On Monday morning, 16th March, Year 7 and several of their teachers were up bright and early and ready for camp. After checking everyone in we boarded the buses and were on our way to the Great Aussie Bush Camp at Tea Gardens. We arrived at 11am and were greeted with enthusiasm from the GABC staff. The Year 7 students were sorted into their groups and cabins and set off for a lovely lunch.

Over the next three days we experienced many exciting and challenging activities, some of which included high ropes (terrifying for the teachers!), giant swing, archery, canoeing, sailing and snorkelling. One of the highlights was Lost Island where there is much water and dirt which equals an enormous amount of mud. Students took great delight in dumping mud on their unsuspecting (hmm, not really) teachers. Mrs Jackson, Mr Broome, Mr Melrose and I had a great time retaliating too! Mrs Tapner managed to be holding an expensive camera and phone at all times while in Lost Island and escaped the treachery. Mr Phil managed, yet again, to completely avoid the Lost Island adventure using the Board of Studies course as a weak excuse to be late!

The students all managed to step out of their comfort zones and try new activities, which was fantastic! Thank you for a fantastic couple of days, Year 7. I look forward to our next adventure!

Mrs K Bird, Year Adviser
CLEAN UP AUSTRALIA DAY

526,268 volunteers including Year 7 & Year 11 students at ABHS donned gloves and picked up a bag to remove rubbish from around Asquith, particularly between school and Coles!!

Since the event started 25 years ago Australians have donated almost 30 million hours towards caring for the environment through Clean Up Australia Day, removing an estimated 302,213 tonnes of rubbish across the country.

Ian Kiernan AO, Chairman and Founder of Clean Up Australia, said “Clean Up Australia Day always makes me so proud to be an Australian. We not only put ourselves in the picture, get involved and get our hands dirty, we are also challenging our governments to implement effective waste management and recycling programs. This is a great community event bringing friends, families, neighbours, team-mates and colleagues together like no other activity. We are proud of you.”

Mr C Yates

MEET THE MUSIC CONCERT
JAMES MORRISON HISTORY OF JAZZ A TO Z

10 boys (Michael Sheldon, Jacob Sheldon, James Seidl, Harry Clarke, David Mays, Amar Gera, Andrew Morrison, Aidan Waters, Nicholas Moors & Jack Argent,) attended an amazing concert in the Sydney Opera House which was designed to enrich senior elective music studies particularly HSC music. The concert explored the concepts of music within a small jazz ensemble combined with the large Symphony Orchestra. Styles of jazz ranged from New Orleans, Swing, Big Band, Be-Bop, Cool and Modern Fusion. James Morrison, as always, entertained with many musical jokes along the way and clearly outlined the background and pedigree of some songs which became famous jazz standards.

The ensemble demonstrated a wide range of pitch material, expressive techniques and tone colors within some very quick tempos and almost meditative ballads. Towards the end of the evening things became 'funky' with tunes by Herbie Hancock(Chameleon) and Joe Zawinal (Birdland).

Our students made the observation that the conductor Ben Northey had a remarkable resemblance to Commissioner Gordon from 'Batman'. Overall an outstanding evening of sophisticated and highly entertaining music which will long be remembered.

Mr M Williamson CAPA

FOOD TRENDS....

On Tuesday the 17th March, at lunch time, the Year 10 Food Technology boys met outside the TAS block and made their way to Yogurberry at Hornsby Westfield. We are studying the topic ‘Food Trends’ and frozen yoghurt is very popular at present.

Michael Dever, the manager of Yogurberry, was happy to welcome us into his store and gave a very informative talk. Did you know that frozen yogurt was introduced into Australia in 2012 and that it has much less fat than its rival, ice cream? The students were all keen to order and eat. There were several of us, including me that had never tasted frozen yoghurt. After sampling the Oreo and coconut flavours, I’m sold!

Thanks, Michael, for having us! FYI students in their school uniform receive a 20% discount!

Mrs K Bird, TAS teacher
PRINCIPAL’S MESSAGE

School Council
The School Council annual general meeting was held on March 24th. I’m pleased to inform you that Mrs Michelle Roscarel is the new president, Mr Iain Gorry is the vice president and deputy principal Mr Andrew Skehan is the secretary. The School Council is an elected body and according to its constitution “will represent the school community and will approve school policy, make recommendations on income and expenditure and the school’s physical plant and facilities, advise and assist the Executive Member (the Principal) and school staff and co-ordinate the activities of individuals and groups to work in a way consistent with the general aims of the school.” The ABHS School Council meets on the 4th Tuesday of the month at 6:30pm.

Parent/Teacher Night
The first Parent/Teacher Night of the year (for Years 7, 11 and 12) was held on March 23rd. It was pleasing to see so many parents attend and establish positive links with their sons’ teachers. Homework is a regular topic of conversation at these meetings. I remind parents that they can access their son’s homework via a link on our website. It is my view that senior students should be doing a minimum of 3 hours homework/study per night, and Years 7 to 10 a minimum of 1 – 2 hours per night.

School Contributions
Invoices for school contributions have now been mailed to all parents. Thank you to those parents who have already paid. Contributions can now be paid using POP (Parent On-line Payments) via our website, as well as by cash, cheque, EFTPOS and direct deposit. Contributions can also be paid via instalments up until the end of October. I can assure parents that all money received goes towards educational and welfare facilities and programs for your sons.

Overseas Tours
This week students from Asquith Boys have departed for two overseas tours. The thirteenth annual football tour has left for Korea and Japan. Teachers leading this tour are Mr Moscos, Mr Blackwood and Mr Jones. At the same time students from Asquith Boys and Asquith Girls HS have left for a languages tour of Japan. This is the first time that we have combined with Asquith Girls for an overseas tour. Teachers leading this tour are Ms Lorrae, Mrs Laffer, Ms Takamura and Mr Nicklin (from AGHS). This is a fantastic opportunity for students on both of these tours and I know they will be excellent ambassadors for their country and community.

