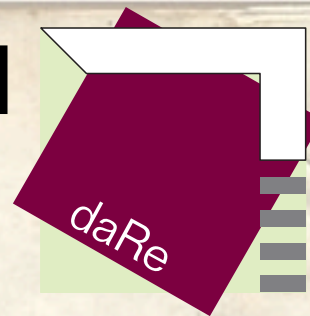


# ROUSE HILL HIGH NEWSLETTER

**DARE TO EXCEL**



MARCH 2017 / ISSUE 37

## **RHHS Athletes Finding Success!**



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**SPORT**

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NATIONAL SCHOOLS  
CONSTITUTIONAL CONVENTION



**NCC 2017**

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**APPRENTICESHIPS**

Pages 8-11

# Tyrone To Line Up For NSW

Tyrone Jay will represent NSW for the first time in April when he steps onto the court for the NSW under-18s men's basketball team. The catch – he only started playing basketball two years ago.

Standing at 200 centimetres tall, it is no wonder his friends and family thought basketball was an appropriate sport.

"I just signed up for social comp and after the first game they asked me to come and train with the rep team," the 16-year-old said. "As soon as I started basketball I loved it and now I put everything I have into it."

Tyrone's mother, Rachel King, said she has no words to describe how proud she is of her son's dedication.

"It's very rewarding watching Tyrone, it is very emotional," she said. "I watch him put his body through so much and work so hard. For his dream to come true so quickly – there are no words."

Tyrone's ultimate goal is to play for Australia, hopefully at the 2020 Olympics and professionally one day in the National Basketball Association in the US. But being selected for NSW after only two years in the sport

"means everything" to Tyrone. Hills Hornets Basketball Association representative convener Robyn Oliver said Tyrone is a very dedicated and disciplined athlete.

"If someone says he needs to do something, he does it," she said. "It's not so often at this age that you find a kid that is so disciplined to their sport, that will say no to Maccas and does the extra strength and conditioning training asked by the coach in their own time."

"He's not thinking of a Plan B," Ms King said. "Basketball is his life. On top of the national championships, Tyrone will also be heading to the US in July on a trip of a lifetime as a member of the Basketball NSW Elite Exposure team."

The team will tour Las Vegas and Indiana for three weeks, being exposed to college scouts and coaches with the hope of scoring a college place in the states beginning in August 2018.

On January 17, Tyrone had \$100 donated to him anonymously online to go towards his trip to the US with the message "wishing you the very best of luck following your dream".

It's shocking that random people are helping me achieve my goals. - Tyrone Jay

With basketball commitments everyday, Tyrone is fortunate to attend Rouse Hill High School, which offers students the opportunity to do their Higher School Certificate over two years.

"He is very lucky," Ms King said. "There is no time for extra study."

Help Tyrone get to the USA: [inspireastar.com.au/sponsor-a-star/art/9/tyrone-jay.htm](http://inspireastar.com.au/sponsor-a-star/art/9/tyrone-jay.htm)

From The Hills News – 13th February, 2017



# Little Athletics Success For Chanelle

Chanelle Odendaal of Year 7 has been an active member of Little Athletics and has had some great success of late.

Chanelle competed in, and achieved as follows at championships:

U14 - 80m hurdles - silver medal (2nd place)  
U14 - 100m - bronze medal (3rd place)  
U14 - long jump - 4th place - missed out on 3rd by 1cm.

Chanelle also competes in Little Athletics and qualified for regional championships next weekend in the following events:

100m - 1st place at zone  
200m - 2nd place at zone  
80m hurdles - 3rd place at zone  
Long jump - 1st place at zone  
Triple jump - 1st place at zone  
High jump - 2nd place at zone

At the Little Athletics regional championships she won 4 medals in the following:

- Long jump - bronze
- 100m - silver
- Hurdles - silver
- High jump - silver



# National Constitutional Convention 2017

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## MEDIA RELEASE

### Youth provide input on Indigenous Australians and the Constitution

March 2017

Local Rouse Hill High School student Abdallah Harun is one of 120 Year 11 and 12 students selected to participate in the 22<sup>nd</sup> National Schools Constitutional Convention, being held at The Museum of Australian Democracy at Old Parliament House in Canberra from 15 - 17 March 2017.

