Young Business Minds Awards District Winner
Late last term the school nominated Sara Mills into the Young Business Minds Awards 2015. This award is to recognise students in local schools for their passion and commitment to the Business World. Students are nominated in four areas, a student who within and/or outside school:

1. has demonstrated excellent business acumen
2. possesses an innovative mind for business-related issues
3. is a current/future entrepreneur
4. has distinguished him/herself in employment

Sara exemplified these four areas. She is a young business entrepreneur using her skills to set the business world on fire. It all started in Year 9/10 commerce and her cupcake making business. Today whilst she is completing her Pathways HSC and studying Maths and Business Studies this year, she is also an elite athlete and representative for a number of her sponsors.

Sara’s business acumen, was recognised and she won the District Night, taking out the award, over students from local Private Schools and High Schools. This means Sara is now the 2015 District and School Young Business Minds Award winner.

I would also like to take this opportunity to thank the Dural/ Round Corner Chamber of Commerce who have been responsible for these awards.

At assembly this week, Sara was presented with her certificates and delivered a speech which gave us an insight into her world as a student of Galston High School and business woman and entrepreneur. At the end of her speech she presented Ms Tourlas and the school with a trophy and an interactive projector.

You can follow Sara on her journey, on social media she is known as the cycling cook. Congratulations Sara and we wish you all the best on your journey.

Mrs Lamont
Head Teacher Humanities

Sara Mills
18
BH/ Jetblack MTB/road elite athlete
Performance/ Health Nutrition
Lover of Coffee
Striving Business woman
Etixx Athlete
Lift heavy
www.facebook.com/Cyclingcook
Year 9 Recreational Sport Update...

What happened in rock climbing was fun.

I got to have a go at everything. The harness was fine. After I got the hang of it, the climbing wall by itself was enjoyable and the tunnels were challenging and mysterious.

I watched my friends do it so overall i’d say that rock climbing was really fun and especially rigorous.

by Maxime Boutet
Upcoming Events

This Week

Monday 30 November
GOALS Program Year 10 - Mr van Baarle

Tuesday 1 December
Presentation Night

Wednesday 2 December
Year 7 2016 Orientation Day
Year 10 Sport Leadership Camp - Mrs Searle

Thursday 3 December
Year 10 Sport Leadership Camp - Mrs Searle
Brave Program for selected Year 8 & 9 students

Friday 4 December
Student Leadership Camp - Ms Koufos
Year 10 Sport Leadership Camp - Mrs Searle

Saturday 5 December
Student Leadership Camp - Ms Koufos

Sunday 6 December
Student Leadership Camp - Ms Koufos

Next Week

Monday 7 December
HUB Excursion to Fagan Park
Year 9 Commerce Excursion - Mrs Edwards
House Spirit Week
GOALS program Year 10 - Mr van Baarle

Tuesday 8 December
House Leader Induction Ceremony
House Spirit Week

Wednesday 9 December
House Spirit Week
Year 10 Dinner Dance

Thursday 10 December
House Spirit Week
Brave Program for selected Year 8 & 9 students

Friday 11 December
House Spirit Week - Year Group Excursion

Still to Come

Monday 14 December
Water Sports Excursion

Tuesday 15 December
Water Sports Excursion

Wednesday 16 December
HSC results released
Students Last Day of Term
Brave Program for selected Year 8 & 9 students

Thursday 17 December
Year 12 ATAR Morning Tea
Staff Development Day

Friday 18 December
Last Day of Term
Staff Development Day

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
2015 saw the first Year 12 students graduate from The Hub. We would like to take this opportunity to congratulate Chris Hamilton and Jess Vaughan on achieving their HSC. Like with all senior students it has been a privilege to observe these students grow over the past two years. Chris and Jess have grown in confidence and responsibility which was reflected in their ability to peer mentor junior Hub students, manage Tafe and work experience independently. Since finishing their HSC Chris has continued to support Hub students once a week as well as volunteering at Inala. He plans to go onto further disability support work. Jess has continued to keep in touch and has been working with Northcott to plan her transition from school to work and study. Jess plans to undertake a traineeship in Childcare. Both students will work towards their future goals with the support of a Transition to Work package.

Below are some words from Chris, Jess and her Mum, Kathryn

FROM CHRIS:
To all my friends in The Hub,

For the past 3 years I’ve seen many things change during the time we have spent as a group. We have had teachers leave; we welcomed them with open arms. I would like to say that I am proud of what you guys have accomplished over the 3 years that The Hub has been in existence. I can take what I have done as a mentor and a leader of The Hub into one of the most beautiful moments of my schooling life. I would like to thank the teachers for believing in me; thank Josh and Ryan for first welcoming me into The Hub and the rest of you that I can’t find words but I want you guys to know you all have your own destiny to choose.

