

ROUSE HILL HIGH NEWSLETTER



September 2019 / ISSUE 55



On Tuesday 24 September, Rouse Hill High School held their annual MADD performance evening. The evening featured Dance, Drama and Music acts from Rouse Hill High School, as well as acts from Ironbark Ridge Primary School, Beaumont Hills Primary School, Rouse Hill Public School and North Kellyville Public School. This year was also the first year that the Stage 6 Entertainment class coordinated the event. They organised ticket sales, hosted the event, managed all the sound, lighting and video and managed acts backstage. The class did an amazing job, and all who attended commented on the quality and professionalism of the night. I would like to congratulate all performers and crew on their commitment and dedication towards the Creative and Performing Arts. A special mention also needs to be made to all the teachers involved in the event - in particular Mr Bilbija and Mr Camrass. Without their efforts, nights like this would not be possible!

Careers

Ms Henson

Year 1.2

Good luck with HSC exams and tertiary entry applications over the next term. As a year group you have many exciting career pathways that you are following and wish you every success in each and every one of them.

Years 9, 1.0 & 1.1

Students can follow up on their career choices by accessing tertiary, individual organisations and professional websites to gain updates on current career opportunities. Students can access the Rouse Hill HS's career webpage, jobjump, joboutlook and skillsroad to research their careers of choice. Visit the careers room to collect current resource materials from universities, TAFE and the Apprenticeship centres.



Congratulations to the Year 1.0 boys completing a carpentry course at TAFE in the last week of this term.



Year 8 HSIE Incursion

Mr Peter Thoms

This term in HSIE we have been learning about Water in the World. On Thursday 28 August the Australian Water Association came to speak to all of Year 8 to inspire them for their Project-Based Learning task.

Guest presenter Kirsty spoke to Year 8 around the issues of water scarcity globally and also informed them of the droughts that are affecting towns across Australia. We also learnt about the role of NGOs including the United Nations and World Vision.

There was time for students to strategise methods to conserve the use of water, which was directly relevant for their PBL task. Students came up with a range of methods including installing water saving appliances, using recycled water, education programs and partnering with business to invest in new technologies to address this important issue.

Rouse Hill High look forward to continuing this partnership with the Australian Water Association into the future.



Assessments in Mathematics

Mrs Beena Rizal

Term 3 is a busy time for assessments in Mathematics. Year 1.0 have successfully completed their practical investigative task for the topic of Trigonometry. Students collaborated in teams to measure a variety of structures around the school and at home. They measured the angles of elevation of awnings and trees using clinometers that they made themselves. Many of them also discovered new ways to measure heights of objects such as trees and buildings using techniques that date back hundreds of years. Students then presented their calculations as part of their assessment.

Year 9 also completed their tessellating polygons assignment in pairs. It was pleasing to see the amount of enthusiasm that was shown in the completion of this task. Students were required to investigate which polygons tessellate on their own and the geometry behind why this is so. Students created PowerPoint presentations with their findings.

Currently all students are preparing for final examinations. Students in Years 7, 8 and 9 are permitted to bring an A4 double-sided learning log to assist them during the exam. The process of creating these thorough study notes is the most important aspect of why we allow it.

Finally, senior students are also busy preparing for their HSC examinations. Students in the photos below are completing past HSC questions in both the Mathematics course and the Mathematics Standard 2 course.

The Mathematics Faculty wish all students the best of luck in these examinations. Preparation is the key!!



Senior students preparing for the HSC Examinations Photos by: Ms Rizal and Ms Zacharia

Dance News

Miss Sarah Baldwin

Term 3 has been a busy term for our dance ensemble. Students have performed at multiple events both at school and throughout Sydney. At the beginning of the term they performed at the friendship assembly for our sister school, Ningbo no. 15 Middle School.

