Millennium Marching Band

During the school holidays Keenan Vale (Year 9), Fiona Macpherson (Year 10) and Mrs Andrus (MMB Director & GHS Music teacher) toured the West Coast of America with the NSW Public Schools Millennium Marching Band. The band had the honour of working with Dr Brad McDavid from the University of Washington and performed with the 240 piece UW Husky Marching Band.

The band started their tour in San Francisco performing at a Giants baseball game, after sightseeing in San Francisco the group travelled to Seattle. In Seattle they visited Issaquah High School and spent the day shadowing a student, an awesome opportunity to experience American high school first hand. The band also performed at JF Kennedy High School’s assembly and during halftime at their home football game. At The University of Washington vs. University of California game the band performed for an audience of 74,000 in the pre- and post-game performances. The band finished their tour in Los Angeles, performing at Knott’s Berry Farm and Disneyland.

Galston High School is very proud of its representatives in this state ensemble. Keenan and Fiona joined 64 students from 33 schools around NSW on this tour and were fantastic representatives of Galston High School and Australian public education.
Upcoming Events

This Week
Monday 19 October
Bronze D of E
Year 7 Exams
Boys U16 Water Polo Knock Out

Tuesday 20 October
Year 7 Exams
P&C Meeting
Girls U15 Water Polo Knock Out
Coaching Level 1 Certificate Year 9
Fun Fitness & Footy

Wednesday 21 October
Year 8 Exams

Thursday 22 October
Year 8 Exams
Cricket Boys Trials

Friday 23 October
Year 8 Exams

Next Week
Monday 26 October
Year 9 Exams

Tuesday 27 October
Year 9 Exams

Wednesday 28 October
Year 9 Exams
Thursday 29 October
Year 10 Exams
Brave Programme for selected Year 8 & 9 students

Friday 30 October
Year 10 Exams
Year 9 English Excursion

Still to Come
Monday 2 November
Year 11 Hospitality
Workplacement - whole class
Year 10 Exams

Tuesday 3 November
Year 11 Hospitality
Workplacement - whole class

Wednesday 4 November
Year 11 Hospitality
Workplacement - whole class

Thursday 5 November
Year 11 Hospitality
Workplacement - whole class
Brave Programme for selected Year 8 & 9 students

Friday 6 November
Year 11 Hospitality
Workplacement - whole class
HSC Finishes
Year 8 & 9 Sports Programme - Leading with Action

Homework Club

Students are welcome to attend Homework Club from 3.15pm until 4.15pm in the Library except the first and last week of each term.

In the event that supervision is unavailable and homework club is cancelled, students should check the Library window each Wednesday. Come along for help with homework and assignments.

Teachers from Maths and English will be available to assist you.

All students and staff welcome.

We look forward to seeing you all there.

Waddell Café
At Galston High School

Open every Wednesday during the school term from 9 am till 1:30 pm!

We would love parents and friends to come and visit and have coffee with us.

Run by year 10 students
PDHPE students have had a busy Year in 2015. Year 12 have naturally been focusing on their preparation for the HSC, while Years 7 – 11 have been engaged in a wide variety of activities and events.

Years 7 – 10 are always involved in developing their fundamental physical skills and learning a variety of different team games and activities. These skills are further developed during the Year 7 and 8 annual Gala Days where a variety of sports are played against other schools in our zone. Assistants from Years 9 and 10 are always recruited in a leadership capacity to help coach and lead the teams at these events. Other Gala Days are held throughout the year for specific sports such as Touch, Soccer and Futsal.

Theory topics during second semester have included Tolerance and Diversity, Wellbeing, Relationships and Fitness, just to name a few. Such topics and many more allow for much discussion on relevant issues facing teenagers today.

