Calendar Events

**Week 3**
- Monday October 19
  - Yr 7-9 Testing Week
- Monday October 19
  - P&C Meeting-7:30pm

**Week 5**
- Wednesday November 4
  - LEAPS Graduation
  - HSC ends
- Thursday November 5
  - Yr 12 Sign out 10am-2:30pm

**Week 6**
- Monday November 9
  - Year Meetings Week
- Wednesday November 11
  - Remembrance Day
- Thursday November 12
  - Yr 12 Sign out 10am – 2:30pm

**Recipient’s 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>Reehanna Sheppard</td>
<td>12</td>
<td>Week 9/ Term 3</td>
<td>Office Works Gift card</td>
</tr>
<tr>
<td>Namrita Chand</td>
<td>12</td>
<td>Week 9/ Term 3</td>
<td>$20 Macarthur Square gift card</td>
</tr>
<tr>
<td>Abroo Dhillon</td>
<td>12</td>
<td>Week 10/ Term 3</td>
<td>$20 Office Works gift card</td>
</tr>
<tr>
<td>Danielle Esaíd</td>
<td>10</td>
<td>Week 10/ Term 3</td>
<td>$15 Canteen Voucher</td>
</tr>
<tr>
<td>Jade Tafunai</td>
<td>12</td>
<td>Week 10/ Term 3</td>
<td>$30 Go Karting Voucher</td>
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**From the Principal**

Welcome to Term 4! I hope everyone had an enjoyable and relaxing break and I hope all our students are ready for a great final term of 2015!

As I recently outlined in a letter to parents, I have been asked by the Director, Ms Maria Serafim, to relieve as Principal at Ingleburn HS during the extended absence due to illness of the Principal there. Whilst I am undertaking principal duties at Ingleburn HS, Mr Mark Tishler will be Relieving Principal, Mr David Ralston will relieve in the Deputy Principal's role usually undertaken by Mr Tishler and Mr Perrett will continue in his role as Deputy Principal, Curriculum. Mr Grant Byrne will cover Mr Ralston's role as HT Industrial Arts.

I know that everything will run smoothly at MFHS due to the professionalism and leadership capacity of all these gentlemen and I thank them in advance for being so willing to assume these duties. We are indeed fortunate that we have the
depth of leadership and experience at our school which enables us to support a neighbouring school.

Welcome to Ms Jillian Vella

Following the transfer of Ms Vesna Stojceva, I welcome the appointment of Ms Jillian Vella to the English Faculty. Ms Vella comes to us from schools in the Penrith area and has a wealth of experience in debating and public speaking.

Although I will be devoting the majority of my time and energy to Ingleburn HS, I will still be involved in many projects and functions at Macquarie Fields and I look forward to returning as soon as possible on a full time basis.

Mrs J Dolstra
Principal

PDHPE Newsletter

2015 has been a successful year for the PDHPE faculty at Macquarie Fields High School. My name is Maria Ninopoulos and I was successfully appointed the Head Teacher of PDHPE at the end of last year. I have been teaching at Macquarie Fields High school as a permanent staff member since 2006. I have had a very exciting year in this new role and look forward to our new and exciting future ventures as a PDHPE faculty. We hope you enjoy our newsletter and photos.

Mrs M Ninopoulos
Head Teacher PDHPE

Year 10 Road Safety Forum Excursion

On Tuesday 25 August Year 10 attended the annual bstreetsmart road safety forum at Allphones arena at Homebush. The students enjoyed the interactive and real life road safety scenarios along with 7,500 thousand other students from all over NSW. Below is a testimonial from one of our Year 10 students.
Road Safety Excursion Student Review
On the 25th of August, Year Ten had the opportunity to visit the Allphones Arena to watch a presentation and act organised by ‘bStreetSmart’ in order to improve our road safety skills. There were many other schools present and the day was filled with important information and tips to promote safe driving. We learned what to do in the case if an emergency and were touched by the stories of crash victims. We visited stalls throughout the day held by organisations such as the SES (Sate Emergency Services) and the Australian Red Cross. A highlight of the day would have to be a performance from Morgan Evans in which he sang his song ‘Like a Tornado’ about his crash experience. Overall, it was a really enjoyable day and we are very lucky to be given the opportunity to go. On behalf of Year 10, I would like to thank the PE Teachers for organising this excursion for us.

Sumyia Nasim 10R3

Motivational Media PDHPE Incursion Year 7-10
The motivational media incursion was held on Tuesday 2 June 2015. It was most successful and the students felt inspired after watching the production in our school hall.