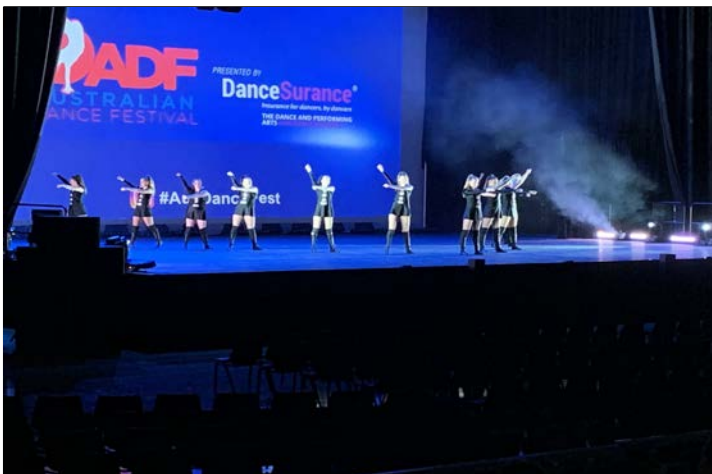
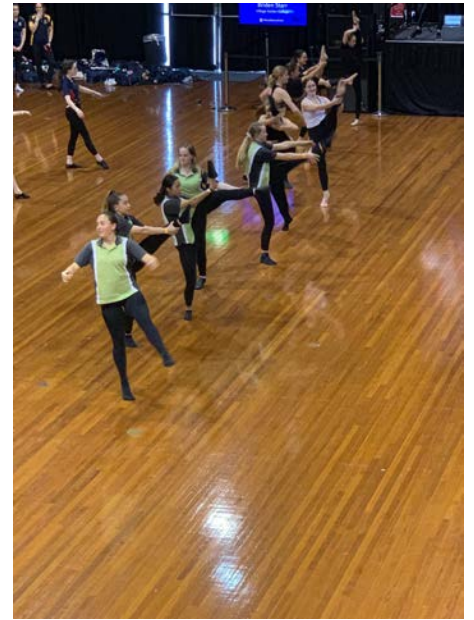
The end of the term became extra busy for the dancers. They danced at the Hills Performing Arts Festival on 3 September at Penrith Panthers Leagues Club. As the only high school to perform that night, they danced with great strength and pride. The following week, they attended The Hills Dance Spectacular at Dural. They had a mountain to climb, having to dance up an age group. This was handled with ease and class, however, unfortunately they did not place within the high competitive section but received a commendable result of 86 out of 100.

On 19 September, with an early start to the day, the dance ensemble travelled to the Quaycentre Sydney Olympic Park, to participate in the Australian Dance Festivals first ever schools program Resonate. Students were treated to workshops and technique classes with some of Australia's best teachers and choreographers. First up was a workshop with Marko Panzic in Commercial Jazz which was followed by Q&A sessions on how to build confidence, remember technique and building resilience when getting knocked back with auditions and other aspects of life. This was quickly followed by a workshop and warm up with DJ Jazzy. Following on was a Hiphop workshop run by Jacobe Yarr. With a change in tempo, students continued to develop their technique in jazz with a workshop run by Briden Starr. They were able to put this technique development to the test with a short and sharp jazz combination to Queen's Another One Bites The Dust. The day of workshops was rounded out with a kicks, leaps and jumps technique class run by Alyssa Casey, from Lee Academy. After a busy day of workshops, students eagerly prepared for their performance on the main arena, where they performed with great athleticism and pride for their school.

The term was rounded out with one last performance at MADD on 24 September in the school hall. This was a great performance to round out such a busy term of performances. Congratulations go out to the members of the dance ensemble for their hard work, dedication and commitment to all their performances throughout the term: Emily B, Alexandra B, Hannah C, Laila C, Sarah D, Mackensie G, Jessica H, Olivia J, Nicole K, Chloe L, Kiara O-P, Abbygail O, Jayde P, Brianna S and Indie W.

Dance News continued

Miss Sarah Baldwin



Dancers at the Australian Dance Festival Photos By Miss Baldwin

Year 10 Food Technology

Jennifer Cameron

New food products are continually being developed by manufacturers to keep consumers interested in the marketplace. Yr 10Y Food Technology put their thinking caps on and were able to design and produce an array of interesting food products from a base of either flour, rice, pasta or pastry. The scrumptious products were presented to a panel of senior executive judges and included Shepherd's Pie, Loaded Baked Potatoes, Velvet Waffle Sandwiches, Reverse lamingtons, 3 Flavoured Pancakes, Saucy Subs, Mini Pizzas and Burrito Pastry Wraps. 10X Food Technology also developed some trendy tasty treats that included Brownie Pizza, Vegan Cups, Ice cream Waffle Sandwiches, Pancake Stack, Doughnut Cake and Taco Cups. The products were marked on creativity, originality, presentation and taste. All students achieved great results on this practical experience. Their food products were also supported with a company marketing and advertising campaign which they presented during class time to their peers.



