We are well into the school year now and everyone at Macquarie Fields High School is working hard – both students and staff! It has been a very busy start with many excursions and other educational opportunities through which students can enhance their understanding of their learning. I would like to thank those members of staff who freely give up their own time to accompany students to functions, camps and other out-of-hours events, some of which are referred to in this newsletter.

**Year 7 camp** was held during Week 6 at Berry and was a huge success. The students enjoyed getting to know each other better and everyone appreciated the opportunity to have a go at a range of new and interesting activities such as kayaking. I am also very pleased to report that the students’ behaviour was exemplary. Thanks to Mr Hollis and Mr Vujanic for organising the camp.

**Public Speaking Success**

Congratulations to Raymond Phan, Year 12 who won the *Public Speaker on the Night* award at the 2013 Lions Youth of the Year competition held last month at Ingleburn RSL. Raymond spoke with good humour and charmed the audience with his prepared speech. It was wonderful to have the support of Raymond’s mother and aunt, as well as Mrs Judge, the Public Speaking Coordinator, at the event.

![Raymond Phan with his family at the 2013 Lions Youth of the Year](image-url)
Persuasion with Passion
Recently I was invited to meet with 7F and was very impressed by the group’s research into whaling in Japan and the treatment of fur seals in Canada. The students spent hours preparing their presentation designed to persuade me into approving a fund raising activity with proceeds going towards the Humane Society. The students spoke with passion and it was evident from their efforts that they truly believed in this cause. Congratulations to 7F and to their English teacher, Ms Tishler for a thought provoking and guilt inducing afternoon!

UBS Young Women’s Leadership Academy
Samantha Ng in Year 11 has been successful in her application for this prestigious week long opportunity to be held at the University of Sydney in the forthcoming holidays. (See the social Science News on Page 7 of this Newsletter for more information about Samantha’s success.)

Important Message regarding Road Safety
The week before last, one of our students was hit by a car whilst crossing the road after school. Despite my repeated messages to students at assemblies about taking care whilst crossing the road, it appears that this student and his friends were running across the road. The boy concerned is recovering but it is unfortunate that this has happened and that his friends and several other students had to witness this distressing event. Can I please seek your support as parents in reinforcing the road safety message of taking care whilst crossing the road, to look both ways before walking across and never to run across the road. I dearly hope I do not have to use this newsletter to deliver similar bad news in the future. I would like to thank Mr Ralston, Deputy Principal for his speedy response and those who assisted on the scene.

Fast Forward
On 20 March, I attended the 2013 Fast Forward Awards Ceremony at the University of Western Sydney. This program, which begins in Year 9 and continues throughout the recipients’ secondary schooling, supports students on their educational journey, exposes them to new experiences and provides mentoring support and guidance. The program is very well supported by the University of Western Sydney and I would like to publicly acknowledge this support of our school. Congratulations to the 2013 Fast Forward students: Isha Bassi, Ashleigh Donovan, Breanna Hudson, Anuja Jayamuni, Novalee Kahotea, Cheyenne Kavanagh, Taylor O’Connor, Bryce Ritchie-Manns, Rahul Roy, Kiama Russell, May Sadaat, Prithvi Santana Baskar Andrew Sorial, Khye Swain-Torris and Kelsey Wilkinson.

I also received many positive comments from parents and members of the university community regarding the high standard of personal presentation of our awardees. Well done, 2013 Fast Forward students!!

Mayoral Reception: High Achievers – 2012 HSC
On Thursday, March 21, I was very proud to be in attendance at the Mayoral Reception held annually to recognise the high achievers in the HSC for the previous year. It was wonderful to catch up with many of our 2012 HSC candidates and share their success with their families and friends. We had the highest number of Band 6 achievers at the ceremony and this is a testament to the hard work of the students themselves, with the support over an extended period from their parents and teachers! Congratulations to all our High Achievers from the 2012 HSC. Year 12, 2013 – the challenge is on - over to you!