Getting to know the PDHPE Faculty

Faculty Profiles

Teacher: Mrs Ninopoulos
Roles/responsibilities: Head Teacher PDHPE teacher, Sports Organiser, Boys Volleyball Knockout Team Coach and Girls Hume Zone Basketball convener
Experience: 16 Years of teaching experience. 9 years teaching at Macquarie Fields High School.
Favourite sport(s): Volleyball, Rugby League, Basketball and Dance
Favourite food: Roasted lamb in the oven and anything with chocolate!
**Most memorable moment(s):** Seeing Mr Ninopoulos dance the Rooster Dance on the assembly in front of the whole school after the Roosters won the NRL grandfinal.

**While growing up I wanted to be a:** Professional Dancer

**Philosophy:** “Don’t judge a book by its cover”.

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**Teacher:** Mr Day

**Roles / responsibilities:** PDHPE teacher, Sports Organiser, Hume Zone President and table tennis coach

**Experience:** 13 years teaching. 11 years at Macquarie Fields HS

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

**Favourite food:** Italian (Lasagne) and Indian (butter chicken)

**Most memorable moment(s):** Sporting - Being at the game and watching England win the Rugby Union World Cup in 2003 and volunteering at the Sydney Olympic Games in 2000.

**While growing up I wanted to be a:** Policeman

**Philosophy:** Have fun and enjoy life, just not at other people’s expense.

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**Teacher:** Miss Worthington

**Roles / responsibilities:** PDHPE Teacher, Girls Netball Coach

**Experience:** 2 years teaching, started at Macquarie Fields Term 2 2015

**Favourite sport(s):** Oz tag, Softball, Dance, Skiing and Surfing

**Favourite food:** Mexican and Ice cream

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**Teacher:** Mr Ninopoulos

**Roles / responsibilities:** PDHPE Teacher

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

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

**Favourite food:** Lamb on the spit, Lamb souvlaki, Roast lamb, Galaktobureko

**Most memorable moment(s):** In no particular order; the birth of my boys, getting married, Greece winning Euro 2004, Roosters winning the Grand Final in 2002 and 2013, holidaying in Greece.

**While growing up I wanted to be a:** Professional Rugby League player. Failing that, become mega-rich (still working on this one)

**Philosophy:** “Do what makes you happy”

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**Teacher:** Mr Rompies

**Roles / responsibilities:** PDHPE Teacher

**Experience:** 10 years teaching PDHPE.

**Favourite sports:** Soccer, Rugby League and Touch Footy

**Favourite food:** Chicken, Pizza and Pasta
Most memorable moment(s): Doggies winning the final in “04” and watching Australia qualify for the 2006 world cup in Germany

While growing up I wanted to be a: Playing soccer in the EPL

Philosophy: Just Relax and have fun

Teacher: Mr Luc


Experience: 2 years teaching at Macquarie Fields.

Favourite sports: Rugby League, Cricket, Tennis and AFL.

Favourite food: Italian, Chinese, seafood and lots of lollies.

Most memorable moment(s): Traveling around Europe.

While growing up I wanted to be a: Professional Rugby League player.

Philosophy: Never consider the possibility of failure, as long as you persist, you will be successful.

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.”

Teacher: Mr Perrett

Roles / responsibilities: Deputy Principal Curriculum and Professional Development, Teacher PDHPE,


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

Favourite food: Thai

Most memorable moment(s): Seeing children being born. Getting married and travelling overseas

While growing up I wanted to be a: Halfback for Canterbury Bulldogs

Philosophy: You get out what you put in!

Teacher: Miss Boyles

Roles/responsibilities: PDHPE teacher, VET Sport Coaching teacher, Sport Organiser, Year 12 Adviser 2013 and recently became a first time mum.

Experience: Graduated from Sydney University in 2004, 10 years teaching experience, 9 years teaching at Macquarie Fields High School.

Favourite sport(s): Hockey, Basketball, Athletics and NFL
Year 7 Gala Day was coordinated by MFHS PDHPE staff and the 10 PASS students as well as the Year 11 Sport Coaches. Five schools attended on Friday 21st August 2015 at various venues. MFHS, Holsworthy, Casula, Hurlstone and Ingleburn participated in soccer at Third Avenue, touch at Milton park, Newcomball at our school, basketball at Minto indoor sports, ultimate frisbee at Monarch and netball at Coronation Park, Minto.

Mr Ninopoulos’ Year 10 PASS class coordinated the soccer and touch tournament consisting of venue booking, BBQ and canteen organisation, refereeing and conducting the draws. Students also organised certificates and trophies for the overall winners and runners up.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>WINNERS</th>
<th>RUNNERS UP</th>
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<tbody>
<tr>
<td>Boys Touch</td>
<td>MFHS</td>
<td></td>
</tr>
<tr>
<td>Girls Basketball</td>
<td>MFHS</td>
<td></td>
</tr>
<tr>
<td>Boys Newcomball</td>
<td>MFHS</td>
<td></td>
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<tr>
<td>Girls Newcomball</td>
<td>MFHS</td>
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<tr>
<td>Ultimate Frisbee</td>
<td>MFHS</td>
<td></td>
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<tr>
<td>Boys Basketball</td>
<td>MFHS</td>
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Great results from our students. As usual, behaviour and sportsmanship was exemplary.

