

ROUSE HILL HIGH NEWSLETTER



December 2019 / ISSUE 57

Year 1.0 Celebrate with The Great Race!

Written by Year 1.0 Students Tian, Abigail and Jamison



The things you'll do to get the next clue!!!

On Tuesday of Week 4 after all exams were completed, the Year 1.0 cohort went to the city to compete against each other in teams for The Great Race Sydney; racing to places in the city and testing our teamwork skills while attempting interesting and weird challenges. Before the event, we were told to organise our teams by clothing themes, from which our team chose *the colour blue*, which brought on the name, Blues Clues of course! This name brought us to the finish line, and to victory!!

How did we do it? Not quite sure. We worked well as a team and had just the right mix of people for each task. Winning would come to nought if not for the fun that we had. Part of the fun was how surreal running around the city and being told to do completely random things was. We had to make a 10 person conga line, take a picture in an elevator, eat tim tams covered in vegemite, dry weetbix and a mintie all at high speeds, and a bunch of other stuff.

Cover page article continued

Written by Year 1.0 Students Tian, Abigail and Jamison

We got a lot, we mean A LOT, of strange looks from random people in the city as some of us danced in alleyways. It was also awkward to ask an older lady if we could play one note on the piano for a challenge while she was in the middle of a song. Signalling light rail drivers to throw a peace sign without any verbal communication was fun but the thought of a stranger seeing a bunch of people throwing what could have looked like gang signs, might have been concerning. Plus running up to people and trying to get a group of them to participate in a conga line is not easy.

But come to think about it, in the moment we weren't really too concerned about how we looked. We were having fun. Being loud with not only our laughter and voices but being loud with our costumes that made us stand out. Standing out, getting weird looks but enjoying ourselves, running around and smiling, I'm sure has taught everyone competing that at the end of the day it is important, to be ourselves and to commit fully to everything we do.

It reminded us that sometimes the opinion of others shouldn't stop us achieving and being ourselves. We all learnt a lesson, a lesson of being confident in what you are doing, backing each other up and standing proud and enjoying yourself.

We would like to thank Ms Clark and the teachers for organising The Great Race, it was a 'great' way to celebrate the end of Year 1.0.

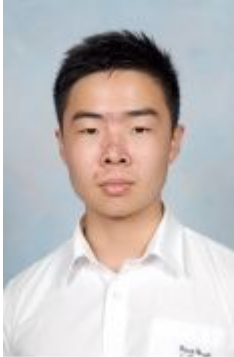


Just a small sample of our teams in action on the day

1.2 LEADERSHIP TEAM

Mrs Bosworth and 1.2 Leadership Team

Rouse Hill High School proudly presents our School Captains for 2020!!!!



Alex L



Cait A



Kyle S



Gabriella V

The new 2019-20 student leadership team has been elected after a rigorous application process during Term 3. Congratulations to the 2019-20 School Captains - Cait A, Alex L, Gabriella V, Kyle S, Jemma S, Kira V N, Mikayla P, Joshua D and Jacob M.

Students committed strongly to the election process. It included a written application with a Head Teacher referral, a check of their Millennium records for 2019, a review by the Learning and Support Team, and an interview with a panel of teachers including Mr Kelly (Deputy Principal), Ms Quiney (Head Teacher Wellbeing) and Ms Bosworth (Leadership Coordinator). To be elected as School Captains, students also had to present a speech to the whole school and students in 7-11 voted to elect their School Captains. Congratulations to all members of this leadership team! We look forward to their contributions to our school community.

We have included some of our statements for our 2020 visions. You will hear from all of us throughout 2020.

1.2 LEADERSHIP TEAM

Mrs Bosworth and 1.2 Leadership Team

Rouse Hill High School proudly presents our Prefects for 2020!!!!