Terry Griffiths, Principal

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EXTRA AUDITIONS!

**MALE ROLES (INCLUDING LEADS)**

CONTACT US TO ARRANGE A TIME

NO EXPERIENCE NECESSARY!

**CALL/TXT EDDIE - 0412 865 203**

DIRECTOR

OR: DURALMUSICALSOCIETY@GMAIL.COM

May 2015 production: West Side Story @ Dural Musical Society
Deputy Principal’s Report

It has been a great start to the year for our school, with a number of outstanding events held which are detailed in this issue. I would like to commend the staff and students for the positive and industrious tone that was established in Term 1. This will no doubt lay a solid foundation for productivity throughout the year.

I would like to remind all families that for Terms 2 and 3, students are required to wear winter uniform. This includes a tie, shirts tucked in at all times and a blazer for seniors. All jumpers worn must be school uniform and seniors must wear their blazer first. Sports uniform is to be worn on Wednesday as per usual. The uniform policy will be enforced at all times. Please contact me at the school if there are any issues in this regard.

I would like to wish all students and their families an enjoyable holiday break.

Andrew Skehan
Deputy Principal
Our 55th swimming carnival was scheduled for Friday 20th February and this year, the weather was amazing with beautiful clear blue skies and a very pleasant 27 degrees. This carnival, however, was one with a difference – for the first time in many years, we made our way back to Hornsby Aquatic Centre – a return to the spiritual home of swimming for Asquith Boys. After 2 carnivals at Woy Woy & 2 carnivals at Knox Community Pool, it was exciting to venture back to the place that has held so many long standing memories for the school. Our current Year 12 were the only boys who had done a carnival at Hornsby – which was when they were in Year 7!

The seniors thoroughly enjoyed their private outdoor space on the northern lawn with much more room than they’ve had in previous years! The new H.A.C. was an absolute delight – 1st class in every way including the Pool Staff who could not have been more helpful on the day. Participation was great and all students who attended are to be congratulated. The day also served as ABHS selection for the North West Met Zone Swimming Carnival. 2015 Age Champions will be announced at the Formal Assembly in term 2.

As usual, the competition between the Houses was fierce & the results are as follows:

4th – Cooba (210)
3rd – Kurrajong (227)
2nd – Wandoo (258)

And congratulations to **Myall (284)** for winning the Swimming Carnival.

Yours in Swimming

*Mr G Corbitt, Carnival Co-ordinator*
REPTILE INCURSION

Seeing the snakes in person was a better experience than seeing them in the wild. - Matt R (8)

The reptiles were cool. The presenter was funny and the show was very informative. - Lucas H (8)

I will definitely see it again. - Bradley F (8)

I did not know that snakes have that many bones. - Dylan P (7)

Did you know that snakes can see only 2 metres in front of them? Snakes can't bite food so they swallow it whole. Some sea snakes can breathe through their skin. Crocodiles have the strongest bite of all the animals in the world. Crocodiles can live for long time without food. Did you know that snakes are deaf? - Tom K (7)

It was funny watching blue tongue lizard kissing Daniel and the bearded dragon climbing on Mitchell. - Daniel A (7)

Do you know that there are no tortoises in Australia? If you put a turtle and a tortoise in the water, the turtle will swim away while the tortoise will sink to the bottom. - Gordon T (7)

My favourite part was touching the python. - Mathias K (7)

Remember if you leave the snakes alone they will leave you alone. - Jake L (7)

Bearded dragon is a lizard and eats grass hoppers. Blue tongue lizard eats snails and spiders. Snake skin is used to make hand bags for ladies. Reptiles are so important. - Lucas R (7)

2015/2016 Entertainment Books are available to purchase next term. All funds raised through sales to parents will be put towards the Cultural and Language Tours. Please contact the office if you wish to buy an Entertainment Book.
Year 11 Hospitality - Shangri La Hotel Excursion

Monday 23rd March 2015, the boys were fortunate enough to have what I can only describe as the best excursion I have participated in. The students travelled to and from the city by train. They displayed outstanding behaviour, to the extent of assisting an elderly couple with their bags up the steps at Central station. I was very proud to be a part of this exceptional class.

We arrived at the staff entrance of the hotel at 10am. They showed exemplary enthusiasm and positive interest throughout the tour of the hotel. I never once saw them without a smile on their faces, with the exception of the loading dock where the garbage disposal was found. The students learnt about HACCP and the importance of food safety from the loading dock to the plate. We were guided through the show rooms, Horizons Club Lounge (after a $6milion refurbishment), the Altitude Bar and Restaurant overlooking Sydney Harbour, The Opera House and the Harbour Bridge. The students got a real feel for the good life and an understanding of expectations in personal grooming.

We then got to lunche in the Royal Suite ($4-5k p/night) where the students felt like royalty, as we had our own butler to look after all our needs in both food and light refreshments.

We had talks from the Food and Beverage Manager, Quality Assurance Manager and WH&S Manager of the hotel, who were very informative.

After the tour we then went to Circular Quay to have a quick talk about the inter-relationship of different Hospitality sectors.

It was a pleasure to take the students and I was extremely proud of their behaviour all the way throughout the excursion.

Mr. Josephs

LOCAL INDUSTRY MAKES LEARNING REAL

On Tuesday March 10, Mr Colin Laing, from the local Asquith business Propeller Technologies, visited our school to share his engineering experience with students in Years 10 and 12.

Colin gave the students an insight into the complexities of designing and manufacturing propellers for a range of boats. The Year 10 students undertaking the Industrial Technology Engineering course are currently designing and creating model solar boats as part of their study of energy and power. The knowledge they gained from Colin’s presentation has already influenced their propeller designs that are being manufactured using 3D printing technology.

