Calendar Events

Week 10

Monday March 31  
Yr 12 ½ Yearly exams
All week

Week 11

Monday April 7  
Yr 12 ½ Yearly exams (all week)
School to Work focus week

Wednesday April 9  
LEAPS Launch - 5-8pm

Friday April 11  
LAST DAY OF TERM

From the Principal

I am always in awe of the remarkable talents our students display on a daily basis and I am always proud to celebrate their achievements.

Recently, a small group of our Future Teachers presented a workshop to a group of teachers who were training to become Ambassadors for teaching and Public Education. Presenting in front of a group can be somewhat daunting, even for the most seasoned of presenters but it can be especially challenging for students to present to a group of teachers. I am immensely proud to say that our students rose to the challenge! They were articulate, used humour, answered questions without notice and their passion for their participation in our Future Teachers initiative was clearly evident. Congratulations and thanks to Dylan Scarborough (Year 11), Jaanvi Kapadia (Year 12), Kristie McIntosh (Year 11), Lubna Sherieff (Year 11) and Ishan Gupta (Year 10). A huge thank you also goes to Aman Sharma (Year 12) who videoed all the action and also produced a short clip of our Future Teachers launch held in November last year. Of course, a huge vote of thanks also goes to the inspirational leader of the Future Teachers, Mr Celestino!
**Head Teacher Welfare**
Following the transfer of our Head Teacher, Welfare, Ms Mazoudier, we have undertaken a merit selection process to fill this position. We had a full panel, including representatives from the P&C and I am happy to announce that the successful applicant was Mrs Imelda Judge who will now take up the role on a permanent basis. Mrs Judge will also maintain her teaching role in the English Faculty. Congratulations, Mrs Judge.

**Further Student Success**
It gives me great pleasure to congratulate Jazs Wilson and Joel Weddle who recently achieved their White Card which will allow them to participate in work experience which involves entering building sites and similar industry settings. They were supported in this achievement by Miss Purdon, from the Special Education Faculty, who also received her White Card. Congratulations, Joel, Jazs and Miss Purdon!

**P&C News**
The P&C Annual General Meeting was held on Monday last and the Office Bearers for 2014 were elected. I would like to congratulate Mrs Marika Livani on her re-election as President. Thank you to being so willing to take on this important role in our school community and for giving of your time to support our school. The names of all the office bearers will be published next newsletter.

Recently, the P&C very generously donated over $12,000 to purchase new computer desks for the Library. The new furniture arrangement will mean that we can fit a whole junior class into the space and that each child in the class group will have access to a computer on a one to one basis.

The P&C’s main source of funds is via the P&C Contribution for which you are invoiced along with fees and other contributions each year. This money goes directly to supporting your children and in the recent past has been used to supply blinds, interactive projectors and other equipment used by all students. Please help support your children and ensure they have the very best by making the P&C Contribution each year. I would like to thank all families who have supported the school through paying this contribution each year.

**Fast Forward**
On Wednesday 26 March, I was privileged to be asked to announce the names of our 2014 Fast Forward students. This program, sponsored by the University of Western Sydney, supports students over a four year period, from Year 9 to Year 12. Students participate in a range of activities, both at school and on campus, and students are further supported through mentoring by university students and are eligible for the award of a Fast Forward Scholarship. This is a wonderful opportunity for our students and I would like to congratulate the following Year 9 students on their selection for this program:

<table>
<thead>
<tr>
<th>Rosemary Bastian</th>
<th>Lea Mautofu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jack Colman</td>
<td>Sione Nalesoni</td>
</tr>
<tr>
<td>Justin Edwards</td>
<td>Liam O’Callaghan</td>
</tr>
<tr>
<td>Aramis Faateete</td>
<td>Egypt Patau</td>
</tr>
<tr>
<td>Cheyanne Griffen</td>
<td>Luke Roseman</td>
</tr>
<tr>
<td>Angela Hannah</td>
<td>Tobias Streefkerk</td>
</tr>
<tr>
<td>Maethinee Juathaisong</td>
<td>Zion Tiata</td>
</tr>
<tr>
<td>Darnell Kato</td>
<td>Nathaniel Tiata</td>
</tr>
<tr>
<td>Angel Kavanagh</td>
<td>Daisy Tofa</td>
</tr>
<tr>
<td>Kathleen L’Estrange</td>
<td>Ammama Uddin</td>
</tr>
</tbody>
</table>
Thanks also to Mrs Hegde for coordinating this program at the school level and to Mrs McDermott for her support of the students.