Jemma S



Kira V N



Mikayla P



Joshua D



Jacob M



Kirsten O



Kaitlin O



Farah G



Luke S



Rory V



Yusuf A R



Harrison Y



Sakshi P



Charlotte M

1.2 LEADERSHIP TEAM

Mrs Bosworth and 1.2 Leadership Team

Cait A

It is an absolute honour to lead Rouse Hill High School through 2020, and hopefully set a pathway for the following years into the future! While my creativity bursts for what I could possibly do to improve Rouse Hill High School, the biggest project I aim to start is a transition program from middle to senior school, just like we have for primary to high school students. During my first year of completing the HSC, my peers recognised they could have been further prepared for the challenges to come (myself very much included) To say I am excited about the experience of being School Captain and what lies ahead is an understatement. I am looking forward to the opportunity and the challenge.

Jemma S

My name is Jemma and I have been selected as a prefect for 2020. I have been a leader since the start of high school which I believe has made me grow as an individual and build a passion for the role. With the many jobs I've had, it's helped show me where my strengths and weaknesses are but it doesn't stop me, it gives me the opportunity to try something new to discover more of what I can do well. As a little girl I always dreamed of being a leader for my school, which is why I have so much passion and motivation to be a leader. I want to inspire those who have a passion for leadership because honestly it has been the greatest achievement I have ever made!

Gabriella V

My name is Gabriella but most people just call me Gabby or Gabs. I love hanging out with my friends and playing soccer on the weekends. Being one of the School Captains for 2020, I can't wait to help lead Rouse Hill High School through my final year. As part of my school vision I want to encourage more participation in school events and fundraisers, particularly sports carnivals.

Joshua Dormor

Hi I'm Josh.

Leadership has always been something I've shown interest in and this year is no different! Using my passion for the performing arts, I aim to create an entertainment crew from our Leadership team to support in the effective running of assemblies and school events. Further, I will embrace leadership opportunities to make a difference to the school and our wider community.

Careers

Ms K. Henson

Congratulations to all of the students who completed the White Card course this year. The RTO White Card trainer Mr Greg Saville, commented on the excellent behaviour of our students. Students are reminded to keep their White Card and Certification in a safe place as there is a cost to replace the card.

Congratulations to the students who completed a carpentry course at TAFENSW Nirimba campus this term. The TAFE teachers were pleased with the students effort , attitude and commitment to your projects.



Caption text to be added below the image Photo by: ____

PDHPE - Spikeball Tournament

Mr L Barry

In Week 9 Mr Nget ran the Inaugural Rouse Hill High School Spikeball. Spikeball is a new sport to Australia which can best be described as a combination of volleyball and handball. Teams consist of two people on opposite sides of the net. Unlike volleyball once the serve is made players can move anywhere on the field.

We had 10 enthusiastic teams from both the Junior and Senior school vying for the honour of being named Champions. After a day of round robin competition teams were seeded for the final elimination tournament.

With some high level competition there was a few upsets in the early elimination rounds. Students played with great sportsmanship and encouraged each other to do their best but in the end there could only be one winner. Congratulations to Adam C and Damon S.



Year 6 Orientation Day 2019

Mr Joshua Cutting and Ms Kerry Ellis

The move from Primary to Secondary school is a major milestone for any student. It's a time of big changes in the way we interact with people, teachers and our learning.

As part of the transition from Year 6 to Year 7, Rouse Hill High School welcomed almost 200 Year 6 students to the 2020 Orientation Day, on Tuesday of Week 8. On this day our future Year 7 cohort had the opportunity to continue to build new relationships with each other, Year 1.0 Peer Support Leaders and staff, continuing their transition into the RHHS School Community.



Photo by: J. Cutting

During the day, Year 6 engaged in a variety of ice breaker games to get to know the people they would travel the journey of high school with. In small groups, Year 6 were challenged to a game of Around RHHS in 45 Minutes; where they had to communicate with each other and their peer support leaders to crack the clues and complete the challenges to navigate their way around the school. Overall our future Year 7 students had many positive experiences, where they made new friends and began to experience the fun and excitement that High School has to offer.