Next term, our new website will go live! Watch this space for further information. Once the website is live, you will be able to see our newsletter, read our Annual School Report plus examine our 2013 School Plan, as well as read about the exciting educational experiences which happen on a daily basis at Macquarie Fields HS!

I hope you enjoy reading the rest of this edition of our newsletter. It is jam packed with even more demonstrations of the success of our students.

Mrs J Dolstra
Principal
The Creative and Performing Arts Faculty (CAPA) are excited for the opportunities that we are offering to all students at MFHS both in the classroom and in extra curricula activities. This year looks set to be action packed as we continue to build the profile of the faculty both within the school and in the wider community.

The CAPA faculty in 2013 is made up of Mrs Heather Costa – HT CAPA - Music, Mr Anthony Cardillo-Zallo – Music, Mrs Karen Metcalfe – Visual Arts - Mrs Metcalfe will be leaving us very soon to go on maternity leave, we are looking forward to the safe arrival of her twins in April, Mrs Lisa McDermott – Visual Arts and Year 8 Year Advisor, Mrs Heather Davidson – Visual Arts. We also welcome back Mrs Naw Do and Mrs Amanda Langley who will be returning to job share for Mrs Metcalfe while she is on maternity leave.

During 2012 many exciting journeys were continued and many new journeys were commenced.

Both the Music and the Visual Arts classrooms have undergone significant changes with an updating of both technology and overall facilities. All three Visual Arts classrooms now have short throw projectors installed. This has allowed staff to access and present students with artworks and other engaging lesson material in the Visual Arts classroom.

The music rooms have undergone the most significant update in recent times with the installation of benching for keyboards in both rooms. The facility has allowed students to more easily access this technology and more student time is being used for practise rather than setting up keyboards and worrying about batteries.

New notice boards have also been installed in all CAPA classrooms giving the rooms a more modern look and a more pleasant environment.

Further purchases in 2013 include more computers for use in the Digital Media lab and upgrading of computers and software in the Music Technology lab. Music elective and senior classes will soon have access to iPads for use with exciting programs such as Garage Band. It is always our intention to provide all students with the most up to date resources to assist there learning.

Fire in the Fields
In 2012 we again joined with a number of schools from our local area to present a showcase of Creative performances at the Glenquarie Community Hall. The dance ensemble led by Mrs Metcalfe performed in both the matinee and evening performances. They performed a modern style dance to ‘Here Comes the Sun’. The students involved were from Years 7 – 12 and they looked amazing in there yellow and orange costumes. Thanks go to Mrs Metcalfe for all her time and effort and to Miss Shakespeare for assisting.
The vocal ensemble combined with Curran Public School to sing ‘Hallelujah’, a Leonard Cohen piece made famous from the movie Shrek. Both groups met together for a rehearsal at MFHS. Our students enjoyed the experience of working with the amazing students from Curran. We are looking forward to a larger combined choir group in 2013. Thank you to Mrs Davidson who also supported the vocal ensemble during the performances.

Sally Vuong also performed on the night. She performed a brilliant piano solo that captured the attention of the audience and drew many compliments from parents and staff from other schools.

Lauren Pereira was our ambassador for the evening introducing all our items in a professional manner.

Mr Zallo is continuing to gain recognition for his skills in sound and lighting as he masterfully managed these from the sound booth.

Talent Identification Project
Two of our Year 11 students were selected for this wonderful opportunity. Tony Cho and Emily Lam were involved in a number of workshops with professionals from the music industry. They were able to work with students from other schools. The project culminated in a sensational performance by all the students at the Director’s Choice Awards at Homebush.
In 2012 the Vocal Ensemble doubled in size and has continued to grow in 2013. We have needed to move to a larger space to accommodate the number of students who are involved. A wonderful problem to have!! Earlier in the year they worked together with Curran Public school for Fire in the Fields. We then launched into preparing ‘Man in the Mirror’ and ‘Lean on Me’. We will be using these pieces to audition for the Combined Choir for Schools Spectacular. The choir did an amazing performance of ‘Man in the Mirror’ during Orientation Day and at Presentation Night.