Year 9 PASS classes participated in a self defence unit of work where valuable skills were learned from Mr John Gill who is himself a 5th Dan Master in Hapkido. Benefits of learning such skills are increased self confidence, better health, reduced stress levels and of course the ability to defend oneself against assault, abduction and domestic violence. These classes are also looking forward to their Water Sports excursion at the end of the year which will see the students learning to surf, sea kayaking, feeding the sharks at the shark and ray centre, four wheel driving and sand surfing on Stockton Beach. Certainly an exciting event coming up.

Year 10 PASS classes went on the annual snowsports excursion in July/August where they experienced all the mountain could throw at them. The first day consisted of rain and cold, the second day was snowing and the third day was a crackerjack blue sky day. Many students found snowboarding a real challenge with varying rates of success and the skiers found new snow beyond Smiggins at Perisher and Blue Cow. To top everything off, just when everybody was ready to go home, the bus broke down at the mountain and we all had to stay another night!

The fitness laboratory continues to be a valuable asset to the school with some fitness classes held in the morning as well as classes using this facility in inclement weather or for cardio and strength fitness.

Second semester has seen the Year 9 elective classes participating in indoor rock climbing and Flip Out indoor trampolining. The Duke of Ed students have been off hiking and orienteering. The PDHPE faculty always has a busy timetable developing Galston High School students to be the best they can be in a variety of ways and will continue to do so ad infinitum!
While most teenage boys are busy playing computer games, kicking a football and surfing the internet, Ryan Cook devotes his spare time to helping others.

Whether it’s coaching junior sporting teams, doing odd jobs at a retirement village or volunteering with the RFS, Ryan is recognised as the quintessential quite achiever in his local community.

The Galston High School student was one of 27 recipients of the 2015 John Lincoln Youth Community Service Award, an initiative of the Order of Australia Association. Recently presented at Government House, the awards recognise students with an exception record of community service.

“I was surprised,” Ryan said. “I wasn’t expecting it at all.”

The 17 year old Dural resident is passionate about making a positive contribution to his school and community. He has coached junior softball and soccer teams, refereed at sporting carnivals and join the RFS brigade at Arcadia when he turned 16. He volunteers at a Cherrybrook retirement village doing odd jobs and yard work.

“Seeing the end result...that is probably what drives me,” he said.

Tracey Findlay
Hornsby Advocate - October 6, 2015
Prefect Profiles...

Senior Prefect - Tom Fraser

My name is Tom Fraser and the primary school I attended was Sydney Grammar School. I look back on my primary years with a smile, and the main things that I really enjoyed were all the extra curriculum activities and opportunities offered to me, particularly in sport and music. Sydney Grammar was a wonderful school, and all the experiences and memories I took away, I will remember for the rest of my life.

For the HSC, the subjects I will be studying at Galston High School are Advanced English, 2 Unit Mathematics, Biology, Society and Culture, Drama and Music. I hope that these studies will help me pursue my goal for the future, which is to study composition at the Australian Institute of Music.

Ever since day one at Galston High School, I have thrown myself in the deep end and got myself involved in as much as I could. Galston High offers so many wonderful opportunities, and complemented by the healthy and positive environment, I have been encouraged and inspired to try everything. Being a part of the leadership teams like the SRC and the House Leaders for a number of years has allowed me to connect with teachers and peers from all age groups, and I am very proud of both teams for their progress and accomplishments. I play lots of sport and get involved in anything and everything. Most notably, I have been a lead role in the last two musicals that Galston High has put together, and they are definitely the things that I will never forget.

To put it simply, Galston High has a wonderful environment to excel academically and also to grow as a person and realise your full potential. This is what makes me proud of my school, and allows for each day to be enjoyable.

I have been so fortunate to have been awarded the position of Senior Prefect, and I am extremely excited to be a part of the new prefect team to continue on the Galston High legacy and to further improve the school both internally, and in the wider community. I plan to make the most of my last year of school and I will therefore give my everything to make sure I look back with pride.

