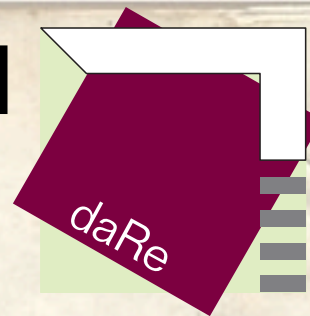


# ROUSE HILL HIGH NEWSLETTER

**DARE TO EXCEL**



DECEMBER 2017 / ISSUE 41

## Year 9 Hit the Slopes!



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# Sydney West Futsal Tournament

Ms Dameski Teacher PD/H/PE

A selection of students from Rouse Hill High School in Years 8-10 participated in the Sydney West Under 15's tournament on Friday the 24th November, 2017.

We arrived at the Penrith Valley Regional Sports Centre; The Under 15's Girls team kicked off first with a 9:25am start. The first game was against The Ponds High School and we had a solid win, 2-0. The girls played with dedication, passion and strength.

The second game of their pool was against Castle Hill High School and, unfortunately, ended in a loss with a score of 2-0 but they displayed commitment and drive which gave them a win in their next game.

The final game ended in victory with an 8-0 win against Crestwood High School.

Their effort and consistency, before and during the tournament, was outstanding and we are truly proud of their achievement.

Thank you to: Jamie Turner, Sophie Whalen, Chanelle Odendaal, Veronica Fuccenecco, Tijana Rancic, Cait Abbass, Briana Schulten and Monica Perez.

The Under 15's Boys' Team was also a standout as stated by other local coaches at the tournament. They held their positions well, demonstrated an outstanding skill base and, mostly importantly, played with passion and heart. The first game of the pool against Glenwood was the most challenging and the boys definitely dominated, however, Glenwood won the game 1-0. The boys showed resilience and came back with strong wins in their next two matches, 4-0 against Glenmore Park and 13-3 against Blaxland. The boys were a stand out team in the tournament and only lost by 1 point against the winning team of the entire tournament, an impressive result. Thank you to, Izaak Newman, Arya Sayyah-Kobisi, Beau Geddes, Alex Pedder, Owain Lily, Luke Aldred, Jackson Walters and Blair Smith.

We would also like to thank the parents for their ongoing support and a special mention to Mrs Turner and Mr Whalen for assisting in travel arrangements.



# News From TAS

The TAS Faculty took a STEM (Science, Technology, Engineering and Maths) approach to our DARE Week activity. In groups of 3, students were given the challenge to collaboratively design and construct a Bottle Rocket.

Students underwent a short training session on how to safely construct a basic rocket. They were then given the tools and materials which consisted of 2 plastic 1.25ltre bottles, a length of corflute, duct tape, pencils, paper, scissors, craft knife, sand and water and away they went planning, designing, problem solving and producing their solutions.

Then came the fun part – launching the Bottle Rockets to see how far their designs would fly. Students were given a safety briefing and instruction on how the Bottle Rocket launcher works and then the competition was on. Each team had the opportunity to launch their rockets twice during the session but there could be only one winning team.

Congratulations to Ethan, Jodat and Gabriel of Year 7; The champions of the TAS Bottle Rocket launch with a distance of over 60 metres! Well done!



# News From TAS



# Year 9 Hit the Slopes

In early September, Rouse Hill High School had the pleasure of taking 57 keen students to the snow for three days I'm sure they will never forget.

After an overnight bus trip, students were greeted with an amazing day, with some of the best snow conditions seen in Australia in over 15 years. The students spent their first day learning how to ride the magic carpet, learning to turn and most importantly, how to stop. The students persevered through all of the falls and were starting to pick skiing up in the afternoon.



After a good night's sleep the students awoke to another perfect day on the snow. After the morning's lesson everyone was commenting on how much better they were than yesterday, and it was time to start exploring the mountain. The students enjoyed riding the J bar and chair lift and were starting to go a lot faster (not always in control though). Some students ventured out of Smiggins with Mr Symons and Mr Claxton and enjoyed skiing in Pretty Valley and Happy Valley.

