

# ROUSE HILL HIGH NEWSLETTER



September 2022 / ISSUE 79

## U/15 Girls Basketball Team Competes in the Final 16 of NSW



Recently we have spoken about the U/15 Girls basketball team who were successful at the Sydney West Carnival, finishing as runners up. This qualified them for the NSWCHS U/15 Girls basketball competition which led to a lot of fast planning by Mr Medcalf and Mrs Abbass to organise a quick trip to Ballina for a basketball game.

On Wednesday 14 September the team travelled to Ballina to take on Ballina Coast High School in the Final 16 of the state. The winner would go on to play in the NSWCHS Final 8 tournament early in Term 4.

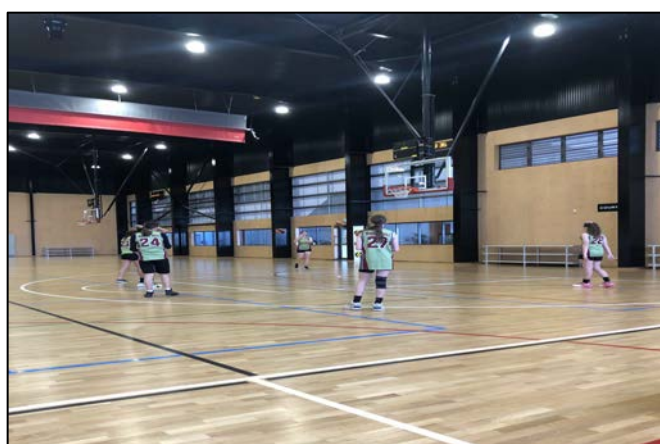
The RHHS team met at school at 4:30am to catch an airport transfer for a 7:05am flight to Ballina. Weary eyed, the girls were all on time to catch the bus and we set off. We arrived at the airport with plenty of time before take-off and grabbed a quick bite to eat. Like most flights, ours was delayed but we still had plenty of time to spare.

# U/15 Girls Basketball team... *continued*

L. Barry

We arrived safely in Ballina and after a short stop at Woolworths for supplies headed to the stadium. We had a shoot around before our early morning game.

The game didn't start as we had planned and with some questionable officiating we found ourselves down 12 points early. In the second quarter we found ourselves on a scoring run, only to be matched by BCHS every time. In the third quarter we made some defensive changes and managed to get back into the game and were only down two points heading into the fourth quarter. We continued our strong form in the last quarter but were unlucky, with BCHS hitting a shot with 14 seconds remaining and the RHHS team unfortunately lost 65-64.

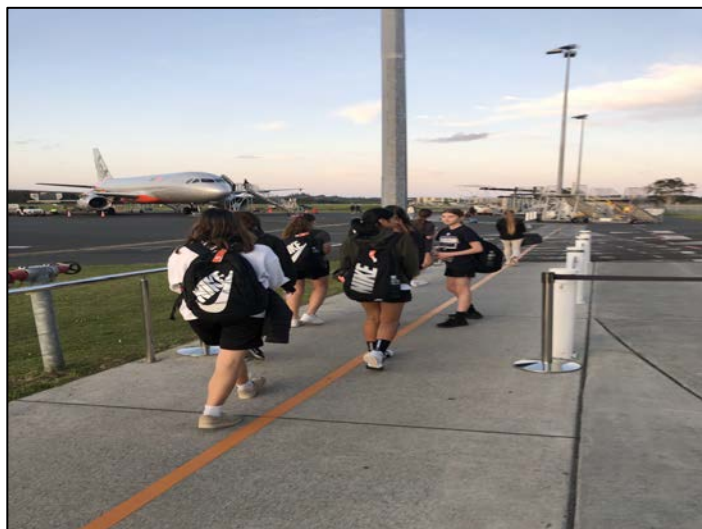
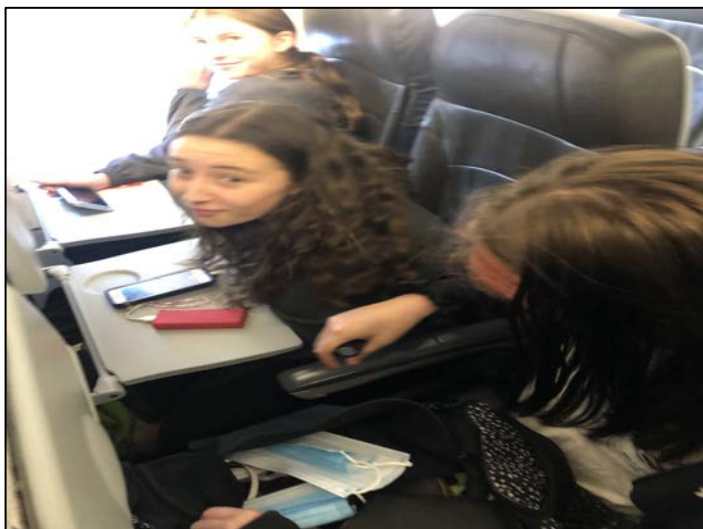