Saucy Subs - Jed S, Natarlia W, Joshua F



Shepherd's Pie Loaded Baked Potatoes - Kasey A, Simone C, Taia H

Year 10 Food Technology cont



Velvet Waffle Sandwiches
Cora M, Haley S, Charlotte C



3 Flavoured Pancakes
Khushi S, Grace W



Reverse Lamingtons
Noah H, Perrion S, James F, Leon H

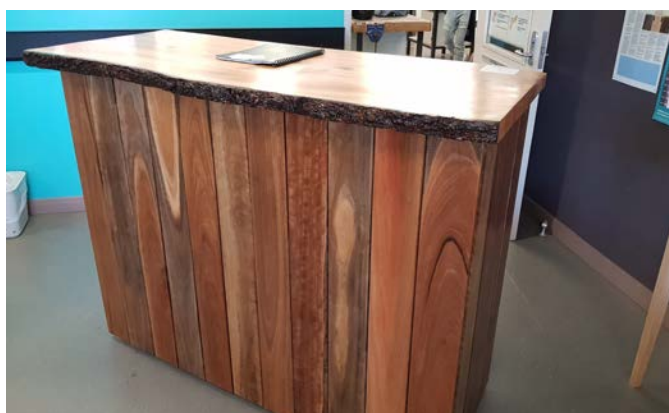


Mini Pizzas
Liam J, Ivan Lt, Xavier F

Industrial Technology Timber HSC Major Projects 2019

Nathan Cluness

This term students in Stage 6 Industrial Technology Timber have completed and submitted their HSC Major Projects for external marking. Students produced a range of projects including, Jewellery Boxes, Outdoor Garden Seating, Entertainment Units and even a Bass Guitar. The students should be very proud of the high quality of the finished projects and folios.



Stage 6 English

Pip Healey

In English, we are fortunate enough to teach each and every student who attends our school. Our diverse courses in Stage 6, including English Studies, English Standard, English Advanced and English Extension, allow us to meet the needs of a range of learners.

This week, we have been celebrating our achievements in all classes and preparing for the upcoming English HSC examinations early next term.

We wish to take this opportunity to thank our students for their ongoing application to learning and to wish our Year 1.1 and 1.2 students all the best. As they approach the examinations, here are a few study tips for them to remember:

- Revise your content, prescribed texts, selected quotations, techniques and analysis.
- Write, write, write! Timed paragraphs and responses are a must!
- Apply feedback from practise tasks and assessments.
- Create study cards to test your knowledge of the key analysis in each paragraph.
- Review language forms and features for Module C (Advanced and Standard).

The English faculty wish you all the best.

A few of our Stage 6 classes and teachers.



Stage Five Inter-School Drama Gala Day

Emma Tesoriero

On 19 September five students from Year 9 Drama represented the school at the Inter-School Drama Gala Day for North-Western Sydney.

This annual event aims to establish a sense of community among Drama students and teachers within the local area. Students participated in a range of workshops delivered by experienced Drama teachers to enhance their creativity and collaboration. The Gala Day commenced with a keynote address delivered by Creative Arts NESA Inspector, Dr. John Montgomery and students then engaged in a series of workshops and networking opportunities to assist with their ongoing professional development and understanding of Drama.

The workshops included *The Ultimate Warm-Up*, *Characterisation 101* and *Stanislavski Masterclass*. Students gathered at the end of the day and performed their workshop pieces for a live audience.

Overall the day was a great success and each of our students benefited from attending and interacting with others.



Year 7 Discover

Natalie Sinderberry Year 7 Coordinator

On Monday 19 August, Year 7 hosted our RSPCA Cupcake Day. Generous students, parents and staff made cupcakes to sell on the day and a large number of students organised and sold cupcakes at our stall. The aim of the day was to not only raise money but awareness of the wonderful work that the RSPCA does. We raised over \$500 and would like to thank all of the students, parents and staff who made and bought cupcakes and who supported Year 7 with this initiative.