On Saturday afternoon we retired to our accommodation to have a break before going over to Perisher's Front Valley for night skiing. For many students, this was their first encounter with Front Valley and they loved the challenge of the longer and steeper runs. The fireworks were a surprise to everyone, but made the skiing even more exciting.



On Sunday, the students woke early to pack their bags and get ready for a final day on the mountain. After their lesson, more students felt comfortable leaving Smiggins this time with Ms Bruinsma and Mr Adams in tow, while the others stayed at Smiggins and enjoyed the slopes there.

After a very big 3 days, the bus trip home was rather quiet.

As teachers, we were very proud of the resilience and perseverance that the students demonstrated throughout the trip. We hope you all had as much fun as we did.

## Year 9 Hit the Slopes cont.



# Urban Challenge

Kavishay Prasad Year 1.1

So what did I find challenging about the Urban Challenge?

This was the first time that all of us took part in something like Urban Challenge. There were four main challenges that all of the groups faced at some point consisting of; looking for clues, navigating around the city, working as a team and planning transportation.



Looking for clues was arguably the hardest part of the challenge itself. We had to find clues that were scattered around the city and some were in places behind statues, in alley walls and in caves. The clues lead to our next destination, where more clues were to be found. Each clue would provide us with a short statement, a few numbers or even just a key.

Navigating around the city was also a challenge as the majority of us were not familiar with the city environment. There was so much action that occurred in the busy city that we could've easily been lost but luckily we managed to stay together.

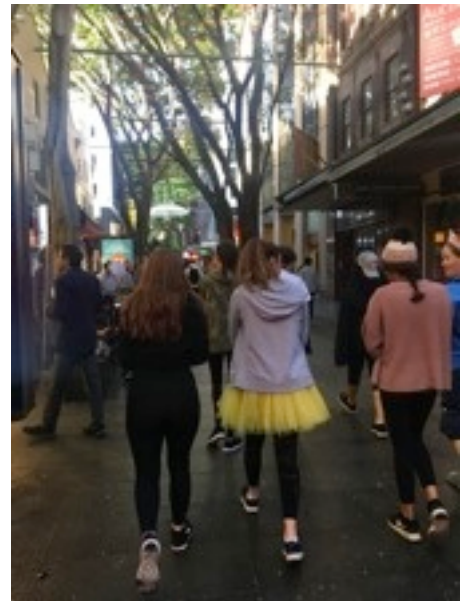
Working as a team was definitely a challenge for all groups. A fellow group member said, "working as a team was challenging as everyone just threw around different opinions and couldn't agree, the challenge could've been much easier but it was worth it in the end."

Finally, planning transportation was also a challenge for all groups. Calculating which route, platform, train and time meant that our entire team needed to be prompt with movement. Funnily enough, Mr Upsall was saved as the train doors were shutting and right at the last second Mel came to his rescue.



# Urban Challenge cont.

Kavishay Prasad Year 1.1



# History Masterminds

Lily Alvarez 9D

On November 24th, members of both Year 8 & 9 went to St. Clair High School to proudly represent Rouse Hill High School and compete in 2017's History Mastermind Competition. The competition saw schools from across the Western & North Western Sydney Districts come together to answer a range of questions based on various history related topics.

Both our Year 8 & 9 teams were excited and enthusiastic throughout the entire day, and successfully managed to gain high scores in each round.

Although Year 9 had the advantage of having a year's extra experience in HSIE in middle school, both teams performed well during the competition falling just shy of the finals. The day was exceptionally enjoyable for our RHHS competitors with the DARE motto for behaviour being a crucial element of their collaboration during each round. Despite the event being new for many, the teams went smoothly and found the experience to be both special and rewarding.

