Castle Hill Show Highlights...
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Upcoming Events

This Week

Saturday 21 March
SRC Camp
Chatter over a Platter P&C

Sunday 22 March
SRC Camp

Monday 23 March
Year 11 Excursion & Assessment Free
AFL Trials
Cross Country Back Up
SRC Harmony Day - Mufti - Andrus

Tuesday 24 March
Year 11 Excursion & Assessment Free
Boys Football Trials

Wednesday 25 March
Year 11 Excursion & Assessment Free
Absentee Photo Day
World’s Greatest Shave - SRC

Thursday 26 March
Year 11 Excursion & Assessment Free

Friday 27 March
Year 11 Half Yearly Exams
Year 8 Royal Easter Show Excursion
State Swimming Carnival

Saturday 28 & Sunday 29 March
State Swimming Carnival

Next Week

Monday 30 March
Year 11 Half Yearly Exams
Year 10 Food Technology Royal Easter Show Excursion
Year 9 Commerce Excursion

Tuesday 31 March
Year 11 Half Yearly Exams
Boys Hockey Trials
Rugby League Open & 15yrs Trials
Year 7 Dolcetini Incursion

Wednesday 1 April
Year 11 Half Yearly Exams

Thursday 2 April
Year 11 Half Yearly Exams

Friday 3 April
GOOD FRIDAY PUBLIC HOLIDAY

Still to Come

Monday 20 April
Staff Development Day

Tuesday 21 April
Students return to school
P&C Meeting

Wednesday 22 April
Meet the Music Concert

Thursday 23 April
Nan Tien Temple Visit

Friday 24 April
Nan Tien Temple Visit

Saturday 25 April
ANZAC Day

Sunday 26 April
School Musical Camp

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Homework Club

Students are welcome to attend Homework Club from 3.15pm until 4.15pm in the Library.

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.
Afternoon tea will be served!

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

All students and staff welcome.

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Homework Club

There is still time to sign up to be part of the World’s Greatest Shave at Galston. It is easy to join the GHS team just go to:

![Leukaemia Foundation](http://my.leukaemiafoundation.org.au/GHSBraveandshave)

and sign up as a member of the GHS group.

If you would like to sponsor the Galston High team to help us raise funds to provide emotional support for people facing the challenges of blood cancer, as well as investing in vital research to find better treatments and cures we would love your support through our page:

![Leukaemia Foundation](http://my.leukaemiafoundation.org.au/GHSBraveandshave)
How to Study Mathematics

Each year we have students tell us that they don't know how to study for Mathematics. The following is a list of tips that mathematics teachers find useful (and that can also work for other subjects).

Mathematics is Not a Spectator Sport: You cannot learn mathematics by just going to class and watching the teacher. The reality is that most people really need to work to pass a math class, and in general they need to work harder at math classes than they do with their other classes. If all that you're willing to do is spend a couple of hours studying before each exam then you will find that passing most math classes will be very difficult. In order to learn mathematics you must be actively involved in the learning process by:

- Attending all classes – If you miss classes, especially the start of each lesson, you will miss the explanations and hints on the easier way to solve questions and the level of answers required.
- Listening during class – In order to get something out of any class you need to listen while in class. Often this can be difficult, especially in the afternoon, but it is very important. Sometimes important ideas will not be written down on the board, but instead just spoken by the instructor. It is also important that you listen when other students ask a question as it may be that the student asking the question thought of something that you didn't think of.
- Taking Good Notes. Write down everything the teacher puts on board including the worked examples. A good set of notes will help remind you how to do these problems and help you remember the terminology and techniques that you used. You cannot rely on your memory and textbooks and the internet don't always reflect the syllabus requirements. Too many students try to take shortcuts or deliberately not copy information which makes it harder to study.
- Write clearly. Unfortunately some student's handwriting is extremely messy and difficult to read. Writing which cannot be read easily does not get marked and this is the same in the HSC. Students also need to bring a ruler to draw charts, graphs and diagrams. Freehand drawings are often marked incorrectly as they are not accurate enough.
- Complete all Homework – Mathematics in High School can be a very sequential subject. For example, if you haven't revised or completed all the work for algebra, it makes it very hard to do basic equations and then quadratic equations. Most students will have homework 2 or more times a week depending on their level. The purpose of completing homework on time is to revise, practice, develop variations on a skill and “lock in” the level of understanding required for the next lesson that can't be done in the time available at school. Falling a day behind puts you at a disadvantage, especially in Mathematics. Falling a week behind puts you in deep trouble.
- Study Every Day. If you don't have homework, then you should be revising your work, completing a learning log or making study notes. By doing a little bit every day you'll be continually reviewing things in your mind. This helps you understand things and improves your ability to recall information quickly. It also helps you avoid the stress of last-minute cramming (which does not work as information is less likely to be retained into long term memory)
- Pick a Place and a Regular time to Study. Students should have a study space that is quiet, comfortable and distraction-free and consistently use it. If possible a desk that is not full of clutter is preferable. If you're finding it hard to find time to study, cut back on some (but not all!) of your other activities. Prioritising study might mean spending less time online or playing games, or it might mean cutting back on shifts at work, or giving weekend sport a miss for a while.