As Year 12 Engineering Studies are beginning the study of aeronautics we also drew on Colin’s experience as a pilot. He was able to provide the students with an engaging and informative introduction to the mechanisms and processes involved in flight.

We would like to thank Colin for visiting our school and sharing his expertise with our future engineers and pilots.

Wayne Mavin & Co Bespoke Joinery, also a local Asquith business, generously opened their workshop this week to nine Asquith students for their Year 12 Timber Industry Study. The students were exposed to all aspects of the business from marketing to manufacturing in a small industrial setting.

The students appreciated Wayne’s openness in answering their questions and were impressed by the high quality of the craftsmanship displayed in his work.

Ms N Jackson
On March 14, 2015, the Mathematics Department celebrated a once in a century Pi day (US date format: 3/14/15) by hosting a Pi Day scavenger hunt. Students were given a list of circle related items to research and collect. Finding the Australian suburb which contains the first 4 digits of pi, geometric solids with circular cross-sections, formulas that include pi, Australian places that refer to something circular or round, Aboriginal artwork that includes circles, round lollies, movie and song titles involving circles, and (or course) recipes for different types of pie. Fabulous entries were received from Tad Zezere, Ryan McCarthy, Tommy Steele, Luke Antrim, Blade Puckeridge, Callum Riddle, and Aidan Martin. The most interesting formulas received were Einstein’s field equation of general relativity and Euler’s identity. Circular Quay was a popular choice for an Australian place as was Round Corner in Dural. The most popular movie mention was “The Life of Pi” and Mrs Gibbs was impressed with mention of “A Clockwork Orange.” It was pleasing to see students include the classic Aussie Meat Pie in the recipes. An extra point was given for finding a Pi-song. First prize of a $30 iTunes gift-card and Pi pencil tin was awarded to Tommy Steele, second prize of a $10 canteen gift voucher and Pi pencil tin was awarded to Aidan Martin, and third prize of a Pi pencil tin was awarded to Callum Riddle. Each participant received a round lolly pack with a Pi thank-you card.

Mrs Carolyn Gibbs
Mathematics Teacher

For more: http://www.studentguide.org/all-about-pi-everything-you-need-to-know-then-some/

**Interesting Pi Facts**

- Pi is defined as the ratio between a circle’s circumference and its diameter.
- Pi is an irrational number, meaning it cannot be expressed as a fraction.
- Pi is a transcendental number, a real number that is not algebraic, or in even more technical terms, a real number that cannot be a root of a polynomial equation with integer coefficients.
- The state legislature of Indiana, USA, proposed a bill in 1897 that tried to set a value for pi. The bill never passed.
- Euler’s Identity
  \[ e^{i\pi} + 1 = 0 \]
- Einstein’s field equation
  \[ R_i^k - \frac{1}{2} R \delta_i^k = \frac{8\pi G}{c^4} T_i^k \]
- March 14, 1879, is Albert Einstein’s birthday.
- Pi approximation day is 22 July, or 22/7.

Pi prizes given to winners and participants

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**Seeking Parent Volunteers**

Our dedicated Learning and Support team require Parent Volunteer helpers for the NAPLAN tests. You can only volunteer if you DO NOT have a son in Year 7 or Year 9.

Date: Thursday 14th May

If you are interested please contact Louise Tapner in Learning Support.

Thank you.
POP TO POPISM EXCURSION

Buses are a fabulous thing! Gone are the days when we took up to a hundred boys on the train to the Art Gallery of NSW and required major therapy on our return to school. The AGNSW really got it right with the Pop to Popism exhibition. Anyone who went related to the work in some way. WHY? Because the works all had some reference to popular culture whether it be a reference to a supermarket product such as Campbell’s soup, a larger than life size triple Elvis (the enigma does not need me to mention! – you all know it!) or artworks that reference events that rocked the world.

It was a huge week for the Visual Arts faculty. We headed off to the AGNSW on Tuesday 24 February and Thursday 26 February to Pop to Popism but it was not the only exhibition the students got to see. Artexpress at the art gallery was excellent and provided the students with an understanding of what they would need to do if they wanted to achieve a band 6 in the HSC. On the Tuesday, Years 8, 9, 10, 11 and 12 took the tour. Years 11 and 12 were lucky enough to do the ‘up-market’ tour with the art gallery staff that included a practical/studio component on the day. Miss Mashman and Ms Jackson had the pleasure of accompanying the boys on this ‘most’ civilised of cultural pursuits. Ms Cooke and Ms Holder were completely in their element as art gallery guides, taking the Year 8, 9 and 10 students from art work to art work. They encouraged discussion and understanding of the conceptual intent of the works. The regular art gallery guides were impressed by their efforts and suggested that Ms Cooke and Ms Holder should join the ranks of the art gallery volunteers. During the afternoon, Ms Cooke’s PDM students had the opportunity to take some photos considering the elements of composition in the beautiful environs of The Domain.

On Thursday, we all felt that we were in a Bill Murray movie! GROUNDHOG DAY! We met once again in the Year 7 area, had the regulation roll call and collected VADs. On the bus once more, we made our way to the AGNSW for more Pop to Popism. In preparation of the excursion, Ms Cooke felt it was essential to accessorize! She adored herself with the latest in ‘POP’ inspired footwear by Converse, the Warhol collection. Her Year 7 boys were most impressed with her Warhol sneakers (especially her STAR student, Jack who later enjoyed a ‘selfie’ moment with her on the GoPro). On arrival at the gallery, the boys were provided with rules for appropriate behaviour. Ms Cooke took both her Year 7 classes and they efficiently delivered their bags to the large baskets provided by the gallery. At this point, one student asked if he could go to the toilet. This resulted in half the group needing to go. Just as well Ms Cooke knew her way around the gallery. Down into the bowels of the gallery they went. Once relieved, the group made their way up the escalator to the exhibition. This proved to be a slow way of heading up for one student and he chose to go up the down escalator. The boys had never heard Ms Cooke’s roar before and neither had anyone else at the gallery. Let’s just hope that they thought it was a piece of ‘performance’ art instead of an irate teacher. While this was a slight hiccup in behaviour (and I mention no names – until the Year 12 Graduation Assembly) the boys were exemplary providing their own insights into the works that were presented to them. They were especially excited when Ms Cooke allowed them to take photos at the Pop photo booth.

