Opera House Excursion

First we got our names marked off at roll call. Then we met in the main quad, boarded the bus and off we went.

We first when to the Pop Art Museum and spent about 30 minutes there. After the Museum we went on a guided tour of the Opera House, had lunch and ice cream outside the Opera House and then walked to the Botanical Gardens.

At around 2.00pm we left to head back to school arriving back in time for buses home.

I had a great time. Katherine Kassapakis – Year 8

It was a pretty long bus trip but was so worth it because we went straight to the Opera House after we went to the Pop Art Museum which was pretty cool with all the famous artworks.

When we got to the Opera House we went down one level and gathered next to a small shop which sold lots of things. A Tour Guide came and met up with us and gave us an amazing tour of the Opera House. He told us all about the Opera House while taking us into some of the theatres and telling us how the place was held up as a sphere.

When we were done with the tour, we went to have lunch and one of the girls in our group got all the students a little ice cream because her parents own a shop near where we gathered the first time. When we got back to school, we were all very tired, but it was one of the best days I have ever had. Christian Naude - Year 8
### Upcoming Events

#### This Week
- **Monday 1 December**
  - Bronze D of E Test
- **Tuesday 2 December**
  - Presentation Night
- **Wednesday 3 December**
  - Year 7 2015 Orientation Day
- **Thursday 4 December**
  - Hub Camp Whittell-Webb
- **Friday 5 December**
  - ‘Break the Back’ Musical rehearsal - Fuller
  - Hub Camp Whittell-Webb

#### Next Week
- **Monday 8 December**
  - ‘Break The Back’ Musical rehearsal - Fuller
  - House Spirit Week
- **Tuesday 9 December**
  - House Spirit Week
- **Wednesday 10 December**
  - House Spirit Week
  - Year 10 Dinner Dance
  - Year 12 Christmas Fund Raiser - Andrus
  - Year 9 Peer Support Leader Training Day
- **Thursday 11 December**
  - House Spirit Week
- **Friday 12 December**
  - House Spirit Week
  - Year Group Rewards Excursions
  - Year 7, 8, 9 & 10 Reports Distributed

#### Still to Come
- **Monday 15 December**
  - Water Sports Excursion
- **Tuesday 16 December**
  - Water Sports Excursion
- **Wednesday 17 December**
  - HSC results released
  - Students Last Day
  - Vocal Ensemble - Mark
  - Donaldson VC House - Fuller
- **Thursday 18 December**
  - Staff Development Day
- **Friday 19 December**
  - Last Day of School
  - Staff Development Day

### Homework Club

- Homework Club will be held every Wednesday in Room 2 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.

### Literacy & Numeracy Tips for Home

#### Tip #6

When your child has an assignment or written piece for homework, encourage them to edit their work. Too often, students rely on spell check, which does not identify all the issues with their writing.

Make sure students focus on the following:

- **Spelling** – If unsure of the spelling, rather than just defaulting to the word offered by spell check, look up the definition of the word. This will make sure students have the right word.

- **Varying sentence types** – To improve writing, students need to use a variety of sentence types. Simple sentences need to have more detail.

- **Varying the structure of the complex sentence** – Make sure that the dependent clause is in different parts of the sentence. Sometimes it should be at the start and other times it should be at the end. This will create more sophistication by avoiding the repetition of sentence types.

- **Use connectives to improve cohesion** – Use words which connect your argument in paragraphs and between paragraphs. For example, similarly, contrastingly, additionally, also, another etc.

- Literacy and Numeracy Team
The Mitchell Youth Leadership Forum is perhaps the best camp we have ever been on. It was a lot of fun, combined with action packed activities where you were able to make new friends, progress your leadership skills and have a great time doing it.

The 2 night 3 day camp at first seemed a bit daunting because we were told we were being split up from our school friends into teams of 7 other students from other schools and 2 leaders. We were a bit worried at first but after getting to the grounds and meeting all of our teams we knew that it was going to be one of the best camps we would experience.