A huge thank you to the following teachers for their wonderful assistance; M Day, J Luc, S Worthington, S Rompies, L Deakin, S Gibbs, T Wilson, N Anthony and our Prac teacher Kiv Tangerli.

Next term our students will be participating in the Year 8 Gala Day, hosted by Casula HS.
Hume Zone Sport

Macquarie Fields High School is one of 7 schools that make up the Hume Zone area. The other high schools are Hurlstone Agricultural, Ingleburn, Casula, Lurnea, James Meehan and Holsworthy.

Students that make it into the school team in swimming, cross country or athletics then compete against these schools and then if you make it into the top 2 for your event you then represent the zone at the Sydney South West regional championships. (There is a section further on in the newsletter that acknowledges the achievements of our students).

I would like to acknowledge the efforts of a number of Macquarie Fields HS staff members (picture below) for giving up their time to ensure our students get the opportunity to represent our zone and beyond in a variety of sports. Mr Day is the president of our zone, Mrs Ninopoulos is the coach for the zone basketball team, Mr Deakin is the coach for the soccer team and Mr Luc is the special events coordinator (he is currently organising a special gala day for term 4 that will involve our most talented athletes who would like to represent our zone in 2016 – students will be told about this opportunity mid-term 4).

Hume Zone Representatives

We have had a number of student’s representing the Hume Zone, congratulations to the following students:

**Hume Zone Boys Football (Soccer)** – Brendan Facchinelli, Samuel Gonzalez, Brandon Panganouvong, Jackson Tallon, Kristian Mansfield, Damien Chand, Novel Haque, Daniel Maric, Aidan McDonagh, Ricky Alvarez, Glen Thoroughgood, Hasib Hassan, Rahul Sharma, Lachlan Wallace, Gabriel Yazji

**Hume Zone Girls Football (Soccer)** – Reehanna Sheppard

**Hume Zone Boys Basketball** – Andrew Lam

**Hume Zone Girls Basketball** – Irena Kirisone, Daisy Tofa, Kenya Tavui, Natalya Tofa, Kayla Edusada, Dilki Senanayake, Yaslyn Mollina, Talara Austin, Hana Maksimovic and Jonah Lorenzo.
A focus on our Representatives (keeping it in the family)

Sister Success – A special mention goes to Daisy and Natayla Tofa who have represented the school in a range of sports and also successfully made the Sydney South-West Athletics team. Natalya was unable to attend the Public Schools State championships but Daisy did represent our school and region in Shot Put. She performed outstandingly and achieved second place in the state.

Sibling Success – A special mention also goes to Andrew and Megan Lam who have represented the school in a range of sports, including cross country, athletics and swimming. They have both achieved success at Hume Zone level or above, while Andrew also had success at the State Swimming Championships.

Modified Athletics Carnival for Year 7-12

Due to the cancellation of our Athletics Carnival this year during sport our school ran a modified Athletics Carnival for serious competitors, which involved Years 7, 8 and 9 at Monarch Oval the first week and Year 10, 11 and 12 the second week.

Let's hope next year we have fine weather for the Athletics Carnival.
**2015 MFHS Athletics Age Champions**

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
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<tbody>
<tr>
<td>12 Yrs</td>
<td>Dylan Tran</td>
<td>Rickey Lin</td>
</tr>
<tr>
<td></td>
<td>James Ninopoulos</td>
<td>Anniversary F.L.</td>
</tr>
<tr>
<td>13 Yrs</td>
<td>Rubaiyat Mahmoud</td>
<td>Michael Sta Teresa</td>
</tr>
<tr>
<td>14 Yrs</td>
<td>Guojun Gan</td>
<td>Hamza Khalid</td>
</tr>
<tr>
<td>15 Yrs</td>
<td>Andrew Lam</td>
<td>Brendan Faccinelli</td>
</tr>
<tr>
<td>17 Yrs Plus</td>
<td>Alalate Makafane</td>
<td>Jackson Tallon</td>
</tr>
</tbody>
</table>

**2015 MFHS CROSS COUNTRY AGE CHAMPIONS**

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 YEARS</td>
<td>Mateusz Kaczmarz</td>
<td>Josephine Le</td>
</tr>
<tr>
<td>13 YEARS</td>
<td>James Ninopoulos</td>
<td>Hayley Tipping</td>
</tr>
<tr>
<td>14 YEARS</td>
<td>Divesh Singh</td>
<td>Megan Lam</td>
</tr>
<tr>
<td>15 YEARS</td>
<td>Guojun Gan</td>
<td>Cristal Gordon</td>
</tr>
<tr>
<td>16 YEARS</td>
<td>Andrew Lam</td>
<td>Sanjana Sriram</td>
</tr>
<tr>
<td>17 YEARS PLUS</td>
<td>Jackson Tallon</td>
<td>Kristina Vukovic</td>
</tr>
</tbody>
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**Cross Country Carnival Years 7-12**