FROM JESS VAUGHAN

The Hub, for me, was very, very good. The Hub gave me the opportunity to do Work Experience at a Childcare. The teachers were super supportive and always happy to chat. The students always smiled and said Hello to me, which made my day. My favourite part of The Hub experience was the camp at Bobbin Head. The Hub is great!!

HOW DO I THINK “THE HUB & GHS” SUPPORTED JESS THROUGH YEAR 12

By Kathryn Vaughan

Apart from the Individualised Academic Programming, the most support came from

* Caring Teachers & Aides
* Students across the school who treated Jess like a person
* GHS really actually being inclusive

* The staff of The Hub going above and beyond a regular teaching job to be there when the going got tough - No judgement, just understanding and support.

Due to all this, Jess actually finished Year 12, which wasn’t even on the horizon 2 years ago.

She is going to attend the Transition to Work program for the next 2 years at Northcott Disabilities which will enable her to achieve her goal in the future of working in Childcare.
This year the Welfare and Learning Support team continued to adjust to a number of changes. Ms Lynne Wegryn has settled into the school beautifully. She has worked with the students and staff on assessments and adjustments to the curriculum. She hit the ground running working with Year 7 in particular and some of our more challenging students. Her knowledge, skills and experience have been welcomed not only by the Welfare and Learning Support Team, but by the whole school. Her dedication and commitment to the needs of our students is invaluable. Her contribution to Learning and Support and Welfare has been greatly appreciated. Along with Mrs Rita Trethowan they have guided and supported our students in all areas of learning. In particular, their hard work to ensure students fulfilled their learning potential. Their professionalism and commitment to the needs of all students has been invaluable. In addition Mrs Virginia Anderson returned to our team once again this year to not only continue to support our ESL students but our Learning and Support students also. Her professional, warm and caring nature is appreciated by all the students she has worked with. Mrs Elga Enriquez (our school Librarian) has once again contributed to Learning and Support through her facilitation of a reading Program.

Library with Mrs Enriquez
The library has been a very busy place in 2015. Year 7 has had structured library lessons once a fortnight this year, and it has enabled me to teach Year 7 many skills which will be necessary throughout their schooling. They have learnt that the library is not just a place to borrow books, but a place to research and improve their information searching skills. They also have been improving their social skills here every recess and lunch, some on the computers, reading or playing a wide range of board games. There have been ten Year 7 students coming to the library regularly for reading tuition which will help them in the years to come. They have been a very eager bunch. This has been such a valuable program in our school, one that we will continue to build on over the next few years.

Year 10 in Term 4 came to the library to do the Board of Studies Course called ‘All My Own Work’. This is a mandatory program with the aim being to make students are aware of the correct procedures for the presentation of their work, in order to avoid plagiarism and copyright issues. Mrs Enriquez is delighted that many students here at Galston are still enjoying the pastime of reading books, and are always very eager to let her know of any new series of books that are about to come out. Manga books are still extremely popular. A number of Welfare Programs have been run this year to support all our students. These include:

Year 12 Mentoring
Mr Van Baarle has been working with teachers on the Year 12 Mentoring Program. This is a program where Year 12 students can choose to be allocated a teacher mentor for support in their final year of school. This program involves students and teachers meeting regularly to talk about support, school and options post year 12. It has been successful for a number of students who are in contact with their mentors.

Health Forums
A number of Health Forums have been attended by our students this year. The Rotary Club of Dural ran a Youth Forum for Year 11. Issues talked about included – depression in young people, coping with stress, drug and alcohol misuse and psychologists/psychiatrists; how can they help. Year 11 felt that it was both useful and informative.

Ms Pickering took a number of Year 9 and 10 students to a Mental Health Leadership Forum which was held for all schools in the local area at Kellyville High School. The aim of this Forum was to inform students on both mental health issues and provide leadership opportunities for students on their return to school. These students will be joining the different leadership teams in the school over the next couple of years and it is both this knowledge and ideas that they will be able to bring to Leadership at Galston High School.

On Friday 12th June Mr van Baarle took a number of Year 10 boys to the Young Men’s Mental Health Forum. The objective was to provide students with keynote speakers who possess real stories and unique perspectives on the various issues concerning young men’s health. Each keynote speaker has a perspective, which has been drawn from first hand experiences. Following each speaker, small group sessions will be used to reinforce key principles, stimulate discussion between students and provide students with the practical tools to deal with these issues. This led to the running of a 10 week Boys Program here at school run by Marco Capobianco from Conviction group. This was a successful program and the boys have entered various leadership teams in the school for 2016.

Linda Heart who is our Police Liaison Officer has been visiting the school to talk to each year group about issues that concern them.

Year 7 – Youth and the Law
Year 8 – Cyber Safety
Year 9 – Drugs and Alcohol
Year 10 – Drugs, Alcohol, Relationships and the Law
Year 11 – Driver Training
Year 12 – Safe Partying and the Law (In term 3)

We have also seen the Brave Program and the Goals Program run for our girls in year 8, 9 and 10. The aim once again to build resilience, self - esteem and the confidence to make smart choices. The girls are all currently enjoying these programs.