Year 8 Explore

Shaun Minahan Year 8 Coordinator

During the first half of Term 3, Year 8 have been running a toy drive for the Children's Hospital at Westmead. They were able to gather over 100 toys during this time, culminating with a group of Year 8 students making a trip to the hospital to hand deliver the donations. In addition to the drive, some Year 8 students sold milkshakes during lunchtime, raising enough money to purchase multiple teddy bears for donation. These bears went to children in the Oncology ward at the hospital for them to keep. It has been great to see so many Year 8 students proactive with their support for our outreach project and I look forward to hearing their ideas for 2020.



The Sydney
children's
Hospitals Network

care, advocacy, research, education

Year 9 Peer Support Training

Kerryn Ellis

Starting high school is a unique time, where new students begin their learning journey. Without support, it can be confusing and scary. Peer Support Leaders become a bridge to give new Year 7 students a friendly guide to the in's and out's of high school. The peer support program is designed to promote and continue the positive culture within the school, by encouraging students to support each other and contribute to our school and community.

Over two days, 70 Year 9 students engaged in leadership training to become peer support leaders for 2020. This training was run by nine experienced Year 10 students who were trained last year and were involved with the current cohort of Year 7. Throughout the training, students discovered what it means to be an effective leader and the connection that leadership plays in supporting positive well-being.

Day one of the Peer Support gave students time to build their confidence with one another and the leaders running the training. Students were sorted into 4 groups lead by 2-3 peer support leaders. The day consisted of a variety of activities where they were encouraged to develop their communication and teamwork skills. Fun and laughter was to be found throughout the day as students tangled themselves into knots and discovered their (in)ability to communicate messages through body language. Our day ended with a 'fashion show' where each of the 4 peer support groups came together to demonstrate their teamwork and ability to problem solve a fancy dress situation with newspaper.



Year 9 Peer Support Training Continued

Kerryn Ellis

Day two was a day that presented students with more specific details about the role of a peer support leader, and began the Year 9 students first jobs in the role. Students discussed what it meant to be effective leaders, and how they could best assist Year 7 to become actively engaged participants while being mindful of individual personalities. They were then given their chance to practise running activities with their training group, enabling them to increase their confidence. In the final session of the day, students demonstrated their creative thinking skills, using their collected knowledge to design their own activities to be used in 2020.

Together, the Year coordinators for 2020's Year 7 and Year 10 would like to thank the current Year 10 for their efforts to train them as leaders in the peer support program. Their positivity and experience has been most appreciated. A peer support leader is an essential part of welcoming a new year, and successful communication is key. Learning from the people before us, enables us to become more effective leaders. We would also like to wish the Year 9's good luck in their new leadership roles. The new leaders will be given many opportunities to demonstrate their leadership qualities through their participation in transition days, orientation and eventually supporting their own peer support group at Year 7 camp.

Good luck Year 9!

Yr 8 & 9 Raise Mentoring

Annette Quiney HT Wellbeing

On Tuesday 24 September, after 20 weeks of mentoring, ten Yr 8 and 9 students participated in their graduation ceremony and celebration to recognise the efforts and relationships formed. Ms Castle was on hand to congratulate everyone involved and thank the dedicated mentors from our local community and the Youth Mentoring Foundation for their commitment and ongoing support of our students.

This year students had the opportunity to nominate themselves and take the opportunity to experience everything that mentoring programs can offer. Each student made their own personal journey, learning so much about themselves and their potential.

The highlight was witnessing each mentor-mentee pairing stand together and share their thoughts about the program and lessons they had learned from one another. It was also great to have some of our parents join us for such a special event.