My name is Ruby Lucas, I went to Croydon Park Public School until year 4 and then moved to Glenorie Public School. Glenorie was an amazing primary school with a tight knit community and the school worked together to create events that brought the school closer together. I am looking forward to reconnecting with GPS in the following year as a representative of Galston High School along with Harry Trethowan. I am also looking forward to being a part of Hillside Public School with Sean McCauley.

I have been a House Captain for Spartans in 2015, which allowed me to help run the sports carnivals and events throughout the school. I was also part of Peer Support team for year 7 in 2014, which was an amazing experience it allowed me to connect with the younger students and welcome them to Galston High and show them what Galston High has to offer.

My subjects in my senior years are Standard English, Society and Culture, Business Studies, Biology, Legal Studies and Visual Art. My goals for the future are to study forensic psychology in the police force and during university I also hope to do a double degree of business. I balance my schoolwork with sports and hobbies I play indoor soccer every Monday night and I have been for the past 3 years, I also do music on a Friday night.

Galston High has been amazing to me in the past 5 years and I am so thankful to have the opportunity to be part of the 2015-2016 Prefect Team at Galston High. The teachers have been an amazing support team and a massive motivator to help me achieve my personal best and get me to the place I am today. My goal as Senior Prefect is to be a great role model and help the other students reach their goals. Galston High has amazing students and I have formed relationships that will last a lifetime.

By being Senior Prefect alongside Tom Fraser I am looking forward to working with the prefect team and achieving the goals we set and working together as a team to accomplish them. I cannot wait for the next 12 months for new experiences and to lead the school by example and to carry the leadership role with honour and pride.
My name is Shivana Mudaliar and I am a prefect at Galston High School. I attended Galston Public School and my time there is very close to my heart and filled with many fond memories. There were many things I enjoyed about primary school, namely, the many sporting activities and knock out teams I participated in, being vice-captain at primary school, the 3 day excursions we went on to Bathurst and Canberra, the swimming, athletics and cross country full day sports carnivals and most of all the atmosphere and kindness everyone showed each other. I can honestly say I remember being sad every time a school holiday came around because I loved going to school so much.

Throughout 2015-2016, I am looking forward to being partnered with Galston Public School and alongside Geoffrey Sutherland, attending many of their school functions.

In my senior years at Galston High School I have elected to study Food Technology, PD/H/PE, Biology, Chemistry, 2 unit Mathematics and Advanced English. In the future I would like to do something in the Health Science field, such as Occupational Therapy, Physiotherapy, Veterinary science or Radiography however I am also interested in Psychology and therefore aiming to study at University.

During my holidays when I finish school I have plans to participate in an overseas program working with and aiding children less fortunate than us in poorer countries like Cambodia.

During my time at Galston High School I have had the privilege of participating in many extra-curricular activities including Duke of Edinburgh, Peer support leader, House leader, the school musicals and the many, many sporting activities available at Galston high school including gala days, knock out teams, orienteering, umpiring and refereeing and state cross country and athletics carnivals.

All these activities that are available at Galston High are what make it such an amazing school. There are so many different things students can try out and get involved in which are the basis for building life-long friendships and experience for future goals.

I feel honoured and privileged to be part of the 2015-2016 Prefect team for Galston High School. I am very excited for the opportunity to be able to work with a group of such talented people and achieve great things for not only our school but the wider community as well. I aim to carry on the legacy previous leadership teams have created and contribute in any way I can to further improve and represent Galston High School.

When I moved to Glenorie in 2007, I began at Hillside Public School just down the road. Hillside is a small school, however when I look back on the years I spent there, I am so thankful for the education and life skills I learnt from such a great small school. Like everyone else, I played in sports teams, played handball at lunch and mingled with students from all years and bonded with almost everyone. Even after I left Hillside Public School I still returned to events such as their plays, presentation nights, and school fetes. I am very keen to return to Hillside, and help the upcoming students into their transition into GHS.

At GHS I am studying Chemistry, Biology, General Mathematics, Standard English, Business Studies, and Music. I plan to use all that I have learnt, and will continue to learn, in these subjects in my future past school in whichever direction I choose.