A huge thank you to Mrs Davidson who assists during choir rehearsals and well done to all the students involved for their commitment and hard work. New members are always welcome to join.

Instrumental Tutorials/Band
In 2012 we launched a new program with the aim of developing a Concert Band. With the support of Mr Zallo and Mrs Davidson we are conducting instrument tutorials in flute, saxophone, clarinet, trombone and trumpet. Students attend on Monday at lunch time and are tutored in their instrument. Many of these students are hiring instruments from the school. We still have some instruments available for any student who may be interested.

In Term 2 we will be commencing with a combined band rehearsal. The development of a Concert Band is a slow process and I am thankful to the students and staff who are enthusiastically involved in seeing the plan come to fruition. Watch this space!! MFHS Concert Band!!!

Visual Arts HSC - 2012
Our 2012 HSC Visual Arts class developed a diverse array of art works for their final Body of Work. Some styles explored by students were drawing, sculpture, painting, animation and ceramics. We are very proud of the results for this class including a Band 6 for Ayon Bhakta.
Art Exhibition
At the end of 2012 Visual Arts held an exhibition of a selection of work. This was held during Orientation Day with a series of pods set up in the hall and the library. Thanks go to Mrs Metcalfe, Mrs McDermott and Mrs Davidson for the hard work they put into setting up the display. Parents and our new Year 7 students enjoyed seeing some of the amazing works created by our students.

Hands on High School
Both Music and Visual Arts participated with the parent lessons given at the annual ‘Hands on High School’ event for parents of our incoming Year 7 students for 2013. As a staff we take a lot of enjoyment from showing our parents examples of our lessons that we will teach their students. We look forward to this evening again in 2013.

Young Artist Award
Many of our students in Visual Arts demonstrate a wonderful sense of creativity. We like to reward our students for their hard work. Each fortnight on assembly we recognise a number of students and present them with the Young Artist Award and small prize. This year the tradition will continue. We would like to encourage our students in all Visual Arts classes to work hard for a chance to win this award.

Artsmart Camp
Four students from year 10 were chosen to go to the ‘Artsmart’ camp held at the Campbelltown Art Gallery at the end of term 3. Students attended the gallery for three days and worked with staff from the department refining and developing their skills in various artistic media. Kareema Eloma, Ruby Ramos, Alan Nguyen and James Bui developed artworks that were presented in an exhibition at the gallery for family and friends. They developed artworks based on a circus performance used to inspire the students when making their artworks. The final works were also presented at the Director’s Choice Awards.
General News:
So far in 2013 our Year 11 and 12 music students have been to Encore – this is a selection of some of the best performances from the 2012 HSC year at the Opera House. Year 12 Visual Arts students have attended a lecture at the Art Gallery of NSW followed by a tour of Art Express – an exhibition of some of the best artworks from the 2012 Visual Arts HSC students across the state.

This year has also seen the establishment of a new Enrichment course in Year 8. ‘Print Studio’ has proven to be a very popular choice with many students. They are working in the area of print media using a variety of techniques in both fabric and clay printing. Watch this space for further updates and photos of completed works.

As always we are enthusiastic about teaching and bringing our very best to every child in Creative and Performing Arts.

Mrs Heather Costa
Head Teacher Creative and Performing Arts

Social Science News

Macquarie Fields High Student Wins Place in Sydney University Leadership Event.
Macquarie Fields High School Year 11 student Samantha Ng has been the first student from the school to achieve a place in the prestigious Young Women’s Leadership Academy held at the University of Sydney. Applications were open to all girls in New South Wales and is a residential course which mentors young women who would like to become leaders in business, politics and education. The course takes place in the April school holidays. There were several hundred applications. Each school this year was only allowed to put forward two candidates and Samantha won her place from an impressive field of girls in Year 11.