It was a tremendous performance from the team against a vocal home crowd and some dubious home calls throughout the game. The girls should hold their heads high on this fantastic achievement and I look forward to next year with at least half the team returning.

As mentioned earlier, a big thank you to Mr Medcalf for helping with the organisation but I have to say without Mrs Abbass this trip would not have gone ahead in such a short time frame. Thank you to all the parents for allowing your children to travel on such short notice. Lastly, thank you to Mrs Clark who helped out with the girls on the trip and also managed to have some fun (look closely at the slide).

# U/15 Girls Basketball Team ... continued

L. Barry



# Wellbeing at RHHS

RHHS Wellbeing Team



## Wear It Purple Day

Wear it Purple was celebrated at Rouse Hill High School on 26 August 2022. Students responded to the day positively and contributed by wearing purple accessories and getting rainbows painted on their face during recess. Leading up to the day, students were made aware of what Wear it Purple was through the use of a Kahoot. They were also told how to contribute if they wished to do so. Informational posters were hung around the school regarding more resources about Wear it Purple, and different types of pronouns that individuals in the LGBTQIA+ community may be referred to as.

Upon arrival at school, students were offered purple ribbons and stickers with the Wear it Purple logo. There was music playing and a rainbow poster at lunch where students added their name to show support. The music and rainbow poster were accompanied by face painting which was run by some Year 10 leaders.

## Jersey Day

On Friday 2 September, Rouse Hill High School joined numerous schools across New South Wales in supporting organ donation by wearing a jersey to school. Jersey Day revolves around the act of students, staff and the general public to spark a conversation regarding organ and tissue donation with their loved ones, an initiative started by Nathan Gremo who gave the gift of life to six people through organ donation at the age of 13.

On Jersey Day, students and staff wore their jerseys on top of their uniform. Not only were they showing their support for their favourite soccer, basketball or footy team; they were also supporting Nathan and the cause he brought. Through the simple act of wearing a jersey on the day, the message of organ donation awareness was spread throughout the Rouse Hill community.

Throughout the past decade the number of donors has more than doubled with 554 in 2018 compared to 247 in 2009, thanks to the generosity of 463 deceased organ donors and their families. Through initiatives such as Jersey Day, the number of donors and lives saved will only grow.



# Wellbeing at RHHS... *continued*

RHHS Wellbeing Team

## **R U OK? Day 2022** - by Keely M, Year 12

On Thursday 8 September Rouse Hill High School participated in R U OK? Day. The day started with a large yellow balloon arch at the main entrance of the school where students had the opportunity to take photos in their yellow clothing and accessories. Around the school were bunches of yellow balloons and posters teaching students ways they can ask someone, "Are you ok?" In the library, there was R U OK? Day bookmarks available for all students to grab.

The Rouse Hill High School Leadership team created a "How do you ask R U OK?" wall where students and teachers wrote on a colourful speech bubble stating ways they would start a conversation or ask someone "Are you ok?" Students from the leadership team handed out postcards where students could write their contact information which they then gave to a friend as a way to symbolise that they can contact them at any time for support or simply for a chat.

For more information about R U OK? Day and ways you can start meaningful conversations head to <https://www.ruok.org.au/> and remember a conversation could change a life!



# Personalised Learning and Support

learning.support@rh-hs.org



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**REQUEST A TIME NOW!**

**LET'S LEARN**

For support with  
assessment,  
coursework,  
organisation and  
more!

