

ROUSE HILL HIGH NEWSLETTER

DARE TO EXCEL



JUNE 2017 / ISSUE 38

STEAMY BEAN OPEN FOR BUSINESS



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PDHPE Report

What has your child been doing in core PDHPE? Here is a summary.

Year 7

Students started the year with a project requiring them to do a presentation on why they would be an effective class leader. They are now following this up with a group research task on whether it is better to experience puberty earlier or later.

In practical classes Term 1 saw students undergo a range of fitness tests and practise their fundamental movement skills. This was followed by students participating in gymnastics and soon they will be able to show off their dance skills.

Year 8

Started the year continuing their unit on relationships with an emphasis on power within relationships. In practical classes they practised their striking skills in a range of bat and ball games and activities.

In Term 2 they are doing an in depth study on fitness with a fun aspect included where they participate in a range of activities which represent each of the fitness components. For example, students get to see how strong they are using a hand dynamometer then participate in arm wrestling and the traditional Tug O War.

Year 9

Have completed their net games unit involving basketball and netball and have now moved on to a unit on Indoor Soccer.

In theory they completed a unit on "Choices and Consequences". The highlight of this unit was when students were able to showcase their ITC skills in the development and presentation of a website designed to support young people and drug use.

Year 10

Year 10 have completed a unit titled "Plan B". This was an in depth study on road safety with particular emphasis on risk and how to stay safe as a young driver. They are now addressing the issue of diversity in our modern society and will soon present a speech on a chosen topic such as same sex relationships, discrimination, male v female sport and the school leaving age.

In practical classes Year 10 practise their skills in a range of games including indoor sports and striking games.

The Future

The 7 to 10 National Curriculum for PDHPE is getting closer and could be implemented as early as 2019. NESA (formerly BOSTES) is currently undergoing a rigorous compilation of sequential learning activities which will satisfy all requirements of the National Curriculum and also include extra activities to maintain the rigour of NSW based curriculums.

What can I do to support my child?

There is substantive evidence to show that young people face significant challenges in our modern society. Physical activity levels are down, screen time and overweight / obesity rates are up, whilst social media has changed the way in which people communicate.

Encourage your child to exercise, encourage them to limit their screen time and talk to them about how they use social media as they navigate their way through adolescence.

News From TAS

The 2017 Year 1.2 Hospitality Class have been delivering gourmet lunches to the staff at Rouse Hill High School through the student run café – 'The Steamy Bean'.

Staff order from a range of food and beverages on offer. The students then plan, prepare and present the food to the staff during lunchtime. Both staff and students are exposed to our simulated café environment providing authentic learning experiences for our VET Hospitality Students.

Students have reported how much they enjoy the experience and are all actively engaged during the service periods. This year has seen a huge growth in the popularity of the café among staff.

As part of the students achieving competency, the staff provide written feedback to them about the food, beverage and service they received, and this has been a valuable exercise as students can use that feedback to further enhance the quality of their service for the following cafés.



Music Notes

Mr Camrass Teacher Music

The Music department of Rouse Hill High School has been busy at work this semester. Our focus in 2017 is to increase musical performance opportunities for both junior and senior classes both inside and outside of Rouse Hill High School. Year 8 is preparing their first major performance Music task which is the schools 3rd Annual Battle of the Year 8 Bands task. Year 9 have been studying Musicals where students have combined their efforts to create an original musical scheduled to debut at the end of semester one. Meanwhile, Year 10 Music are studying the ins and outs of the music industry while also learning how to record, mix and produce their own music from scratch.

Outside of Music classes, our extra-curricular activities have seen a jump in student participation; including the Stage Band, Vocal Group and our new Guitar Ensemble lead by Mr. Bilbija. All ensembles have praise for their performances from teachers and students alike and we are excited to see where they go from here. Lastly, our Vocal Group students are once again participating in PULSE, the combined western-schools choir event and student showcase that will take place at the Sydney Opera House in November. Last year's performance was in front of a sold out crowd and this year's event is anticipated to be the most exciting yet.



