Prefect Induction Ceremony
I would like to acknowledge the People who are the traditional custodians of this land on which we hold this ceremony today and pay my respect to elders both past and present and extend that respect to other Aboriginals here today.

Good morning special guests, parents and families, ladies and gentlemen, students and teachers. Thank you for joining with us today to celebrate the induction of the 2015 Prefect Body of Galston High School.

Student leadership at Galston High School has developed rapidly over the past 18 months to a position where we now have a student leadership structure that truly reflects the quality of students we have in our wonderful school.

Galston High School students are leaders. We believe in enhancing the leadership skills of our students through programs that develop individual responsibility, promote independence and rewards success to enable every student to build on their confidence and to create responsible citizens.

Student leadership and participation means that students have an active role in decision making across the school. On behalf of the school community I congratulate our outgoing Prefect Team on their wonderful achievements over the past 12 months.

You were set the challenge of continuing to develop, define and mould the role of the Prefect Body at our school and your efforts have been admirable.

Together you participated in decision making about whole school organisation and management, identified problems that needed attention, raised awareness of school priorities to enhance student well-being, led specific programs and represented student ideas and opinions, but above all, you upheld your office with respect, responsibility and personal best.

You put your heart, mind and soul into even your smallest acts and this has been the secret of your success.

You truly have been the Face of Galston High School.

Alex and Georgina, Oliver and Courtney, Mikaelah and Tye, Annabelle and Isaac, Kaylah and Chris, - I thank you for your work in facilitating the vision of student leadership at Galston High.

You learned to see things backwards, inside out and upside down and you have set the bar high for best practice in student leadership.

Please join me in congratulating the 2014 Prefect Body on their outstanding achievements.

I am extremely confident that our incoming 2015 Prefect Body will rise to the challenge and build on the strong legacy that this year’s student leadership team have left.

As the newly elected Prefect Team, your actions will inspire others to:

• dream more,
• learn more,
• do more and
• become more.

For me as principal, it is a high priority to maximise student participation in school decision making processes and incorporating student views into planning related to school climate, school organisation, school improvement projects and making our school a place where students want to be, where they have a sense of belonging to the whole school community.

Everyone here has the sense that right now is one of those moments when we are looking at a Prefect Team who will continue to influence the future of Galston High School.

Congratulations on being elected by your peers and teachers to these leadership roles. You each have been recognised for your personal leadership characteristics of intelligence, integrity, loyalty, mystique, humour, discipline, courage, self-sufficiency and confidence.

You have been elected because you lead by example.

As the 2015 Prefect Body you are the Face of Galston High School. I very much look forward to working with each and every one of you.

So in your new roles, do not follow where the path may lead. Go instead where there is no path and leave a trail. And remember that what lies behind you and what lies in front of you, pales in comparison to what lies in you.

Don’t limit yourself in what you think you can do. You can go as far as your mind lets you. What you believe you can achieve.
**Upcoming Events**

**This Week**
- **Monday 8 September**
  - Year 11 Yearly Exams
- **Tuesday 9 September**
  - Year 11 Yearly Exams
  - P & C Meeting
- **Wednesday 10 September**
  - Year 11 Yearly Exams
  - Years 9/10 Netball Gala Day - Smidt
- **Thursday 11 September**
  - Year 11 Yearly Exams
- **Friday 12 September**
  - Year 11 Yearly Exams
  - Year 8 Gala Day

**Next Week**
- **Monday 15 September**
  - Staff vs Year 12 Soccer match lunch
  - Year 7 & 8 Touch Football Gala Day
  - Year 11 Yearly Exams
  - CHS Trampolining - Smidt
- **Tuesday 16 September**
  - Staff vs Year 12 Soccer match lunch
  - Yr 9 History & Geography - Lamont
  - Year 11 Yearly Exams
  - CHS Trampolining - Smidt
- **Wednesday 17 September**
  - Year 7 Rugby Gala Day - van Baarle
  - Year 12 Graduation Assembly
  - Year 12 Picnic Day
  - Year 11 Yearly Exams
- **Thursday 18 September**
  - Year 12 Farewell Assembly
  - Year 12 Formal
  - Year 11 Yearly Exams
- **Friday 19 September**
  - last Day of Term
  - Year 11 Yearly Exams
- **Sunday 21 September**
  - P&C Working Bee

**Still to Come**
- **Monday 6 October**
  - Labour Day Public Holiday
- **Tuesday 7 October**
  - Students return to school
- **Sunday 12 October**
  - P&C Working Bee back up
  - Silver D of E Whiteman

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**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.

