. The second and third speakers spoke on dealing with depression, the difference between depression and sadness and the misuse of substances during youth, including the effects this can have later on in life.

All the speakers were qualified psychologists and hopefully our year took the advice they were giving. All in all, the forum was very informative and helpful and I think all of the information given has definitely helped equip us with the tools needed to help us over the next 18 months, seeing us through our HSC and beyond.

Georgina Trotter
What can we say? Galston High School really is a “hub” of activity, excellence and success!

Let us indulge you for a minute… the sun drums upon the hot tin roof. The smell of hay engulfs your nostrils and dust lingers in the air - refracting the light for a moment. And, as it clears, you see the Galston High School display within the Education Pavilion. “Yes, ladies and gentlemen, we are referring to the Castle Hill Show! Our theme of “Chick Us Out, We’re Eggcellent” was a smash hit among generations of show-goers. But, we need no other proof of our agricultural success than receiving the Champion School Award – one which we have received a total of 22 years out of its 23 year span!

Now students – your achievements (whilst extremely lengthy) will be acknowledged. Some 20+ poultry awards, apiary accolades, 16 CAPA and 8 junior photographers were awarded to recognise the successes of students. We can say with conviction that if this level of dedication and excellence is continued into the Royal Easter Show, Galston High School is sure to remain victorious against our competitors.

A special mention goes to Georgina Trotter of Year 11, who cleared out the Horticultural Awards – receiving 8 individual accolades in this category. Congratulations on this exceptional achievement!

A quick note… the collection of funds for the World’s Greatest Shave ends shortly. Great work Team Sparta who remains in the lead for collecting the largest sum towards the cause. Hayley Roberts of Year 11 deserves a special mention for collecting over $600 individually. Awesome effort! We are humbled by the student support of the Leukaemia Foundation and the SRC in their fund raising endeavours. The prefects cannot wait to see some naked heads next week!

Our teacher acknowledgement this week must go to those teachers who developed, executed and supervised our endeavours at the Castle Hill Show. Our thanks go to all of those involved, in particular, a special thanks must go to Mrs Thornthwaite, Ms Carden, Ms Duggan, Mr Udy, Mr Graham, Ms Norrie, Ms Pike and Mrs Andrus who played a key role in important aspects of the organisation of the show to allow our students to succeed.

Sarah Sawyer – Prefect
2013 has started off very well and we are very happy to welcome back Ms Bellamy who brings many years of experience and high quality results.

Year 11 students are currently experiencing the greatest change this year. With the introduction of a new syllabus, these students will be exposed to a different focus in Mathematics. The General Mathematics syllabus has now been split into two courses. Course 1 is for students who wish to receive a HSC but do not wish to get an ATAR (University Entrance Rank). Course 2 is for students who wish to receive a HSC and also need an ATAR. Both courses now include mandatory “Focus Areas” which show how mathematics is intertwined with a student’s everyday living in areas such as Driving, Communication, Household Finance and the Human Body.

We are also excited with the increasing number of students, who through their continued focus in the junior courses, are attempting the Extension 1 Course in Year 11. This course is often a pre-requisite for university courses in the areas of engineering, architecture and some sciences.

Once again in Year 12, we are offering all levels of mathematics including the Extension 2 Course. This course is very demanding and is equivalent to many first year university courses in mathematics.

A significant change for all students is they are now able to access www.mymathsonline.com.au.

All students are currently being given the passwords for this site which provides both step by step explanations and homework tasks that are self-marking. We strongly encourage all students and parents to make use of this resource each week throughout the year.

We would also like to remind students and parents that from Year 8 onwards, they need to bring a scientific calculator to all classes. Students in Year 7 will be required to bring calculators every lesson from Term 2. The Board of Studies does not allow the use of calculators on mobile devices for exams and assessment tasks. These calculators do not always have all the required functions or do not perform the calculations correctly and are not recommended. Students who required a calculator can purchase one from the school P&C shop.

Finally we would like to remind parents of the importance of students staying up to date with their class work and homework. Success in Mathematics often relies on building upon the skills previously learnt in class and consolidated at home. Whilst the amount of homework each week varies according to the amount of consolidation and mastery required, students who fall behind in their classwork and do not complete outstanding work and homework will struggle when new skills are introduced in the next lesson.

Please help your children by ensuring that they are as up to date as possible with their homework.

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**Interschool State Championships**

On Thursday, 28th February, Isabella Cofrancesco, Lucy Fretus and Sarah Pernice all left for the Interschool State Championships at SIEC.

All three girls participated in the combined training which is a combination of dressage and show jumping. They all performed really well in the dressage, presenting a great effort by the Galston Team.

Isabella competed in the 45cm class and Lucy and Sarah competed in the 60cm class. All of the girls pulled an amazing round with no poles down or refusals. They all had to put up with a lot of rain in the afternoon while waiting for results. Due to the amount of competitors at this year’s State Championships, confirmation of results will be known soon.

On Saturday, 2nd March, another of the Galston Equestrian Team members, Emily Lambert participated in the dressage. She completed two great tests under trick conditions due to the pouring rain. Her arenas were flooded and she did incredibly well considering the circumstances. Well done Galston and the girls, they represented us well.