Use Visual Reminders – Write important formulas and quotes on sheets on paper and stick these above your desk. You can even put these on the back of your toilet door. Doing this increases your ability to visualise and remember information at a later date as it is more likely to be placed in long term rather than short term memory. Many mathematics teachers used this technique when they were students and recommend it.

Don't multitask while studying. In order to learn you need to give the material your full attention, and that means ignoring everything else for a block of time. Organise your life so that you do not expect to be electronically interrupted while working. (Don't listen to music, have the TV in the background, text or use Facebook or respond to e-mail when you are studying.) If you cannot commit to doing this, then don't be surprised when you are unable to learn concepts deeply in mathematics. Learning takes not only effort and time, but also intense concentration.

Get enough sleep. It is also important that you study at a normal time that you are awake and don't stay up past your normal bedtime. Research has shown that learning has a passive component. While you are asleep tonight your brain will categorise and file things you “learned” today. At night it makes connections so that you can recall things later. However, you will remember far less tomorrow, mentally “drift off”, have a shortened attention span and be more moody if you don't get enough sleep. It is recommended that teenagers get between 9 and 10 hours sleep every night yet for many of students, they get far less than this each night.

Eat properly. – There is a significant amount of research which supports teachers beliefs that an empty or badly filled stomach leads to a reduced inability to learn in class.

Skipping breakfast is associated with decreased alertness, focus in class, memory and problem solving.
among students. Students should also eat an adequate amount of fruits, vegetable, dairy products and fish. This will help provide specific nutrients (i.e., vitamins A, B6, B12, C, folate, iron, zinc, and calcium) which when lacking, are also associated with lower grades and higher rates of absenteeism. When we ask some of our classes about what they eat, more than half the students have indicated that they did not have any breakfast. A cup of coffee is not a substitute for a healthy breakfast.

The worst foods to eat for studying are fried and / or takeaway foods, processed food, ready meals and sugar. Research has shown these foods can increase a student’s attention/concentration problems, mood swings and amount of poor behaviour.

Ask Questions – If you are having trouble, you need to ask questions rather than hope it will make sense by magic. Sometimes it is not possible to individually help everyone during class time. You need to seek the help of your teacher (or another teacher) at recess or lunch to explain the concept to you again. Too many students appear to be embarrassed to ask for help when teachers are more than willing to provide assistance if asked.

Dural Musical Society

Dural Musical Society is a non-profit amateur theatre group in the Hills District.

We're currently in rehearsals for the May production of West Side Story, we have an open casting call for males between the ages of 16 and 30, urgently required for auditions. We have several fun roles open, details available on request.

Details for the show are as follows:

Rehearsals:
Monday & Wednesday night
(whole cast not required every night).

Show Dates:
May 15, 16, 17, 22, 23, 24, 29, 30
(Friday and Saturday nights, Sunday matinees)

For auditions & role details, please contact Eddie Bruce (director) on 0412 865 203

More information here:
http://www.duralmusicalsociety.org/upcoming/

If you have any questions or would like some more detailed information, please don’t hesitate to contact me on 0422 010 409.

School Holiday Photographic Workshop

Do you want to take better photos with your phone?
Thursday 9th or Thursday 16th of April 10:30-2:30pm

Professional Photographer, Anita Horan is now running photographic workshops.

Her first workshop for teens is Taking Better Photos with Your Phone. The workshop runs for 4 hours and is being held at Dural Memorial Hall.

This is an amazing opportunity and the introductory price for the 4 hour class is only $50 per teen.

Parents may accompany their child ($50 per parent).

Please let Anita know if you have primary school children interested, as she may add some 2-hour classes for younger children.

If the classes fill, extra dates will be offered.

In the near future she also plans to add workshops for adults and can also cater for those with a regular camera who want the next level of tuition.

Anita can also be booked to speak at schools and community groups.

To book email Anita at: photos@capturedemotion.com or call 9652 2940
This year the Prefect team have begun the process of improving communication and collaboration between student leadership teams, including SRC and House Leaders. In order to strengthen each other, we want to work together through a common vision by becoming involved in the Salvation Army’s Red Shield Appeal. Through this initiative, we aim for each leadership body to create a team of people to help raise money and compete against each other to earn money for the cause. In future events, we aim to continue this connected leadership initiative, supporting one another to improve our school spirit.

Over the past two weeks, Ms Toulas, Mr Van Baarle, Year 7 students and the Prefect Team have promoted Galston High School to future students by visiting local primary schools. This includes discussing what life is like at high school, what subjects are offered, the facilities and leadership opportunities, sporting groups, arts and agricultural and other facilities. Many questions were eagerly asked by the future students and many are excited to come to Galston High School!

