

Parent Newsletter

Hurlstone Agricultural High School

Address: Roy Watts Road Glenfield NSW 2167
Email: hurlstone-h.school@det.nsw.edu.au

Tel: 9829 9222 Fax: 9829 2026
Website: www.hurlstone.com.au



2014 Issue 12 Term 4 - Week 2

13 October 2014

CALENDAR

Term 4

Week 2

Monday, 13 October - Day 3

Yr 12 HSC Exams

Tuesday, 14 October - Day 4

Yr 8 Technology Mandatory Task I Ass.

Angeco Soccer Cup - UWS C'town

Yr 12 HSC Exams

Wednesday, 15 October - Day 5B

Yr 12 HSC Exams

Thursday, 16 October - Day 6

Yr 7 Technology Mandatory Task I Ass.

Cootamundra Show - Rural Youth

Yr 12 HSC Exams

Friday, 17 October - Day 1

Yr 7DAII Visual Arts Task 3 Assessment

Yr 7DAI2 Visual Arts Task 3 Assessment

Cootamundra Show - Rural Youth

Yr 12 HSC Exams



This week's newsletter article found its germination in the coalescence of three incidents last week: The Nobel Peace Prize, the nation's focus on mental health, and the build up to the HSC exams. All of these influences bore down on my consciousness and made me reflect on the role of education for Australia and how the importance we place on it, especially at this time of year, is both a miraculous enabler, which we take for granted, and a meticulous inhibitor, built from our own expectations and insecurities.

The last two weeks of school (Week 10 Term 3 and Week 1 Term 4) have seen a flurry of Year 12 students flow through my office requesting assistance with a wide range of processes associated with university and life beyond 2014. I have enjoyed the time getting to know many students, which up until now I have had little to do with, but it has concerned me that the overriding impetus for these discussions has been anxiety. Don't get me wrong, I am not being alarmist or defeatist, and neither are the students, and the school is not in crisis. I know it is normal to be nervous about the future, especially during moments of great change and flux in our lives. My concern came from the fact that when I spoke to the students about their concerns and their worries it became clear that many saw the HSC not as a chance to show what they could do and a pathway to the future but as a barrier to their desires, something to be endured and overcome, rather than as a process to be relished and celebrated. This tendency within Year 12 has worried me throughout the holidays and it was only within the conflux of last week's three events did I form some clarity around the importance of context for these seemingly irrational responses.

Our school is full of academically gifted and focussed young people who are working to a level that will ensure most of them a bright and successful future. They are within a rarefied atmosphere which at the same time as it expands their knowledge distorts their perspective. Students who are ranked within the middle to the lower end of any courses' cohort see themselves as below par even though this ranking is performed within a group of students most of whom will fall within the top percentile bands across the state. The same drive and desire which enables our students to work to such a high level also blinds them to the reality of their context and causes distress and the perception that the HSC is somehow against them. Creating a situation where these inanimate exams are anthropomorphised into guards directing our students away from their future.

It is important for students to broaden their perspective and perceive themselves within a wider context, last week's Nobel Peace Prize was a magnificent tool to enable that. Malala Yousefzai and Kailash Satyarthi were jointly recognised for their work in promoting education for children, especially girls, within communities who do not recognise the educational development of youth as a right, let alone a priority. Even though I don't want our students to be submissively thankful for the position they find themselves in when facing examinations, I would encourage them to see them for what they really are – an opportunity which much of the world would dearly like to have. Malala's fight for female education and Kailash's emancipation of indentured children should serve to make all of us both increase the importance of the HSC, and other examinations, as they are a rare and valuable commodity and decrease the stress associated with them for exactly the same reasons.

The stress associated with the HSC, and our other end of year exams, is a palpable and recurrent issue for schools to deal with. Exams of this nature are often ranked amongst the death of a loved one, the birth of a child and both marriage and divorce as one of the most stressful times in someone's life. This is not only due to the fact that we put so

CALENDAR

Term 4

Week 3

Monday, 20 October - Day 2

Yr 7RY 5, 6 & 7 Visual Arts Task 3 Ass.

