Achieving Excellence and Inspiring Success
We celebrate our 2015 HSC High Achievers

Regularly at assemblies, as well as in the Grapevine, we talk about our students Achieving Excellence and Inspiring success. On Tuesday 9th February, our assembly exemplified this statement with the return of our Year 12 2015 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 4 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.

- **Outstanding Achievement for InTech/ArtExpress selection** – the recipients of this award are selected to have their major works at a state wide presentation for Industrial Arts and or Visual Arts

Award recipients were:

- **Annabel Manoleras**
  - Distinguished achiever
  - Band 6 Modern History
  - Band 6 Advanced English
  - Band 6 Personal Development, Health and Physical Education

- **Mathilda Shephard**
  - Distinguished achiever
  - Band 6 Modern History
  - Band 6 (equivalent) Extension 1 English
  - Band 6 (equivalent) Extension 2 English

- **Stephen Dudley**
  - Distinguished achiever

- **Mikayla Stewart**
  - Band 6 Industrial Technology
  - Outstanding Achievement for InTech selection

- **Ben Atkinson**
  - Band 6 Industrial Technology

- **Eliza Florian**
  - Band 6 Music 1

- **Anthony Mouyat**
  - Band 6 Business Studies

- **Danyon Munro**
  - Band 6 Industrial Technology

- **Ibrahim Sweedan**
  - Band 6 Modern History

As a part of the assembly, Annabel Manoleras, who is enrolled at UTS to study a double degree Bachelor of Engineering (Honours) and Bachelor of Medical Science 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 Annabel’s speech which provides sound advice and inspiration to students preparing for senior studies.

“My name is Annabel Manoleras and I was a graduate of Year 12 2015. Now I remember being in your position, dreading assembly and the fact that you have to listen to older people ramble on about the HSC. Somehow, I am now that person that everyone has to listen to, so I’ll try to make this quick.

I’m sure you’re all tired of hearing that Year 12 and the HSC is a huge learning experience, but honestly looking back I can tell that it really is; in the academic sense of course but also in terms of adulthood and the way life works post high school. In many ways I found that high school is like the free preview of life, and a lot of aspects of my HSC journey reflected aspects of my life when I had finished. I also found that many of the strategies I used during my HSC can also be applied to life post high school as well. Some of these factors included maintaining a balance in my life, eating; funnily enough, keeping organised and prioritising my education over life’s tedious dramas.

Keeping organised and managing your time properly is honestly one of the most important
things you can do during the HSC. Especially during the weeks leading up to the HSC, it’s a really good idea to maintain a balance between studying, socialising and exercising. During my HSC I was studying for about 6 to 10 hours a day for around 5 days a week, spending time with my friends and family on the other two days, and going to the gym throughout. Its important to not focus all your time on your studies because believe me, it will burn you out before you have time to sit your first exam. On the contrary, it is also important to not to spend all your time socialising because when you sit your first exam you will realise that there’s all this content you completely forgot existed, and I’m of the opinion that if you’re going all the way to Year 12, you might as well try and achieve a personal goal, and balance is the best way to do that.

To me, eating was another very important factor during my HSC. When I say eating I don’t mean smashing 2 blocks of chocolate while sitting at my desk for 8 hours, although I did do a lot of that too. When I say eating I mean making sure that I was consuming big healthy breakfasts and lunches to give my body the energy to keep studying. Some days I sat at my desk for 10 hours a day and although there was no physical labour involved, I think we can all agree that studying is very tiring, and our brains need energy to keep us going. In saying that, I found that there were ways to make studying a lot easier. One of my personal strategies, and I cannot stress this enough, was to keep up to date on study notes and revision throughout the year, not just during the last month or two. I know that after a long day at school, reading over your school notes and writing syllabus summaries is the last thing you feel like doing, but it honestly makes a huge difference in your ability to memorise content, and also takes off stress when you’re preparing for the HSC, because you already have your notes ready.

Now I know that Personal Best is part of our school’s motto but during the HSC I honestly did find that it made a huge change to my attitude after an exam. Studying isn’t for everyone, I understand, but in the last three weeks leading up to the exam I was studying up to 10 hours a day. I made sure that I had completed all of my assessments to the best of my ability because at the end of the day they were worth half of my total HSC mark. I had made complete syllabus summaries for all of my subjects. But despite all of this effort, some of my exams didn’t go so well. Chemistry was my favourite subject, and I had done about 10 past papers for it, and thought I knew absolutely everything in the syllabus. But walking out of the exam I knew I had not gotten close to what I wanted to get. However, looking back at all the work I had done, and the exam itself, I realised that it was just a really hard one, and under those conditions, and the particular questions of the exam, I knew that my performance was actually the best I would have done anyway, and that made me feel a lot better. The HSC is hard, and knowing that I did the best I could do, even if it wasn’t to the standard I wanted, gave me a lot of closure and I knew my hard work had in fact pulled off.

