High Achievers’ Assembly...

Regularly at assemblies, as well as in the Grapevine, we talk about our students Achieving Excellence and Inspiring Success. On Tuesday 14th July 2015, our assembly exemplified this statement with the return of our Year 12, 2014 High Achievers. For many of our current senior students, it was a reminder to them of how close they are to fulfilling their HSC ambitions and for them it was an inspiration to see and speak to these high achievers.

There were three types of high achiever awards presented at this assembly:

Dux of Year
The recipient of this award is the student who achieves the highest ATAR score in the year group.

Distinguished Achiever
The recipients of these awards are to the student/s who achieve an ATAR score of 90 or above.

Band 6
The recipients of these awards are the Student/s who receives a band 6 in any subject.

Award recipients were:
Katherine Tang
Dux 2014
Distinguished achiever
Band 6 Ancient History
Band 6 Advanced English
Band 6 (equivalent) Extension 1 English
Band 6 Modern History
Band 6 Visual Arts

Simon Oberlechner
Distinguished achiever
Band 6 Advanced English
Band 6 (equivalent) Extension 1 English
Band 6 (equivalent) Extension 2 English
Band 6 (equivalent) Extension History

Emily Byrne
Distinguished achiever
Band 6 Ancient History
Band 6 Senior Science
Band 6 (equivalent) Extension 1 English

Courtney Pearce
Distinguished achiever
Band 6 Food Technology

Thomas Husband
Band 6 Advanced English
Band 6 (equivalent) Extension 1 English

Chris Constable
Band 6 Industrial Technology
Band 6 Automotive

Mikaelah Clark
Band 6 Industrial Technology

Timmy Sen
Band 6 Industrial Technology

Natasha Schuddeboom
Band 6 Business Studies

Alex Torville
Band 6 Business Studies

As a part of the assembly, Courtney Pearce who is enrolled in Bachelor of Applied Science (Exercise and Sport Science) at the University of Sydney was invited to address the assembly and to reflect on her time at Galston High School and how she achieved her success. Provided below is Courtney’s speech which provides much sound advice and inspiration to students preparing for senior studies.

Courtney’s Speech
It is my privilege to be able to talk in front of you all today. I wish to inspire you to achieve your best through sharing my own experiences of my journey through high school. I’m going to sum this journey up in three words: effort, balance and goals; and show you that it is a combination of these that enable you to achieve a mark as I did in the HSC.

Word number one: effort. I have learned that what you put in is what you get out. From the beginning of Year Seven to the very end of the HSC, and still now at university, I have always shown a great dedication to my studies, putting in a high level of effort. There is nothing better than going into an exam or handing in an assignment knowing that there is no more that I can possibly do. In this way, regardless of my results I can always be proud of my achievements.

Effort is what determines those who do amazingly well in assessments, to those that do well, and to those that do ok. Comments like ‘it’s easy for her, she’s smart,’ aren’t...
reasonable. I believe my mark was a result of consistent, sustained and conscientious effort, which, I won’t lie, was hard work. So think to yourself- are you proud of yourself for the amount of effort you are currently putting in?

Word number two- balance. There are so many aspects to life: study, socialising, working a job, exercise, family, sleep and any other interests you may have- and for each of you each component will be of different importance. It may seem to some of you that to get what I did study was the most important factor for me, but this isn’t actually the case. Yes, for the weeks leading up to and during the HSC it was one of my top priorities but throughout the rest of Year 12 I made a conscious effort to balance all components and I wouldn’t have been able to get where I am today if I didn’t. It is so easy to peak and burn out before the final exam and I saw this in many people around me. I can’t stress enough how important your own health is, both physically and mentally, especially during Year Twelve. Look out for each other.

One of the ways I achieved balance was to get involved in many of the opportunities school had to offer. Activities like Duke of Ed, the Young Endeavour, the prefect team and sport carnivals. Not only were they great ways to have a break from schoolwork and make new friends, but they taught me many of the things I am telling you today. I encourage you to follow your own interests by taking part in the many opportunities that Galston High has to offer. These are what make high school unforgettable.