Yr 12 HSC Exams

Tuesday, 21 October - Day 3

Yr 7DAI 3 & 4 Visual Arts Task 3 Ass.

Yr 12 HSC Exams

Wednesday, 22 October - Day 4B

Ultimate Frisbee - Cabramatta Park

Yr 12 HSC Exams

Thursday, 23 October - Day 5

Yr 12 HSC Exams

Friday, 24 October - Day 6

Yr 9 Japanese Excursion

Yr 12 HSC Exams

PRINCIPAL'S MESSAGE Continued

much emphasis on it as a society but also as the participants, both the child and those associated with them, often see them as a defining and life determining moment. They are not. There is no doubt that they are very important but it is not make or break. One of the beautiful things about living in a country with a complex and well developed education system is that there are multiple routes to successfully fulfil your aspirations, the HSC is but one of them.

It is imperative that, students and parents ensure that they keep the HSC in perspective throughout the next 5 weeks. I have already had discussions, and interventions, with students who are stating that they feel a weight on their shoulders and that they feel depressed and anxious about the future. Having had personal experience of depression and anxiety and its effect on both the individual and wider family, it is important that students, even during the rigours of the HSC period, ensure that both their physical and mental health are looked after.

However, many students will not be able to achieve this on their own as their entire focus gets drawn in by the examinations, what is in them, how they will approach the questions and what will be the lasting impact of them on their lives. Throughout the next five weeks, and beyond for those other students who will be sitting yearly exams, it will be necessary for all of us around them, the teachers, the parents, siblings and friends to ensure that they are supported. I don't mean just supporting them to make a silent study space, or support in terms of finances or sustenance or transport but to be supportive of their mental health.

It is incumbent upon all of us during any examination period to help our children to keep what is going on in perspective. This doesn't have to be executed by reference to people who are in worse situations or to point out the global educational landscape but to ensure that their study time is counterpointed with relaxation, to encourage time be taken for interaction with the family and friends, to discuss things other than the examinations with those sitting them, and above all else that parents, caregivers and others don't stop asking "Are you okay?".

All examinations are stressful but none should be seen as definitive. They are an assessment tool by which we can plan future activities and should not be seen as an end in themselves. Those sitting exams will lose sight of these facts, it is important for their health and future that the rest of us don't.

Daryl Currie, Principal

FROM THE DEPUTIES' DESKS

100 years of John Edmondson VC

Hurlstone Agricultural High School was formally invited to join John Edmondson High School for a formal assembly Wednesday October 8, celebrating 100 years of John Edmondson VC. The official party included Mr Laurie Ferguson MP Federal Member for Werriwa, Mr Vic Watts Liverpool RSL Sub Branch, Mr Tom Jones Director Club Liverpool.

Hurlstone student Anna Dinh took a lead role in the assembly recounting John Edmondson's early life, in particular his life as a student of Hurlstone and his love of working with the animals on the farm.

Anna is a part of Hurlstone's Alumni and Archive group, her speech captivated the audience as she spoke of John Edmondson's courage and integrity. Hurlstone student representatives on the day included Annie Paton, Kristina Petrovich, Vivian Tang, Celeste Dao, Julie Pham, Alexander Qiu and Hannah Ly.

Christine Castle, Deputy Principal



CALENDAR

Term 4

Week 4

Monday, 27 October - Day 1

Yr 10 Visual Arts Task 3 Assessment

Yr 12 HSC Exams

Tuesday, 28 October - Day 2

Yr 8DAI 1 & 2 Visual Arts Task 3 Assess.

Yr 10 Japanese Task 6 Assessment

Yr 12 HSC Exams

Wednesday, 29 October - Day 3B

Yr 9 Henry V Excursion

Yr 10 Japanese Task 6 Assessment

Yr 12 HSC Exams

Thursday, 30 October - Day 4

Yr 8RY7 Visual Arts Task 3 Assessment

Yr 10 Japanese Task Assessment

Yr 12 HSC Exams

Friday, 31 October - Day 5

Yr 8 English Task 5 Assessment

Yr 8DAI 3 & 4 Visual Arts Task 3 Ass.