Over the next couple of weeks, the SRC have a variety of activities to celebrate Harmony Day as well as encouraging the school to be a part of “The World’s Greatest Shave” is fast approaching on Wednesday 25th March. This event aims to raise money for Leukaemia research and treatment for patients by volunteers shaving or dying their hair. Sasha Smallwood and Laura Cook in year 8 have managed to raise over $3000 alone just from online donations. Participants from the prefect body, Stephen Dudley, Robert Barker, Dan Munro and Tony Mouyat have also put themselves down to raise money by shaving their hair for the cause and if the school raises enough money, Mr Pulo will shave off his well renowned beard! This is an exciting event for the SRC to hold and the peers of our school have been fully supportive! We thank Ms Andrus and the SRC for their great organisation and ability to enthuse us all to be a part of Harmony Day celebration and this fund raising event.

A quick reminder to students that if you believe you or somebody you know has done something noteworthy and deserves to be recognised for it, we would love to hear about it! Just approach any one of the prefects about you or your friend’s efforts. No need for modesty, as we are constantly on the hunt for any of Galston’s accomplishments demonstrating respect, responsibility and personal best that we can share with the community.

A reminder as well to be informed and stay in contact with all matters related to our school, do not forget to visit our school website www.galston-h.schools.nsw.edu.au/. Prefects also have a Facebook page where we highlight student achievements and post reminders for school events that are coming up. Please note, that in joining our community on Facebook, Galston High School follows both the DEC Code of Conduct and Facebook terms and conditions. So please, Like us on Facebook!
P & C Proudly Presents

Chatter Over a Platter

Galston High School Quadrangle
Saturday Night
21st March, 2015
From 6:30pm

Meet and chat!
- Our Principal, Jillian Tourlas
- Our Deputy Principals and Teachers
- Other Parents and Carers
- The President of our P&C

Bring a platter to share and your own drinks!
Responsible consumption of alcohol is permitted.
*This is an adult only event, participants must be 18 years or over.

FREE STUDENT EXCHANGE INFORMATION EVENING IN SYDNEY
Hear from returned students, find out more about discounts and scholarships available and ask questions.

Wednesday, 25th March - 7.30pm
Adina Apartment Hotel Sydney,
Cnr Kent & Bathurst Streets

Visit www.studentexchange.org.au
or call 1300 135 331 for more information
(written response is not required if you have already replied to a text message)

Student's Name: ______________________________ Roll Class: _____
Absent Dates: ____________________________________________
Reason: ________________________________________________
________________________________________________________
________________________________________________________
Parent/Caregiver Signature: ___________________________ Date: _________________

GALSTON HIGH SCHOOL

ABSENTEE NOTE

Student's Name: ______________________________ Roll Class: _____
Absent Dates: ____________________________________________
Reason: ________________________________________________
________________________________________________________
________________________________________________________
Parent/Caregiver Signature: ___________________________ Date: _________________

GALSTON HIGH SCHOOL

ABSENTEE NOTE

Student's Name: ______________________________ Roll Class: _____
Absent Dates: ____________________________________________
Reason: ________________________________________________
________________________________________________________
________________________________________________________
Parent/Caregiver Signature: ___________________________ Date: _________________

GALSTON HIGH SCHOOL

ABSENTEE NOTE

Student's Name: ______________________________ Roll Class: _____
Absent Dates: ____________________________________________
Reason: ________________________________________________
________________________________________________________
________________________________________________________
Parent/Caregiver Signature: ___________________________ Date: _________________

GALSTON HIGH SCHOOL
Day time maintenance on Galston Road, Galston Gorge from Monday 13 April

The NSW Government is funding this essential work on Galston Road between Montview Parade, Hornsby Heights and Calderwood Road, Galston to provide a stronger, more durable and safer road.

Roads and Maritime Services will carry out this work in five shifts from 9am to 4pm between Monday 13 April and Friday 17 April, weather permitting.

Galston Gorge will be closed during this work. One lane will remain open for emergency vehicle access at all times.

This work includes replacing the asphalt road surface, road maintenance and line marking which will provide a stronger, more durable surface resulting in improved road safety. Other activities will include vegetation removal, sign replacement, guardrail repairs and drainage work.

**Changed traffic conditions**

We need to close Galston Road while we complete this work to ensure the safety of road users and our workers on this narrow road through Galston Gorge. Up to date information on the closures, including date changes and detours will be displayed on various electronic message boards on approach to the Gorge and on main roads leading into Galston.

Alternate routes include Old Northern Road, New Line Road, Boundary Road, Pennant Hills Road, Pacific Highway and George Street.

Motorists are advised to allow extra travel time due to the closure. The detour is about 22km which will add about 20 minutes to travel time. Road users are asked to follow the direction of traffic controllers, adhere to reduced speed limits and follow traffic signs.

There will be noise associated with this work but every effort will be made to minimise the impact on residents and businesses. We apologise for any inconvenience this work may cause and appreciate the patience of residents and road users.

For further information please contact our delivery partner Downer EDI’s Community Relations on 1300 776 069 or email CommunityRelations.PSMC@downergroup.com.

Outside business hours, or for more information on scheduled road work, visit www.livetraffic.com or download the Live Traffic NSW application or call 132 701.