My goal during high school, especially Year Twelve, was to keep my life balanced. Balance helped me remain focused in the time I assigned to study. I had a job working one to two shifts every week, I spent quality time with my family every day, I caught up with my friends on the weekends, I went to a session of yoga every week and I made an effort to have a decent sleep of at least eight to nine hours every night. You may wonder how I managed to fit all of this into the small twenty-four hours of every day, and I’ll say it was through very good time management.

Word number three- goals. Throughout all of high school, especially year 12, I set goals. It is so important to have something to work towards in the long-term to keep you focused and motivated in the present. My main goal was to reach an ATAR of 90. I’m happy to say I achieved beyond this. I knew asking anything more of myself would have been unrealistic going off my assessment marks and would have put me under too much stress, compromising my health, social life, family time and sleep.

Goals are meant to be challenging, so back yourself, know you can do it and set a goal that you will be able to achieve with sustained effort. Having confidence and being passionate, will get you a long way in life and open you up to opportunities that you never thought would be possible.

Remember consistent effort, healthy balance, realistic goals. This is what has worked for me and I hope they’ll help you achieve your potential.

Good luck to everyone and thank you for having me back here today.
**Upcoming Events**

**This Week**

**Monday 27 July**
- Prefect Interviews - Senior Executive Positions
- Equestrian Training Day - Pike
- Year 7 & 8 Debating - Boland

**Tuesday 28 July**
- Year 10 Coastal Geography Excursion (re-scheduled) - Lanske

**Wednesday 29 July**
- Year 10 into 11 Subject Selection
- 7X GATS Field Day

**Thursday 30 July**
- Boys/Girls U16s Futsal State Tournament - Byfield/Wells

**Saturday 1 August**
- Year 10 PASS Snow Excursion

**Sunday 2 August**
- Year 10 PASS Snow Excursion

**Next Week**

**Monday 3 August**
- Year 10 PASS Snow Excursion
- Orienteering Regionals - Smidt

**Tuesday 4 August**
- Year 10 PASS Snow Excursion

**Wednesday 5 August**
- Year 7 Gala Day
- Year 11 Biology Zoo Excursion - Curtis

**Friday 7 August**
- Year 11 & 12 Food Technology Hospitality Excursion - Gray

**Still to Come**

**Monday 10 August**
- Trampoline Trials
- Year 10 Agriculture Excursion - Carden

**Tuesday 11 August**
- Prefect Induction Ceremony 2015
- Year 9 PASS Self Defence - Smidt

**Wednesday 12 August**
- Year 9 PASS Self Defence - Searle

**Friday 14 August**
- Year 11 Biology Longneck Lagoon Excursion - Norrie

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**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.
Over the break, Galston High School’s Mr Cosgrove and Ms Sandhu were invited to deliver workshops on their respective subjects at the University of Sydney. The seminars were part of The Bunga Barrabugu Winter Program: an invitation-only, week-long academic intensive workshop to prepare Aboriginal and Torres Strait Islander Year 12 students for their end of school exams.

Throughout the week, students engage in a series of subject-based workshops in order to give them the opportunity to learn, revise and practice content with subject experts. In addition, and in support of preparing for their HSC, students also one-on-one study sessions at the end of each day with volunteer tutors.

After the participation of Ms Sandhu and Mr Cosgrove, Victoria Loy (the coordinator of the program at the University of Sydney), sent the message below.

“Thank you to Galston High School teachers Ms Sandhu and Mr Cosgrove, for working with the University of Sydney on our Bunga Barrabugu Winter Program. Students from around NSW attended a week-long HSC exam prep camp, which included sessions on Hospitality and CAFS from Ms Sandhu, and Advanced English from Mr Cosgrove.

The students’ feedback on the sessions was very positive:

All students in their sessions agreed that they had learned strategies and techniques they could take back to school with them for the future, with Advanced English students particularly loving Mr Cosgrove’s insights as an HSC marker.

“The teacher in the Advanced English session was very encouraging and motivating, which made the session more exciting!”

The CAFS session with Ms Sandhu was rated by one student as the most valuable part of her entire day. (They also loved hearing her stories!)

Our current Uni student assistants were also impressed by the care and advice given by your teachers, with one saying that CAFS had never been so thoroughly or clearly explained at his own school.