The National Schools Constitutional Convention programme provides senior students with an opportunity to become better informed about how Australia's Constitution provides a democratic framework and encourages them to take an active interest in the operation of government. The topic of the 2017 Convention is 'Indigenous Australians and the Constitution'.

Facilitated by Emeritus Professor John Warhurst AO, Professor of Political Science at the Australian National University, the students will consider a range of arguments relating to Indigenous Constitutional recognition. This will include input from a panel of experts, group discussions on the issues and the opportunity to persuade other delegates of particular approaches. Students will participate in a mock referendum to determine the outcome of their deliberations.

The Convention is funded by the Australian Government Department of Education and Training as part of its ongoing commitment to civics and citizenship education.

In becoming a national delegate, Abdallah Harun was selected from around 4,000 students from government, independent and Catholic schools, most of whom took part in feeder conventions in their home state or territory.

*Note: The 2017 National Schools Constitutional Convention is supported by funding from the Australian Government Department of Education and Training. The views expressed at the Convention will not necessarily represent the views of the Australian Government Department of Education and Training.*

NATIONAL SCHOOLS  
CONSTITUTIONAL CONVENTION



# School Photos 2017

Mrs Kaur Teacher Science

Dear Parents/Guardians

On Monday the 13<sup>th</sup> of March 2017 Rouse Hill High School will be having school photo's.

Your child will receive an Advanced Life envelope which is to be filled out with your child's details and payment method. This will need to be returned to school on Monday the 13<sup>th</sup> of March and given to the **photographers during their sitting**. The Administration office will not be collecting any envelopes or payments.

Orders for packages and sibling photographs can also be placed securely online at [www.advancedlife.com.au](http://www.advancedlife.com.au) using our school's unique 9 digit Online Order Code. **EGA 4H2 JQP**

Should you wish to purchase a sibling photograph, an online order must be placed no later than the day before photography day.

Each child ordering photos must have their own separate order envelope even if paying for a sibling's photo.

**Students must be in full school uniform.**

# Community Notices

Mr Medcalf Deputy Principal Senior School

## BIKE SAFETY

A reminder to students travelling to and from school on a bicycle to respect the road rules and wear a helmet. Students are to dismount their bicycles when they enter the school.

The NSW Government Roads and Transport Website states "Like drivers, the majority of bicycle riders have safety in mind most of the time. The new penalties will only apply to riders who behave dangerously and break the law".

Not wearing a helmet (up from \$71 to \$319)

Running a red light (up from \$71 to \$425)

Riding dangerously (up from \$71 to \$425)

Not stopping at pedestrian crossings (up from \$71 to \$425)

## AEROSOLS AND ASTHMA

At Rouse Hill High School, as with the rest of the community, we have a number of students and staff who suffer from asthma. To provide the safest environment, students are banned from bringing aerosol sprays and perfume pump-packs to school including for any excursions, camps or other onsite or offsite activities. The most common form of aerosol spray available to students are spray deodorants.

Alternatives such as roll-on deodorants are encouraged. Students who have asthma are required to provide the school with an Asthma Plan provided by their Doctor to support the school in responding to your specific asthma needs.

Further details regarding Rouse Hill High School's Aerosol Policy can be found on the schools website.

<http://www.rousehill-h.schools.nsw.edu.au/our-school/rules-policies/rouse-hill-high-school-policies>

## STUDY SKILLS HANDBOOK TIPS FOR BUILDING CONCENTRATION SKILLS

Many students find it difficult to concentrate and stay focused when they are doing their schoolwork at home. So what can we do to improve concentration levels? Try these top tips:

- 1. IMPROVE THE ENVIRONMENT:** Have a good hard look at the environment you are trying to concentrate in. Is it noisy? Are there more exciting things happening around you? Is it too hot? Too cold? Are you uncomfortable? Too comfortable? What can you do to make the space more conducive to concentration?
- 2. BLOCKS OF TIME:** If you are someone who finds it difficult to concentrate at home don't try and study for too long at a time. Instead tell yourself you will work for 20-30 minutes then you can have a break. If you know it is only 20-30 minutes it is much easier to concentrate than if it was for an indefinite period of time.
- 3. ANCHOR TO THE PRESENT:** Create a focus word that brings you back on task. We all daydream. The key is to start to pay more attention to when you are doing it and then immediately take action. If your key word for example was 'orange' when you notice you are day-dreaming say 'orange orange orange' to refocus your attention to your work.
- 4. RESET THE BRAIN:** Sometimes you just need a time-out from what you are doing in order to be able to concentrate again. If your attention is constantly wandering, then get up and have a drink, walk outside, kick a ball – just take 5 to 10 minutes to clear your head so you can come back fresh to your work.
- 5. WORK OUT PEAK TIMES:** Start to pay attention to what time of the day you are most focused. That's when you need to do the harder work or the work that requires greatest concentration. If you know you get tired after dinner don't leave the difficult work until then.
- 6. CARROT AND STICK:** Some people are motivated by working towards rewards, others by avoiding punishments. Give yourself a target time to focus with a little reward at the end if you achieve it – or maybe a little punishment if you don't! You can learn more about how to be a more effective student at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) by logging in with the details below and working through some of the units. There are also lots of useful grids and planners at the bottom of the Things to Print page.