Cross country running is one of the disciplines under the sport of athletics, and is a natural terrain version of long-distance track and road running. The unique aspect of cross country is that it’s the competitor against not only the competition and him/herself, but also Mother Nature. On Wednesday 29th of April, students from Macquarie Fields High School across all year groups participated in the cross country carnival. It was a sensational day to race, with the course covering approximately 4km of various terrains around the Macquarie Fields region. Many students pushed themselves and brought out the best in themselves with many races resulting in extremely close finishes for the top spots. Big congratulations to all those who participated and the talented athletes who progressed through to the next round to represent Macquarie Fields at the Cross Country Hume Zone Carnival held at Hurlstone Agricultural High School.

**Knock out Sport**

Yet again we have had excellent numbers of students representing the school in a variety of sports against other schools in the South-West of Sydney. Congratulations to the following teams for representing our school and participating with passion, pride and sportsmanship and a big thankyou to their coaches – without these teachers’ extra commitment these teams would not run:

**Boys** – Soccer (Mr Hollis / Mr Deakin), Basketball (Mr Antony), Cricket (Mr Van Der Clay), Rugby league (Mr Luc), Volleyball (Mrs Ninopoulos) and Table Tennis (Mr Day)

**Girls** – Soccer (Mr Deakin / Mr Hollis), Basketball (Ms Boyles), Netball (Ms Worthington), Volleyball (Ms Wano), Rugby League (Ms Wano) and Table Tennis (Mr Day).
Hands On High School Night 27 August 2015
Macquarie Fields High School offers the parents of future Year 7 students the opportunity to experience what students would usually experience in the everyday classroom, at our annual “Hands on High School “Night. This information evening consisted of an introduction by the 2016 Year 7 Advisor (Miss R Hall) and Assistant Year 7 Advisor (Mr J Luc) information session, and question time. Later, each faculty presenting mini lessons for parents to sit through and experience.

These mini lessons involved many fun activities such as PDHPE community health themed Kahoot. Parents were each provided an iPad to complete the online digital quiz involving a fun race against one another. Other faculties such as Home Economics had parents using hands-on skills to make Mango smoothies. Another activity that proved popular with parents were home-made globes created in Geography. Lots of smiles were present on parents’ faces coming out of each of the classrooms, clearly having enjoyed their time in each of the lessons.

I would like to acknowledge and thank all staff involved for the huge amount of effort that went into the organisation and running of this evening event. A big thank you to Miss Hall and Mr Luc who spent hours preparing and organising the program to ensure the night ran smoothly. Thanks too, to all staff involved in the teaching and running of the night. Another massive thank you to our SRC students who assisted on the night and were wonderful hosts; ensuring parents were not getting lost and making their way to the correct classroom!

Hands On High School Day Visit
We welcomed Macquarie Fields Primary School for the day preceding the night program for parents. We were lucky enough to meet the future Year 7 students who have accepted a place at Macquarie Fields High School in 2016. We organised a mini prac lesson to showcase some of the activities and games that the PE faculty like to play and offer in High School. We introduced Year 6 to our wonderful game of “Barricades”. The game as we all know is similar to dodge ball. All students were eager to showcase their great skills. The games were intense and very fast. It was great to see all students playing with enthusiasm. At the conclusion of the lesson we all sat down and I answered some very interesting questions from our Year 6 students who were keen to start High School. It was an enjoyable experience and can’t wait to see those faces next year. I would like to also thank some of our great students who helped out on the day. A great team effort!

Year 10 Taster Courses
Our Year 10 students recently had the fantastic opportunity of sampling some new courses being offered next year. PE is now offering Sports Lifestyle and Recreation. We gave the Year 10 students the opportunity to sample both the theoretical and practical components of this course. Students were keen to ask questions about potential employment opportunities and were happy to learn that SLR could be used as a stepping stone into Personal Training, Outdoor Education and P.E Teaching.

I had the fun task of bringing year 10 into the hall and running a bunch of fitness lessons. We used the big screen in the hall and played the UFC DVD. It was great to give our students a sneak peak into how a SLR lesson could be run. I was so happy to see that all the students participated with such great enthusiasm. At the end of the lesson we had an open discussion about SLR
and the way it would be run in 2016. The feedback was exciting to hear. Most students who I spoke to indicated that SLR was a subject that they were keen to pursue in their senior studies. Overall, the taster lessons went very well. I would like to thank all of year 10 for their fantastic efforts throughout the week.