Science Students Out In The Field

Mr Minahan Teacher Science

Rouse Hill High School's inaugural Earth and Environmental Science class recently went on a field trip to the Australian Museum in Sydney. The theme of the day was 'Environments Through Time' which included the evolution of the Australian environment and its impact on our wildlife.

Students explored our ancient megafauna in a hands on session in which they analysed a collection of fossil evidence to identify the megafauna the fossils once belonged to. The rest of the field trip gave students access to the rest of the museum where they completed a number of stations at their own pace.

These students represented the school extremely well throughout the day and should be very pleased with their efforts.

Community Notices

Mr Medcalf Deputy Principal Senior School

"Whether you are a parent of a returning student or your first child has just entered high school, I'm sure you would have heard almost every day in January and February how unbearable the conditions were. What you may not know is that the P&C, in partnership with the High School, has an Air Conditioning Appeal.

We're already on our way with \$30,000 in the bank (in partnership with the school) but we still need to raise more and we can't do it without you. Please read further details about the appeal and payment options in the attached document or select "Make a payment" on the school website home page to make a tax deductible contribution today.

Thank you in advance for your support,

Greg Knight
P&C President"



Rouse Hill High School Parents & Citizens Association

AIR CONDITIONING APPEAL - 2017

Dear Parents,

These are exciting times for Rouse Hill High School. As you know our school is growing with our largest Year 7 intake ever. And we have had a great start! Year 7 has settled in, Years 11 & 12 are working on their HSC requirements and years 8, 9 and 10 are back into the routine.

It was unfortunate though, that the school year started off with extremely high temperatures. As you know, Rouse Hill High School does not have air conditioning which makes for a very uncomfortable learning environment for students and the staff. Neither the Government nor the Education Department are willing to fund air conditioning for Rouse Hill High School.

Whether you are a parent of a returning student or your first child has just entered high school, I'm sure you would have heard almost every day in January and February how unbearable the conditions were.

What you may not know is that the P & C, in partnership with the High School, has an Air Conditioning Appeal.

We're already on our way with \$30,000 in the bank (in partnership with the school) but we still need to raise more and we can't do it without you. We already have enough money to air condition Block D, but we need to raise more for Blocks E & F.

Our goal is to raise another \$60,000 by August so we can begin installing air conditioning before the warm, summer months' return. In order to achieve our goal, it is imperative that our families step forward with willingness. Our children are counting on us to bring our goal of funding the Air Conditioning Appeal to completion.

Will you join with us to raise these much-needed funds?

Because funding for the Air Conditioning Appeal is through the High School's Building fund, donations are fully tax deductible. It's never too early to consider your year-end charitable donations, so why not support the RHHS Air Conditioning Appeal.

Our children will also be raising money for the appeal through mufti days, etc. Please make your donation today! The attached sheet provides payment options. Once payment has been received you will be sent a tax-deductible receipt. You can also make your donation directly at the school office.

We look forward to your contribution and support.

Greg Knight
P&C President

Kim Chapman
Principal

Rouse Hill High School P&C Association
105 Withers Road Rouse Hill NSW 2155 PO Box 6120 Rouse Hill NSW 2155
T 9838 1800 F 9829 2500 E rousehill-h.school@det.nsw.edu.au



Rouse Hill High School Parents & Citizens Association

Ways to make a donation

Student Name: _____ Year: _____

Amount

- ☐ \$75 ☐ \$150 ☐ \$200
- ☐ Other donation amount - \$ _____

Payment options

- ☐ Please find enclosed a cheque/money order made payable to Rouse Hill High School Building Fund.
- ☐ Please find enclosed a cash donation
- ☐ Make a donation online by going to <http://www.rousehill-h.schools.nsw.edu.au>

Instructions are shown below.