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**Canteen News**

We urgently need volunteers for the following days:

- **Thursday 30 October**
  - 2 volunteers
- **Tuesday 4 November**
  - 10.30 - 1.40pm
- **Tuesday 2 December**
  - 10.30 - 1.40pm

Please help keep the students fed!

Call Lynne or Debbie on 9651 1394
Sarina Randoja and Shivana Mudaliar from the Year 10 Food Technology class presented delicious brownies and strawberry tarts to guests at Edfest on the Wednesday evening.

Both students spent a considerable amount of time in the preparation and presentation of the dishes and displayed outstanding food decoration skills.

I’m sure everyone who tasted the treats enjoyed them immensely.

Thank you Sarina & Shivana

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**Spelt Strawberry Tarts with Praline crumb**

**Ingredients—**

**Tart Base:**
- 2 cups plain spelt flour
- 3 tablespoons caster sugar
- 135g cold butter, chopped
- 3-4 tablespoons cold water

**Creme patissiere:**
- 2 cups of milk
- 1 teaspoon vanilla extract
- 4 egg yolks
- 1/3-cup caster sugar
- 1/3-cup cornflour

**Glaze (for strawberries):**
- 1/2 cup sugar
- 1/4 cup water
- 2 teaspoons gelatine powder
- 1 tablespoon water (extra)
- 1 punnet strawberries

**Praline crumb:**
- 1/2 cup sugar
- 1/4 cup water

**Method:**

Pastry—
1. Process the flour, sugar and butter in a food processor until the mixture resembles fine bread crumbs. Add water and blend until just combined.
2. Remove from food processor and knead forming smooth dough.
3. Wrap in cling film and refrigerate for 30 minutes
4. Roll pastry out on floured surface (to prevent sticking) until 1-2 mm in thickness
5. Pre-heat oven to 180°C and place a piece of non-stick baking paper over pastry and fill with croissants or baking weights.
6. Bake for 10 minutes
7. After 10 minutes remove weights and bake for a further 10 minutes or until golden brown.

Creme patissiere:
1. Place milk and vanilla extract in a pot and bring to boil over medium-high heat
2. Whisk the egg yolks and sugar until thick and pale, add cornflour and whisk to combine.
3. Slowly pour hot milk whisking continuously, pour mixture back into saucepan over medium-high heat and simmer rapidly while whisking continuously for 5 minutes or until thick.
4. Place a piece of cling wrap directly on the surface of the creme patissiere (to prevent a film forming) and refrigerate to cool.
5. Once cool spoon creme patissiere into cool tart shells

Glaze:
1. Place sugar and water into a small saucepan and dissolve sugar or low heat
2. Mix gelatine with extra water and add to sugar mixture

Praline crumb:
1. Place sugar and water in a saucepan and dissolve over low heat
2. Once sugar has dissolved increase heat and bring to boil
3. Boil mixture until it turns to a dark caramel colour
4. Once bubbles have subsided pour onto a baking tray covered in baking paper and refrigerate until hard
5. Once hard process praline in a food processor to form a crumb or chunks to form shards of praline

Assembly of the tart:
1. Fill piping bag with creme patissiere
2. Carefully pipe creme patissiere into tart shells using a circular motion
3. Cut strawberries into desired shape and place on top of creme patissiere in preferred pattern
4. With a pastry brush, lightly brush strawberries with glaze and refrigerate now assembled tarts to set glaze
5. Present tart in desired fashion with praline shards or crumb as a base for the tarts and serve.
**More Sweet Treats...**

- **Chocolate Cream Cheese Brownies**
  - 200g good-quality dark chocolate, chopped
  - 200g unsalted butter, softened
  - 1 1/4 cups brown sugar
  - 4 eggs
  - 1/2 cup plain flour
  - 1/4 cup cocoa powder
  - 1/2 teaspoon baking powder
  - 250g cream cheese, softened
  - 1/4 cup caster sugar
  - 1 teaspoon vanilla essence