In the Library  
Bookings Required  
R1, R2, L1, L2  
Period 3 and 6

## **DARE+ Tutoring in the Library**

Selected students have participated in small group tutoring support this term via our DARE+ program with flying colours. Approximately 50 students a week have benefited from personalised learning support from our very talented SLSOs and LaSTs to complete missing work, get help with assessment tasks, prepare for exams and learn hints and strategies to improve their organisation and study skills. As a result, many students have improved their academic performance and overall wellbeing. If you think your child could benefit from extra support, please reach out to the Learning and Support Team.

## **Do you, as a parent, guardian or carer, need to organise a meeting to discuss learning support for your child?**

Request a meeting with the team via the [Learning and Support Consultation Request Form](#). These meetings are suitable for parents with a child currently with a PLaSP, recently diagnosed, or for a general discussion about learning support.

## **Students, do you need extra support with coursework, assessment or organisation?**

Students can request assistance in *The Learning Centre (TLC)* through this QR code or [TLC Request form](#).

## **Do you have a question for the team?**

Please contact our school's Learning and Support Teachers, Dr Tracy Worthington and Mr Tom Smithers at [learning.support@rh-hs.org](mailto:learning.support@rh-hs.org) for more information.

# Term 4 Reset: Starting with Uniform

Rouse Hill High School - Executive team

As outlined in the Week 9, Term 3 weekly email communication there have been several recent incidents of disrespectful behaviour demonstrated by students towards teachers and each other. We are addressing this concern through a number of approaches starting with tackling the decline in the standard of uniform.

At the whole school assembly on Tuesday 22 September, the expectations about uniform were communicated to all of our Year 7-10 students. Please ask your child about what they remember from the assembly, particularly in regards to how uniform is important in conveying a positive image of themselves and our school, promoting respectful behaviour and as a safety requirement. (Please note point 6 below from the Department of Education's website)

Details of our uniform policy can be found at:

<https://rousehill-h.schools.nsw.gov.au/about-our-school/rules-and-policies>

To help us keep our students safe on our premises, from the start of Term 4, anyone out of uniform will be withdrawn from the playground during recess and lunch. Where possible, students will be loaned uniform, however, we ask for your support in ensuring that your child leaves home in school uniform. This is the first step in displaying respect towards school expectations and that of our broader community.

Hoodies will be confiscated from students for collection at the end of the school week. This has been communicated to students throughout this week.

If you are experiencing financial difficulties in purchasing correct uniform, please contact the school office for advice or assistance.



## **In NSW public schools students are expected to:**

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

# Rouse Hill High School 2022 Yearbook Cover Competition ... takes the community by storm!

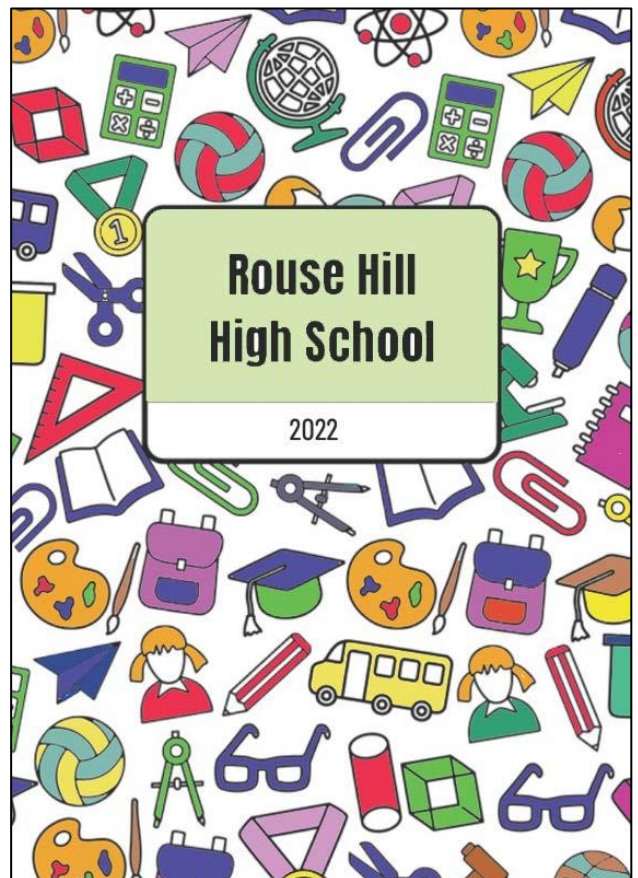
S. Key

Over the last few weeks The Masters of Art Club at RHHS has been inundated with some amazing artworks entered for the 2022 Yearbook cover competition.