The last thing I want to say is that High School is a weird and interesting place, I think we can all agree. The notorious High School drama, however, whether it be friends or classes or personal issues is very distracting and can get you down. My advice would be to remove yourself from it the best you can, and use your last year of High School to focus on your studies and yourself. This is because after your last exam, high school ends and so does all that unnecessary drama, so please don’t let it consume you because it’s not permanent. Since finishing High School I’ve been working full time in a job I absolutely love with fantastic people, and in a few weeks I will starting my Bachelor of Engineering Honours and Bachelor of Medical Science degree at UTS, and I can’t be more excited.

High School and the HSC was a long, stressful journey, but looking back I’m glad that my experiences and strategies allowed me to accomplish something wonderful, in both terms of academia and life beyond that. I wish you all luck in your studies and futures, and I hope you accomplish all the dreams and goals you desire, no matter how big or small. Thank you.”
Good morning everyone. I would like to begin by acknowledging the traditional custodians of this land and to pay my respect to elders both past and present and to those present here today.

It is my very great pleasure to welcome our parents, families, staff and students to today’s Recognition Ceremony for Outstanding Achievement at the 2015 Higher School Certificate. A very special welcome back to some of our students from the class of 2015 – we are delighted that you could take time out of your busy schedules to be here today.

Today we wanted to express to our parents, students and community how very proud we are of the outstanding achievements of the entire Year 12 cohort at the 2015 Higher School Certificate. We hold this recognition ceremony in honour of those students who achieved extraordinary results across a range of HSC subjects and to acknowledge those achievements publicly.

As educators, the teachers of Galston High School are privileged to work with exceptional young people. Our year 12 students of 2015 were able to maintain a high level of academic performance whilst at the same time balancing busy schedules of extra-curricular activities, part time employment and busy social lives.

Galston High School prides itself on its academic achievement and its ongoing pursuit of improvement. Our 2015 results reflect this commitment with many students achieving results at a high level.

Highlights of the 2015 HSC included:
The following is a snapshot of some of the many excellent achievements:

- Annabel Manoleros - 2015 Dux, achieved an ATAR of 96.6. Annabel is also a “Distinguished Achiever” which means she gained an ATAR score of 90 or higher - an exceptional achievement.
- A total of three students gained an ATAR over 90, also placing them on the BOSTES Distinguished Achievers List.

Eight students gained at least one band 6 (a score greater than 90%) and were placed on the BOSTES Order of Merit List.

- Mikayla Stewart’s - major work for Industrial Technology selected for HSC works exhibition at Intech.
- 26% of students gained a Band 5 or higher in three or more subjects.
- 56% of students achieved a Band 5 (80+ marks) or greater in at least one subject.

In terms of subjects we achieved the following:
- 8 subjects boasting individual student results over 90%
- Eleven subjects scored at or above the state average.
- Twenty seven subjects with students achieving above 80%.

Exceptional achievements were attained by students in subjects whose mean was at or above state average – English (Standard), English (Extension 2), Agriculture, Community and Family Studies, Food Technology, Industrial Technology, History (Extension 1), Music 1, Senior Science, Construction and Hospitality.

This is an outstanding achievement from a comprehensive state high school.

Again, congratulations to the 2015 HSC students, a wonderful group of young men and women who have left lasting and positive impressions.

These results reflect many hours of study and preparation on the part of the students, dedication to excellence in the classroom by their teachers and the support and love of their families.

On behalf of the staff, students and Galston High School Community, we congratulate each of you here today on your outstanding achievements.

We wish the entire class of 2015 the very best in their future studies and careers and look forward to hearing about the wonderful career paths you pursue.

2016 Swimming Carnival Trophy Winners

Knights House Captain Claire Byrne proudly holds the 2016 Galston High School Swimming Carnival trophy aloft.