**Method:**
1. Preheat oven to 180°C. Grease a 4cm deep, 16cm x 26cm (base) slab pan. Line with baking paper, allowing a 2cm overhang at both long ends.
2. Place chocolate in a heatproof, microwave-safe bowl. Microwave, uncovered, on for 2 to 3 minutes, stirring every minute with a metal spoon, or until almost melted. Stir until smooth.
3. Meanwhile, using electric beaters, cream butter and brown sugar until pale. Add 3 eggs, 1 at a time, mixing until well combined (mixture may curdle slightly). Sift flour, cocoa and baking powder over butter mixture and fold in until almost combined. Add melted chocolate and mix well. Transfer to another bowl.
4. Rinse beaters and bowl. Beat cream cheese, caster sugar and vanilla until soft and creamy. Add remaining egg and beat for a further 2 minutes. Spread half the chocolate mixture over base of prepared pan. Using half the cheese mixture, drop heaped teaspoons cheese mixture over the top. Cover with remaining chocolate mixture. Dollop over remaining cheese mixture. Using a flat-bladed knife, swirl mixture to create a rippled effect. Bake for 40 minutes or until a skewer inserted into the centre has moist crumbs clinging. Allow to cool in pan. Use paper to lift out slice.
5. Cut pieces. Melt a couple squares of chocolate (in microwave) and drizzle over the plate. Place the brownie on the plate and decorate with raspberries. Top the brownie with chocolate shavings and finally lightly dust with icing sugar.

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**Literacy & Numeracy Tips for Home**

**Tip #3**

Here are some numeracy tips to assist with shopping.

If you or your child wants to buy an expensive item, get them to do some comparative shopping including researching the initial cost, cost of repairs, replacement of parts and ongoing costs.

Work out the discounted price before purchase to decide on value for money. For instance, signs may say ‘30% off’ or ‘Buy one and get another half price’. Consider if it is really worth that price.

Calculate the total cost of items before checking out.

**Literacy & Numeracy Team**

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**Positions Vacant**

Your school canteen has a number of casual paid positions available to assist the canteen supervisors in the daily running of the canteen.

You may be required to work at short notice and only for minimum hours. This role is to fill in when volunteers are not available.

Ideally you would have volunteered or worked in a school canteen environment.

Please apply in writing to Galston High School P&C. Applications close on Friday 19th September and can be handed in at the school office.
Mathematics contains many concepts which are taught sequentially. Students usually need to be able to understand one skill before they can progress onto another skill. When students are absent from class, it can make it more difficult to stay up to date with the work required for the next lesson. The following is a collection of websites that may be of assistance for students and parents to use at home to help them either understand missed work or reinforce work which was done previously.

**NSW D.E.C**
This website is provided by the DEC and contains a dictionary of mathematical terms and worksheets for both primary and high school students.

**Wolfram Alpha:**
http://www.wolframalpha.com/ – will calculate anything or answer any questions. Has a great mathematics section. Particularly good for seniors as it can draw graphs and do calculus. Free access. For some sections, the level of response the program gives you may be beyond high school maths

**IXL Maths Online Maths Practice**
http://auixl.com/math/ - interactive questions for all years K-12 based on the new Australian curriculum. You select what year level, topic area it then gives you questions and checks the answers, giving detailed explanations to understand and learn from errors. Highly recommended to review topics, do practice question in preparation for tests and exams at the end of the year! You don’t need to sign up unless you want it to track your progress. You can use the website for free.

**Exam Solutions**
http://www.examsolutions.net/ Links to videos on You tube. It’s a UK based site but has very good instructional videos particularly for our Stage 5.3 students (year 10), Mathematics and Extension 1 and 2 students.

**Seem Math**
http://www.seemath.com/#/Menu--Number-menu/ for Number and Algebra interactive activities. It is principally designed for upper primary and lower secondary teachers to use in the classroom, but students interested in deepening their understanding of core concepts will also find the site useful

**Academic skill builders**
http://www.arcademicskillbuilders.com/games/ online games building skills. This site says Grades 1-6 but it is also good for Year 7 and 8 as well as some Year 9 and 10 students who are struggling or need to revise concepts such as ratios, fractions and basic algebra.