As part of the brief, students were asked to demonstrate their artistic talents and design flair to capture something about life at Rouse Hill High School. Entries covered personal interests and passions, cultural connections, various modes of learning, the numerous subjects on offer at RHHS, and places of connection within our community. All students strove to think outside the box for their designs and certainly demonstrated the positive experiences and memories gained here at school.

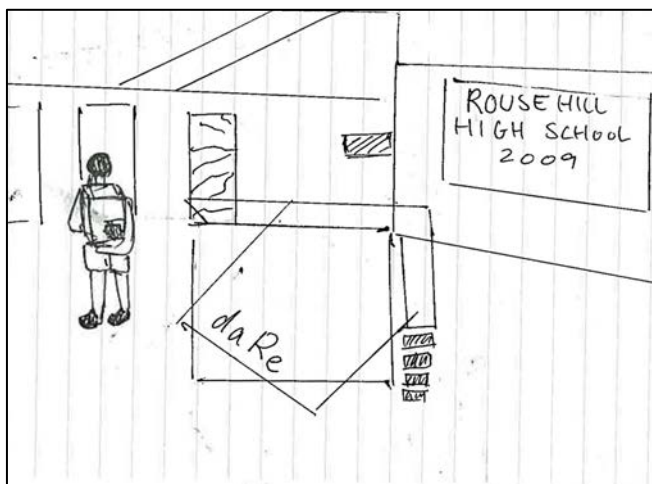
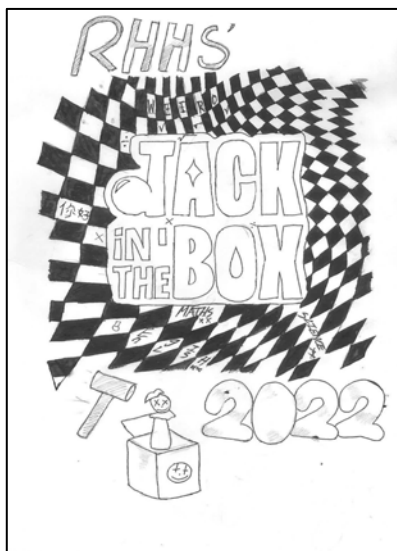
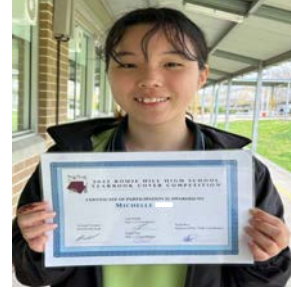
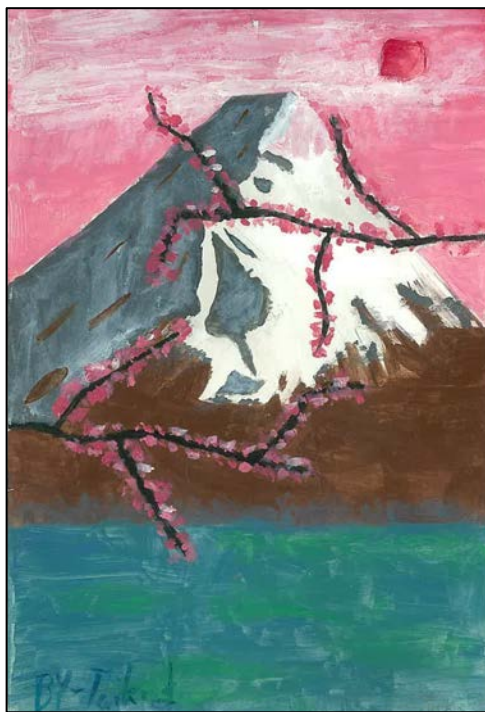
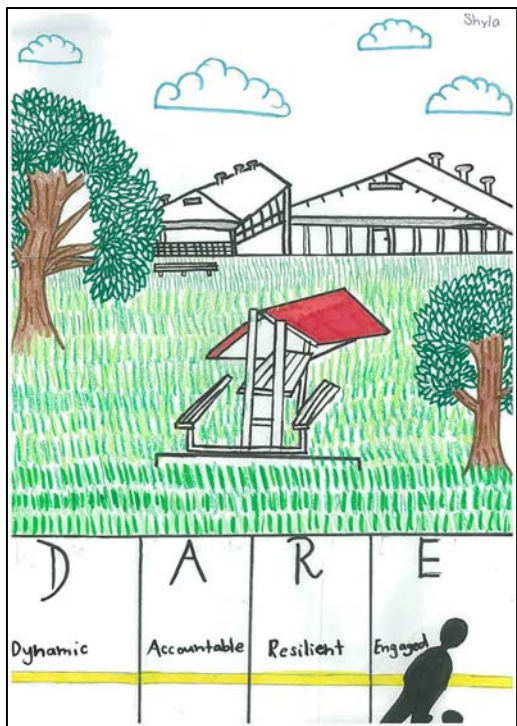
We are proud to announce the winner of the 2022 Yearbook cover competition is Emily C with her bold graphic cover design. Second prize winner was Shyla N, and third prize was Taiki W. Highly commended awards were given to Maziyar H and Fatima F. In addition, awards were presented to Kimia T, Michelle K and Tailor M.