**Year 11 Sports Coaching Gala Day**

This unit of work is an option for the preliminary PDHPE Year 11 course. Thank you to Mr Day, Mr Perrett and Mrs Ninopoulos for their assistance.

**Mr C Ninopoulos**

**First Aid Instructor**

**Year 11 PDHPE and Sports Coaching First Aid Course**

A record 75 students were trained in First Aid and CPR with 50 students paying and receiving their qualifications. Students were trained in delivering CPR to mannequins, bandaging for bleeding, asthma, anaphylaxis, slings for fractures, placing casualties in the recovery position and more.

**Year 11 Crossroads Camp**

On Wednesday 5 August – Friday 7 August 2015, 137 Year 11 students attended the annual Crossroads excursion to Vision Valley. The students participated in a variety of challenging and team based activities including: rock climbing, flying fox and archery. All students who attended enjoyed the activities and found that getting out of their comfort zone will help them in the lead up to completing Year 12 and the challenges involved with this.
Celebration Day 2015

Macquarie Fields High's annual Celebration Day was again a great success. Celebration Day at MFHS is a yearly event which showcases our school's diversity and talent. In addition to the multicultural theme each year, the school also showcases another theme.. This year we went with “Celebrating Community services, and super heroes”. This highlighted the strong sense of community our school has and its great tradition of community services through many of our school's initiatives. Some highlights of the day included:

- Food - we had many great stalls which displayed the great culinary influences within the school community. These included: the popular Indian Stall; the Aussie BBQ this year run by Mr Moller; Chinese Food led by Ms Fong; Italian Food presented by Mrs Trieu; Mr Celestino’s 8th year of American Hot Dogs and the green stuff (this year three jars were used), cupcakes, Mocktails and much more was on offer.

- The big day out-Rides. For the second year we secured the services of Mr O’Neill who is well known in the Ride Amusement Industry operating at the Royal Easter Show and Moomba in Victoria. He brought the “Ranger” back and a new ride from the USA “Down Draft” which is the first one in Australia.
This Year’s Opening Ceremony was again spectacular with the school band playing and a great performance from the Bernardos (Teressa and Simon). The flag ceremony fantastic and this year facts about the nations were read out. The Indian Dance group worked hard and put on a stellar performance and the Moana group trained by Ms Wano was again a show-stealer!

The Australian Navy rock band played brilliantly and even did a Sapphires tune to lead off. They were a highlight of the day. There were also representatives from the Defence Forces, Police, Fire Brigade and other community groups.

There were many wonderful games and activities organised by the PE staff. Mr Pinget ran the annual chess competition as well.

The CAPA staff ran an exciting day of student performances which were judged by Ms Judge and Ms Tishler. The quality of the performances was really excellent. The competition was won by Teressa and Simon Bernardo. There were many exciting acts which kept the audience engaged for over two hours.

This was one of the best Celebration Days ever. There was plenty to do, plenty to eat and a wonderful community spirit on show.

Last year members of our very large group of Future Teachers went to a lecture at Sydney University. The topic was multiculturalism. The sociology lecturer made a point that school multicultural days are largely a waste of time and are just “window dressing”. Talara Austin from our group task exception and argued that our MFHS Celebration Days are wonderful, inclusive and people wait all year for it. The 2015 Celebration Day was another example of this!

Mr P Celestino
Chair, Celebration Day Organising Committee
Industrial Arts/Computing Studies

At Macquarie Fields High School, we are proud to outline and celebrate the achievements of our students both as individuals and as groups.

Our five Industrial Arts and Computing Studies staff include: Mr. G Byrne, Mr. L. Deakin, Mr. F Pinget, Mr. A Prasad, and the Head Teacher Mr. D Ralston.

This faculty offers students a wide and varied curriculum. Students are given opportunities to develop knowledge and understanding about technologies and use a range of materials, equipment and techniques relevant to today’s society. In the senior years, students can study courses which may directly influence future employment and study such as Engineering Studies and Industrial Technology. Quality teaching is delivered by a team of experienced and dedicated staff, inspiring students to achieve well above state average results in many subjects.

As they progress through the school, students have the opportunity to choose areas of study in fields such as: Industrial Technology (Timber, Metal, and Electronics); Graphics Technology; and/or Information & Software Technology in the junior school. An Enrichment course (Billy cart) is also offered to Year 8 students. This year we are running two classes due to its popularity. Senior students may elect to study Industrial Technology; Engineering Studies; IT VET Information & Digital Technology and/or Software Design and Development

Macquarie Fields High School’s Industrial Arts Faculty, has an array of facilities and equipment to enable us to offer a broad range of courses at both the junior and senior levels. We have two well-equipped Woodwork rooms, two Computer rooms, one Electronics room and a Metalwork room. Our workshops are equipped with appropriate personal protective equipment, engineered systems and dust extraction technology to ensure a safe working environment. Computer rooms are equipped with the latest programs including: Autocad Inventor; Revit Architecture; Creo Parametric and Adobe packages.