At the end of each day, the staff were excited with the success of the excursion and the enthusiasm of their students. Congratulations! And a huge thank you to Ms Holder for her organisation of the event.

Ms Cooke
CAPA Faculty
In 2016, the HSIE Department will be taking students on an overseas trip to Italy and France in the January school holidays. Students will have the opportunity to attend and learn about past societies and its impact on people and events. The excursion will cost approximately $6000 which includes airfares, accommodation, meals and entry to museums and historical sites.

This excursion relates to the Stage 5 Elective History Courses as well as the Preliminary and HSC Syllabus for Ancient History and Modern History. In Stage 5, students have the opportunity to study ‘Rome and the Gladiators’ in Ancient Lives and ‘Famous World War 1 Generals & battlefields’ in History and Crime. In Ancient History, students study ‘The City of Rome in the Late Republic’, ‘Cities of Vesuvius – Pompeii and Herculaneum’ including the examination of archaeological remains, buildings and the social structure in both these ancient site studies. Students also focus on the display, conservation and preservation of ancient human remains & ancient sites. In Modern History, students study ‘The World at the beginning of the Twentieth Century’ and ‘World War 1: 1914-1919: A source based study’ focusing on imperialism, the causes of World War 1, the Home Front and War on the Western Front.

Staff and students will travel to the following places over a two week period:

**Italy**
- Rome (Colosseum, the Forum, the Pantheon, Trevi Fountain, the Vatican & a Gladiator School)
- Pompeii (The Forum, temples, housing, basilica, theatres, baths, palestra and the National Archaeological Museum in Naples)
- Herculaneum (Palestra, tombs, baths and the basilica)
- Venice (St Mark’s Basilica, the Grand Canal and a Gondola ride)

**France**
- Paris (The Eiffel Tower, Arc Du Triomphe, Notre Dame Cathedral and The Louvre Museum)
- The Western Front (Poziers, Passchendaele, Villers-Bretonneux, Museum visit)

A Parent Information Evening will occur in Term 2 for students & families that are interested. In the meantime, if parents or students have any enquiries they can contact the HSIE faculty and speak to the Head Teacher, Ms Cufre or Ms Evans on 9477 3508.
ENGLISH
The first term in English has been incredibly busy and productive for all the boys in Years 7 to 12. The end of the term is primarily dominated by assessment tasks and examinations in all classes, therefore it is essential that boys aim to complete their very best work and showcase the skills and knowledge they have gained throughout the term. It is also important to remember that the learning process does not end when the assessment task is handed in. At the conclusion of each assessment task the boys are given extensive written feedback about their results both individually and as a cohort, as well as the opportunity to formally reflect on their learning. In English, this reflection focuses the boys on specific areas of their writing they are good at as well as those they need to improve and encourages them to consider strategies to address areas of concern. Mistakes are only of use if you learn from them! Each reflection includes a section for parent comment; hence parents are encouraged to look at the results their child has achieved and provide feedback to the teacher.

The following boys have already achieved outstanding results in their first assessment task of the year with both boys receiving full marks:

Year 12 English – Kamahl Farache
Year 11 English – Zac Duretto, Griffin Sleigh, Sam Henson, Aden May

Should you have any questions or concerns about the progress of your son in English please do not hesitate to contact his class teacher or me (Jessica.schadel@det.nsw.edu.au) as a collaborative effort between the home and school is incredibly beneficial.

Ms J Schadel
Head Teacher English

SCIENCE
The UNSW Science Competition will be held in June. Over 50% of boys achieved Merit or Distinction results last year and were rewarded with a pizza lunch to celebrate their achievement. We encourage as many boys as possible to enter this competition as it helps strengthen their skills and thinking in Science. Information about entry will be handed out in early Term 2. The cost will be $6.

Miss Tharmarajah’s 8E class has been making models of body cells. Some boys made material models while others made models out of food such as jelly. The quality of the models was outstanding and they will be displayed in Lab 1.

Mr S Roberston
Head Teacher Science

SPORT
LARGE NUMBERS OF YEAR 7 TRIAL FOR SOCCER
Over the last 3 weeks over 50 students in Year 7 trialled to play grade sport soccer for the school and for the first time that I can remember the school is fielding 4 teams in the grade sport competition. The boys trialled well and their behaviour and attitude was excellent and that was the prime reason why there was a push from the staff to submit 4 teams. Good luck to all the boys!

Mr M Blackwood

CAREERS
TAFE Enrolments
About 16 Year 10 students will be attending TAFE Youth Taster Courses one day a week next term in Landscaping, Automotive and Carpentry courses at Ryde TAFE, Plumbing at St Leonards and Café Operations at Ryde TAFE. They study accredited Certificate 1 and 2 vocational units and key learning, communications and employability competencies.

Barista Boys Café news
Three of our Barista Café workers made an outstanding effort to provide cappuccino and flat white coffees to a large number of appreciative parents at ABHS Open Night. Aaron Lemos and Bradley Schoenmaker displayed great skills in producing coffees in record time and Konrad Morton–Stroud gave parents an interesting outline of the training provided to the students and the running of the Barista Boys Café.