Samantha is an excellent and well-rounded student. She has done very well in many aspects of her school life including subject and semester awards and extra-curricular activities which have even included a Psychology competition and a television appearance. Macquarie Fields principal Mrs Janice Dolstra says, “Samantha is a well organised student who always is engaged in our school’s cultural activities. She represents the ideal model of what our school tries to achieve in our students”.

Samantha Ng – Year 11
Macquarie Fields High School Environmental Clubs Sets The Pace in Clean Up Australia Day.

Macquarie Fields High was again part of the Clean Up Australia Day on March 6th. The event was an opportunity of students to help improve their local environment and make the school community more environmentally aware. Over forty students, a part of the Environmental Club, now in its second year at Macquarie Fields, took part in this clean up. It yielded twelve bags of litter. Both teachers and students were suitably impressed. One teacher commented, “It’s great to see our students caring about the environment and it’s made an improvement already”.

This is an annual event that has been nation-wide for over ten years. Schools have been involved in recent years and last year there were 26 schools in the Campbelltown area taking part. Macquarie Fields Environmental Club is an opportunity for students not only to become involved in environmental issues, but also have hands-on experience in a practical sense. The Club plans on having several clean ups during the year as well as tree planting around the school and guest speakers.

Mr Perry Celestino
Relieving Head Teacher Social Science

Food and Textiles Faculty

The 2013 school year is now well under way and students of the Food and Textiles Faculty are engaged in an exciting range of courses. Teachers in the faculty, Mrs Hazzard, Mrs Gonzalez, Mrs Shipley, Mrs Fernando and Ms Futterleib encourage students to achieve to their potential through the provision of quality teaching and learning experiences. Mrs Watt, the kitchen assistant, provides valuable support to all teaching programs.

Year 7

The mandatory course for Year 7 involves one semester of study in Food Technology and one in Textiles.

In Food Technology, students are studying “Food on the Go” where they are learning about nutrition and developing basic skills in food preparation. Later in the semester students will be preparing for “Alice in Wonderland’s Mad Tea Party” where, working in teams, they will design and decorate cup cakes.

Environmental Club students, L to R: Chantelle Kumar, Akshay Vallikkattil, Nazif Ahmed, Rekha Dhanaram, Jennifer Dong, Maria Sharrock, Kiran Pawar
In Textiles Technology, students are studying “Changing Rooms” with a focus on design and fabric decoration. During this unit of work, students will design and produce their own cushion. Issues associated with textiles and the textiles industry will be studied in the unit entitled “Environmental Awareness” where students will experiment with natural dyes when producing their calico bag.

Design and Technology students are actively involved in developing their design skills as they produce their own jewellery. During this term, students are designing and producing an Art deco silver ring.

**Years 9 and 10**

Food Technology is an elective course offered in Years 9 and 10. During this course students undertake practical design projects within focus areas. These areas include food preparation and processing, nutrition and consumption, food in Australia, food product development, food selection and health, food service and catering, food for special needs and food for special occasions. Year 10 are currently studying “Food for Special Occasions” where they are designing and preparing food for a party. Year 9 are studying “Food in Australia” and are experiencing the wonderful flavours of Australian bush tucker by preparing items such as wattle seed milkshakes.

**Year 8**

Creative Enterprises is a very popular course with students who develop skills in the preparation of cafe based food including cakes, slices and beverages (hot and cold). Students design menus including a choice of food and beverages and develop skills in service, cookery and the use of a commercial espresso machine under direct teacher supervision. Students also experience the use of cafe blenders, food processors and milk shake blenders to produce beverages such as milkshakes, smoothies and frappés.
Years 11 and 12
The Food Technology course provides practical and theoretical components. Practical experiences enhance learning in the areas of food availability and selection, food quality, nutrition, the Australian food industry, food manufacture and food product development. Year 11 are currently studying nutrition while Year 12 focussing on the Australian Food Industry.