We look forward to seeing the Yearbook competition becoming a regular fixture event at Rouse Hill High School.





# 2022 Yearbook Cover Award Recipients ... and their artworks



# Careers

K. Henson

## Year 10 Work Experience

Year 1.0 students are to be congratulated on their work experience over the past four weeks. Our local employers were pleased with their attitude, commitment and effort in their workplaces.

Year 1.0 students were placed in a wide variety of occupations and industry sectors. These included: education, health, sport, recreation and fitness, trades, child care, information technology, engineering, financial services, business, retail, real estate, animal care, legal, not for profit, science, journalism, design, hospitality and the creative and performing arts.

We would like to thank all of the employers and parents for supporting our Year 1.0 work experience programme.

## Year 12

Good luck with your 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 we wish you every success in each and every one of them.

## Year 11

Year 11 are encouraged to attend university and TAFE open days and access university, TAFE apprenticeship and individual careers websites to gain updated information on their career pathways.

## Year 9

Year 9 are exploring their career interests and skills in their careers lessons. They are competently navigating new career websites to gain information about different jobs and career opportunities.

## Career in Interior Design



According to the [Good Careers Guide](#), Interior Designers design and supervise the construction or redevelopment of building interiors. Successful Interior Designers are creative and have an artistic flair, as well as having an aptitude for technical drawing and illustration. The Good Careers Guide goes on to state that 'Interior design requires an understanding of building construction, lighting, colour, and furniture. Interior designers may work individually as consultants or with a design group. They visit clients in their homes and offices, and can often work long hours, including evenings and weekends. They usually work for clients on an agreed fee basis.

View the responsibilities of an interior designer [here](#).

To become an Interior Designer students must go on to further study after finishing Year 12. At the very least, a diploma qualification is required, but students can also study bachelor degrees in design, offered at numerous institutions.

# YouthRock 2022

R. Moiler

In late July, I took Year 12 Music students Robin Kukk and Hayden Samuels to YouthRock, a department run school based band competition pitting bands from across NSW Public High Schools against each other, showcasing their amazing talents in songwriting and musicianship. The students thoroughly enjoyed the experience, having met famous band manager Gregg Donovan (current manager for Grinspoon and former manager for Muse). They gained useful insight in breaking into the music industry and created lifelong partnerships and collaborations with major industry personnel and other competing bands.

The students, as part of their band Jericho (alongside former student Darragh Gammell) performed four original songs (Baby Blue, Bring It All Back Home, Desert Song, and Hairdresser), garnering interest from competing bands and industry professionals alike. They performed extremely well and exceeded their own expectations, making it through their semi final to book a spot in the Grand Final, where they finished 4th overall. It was a great effort from our students, who received recording time at Zen Studios to record and release one of their compositions, and have gained contacts in the industry from The Harbour Agency, the #1 gig booking agency in Australia, and are looking forward to collaborating with them in the near future.