Throughout the camp we participated in various team building activities that taught us many new leadership skills and brought us closer as a group. The ‘survivor’ and ‘wacky Olympics’ challenges were activities we had never heard of before. In both of these activities the teams would have to challenge each other in a one-on-one battle in many different events (dodgeball, mine-stepping, 3 legged races and many more). The activities helped build many new leadership skills of communication and trust and brought us closer as a team.

During the morning and afternoons we would have guest speakers come in and talk about their leadership experiences, in the hopes to inspire us to stay proactive with our leadership. The speakers were Sam Soh, Ronnie Kahn, Genevieve Clay-Smith, Brett Murray and Pat Pharmer and they all did an amazing job at inspiring all the campers.

On the final day of camp, we all went to the Castle Hill Anglican Retirement Village we were split into different groups and helped out with numerous events around the village. There were many things to help out with including car washing, singing, gardening or spending time with them and getting to know their stories. This was one of the most enjoyable things about the camp, seeing so many young people eager to help other people.

On the last night of camp it was pretty upsetting saying farewell to so many new friends. We all promised to keep in touch and since then we have.

The GHS Prefect team has come away from the camp hoping to use the newly acquired leadership skills in a variety of activities in the school. We are planning in 2015 to introduce some of the team building activities into year meetings and highlight our school values at assemblies and via facebook.

We thank Ms Tourlas for making this leadership opportunity available to us. It has helped prepare us for our role as prefects.

Georgia Medcalf
Galston High School has been given an opportunity to join the Premier’s Sporting Challenge Sport Leadership program. This initiative consists of three stages, with our Year 8 and 9 students participating in the second stage – Leading with Action. Sixteen students were selected to attend the first series of workshops in November this year at Pennant Hills High School. It is anticipated that this number will be allowed to increase to 25 in future years. The program involves schools all around the state and is designed to develop leadership through sport and physical activity. We have been invited to join the cluster of high schools which include Pennant Hills, Chatswood, Asquith Boys and Asquith Girls.

At the initial workshop, students selected two sports out of the nine that were on offer. Developmental officers from each of the relevant sport associations then led the students through a series of activities that gave our students the skills and confidence required to teach and develop younger students from our own school as well as from the Galston Community of schools. It was a well organised event which was the first stage in leadership development of our students. At all times our students displayed the core values of our school of respect, responsibility and personal best.
It has been another busy year at Galston for the Welfare, Learning and Support and Hub Teams. Our team is a team of committed staff whose aim is to provide academic, social and welfare support to all our students. The team consists of our Deputies, Head Teacher Welfare, Head Teacher Special Education, Head Teacher Student Engagement, our School Counselor, all Year Advisers, Careers Adviser, Learning and Support Teacher (LAST), Librarian and our Student Learning Support Officers (SLSO’s). Our Year Advisers this year have been busy providing guidance, encouragement and support to the students of their Year group, ensuring that they are making positive decisions at school. Congratulations to Mr Whiteman Year 7 Adviser for 2015 and his assistant Ms Norrie. This semester is the start of their journey as they begin to get ready to welcome Year 7 next year.

Mr Lanske has once again been instrumental in providing appropriate training and learning alternatives for students in Year 10 with a focus on re-engaging these students in the learning program. He has also done a fantastic job setting up the new Waddell café - staff and students enjoying well-made coffee and hot chocolate on Fridays. There are more great programs and opportunities to be developed in 2015.

Ms May is once again providing appropriate careers advice and Miro Zivanovic has been instrumental in his counseling and guidance of students and parents.

In particular Ms Gilmour our LAST, Mrs Enriquez and our SLSO’s Mrs Trethowan and Mrs Haine have been working tirelessly with students from Years 7 – 12 ensuring that all class and assignment work is completed but more importantly developing good work habits and providing valuable support to classroom teachers. Mr Gage the Religion teacher has continued to build positive relationships with students through the JOLT program, his lunch time footy games, his mentoring of students and in his lessons.

Sadly, the team says goodbye to Fiona Gilmour as our Learning and Support teacher and welcome again as a teacher of the fourth Hub class.