Our school has well-resourced and maintained Technology workshops with the ongoing purchase of new tools and equipment as funding allows. By having all the necessary facilities students develop a detailed understanding of industrial process and acquire knowledge and skills that are useful in both post-school education and the workplace.

Industrial Arts and Computing Studies subjects are extremely beneficial to students who wish to go on to tertiary study as they develop skills in design, problem solving and higher order thinking.

Technology (Mandatory)

This year’s cohort of Year 7 students has shone brightly in the Industrial Arts field. They have demonstrated a wide variety of skills and practices while incorporating their own creativity, experience and expertise. The students by the end of the year will have completed three projects: Electronic Ornaments; Wind chimes and a Birdhouse. The three projects incorporate our main subject areas of electronics, metal work and woodwork.
**Electronic Ornaments**

Students need to design their own drawing on a piece of timber. They have to make sure the dimensions fit so that all the wiring can fit in the back. Students are taught introductory electronics. Current, resistance and voltage are some of the concepts taught as the students use their hand eye coordination to carefully place LEDs within the holes they drill in their piece of timber. Students connect the LEDs to wiring and a battery pack using solder to create a circuit. All students have taken pride in the way their electronic ornament lights up, completing a well-designed and researched project.

**Wind chimes**

Year 7 have worked extremely hard practising metal-working techniques and asking questions to further their learning to create a huge array of great looking and sounding wind chimes. Students cut five pieces of aluminium, filed the ends at the desired angle, drilled holes and worked through different grades of abrasive materials to achieve a mirror like polish on each chime. Students used the CNC Router for the first time to engrave their name or an image into their wooden discs. We have a number of exceptional students who not only learnt the program and skills in a short space of time but used that knowledge to help their peers and classmates finishing off their jobs. Students applied a finish to their discs, made sure their chimes were polished and took them home. The neighbours must love the sound.

**Birdhouse**

When you think of woodwork, you think of a hammer and nail, and this is what the students have been doing this year with woodwork. Students are creating their own birdhouse using skills they have and have not used before, which includes; marking out, cutting using a saw, hammering, drilling, sanding, gluing and solving problems that may arise over the course of the job. Some students have even used the Hot Poker pyrography tool to burn patterns and their names into the side of the job to create an individual effect. Some students have used more advanced joinery techniques by hand cutting rebate joints. With students paying great attention to detail, they have taken home beautiful well-crafted birdhouses.

While the teaching of subject related skills and knowledge is our prime objective, the instruction of safety education is of utmost importance to our staff. Our students and staff strongly focus on a safe working environment all the time. All students view demonstrations showing the correct use of equipment and machinery before being permitted to use it. All students must complete safety tests where they achieve a result of 100% before operating any machinery. In order to maintain and value the safe working
practices our students are integral part of this process. All students are supervised during the use of any tools or machinery as they develop the skills and confidence to use them appropriately.

The Industrial Arts staff consistently devote considerable effort to design, implement and evaluate new teaching and learning programs and assessment strategies to help stage 4 students in numeracy and literacy skilling.

**Year 9 and 10 Graphics Technology**
This year we have modified the order that the content is taught to help student’s better address the area of rendering. Where this has traditionally been taught at the end of Year 10 we are now delivering this much earlier, allowing students more time to develop skills using a range of media including markers, watercolours and pencil. Students are also given the opportunity to complete digital rendering using the packages inside Creo and Revit Architecture, or extend their skills using software such as Blender or Photoshop.

Year 9 Graphics Technology students begin the course by developing skills and understanding of traditional technical drawing techniques, moving through to rendering and into Computer Aided Drawing techniques focusing on vehicle design.

Year 10 students continue their vehicle design task before designing a multiple storey house. Both of these tasks link to the HSC Industrial Technology – Graphics course. Students work on a range of cabinet and furniture drawings and model making techniques, developing skills that will be used in HSC Industrial Technology – Timber. The final unit involves students disassembling a hand tool from the workshops, measuring all of the parts and creating an engineering drawing of the tool. This tool must have moving parts and this can be animated on the 3D model the students produce. The presentation of each task is determined by the student and can be presented; as a website; PowerPoint; portfolio or another method decided by the student.
Like Graphics Technology, we have made some changes to the Year 9 Industrial Technology – Timber course. Traditionally we have begun the course with a simple breadboard project. We have modified this project to incorporate modern technologies such as CNC routing that can be used to engrave text, an image or juice groove into the breadboard. Students are also asked to think beyond a simple, flat breadboard and create features than enhance the design. This can lead students to turning small feet or handles, including curves in the design or making an end grain cutting board.