Community and Family Studies is designed to develop a student’s understanding of the diverse nature and interdependence of families and communities within Australian society. The course enables students to plan and manage resources effectively in order to address contemporary issues facing families and communities. This year, Year 12 will develop their skills in parenting with the help of our newly purchased “virtual babies”. These dolls are computerised and provide real life experiences for students.

The Hospitality (Multiskilling) course is a Vocational Education and Training Framework and provides students with the opportunity to develop a range of skills and knowledge suitable for employment in a hospitality environment. Many students also use the credentials gained in this course to gain credit transfer into post school education at TAFE and/or University.

Mrs Judy Buckler
Head Teacher Admin/Careers/Home Economics

Western Sydney Careers Expo 2013
Thursday 20 & Friday 21 June, 9am-3pm
Saturday 22 June & Sunday 23 June, 10am-3pm – Sydney Showground, Sydney Olympic Park.

The Western Sydney Careers Expo brings together over 120 exhibitors providing information on tertiary and training courses, career and employment opportunities, HSC subjects, study skills and gap year programs. Exhibitors include Australia’s major universities. The Expo also features 130 seminars on HSC subjects including English and Maths, tertiary courses, career, employment and study advice. Admission is $10 or $25 for families of 3 or more (children 14 and under free) and is valid for all four days of The Expo. Admission includes seminars. For more details see The Expo Visitor Guide in your local Fairfax Community Newspaper in early June 2013 or westernsydneycareerexpo.com.au

Workout World Treadmill Raffle Giveaway

From the 18 March 2013 your son/daughter will be given the opportunity to sell or purchase a raffle ticket for $5.00 each or a booklet with 10 tickets. The winner will win a treadmill to the value of $1,200 and will be drawn at the start of Term 2, 1 May 2013 on our Wednesday morning assembly. All the money sold through the raffle will be directly put back into the school to purchase sporting equipment for our school and students. These raffle tickets and booklets can be picked up from Mrs Ninopoulos in the PE staffroom.

Dear Principal,
Workout World would like to help you in raising funds to put towards purchasing gym equipment for your school. For your school winning a treadmill worth $1,200 and a set of 10 booklets containing 10 tickets each. These tickets need to be sold for $5.00 each or $50.00 for a booklets.

Your school will receive 100% of all funds raised. Funds can be used to purchase any gym equipment your school requires.

Western Sydney Careers Expo 2013
Thursday 20 & Friday 21 June, 9am-3pm
Saturday 22 June & Sunday 23 June, 10am-3pm – Sydney Showground, Sydney Olympic Park.

The Western Sydney Careers Expo brings together over 120 exhibitors providing information on tertiary and training courses, career and employment opportunities, HSC subjects, study skills and gap year programs. Exhibitors include Australia’s major universities. The Expo also features 130 seminars on HSC subjects including English and Maths, tertiary courses, career, employment and study advice. Admission is $10 or $25 for families of 3 or more (children 14 and under free) and is valid for all four days of The Expo. Admission includes seminars. For more details see The Expo Visitor Guide in your local Fairfax Community Newspaper in early June 2013 or westernsydneycareerexpo.com.au

Workout World Treadmill Raffle Giveaway

From the 18 March 2013 your son/daughter will be given the opportunity to sell or purchase a raffle ticket for $5.00 each or a booklet with 10 tickets. The winner will win a treadmill to the value of $1,200 and will be drawn at the start of Term 2, 1 May 2013 on our Wednesday morning assembly. All the money sold through the raffle will be directly put back into the school to purchase sporting equipment for our school and students. These raffle tickets and booklets can be picked up from Mrs Ninopoulos in the PE staffroom.

Dear Principal,
Workout World would like to help you in raising funds to put towards purchasing gym equipment for your school. For your school winning a treadmill worth $1,200 and a set of 10 booklets containing 10 tickets each. These tickets need to be sold for $5.00 each or $50.00 for a booklets.