**Maths Dictionary**
http://www.amathsdictionaryforkids.com/

**Khan Academy**
http://www.khanacademy.org Has many simple videos covering all topics in Maths (also other subjects). Simply coloured pen diagrams and drawn on a black background with audio descriptions.

**Mister Woo**
https://www.youtube.com/user/misterwootube : A collection of youtube videos by a current NSW mathematics teacher.

**Smart phone/ipad apps**
There is a wide variety of apps that students can use. Some apps for smart phones students will find useful for graphs and other mathematical facts: iMathematics, LinePoint, iGraphmatica, Quick Graph.
This year, a team of talented students established the first competitive dance group at Galston High School. These students rehearsed every week, often giving up their lunchtimes to perfect their movements and technique.

On Saturday, 26th of July, the dance group entered the prestigious Sydney Eisteddfod where schools from all around the state participated. GHS students performed beautifully and thoroughly enjoyed themselves, achieving high results. This was followed by representing the school at Ryde Eisteddfod on Saturday, 23rd of August where students also performed their personal best and achieved high results, narrowly missing the highly commended award.

Students performed two routines: a jazz routine where a sorceress brings a girl back to life to join her team of dancing zombies, and a contemporary routine which reflects the inner struggle of self. Students assisted with the choreography and developed their own characters into the routines. It was wonderful to see how much excitement these girls brought to each rehearsal, always striving to improve!

These girls demonstrated the core values of personal best, respect and responsibility, always answering proudly when they were asked what school they were from. They have all shown throughout this year that it doesn't matter if you make a mistake as long as you pick yourself back up and keep dancing.

I would like to take this opportunity to thank all the parents for their support. The dance group would not have been able to compete if it wasn't for the 7:30am drop-offs, the cheering on the day, the personalized costumes, and the hair and make-up. I would also like to thank Rochelle and Mrs Evita Shahfazli for all your help with costumes. You truly made the girls look stunning and gave them the confidence to dance! Ms Pieper, thank you for all your support starting the dance group and your advice from adjudicators. Ms Petrusi, thank you for always encouraging the girls, being there for holiday rehearsals, assisting with photographs and cheering for them on the day. Thank you to Ms Toulas for always supporting the dance group and giving the girls this opportunity.

If you have not seen the girls perform and would like to, they are performing at the GHS 40th Anniversary.

Ms Samantha Lee
Dance Coordinator

Following Galston High School's, ‘High School Musical’ production last year, the first ever competitive dance group GHS has had was formed. As a group we have been working on and performing two routines this year. One routine is jazz and the other is contemporary. Both dances were choreographed by Miss Lee.

On the 26th July, we attended Sydney Eisteddfod at the University of NSW. For many of our girls, it was the first eisteddfod they had ever been to. We didn't place, however the comments from the adjudicators were very positive and helpful for our group. A few weeks later, the dance group performed on both nights of Galston High Schools Edfest. It was a great experience and we had lots of positive feedback from the audience. On the 23rd August we performed at the Ryde City Eisteddfod at Ryde Secondary College. Using the comments we had received at Sydney Eisteddfod, we achieved high marks and again, positive comments. We were commended by the organisers of the eisteddfod for attending.

Currently, we are working on a new routine and preparing to perform at the Galton High School 40th anniversary celebrations.

By Annabelle Pearce and Alyssa Micallef (Dance Captains)
The Galston High School Dance Group had a great start to the year with heaps of the new Year 7 students auditioning for the dance group along with some other students from older years. The auditions went over 2 days and everyone was so excited to see if they got in but unfortunately we couldn’t accept all of them and only a few were chosen. Those people were Teresa Catania, Grace Waters and Hayley and Lauren Mansfield. With the new Year 7 students we were ready to start off a great year of dancing.

This year the Dance Group was planning to go to dance eisteddfods for the first time ever for Galston High School. We were all so excited to be doing eisteddfods as some people in the dance group had never done them before. We were planning to learn two dances to do throughout the year. The first one was a contemporary dance called Revolution and the second one was a jazz dance called In My Hands, which is a zombie themed dance where we get to dress up as zombies and tease our hair! We were all very excited to learn these dances that we started bright and early the next Thursday morning! A bit later on in the year we had decided that we needed a new dancer to join the dance group. We decided to call on Tia Clissold for our jazz dance!