**Username:** rousehillhs

**Password:** 172results

## Sutherland

### Painting and Decorating Apprenticeship

Australian Training Company is looking for keen applicants to complete their Certificate III in Painting and Decorating. This is a full time job for a 4 year apprenticeship in the Sutherland area.

You will learn how to: \* Prepare surfaces \* Apply paint, varnish, wallpaper and other finishes \* Learn how to protect, maintain and decorate interior and exterior surfaces of a variety of different buildings.

You must have or be willing to obtain an OH&S Induction card (whitecard). Drivers license and own transport is highly desirable.

Contact Jade Upton on 9704 1519 | Reference No: 2276636439 | Job ID: 569/16

## Concord

### Landscape Construction Apprentice

We are looking for a recent school leaver to complete a 4 year apprenticeship in Landscape Construction Certificate III.

Duties include, garden renovation, new landscaping, planting, retaining walls, paving, pergolas, fencing, stonemasonry, water features and lots of other duties related to building new gardens. Skills you will learn include engineering, carpentry, bricklaying, fencing, concreting, stonemasonry, planting and lighting.

Work is on residential premises and location is mostly in the inner west, including Leichhardt, Rozelle, Dulwich Hill, Annandale. Occasional work throughout metro Sydney.

Drivers Licence and transport is required.

Contact Kerry Duck on 9704 1510 | Reference No: 2277002986 | Job ID: 575/16

## Blacktown

### Electrical Fitting Apprenticeship

Are you serious about getting into the Electrotechnology industry?

The Australian Training Company has an excellent opportunity available to someone that has a genuine interest in Electrotechnology - Electrical Fitting Certificate III. Our host company located in Western Sydney is a leader in vibratory materials handling equipment in Australia. The successful applicant will be working on their range of products which include electro-magnetic and electro-mechanical feeders, vibratory conveyors and screens and much more.

Duties include but are not limited to; Fit, assemble, erect, operate, test, fault find, alter and repair electrical equipment. Solve problems in d.c. and a.c. circuits. Fix & secure electrotechnology equipment. Fabricate, dismantle, and assemble utilities components. Solve problems in single & three phase low voltage machines. Use drawings, diagrams, schedules, standards, codes and specifications. Wind electrical coils.

Contact Jade Upton on 9704 1519 | Reference No: 2277002992 | Job ID: 545/16

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Horticulture – Parks and Gardens

17 February 2017

## Warriewood

### Parks and Gardens Apprentice

Great career opportunity to complete a 4 year apprenticeship in Horticulture (Parks and Gardens) Certificate III.

You will learn all aspects of garden and lawn maintenance. Duties include mowing lawns both ride on and push mowers, edging, planting, hedging, pruning, identifying soils and plants, irrigation systems, new gardens and other related duties. Work is metro Sydney including inner west, lower north shore, Concord, Erskineville, Ryde, Mosman, Northern Beaches. Drivers licence and own transport required. OH & S Induction Card (Whitecard) is also required or be willing to obtain.

Contact Kerry Duck on 9704 1510 | Reference No: 2277081638 | Job ID: 579/16

## Rooty Hill

### Parks and Gardens Apprenticeship

An exciting opportunity to learn all aspects of garden and lawn maintenance. Duties include plant and tree identification, mowing, planting, tree lopping, identifying soils, installation of irrigation systems and other related duties. Work is mainly Rooty Hill/St Marys region. Drivers licence and own transport preferred, 15 minute walk from train station.

Must be willing to learn and able to take instruction.