In regards to Student Leadership at Galston High School 2015 has continued to be an exciting and busy year with many changes continuing to take place. The enthusiasm and commitment of Mrs Petrulis, Mrs Andrus and Mr Wells have continued to develop and enhance clear role
Welfare and Learning Support Team...

statements and guidelines for each group. 2015 has seen these roles continue to grow and develop and now each team has a rightful place in our Student Leadership structure.

The Prefects have continued to be the face of the school attending numerous community events and running our school assemblies to say the least. The new team has been elected; they are a fantastic group of students who have much to offer the school. Their involvement in the Mitchell Youth Leadership Camp has continued to build their enthusiasm. They returned to school from this camp with so many great ideas. We look forward to seeing them implemented over the next year. Our SRC have done a great job as the social conscience of the school, fundraising for a variety of charities and being the voice of the students. The House Leaders this year have continued to build school spirit through a variety of activities such as Spirit week, Roll Call activities and at school carnivals. Mr Wells and Mrs Andrus have already started working with the new teams which are full of enthusiasm and great ideas for 2015.

We look forward to seeing what they come up with at the Leadership Camp in week 9.

The Year Advisers, Assistant Year Advisers, School Counsellor Miro Zivanovich and Careers Adviser Mrs May have once again had a very busy year but as always they have faced the many challenges thrown at them calmly and professionally. They have supported students’ access the curriculum, University or T.A.F.E. placements, work experience opportunities, helping them with special examination needs, solving friendship issues or supporting them through family stresses and strains. Our best successes come when the school and family work together. In particular thank you to Mr Van Baarle and Mrs Andrus for all their efforts with Year 12 this year. They have nurtured, supported and guided Year 12 with great kindness and compassion. Year 12’s appreciation was obvious at both the Graduation evening and Year 12 Formal which were extremely enjoyable evenings. His hard work putting together the Year 12 mentoring program meant our seniors were able to access support from staff if they chose to. In Year 10 Mr Byfield and Mrs Arnold have been working hard on the Year 10 Summer Dance. This is an evening to celebrate the end of junior school and to farewell students who are not returning. Also, we welcome to the team Mr van Baarle, Year 7 Adviser 2016 and Mrs Andrus, Year 7 Assistant Adviser 2016. They have already started working with Ms Koufos visiting Year 6 students and preparing for Orientation Day. It will be a busy and exciting year as we support Year 7 transition into high school.
On Friday the 20th of November, Harry and Sean attended the Pennant Hills High School Prefect Afternoon Tea.

They had the opportunity to meet many other High School Prefects and discuss ideas regarding both future school developments and inter-school events.

With a great year of learning drawing to a close, we are excited to attend our upcoming partner Primary School presentation ceremonies. We look forward to seeing old faces (nothing to do with age) and new ones as we celebrate the learning achievements of our Primary School fellows.

On the 4th of December to the 6th, the Galston High School Leadership bodies will attend our Leadership Camp where we will plan the coming year and undergo many fun team building activities.
COME PLAY NETBALL
All ages from 6 years to adult
Registration Day 29th November
at The Galston Club 11am-1pm
Online Registrations Open Now
FOR MORE INFORMATION PLEASE VISIT
www.galstonnc.nsw.netball.com.au

Dural Venturers
Do you enjoy doing Duke of Edinburgh or choose other subjects and want to do more? Abseiling, Canoeing, Caving, Bushwalking, Camping and even more.
Don’t know where to start?
How about trying Venturers free for three months.

You may find yourself exploring wilderness Australia, camping above the snowline or diving on coral reefs. You could be abseiling into a limestone cave or climbing a sheer rock face. Perhaps you’ll learn white water kayaking or ride your mountain bike on an expedition across real mountains.
Venturers are for young men and women aged from 14 to 18 years.
Venturers is a do-it-yourself mix of fun, adventure and personal challenge that will bring you together with other young people who feel the same way.

When they are not off elsewhere doing something fun you can find the Dural Venturers at the Dural Scout hall. 414 Galston Rd, Dural, or use:
Email: duralventurers@gmail.com
Phone: Jeffrey Lehrer 0481 203 486

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Make a friendship that can last a lifetime. Participants come for 5 months to 11 months and attend high schools and become an active member of the school, community and your family. They come from countries including France, Germany, Netherlands, Switzerland, Finland, Canada, Japan, Costa Rica, Argentina and Brazil.

If you are interested in going on an exchange overseas we would also love to hear from you to discuss the opportunity of becoming an exchange student.

For more information please call Sharon Toohey on 02 9215 0077, aus.hosting@afs.org or contact the AFS Hosting team on 1300 131 736 or visit www.afs.org.au/host to make an inquiry!