Claire accepted the trophy during this weeks assembly on behalf of the Knights House who continued their dominance in the pool with their third consecutive victory at the carnival.
Upcoming Events

This Week

Tuesday 23 February
SRC Induction Assembly

Thursday 25 February
Girls Basketball Trials
Year 11 Meet the Music

Next Week

Monday February 29
Zone Swimming Carnival

Wednesday 2 March
Open Day

Thursday 3 March
Touch Trials boys & girls U15s

Friday 4 March
Castle Hill Show
Year 7 Castle Hill Show Excursion
First Aid - Year 11 SLR - Whiteman

Saturday 5 March
Castle Hill Show

Sunday 6 March
Castle Hill Show

Still to Come

Monday 7 March
Boys KO Water Polo

Tuesday 8 March
Netall Trials

Wednesday 9 March
Year 11 Rotary Mental Health Forum Pds 1 & 2

Thursday 10 March
Girls KO Water Polo

Friday 11 March
Young Mens Health Forum
Year 11 VET Work Placement Orientation

Saturday 12 March
Silver Duke of Ed

Sunday 13 March
Silver Duke of Ed

Homework Club

Homework Club will resume next Wednesday 24th February 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.

Along with Ms Pieper, teachers from Maths and English will be available to assist you.

All students and staff welcome.

We look forward to seeing you there.
Year 7 had a fantastic time on their Orientation Camp (3-5 February).

A big thank you goes to the Year 10 House Leaders for their support of our new GHS students.

The camp was a brilliant opportunity for the new Year 7 students to meet their peers and have a great time at activities such as the flying fox, giant swing, high ropes, raft building, and archery.
As part of a group project we were asked to create a 1 minute long video message on our ‘Hopes for Australia’s future’. The best videos from all the schools in Sydney would be invited to Admiralty House in Kirribilli to meet the Governor-General, Sir Peter Cosgrove. When presented with the criteria for the task my classmate Ryan Sultana and I immediately thought of a topic we are both passionate about. We chose the contentious issue of ‘Better Treatment of Football Supporters’ titled ‘PASSION IS NOT A CRIME’. My fellow classmate Christian Davy chose to create a video about Post Traumatic Stress Disorder (PTSD), a topic he was very passionate about.

Our videos purpose was to highlight the false media perception that not all football fans were “criminals and hooligans” and that they are a crucial part of the sport. Ryan and I also focused on the general misconception that attending an A-League match is dangerous and not suitable for children and families. With the assistance of colleagues Lucas, Ahmed, and History Teacher Mr Wells (who supports Sydney FC) we were able to create a minute long video message that strongly portrayed our Hopes for Australia’s Future.

After completing and submitting our videos, Ryan, Christian and I received the news that our videos were selected and that we were all invited to Admiralty House on Australia Day for a special ceremony. Unfortunately Ryan was not able to attend. Despite Ryan’s absence, Christian and I were looking forward to a special day. After presenting our invitations and passing security, we were given a tour of the house by Lieutenant Catherine Crooks, who had served 26 years in the Navy, as well as other Army and Royal Airforce Personnel. Following our tour the Governor General, Sir Peter Cosgrove arrived and we were all given the opportunity to meet him and discuss our hopes for Australia. This was the highlight of the day as it providing me with a rare opportunity for my opinion to be heard by the Governor General himself. Sir Peter Cosgrove then made a speech addressing about everyone’s videos before voicing a short message addressing all Australians, which was soon aired on ABC News. Finally we were all gathered to watch a short compilation of all the videos which was also featured on ABC. The day soon ended, leaving me and Christian with the memory of what was a special day and a rewarding experience.

Adrian Shahfazli
It’s been a busy first few weeks in the Galston High school Community. We welcome our new year 7’s and their families and hope they have enjoyed their time at GHS so far. On the 6th-8th February, Year 7 went on their camp, which is a great opportunity for them to get to know each other, their teachers and for them to participate in a range of team and relationship building activities. We hope Year 7 had a great time.

On Monday the 15th, GHS celebrated Valentine’s Day, with year 12 delivering roses, cupcakes and serenades to the rest of the school for a small amount of money, which will go towards their charity and gift for the school. A big thank you to Mr Dargan and Ms Carden for their help in organising the day, it was much appreciated.

A reminder that Middle Dural Public School’s 125th anniversary is coming up and they will be celebrating on Sunday 11th September. If you, or anyone you know attended Middle Dural, make sure you save the date.

A reminder to all students that if you or someone you know has accomplished or achieved something you think the school ought to know about, we would love to hear from you! Approach any of the prefects at school about what you have been getting up to so we can share your efforts with the wider community, and display the huge amounts of talent we have here at Galston.

Annabelle Pearce and Harry Trethowan

Congratulations Alex

Alexandra Best, (Year 12, Visual Arts, 2015), dropped in to Galston High School recently to collect her practical major work. Her goal last year had been to gain admission into the Billy Blue College of Design. We were thrilled to learn that not only had she gained entry into her chosen course, but had been awarded a full scholarship as well. Alex has also been offered a role as spokes person for the college.