At school I engage in many extracurricular activities like indoor soccer tournaments, the 2015 School Musical ‘Back to the 80’s’ (in which I played Billy), and musical performances on assemblies and SRC events such as Battle of the Buskers. All of these activities are great fun and teach core values, as well as gaining self-confidence. Being involved in extra activities within the school is a great way to get involved and meet new people, as well as making school a greater experience.

Personally, I absolutely love the creative arts side of the education experience, but I also enjoy the social and sporting side of school, as well as the academic side. I love the enthusiasm from teachers towards learning from inside the classroom, to the open bushlands of Duke of Edinburgh. I love the wide variety of opportunity within the school and especially the people within it.

I am feeling very confident about our team and what we will achieve. I personally cannot wait to jump in and get started in helping the school as much as possible, and give as much as I will get from this experience.
Prefect Profiles ...

School Prefect - Cameron Ram

My name is Cameron Ram. Throughout my primary schooling years, I attended Kenthurst Public School of which I have many fond memories of playing handball and competing against other schools in Public Schools Sports Association (PSSA) run competitions. I look forward to reconnecting with Kenthurst Public as a representative of Galston High School with Alyssa Micallef, as well as making new relations with Annangrove Public School. 

For my HSC, the subjects I have elected to do are: 2 Unit Mathematics, Advanced English, Legal Studies, Business Studies, Economics and Software Design & Development. Hopefully these studies will aid me in my endeavour to attend University and study Law and Commerce. 

At Galston High School I have had the opportunity to engage in many extra-curricular activities, including the house leadership program, representing the school on indoor and outdoor soccer fronts and the Premier’s Debating Challenge for years 11 and 12, just to name a few. 

I enjoy all aspects of attending Galston High School, it is such friendly and safe environment filled with caring staff and a variety of students who I have come to form some great friendships with. On top of being a positive and friendly environment created by the people here, Galston provides a vast array of opportunities to make students feel included and aspire to higher levels of learning. I am proud to be a student of Galston High School and look forward to making the most of the short time I have left here.

I have been awarded the role of Prefect in which I plan to work with the rest of our Prefect Team in order to implement changes and continue improving our school community and environment. Together with the other members, I look forward to carry on inspiring leadership and pride in our school. I am thoroughly looking forward to this next year.

School Prefect - Sarina Randoja

My name is Sarina Randoja. I attended Dural Public Primary School and I loved every moment of it, so I am excited to reconnect with Dural Public School in the coming year. I made many great memories at Dural Public. I remember thoroughly enjoying all the camps, excursions, sports carnivals and creative subjects, like art. Of course this experience was further shaped by the support and kindness of the teachers which I believe made my time at Dural Public all the more enjoyable.

The subjects I am studying for the HSC are Advanced English, Chemistry, Biology, 2-Unit maths, Food Technology and Legal Studies, which hopefully will help me in my endeavours to go on to further studies at university to study Food Sciences or Biochemistry.

High School can seem daunting, I remember my first day of High School and being worried about this big, new place I was entering into, but from day one, Galston High School has been such an encouraging, supportive and inspiring environment for me and to many others around me. Over the years I have participated in Duke of Edinburgh, Peer Support leading, and many Musicals and I cannot express how thankful I am for the way my experiences at Galston High have helped shaped who I am, helping me build friendships and memories that will stay with me the rest of my life. I am so grateful for the positive environment, support and push for education the teachers instil at Galston High that inspires and urges students to strive for their personal best, it is this aspect of Galston High School that I enjoy the most.

I feel privileged that I have been given the opportunity to represent Galston High School as a prefect leader in the coming year and look forward to working with the rest of our amazing team. I wish to carry on what previous leaders have begun and continue the positive changes and improvements to our school and community. I strive to embody the school spirit and represent my school with pride, alongside the rest of the 2015-2016 Prefect team.