As the 2020 Year 7 year coordinators, we would like to extend our thanks to the Year 10 Peer Leaders who did a wonderful job supporting students and facilitating activities throughout the day. We would like to also extend this to the staff that supported the events of the day.

We hope our future Year 7 students enjoyed their day at high school and we look forward to welcoming them next year on their very first day.

E1 - Autism Support Class

Annette Quiney - HT Wellbeing and students

This year has been one of enormous change and growth in our support class.

Four new students transitioned into Year 7, joining students in Year 9, 1.0 and 1.2.

Recently on 26 November,, five students from the support class along with three staff members visited the Australian National Maritime Museum. The trip was organised to continue travel training program and to see various modes of transport at the museum.



The students had an opportunity to travel by bus, train and the new metro. The class visited the Queen Victoria Building to see the Swarovski Christmas tree. The best part of the day was getting to go onboard a submarine on display at the wharves outside the museum.

We started the year welcoming Mrs Clements and must now end the year saying goodbye and a big thank you to her for all her hard work. While we are sad to see her go we wish her all the best in her new opportunity and would like to share some of the classes favourite memories with her.

- “I liked the way Mrs Clements taught us in the classroom. It was mostly fun.”
- “Making me play sports that I would not usually do and enjoying them”.
- “Going out to lunch at Lusso’s at Rouse Hill Town Centre to celebrate Arman’s graduation. Having fun at Timezone and eating pizza.”
- “Mrs Clements pretended to faint in Italian class because R... said his numbers in Italian perfectly”.

We would also like to extend our thanks to Ms Da Ponte, Ms Kumar, Ms Debrincat and Ms Coates for their dedication and tireless efforts to make everyday a good day and a day where successfully facing big and little challenges is always possible.

Mathematics

Ms Zacharia

During DARE week some Year 8 students visited Rouse Hill Primary School to facilitate numeracy activities with Year 6 students.

Particular attention was given to students knowing their times tables before they begin high school. Students from both schools collaborated on a times tables challenge.

Another focus was applying order of operations to solving number problems. Students also investigated the use of scientific calculators compared to basic calculators.

All students had an engaging and productive lesson which continued to forge relationships between both schools.



Science - Linden Observatory

Mr J Duggan

As part of DARE Week celebrations, The Science faculty had the opportunity to work with the Western Sydney Amateur Astronomy Group (WSAAG) and invite 9 eager students from Years 8 and 9 to attend Linden Observatory in the Blue Mountains.

We left school with a little concern that the smoke from the recent bushfires would affect our nights viewing, however, as soon as we arrived at the site, we were not disappointed with the quality of the atmosphere and were able to see a great deal of objects in the night sky.

The students learnt about the history of the site, the telescopes that were on show, interstellar objects - everything from galaxies to nebula's, to objects in our own solar system like Saturn, Uranus and the Moon. To use the Giant Evans 30" Dobsonian telescope was a treat to say the least. It was great to get the opportunity to view objects that are impossible to see in the city skies.

Rouse Hill High School looks forward to hosting its annual Astronomy Night during Science Week in 2020 with the support of WSAAG and hope that we have the opportunity to take students to Linden Observatory again.

Photos: Jay Duggan



Duke of Edinburgh

D. Williams

New Award Recipients



The Duke of Edinburgh's Award is a highly esteemed one. It is valued by employers and tertiary providers as evidence of determination, leadership and accountability. This value is earned through the challenging nature of each level, whether that be the physical ardour of the rigorous adventurous journey, where students must confront their physical and mental limits in difficult terrain, or in any of the other three components of the award which require many months of sustained dedication, organisation and effort. It is truly a challenging task, which makes for a rewarding achievement.

That said, it is a great pleasure to acknowledge the following students for achieving their next level within the Award. Each student has completed their own individualised challenges on the path to receiving their award, and each one has grown as a result of their courage, resilience and drive. Congratulations to the following young people for their many remarkable achievements.