We plan to train a new group of students later in Term 2.

Sydney University Talk
On 26th February representatives from Sydney University gave a very informative talk to Year 12 students re the courses on offer in 2016. Students were issued with the 2016 Undergraduate Guide and Access Pathways to Sydney University. Representatives from UNSW will also talk to the students on 2nd April re the courses, scholarships, alternative entry at UNSW.
Bachelor of Accounting Co-operative Scholarship Program
Also on 24th April a student who is enrolled in the UTS Bachelor of Accounting Co-operative Scholarship Program will talk to interested students about applying for this scholarship. This program is ideal for any student interested in business, finance, accounting or any area of the corporate environment.

Year 10 Work Experience
All students have now been issued with the required paperwork.
Any students who wish to do work experience in the construction industry must do a Work Cover approved General Induction course (White Card). This is a one and a half day course and will be delivered at school at a cost of approximately $60. Students who need this qualification must see Mrs Fry ASAP so classes can be organized.

Students should now be actively approaching employers to arrange a work experience placement.

Coming Events
The Sydney Morning Herald HSC and Careers Expo 2015
Thursday 28th May, Friday 29th May, Saturday 30th May and Sunday 31st May 10am-3pm Royal Hall of Industries, Moore Park
The SMH HSC and Careers Expo brings together over 140 exhibitors providing HSC, tertiary course, career, study skills and gap year information and resources. Exhibitors include Australia’s major universities. The Expo also features 100 seminars on HSC subjects including English and Maths, tertiary courses, career and study advice. General Admission is $10 and is valid for all 4 days of the expo. (There will be an excursion for interested Year 12 ABHS students to attend on Thursday 28th May). Please see Mrs Fry for a list of seminars and exhibitors.

Important Information
Bonus Points Reference 2016
I now have the bonus points reference 2016 PDF version which helps students to investigate the bonus points that are available by HSC subject, regional bonus points and EAS (Educational Disadvantage). Bonus points play an important role in gaining entry to university courses. Gaining an extra subject bonus point here and there can make the difference in gaining your first university preference. Bonus points are added to your ATAR to make up your Selection Rank. The UAC website (www.uac.edu.au) is also a valuable resource for information on bonus points.
Please contact Mrs Fry if you would like a copy of this reference emailed to you.

UMAT Test 2015
Students considering a course in Medicine, Dentistry or Health Sciences need to sit the UMAT Test on Wednesday 29th July 2015. Registrations close on Friday 5th June. Students can download a copy of the UMAT 2015 Information Booklet from the UMAT website at http://umat.acer.edu.au.

Another Great Careers Website for parents and students in Years 10,11 and 12:
In the last backchat I mentioned mhscareers.com and how it is a wonderful resource for students and parents to keep up to date with all the career news and events.

Asquith Boys High also subscribes to www.jobjump.com.au. Password is “gorilla”. I would encourage parents and students to register. There is information on Finding My Career, HSC, ATAR, UNI, Apprenticeships, Earnings, Jobs, Gap Year etc.

They have released the 2014-2015 digitised course listings based on the UAC Handbook Index. This will save everyone days worth of course searching the UAC Handbooks. Simply go to the ATAR menu at the top of the Jobjump front page. Then select the Index field of your choice from the left hand options eg Architecture). The table listing is now visible. Now click on any of the Table Headings. They instantly sort in order of ATARs, courses alphabetical, Unis and campus. The UAC codes take you straight to the UAC Handbook page description.

Mrs J Fry
Careers Adviser
Hello ABHS community,

Your P&C met for March this week. As always it was an informative evening. Thank you to everyone who attended.
The school held their annual Open Night early in March which was well attended; by all accounts everyone had a good time. We have also had the Parent Teacher night for Years 7, 11 and 12.

Year 8 will be heading to the Blue Mountains early next term for their camp and I’m sure they will enjoy it immensely. Also next term the annual Rail Safety Workshops for Years 7, 8 & 9 will be conducted. Both overseas tours are leaving in the last week of term – the annual school soccer tour to Japan/Korea and the biannual language tour with Asquith Girls High School to Japan: Have a safe trip and enjoy your cultural experience.

There will be a Mother’s Day High Tea early in May please keep an eye of for further information. The P&C are also holding a trivia night on the 23rd May and it would be great if we could fill the hall this year (see the flyer in the Backchat).

Over the past 18 months members of the Asquith Boys High School P&C have developed a proposal to upgrade the area of the school that is adjacent to the Peat’s Ferry Rd (formerly known as Pacific Hwy) entrance. This would involve the removal of the hazardous old basketball court, new walkways, and the development of an outdoor learning centre, amphitheatre and sculpture garden. If you would like to help the P & C Grounds Project, or are seeking more information, please contact me at: president.abhspnc@gmail.com

The next meeting of the P&C is the 26th May and I hope to see you there.

Thanks,
Linda Stanford
P&C President

If you wish to email the P&C please use the following email addresses:

president.abhspnc@gmail.com - Linda Stanford
grounds.abhspnc@gmail.com - Susie Wylie
secretary.abhspnc@gmail.com - Sacha Parker
fundraiser.abhspnc@gmail.com - Maddy Bailes
treasurer.abhspnc@gmail.com - Jenny Williams
publicity.abhspnc@gmail.com - Di Stoddard

President: Linda Stanford
Vice Presidents: Michelle Roscarel, Tempe Bevan
Secretary: Sacha Parker
Treasurer: Jenny Williams
Ground Maintenance: Susie Wylie
Publicity Officer: Dianne Stoddart
School Council Reps: Michelle Roscarel, Rizwan Ali, Edwina Brown, Chris Regan