Yr 12 HSC Exams

NEWS

2014 Country Fair Winners

EVENT	PRIZE	WINNER
Whip cracking competition	Stock whip	Michael Webb
	Stock whip	Ethan Anderson
Cow Pat Lotto (H6)	\$30 Coles-Myer Voucher	Chau
	\$30 Coles-Myer Voucher	Calvin 10E
	\$30 Coles-Myer Voucher	Mr Payne
	\$30 Coles-Myer Voucher	Kaylen 7D
How Heavy is the cow? (414kg)	\$20 Coles-Myer Voucher	Michael Banh
How Much Milk? (10L)	\$20 Coles-Myer Voucher	"Ben"
Kiss-a-pig	Kissing the pig!	Ms Young!



**SATURDAY
30 AUGUST 2014**

Last term Dan Nguyen, of year 10, had the distinction of winning an essay competition which will mean that he is one of six students from NSW going on a tour of the important sites of World War Two. Dan attended a presentation from the Premier, had his essay discussed by Allen Jones on radio and was mentioned in the NSW Parliament. We are all very proud of Dan and his achievement. Below is the essay which brought him such notoriety.

Why the Centenary of ANZAC is Important for Modern Australia

The ANZAC Centenary is a time where modern Australians should reflect on the sacrifices of our men and women in conflict, as well as acknowledging the legacy that they have left behind. Today, Australia has been shaped by the brave and selfless acts that patriots committed for their country almost a century ago. The Centenary is also a period of time where young people of the nation can further understand the meaning of ANZAC. It is a time where we, as a nation, we remember those that died for us, "lest we forget".

Over the past decades, war and conflict has torn the world. In WWI, Australia showed true loyalty to Britain by fighting in a war that was on the other side of the world. Australia followed the British into the hellish Gallipoli, never questioning, never faltering. It was there that they fought in trenches and terrible conditions for almost a year. It was at Gallipoli where the ANZAC legend was born. Australian soldiers were known to be tough larrikins that were friendly and loyal. Their personalities have been associated with Australia as a nation. This is the legacy they left behind. They have represented Australia as a strong country, a country that can survive conflict. They were, and still are, the pride of a nation. The Centenary is a time for modern Australians to acknowledge the importance of the ANZACs; we must understand that the ANZAC culture still lives in us today. They sacrificed themselves for us.

What people of my generation don't realise is that many of these "men and women" were only teenagers when they went off to war. An example is James Martin. James Martin enlisted in the Australian Imperial Forces (later known as ANZAC) at the age of fourteen but died six months later due to typhoid during the Gallipoli Campaign. They were young like me. They were extremely brave but died in horrible conditions, fighting for their country. When James Martin enlisted, he probably didn't know what he was in for: The infamous Gallipoli Campaign. He gave his life to heaven after experiencing horrible conditions: Trench warfare.

The Gallipoli campaign was a lost cause. Sadly, many Australians and New-Zealanders gave up their lives in useless fighting. The Turkish were well prepared. As the campaign continued, the trenches became infested with flies and rats that feasted on decaying corpses. "Along the trench edge, bodies are hanging in all sorts of grotesque and apparently impossible attitudes," quote from diary of Signaller Ellis Silas shows the extent of the deaths at Gallipoli. Another occurrence during the Gallipoli Campaign was the Battle of the Nek. Under orders, soldiers were to jump out of trenches and run towards the enemy. No man ever survived. They were shot down instantly by machine gun fire. The lieutenant colonel forced them to go ahead. Can you imagine preparing to run into the fire of a machine gun? Knowing that you would never see your family again?