1. Go to the 'Make a payment' link found on the green banner
2. Student details:
Enter your child's given name, surname and class.
'Ref. or Invoice number' box write: 090477.
3. Complete payer details
4. In the 'Payment Option section, click on 'Other'. Two boxes will then appear.
In the Payment Description 1 box, write 'Building Fund'
In the 'Payment Amount' box, write the amount you are donating e.g. \$200
5. Click 'Next' and enter your card details

- ☐ Ring the school (9836 1890) and make your donation over the phone using your credit card.

Unfortunately, due to privacy regulations you are no longer able to send your credit card details directly to the school.

Rouse Hill High School P&C Association
105 Withers Road Rouse Hill NSW 2155 PO Box 8120 Rouse Hill NSW 2155
T 9836 1890 F 9820 2500 E rousehill-h.school@det.nsw.edu.au

Careers Notices

Ms Henson Careers Advisor

YEAR 1.0 WORK EXPERIENCE PROGRAMME 2017

As part of Senior School careers studies, Year 1.0 students will complete a week of work experience from **Monday 11th September to Friday 15th September (Week 9, Term 3)**.

Students are encouraged to return their mandatory paperwork to the Careers room as soon as possible. Details of the Year 1.0 Work Experience have been placed on the Rouse Hill HS webpage.

Year 1.0 students are receiving information in their Careers classes but are encouraged to see the Careers Adviser for further information and with individual questions. Thank you to all the parents and carers of Year 1.0 students who are supporting this programme.

WESTERN SYDNEY CAREERS EXPO YEAR 1.0

All of Year 1.0 are attending the Western Sydney Careers Expo at the Sydney Showground, Sydney Olympic Park on **Friday 23rd JUNE**.

The expo to be held in the Showground Halls gives students the opportunity to visit exhibitors including providers of HSC resources, universities, TAFE, training colleges and employers.

Year 1.0 students will also have the opportunity to attend seminars of their choice on HSC subjects, tertiary courses, career, employment, gap year and study advice and management.

Parents and carers are encouraged to attend on **Saturday 24th or Sunday 25th JUNE** with students who might want to revisit the Expo and attend more Seminars as the ticket is valid for the weekend also.

The Expo is open from 10:00am-3:00pm on the weekend.

UNIVERSITY GUIDES AND INFORMATION

Students in Years 9, & 10 who are interested in the Trades and either have their White Card or who have expressed an interest in gaining their White Card were involved in hands on activities in a number of different trades at the Penrith Valley Regional Sports Centre in Cambridge Park on Thursday 25th May.

These students are continuing to consolidate their Career options in this Industry area. Congratulations to all the students who attained their White Card in Term 1 and to those students who are completing this excellent qualification this year.

YOUR WORLD IS TECH NOL OGY



**YOUR
CAREER
COULD
BE TOO**

Apply for a cadetship under the
Engineering and Technology
Cadetships (ETCAD) Program

Study at university while you
work at **Westpac Group** or
Macquarie Group

www.etcad.com.au

Are you a creative thinker who is good at problem solving and communication?

Can you demonstrate:

- Consistent academic effort and achievement at school
- Transferable skills relevant to engineering and technology
- Evidence of leadership potential
- Team involvement at school &/or in the community
- Work experience (paid or unpaid)
- Personal motivation

If you can, then apply for a cadetship under the Engineering & Technology Cadetships (ETCAD) Program

Applications are made to Professional Cadetships Australia, an Australian company that specialises in placing Year 12 students with leading companies.

Study at university while you undertake paid work at Westpac Group or Macquarie Group

For students who are in Year 12 in 2017, there are opportunities for cadet placement at either Westpac Group Technology or at Macquarie Group's Technology Division.

Technology Cadets combine work in Sydney with university study in computer science, information technology or information systems. Alternatively, cadets may undertake a commerce or arts degree and select information systems as one of their majors.

This year Engineering Cadetships will not be offered through the ETCAD Program.

www.etcad.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 and download a newsletter policy for requirements and procedures.

P & C NEWS

The next P & C meeting will be held on Monday 19 June. 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 or log on to 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

12 June

Queens Birthday Public Holiday

22 June

Stage 6 Meningococcal vaccinations

30 June

Last day of term 2

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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