ABHS CALENDAR OF EVENTS TERM 2 2015

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<table>
<thead>
<tr>
<th>Week 3A</th>
<th>Term 3 – Monday 13th July till Friday 18th September</th>
</tr>
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<tbody>
<tr>
<td>May 4</td>
<td>Year 8 Camp</td>
</tr>
<tr>
<td>May 5</td>
<td>May 6</td>
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<tr>
<td>May 8</td>
<td>May 9/10</td>
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<table>
<thead>
<tr>
<th>Week 4B</th>
<th>Term 4 – Tuesday 6th October till Friday 18th December</th>
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<tbody>
<tr>
<td>May 11</td>
<td>NAPLAN Year 7 &amp; 9</td>
</tr>
<tr>
<td>May 12</td>
<td>May 13</td>
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<tr>
<td>May 15</td>
<td>May 16/17</td>
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<table>
<thead>
<tr>
<th>Week 5A</th>
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<tbody>
<tr>
<td>May 18</td>
<td>Year 11 Half Yearly Exams</td>
</tr>
<tr>
<td>May 19</td>
<td>May 20</td>
</tr>
<tr>
<td>May 22</td>
<td>Duke of Ed Expedition</td>
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<tr>
<td>May 23/24</td>
<td>P&amp;C Trivia Night</td>
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<table>
<thead>
<tr>
<th>Week 6B</th>
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<tbody>
<tr>
<td>May 25</td>
<td>Year 11 Half Yearly Exams</td>
</tr>
<tr>
<td>May 26</td>
<td>May 27</td>
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<tr>
<td>May 29</td>
<td>May 30/31</td>
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<table>
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<tr>
<th>Week 7A</th>
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<tbody>
<tr>
<td>June 1</td>
<td>June 2</td>
</tr>
<tr>
<td>Science Competition</td>
<td>June 4</td>
</tr>
<tr>
<td>School Photos</td>
<td>June 6/7</td>
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<table>
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<tr>
<th>Week 8B</th>
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<tbody>
<tr>
<td>June 8</td>
<td>Queen’s Birthday</td>
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<tr>
<td>June 9</td>
<td>June 10</td>
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<tr>
<td>Formal Assembly (Sports Carnivals)</td>
<td>June 12</td>
</tr>
<tr>
<td>June 13/14</td>
<td>Sat 21</td>
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<tr>
<th>Week 9A</th>
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<tbody>
<tr>
<td>June 15</td>
<td>Zone Athletics</td>
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<tr>
<td>June 16</td>
<td>June 17</td>
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<tr>
<td>June 19</td>
<td>June 20/21</td>
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<tr>
<th>Week 10B</th>
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<tbody>
<tr>
<td>June 22</td>
<td>June 23</td>
</tr>
<tr>
<td>School Council &amp; P&amp;C Meeting</td>
<td>June 25</td>
</tr>
<tr>
<td>June 27/28</td>
<td>Last Day Term 2</td>
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ABHS MOTHER AND SON HIGH TEA

This is a great chance for Mothers (or other significant female) and Boys to get together for high tea to celebrate Mother’s Day and to see and hear what is going on at the school.

High Tea will be prepared by the hospitality students and will include Sandwiches, fruit, cakes and slices, tea/coffee and cold drinks

Friday May 1st 2015
4.30 to 6.00 pm on the quadrangle

$10 per person (all proceeds to the school)

Pay on the Day

Booking is essential as seating is limited

Please Book by 24 April 2015

Please let us know if you have any dietary requirements.

By email info@workerslegalsupport.com.au
Or text Maddi 0439779821
ABHS P&C wish to invite you to our Trivia Night, our theme is “Music”, come along as your favourite band, song, musician - anything that you can think of that is Music themed.

- In the ABHS School Hall. 7.00pm to get your table ready for a 7.30pm start.
- Cost $20 per person with 8 people maximum on each table.
- Bring your own snacks and refreshments (including alcohol if you would like). Tea and coffee will be available.
- A Jukebox - stay after the Trivia questions for dancing. Thanks to ejukebox
  www.ejukebox.com.au
- Trivia questions (of course!!) Plus a raffle and some games to play. Make sure you bring along some cash so that you can join in.

This sounds like a great night out!! Get your table together and get in contact with us - how do you do that??? Details below….

- ABHS P&C contact email : abhscommunityfunday@gmail.com
- Direct deposit : BSB 032-084 Account 12 0216 Details Trivia (surname)(year your boy is in)
- Pay at the school office with cash or cheque in a clearly marked envelope with Trivia night, your boys’ name and year (if applicable). Please include the slip below.
- Parents, do you have a business that you could supply a voucher for or do you have unwanted unopened raffle prizes at home that we can have for our Trivia Night raffle - contact us asap.
- If you don’t have a group together - that is fine, we can allocate you to a table.

Contact Name for the Table:_________________________ Mobile:____________________
Or Contact Name for individual bookings:___________________ Mobile:______________
Number of guests at your table:_____ How are you paying:________________________
YAMAHA ALTO SAXOPHONE & BACH TROMBONE

Saxophone (567GL) as new, in original packaging box, only played for 9 months! $950 neg.

Trombone (TB600) has small dent (doesn’t affect play or slide). $500 neg.

Contact Evelyn
0419 965 118

DISCLAIMER
Advertisements in this newsletter are included as a community service or a source of revenue to offset newsletter production costs. They should not in any way be seen as an endorsement or recommendation by the school.
Plan My Gap Year (PMGY) is an award-winning international volunteer placement organisation based in the UK. We provide the worlds most affordable, need-driven and supportive short-term volunteer programmes in Africa, Asia and Eastern Europe. Our programmes start from just two weeks in duration right up to six months. You can join us throughout the year as we have two start dates per month.