The experiences of soldiers during the Gallipoli Campaign have helped me understand what ANZAC day really is about. As a young Australian, I sympathise with those boys that left their families and life behind to support Australia in the war. They were remarkable and brave. I remember the day that I was astounded by the fact that boys faked their age just to go and fight in the war. It was a book called "Heroes of Torbruk" and I picked it up from the local library, absentmindedly believing it would be some action book. Instead, it completely changed my perception of ANZACs. I learnt that the front line soldiers weren't all stereotypically 'tough' men. There were boys my age that also fought in the war. I couldn't believe it, all this time, I had been oblivious to the fact that these boys choose to go and suffer in the hardships of war rather than to stay in the safety of their country. The book "Heroes of Torbruk" had forever changed my perspective the ANZACs.

Growing up, I remember watching the ANZAC marches on television and hearing the thundering sound of trumpets and bagpipes behind my house. At that time I thought that the march was a fancy parade, not realising the full importance of it. At the age of 15, I understand the motive behind those marches I saw all those years ago. They honour the lives lost during war and conflict. They commemorate every single man and woman that died as a result of war. Every single one of them loved and served their country. They were patriots. I sometimes wonder why most people don't look up to these remarkable people. Instead, the latest rich and famous celebrity becomes the number one inspiration to the modern person.

I don't know how it must have felt for the soldiers; they must have faced the fear of death every single day and learnt to deal with it. They must have been terrified and lonely, far away from their families, their loved ones. The Centenary is a time where other people my age can make sure the legacy of the ANZACs lives on, more young people must understand the whole ANZAC narrative remember. Hopefully, as the ANZAC Centenary progresses, it will bring to light the true extent of the sacrifices and hardships that have brought Australia to where it is right now. More young people will realise that their lives have actually been majorly affected by those heroic deeds. The Centenary is extremely crucial in exposing the ANZAC culture to the younger generation of modern Australia.

The meaning of ANZAC to me is "commemorating the fallen". It isn't just about the past however. It's also about today's brave, strong Australians and New Zealanders, those that fight for our country in present conflicts. ANZAC is also about us, modern society. They died for us and we must remember them. Their lives should be commemorated in the Centenary by all generations of Australians. The ANZAC legacy lives on. "Lest we forget".

Dan Nguyen with The Honourable Michael Baird, Premier of NSW and Mr David Elliott, Member for Baulkham Hills and initiator of the competition.



Europe 2016

More participants are needed for this 15 day study tour in January 2016. For more information please contact me via email yelena.vercoe@det.nsw.edu.au



Richard Purves' Retirement

Richard Purves has been teaching at Hurlstone for 38 years and is retiring at the end of this year! To celebrate this event a Retirement Lunch is being organised for Saturday December 13th at Diethnes Greek Restaurant, 336 Pitt St, Sydney at 12noon for 12.30. The cost is \$45 per person and includes a set 3 course lunch (no drinks but they can be purchased individually at the bar) and a contribution towards a gift. If you have special dietary needs please let me know via email yelena.vercoe@det.nsw.edu.au



Payments (cash, cheque to HAHS, Visa, Mastercard) can be made to the Accounts Office by Tues, Nov 18th.

Uniform News - Buying/Ordering Blazers

The wearing of blazers is compulsory for years 10 to 12. To ensure the delivery by the supplier by Term 2 2015 students need to order them by 6/2/2015. From now till that date they are reduced by \$20 for all students:

Girls 30-40 and Boys 12-18: \$200 Girls 42-46 and Boys 19-26: \$212

After 6/2/2015 they will return to the present prices which have not been raised for twelve months to maintain affordability.

Girls 30-40 and Boys 12-18: \$220 Girls 42-46 and Boys 19-26: \$232

Students in years 7-9, requiring a blazer to represent the school, such as being in band or a debating team member, can order/buy the blazer at the reduced price all year. The uniform shop would need proof that the student is representing the school.

The normal requirement of paying a non-refundable deposit of \$50 for orders applies to all students. This can be placed on a new or secondhand blazer and can be transferred between new and second hand stock.