This year's teams saw many new members, especially Year 8, for whom it was their first time attending the competition. The History Masterminds aims to incorporate aspects of HSIE in an engaging, community based, competitive manner by testing students on general knowledge questions.

In the Hall of St. Clair High School, students sat in teams of 4 with the intention of getting as many questions right as possible by collaborating the understanding of each team member. Furthermore, this year, our Year 9 team managed to befriend the Penrith High School Year 7's and wished them luck during the Year 7 Grand Final.

The whole experience was profoundly regarded to be a worthwhile opportunity that did not fail to intrigue and thrill our competitors, with both team's greatly appreciative for the honour of representing RHHS this year. Congratulations to both teams in competing and thank you to the HSIE Faculty for making it possible.



# Study Tips

## EVALUATING AREAS TO IMPROVE

Over the Christmas break it is easy to put all thoughts of school out of your mind and just enjoy the holidays. This is not a bad thing, it is important to have a good break and clear your mind. However when you start back at school again you will probably have forgotten what you were doing well at school and what you need to change in order to improve your results.

So before school ends this term, it is important to take some time and evaluate your approach in these key areas, writing down the changes you will make when you return to school so you don't forget them.

## USE OF CLASSTIME

How well did you use your time in class? Who did you sit next to? Did you work well together? Did you listen to teachers and fellow students when they were speaking? Did you participate and contribute in your lessons?

What are the main changes you need to make in this area?

## ASKING FOR HELP

If you didn't understand something in class did you ask a question about it? If you were unsure about an assignment or assessment did you check in with your teacher? If you were struggling with a topic did you ask for help?

What are the main changes you need to make in this area?

## TIME MANAGEMENT

Did you do enough home learning each afternoon? Did you plan out a timeline to prepare for your assessments? When you were learning at home did you remove all distractions so you could focus?

What are the main changes you need to make in this area?

## PREPARING FOR TESTS

Did you ensure that you were always clear on what you were being tested on? Did you make study notes along the way so you had them ready for test time? Did you test yourself on the content as you were learning it to see if it was in your memory? Did you do lots of questions to practise the skills of the subject?

What are the main changes you need to make in this area?

You and your parents can learn more about how to achieve your personal best at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) by logging in with the details below and working through some of the units.

Username: rousehillhs

Password: 172results

**Adolescent Human Papillomavirus (HPV) vaccination program**

H17/79849

In early 2017 parents/carers of Year 7 students were asked to provide consent for their children to receive three doses of HPV vaccine in the NSW School Vaccination Program.

Most\* Year 7 students who have received two doses of HPV vaccine are considered to be fully vaccinated and do not require a further dose.

This change is based on recent international studies that show for children aged 9 to 14 years of age, two doses of HPV vaccine provide the same protection as three doses, as long as the second dose is given at least six months after the first dose. Based on this evidence, the World Health Organization (WHO) now recommends a two-dose HPV schedule, and this has already been adopted in comparable countries (i.e. the UK, Canada, the United States and New Zealand) and is now being adopted in Australia.

In 2017 Year 7 students were given the second dose of HPV vaccine at least six months after the first dose to accommodate the urgent roll-out of the Meningococcal W Response Program to Year 11 and 12 students. Year 7 students who have received only one dose of HPV this year will be offered their second dose in 2018. Parents/carers whose children were vaccinated in 2017 but who still wish for their child to receive a third dose of HPV vaccine can access a free dose from their general practitioner (GP).

\* Students with significantly impaired immune systems are still recommended to have three doses of HPV vaccine. Parents of these students should make arrangements to complete the vaccine course with their GP or by calling their local public health unit on 1300 066 055.

More information is available on the NSW Health website at [www.health.nsw.gov.au/hpv](http://www.health.nsw.gov.au/hpv) or by calling your local public health unit on 1300 066 055.

# Careers Notices

Ms Henson Careers Advisor

## **EMPLOYMENT: APPRENTICE PLUMBER**

Jaymart Plumbing is looking for a 1st year apprentice to start at the end of the year to learn the plumbing trade.