Bring Your Own Device (BYOD)
At the recent meeting for parents of students in Year 9, I undertook to provide further information about suitable devices which are appropriate for use at school under this program. To support parents in their purchasing decisions, a letter will be mailed out giving advice regarding the specifications and suggestions as to suitable devices. As well as a copy of the letter going home to parents, a copy of the information will be posted on the school’s website. If you require further information, please contact either Mr McLeod (for technical advice) or, if student assistance is required, please feel free to contact the Principal.

End of Term 1
As the term draws to a close, I would like to wish everyone a safe and restful break and I took forward to seeing our students participating in the many exciting opportunities available to them throughout the next term.

Mrs Janice Dolstra
Principal

PDHPE News 2014

Getting to know our subject
Personal Development, Health and Physical Education (PDHPE) is one of the key learning areas of the NSW secondary curriculum. Our school’s PDHPE program aims to help our students develop and lead healthy, active and fulfilling lives.

Our school’s PDHPE program covers a wide range of education matter, including relationships, bullying, drug use, road safety, sexual health, child protection, risk taking, safety, fundamental movement skill development, dance and physical activity. Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program.

The PDHPE program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong. The school program will be implemented in a manner that supports the role of parents and caregivers, and reflects the ethos of the school community.

An overview of some of the content of the PDHPE program is provided below.

Year 7
Bullying
Adolescence and Change
Sexual Health
Drug Use
Healthy Food Habits
Fundamental Movement Skills
Dance

Year 8
Relationships
Risk Taking and Safety
Invasion Games

Year 9
Sense of self
Body image
Healthy Food Habits
Discrimination
Physical Activity
Year 10
Drug Use
Sexual Health
Mental Health
Road Safety
Dance
Invasion Games

The PDHPE faculty also 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).

Year 7 Anti-Bullying Program

Year 7 students have recently begun their first high school PDHPE unit called ‘Sticks and Stones’. The unit centres round issues of bullying and harassment and the different strategies that enhance their ability to cope and feel supported. In conjunction with the unit, the PDHPE faculty invited some of the Wests Tigers NRL team to the school to make a presentation to all Year 7 students in a program titled Tackling Bullying. The focus of the presentation was to reinforce the importance of preventing and coping with bullying in our school community. Pat Richards, a member of the West Tigers 2005 premiership winning team, and Bodene Thompson, who recently joined the club last season from the Titans, spoke about their personal experiences with bullying and answered questions from the students. Congratulations to Year 7 on their outstanding behaviour and engagement towards this insightful presentation. Thank you also to the Wests Tigers for taking the time out to present, sign autographs and deliver some prizes and gifts for the students and school.

Year 7 and Year 8 PDHPE incursion - The Hurting Game

As part of the teaching and learning program within PDHPE at Macquarie Fields High School, Year 7 and Year 8 students have the opportunity of participating in an incursion, The Hurting Game by Brainstorm Productions. The Hurting Game is a live performance based on bullying, harassment, body image, peer pressure, self-esteem, cyber-footprint and positive relationships.

The aim of this incursion is to provide students with the opportunity to be an audience to a live performance. Students will also have the opportunity to ask the actors questions that relate to the live performance. The Hurting Game performance for 2014 was held on 25 March.

Year 9 and Year 10 PDHPE incursion - Cheap Thrills

As part of the teaching and learning program within PDHPE at Macquarie Fields High School, Year 9 and Year 10 students have the opportunity of participating in an incursion, Cheap Thrills by Brainstorm Productions. Cheap Thrills is educational theatre that tackles the consequences of risk taking and substance abuse. After a lively discussion the audience leaves the venue with a deep understanding of how their choice of friends and their ability to make good decisions has a dramatic effect on their lives.