The team at the Social Inclusion Unit thanks you for your time and expertise, and wishes your own Year 12 students all the best for the HSC!”
As we reported to you in our last Prefects report, we spent the last part of term 2 organising the selection process for the 2016 Prefect Team. This process was finalised and on Wednesday 15th July, the 2016 Prefect Team had a leadership day run by the current leadership team. The aim of the day is to establish expectations and ensure that students are prepared for their leadership role beyond the school. Ms Tourlas made a presentation about her expectations of the leadership team and what she believes is important in terms of characteristics for leadership.

The ‘new’ team were provided opportunities to gain a better understanding of their roles through activities developed to build on the leadership skills they have as well as a full understanding of the role of a prefect.

All 2016 Prefects elected to go for senior executive positions. This was an interview process which took place on Friday 17th July. Students were required to respond to 2 questions, one prepared and one unprepared in front of School Captains Eliza Florian and Robert Barker; School Vice Captains Stephen Dudley and Georgia Medcalf, Ms Tourlas, Mrs Andrus, Ms Carden and Ms Pieper. All students were well prepared and the positions for the team have been assigned and will be announced at the Prefect Induction Ceremony on Tuesday 11th August.

The school this week has been a hive of activity with preparations for the school musical. They have had matinee performances from Tuesday and all of the students have put in a great amount of effort.

We also must acknowledge the amount of support our students have had from ex-students, parents and in particular the following staff; Mrs Bellamy, Mrs Fuller, Mrs Thornthwaite, Mr Dargan, Mrs Andrus, Mr Draper, Mrs Edwards and Ms Duggan who have made this all happen. There are many more staff behind the scenes who will be acknowledged in our next report. Many thanks to all of these staff who are providing a great experience to our students.

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!
UOW OPEN DAY
10am – 2pm
Saturday, August 29
Sydney CBD Campus, Circular Quay
Gateway Building, 1 Macquarie Place
uow.edu.au/sydney-open-day

Attend the Sydney CBD Open Day and explore three levels of modern teaching facilities overlooking Circular Quay and the Sydney CBD precinct.

You will have the opportunity to:
• Chat face-to-face with our academic staff
• Learn about our business courses
• Meet current students and industry partners
• Tour the campus

HILLS HAWKS SOFTBALL CLUB

Play Summer Softball 2015/16:
A Grade, B Grade, C Grade, Div 1, Div 2, Medball, T-Ball
Play at the same time and location each week -
Hayes Park, Galston Road, Galston
REGISTRATIONS NOW OPEN - www.hillshawks.softball.org.au
Enquiries - 0414 474 661

Annual Gala Dinner
SATURDAY AUGUST 15, 2015
7:00PM
HORNSBY RSL CLUB

Special Guest: Linda Mestman - 2GB Radio Presenter
Tributes: Our Course Dinner
Amazing Live and Silent Auctions
Featuring Blyton & Blue Road - Street Party

Tickets - $65
Book Online: www.shots.com.au
Call: 0414 806 840

Gala Dinner
Annual
Hornsby Kur-Ing-Gai (PCYC) Sailing Club
hornsby sailing@gmail.com
www.hornsby sailing.com

The HSCC is the only sailing club servicing the Upper North Shore and North Western Sydney, catering for all levels of youth dinghy sailing. Yacht Learn to Sail, Club and National level racing.

Season Dates: Mid September – Easter with a short Christmas break.

Learn to Sail:
• Saturday morning—10am-1pm
• For children (generally 8-14 years)
• Coach and activities provided by YC accredited club members.
• Emphasis on fun and safety.

Race Training:
• For children who can sail around a basic course and want to go racing.

Club Racing:
• All ages in classes including: Manly Junior, Flying 11, 125, VS 15 foot skiff and Open class.

Membership for season starts at $165.00
Our club website has comprehensive information—please have a look
Web: www.hornsby sailing.com
Email: hornsby sailing@gmail.com

Gala Dinner
Annual
Saturday August 15, 2015
7:00pm
Hornsby RSL Club

The Hornsby Kur-Ing-Gai Women’s Shelter Annual Gala Dinner is proudly presented by the Hornsby Lions Club
HKWS has DGR Status
facebook.com/hkwshelter

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