Leadership at Galston
It has been another busy year for Student Leadership at Galston. This year the Peer Support Team has worked with the Year 7 Year Adviser in Pastoral Care lessons. This is not only a wonderful leadership opportunity for Year 10, it is also beneficial to our Year 7 students who have settled in nicely and now have older positive role models to support them. Thank you to Mrs Edwards for all her hard work with the Peer Support Team and to Ms Gilmour who has taken on the role for 2015 and leading it in a new direction.

The SRC and House Leaders are once again a great group of students who have done a fantastic job with fundraising and building of school pride. They are the voice and spirit of the school led by Mrs Andrus and Mr Wells. Our Prefect Team led by Ms Petulis was another fantastic team of student leaders who have represented the school in a number of areas. There is no doubt the team have done a great job being the face of the school in 2014. The 2015 Leadership teams have all been elected and have started developing into their new roles. We look forward to the fantastic work and programs they are planning for 2015.

The Hub
The Hub has welcomed Liz Whittell-Webb as Head teacher this year. She has settled into the role providing support and guidance to staff, students and their families. It has been a very busy year for the Hub with some students moving in and out of The Hub into mainstream classes. This has been the first year that students have participated in regular TAFE and work experience programs. These opportunities have allowed the students to build on their skills and prepare for post school options. The Hub is ending the year on a highlight. This is the inaugural Hub camp to “Gibberagong”. Both staff and students are looking forward to this amazing experience. 2015 will see a fourth class in the hub. This highlights the benefits of individual and small group programs for students with a disability. The Hub is looking forward to another great year in 2015.
The 17yo Galston High School student has stormed the Australian MTB scene by storm proving that hard work, consistency and a passion to triumph will take you to the top! At the age of 17, Sara has collected over 6 Australian medals in MTB, 2 of which are gold! She no longer enters the ‘junior girls’ category more and instead enters the elite/open field.

"I grew up in a family where cycling was a way of life! Both parents were very competitive, encouraging and passionate and I think that rubbed off on me. I guess I could ride before I could walk, my mum used to take us everywhere on bikes. Moving from South Africa to Australia was a massive transition for me and I struggled a lot. But riding my bike brought me a sense of comfort and security from the stresses of a new home. It also gave me a sense of identity- I was called the bike girl and I loved it!"

At the age of 15 Sara decided she wanted to start riding more, then at 16 she wanted to start competing. Spurred on by the encouragement of a local cyclist who described her as a ‘hill climber,’ Sara was accepted into the Western Sydney Academy of Sport for road cycling for 2013 and 2014. Claiming 2 NSW State titles and gold medals on the road, Sara made a name for herself and surprised many when she came out of nowhere.

"My real passion is on the dirt though. I love being out in the early morning smashing the trails. I get to see things that no one else my age does, and for me the sunrise and a good coffee is the reward for your efforts. I compete in ‘Cross Country Mountain Biking’, I like the marathon style events which cover distances from 50-200km. I’d like to give stage MTB racing a shot one day.”

Sara currently rides for Jet Black MTB and hopes to ride for the JB Racing Team. She says her idols in the cycling world are Australian cyclists Jo Hodson, Imogen Smith and Cadel Evans, and European cyclists Jenny Rissveds and Niño Schuter.

My biggest inspiration and fan is of course my mum. She’s my best friend and has really nurtured and encouraged me to pursue my dreams. She was a former elite MTB racer in South Africa and I think she and I experience the same rush and same emotion when we ride. Without my mum I wouldn’t be here today and I wouldn’t be the cyclist I am.

An average day for the 17yo starts at 5am. There’s always some form of activity in Sara’s morning whether it’s a good 80km with the ‘boys’ from Dream Loop, or a slow easy active recovery which finishes at the coffee shop. Then she heads off for school, study sessions or another training session in the gym.

"I’m very big into the holistic approach to my sport and as a result I’ve started my own health initiative, blog and business with my good friend and incredibly talented NSWIS track cyclist, Hollee Simons. We constantly update our Facebook and Instagram page with this message. We’re known as ‘Health Hax’ and this really encourages me to approach my sport with positivity, love and a burning desire to succeed. My goals though, besides racing professionally, are to finish my schooling years and receive my ATAR to go to university. I really want to study Business and Nutrition.”