Student quotes from the day:

'I am grateful that my mentor is loyal and caring'
'It helped me to be more confident'
'I feel more open and brighter, thank you'
'I love just laughing together'
'It was really nice meeting everyone'
'I thank myself for joining even though I had no idea what I was joining'
'It gets better every week'
'Thank you for helping me set and achieve goals. Now I know I can do it''



Mentor quotes from the day:

'Never underestimate yourself'
'Don't let anyone dim your shine'
'You are so much stronger than you think'
'You can achieve the goals that you set for yourself'
'A level of maturity and compassion I wasn't expecting'
'Life is a journey full of open doors waiting for you to open them'
'Keep trying and stay focused, just like when you beat me at chess'
'I found myself asking who was the mentor and who was the mentee'
'It has been a two way street, with us learning just as much from you'
'It was such a privilege to hear your story. Thank you for trusting me with it'
'You were so willing to get involved and I enjoyed watching you grow with confidence'

Ignition: I Can...You Can...We Can...

Garrett V - School Captain

“Supporting and championing the young men of RHHS through the challenges of high school life and the teenage years... Inspiring the next generation of young men to be the best versions of themselves: more confident, more productive, better leaders, and more passionate to make a difference”.

At the start of the year, the males of the Year 1.2 leadership team decided an important goal would be to better engage with the male student body and address any issues they may face. The solution? IGNITION, a program and social club run at school that provides a space for male students to socialise, have important conversations, and participate in activities. The above paragraph is the vision I, as one of the school captains, set out for this initiative.

I'm happy to report that it has been a successful year overall! We've seen students across year groups come and go, while slowly establishing a consistent group of boys who have grown closer together and been enabled to learn from each other and encourage one another. Throughout the year, we've improved the structure of our meetings which allowed us to have respectful, insightful discussions about important, relevant issues that young men and boys face today. These include topics like mental health, body image, and relationships. I've always been pleasantly surprised with the maturity of students as we've had these discussions. I genuinely believe we have been working towards positively impacting school culture as a whole, by providing a fun, welcoming environment where students leave feeling encouraged, empowered, and included.

Above all, Ignition has been *fun*. Students from different year groups have been socialising more and building connections. We run different icebreakers and games every week. We've also had a party or two, with pizza and snacks, being able to celebrate important milestones together.

As the Year 1.2 leadership team graduates, I can rest assured knowing Ignition has sparked something in school culture - something that will undoubtedly be carried out by the years below us and spread to even more students.



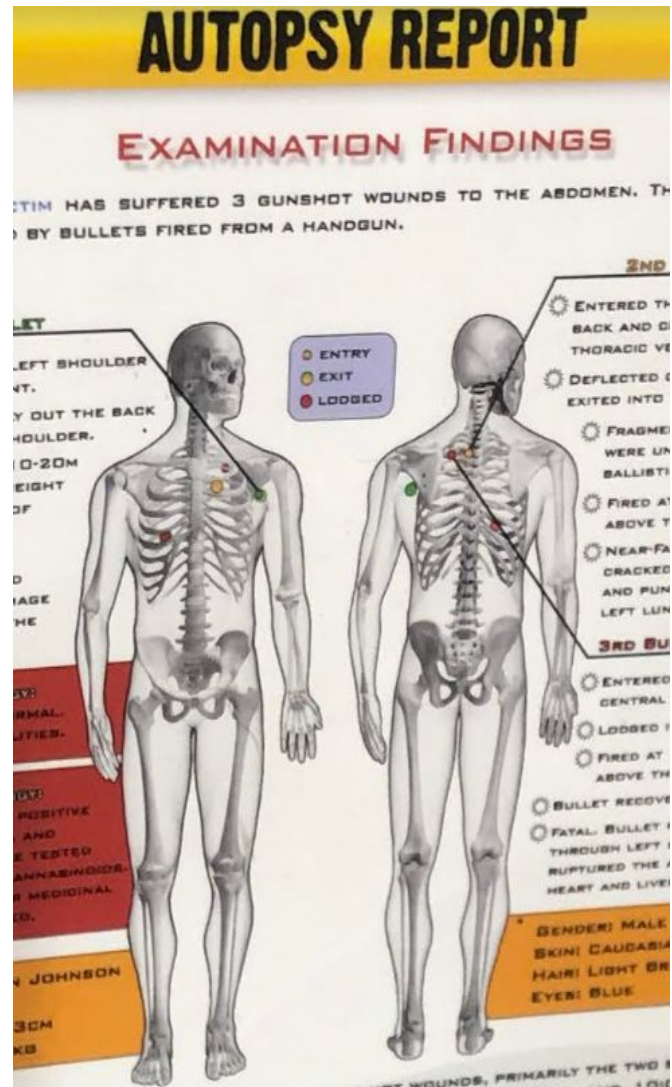
Forensic Science

Peter Bawden

A group of Year 10 students participated in an interactive Forensic Science incursion on Tuesday 10 September.