As a second project, students make a small, high quality jewellery type box. This teaches students: the importance of accuracy when cutting mitre joints; how to veneer their own plywood; proper set up and use of a router; fitting hinges and other hardware and appropriate finishing techniques. What appears to be a simple project employs a wide variety of skills and requires students to concentrate on all of the little details that make an heirloom quality project.

The Year 10 course requires students to design their own hall or coffee table, research the materials, tools and techniques needed to make the table and then manufacture the table. No two designs in the class are the same, even though there are some restrictions such as joinery methods and overall size.
**Year 10 Information and Software Technology**

As part of the current Information and Software Technology program, Year 10 students were actively involved in building and then programming a number of robots to perform specific tasks.

These activities were designed to develop the students’ problem solving skills and their creativity in producing solutions to a number of challenges presented to them. The students worked collaboratively in small groups to program the robots, test its operation by loading the program to the robot, then re-calibrate the threshold values of the sensors and test its operation again.

Some of the options in the course, included programming robots to follow a black line; finding the way out of a precinct with a single opening and running continuously on a table until the robot detects the edge of it, stops and turn to the left or right to avoid falling from the table.

The students learned how to use a number of sensor types for particular situations, and how to tell the robot to process the information received through the sensors to produce an output that actually controls the robot. These sensors included technologies such ultra sound, colour and light.

Robotics is a technology that is present in many areas of industry and research, and in particular in the area of manufacturing such as robotic handling operations, welding and assembly. This technology has also found its way into areas such: as medicine; space exploration; handling of dangerous materials and more recently, robotic car drivers.

**Higher School Certificate- Industrial Technology (Timber Products and Furniture Technologies)**

Industrial Technology is a course that caters for students who have a keen interest in design and producing timber based products. The majority of the course is practical, allowing students to be able to use a range of tools and machinery. Students are involved in design based problem solving and construction issues as well as investigating the operations of a timber based business.

Students follow a basic structure of study during the Preliminary Course which will help them in their HSC course, where a major project has to be designed and constructed worth 60 percent of their HSC mark. In order to produce high quality projects, students are required to thoroughly research ideas and regularly assess their work.
On the 18th August 2015, the current HSC Industrial Technology class submitted both their Major Projects and Portfolios to be assessed by the Board of Studies examiners. All students who successfully completed and handed in both aspects of their projects are to be highly commended for their consistent effort. It is evident that their sacrifices of both school holidays and after school hours have paid off significantly. The following are some pictures taken after completion of their Major Project in 2015.

**Higher School Certificate- Engineering Studies**
This course is academic in nature and is primarily intended for those thinking of pursuing an Engineering related career through University or TAFE. Students learn the fundamentals of engineering design; the nature of materials; graphical, electronic and written means of communicating engineering related information. They develop an understanding of the scope of the engineering profession and study the latest developments in Science and Engineering, including Bio-Medical, Civil, Telecommunications and Aeronautical engineering.

**School's Chess Team**
Over the past four years our school has participated in the Metropolitan Secondary School Chess Competition with remarkable success.

Following the good performances of previous years where our school chess team won the South Western Region four consecutive times without losing a match, this year our team went one step further beating the East Region champion, the highly rated Sydney Boys High School team in a very thrilling semi-final. Our opponents at that time had won this competition fifteen times since it was first run in 1949.

Sydney Boys HS has a strong history of success in chess and are coached by the International Master Vladimir Feldman. Mr Feldman is one of the best chess players in Australia, representing Australia in the 2008 World Cup and winning the 1999 Oceania Zonal Chess Championship.

According to the academic paper titled “The case for chess as a tool to develop our children’s minds” written by Dr. Peter Dauvergne from the University of Sydney, “...chess is one of the most effective teaching tools to prepare children for a world increasingly swamped by information and ever tougher decisions”.

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Reaching the grand final this year meant that for the first time in 22 years, when in 1993 Cabramatta HS made it to this stage, a South Western region high school made it that far. This achievement is a fantastic reward for our students’ dedication and commitment to hard work and resilience in pursuing this goal during the last four years.

Team members from left to right: Ruchit Goyal, Mr Pinget, Winson Lau, Ashish Dutta and Nathanael Alcantara.

POETRY CLUB NEWS
A great range of poems were submitted to the Dorothea Mackellar Poetry Prize by Macquarie Fields High School students. Thank you to everyone who participated! This competition received 10,000 submissions from 655 primary school and high school students Australia wide.

A big congratulations to Sajchen Motilaal for receiving a commendation for his poem, 'Revenge'. The judges said that "the repetitive mantra [in his poem] is almost a tribal chant and is perfect to show the relentlessness of the chase. Such a bittersweet work."

Congratulations also to the poetry club members (Anosha Ahmed Ghori, Karen D'Souza, Aditi Dutta, Frederick Johansson, Darina Karell, Wafa Khaddour, Amisha Lamba, Lea Mautofu, Radhika Rabade, Ahnaf Rahman, Akansha Sharma and Vivian Su) for receiving a commendation for their group poem, 'Hate'. The judges comments for this poem were: "a great sharing of a single idea to develop through metaphor and well chosen words. Neat!"