She’s decided to split her HSC over 2 years to cope with Year 12 and the stress from the hard training she does.

"I still have a heck of a long way to go! I am no where near where I want to be fitness wise. But I’m training to try and represent Australia, that’s my goal for 2015. I have 5 weeks until the National MTB series starts again and I’m really giving it my 100%! I have had the most incredible coaches! Larri Wallbridge was my mums friend and MTB rival in South Africa, she formed the foundations for me and built my confidence- she is amazing! I’m currently coached by the talented “Coach Chops” James Lamb. He like my ‘bug-brother’ and makes sure I’m balanced on my journey and training, but also makes me work hard!- without him I don’t think I’d be achieving the results I’m obtaining now.

Sara has a big year ahead of her- being signed as a guest rider for a new women’s NRS team, Delphi, sees her competing in the 2015 Santos Women’s Cup (part of the Tour Down Under). She also hopes to win the U19 category in the MTB national championships in Bright to be selected for the Australian National team to compete in the World Cup over in Europe.

Although passionate about school, cooking, coffee and her family, if you asked Sara what she was going to do tomorrow morning, the answer would be simple:

"I’m going riding." LIVE. LOVE. RIDE.
A CENTURY old sulky owned by one of the original orchard growers in the Hills has been restored to its former glory thanks to volunteers at Fagan Park.

The sulky had been sitting in a shed at Galston High School for more than 35 years before it was donated to the Friends of Fagan Park Museum.

The school opened in 1974 on land formerly owned by the Waddell family, who came to the area in the 1840s. Fifth generation Waddells, Ken and Warren, saw the sulky for the first time last Tuesday and were impressed.

“I think it’s magic,” Ken said. “I’m 70 now and I reckon I would have been nine or 10 when I saw it last.

“I remember seeing a sulky in a backyard shed covered in blackberries. It was in the early stages of neglect.”

It is the second time the sulky had been restored, the first in the 70s when volunteers connected to the school restored the sulky over a number of years.

Craftsmen lent a hand and one of those was the signwriter David Thrush. After the sulky was donated to the museum nearly 40 years later David Thrush and his son Paul were again called to do the art work.

“We asked them how much they wanted for their work and they said ‘nothing, it was a labour of love’,” volunteer Christopher Stephens said.

The sulky was dismantled and all metal and wooden parts were sanded, buffed, undercoated and painted in red, yellow and black.

“Once again the 100 year old sulky will be appreciated by young and old,” Mr Stephens said.

“Our thanks go to the men who had the vision to save the sulky in the first place and those at Galston school who also put in so much work.”

The sulky is at Fagan Park Museum, open 7am to 6.30pm daily.
**CHRISTMAS SPECTACULAR**

Saturday 6 December | 5pm - 9.30pm | Rofe Park

Hornsby nsw.gov.au/christmas

FREE SHUTTLE BUSES will leave Hornsby Station and Rofe Park every 15min between 4.30pm and 10pm.

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**SUMMER FEST**

Thursday 4th December 4pm - 6pm

Rouse Hill Town Centre
Near Bus Bay Area (Market Lane, Rouse Hill)

Gladiator Ring / Gladiator Gauntlet
Free BBQ Sausage sizzle & drinks
Street dance comp (6.30-7.30pm)
Footy workshop by the NRL
Wii comp (5.30-6.30pm)

**FREE FOOD & DRINKS**

GREAT PRIZES

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**Sports Camps Australia**

**SERIOUS. FUN.**

**SCA Mountain Bike Camp**

Camp Name: SCA Mountain Bike Camp
Camp Location: Old Man Valley, Hornsby, Quarry Road Hornsby
Camp Director: Michael Brown
Dates: 15-17 January
Times: 9am-3pm
Fees: $220 Mountain bike required
Skill Level: Must be able to ride un-assisted
Gender: Co-ed


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