The applicant must be fit and energetic and like the outdoor environment, also would be preferred if the applicant has a drivers licence and own transport.

Jaymart Plumbing is located at Unit 30/280 New Line Rd, Dural.

If anyone is interested could they email their resume to:

Contact numbers

Mobile 0414 515 225

Office 96517119

Email : [jaymartapplicants@inet.net.au](mailto:jaymartapplicants@inet.net.au)

# STUDENT EXPECTATIONS

ROUSE HILL HIGH SCHOOL



## STUDENT EXPECTATIONS PREPARED FOR LEARNING



- Displaying pride in self and school through the wearing of uniform
- Bringing all materials ready for learning
- Everyday, on time

## STUDENT EXPECTATIONS ENGAGED IN LEARNING



- Displaying respect for others and valuing our right to learn
- Actively contributing to and connecting with class learning
- Exercising self-belief through persistence and a growth mindset

## STUDENT EXPECTATIONS CONSOLIDATING LEARNING



- Reflecting on your learning experience
- Completing home learning and assessment tasks
- Preparing for future learning and bringing questions to class

# TEENS Yoga

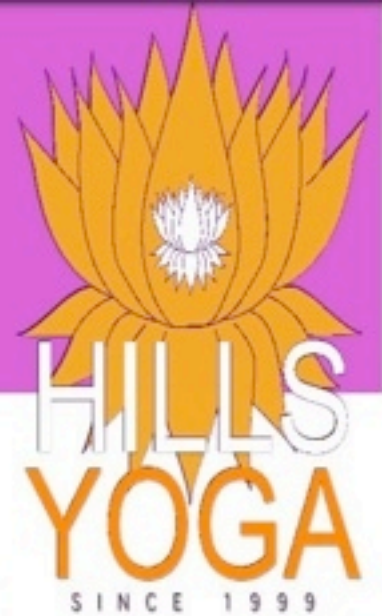
Thursdays 4.30 – 5.30pm TERM 4

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261 Old Northern Road  
Castle Hill

# NOTICEBOARD

## ADVERTISING IN THE ROUSE HILL HIGH NEWSLETTER

If you are interested in advertising your business or community group in the next edition of this newsletter please visit [www.rousehill-h.schools.nsw.edu.au/our-school/rules-policies/rouse-hill-high-school-policies](http://www.rousehill-h.schools.nsw.edu.au/our-school/rules-policies/rouse-hill-high-school-policies) and download a newsletter policy for requirements and procedures.

## P & C NEWS

The next P & C meeting will be held in 2018. Dates will be posted on the school website once they become available. All parents and carers are welcome to attend.

If you would like to be added to the P&C email list, simply email the Secretary at [nicolettheissen@optusnet.com.au](mailto:nicolettheissen@optusnet.com.au) or log on to [www.rousehill-h.schools.nsw.edu.au](http://www.rousehill-h.schools.nsw.edu.au) and click on the P&C tab for information.

## ADVERTISING

Rouse Hill High School's newsletter contains paid advertisements which assist with the cost of production.

The publication of such advertisements does not imply endorsement of any product or service by the NSW Department of Education and Communities or Rouse Hill High School.

## UPCOMING EVENTS

**13 December**  
**Grade sport Rewards Day**

**15 December**  
**Last day of Term 4**

**18-19 December**  
**Staff Development Day**

**29 January**  
**Staff return for 2018**

**30 January**  
**Year 7 start Term 1**

**31 January**  
**Years 10, 1.1 and 1.2 return for Term 1**

**1 February**  
**Years 8 and 9 return for Term 1**

**see school website for more details**

### FROM THE EDITOR

Thank you to all the staff, students and community members who have contributed to this edition of

### THE ROUSE HILL HIGH NEWSLETTER EDITORS:

Denise Cox  
Shaun Minahan

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