On Saturday, 9th February, Lucy Fretus, Sarah Pernice, Emily Lambert and Rachel Pernice participated at the annual Castle Hill Show in the pony club rings. They all did exceptionally well with Emily placing first in her age group and Sarah third. Congratulations to all the girls.

By Sarah Pernice - Year 9
Regional Swimming Carnival

Congratulations to the Ku-ring-gai zone swimming representatives who participated with such credit on 12th March at the Sydney International Aquatic Centre.

Athletes involved included:- Danielle Cook and Callum Trethowan from Year 7, Kaea Bidois and Taylah Massingham from Year 8, Felicity Morris and Grant Massingham from Year 10 and Harry Trethowan from Year 9.

Taylah, Danielle, Kaea and Harry all gained top 2 placings in their favourite strokes which will see them progress to the CHS swimming carnival on 4th, 5th and 6th of April. Kaea in particular continued to impress, breaking yet another record in the 100m backstroke by over a second as he seemingly cruised to victory in 1.06.29.

Good luck to all our swimmers at the upcoming premier school based state meet for 2013.

Knockout Competitions......

In recent weeks our knockout sides have been out in force representing their school to the best of their ability.

The first to compete was the boys lawn bowls combination of Luke Millican Year 9, Craydon Colman Year 8 and Andrew Watkins Year 7 at West Pennant Hills Bowls on Tuesday 5th March against a strong Homebush Boys side. Andrew was our lead bowler and he consistently set up our team with his accurate placement close to the pin. Graydon followed and he displayed great enthusiasm with his ambitious drives which often altered the state of play greatly! Luke, still suffering from debilitating Ross River fever showed amazing courage and skill to keep us in an enthralling contest right to the very end. The tactics of the respective teams made for a compelling finale and senior bowlers at the club were in awe of the outstanding level of play from these young athletes. After more than 2 hours with the score 13-11 to Homebush our team gave it their all in the final end to go down by the narrowest of margins, 12-13! The school couldn't be more proud of the boys’ efforts and bright futures are certainly ahead for these fine young players. A big thanks to Jeff Millican for his guidance and encouragement and to the Bowling Club for being such generous hosts. We look forward to our 2014 knockout challenge.

Next the Open Girls Touch side played Ryde Secondary College on Friday 8th March at Ryde Park. From the initial whistle the team asserted their authority, scoring in their first set of six and consolidating with plenty of quality tries within the first 10 minutes of the game. Maddy Graham and Sam Witham repeatedly scored exciting diving tries as they revelled in the excellent soft turf field which was their landing surface. Erica Harris set the standard in defense as she repeatedly thwarted the oppositions attack with her assertive shooting. Kayla Thomson and Amy Moit finished some excellent team tries with their speed out wide while our Year 12 pair of Chloe Moody and Kaitlin Hazelton used their experience to create many opportunities for their teammates. Junior players making their debut included Tyler Smith (Year 9), Juliette Buyink (Year 8) and Sally Parkinson (Year 8) and they certainly showed plenty of potential for the future. Our “work horses” Emily Parkinson, Shivana Mudaliar and Bianca Paton drove the ball forward strongly and displayed a great work ethic in defense to set the platform for our 14-1 victory. A big thanks to Mrs Paton and Mrs Witham for providing transport and to Odi Jones for her role as assistant coach and water bottle refiller!!! The team are looking to their next challenge in the form of Tuggerah Lakes Secondary College.

The Open Boys’ Water Polo Team after a Round 1 forfeit by Killarney Heights found themselves at Ryde Pool on 18th March for the Round 2, 3, 4 day. Unfortunately our squad of 12 was cut to 8 on the morning of the games due in part to injuries and illness which left us with only 2 senior players, one Year 9 athlete and 5 Year 7 boys who had yet to play a single match. Not to be daunted we had an extensive warm-up and the junior players skills and confidence were consolidated as they adjusted to the surroundings of the 8 foot deep pool (where touching the bottom was out of the question!). After our goalkeepers hand had been broken the previous day Callum Trethowan of Year 7 bravely volunteered to sit in goals to start the game and face the fierce shooting of the huge senior players from North Sydney Boys. His performance was nothing short of miraculous as he repeatedly saved near certain goals with his excellent reflexes and his tendency to put his small frame in the direct line of fire.

Equally impressive was the courageous defense of Alistair Brown and Ryan Hogan which proved to be a great asset to Callum. Tom Galeano, Ethan Smith and Nathan Ho coped amazingly in mid pool picking up their players in defense as the match progressed and revealing accurate throwing and catching from much bigger opponents. Cameron Morris and Cameron Shields showed great leadership in and out of the pool nurturing their younger teammates and displaying an excellent work ethic throughout. Despite not progressing to the next match it was by far the best debut in the most difficult of sports that I have witnessed and I’m sure these boys will be a threat to future U-15s competitions.

A sad farewell to Cameron Shields who has played his last KO for Galston after also starting out as a young Year 7 player in the open competition back in 2008.

A big thanks to Mrs Trethowan, Mrs Ho and Mrs Smith for their transport and enthusiastic support throughout the match.
Australia's first commemorative $2 coin in colour has been unveiled by the RSL and the Royal Australian Mint. A unique Australian legal tender, this groundbreaking $2 coin is simply an outstanding keepsake for every Australian.

The coin depicts the red Flanders Poppy, which is synonymous with Remembrance Day and the sacrifices made by Australians in conflict.

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