The aim of this incursion is to provide students with the opportunity to be an audience to a live performance with appropriate content for their age group. Students will also have the opportunity to ask the actors questions that relate to the live performance.
The Cheap Thrill incursion is on Friday 20 June 2014. Year 10 students will be an audience during period 2 and Year 9 students will be an audience during period 3 on this day in the school hall. Students will be required to pay $6.00 for this incursion to the front office. Final payment is due by Wednesday 18 June 2014.

**Year 9 and 10 Elective- Physical Activity and Sports Studies**

Physical Activity and Sports Studies promotes learning about movement and provides students with opportunities to develop their movement skills and assist the performance of others. It incorporates a wide range of lifelong physical activities, including recreational, leisure and adventure pursuits, competitive and non-competitive games, individual and group physical fitness activities, and the use of physical activity for therapy and remediation.

The topics offered for Year 9 PASS students in 2014 include Outdoor Recreation, Body Systems and Energy for Physical Activity, Coaching, Australia’s Sporting Identity and Fundamentals of Movement Skill Development. The topics offered for Year 10 PASS students in 2014 include Event Management, Nutrition and Physical Fitness, Enhancing Performance-Strategies and Techniques, Opportunities and Pathways in Physical Activity and Sport.

Students will develop the capacity to move with skill and creativity in alternative movement experiences and environments, valuing movement as a source of personal enjoyment and satisfaction. Students will engage in a variety of sports to broaden their perspective and knowledge on physical activity. These include European Handball, Ultimate Frisbee, AFL, Tennis, Golf, Martial Arts, Gymnastics and Pilates. Through the duration of this exciting course, students will explore these numerous physical activities and sports from national, community and individual perspectives and will develop a deeper understanding of the roles and effects of physical activity and sport, and the benefits and opportunities they can provide.

PASS is a great opportunity for future career paths in the sporting industry. Students are encouraged to specialise and study areas in depth, to work towards a particular performance goal, pursue a formal qualification or examine an issue of interest related to the physical, emotional, social, cultural or scientific dimensions of physical activity and sport.

**VET Sport Coaching**

The PDHPE faculty is offering Sport Coaching in Years 11 and 12 again this year. 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.

The Year 11 Sport Coaching students have completed a Beginning Coaching Principles Course and will be running Fundamental Motor Skills coaching sessions with the Year 7 students. They will be working in small groups and coaching a range of skills in a variety of sporting contexts.

The Year 12 Sport Coaching students have been working on a range of coaching sessions for junior athletes to develop their athletics and netball 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 some of the local primary school’s swimming carnivals, officiating at gala days and working at Macquarie Fields Public School assisting with the PE and sports programs. These work placement opportunities have provided students with an excellent opportunity to develop their employability skills and build connections within the community.

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.

**Sport 2014**

**Wednesday Afternoon Sport**

Sport Organisers Mr Day and Mr Ninopoulos have changed the structure of sport to benefit...
the students and improve participation rates for Years 7-11.
Year 7 will be involved in AFL, Rugby League, soccer, T-Ball and other exciting sports.
Year 8 will be participating in an integrated house sport competition which includes T-ball, cricket, basketball, netball and swim school in Term 4.
Years 9 and 10 will be involved in an inter-school competition with Hurlstone Agricultural High School and Casula High School as well as recreational sports of weights, circuit, aerobics and school based sports.
Year 11 will participate in recreational sports and an inter-school competition.

Sports Carnivals 2014

Swimming
The swimming carnival was held on Friday 28 February 2014 at the Macquarie Fields Swimming Centre. We had record numbers attend and an exciting atmosphere with our cheer squads, team banners and signs being displayed.

It was a cool and slightly wet day, although this did not dampen the students’ spirits or affect the speed of our swimmers. This was evident with some outstanding results.