Second hand blazers are available for purchase from the uniform shop at very reasonable prices.

Study Skills

On Friday 22nd August, Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills session with Year 7 and with Year 12. Both sessions were well-received by students, who were able to reflect on their own approach to the Half Yearly and Trial HSC examinations.

In the Year 7 session, students evaluated their approach to school so far and identified areas for improvement. Students looked at ideas to help them be more organised and how to use their diary as a planning tool. Year 7 was also introduced to the concept of study notes and the 3 steps to studying effectively in high school. Parents are encouraged to review the handout from the session with students and discuss the main areas identified where changes need to be made. Parents can also find extra study skills tips on the following website: <http://studyskillstoptips.com/>.

The Year 12 session was titled 'The HSC Countdown'. The aim was to help Year 12 put together a plan of attack for between the time of the session and their final exams. The session focused firstly on what students need to do before the end of term. It is essential that study notes are completed, students work through their returned Trial HSC exam papers thoroughly (using the checklist provided), pinpoint areas of weakness and seek help, and endeavour to do as much practise of essay writing and past examination papers as they can before the end of term so they can obtain feedback from teachers.

The last weeks of school are also the time where some Year 12 students do not necessarily use their class time as effectively as they could, however after making the plan for the weeks just prior to the HSC exams, students can see how quickly the time goes and how important it is to use the rest of their time to the fullest. Year 12 also reviewed the study techniques they are using and looked at ways to improve and avoid common study mistakes using research about the brain. Each year 12 student also filled out a grid with their HSC exam timetable, planning the best way to allocate their study time over the weeks prior and during the HSC exams using the guidelines. Having a plan in place can take away a lot of exam anxiety, as students know what they need to do to move forward and can see the steps they need to take to make the most of the last few months of their final year of school. Year 12 students can download the slides from the session and extra copies of the grid at www.enhanced-learning.net.

All secondary students at our school also have access to a great study skills website to help students develop their skills. Students are encouraged to go to www.studyskillshandbook.com.au and enter the username: **forhurlstoneonly** and the password: **88results** to continue to refine these skills with a range of supportive resources.

Ms Rebecca Ross, Year 7 Advisor

Year 11

Students interested in pursuing medicine and other health courses need to sit the UMAT on 29 July 2015. MedEntry is a government accredited Registered Training Organisation specialising in UMAT preparation. MedEntry offers discounts of 30% for groups, and numerous scholarships. For more information, please visit www.MedEntry.edu.au

SPORT NEWS

Jump Rope for Heart

Hurlstone was fortunate enough to have the Bossley Park Skippervators attend Jump Rope for Heart day this year. These performers were fantastic and really helped promote awareness of what the Heart Foundation are about. The students had a great time and were able to show off yet another one of their amazing talents. May they enjoy fundraising and I look forward to seeing how far they progress with their skipping!

Mr Seblani
SRC Coordinator



Ultimate Frisbee State Champions!

Hurlstone has tasted amazing success with a well deserved double state title at the senior schools State Ultimate Frisbee championships at Centennial Park on Monday August 25th 2014. Fresh from success at Regional championships, Hurlstone took 2 x Mens and 2 x Womens teams with the hopes of winning the state title.

Our teams all arrived at Hurlstone in the early hours of Monday morning (except for Harsh Pawar), for the long bus ride down the M5 to centennial park and were all busting for the bathroom before we even got there.

The men's competition saw one Hurlstone team in each of the two pools, with Matt Wajzer's A team having a particularly tough draw, with the top 3 teams from last years state champs all in their pool, they played with great skill and spirit and only dropped one game throughout the day to finish on top of their pool and face Ryan Southwell's Hurlstone B team, who finished second in pool B in the semi final. The A team were convincing winners, however the B team did themselves proud and played with great skill and determination.

The Men's state final was a repeat of last years final between 3 time champions Killarney Heights High and the Hurlstone Boys A team. It was a tough game, however the Hurlstone Boys reversed last years result and won the final 8 -5.