Left:  
Jericho performing in their grand final.

Bottom Right:  
Jericho performing one of their hits.

Bottom Left:  
Jericho posing for a photo on their semi final day.



# Tournament of Minds

T. Eggleston

For the second year running, Rouse Hill High School competed in the Western Sydney Tournament of Minds Competition. This is a problem solving competition that involves giving your answer in the form of a dramatic performance. This year, RHHS was represented by **six** teams, which is the most of any school in Western Sydney. We were also the only school to be represented in all four divisions, namely Arts (by the RHHS Helpmanns), HSIE (by the RHHS Da Gamas), Language Literature (by the RHHS Austens) and STEM (by three teams, the RHHS Euclids, Newtons & Curies)

The students worked on their performances for six weeks after school with their facilitators Mr Eggleston and Ms Brown. They came with an abandoned bunker where governments were trying to continue World War II (HSIE), the Queen of Hearts going on trial (Language Literature), an alien who could only communicate through colour and dance (Arts) and a special display case for a gold nugget (STEM).

The Curies are to be commended for receiving an Honours award in their division, but unfortunately we were not able to replicate last year's result with a win. However, this does not diminish the effort of any of the students, and hopefully they will form the core group for Tournament of Minds at RHHS for years to come.



Curies - Honours Winners



Austens



Helpmanns



Da Gamas



Newtons



Euclids

# Science

T. Eggleston

In Weeks 7, 8 & 9 Rouse Hill High School celebrated National Science Week. This involved students taking part in activities involving and promoting Science across the school. Some of the highlights were:

**Science Week Trivia:** Mr Rebeira ran a lunchtime trivia competition involving both Science and general knowledge questions. Congratulations to the Year 10 Boys team who won and got some fantastic prizes!

**Stage 6 Biology:** Ms Gibson-Garside and Ms McPhie took the Stage 6 Biology class to the Museum of Human Disease at UNSW. They examined human specimens of various diseases and ailments and saw some exhibits about the history of medicine. The students loved the museum and got an insight into how diseases are diagnosed.

**Year 8 Fizzics Incursion:** Year 8 were treated to a Chemistry show showing various entertaining chemical reactions. These illustrated various chemistry concepts that were fun, challenging and sometimes messy! The students enjoyed the show and it inspired them to want to know more about Chemistry!



# Stage 6 English

English Faculty

October 12 sees the beginning of HSC examinations for 2022, and as always, the first examination is English. On that day, our English Faculty will be seeing off 111 students across English Studies, English Standard, English Advanced and English Extension 1, to demonstrate the depth of their learning this year.



Over the last few weeks, we have been celebrating the achievements of all our students and preparing for the examinations. It has been a fantastic time of looking at the key skills and knowledge that they will need to succeed.

As students 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 practice 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).

We would also like to pass on some tips and strategies for managing time during the examinations:

- **Know how much time you have for each section** – You can complete these sections in any order you choose, so if you know you're really good at one topic, you may choose to try and complete that one in a little bit less time to give you more time on a topic you're less comfortable with.
- **Make the most of the reading time** – Your reading time is usually only 5 minutes (10 in some exams like English Paper I). When it comes to managing your time, use those first 5 minutes to read through the whole exam carefully. Here are some things that you can do during reading time to save yourself some time:
  - Start to think of - or even plan - your answers.
  - Pinpoint any topic or question that might be challenging and mentally prepare.
  - If you're given options, like there are two essay topics and you only need to pick one, make those decisions during reading time and commit to them.
  - Read over long questions and complicated instructions twice so you don't make a mistake in the exam that will cost you some precious minutes to fix up.
- **Start with what you can do and come back to the rest** – You could come across a single question that has stumped you. Come back to those tricky questions at the end if you can, but the most important thing is to keep working through your exam.
- **Practise, practise, practise** – The most important way to improve time management is by practising! Practise managing your time under examination style conditions - it is just as important as practising how to respond to questions. It doesn't matter how perfect your essay is, if you can't write it in 40ish minutes under a bit of pressure, you won't be able to show this to the markers.