So if you’re looking to travel on your vacation period, or even take a gap year to explore the world – you should consider volunteering abroad and doing something really special during your travels. We have a range of opportunities to suit people of all backgrounds and interests. Check out our website and start your adventure today – www.planmygapyear.org or see this video on their set up in Tanzania https://vimeo.com/112468897

ARE YOU A SINGLE PARENT?

Each week Single with Children provides fun and exciting social activities for single parents and their children. (Many activities are subsidised or free)

It’s a great way to meet and get to know people in your area.

To find out more and get a FREE copy of our social calendar

Call 1300 300 496

or check out our web site: www.singlewithchildren.com.au

THE BEST HOLIDAYS HAPPEN AT CAMP

Entertain the kids this school holidays with a Sport and Recreation camp. Our popular Kids and Family Camps offer a range of exciting activities to keep even the biggest kid entertained. Try your hand at over 40 different activities, including fishing, slide/slide, bowling, crocs, kayaking, cooking and more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands.

Kids Day Camps start from $47. Family Camp weekends start from $83 per day for kids and $96 per day for adults (kids under 5 attend free, cost includes accommodation, meals and activities).

Bonus Residential Kids' Camps include supervised transport from:
- Central Station, Sydney
- Penrith
- Lithgow
- Bathurst
- Orange
- Wellington
- Brooklyn
- Mosman/Mooney

LEARN ABOUT YOURSELF!

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes", wrote Proust. 19th century novelist

Volunteer to host an international high school student through Southern Cross Cultural Exchange and prepare to be amazed at how this unique and rewarding experience can help bring your family together, understand themselves better and see the world in a new light.

We have students aged 15-18 arriving from France, Germany, Italy, Spain and Scandinavia in July 2013 who are seeking welcoming families all over Australia, in both rural and urban communities. They will live like a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange.

Capture the spirit of family and friendship - visit us on Facebook or at www.sccex.com.au. Email sccexchange@sccex.com.au or call us toll free on 1800 500 501 to request a booklet of international student profiles.
TOPICS
- 5 strategies for talking with your teenager
- Online Gaming and the Internet – When to Unplug
- Training the Black Dog – Help your teenager deal with hard times
- Anxiety and Adolescence
- Drugs and Alcohol – Pushing the Limits

PARENT FORUMS
Understanding your TEENAGER
Ku-ring-gai Council and KYDS invite parents of teens to a series of forums.
Forums are held from 6.30pm - 8.30pm
(registration from 6.15pm)
Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon

MONDAY 23 MARCH: 5 STRATEGIES FOR TALKING WITH YOUR TEENAGER
Discover how to bridge the communication gap with your teenager and gain practical insights on how personality styles can affect parent-teen relationships.

TUESDAY 5 MAY: ONLINE GAMING AND THE INTERNET – WHEN TO UNPLUG
If your family argues about computers, wii, smartphones or tablets then this forum is a must!

MONDAY 15 JUNE: TRAINING THE BLACK DOG – HELP YOUR TEENAGER DEAL WITH HARD TIMES
An overview of the signs of depression and how to help those who are struggling and a discussion on self-harming issues – including concerns around the copycat effect and the influence of social media.

MONDAY 3 AUGUST: ANXIETY AND ADOLESCENCE
Informative presentation on the ways anxiety can affect teenagers and what action to take.

MONDAY 14 SEPTEMBER: DRUGS AND ALCOHOL – PUSHING THE LIMITS
Discussion around drug and alcohol issues from an adolescent perspective, how drug and alcohol dependence affects and useful strategies to assist those families who are affected.

BOOKINGS REQUIRED:
Ku-ring-gai Council Youth Services on 9424 0837 or youth@kmc.nsw.gov.au
More information: KYDS 9416 9824 or www.kyds.org.au

Circle of Security
Parenting program
Circle of Security is a 6 week program suitable for parents of children aged 0-5 that will assist you in understanding your child’s needs, help your child manage their emotions, develop skills to build a positive relationship with your child and to develop their confidence and self-esteem.
Cost: $60 per person (Financial concerns can be discussed)
Dates: Thursday’s – 23 May 2013 to 20 June 2013
Time: 9:30am to 11:00am
Private child arrangements can be made for children over 6 months.

Bringing Baby Home
For expectant mums & new parents
This 2 day course helps you prepare yourself for life with your baby and discover how to be the best parenting team possible. The program focuses on strengthening both the couple’s relationship and the parent-infant relationship during this important time of transition to parenthood.
Time: 9:00am to 4:30pm
Cost: $200 per couple (light refreshments provided)

Seasons for Growth
Everyone experiences loss and change in their lives. It may be through death, separation, divorce, loss of home, grief, dreams or lifestyle. This program provides a sound framework for a safe learning environment for adults to think about and understand their own loss experiences. Men and women are supported through presentations and a reflective group process which provides skills to assist with the journey through grief.
Dates: Wednesday’s – 29 April 2015 to 20 May 2015
Time: 6:30pm to 8:45pm
Cost: $5 (includes booklet)

Mens Group
This group will focus on support and discussion between members and offers a safe place for positive interactions. Some areas discussed in the group are:
• The changing role of fathers in society
• Understanding children’s needs and how fathers can focus on developing their children’s wellbeing even if they are not living with them
• Understand grief, loss and anger
• Effective communication skills for improved relationships
• Coping with life stress
Please contact the group coordinator to confirm your interest in attending this group.
Cost: Free
Dates: Every 2nd Thursday starting 23 April 2015
Time: 6:30pm to 8:30pm

Women of Strength
Supportive Group Program
Women of Strength is an 8 week support group for women who are presently in or have been in an abusive relationship. Learn about the dynamics of an abusive relationship, improve self esteem, reduce self-blame, gain a better understanding of oneself, gain an increased sense of control over your life, explore options for the future and meet with other women in a similar situation.
Cost: Free
Dates: Monday’s – 27 April 2015 to 13 June 2015
Time: 10:00am to 12:00pm