We would like to congratulate Alex on this wonderful outcome and wish her all possible success in her chosen field.
Rotary Club of Dural supporting our Year 11 Students

The Rotary Club of Dural in conjunction with the Australian Rotary Health and local government will be holding a Mental Health Forum for all year 11 students on Wednesday 9th March 2016.

The aim of these forums is to:

- Learn about and discuss aspects of mental illness, including early recognition and treatment.
- Destigmatise mental illness.
- Provide awareness of mental health services/support groups available to the local community.

Topics presenters will focus on include:

- Depression in young people
- Psychologists / psychologists - how they help
- Coping with stress
- Drug and alcohol misuse

Presenters at the forum will include a consumer, a carer and a clinician. All presenters at this presentation are provided by The Hills Clinic which is a private mental health centre located in Kellyville and offers treatment for depression, anxiety, addiction and a whole range of other psychiatric conditions. A dedicated young adult ward provides inpatient treatment for 16 to 25 year olds. The Hills Clinic also has medical centres in Castle Hill, Hornsby and Kellyville which offer private consultation with a psychiatrist or psychologist. For more information about The Hills Clinic please contact 1300 122 144 or visit www.thehillsclinic.com.au, or email mail@thehillsclinic.com.au. Please be aware that Rotary is not linked or affiliated with The Hills Clinic in any other way than in the context of sourcing some speakers for its school forums. Dural Rotary do not rely exclusively on them for speakers, they do cast our net wider - it depends on who is available on the day.

Time will be provided for students to ask questions of these people / experts.

We thank the Rotary Club of Dural in advance for supporting our students. A note has been sent home to provide further details to parents and students.

Dural Rotary and Galston High School appreciate the following organisation for their sponsorship of this program in terms of time to guarantee the programs success.
Northern Sydney Public Health Unit
School Vaccination Program
Ph: 1300 066 055

Galston High School

Vaccination Clinic Visits Schedule

17 February 2016
Year 7 Human Papillomavirus Vaccine (Dose 1)
Year 8 (catch-up) Human Papillomavirus Vaccine

18 May 2016
Year 7 Human Papillomavirus Vaccine (Dose 2)
Year 8 (catch-up) Human Papillomavirus Vaccine
Year 7 Diphtheria-Tetanus-Pertussis

7 September 2016
Year 7 Human Papillomavirus Vaccine (Dose 3)
Year 8 (catch-up) Human Papillomavirus Vaccine
Year 7 Chicken Pox
# Parking and Traffic Rules in School Zones

You need to take extra care when driving and parking in school zones. Make sure that you and your child understand the road rules. If you break the traffic rules in a school zone you are putting not only your child but other children at risk.

The parking and traffic rules around our schools are there to protect your children. If you break the rules you will be fined.

Please choose safety over convenience.

## Quick Reference Guide to Important Safety Traffic Rules

<table>
<thead>
<tr>
<th>Zone</th>
<th>What Does It Mean?</th>
<th>Why Is It There?</th>
<th>Penalty</th>
<th>Demerit Points*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No Stopping</strong></td>
<td>You cannot stop in a <strong>No Stopping</strong> zone for any reason (including queuing or waiting for a space).</td>
<td>Keeps clear sight lines between drivers and children / pedestrians.</td>
<td>Exceeds</td>
<td>(School Zone)</td>
</tr>
<tr>
<td></td>
<td><img src="image1.png" alt="Image of a car" /></td>
<td></td>
<td>$319</td>
<td>2</td>
</tr>
<tr>
<td><strong>No Parking</strong></td>
<td>You can stop in a <strong>No Parking</strong> zone for a max. of two minutes to drop off and pick up passengers. If no space is available you cannot queue on the road way or any other zone while waiting for a space. You will need to drive away and park elsewhere, only returning when there is space to pull up. You must stay within 3 metres of your vehicle at all times and cannot leave your vehicle unattended.</td>
<td>Provides a safe place for children / pedestrian set down and pick up.</td>
<td>Exceeds</td>
<td>(School Zone)</td>
</tr>
<tr>
<td></td>
<td><img src="image2.png" alt="Image of a parking sign" /></td>
<td></td>
<td>$177</td>
<td>2</td>
</tr>
<tr>
<td><strong>Bus Zone</strong></td>
<td>You must not stop or park in a <strong>Bus Zone</strong> for any reason (including queuing or waiting for a space) unless you are driving a bus. If times are shown on the sign, you are not allowed to stop during those times.</td>
<td>Provides a safe place for large buses to set down and pick up school children.</td>
<td>Exceeds</td>
<td>(School Zone)</td>
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<tr>
<td></td>
<td><img src="image3.png" alt="Image of a bus" /></td>
<td></td>
<td>$319</td>
<td>2</td>
</tr>
<tr>
<td><strong>20 Metres Before PEDESTRIAN Crossings</strong></td>
<td>You must not stop on or within 20 metres before a PEDESTRIAN CROSSING or 10 metres after a crossing unless there is a control sign permitting parking.</td>
<td>So drivers can clearly see pedestrians on the crossing.</td>
<td>Exceeds</td>
<td>(School Zone)</td>
</tr>
<tr>
<td></td>
<td><img src="image4.png" alt="Image of a pedestrian crossing" /></td>
<td></td>
<td>$425</td>
<td>2</td>
</tr>
<tr>
<td><strong>Double Parking</strong></td>
<td>You must not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.</td>
<td>Double parking blocks visibility and forces other cars to go around you.</td>
<td>Exceeds</td>
<td>(School Zone)</td>
</tr>
<tr>
<td></td>
<td><img src="image5.png" alt="Image of double parking" /></td>
<td></td>
<td>$319</td>
<td>2</td>
</tr>
<tr>
<td><strong>Footpath or Nature Strip</strong></td>
<td>You must not stop on any FOOTPATH or NATURE STRIP, or even a DRIVEWAY crossing a footpath or nature strip for any reason.</td>
<td>You could easily run over a child or force pedestrians onto the road to get around you.</td>
<td>Exceeds</td>
<td>(School Zone)</td>
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<tr>
<td></td>
<td><img src="image6.png" alt="Image of a footpath" /></td>
<td></td>
<td>$177</td>
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</tbody>
</table>