Kavishay P. - Silver Award



Kavishay was a direct entrant into the Silver Award and was required to undergo six months of physical recreation and skill development to qualify for his award. He selected for his major, community service, which took the form of 52 hours of work in environmental conservation. Those who know Kavishay will be familiar with his efforts within the school community to implement initiatives that will create lasting change. He has worked to inspire others through his example and has developed and demonstrated his leadership skills in this way. The final component of Kavishay's award was the adventurous journey which he completed on The Great North Walk, leading a 6-day expedition from Sydney to Hornsby.



Garrett, Kavishay, and Vihar - 2019 adventurous journey



View of the river - Silver journey 2019



Vihar, Kavishay, Tian, & Garrett

Proud to support



Duke of Edinburgh ctd.

D. Williams

Tian W. - Silver Award



Tian, who earned the Bronze award last year, displayed remarkable drive and organisation to complete the Silver award in 2019. Through six months of sustained effort, Tian fulfilled all the requirements while completing Grade 4 piano, cycling from Glenhaven to Windsor, and volunteering at his local library.

Tian, ever an example of determination, has already begun his gold level, and we look forward to watching his achievements over the next year.



Tian, Vihar, Kavishay, & Garrett at journey's end - Silver adventurous journey 2019

Olivia S. - Bronze Award



Throughout every section of her award, Olivia has shown the persistence and strength of character for which the award is famous.

She completed her service with the Rural Fire Service volunteers and received commendation from her supervisors. At the same time she learnt to knit as a new skill, and for her major, Olivia devoted six months to training in the martial art of Brazilian Jiu-Jitsu.

On top of those achievements, Olivia has shown leadership and spirit on multiple expeditions in a range of different environments.



Olivia (left) on her way to completing the bronze award

Proud to support



Duke of Edinburgh ctd.

D. Williams

Adventurous Journey Schedule

For students interested in taking on the challenge of the Duke of Edinburgh's Award in 2020, one of the most frequently asked questions becomes, 'When are the adventurous journeys held?' The adventurous journeys form one of the four components a student must complete to qualify for each award level. They are required to complete a minimum of two journeys per level, with the first a training or practise expedition, where they will learn the skills required to take an active and leading role in their second journey.

In 2020 the following schedule is tentatively planned:

Terms 1 & 4 - Bronze expedition - 2 days, 1 night

Terms 2 & 3 - Silver/Gold expedition - 3/4 days, 2/3 nights



Student resting on an expedition - Photo by K. Camrass

Details regarding these journeys, including mandatory training dates will be provided throughout the year. Students interested or intending to participate in any of these expeditions are encouraged to speak with the Award Leader within the school.



Friendships formed - Photo by K. Camrass



Into the unknown



Group photo midway through a journey - Photo by K. Camrass

Adventurous Journey Cancellation

It was very unfortunate that the school's most recent expedition to the Royal National Park and The Coast Track in Term 4, 2019 had to be cancelled.

Due to the severe fire conditions and poor air quality, NSW National Parks & Wildlife Service made the decision to close all tracks and campgrounds within the park.

It is expected that this expedition, or a similar one, will run in Term 1, 2020.

The Duke of Edinburgh's International Award

Three
Levels



Bronze



Silver



Gold

Four Main
Sections



Service



Physical
Recreation



Skill



Adventurous
Journey



Residential
Project

BRONZE	3 months	3 months	3 months	2 days/1 night	N/A
14+ years				(1 x practice journey & 1 x qualifying journey)	Gold Level only

Averaging at least 1 hour per week. Plus additional 3 months for a Major Section-either Service, Skill or Physical Recreation *

SILVER	6 months	6 months	6 months	3 days/2 nights	N/A
15+ years				(1 x practice journey & 1 x qualifying journey)	Gold Level only

Averaging at least 1 hour per week. Plus additional 6 months of a Major Section if Bronze Award not completed. *

GOLD	12 months	12 months	12 months	4 days/3 nights	5 days/4 nights
16+ years				(1 x practice journey & 1 x qualifying journey)	

Averaging at least 1 hour per week. Plus additional 6 months of a Major Section if Silver Award not completed. *

Get started today at www.dukeofed.com.au

ICAS Results 2019

D. Williams

ICAS is a rigorous international competition, run by the University of NSW, that aims to recognise and reward academic excellence.