The Hurlstone Boys B team won the bronze medal playoff 5 -3 over Turramurra High. A special mention must go to these guys who are all in year 10 and played against older and more experienced opposition.

Our two Hurlstone Senior Girl's teams who contested the regional final earlier in the year faced off in the first pool game with Alicia Peachey's A team convincingly winning the game over Hayley Hudson's B team. The A team girls went through the pool games undefeated and progressed to the semi final where they overpowered Killarney Heights, whilst the B team went down in the other semi final to defending champions Chatswood High.

The Girl's State Final was an intense game with the Hurlstone A team showing great skill and teamwork, defeating the experienced Chatswood high team featuring several Australian representatives 12- 3.

The Hurlstone B Girls defeated Killarney 9 – 4 in the bronze playoff and must also be congratulated as they too are all year 10 students.

SPORT NEWS

All players are to be commended on the hard work and dedication that they have shown throughout the season with all players in only the first or second season of ultimate, they have well exceeded all expectations to be crowned the top teams in the state. Special mention must also go to Mathew Wajzer, Brandon Chau, Dennis Tran and Ben Casey who were all chosen to represent NSW at the Australian Youth Ultimate Championships in Melbourne earlier this year.

Ultimate is an exciting, non-contact team sport, played by thousands the world over. It mixes the best features of sports such as Soccer, Basketball, American Football and Netball into an elegantly simple yet fascinating and demanding team game. Check out www.ufnsw.com.au or watch the AUDL & MLU professional leagues on Youtube or ESPN.

Girls State final: Hurlstone A 12 defeated Chatswood 3

Girls Bronze: Hurlstone B 9 defeated Killarney 4

Girls Final placings:

Hurlstone A
Chatswood
Hurlstone B
Killarney Heights
Bellfield College

Hurlstone A - Girls >



Boys state final: Hurlstone A 8 defeated Killarney 5

Boys Bronze game: Hurlstone B 5 defeated Turramurra 0

Boys Final placings:

Hurlstone A
Killarney Heights
Hurlstone B
Turramurra
Chatswood

Hurlstone A - Boys >



Senior Girls A team (State Champions)

Alicia Peachey ©, Bree Barry, Caitlin Cavanagh, Kate Diamond, Iris Firat , Emma Hannigan, Branda Lam, Pheobe Ludemann, Joline Matthews, Jasmine Miles, Cathy Tran, Kimberley Tan, Sabrina Tran, Teale Vella

Senior Boys A team (State Champions)

Mathew Wajzer ©, Aaron Johnston, Dennis Tran, Eric Lao, Hammil Prassawat, Christopher Nguyen, Ben Casey, Brandon Chau, Davian Liem, Alex Mewbern, Anthony Cominos, Andre Forrester, Henry Carta.

Mr A Wilson

Hurlstone B - Boys



Hurlstone B - Girls



Congratulations

Alec Nguyen of Year 10 won both the 100m and 200m sprints at the NSW Allschools Athletics Championships held at Homebush last weekend (11-12th October 2014). Alec ran a PB of 11.08sec for the 100m. This is an outstanding achievement and has earned him the opportunity to compete in the National Championships in Adelaide later this year.



ATELOPHOBIA

THE FEAR OF IMPERFECTION

- Do you set **extremely high standards** for yourself?
- Do you chase these standards even if it leads to **bad effects** e.g. stress, low moods, anxiety, criticising yourself?
- Do you feel **worthless** if you think you didn't reach your goals?

*If you answered **yes** to any of these questions, you may be struggling with unhelpful perfectionism!

**WE
WANT
YOU** if you:

- Are a female
- 14-17 years old
- Have internet access
- Are not receiving psychological therapy

We need you to take part in a free 4 week online program

It will help you overcome unhelpful perfectionism and manage your stress!

This is a FREE OF CHARGE program



If you are interested, please sign up at

www.be-you-tiful.com.au

This study has been approved by the Curtin University Human Research Ethics Committee
(Approval number HR187/2013)