Tuning Into Teens
Emotionally Intelligent Parenting
Tuning into teens is a 6 week parenting course for parents with teens aged 10-18 years on how to help parents to:
• Be better at talking with your teen
• Be better at understanding your teen
• Help your teen to learn to manage their emotions
• Help prevent behavior problems in your teen
• Teach your teen to deal with conflict?
Cost: $60
Dates: Thursday’s – 30 April 2015 to 4 June 2015
Time: 10:00am to 12:00pm

Parents love their children and want the best for them. However, following separation, parenting often gets much tougher.
KYDS is a 4 week group program designed to help mothers and fathers work better as co-parents for the well being of their children.
WK1: Grief & Loss after separation
WK2: The hidden world of children
WK3: Building resilience
WK4: Communication skills & conflict resolution
Cost: $200 per person (Centrelink Health Card rebate available)
Dates: Tuesday’s – 5 May 2015 to 2 June 2015
Time: 6:30pm to 8:30pm

Infant Massage
Baby’s First Touch
The Infant Massage—Baby’s First Touch program is a 6 week course developed by the International Association of Infant Massage (IAIM) and is aimed at assisting parents to understand baby’s development and crying cues whilst enhancing their first massage touch experience with their mother, father or carer. Parents will learn a source of massage strokes including Indian and Swedish massage. Yoga and Pilates which can assist baby’s and parent’s to relax together in a safe and nurturing environment. Groups are small so bookings are essential.
Cost: Friday’s – 1 May 2015 to 5 June 2015
Time: 10:00am to 12:00pm
Cost: $60—Mums, Tots, Oils provided

Supported Playgroup
Supported Playgroup offers a social opportunity for both children and their families to experience inclusive and meaningful social interactions. Children will have the opportunity to make friends and enjoy a range of stimulating play experiences whilst parents and carers can also socialise and access information about different parenting resources in their local area.
Cost: Free
Dates: Thursday—Commencing 23 April 2015
Time: 9:30am to 11:30am
Parenting Programs
Child & Adolescent Parenting

WHAT'S ON THIS TERM 2 - COURSES/WORKSHOPS FOR PARENTS/CAREERS

Tuning in to Teens Course
- Skil l to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
- Understanding teenagers: Today & communicating effectively
- Emotional intelligence skills
- How to prevent difficult adolescent & conflict resolution

Chatswood 5 week/2.5 hrs (3/5 - 10/6, 7:00-9:30pm)

Dealing with Teen's Badbehav Workshop
- Learn how to restore a peaceful & positive relationship with your teenager.
- Understand what it’s like being a teenager today.
- Learn how to talk to them listen & be there for them you talk to them.

Chatswood (6/5, 7:00-9:30pm)

Tuning in to Kids Course - Chatswood (28/5 - 25/6)
Triple P Seminars - Chatswood (2/5, 19/5 & 26/5)
Communicating with Kids Workshop (1st - 7th) - Chatswood (14/5)

WORKSHOPS ON REQUEST FOR PARENTS/CAREERS OF TEENS - 9887 5830
- Seeding with Teen's Social Chats
- Transition to High School
- Triple P Seminar Series (Term)

Enquiries: Child & Adolescent Parenting 9887 5830

Centre for Education and Talent Development
An intervention for FAMILIES, CARERS & FRIENDS
Staying Connected When Emotions Run High
Excellence in Education: Developing Talent

This course is coordinated and supported by the MHD A Education & Training Team

Program Overview:
This Free workshop will be extremely relevant if you support someone 12 - 100 years old who:
- Has relationship difficulties
- Demonstrates changing emotions and strong overwhelming feelings
- Displays impulsive and destructive behaviour e.g. cutting
- Has a diagnosis of Personality Disorder

Target Audience:
Families, carers or friends who are supporting someone 12 years and over.
Participants should be over 18 years old.
Young people 16 - 18 years will be accepted if accompanied by an adult.

To Apply:
Please email Education & Training Team, Mental Health Drug and Alcohol
Email: NSLHD-MHDAEducation@health.nsw.gov.au

This program is scheduled for:
Date: Tues 21st April 2015
Venue: Emily's - Building No. 47, Macquarie Hospital (Entry via Badgerys Road), North Ryde, NSW 2113*
Free parking available on campus
Time: 09:00 - Registration
09:30 to 15:30 - Workshop
Presenters:
Dr Annemaree Bickerton, Child, Adolescent & Family Psychiatrist
Ms Toni Garrett, Clinical Coordinator, Family and Carer Mental Health Program, Hawkesbury District LHD
Closing Date: 1 week prior to course start date
Enquiries: Luc Santos
Contact: 9887 5897
Apply by email:
NSLHD-MHDAEducation@health.nsw.gov.au
*Wheelchair/Disability Access
Morning Tea and Lunch
WILL BE PROVIDED

Lifeline
Crisis Support. Suicide Prevention.

13 11 14 helps people in crisis
Volunteer at Lifeline: It’s never too late to make a difference – it’s never too late to learn new skills

Join our team of volunteers on the crisis support line based at Gordon! We know from current volunteers, not only will you make a difference for others managing difficulties in their lives, but you will also meet new people, give back to your community and certainly experience personal growth and development.

But, you might say: “I’ve never done anything like this before...” I think you’ll be surprised – are you willing to learn – step outside your comfort zone? Do you know yourself well, can you support others and respond to people with empathy and respect. I know your life experience will stand you in good stead.

Interested?
Our training is comprehensive, we will support you every step of the way. Want to know more – give me a call at 9565 9150 – or request an information pack today: admin@lifelinehhi.org.au.

You’ll be pleased you did.