Your school will receive 100% of all funds raised. Funds can be used to purchase any gym equipment your school requires.
Sailing Program at MFHS

On Monday 4\textsuperscript{th} March, students who are studying the Life Skills Curriculum from the Special Education Unit participated in an excursion to the International Regatta Centre at Penrith Lakes.

The students took part in ‘Sailability’, a sailing program for students with disabilities which is run entirely by volunteers. The Sailability program aims to assist students with disabilities build mobility, self-confidence and pride through learning to sail.

The students had a perfect day for sailing on the lakes. After a thorough lesson in operating the sailing boats several students took the helm of their own sailing boats, confidently navigating the waters of Penrith Lakes like seasoned professionals.

We look forward to continuing and expanding upon this program with students in the future. The Special Education Faculty would like to thank all of the volunteers at ‘Sailability – Penrith’ for the time they dedicate to this valuable program. As Head Teacher, I would like to personally thank Ms Purdon for organising this event, Mr Antony and our Student Learning Support Officers for their participation and developing their own sailing skills.

\textit{Mrs Mafi and Ms Purdon}
\textit{Special Education Faculty}
“Do you know a young person who has completed the HSC or Cert II and is looking for work or study options?”

MWLP in partnership with local organisations are running a FREE Career Service for students aged 17-19 years old. This service will aim to assist students into gaining full time employment and OR further education and training pathways. This service will give students the opportunity to book in with a Employment Coach that will work with them on a continual basis in providing them with a resume and career plan. Each student has the opportunity to win an IPAD too! So register for this FREE Service NOW! Seats are limited. You can register by going online and visiting www.mwlp.com.au OR call
MoneySmart | www.moneysmart.gov.au

Do your kids know needs from wants? Our Needs and wants game from the MoneySmart Teaching website helps kids work out what they’ll need to start the school year. MoneySmart is an initiative of the Australian Securities & Investments Commission. We offer you tips & tools to help you make the most of your money.

South Western Sydney Aboriginal Career & Community Open Day

Date: 20th March 2013  Time: 10am – 2pm  Where: Ingleburn Community Hall, corner of Oxford and Cumberland Road, Ingleburn – 5 minutes from station

Read the rest of this entry »

Young people can go through many different changes as they grow up.

Recognising signs is the first step towards getting them help. This section is designed to help parents and carers to: talk to a young person about their problems, learn more about how to support young people, find information about where you can find the right help and importantly, find support for yourself.

Read the rest of this entry »
MWLP is on Facebook!

Opportunity to promote your Business for as little as $40 per month

This website is proudly dedicated as a community service for parents located in Camden, Campbelltown and Wollondilly Local Government Areas.

The site is visited by thousands of Macarthur Parents, Schools, Businesses, service providers and community groups and as a result we are now in a position to offer some very attractive rates to advertise on our home page.

If you’re interested in promoting your organisation contact Sue Scobie at MWLP
sue.scobie@mwlp.com.au

What’s coming up...

Presents 2 Artistic Workshops 2013

Workshop 1: “Big Paint”
Explore fearlessly and lose your mind in creative play. Depart from reality and take the steps in painting a visual language. This is an abstract workshop where messy emotions will be spilled out the canvas and laughing loudly is permitted.

Workshop 2: “Designing the Statement”
Creating from recycled components learn how to step out from the everyday bling and create a high fashion accessory, completely honouring the imagination.
Contact: Holly Eva | 0414 894 538

Campbelltown Arts Centre – Corner Camden and Appin Roads, Campbelltown
16th of March Workshop 1 and 17th of March Workshop 2 - Time – 9-4pm

You can play a major role in finding your child an enjoyable and successful career path.

The following organisations are partners of Macarthurparents.com.au
These organisations are committed to sharing useful information/resources to the parents of Macarthur