This allowed students to investigate a crime and understand the process of collecting evidence and building up a case. The types of evidence included tyre tread matching, fingerprints, DNA as well as fabric analysis of clothes found at a crime scene.

The presenter had a background in carrying out autopsies and shared her experiences with the Year 10 students.



Project SHIFT

Daniel Williams

Throughout Term 3, all students in Year 7 have been hard at work developing essential C21st skills like creative problem solving, critical thinking and the ability to work in a team.

Additionally, they have been learning how to balance budgets, speak persuasively, and effectively manage their time.

They have done all this through their efforts in the \$20 BOSS Program, an initiative designed by the Foundation for Young Australians.

Over the past 10 weeks, students have worked in groups to identify social and community needs, and design a product or service that can sustainably address that concern.

Once they have been guided through lessons in design thinking, marketing, financial management, and social enterprise, students have had the opportunity to present their business ideas to receive an investment of \$20 as start-up capital.

The efforts of our industrious students will be on display in the first week of Term 4, when the school will host a trade fair allowing parents and the school community a chance to see what our students are capable of achieving.



Videos For Change

In Term 2, Year 7 students participated in another national competition titled Videos For Change in which they were required to make a 1-minute film highlighting an issue that needs social attention. An issue that needs change.

Our students performed well, and two films have progressed to the next round of competition.

Finalists will be announced soon.



Duke of Edinburgh

Daniel Williams

Towards the end of Term 3, 5 students from Years 1.2 and 1.0 set out to complete their second adventurous journey for 2019.

After a practise journey between Sydney and Hornsby, the students were ready to lead the next three-day expedition from Hornsby to Brooklyn.

It was an arduous and challenging journey, on which these students showed themselves to be remarkable young people, full of determination, resilience, and optimism in the face of difficulty. Congratulations to them all.



Photographs by K. Camrass

Proud to support



Extracurricular Competitions

Daniel Williams

Throughout Terms 2 and 3, there have been a range of competitions available for students who wish to pursue academic interests at a higher level.

Rouse Hill High School has a history of high performance in competitions like:

- International Competitions and Assessments for Schools (ICAS)
- The Australian Geography Competition
- The Australian History Competition



In 2019, ICAS, run by the University of NSW, shifted to an online version of the six competitions hosted under their banner. This also included a change in the sitting dates, moving them forward until late in Term 3. As a consequence of that change, student results are not yet available for 2019 but will be published when they are released.

For both The Australian Geography Competition, run by the Royal Geographical Society of Queensland, and the Australian History Competition, run by the History Teachers' Association of Australia, we have two standout contestants from our school.



Tian Yi Wong See (1.0), a frequent participant in these events, achieved an excellent result in both competitions, receiving a High Distinction in Geography & a Distinction in History.



Anthony Radic (1.0), also a regular participant in academic competitions, followed up his excellent performance in 2018 by once again scoring in the top 1% of national entrants in the Geography competition and achieving a Distinction in History.

Congratulations to all students. I hope to see you in 2020.

Library & Information Services

Daniel Williams

Term three has been an exciting one for the Library, with many events and announcements from the literary and reading worlds.

The Premier's Reading Challenge for 2019 closed at the end of August. Congratulations to all students from Years 7-9 who were able to complete the challenge this year. Those students will be presented with their certificates and medallions in Term 4.

With the 2019 competition closed, students may start recording their reading for the next PRC which will open officially in 2020. Books that are read from September onwards are able to be included, so start your reading now!