As we had learnt both of the dances (choreographed by our amazing and dedicated teacher Miss Lee, and some of our own of course) we decided to enter our first eisteddfod! Our first eisteddfod was the Sydney Eisteddfod. This eisteddfod was MASSIVE! Heaps of dancers from many schools came for this event. We entered in both our Contemporary and Jazz. But unfortunately we did not place with any of our dances in this eisteddfod. But we still had lots of fun!

Our next eisteddfod that we entered was the Ryde eisteddfod. We again entered both of our Contemporary and Jazz dances. For this eisteddfod we had changed parts of the dances and put in a bit more challenging moves of our own to try and make it better. For this eisteddfod we had quite an audience. Our parents had come, along with Ms Petrulis, our photographer and of course Miss Lee. We were so sure that we had done much better in this eisteddfod than our last one and we were certain that we would place. But again, unfortunately we did not place. We all thought that we had done a spectacular dance and still had so much fun doing it! Now we are looking forward to more great dances and eisteddfods to come!

My Dance Group Experience

Dancing has always been an important part of my life. Sometimes I dream about being on a great big stage, in front of thousands of people, wearing a little jazzy outfit under a single spotlight. I think to myself when I’m on that stage, it’s just the beat and me working together to engage the whole audience.

This year for me has been a great year. Trying all new things and getting to know new people, but I would have to say that the dancing side of things has been overwhelming.

This experience has made me realise that I don’t ever want to grow up, I love competing in the eisteddfods and practising with all the girls. The Year 8 girls, especially Ebony Anderson, have all made me feel at home. It has been like one big family working together as a great team.

I think we have all really enjoyed dancing this year and on behalf of the Dance Group we would like to say a BIG thank you to Miss Lee for working us to the best of our ability.

I look forward to many more years of dancing and maybe even representing Galston High School in years to come! ;)

Grace Waters
Year 7R

By Teresa Catania 7x
Galston High School is very excited to be celebrating 40 years of achieving excellence and inspiring success in our local community. Since the school site opened in 1974, thousands of students have taken advantage of the quality education that they have received and many are planning to return to celebrate ‘the best years of their lives’.

The celebrations begin on Saturday 18th October with a dinner to be held in the school hall. On Sunday we will then be having an Open Day with a variety of activities planned including school tours, decade displays, guest lectures, football matches and musical items. Food will also be available. Come along and take a trip back through memory lane or just visit and see why so many are so proud to call Galston High School their alma mater.

Tickets are now on sale for the dinner. Just ring 9651 2222 or complete the form opposite.

Please refer to our facebook page (www.facebook.com/ghs40) and web page (http://www.galston-h.schools.nsw.edu.au/) for further details.
Join us at Cherrybrook Athletics Club in September!

For children aged 5 – 16 who enjoy family fun and fitness, Cherrybrook Athletics Club welcomes you!

Cherrybrook’s streamlined athletics program runs on Friday nights from 5.45 pm to around 8.00 pm

The program, involving 5 or 6 events of running, jumping and throwing, is held at Greenway Park No. 2 Oval from 5 September to mid-March. Training is available Mondays and Wednesdays at the oval (for a fee) under the guidance of the professional coaching team.

The club is not only a second family to its 460 members, but highly competitive. In 2014 the club achieved 30 medals at the NSW Little Athletics State Championships, to be ranked in the top 3 clubs in NSW!

You can trial for 2 weeks for $30, on 12 September and 19 September. Trialling is not available on 5 September.

For more information on registrations see www.cherrybrookathletics.org.au. Register online and come along to our registrations day on Wednesday 3 September 5pm – 7pm or 5 - 6pm on Friday evenings to collect your registration numbers. There is a discount for online registrations. Fees start from $135.

For Saturday athletics in your area contact Hornsby, Ku-ring-gai, North Rocks, Northern Districts or Ryde Little Athletics Centre.

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**Single with Children**

Every week Single with Children provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free)

It’s a great way to meet and get to know people in your area

To find out more and get a FREE copy of our social calendar, contact us today.

Call 1300 300 496

Or visit our website: