Calendar Events

Week 6

Monday November 11  Year Meetings week
Thursday November 14  Yr 12 sign out 10-1:30pm
                       Yr 8-11 (2014) Orientation afternoon

Week 7

Monday November 18  P & C Meeting – 7.30pm

Week 8

Monday November 25  Yr 10 Work Experience week
                       Yr 11(12) Clearance

Week 9

Monday December 2  Yr 10 STW Focus week & All my Own Work
Tuesday December 3  Yr 7 Clearance-p2
                       Yr 8 Clearance-p3
                       Yr 9 Clearance-p4
                       Yr 10 Clearance-p5
Wednesday December 4  Year 7 (2014) Orientation Day
                       Yr 8-11 (2014) Orientation afternoon

Week 10

Monday December 9  P & C Xmas Party
Thursday December 12  Semester Awards

Week 11

Monday December 16  Presentation Night-7pm
Wednesday December 18  LAST DAY FOR STUDENTS – Years 7-11

Recipients of PBL Raffle Prize Draw

<table>
<thead>
<tr>
<th>NAME</th>
<th>Year</th>
<th>Wk/Term</th>
<th>PRIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michaela Rist</td>
<td>8</td>
<td>Week 3/ Term 4</td>
<td>$30 Movie Voucher</td>
</tr>
<tr>
<td>Brandon Thompson</td>
<td>9</td>
<td>Week 4/ Term 4</td>
<td>$10 iTunes Voucher</td>
</tr>
<tr>
<td>Ayesha Elomar</td>
<td>8</td>
<td>Week 5/ Term 4</td>
<td>$15 Nintendo Card</td>
</tr>
<tr>
<td>Alex Becci</td>
<td>8</td>
<td>Week 6/ Term 4</td>
<td>$20 EB Games Voucher</td>
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</tbody>
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Congratulations to the following students for being the highest PBL recipients for Term 3:

**Year 7**
Martina Navarro, Thomas Lysaght, Maheen Imran, ChiQuita Harvey, Sovanleakhena Hut and Claire Say.

**Year 8**
Patricia Veng, Nathaniel Tiata, Leonard Julyna, Brianne Perera, Akansha Sharma, Tobias Streefkerk and Nikhil Tomy.

**Year 9**
Daniel Maric, Ishan Gupta, Sajchen Motilaal, Jesiah Tiata, Dana Peralta and Queenie Tran.

**Year 10**
Faiyaz Rahman, Issa Madanat, Shaima Zaman, Kristie McIntosh, Kenneth Pahn, Damien Chand, Caitlin Nadin and Minh Phu Tran.

**Year 11**
Nethanjah Costillas, Danielle Tautua, Nimish Dahal, Tahlia Eagle, Raisa Hasan, Bilal Kashmiri and Zeldon Singh.
Year 12
Tan Loc Huynh, Sheilee Gopee, Benjamin Nguyen, Cleo Klafas, Emily Lam, Duy Le, Sanjay Narayana and Shana Vaele.

Special Education
Marvin Ocsing. Scott Graham, Danielle Esaid, Aaron D’Onofrio, Caitlyn Ryan, Aron Boyd and Ayesha Elomar.

From the Principal
We are definitely on the home stretch for 2013.
I wonder where the year has gone!
Please take the opportunity to check the calendar for any events that you would like to attend.
We have many things happening and I would like to welcome as many parents and friends as possible to our Semester Awards, Presentation Evening and other events, as we love to share the achievements of our students, your children, as we are all so proud of them.

We know already that we have some very talented students at Macquarie Fields high school. Our students, in general, are committed to their studies, their school, their peers and the wider communities from which they come. However, in this edition of our newsletter, I would like to shine the spotlight on some of our students whose recent achievements serve as an inspiration to us all, whether we are adults or students, and who serve their school and community without any expectation of reward or recognition.
In short, these young people do what they do because they have identified an opportunity to serve and to contribute. I think we can all learn a lesson here.

So, who are our shining stars? Three of them are, in fact, members of the Shining Stars dance ensemble who performed last week at the Director’s Choice Evening at the State Sports Centre, Olympic Park. Caitlyn Ryan, Michaela Rist and Lauren Weblin have given of their own time to rehearse their dance to ensure that their performance on the night was first class, and so it was. Congratulations, girls and thank you to Ms Purdon and Mrs Wood who supported them in their preparation and on performance night. Thanks to Mrs Mafi for her support of this initiative. The girls are so talented that they have also been selected, via competitive audition, for the Schools Spectacular to be held later this month at the Entertainment Centre.

Congratulations also to Dylan Scarborough who, along with a student from Elderslie HS, was a compere for Director’s Choice. Dylan was such a wonderful ambassador for our school that he managed to persuade the Executive Director to make special mention of his visit to our school in his address later in the evening. Dylan was selected for training as a compere through a competitive audition process earlier this year and has comprised several regional events. Thanks, Dylan for being a great PR guy!

Finally, I would like to congratulate Jayden Ripinskis on coming first in the 15 Boys Final and second in the 200m Boys Final at the State All Schools Athletics competition. Jayden will now compete at the national level in Townsville in December. This is a remarkable achievement, and on behalf of the entire Macquarie Fields High School community, I wish him all the best.

Future Teachers Club Launched at Macquarie Fields!
On Friday 15 November, we will officially launch a wonderful program, the Future Teachers Club. This new initiative is the first of its kind anywhere in NSW and probably, Australia and allows students to experience teaching from the other side of the desk”.

The initiative was the brainchild of Mr Perry Celestino, our Head Teacher Social Science and I must say we have been overwhelmed with the interest and enthusiasm shown by our students. We have around 120 students who will be recognised at the launch as the inaugural group and they will be presented with their badges by the executive Director, Mr Murat Dizdar. We have been fortunate in receiving sponsorship from Teachers Mutual Bank and also the recruitment arm of the NSW Department of Education and Communities, Teach NSW. We will also have representatives from the University of Sydney, one of our partner universities and our new Director.
Public Schools NSW, Ms Maria Serafim, as well as the Director of Staffing Services, Mr Mark Anderson, in attendance.

Congratulations to all our Future Teachers!

**Pink Ribbon Cancer Council Morning Tea**
Recently, the staff of Macquarie Fields High School, supported by our students, ran a huge *Pink Morning Tea* to raise funds for cancer research. The common room was transformed into a world of pink – cupcakes, lollies, decorations, there was a giant raffle with many of the prizes donated by local businesses and all up we raised close to $1,000 for cancer research. I would like to thank our local businesses for their very generous support of this initiative. We all know someone touched by cancer and it was heartening to have such wonderful community support. Our thanks go to AMF Bowling, BSW Top Shops, Coles, Cross Road Pub, Fuji Xerox, Good Guys Casula, AMR Hair Suppliers, Ingleburn Florist, John Tracey Chemist, All About You, McDonalds Glenquarie, Minto Fruit Orchard, OfficeMax, Rydges Campbelltown, Woolworths, Kodak at Glenquarie, Turks, Ingleburn Butchers Chicken Shop at Glenquarie, Ingleburn R.S.L., Mrs H Costa, Ms L Samuels, Mrs L Heath and Mrs A Birkett. Thanks also to our indomitable School Administrative and Support Staff (SASS) who led this initiative.

**Photo’s from Pink Ribbon Morning Tea**
Leadership Alliance – Preparing the next generation of School Leaders

Once again, Macquarie Fields is leading the way in supporting the development of our aspiring school leaders. Our school is the lead school in a Principals’ Professional Learning Leadership Alliance, working in partnership with two other schools, Yanco Agricultural High School in the Riverina and Prairiewood High School, near Fairfield. In August, a group of teachers from Prairiewood and Macquarie Fields High Schools embarked on a road trip, visiting Yanco AHS, gaining an insight into the challenges and rewards of being a teacher and teacher-leader in a rural setting. This week, it is the turn of a team of teachers at various stages of their careers to visit Prairiewood HS and our school. We are being supported in this initiative by a development coach, Mr Andrew Best, a Leadership officer and Principal, as well as a grant to cover the majority of the costs associated with the travel and accommodation.

So far, the three schools have worked face to face and online on a joint curriculum innovation project, for which we received an additional grant, we have forged strong links between the teachers of all three schools and our plans for future projects also include a student road trip, to explore other schools, to get a taste for teaching in a rural setting and linking with student leaders from the three schools. There is a very natural connection, of course, between these projects for teachers and teacher-leaders and our Future Teachers Club and our SRC. Very exciting plans for 2014 indeed. Watch this space.

P&C Meeting

The next P&C meeting will be held on Monday 18 November commencing at 7.30pm in the Principal’s Meeting Room. We will be discussing our plans for 2014 and there will be an opportunity to give your suggestions about the directions of the school for the future. If you are interested in finding out more about how parents can support the school in supporting our students, you are very welcome to come along. We are also seeking further volunteers to assist me in selecting our executive (head teacher) positions over the coming months. We always have P&C representation on these panels but with work and other commitments, our regular parent representatives need some support. Representatives need to be nominated and endorsed by the P&C and trained. Mr Tishler will be holding some training in the very near future so again, if interested in being part of the merit selection panels for executive positions at our school, come along on Monday to register for the training. New members are always welcome so do try and come along. It is a great way to meet other parents and find out more about how our school is run. I hope to see you there!

Lastly, please check the calendar for any special events coming up, it would be a shame to miss out on attending something your child is involved in. We love to see parents attending as many functions as they can and your children certainly appreciate your interest.

The next newsletter will be the last for the year and will contain important information about arrangements for 2014. It will be posted home as well as placed on our website. Do keep an eye out for it.

Mrs J Dolstra
Principal
PDHPE Newsletter 2013

Getting to know our subject
PDHPE stands for Personal Development, Health and Physical Education and is a compulsory subject in years 7 – 10. In years 7, 9 and 10 students have one theoretical lesson a week (Personal Development and Health) and one practical lesson a week (Physical Education), while in year 8 they have one lesson a week and rotate between practical and theory lessons each term.

Our faculty coordinates the Dance Fusion enrichment course in year 8 and the Physical Activity and Sports Studies (PASS) elective in years 9 and 10. We also offer Year 11 and 12 PDHPE and Year 11 and 12 Sports Coaching (VET subject).

A Year in Review - 2013
VET Sport Coaching
The PDHPE faculty is offering Sport Coaching in Years 11 and 12. This course has now been running for 2 years and offers a unique range of opportunities for our students.

Sport Coaching is a VET subject that focuses on skills required for employability in the sporting industry. The course is competency based and students will complete a range of theoretical and practical units.

Sport Coaching students have completed a Beginning Coaching Principles Course and have been working on a range of coaching sessions for junior athletes to develop their movement skills.

Sport Coaching is a course that is very useful for students looking for a career in the sports industry. Sport Coaching students have been participating in a range of work placement opportunities including officiating at Athletics Carnivals, coaching sport sessions and refereeing Gala days with the local primary school and working at the Macquarie Fields Leisure Centre. Students have also been involved in a various simulated work activities such as coaching and refereeing at school sport.

Students who complete the Sport Coaching course will achieve a Certificate II in Sport Coaching, a qualification that is recognised nationally. This qualification provides the skills and knowledge for an individual to be competent in assisting senior coaches in the planning and implementation of instruction for a range of sports.

Physical Activity and Sport Studies
Physical Activity and Sport Studies has enabled students to study the science of sport. Topics include; coaching, event management, physical fitness, nutrition, body systems and outdoor recreation. Students were also able to attend excursions and become ambassadors for our school for the Australia v Iraq World Cup qualifier. Students were able to walk onto the field with their banner and view the game in designated seats. Australia won 1-0 in front of a crowd of 82,000 and advance to Brazil. This was an experience for students and teachers that will stay with them forever.
PASS students also had the opportunity to witness history and watch the mighty Red Devils - Manchester United train and sign autographs as well as show off the English Premier League trophy. It was a great night and the atmosphere was electric, particularly for Mr Ninopoulos and Mr Day who are passionate football fans.

In December, students have the opportunity to attend the outdoor recreation camp at The Basin Reserve-Palm Beach (see pictures below). The purpose of the camp is to complement the theory component taught and allow students to engage in the following activities; tent building, orienteering, bushwalking, masterchef challenge, survivor games and an appreciation of the great outdoors.
Year 8 Enrichment Course- Dance
This has been a successful year for Year 8 Dance fusion students. They have learnt a variety of dance styles such as Zumba, Hip-Hop, Latin American, Traditional and Jazz. Jessica Pruthi said, “I thought all the dance styles were lots of fun, especially Hip-Hop!” Da Boys Dance crew, featuring Darnell Kato, Zion Tiata, Stefan Meade and Dylan Le said, “We worked as a team to create our own dance routine.”

Mrs Ninopoulos (PDHPE and Dance Fusion Teacher)

Excursions and Camps

Year 11 Crossroads Camp 2013
The Year 11 students from our school attended the PDHPE Crossroads camp at Vision Valley from 7-9 August this year. The Year 11 Crossroads course is compulsory to all Year 11 students. The students participated in a variety of team building, health based activities and resilience based challenges throughout the three days. The activities on offer included high ropes, low ropes, absailing, rock climbing, bushwalking, vertical challenge, flying fox and evening trivia. The camp was very successful and the students enjoyed the challenges and the opportunities that the camp offered.
Year 10 Road Safety Forum Excursion

Year 10 students attended the annual Road Safety Forum on Tuesday 20 August at Homebush All phones Arena. There were over 6000 students in attendance from a variety of schools across NSW. The students experienced a live re-enactment of a car crash and the impact that this has on individuals and the community. Students were highly engaged by the keynote speakers who had personally experienced the effects of a car crash. They also had the opportunity to talk to members of the Police force, SES Volunteers, St John Ambulance staff, the Fire Brigade and the RTA. Students found this excursion gave them the awareness, knowledge and power to make informed and safe decisions in relation to road use. The information provided at the road safety forum tied in well with the students unit of work on Emerging Health Issues within Year 10 PDHPE program.

Sport 2013

Knockout Sport –

This year we entered our school in a variety of sports ranging from rugby league, football and touch football to basketball, netball, volleyball, softball, cricket and table tennis.

We would like to thank the teachers who gave up their time to coach their respective teams and the students who represented the school with pride and passion and displayed excellent sportsmanship.

Our most notably performances this year came from the girls and boys basketball teams and the girls netball team. Both basketball teams defeated several opponents before making it to the centre venue, where they finished 5th in the highly competitive Sydney South-West region. While the girls netball team also progressed through the early rounds to make it to the centre venue. They made it out of there pool group and through the quarter finals before finally being beaten in the semi-finals of the Sydney South-West tournament.

The girls futsal team also progressed a significant way through the regional tournament where they were eventually knocked out in the semi-finals. The boys’ volleyball team also performed admirably, with a win in round one and then a narrow defeat in round 2 against Westfield Sports High School.

Representative Honours 2013

There has been a great deal of success in the sporting domain this year. In particular, our students have achieved outstanding results at the Zone and Regional Athletics Carnivals.

The following students have represented the school and the Sydney South West region at the NSW Combined High Schools Championships:
ATHLETICS
Daisy Tofa, Natayla Tofa, Jayden Ripinskis, Daniel Oh, Daniel Katic, James Temo, Lachlan Lown, Sajedur Khan, Jason Tran, Andy Pandapoten, Daniel Wu, Stephen Be, Christopher Lin and Raunaq Miah.

BASKETBALL
Michael Cao

CRICKET
Radha Jagtap and Rayeed Iqbal

CROSS COUNTRY
Alex Abdullah

Jayden Ripinskis deserves a special mention coming first in the 100m 15 Boys Final and second in the 200m Boys Final. We wish him the best of luck at Nationals in Townsville in December.

Getting to know the PDHPE faculty - Faculty Profiles

Teacher: Mr Perrett

Roles / responsibilities: Head Teacher PDHPE, VET Sport Coaching teacher, Open and U15 Basketball Coach and South West Australian Rules Coach


Favourite sports: Australian Rules, Golf, Soccer and Rugby League

Favourite sports movie: Rocky and Remember the Titans

Interesting facts / info: Was in the same year at Uni of Wollongong as Mrs Ninopoulos
Proud supporter of Sydney Swans, Canterbury Bulldogs and Western Sydney Wanderers

Teacher: Mr Day

Roles / responsibilities: PDHPE teacher, Sports Organiser and Hume Zone Football (soccer) coach

Experience: 13 years teaching, 11 years at Macquarie Fields HS

Favourite sports: Football (soccer), softball and touch football

Favourite sports movie: Cool Runnings and Blindside

Interesting facts / info: I was born in England and have travelled to over 30 countries before arriving in Australia in 2000.

Philosophy: Live the life you have always imagined

Teacher: Ms Hughes

Roles / responsibilities: PDHPE teacher and Year 7 Advisor 2014

Experience: 8 years teaching, 4 years at Macquarie Fields HS

Favourite sport(s): AFL, Netball, Swimming, Golf and Oz Tag

Favourite sports movie: Invictus, Bring it on and Varsity Blues

Interesting facts / info: Travelled extensively around Europe and taught in England – Best Experience Ever
Teacher: Mr Ninopoulos

Roles / responsibilities:
PDHPE Teacher, Events Coordinator, Rugby league Coach

Experience: 15 years teaching. 12 years at Macquarie Fields HS

Favourite sport(s): Rugby league, Golf, Cricket and Soccer

Favourite sports movie: Happy Gilmore

Interesting facts / info: Qualified Massage Therapist

Philosophy: “Life moves very quickly, if you don’t stop and look around, you may miss it” Ferris Bueller

Teacher: Mrs Ninopoulos

Roles / responsibilities:
PDHPE teacher, Sports Organiser, SRC Coordinator and Boys and Girls Volleyball Knockout Team Coach.

Experience: 15 years teaching experience. 8 years teaching at Macquarie Fields High School.

Favourite sport(s): Volleyball, Rugby League, Basketball and Dance

Favourite sports movie: The Benchwarmers

Interesting facts/info: I am a qualified Zumba instructor and Fitness instructor and performed in the Opening and Closing Ceremony of the Sydney Olympic Games.

Philosophy: “Never say Never”.

Teacher: Miss Boyles

Roles/responsibilities:
PDHPE teacher, VET Sport Coaching teacher, Carnival Organiser, Year 12 Adviser 2013, Girls Basketball coach, Sydney South West Girls Hockey Coach

Experience: Graduated from Sydney University in 2004, 9 years teaching experience, 8 years teaching at Macquarie Fields High School.

Favourite sport(s): Hockey, Basketball, Athletics and NFL

Favourite sports movie: The Blind Side and Million Dollar Baby

Interesting facts/info: My Mum and sister are also teachers; I have represented NSW and Australia in Indoor Hockey.

Philosophy: “Winning isn’t everything, it’s how you play the game.”
World’s Biggest Classroom
Each year as a part of the School’s Spectacular the NSW Department of Education Arts Unit hold an event called the World’s Biggest Classroom. As a part of this event, student work from public schools across NSW is showcased as displays in a wide variety of venues including the foyer of the Entertainment Centre during the School’s Spectacular concert, major railway stations within Sydney and a number of Westfield Shopping Centres.

This year the Creative and Performing Arts Faculty at Macquarie Fields High School have been successful in having work selected to be included in this high profile event.

Students from Mrs McDermott’s Visual Design class of 2012 will have work from their unit of work on the work of Australian artist Ken Done displayed. In fact the arts Unit were so impressed by our student’s work that they were commissioned to create extra pieces for this event.

Congratulations to Mrs McDermott and the students on this achievement.

Art Exhibition – In the Picture
The Creative and Performing Arts Faculty are pleased to announce “In the Picture” a Creative and Performing Arts Showcase. This event will showcase work of students from Years 7 to 12 and will include work from mandatory Visual Arts as well as our elective Visual Arts, Photography, Visual Design and Print Studio courses. We plan on making this an annual event and are very excited to present this inaugural showcase.

Artworks will be exhibited in the school hall on Thursday 14th of November and Friday 15th of November, coinciding with the launch of the Future Teachers Club. Parents and friends are invited to attend an open evening between 6 pm - 7.30 pm on Thursday 14th of November. Entertainment for this evening will be provided by our talented music students and light refreshments will be provided.

We are very proud of the amazing work that our students have created throughout the year and look forward to sharing it with the wider school community.

Charcoal Self Portrait by Labiba Rahman, Year 7