# Mathematics

S. Clark

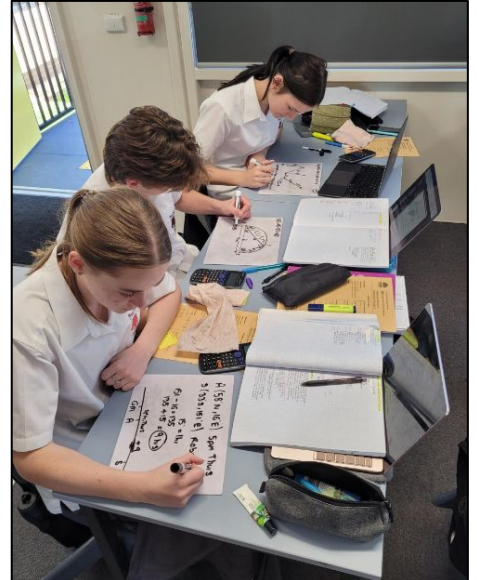
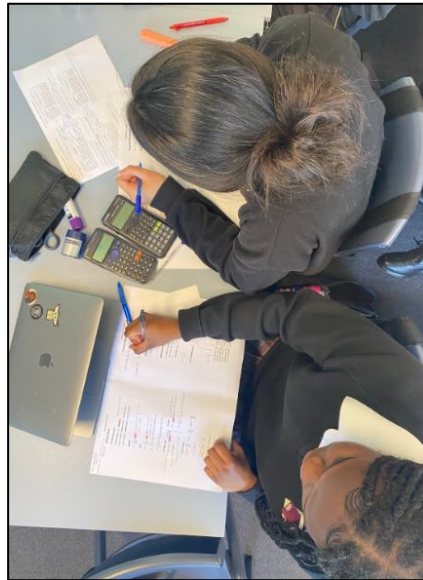
## End of Year Preparations

Our Year 1.1 and Year 1.2 students have been busy preparing for their HSC examinations using a variety of activities, including practising past HSC papers, using SmarterMaths resources, group collaborations and annotations on the reference sheets. They have focused on areas for improvement based on assessment tasks from throughout the year.

Our Junior students (Years 7-9) have been busy revising for Yearly Examinations. This has involved them using MathsOnline resources and completing their learning logs, which were allowed to be taken into the exam.

Year 10 will be completing their Yearly Examination during Term 4. It is vital that all students have a calculator for every assessment. These can be purchased from the school uniform shop.

Well done students for all of the fabulous effort we have seen so far.



# HSIE

S. Kendros

During Term 3, four students from Year 7 and 8 with the guidance of Miss Sidhu, competed in the National History Challenge. Students constructed a model of the Berlin Wall that related to the theme 'Cause and Consequence'.

One of the students, Aurelia, wrote the following of her experience in the challenge:

The National History Challenge is a national competition all about exploring history, and its events.

This year's theme was 'Cause and Consequence' in the past, and we created a 3D model of the Berlin Wall, which we thought was an excellent way to execute cause and consequence.

We enjoyed the freedom of choice, and we weren't super restricted in what we could do. Basically, a lot of the creative process was up to us!

I would do this challenge again, because it's super fun, yet challenging!

Well done to Jaida, Isha, Aurelia, Jacob and Miss Sidhu for their hard work, dedication and creativity!





# Library and Information Services

S. Chami

## Academic Support

Rouse Hill High School staff and students now have access to JSTOR, an academic database of academic journals and primary sources. Students can enjoy searching for and locating authentic sources of information to assist them with general study, research, and assessment preparation. Students can seek support from the library team for assistance logging in or using JSTOR. To use JSTOR students can login [here](#) and use the credentials provided at school.



## Reading Support

Encouraging reading continues to be a priority, with book displays promoting our latest award-winning Young Adult Literature titles and new signage clearly identifying book locations and highlighting popular authors.



Come in and check out the latest displays and borrow a good collection for the school holidays. Students can follow this link <https://portal.det.nsw.edu.au/> then go to My School Library to search for and reserve a print book. **E-book and Audio Book** loans are increasing. Students can continue to borrow from a great range of eBooks and audio books through Oliver via the student portal or directly from the ePlatform website. If they have not done so already, students are encouraged to download the app on their phone or device. Follow this link to borrow an eBook or audio book today. <https://rousehillhs.eplatform.co/>



# Library and Information Services...continued

S. Chami

## Wellbeing Support

At break times students continue to enjoy a range of activities. Students regularly use the library to catch up on schoolwork or engage in leisurely activities including puzzles, drawing, mindful colouring in and games.