Congratulations to the following age champions for 2014:

<table>
<thead>
<tr>
<th>AGE</th>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 YEARS</td>
<td>Jasmine Dabestani</td>
<td>Varun Upadhay and Praneel Sharma</td>
</tr>
<tr>
<td>13 YEARS</td>
<td>Megan Lam</td>
<td>Joshua Obeido</td>
</tr>
<tr>
<td>14 YEARS</td>
<td>Zaylie Thompson</td>
<td>Nathaniel Tran</td>
</tr>
<tr>
<td>15 YEARS</td>
<td>Jessica Bringolf</td>
<td>Andrew Lam</td>
</tr>
<tr>
<td>16 YEARS</td>
<td>Talara Austin</td>
<td>Christopher Dunshea</td>
</tr>
<tr>
<td>17 YEARS PLUS</td>
<td>Katherine Livanis</td>
<td>Shakthi Saravanan</td>
</tr>
</tbody>
</table>

A special mention goes to Megan and Andrew Lam, who raced in most of the events and broke many long standing records on the day. One of these included a record from the early 1990’s that was achieved by our Australian Soccer (football) representative Brett Emerton.

In action during the 50 metre backstroke

Simpsons House getting into the spirit
Students getting ready for a race

Go Addams: Mr Baker and Ms Shakespeare

Cross Country

The school cross-country carnival will be held on Wednesday 30th April 2014 (Week 1, Term 2).

Students will have the opportunity to trial the new course during PDHPE lessons. The course will be approximately 4 km in length.

Years 11 and 12 will run during period 2.
Years 9 and 10 will run during period 4.
Years 7 and 8 will run during sport.

Best of luck to all the students, especially those who are aiming to represent the school in the Hume Zone Cross Country at Hurlstone Agricultural High School later on in Term 2.

The first 10 students in each age group will qualify for this event.

Athletics

The school athletics carnival will be held on Friday 16 May 2014 (Week 3, Term 2) at Campbelltown Athletics Stadium. Students will have the opportunity to practise some events during their PDHPE lessons and then participate to the best of their ability at Campbelltown Stadium’s excellent facilities. The top performing athletes in each age group and event will then have the chance to represent our school at the Hume Zone Athletics Carnival.

Knockout Sport

This year we have 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 give up their time to coach their respective teams and the students who will represent the school with pride, passion and excellent sportsmanship.

A special mention at this early stage of the year goes to the boys and girls football (soccer) teams who have trained hard under the guidance of Mr Hollis and Mr Deakin. Their hard work has been rewarded accordingly with outstanding Round 1 wins against Sir Joseph Banks High School. The boys’ team won 11-2 and the girls won 9-0.

Hume Zone Representatives

Many sports have not reached the representative stage. In the sports that are at this stage we have had a number of student’s representing the Hume Zone and Sydney South West School Sports Association. Congratulations to the following students:

Hume Zone Boys Football (Soccer) – Corey Eccleston, Alex Abdullah, Jackson Tallon, Ryan Goldsworthy, Lachlan Wallace, Daniel Oh.

Hume Zone Girls Football (Soccer) – Reehanna Sheppard
Hume Zone Boys Basketball – Brandon Lay, Jimmy-Lee Roberts
Hume Zone Girls Basketball – Irena Kirisone, Daisy Tofa, Destiny Tavui, Deifilia Yanto, Kenya Tavui, Natalya Tofa, Tahlia Eagle, Kayla Edusada
Hume Zone Girls Netball – Irena Kirisone, Daisy Tofa, Natayla Tofa, Pricilla Samoa, Kristina Vukovic, Namrita Chand, Tiana Turia
Sydney South West Boys Baseball – Justin Fry

Ms N Boyles
Relieving Head Teacher PDHPE

School Library News

Hello! My name is Miss Hannaford and I am the Teacher Librarian at Macquarie Fields High School. My role as Teacher Librarian is to support all parts of the school community to find, access and use the wide world of information for all kinds of learning as well as to promote and support reading for enjoyment. I am very ably supported by our school library assistants Mrs Majarich and Mrs Masters and as a team we look forward to continuing to work with the school community. Our school library’s vision is:

“Macquarie Fields High School Library is more than just 4 walls; it is the world, 24 hours a day, seven days a week.”

Library Opening Hours and Borrowing Procedures

The Library space is open every school day from 8am until 3:30pm. Students are encouraged to access our digital collections at any time of day or night via their student portal link to the school catalogue or access the online databases via the school Moodle. The library staff are available to show students how to access the digital collections during school time.

To borrow books and use the printers/photocopiiers, students will need their student ID card. Year 7 as well as students who are new to the school can borrow straight away without their ID card and to access the printer/photocopiiers, new students should approach a member of the Library staff who will assist them to print without a library card.