*Please note: The above information is current as of 1 January 2016. Penalties set by NSW State Government and reviewed on 1 July each year.*

**NSW Police Force**

**Hornsby Shire Council**
Parents and Citizens Association

Chatter Over a Platter

Galston High School Common Room
(in the Administration Building)

Saturday 19th March, 2016
From 6:30pm

Meet

• Our Principal, Jillian Tourlas
• Our Deputy Principals, Julia Petrulis & Lisa Pieper
• Our P&C President
• Other Parents and Carers

GHS merchandise and produce from the farm will be on sale.

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.
Road closure at Galston Gorge, Galston on Sunday 21 February, Wednesday 24 February and Thursday 25 February

The NSW Government is funding this essential maintenance work on the bridge over Berowra Creek (Galston Gorge) at Galston Road, Galston to provide a stronger, longer lasting and safer bridge.

Roads and Maritime Services will carry out the work, which includes repairing damaged timber and concrete on the bridge. We have included a map to help explain the location of the project.

This work was scheduled to be completed in early February but has been delayed due to weather conditions.

This work will take six shifts from Sunday 21 February to Thursday 25 February, weather permitting.

There will be three shifts of night work on Sunday 21, Wednesday 24 and Thursday 25 February and this work will require a full closure of the bridge. Our working hours will be from 8pm to 5am.

There will be three shifts of day work from Monday 22 February to Wednesday 24 February. The bridge will still be open to traffic during this time. Our working hours will be from 7am to 6pm.

How will the work affect you?

There will be some noise associated with this work but we will make every effort to minimise its impact by arranging the noisiest work to be completed by 11pm.

Traffic changes

On Sunday 21, Wednesday 24 and Thursday 25 February, Galston Road at Galston Gorge will be closed between 8pm and 5am to ensure the work zone is safe.

The detour for motorists is Old Northern Road, New Line Road, Boundary Road, Pennant Hills Road, Pacific Highway and George Street. The detour will add up to 30 minutes to your travel times.

Please keep to speed limits and follow the direction of traffic controllers and signs. For the latest traffic updates, you can call 132 701, visit livetraffic.com or download the Live Traffic NSW App.

Contact

If you have any questions or concerns, please call our delivery partner DownerMouchel on 1800 332 660 or email enquiries_nsw@downermouchel.com. For more information on our projects, visit rms.nsw.gov.au
Is it time to refresh your knowledge of the road rules? Hornsby Shire Council is holding a free road safety presentation for drivers of all ages. Presented by Council’s Road Safety Officer.

Topics covered will be:
- Older driver licensing
- Safe driving tips
- Road rules
- Vehicle safety
- Pedestrian safety
- Roundabouts
- Responding to hazards

When: Tuesday 1 March 2016, from 10am-12pm
Where: Hornsby Shire Council, Chambers Building, 296 Peats Ferry Road, Hornsby
Cost: Free. Light refreshments will be available. Places are limited.

For more information visit hornsby.nsw.gov.au

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3rd: $100 dinner for 2

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(02) 9653 1159

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