There are six separate competitions available for students to participate in in late Term 3.

Congratulations to the following students for their achievements.

Mathematics			
Participation	Merit	Credit	Distinction
Amira S. (7) Damanjot K. (7) Sujal B.	Mandira D. (7) Aaron V. (8) Olivia S. (9) Logan B. (10)	Laveshcya I. (7) Lewis P. (8) Glenn M.(10) Tian W. (10)	Caitlin B. (7) Ryan P. (8) Yaswanth R. (8) Karthik S. (8)

English			
Participation	Merit	Credit	Distinction
Chloe B. (7) Amira S. (7) Damanjot K.(8)	Laveshcya I. (7)	Mandira D.(7) Karthik S. (8) Yaswanth R. (8) Olivia S. (9) Logan B. (10) Tian W. (10)	Caitlin B. (7)



ICAS Results 2019 ctd.

D. Williams

Science	
Participation	Credit
Laveschya I. (7) Amira S. (7) Damanjot K. (8) Aaron V. (8)	Caitlin B. (7) Mandiro D. (8) Ryan P. (8) Karthik S. (8) Yaswanth R. (8) Tian W. (10)

Writing	
Participation	Credit
Karthik S. (8) Damanjot K. (8) Glenn M. (10)	Chloe B. (7) Lewis P. (8)

Spelling	
Credit	
Laveschya I. (7) Chloe B. (7)	



Premier's Reading Challenge

D. Williams

Each year, in schools around the State, students in Years 7 to 9 aim to boost their literacy, learning, and lives by completing the Premier's Reading Challenge.

The challenge is to read twenty books by the end of August each year. There is a carefully curated list of appropriate age-level items from which students must draw at least 15 of the books in their challenge. The remaining five titles are considered personal choice books and can be any the student chooses.

To read twenty books takes considerable time, and students who successfully complete the challenge not only build positive reading habits, but gain the myriad of benefits associated with wider reading.

Every book that a student reads is an accomplishment. Each one tests and develops reading and comprehension skills. Each one requires a certain level of sustained concentration, engagement, and active process of making meaning out of the text. Reading for 30 minutes a day has been shown to reduce stress, boost empathy, and develop skills from vocabulary to critical thinking.


For this reason, all students are encouraged to attempt the annual challenge. Those that have completed all twenty books by the cut-off date are recognised below, but we heartily encourage reading outside of these particular confines, which is, at the end of the day, in the true spirit and is the real goal of the challenge.

This year, 14 students successfully completed the challenge.

Of these 14, one student completed the challenge for the seventh time, earning a special platinum certificate.

Also, there was one student who received the rare 'Premier's Medallion' awarded for completing the challenge every year from Year 3 through to 9. A remarkable achievement, that takes consistent effort year-in, year-out.

Congratulations to these students. And might I extend the challenge to all other students, to take up the PRC in 2020. It's certainly worth your while.

Completion certificate		Platinum Certificate	Premier's Medallion
Lily E. Sophie G. Trinity R. Laura C. Emma H. Olivia S. Anthony T.	Danielle F. Ane N. Jessica W. Kali E. Mikayla P.	Kavin A.	Nicola F. 

Library & Information Services

D. Williams

As 2019 draws to a close, we often take time to reflect on where we've been and what we've achieved in the past 12 months. For most of us, the year has been filled with all manner of things and gone by faster than we might have thought.

In the midst of all that busyness, it is my hope that all of us have found a way to steal a little bit of time back for our own reading. Whether fiction or non-fiction, funny or scary, heavy or light, taking the time out to read something for yourself is a good way to care for your mental well-being.