Junior students are permitted to borrow 2 Fiction books and 2 Non Fiction books for 2 weeks. Senior students are permitted to borrow 3 Fiction books and 3 Non Fiction books for 2 weeks. If the student requires the borrowed materials for longer, then that resource can be renewed for an additional 2 weeks.

Students will be notified of overdue Library resources through their roll call teacher. If the item is not returned promptly then parents or caregivers will be notified. If the item is lost, then the replacement cost will need to be paid by the student who borrowed the resource.

Printing of assignments and scanning

The Library has 2 printers which also double as scanners and photocopiers. The cost of printing/photocopying is as follows:

A4 Black and White printing- 5 cents per page, per side.
A4 Colour printing- 50 cents per page, per side
A3 Black and White printing- 10 cents per page
A3 Colour printing $1 per page

Students who need to scan documents or images should approach a member of the Library staff for assistance.
Premier’s Reading Challenge

The Premier’s Reading Challenge for 2014 has commenced. Students register and record the books they read online through the Student Portal. The challenge requires students to read 20 books within the time limit of March 4th to the 1st of September. The challenge involves reading 15 books from the nominated list of books and 5 personal choice books. The Macquarie Fields HS Library has well over 1000 of the nominated titles and we are purchasing even more of the titles to expand the collection. Students can access the portal both at school and at home so please ask your son or daughter to show you the student portal and the links to the Premier’s Reading Challenge.

Activities in the Library

The Library hosts a wide range of activities every day. Activities include Chess Club, challenging jigsaw puzzles, Lego, the puppet collection as well as our decorating themes. Our first theme this year in the Library has been celebrating the lunar new year including the year of the horse which has included a display of puppets from many different parts of Asia. The puppet collection in the library consists of puppets from around the world as well as puppets built by me and former students of Macquarie Fields HS. Since the commencement of the school year, it has been wonderful watching Year 7 interact with the puppet collection in the library especially since they have been using the puppets to make new friends with other students in Year 7 as well as the older students. As the year progresses, the puppets on display will change to give students the opportunity to experience the way different cultures tell stories through puppetry.

Major Library Project

During the course of the next 2 months, the Library will be undergoing a major refurbishment of the computer area. With the generous support of the Parents & Citizens, the computer desks in the main library area will be replaced with new tables, power and data cabling, improving not only computer speed but also expanding computer access to allow a class of 30 students to have 1 computer each. During the construction period, the library will be closed to all members of the school community. Students will be notified of the exact dates of the Library closure through the Daily Notices.

Happy Reading
Miss K Hannaford
Teacher Librarian
Special Education Faculty

Next month we celebrate **National Autism Awareness Month**. This month is our time to recognize the growing need for awareness and concern about autism and related issues within the community. At MFHS we value the contribution of students with a diagnosis of Autism Spectrum Disorders and the on-going support we receive from their families for our programs. Our inclusive student enrolment at MFHS continues to reflect the wonderful diversity in our wider community.

Within our school we provide staff with professional learning opportunities, to further to support students with differing support needs. In terms of enriching teaching practice, many of our teachers have now practical experiences in teaching in Special Education classes, in addition to teaching students in mainstream classes. I wish to thank the Senior Executive Team, Mrs. Dolstra, Mr. Tishler and Mr. Perrett, and give them the credit for their initiative and interest in making provision for this valuable professional learning program within our school. This effective organization of human resources has resulted in a symbiotic process where teachers and students alike benefit from shared learning experiences. I would also like to take this opportunity to thank all teaching and non-teaching staff at MFHS for supporting students within our classes, and those students transitioning to mainstream classes, in 2014.

Our school is celebrating inclusion with a special recognition of **World Autism Day on April 2nd**. We welcome students and staff to view the display by students from our Autism Specific - Special Education Classes, on the windows of the school library. The display includes clay-mation videos and posters created by our students. We invite staff and students to spend time relaxing in our ‘Peace Garden’ during breaks on this day. Students and staff are also invited to wear a blue ribbon to show their support for students with Autism.

*Head Teacher Special Education*
*Mrs Veronica Mafi*