Successful applicant will be well presented for public contact. Must be willing to undertake a Police Check.

Must be fit for physical work, be well presented for public contact and have good communication skills. TAFE is for 3 years. Wages are \$430.92 per week under the Gardening and Landscaping Services Award. TAFE fees are paid by employer.

Hours are Monday – Friday 7am – 3.30pm, some overtime may be required.

Contact Kerry Duck on 9704 1510 | Reference No: 2276935788 | Job ID: 603/16

## Parramatta

### Flooring Technology Apprentice

Attention school leavers. Great career opportunity to learn this skills shortage trade. This is a 4 year apprenticeship including 3 years at TAFE.

You will learn how to lay vinyl flooring in commercial and industrial buildings. There is also some carpet tile laying. Duties include laying vinyl, welding joints, floor preparation, grinding and many other duties. Most work metro Sydney, some in Newcastle. You will learn to use relevant power and hand tools.

Drivers licence required, own transport preferred, although can receive a lift if able to get to Frenchs Forest. Should have or be willing to obtain OH & S Induction Card (Whitecard). Presentation and communications skills should be of a good standard, need to be fit for physical work, have a good work ethic and show initiative. Hours are Monday - Friday 7am - 3.30pm with some overtime required.

Contact Kerry Duck on 9704 1510 | Reference No: 2277451934 | Job ID: 626/17

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Horticulture – Parks and Gardens

## Kings Park

### Fitter and Machinist Apprenticeship

The Australian Training Company has an excellent opportunity available to someone that has a genuine interest in becoming a Fitter machinist and undertaking the apprenticeship in Engineering – Mechanical Trade Certificate 3. Our host company located in Kings Park was established to meet the demand for re-manufacturing and supplying of complete units, repairs and spares for hydraulic pumps and motors.

Duties would include but are not limited to: Receiving and identifying pumps and motors. Using an electronic job costing system. General machining and fitting. Stripping, testing and reassembly of units. Packing of units for transportation and delivering or collecting units and parts, if required. Ensuring workshop is clean and orderly, including mopping the floor. Ensuring stock is identifiable and orderly. Must be well presented with good communication skills to deal with public. Drivers Licence and own transport is preferred.

Contact Jade Upton on 9704 1519 | Reference No: 2277002944 | Job ID: 548/16

## Blacktown

### Parks and Gardens Apprentice

Career opportunity to complete a 4 year apprenticeship in Horticulture (Parks and Gardens) Certificate III.

You will learn all aspects of garden and lawn maintenance. Duties include mowing lawns both ride on and push mowers, edging, planting, hedging, pruning, identifying soils and plants, irrigation systems, new gardens and other related duties including cleaning BBQ's and picking up rubbish.

Work is western Sydney in Parramatta Park and Western Sydney Parklands alternating between the two. Uniforms will be supplied.

Drivers licence required and own transport preferred. OH & S Induction Card (Whitecard) is also required or be willing to obtain. Must be willing to learn and able to take instruction. Successful applicant will be well presented for public contact. Must be fit for physical work.

Contact Kerry Duck on 9704 1510 | Reference No: 2276862631 | Job ID: 597/16

## Concord

### Refrigeration and Air-conditioning Apprentice

HSC Leavers 2015 or 2016: A 1st Year Apprentice is required for a 4 year apprenticeship in Refrigeration and Air Conditioning Certificate III including 3 years at TAFE.

Duties include assembly, installation and maintenance of split systems and ducted units in commercial, industrial and domestic buildings, install parts such as compressors, motors, condensers, evaporators, air filters, switches and gauges, and copper lines for steam, gas, refrigerant, compressed air, fuel, oil and chilled water, attach piping to refrigeration systems follow plans and specifications to install units drill holes, work with electricians, pipe fitters and carpenters to install ducting for airconditioning and fill systems with gas or fluid and test for leaks. Will be required to enter small spaces including ceilings and under floors.

Contact Kerry Duck on 9704 1510 | Reference No: 2277081664 | Job ID: 595/16

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## Sydney

### Civil Construction Apprentice

Civil construction is learning to construct formwork, concrete slabs, prepare work for concreting, build bridges and tunnels, both timber and concrete, construct footpaths and other civil works.

Duties include learning operate paving machines, laying pipes, calculate quantities of materials, spread gravel, erect and dismantle barricades, load and unload equipment and much more.