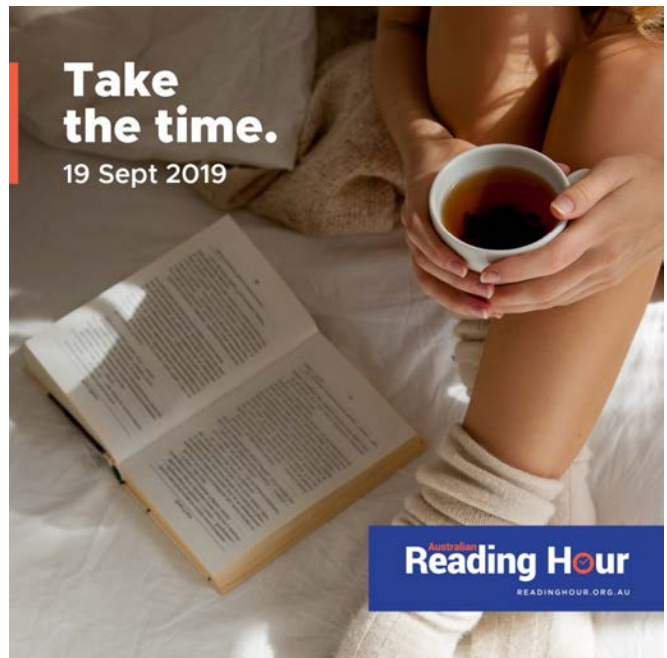
The last week in September typically coincides with another significant event on international bookish calendar, 'Banned Books Week'.

The brainchild of the American Library Association, Banned Books Week was started in 1982 and aims to promote intellectual freedom by highlighting books that have been banned, challenged or censored around the world.

The list is, sadly, long and full of titles that might surprise. *The Giver* by Lois Lowry for instance. Or Neil Gaiman's *The Graveyard Book*. Or Roald Dahl's *The Witches*.

What about *The Hunger Games*? Or *The Hate U Give*? *The Lord of the Flies* is on the list. So is *The Kite Runner* and *The Diary of Anne Frank... 1984? The Handmaid's Tale*?

Find out more online, or come into the Library to see.



On the 19 September, Australia officially celebrated the importance and joys of reading through the Australian Reading Hour.

A worthwhile opportunity to encourage one another, and ourselves, to take the time to get lost in our reading.

Even though the hour is officially past, I hope that the upcoming holiday break provides more than one opportunity for everyone in our school community to find, take, or make the time to do a little reading.



@rhhslibrary

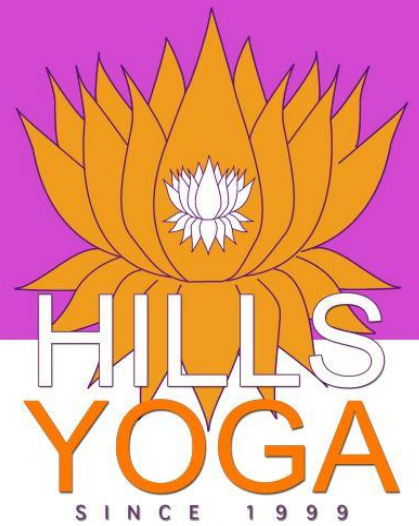


@LibraryRHHS

TEENS Yoga

Thursdays 4.30 – 5.30pm TERM 4

A STRESSED MIND DOES NOT STUDY WELL, COME DO YOGA DURING YOUR STUDIES & EXAM!



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| MONDAY - THURSDAY |
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In Australia, one in ten young people are completely disengaged from education, employment and training.

Not surprisingly this leads to social isolation and poor outcomes in mental health, with suicide now the highest reason for death of young Australia

This is an urgent problem and mentoring from a neutral positive role model during the critical teenage years provides much needed early intervention

We have 1,000 young people across the country in high schools near you who need someone to talk to.

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RHHS NOTICEBOARD

P&C

The next P&C meeting will be held on Monday 4 November 2019. 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

14 October

First Day of Term 4

15 October

\$20 Boss Trade Fair

Macquarie Cup Oz Tag

16 October - 4 November

Year 1.0 End of Course Exams

17 October - 12 November

HSC Exams

18 October

HSC Textbook Orders due

22 October

Macquarie Zone Year 7 Gala Day

5 November

Year 1.0 The Great Race Excursion (pending numbers)

11 November - 15 November

DARE Week

18 November

School Development Day

Rouse Hill High School

PO BOX 6120

Rouse Hill NSW 2155

98361890

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