It's been said that to read is to see the world through the eyes of another. To travel to new places, real or imagined, without having to go anywhere. To encounter people, and experience moments, that you could never normally do.

To read is to boost your vocabulary, strengthen your memory, and broaden your general knowledge. Or specific knowledge if you've got an interest in something specific! Hidden away, but not too far out of sight, lies the knowledge and wisdom of untold numbers of experts, the inspiring tales of unsung heroes, and the sum experiences of many lifetimes.

Yes it's true, reading can be difficult. It demands concentration. It takes effort to grapple with the words and ideas that are to be found between the covers or upon the screen. But, like many things that are hard, a rich reward awaits those who persist past the point of ardour.

I hope that each and every member of our school community has taken the opportunity to stretch themselves in reading in 2019. And, if not, there's no cause for despair; another advantage of the written word is that it's always there waiting for you.

Make then 2020 the year of reading widely, deeply, and freely.

If you're looking for a place to start, on the next page you will find a challenge made popular in schools this year. The summer reading challenge is a fun way to enjoy your reading this Christmas holiday. I hope that many of you are able to take advantage. Every little bit helps.

Happy holidays and happy reading.

SUMMER READING PROGRAM

Challenge

After you complete each challenge, CROSS IT OFF!





HI REPS FITNESS

ACTIVE KIDS & TEENS

Hi Reps Active Kids & Teens Program focuses on introducing children (age 8yrs – 15yrs) to different exercises, drills, team interaction, and fun activities.

4:30PM - 5:15PM
| MONDAY - THURSDAY |
ROUSE HILL

For more details, visit
www.hireps.com.au

Children have an opportunity to learn good movement through supervised gym related sport/exercise training.

Registration now open-
Call 8882 9968

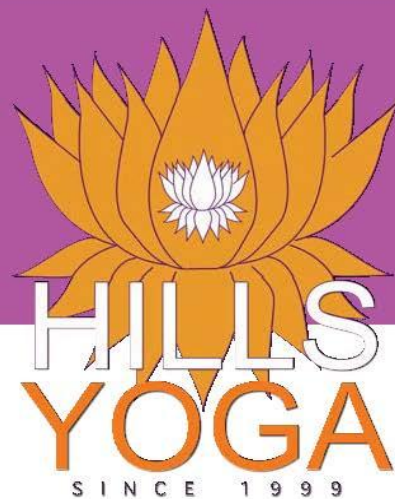
1st session FREE to all new kids



TEENS Yoga

Thursdays 4.30 – 5.30pm TERM 1

DYNAMIC YOGA, BREATHING, MEDITATION, RELAXATION



www.hillsyoga.net.au

enquiry@hillsyoga.net.au

9654 9903

261 Old Northern Road
Castle Hill

A non-competitive environment to encourage self-growth, positive self-image, physical & mental relaxation, emotional stability & focus.

DUKE OF ED: ✓

Dare to excel



RHHS NOTICEBOARD

P&C

The next P&C meeting will be held on Monday 17 February 2020. 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 carley134@me.com

NEWS

ADVERTISING IN THE ROUSE HILL HIGH NEWSLETTER

Rouse Hill High School's newsletter contains paid Advertisements. The publication of such advertisements does not imply endorsement of any product or service by the NSW Department of Education or Rouse Hill High School.

If you are interested in advertising your business or community group in the next edition of this newsletter please visit <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.

UPCOMING EVENTS

28 January 2020
School Development Day

29 January 2020
Year 7 & Year 1.0 Peer Support Leaders commence

30 January 2020
Years 1.0, 1.1 & 1.2 commence

31 January 2020
Years 8 & 9 commence

11 February
Celebration Assembly

14 February
Swimming Carnival

17 February
Parent Teacher Night

24-28 February
VET Hospitality Work Placement

Rouse Hill High School

PO BOX 6120

Rouse Hill NSW 2155

98361890

www.rousehill-h.schools.nsw.edu.au