Work is on industrial and commercial sites and all over Sydney area including CBD including inner west, CBD, western suburbs. Must be prepared to travel and meet on site. Some construction experience or school related subjects will be highly regarded. The apprenticeship is for 3 years including TAFE. Fees are paid by the employer.

Must enjoy practical and outdoor work, be hard working and have good communication skills. Drivers Licence and own transport is required. OH & S Induction Card required (Whitecard). Must have some experience in construction industry, mature applicants welcome. PLEASE ADVISE IN YOUR APPLICATION IF YOU HAVE DRIVERS LICENCE (not "L"s) AND TRANSPORT. Hours are Monday – Friday 7am – 3.30pm some overtime will be required.

Contact Kerry Duck on 9704 1510 | Reference No: 2277487353 | Job ID: 627/17

## Castle Hill

### Landscape Construction Apprentice

We are looking for a recent school leaver to complete a 4 year apprenticeship including 2.5 years at TAFE in Landscape Construction Certificate III.

Duties include, garden renovation, installing swimming pools and surrounds, new landscaping, planting, retaining walls, paving, pergolas, fencing, stonemasonry, water features and lots of other duties related to building new gardens. You will learn to use earth moving equipment such as excavators and backhoes and receive relevant tickets. Skills you will learn include engineering, carpentry, bricklaying, fencing, concreting, stonemasonry, planting and lighting. May also have the opportunity to obtain truck licence during apprenticeship.

Location is metro Sydney including Hills district, Concord, inner west, lower north shore and northern beaches.

Drivers Licence and transport is required.

Contact Kerry Duck on 9704 1510 | Reference No: 2277689375 | Job ID: 632/17

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Horticulture – Parks and Gardens

17 February 2017

# IMPORTANT ANNOUNCEMENT!

## The fastest way to complete your **L**earner logbook

If you're learning to drive, the Safer Drivers Course is for you.

Most learner drivers start the learning process eager to become a safer driver and pass the driving test, but completing the 120 hour logbook proves difficult.

The NSW Safer Drivers Course is the best way gain extra logbook hours and become a safer driver.

This course is designed for learner drivers just like you and will completely transform your driving.



Get Started!  
02 8748 4500



[www.trent.com.au](http://www.trent.com.au)

Complete this great course with Trent Driving School and get 20 bonus logbook hours.

Only \$140. That's \$7 for each logbook hour.

Spots fill fast. Join the thousands of learner drivers that are saving time and becoming safer.

Trent Driving School is an accredited provider of the NSW safer drivers course.



  
**SPiRiT OF ANZAC**  
CENTENARY EXPERIENCE

A free travelling exhibition that tells the story of Australia's involvement in the First World War, featuring artefacts from the Australian War Memorial.

**BOOK FREE TICKETS NOW AT  
[WWW.SPIRITOFANZAC.GOV.AU](http://WWW.SPIRITOFANZAC.GOV.AU)**

We will be hosting free children's activities at the Experience from 17 - 21 April. Find out more and register your interest at [www.spiritofanzac.gov.au/sydney/activities](http://www.spiritofanzac.gov.au/sydney/activities)

International Convention Centre Sydney  
15 - 27 APR 2017





## **ROUSE HILL RANGERS FOOTBALL CLUB**

Registrations for 2017 season NOW OPEN

Catering for: U5 - U12 FFA Small Sided Games  
U13-U21 Mixed Teams  
Girls teams and Ladies teams  
All Age, O35 and O45 Mens teams  
Premier League Squad

\* Join your local Hills Football Family part of newly formed Hills Football Association

Register online at [www.rhrfc.com.au](http://www.rhrfc.com.au)

We welcome all enquiries: [secretary@rhrfc.com.au](mailto:secretary@rhrfc.com.au)

A full list of registration costs are available on our website [www.rhrfc.com.au](http://www.rhrfc.com.au)

# 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 on Monday 20 March. 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 [nicoletheissen@optusnet.com.au](mailto:nicoletheissen@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

**7 March**

**RHHS Athletics Carnival**

**13 March**

**School Photo Day**

**27-31 March**

**Year 1.0 Mid Course Exams**

**3-7 April**

**Stage 6 Exams**

**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

### ROUSE HILL HIGH SCHOOL DARE TO EXCEL

PO Box 6120  
Rouse Hill NSW 2155  
98361890

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