Last Term Poetry Club Members were involved in writing, work-shopping and submitting poems for the Red Room Company's Poetry Object competition. We were very lucky to be able to attend a free poetry workshop, run by the Red Room Company and Lilly Blue, at the Casula Powerhouse Arts Centre. Poetry Club Members had to select an object that held some significance to them and work through a variety of writing activities, culminating in the composition of individual poems about their objects. The workshop at Casula and the follow up discussions in our poetry club meetings were inspiring.

Congratulations to all of the poetry club members who got their poems published on the Red Room Company's website, Aditi Dutta, Anosha Ahmed Ghori, Amisha Lamba, Radhika Rabade, Jai Sharma, Vivian Su, Ahnaf Rahman, Frederick Johansson and Lea Mautofu.

Congratulations to Vivian Su for being shortlisted in the Poetry Object competition.

It's been really exciting to have more new members recently join our club and we are looking forward to our next writing project in term 4!

To read any of the students poems please visit www.redroomcompany.org and www.dorothea.com.au.

Miss R Hall
ThinkUKnow Internet Safety Presentation for Parents, Carers & Teachers

ThinkUKnow is an internet safety initiative which aims to raise awareness of the issues which young people face online and whilst using mobile phones. It is a partnership between the Australian Federal Police (AFP) and Microsoft Australia, and is now proudly supported by ninemsn and Datacom.

Ingleburn Public School will be hosting a ThinkUKnow presentation on Thursday 15 October 2015 at 6:00pm in the school hall. We would like to extend an invitation to local parents, carers and teachers to come along to the presentation. The presentation will cover topics such as how young people are using technology to have fun, online grooming, cyber-bullying, inappropriate content and e-security. The presentation goes for 60minutes followed by a further 30minutes to answer any questions you may have.

This is a fantastic opportunity for you to learn more about how young people have fun online, how you can help them to stay in control on the net, and how to report a problem.

For more information, you can visit the ThinkUKnow Australia website at www.thinkuknow.org.au.

The presentation is tailored for an adult audience and we ask that young people are not present.

If you would like to attend, please RSVP by contacting the school office on 9506 1423 or emailing sharon.galway@det.nsw.edu.au by next Wednesday 14 October 2015.

We look forward to seeing you at the presentation.

Sharon Galway
Relieving Deputy Principal
Sunday 18th October
10.00am to 4.00pm
Warragamba Recreation Reserve

DamFest 2015 - Order your Rides Wristbands NOW!!!

$30.00 per person pre sold
$35.00 per person on the day
or - $5.00 individual ride tickets per person

$7.00 Dodgem Cars per car.

Dodgem Cars, Round Up, Storm, Super Slide, Ferris Wheel, Pirate Ship, Cup and Saucer
Jurassic Park, Tiger Castle, Dragster Slide, Bungee Trampolines, Water Slide

To pre-order your wristbands call Warragamba Silverdale Neighbourhood Centre on 4774 1273.

Download a pre-order form from the DamFest website - www.damfest.org.au

Proudly Sponsored by WOLLONDILLY SHIRE COUNCIL, Silverdale Ridge, Vesta Homes, Allam Property Group, Outback Steakhouse Penrith, Shannons
Supported Decision Making

WISDOM, LIFE EXPERIENCE AND COMMON SENSE NEEDED

Wednesday 21 October Wollongong Sage Hotel
Monday 26 October Parramatta RSL
Wednesday 28 October South Newcastle Rugby Leagues Club

9:30 AM—2:30 PM

It is challenging for anyone to make decisions about life and even harder for people who require support from others to assist with decision making. This workshop will cover many of the important considerations that others need to be aware of if they are to be the best possible support for vulnerable people to make decisions for their lives.

Cost per person:
Families $30
Professionals $100

We have places reserved for families who may have difficulty making payment. Please contact us.

Register online
Or call 1800 774 764

www.resourcingfamilies.org.au
YOU’RE INVITED

To attend our increasing Parent and Community Engagement Forum.

To increase Parent and Community Engagement within P&C Associations in our Public Schools, so partnerships can be strengthened to deliver quality outcomes for our Public Education system and ultimately our children and their futures.

Supper and light refreshments will be provided.

To attend please register online from 23/09/15 until 21/10/15 To Register please click here.

This Program is funded by the NSW Government and Administered by the NSW Department of Education and Communities.

Monday, 26th October
6:30pm
6:00pm Registration

Term 4
Moss Vale
High School

Macarthur Electorate

Moss vale High School
21 Narellan Road

Teaching for
Local Schools, Local
Decisions
Support & Development
Wellbeing in Schools
Gurkan

October 2015
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