## Recognising Student Achievement

Students are being recognised for their diligence and extraordinary effort in the library ranging from reading achievements to classwork to participation in competitions. Several students from Year 7 to Year 12 have been recognised and rewarded this term. Their names are on display in the library. Well done to all these students.



## Year 7 Transition

Year 7 classes have completed adding books to the PRC and the challenge has now officially closed for 2022. Students should continue to borrow, read, and add books to the 2022 Reading Challenge form. Details and links are available on Google Classroom. Students are currently writing their final masterpiece showcasing writing strategies they have been working on improving all term.

## Book Recommendation - Harry Potter and the Chamber of Secrets, Author: J.K. Rowling

Review by Eiman A, Year 9

“The chamber of secrets has been opened.... Enemies of the heir BEWARE”

It has been 50 years since the chamber of secrets has last been opened, as mysteries lie from both past and present on the person responsible for opening the chambers as well as causing attacks on muggle-born wizards/witches. Harry Potter has entered the second year of Hogwarts, only to discover that this year will be more “action packed”. From rogue blunders, secret escapes of a Flying car, charms, to whispers in the walls...Harry, Ron, and Hermione are certainly in for quite an adventure!

**Harry Potter and the Chamber of secrets is now available in print, digital or audio format.**

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Schedule

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For Eligible children

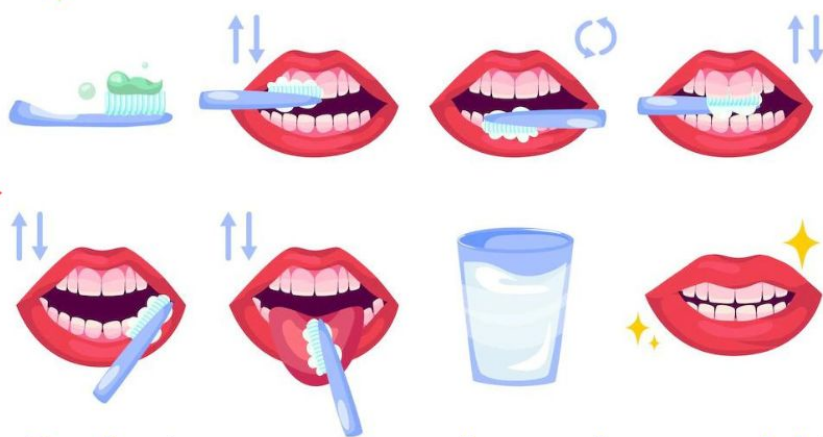
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# RHHS NOTICEBOARD

## P&C NEWS

The next P&C meeting will be held on 31 October at 7pm. All parents and carers are welcome to attend.

If you would like to be added to the P&C email list, simply email [rousehillhighschoolpc@gmail.com](mailto:rousehillhighschoolpc@gmail.com)

## 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

[https://rousehill-h.schools.nsw.gov.au/content/dam/does/sws/schools/r/rousehill-h/policy-documents/Newsletter\\_Advertising\\_Policy\\_2020.pdf](https://rousehill-h.schools.nsw.gov.au/content/dam/does/sws/schools/r/rousehill-h/policy-documents/Newsletter_Advertising_Policy_2020.pdf) and download a newsletter policy for requirements and procedures.

## UPCOMING EVENTS

10 October

First day of Term 4 - students return to school

11 October

Year 10 End of Course Exams begin

12 October

HSC Exams begin

18 October

Macquarie Zone Year 7 Gala Day

7 & 8 November

MADDfest 2022

11 November

Year 8 Reports published to Millennium

14 November

School Development Day - students at home

15 November

Student Promotion Day - students move to their new Year group

Middle School Recognition Assembly

Senior School Recognition Assembly

**Rouse Hill High School**

PO BOX 6120

Rouse Hill NSW 2155

9836 1890

[www.rousehill-h.schools.nsw.edu.au](http://www.rousehill-h.schools.nsw.edu.au)