



# Muirfield Matters

Issue 11 2018

Term 4 Week 6

## From the Deputy Principal - Ms Hosen



We are now well into Term 4 and already many of our students have completed their yearly examinations and assessments. This is an extremely busy time for both students and staff with end of year examinations and assessments being finalised.

Even though examinations will conclude before the end of the month, students need to be aware the work they complete in class up until the end of the year will lay the foundations for the skills required in the following academic year, as well as inform the classes into which they will be enrolled for 2019.

Students must make effective use of every minute in the classroom and during home study time whilst utilising the school's greatest resource - their teachers.

### HSC Completed

Year 12 have now completed their HSC external examinations and it has been with great pride to hear from Mrs Schwager, our NESA HSC Presiding Officer, that our students enthusiastically tackled their examinations with great diligence and commitment. As always, they have been exceptionally well-behaved and polite to the supervisors during the exams. Here they have had the opportunity to put into practice all of the skills, experiences and qualities that they have honed over the past six years at Muirfield.

We are now all waiting in anticipation of the published results on Thursday, 13th December. ATAR results are released the following day and we look forward to our Year 12 students joining us at the school for a celebratory BBQ breakfast on Friday 14th December at 9.30am in the senior courtyard. Good luck Year 12!

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One thing that is clear is the benefit for students in doing as well as they can in internal school assessment during the year leading up to these important exams. It assists students so they know they have made significant progress toward the HSC already, and in case they are unfortunate in experiencing illness or misadventure during the exams. In such cases of illness or misadventure, NESA may consider the marks obtained in school assessment to decide on a final result for the affected student. This is a timely insight for our Year 11 students undertaking HSC coursework and assessments during this term.

### **Year 11 and so it begins for you ...**

This term our Year 11 students began their Higher School Certificate studies in earnest. In the first week of Term 4, students were given a copy of the HSC Assessment Policy and it is vital that students take time to understand the rules, policies and procedures outlined in the booklet. Assessment schedules, including dates due for all tasks, are also included in the booklet.

All classwork and assessment from day 1 of term 4 contributes to the successful award of the HSC. Some students are taking up the challenge of Extension courses, while others are consolidating their curriculum pattern and opting to continue courses best suited to their skills and abilities. All Year 11 must maintain their focus and work hard right to the end of term 4.

### **Student Leadership**

Muirfield High recognises the importance of a strong student voice because it allows students to engage, participate, lead and learn in their own education.

On Monday 26th November we will be inducting our new school leaders into their roles at a full school assembly attended by staff, students and families. This year saw an amazing calibre and number of candidates run for elections in the Senior Leadership Team, the Student Representative Council and House Captains. It is encouraging to see the commitment these students are prepared to make for their school which they clearly feel proud to represent.

### Student Executive Team 2019

Once again our student body have elected a wonderful group of senior students to represent them and the school in a range of capacities. Our elected Captains and Prefects are exemplary role models and diplomats for our school, a very prestigious position.

Captains: Joshua Zann and Jaelyn Mashiah

Vice Captains: Edmond Lo & Sylvia Kramlik

Prefects: Breanna Fowler      Rowan McDonald      Tara Suttie  
Thomas Garment      Ashleigh McNee      Bradley Thomas  
Casey Houghton      Lachlan Napier

This fabulous team recently attended the inspirational three day *Mitchell Youth Leadership Forum* at Vision Valley, where they worked alongside other schools and were provided with skills based on the values of service to others, integrity and courage, and how to lead others. Skills that will not only benefit them in their role of responsibility at Muirfield High, but ones that will assist them in life. The team's goal is to replicate what they learnt at the forum and create a *Muirfield Leadership Forum*, tailored to our students and focusing on developing strong leadership skills in students, creating team cohesion and building capacity in our future school leaders. They are extremely excited and enthusiastic and we look forward to seeing their hard work come to fruition on the last Monday and Tuesday of term.

The school would like to thank the outgoing representatives for their commitment over the past 12 months.

## Student Representative Council 2019

Students across all year groups are represented in this leadership team. They are the voice of our students and are actively involved in a wide range of roles and initiatives across the school and broader community.

### Year 7

Lucas Albaracin  
Riley Oakes  
Sophie Balada-Gray  
Emma Thomas  
Ella Clsie

### Year 8

Rhianna Akhtar  
Melis Ozcan  
Lily Tilt  
Thomas Wilby  
Joseph Boyd

### Year 9

James Clifton  
Joshua Barton  
Thomas Barker  
Tolstoy Wilkinson  
Caitlin Roach

### Year 10

Lucy Castelletti  
Elizabeth Zhang  
Godnice Hasiana  
Grady Roberts  
Harrison McKinnon

## House Captains 2019

School spirit is embraced at Muirfield High School. It stems across all aspects of our school; academics, sport and community. Our house captains drive this with diligence and enthusiasm.

### **Freeman**

#### **Captains:**

Nathan Mengell  
Tijana Pupovac

#### **Vice Captains:**

Patrick Kelly  
Adrielle Mashiah

### **Burton**

#### **Captains:**

Ethan Burrows  
Lindsay Wise

#### **Vice Captains:**

Jacob Uslu  
Jenah Ozcan

### **Beachley**

#### **Captains:**

Shannon Lowry  
Matthew Jeffries

#### **Vice Captains:**

Tahliya Elliot  
Luke Garment

### **Thorpe**

#### **Captains:**

Zara Clayton  
Joel Brown

#### **Vice Captains:**

Charlotte Bradfield  
Joshua Barton

Congratulations to all students on their new leadership positions.

Ms Ansoul, Student Executive Team Coordinator, Ms Uher, SRC Coordinator, and Ms Bligh and Mr Edmonstone, House Captain Coordinators are looking forward to working with the new Student Executive, SRC and House Captains in 2019. I would also like to take this opportunity to thank Ms Bopathage for all the work she has done in guiding and coordinating our 2018 SRC leaders.



## Remembrance Day Assembly

Muirfield High School observed Remembrance Day on Monday 12th November with a moving and poignant service ran by our student leaders.

Remembrance Day is dedicated to Australians who died as a result of war, particularly from World War I onwards, and had a special significance in 2018 as it marked the 100th anniversary of the Armistice which ended the First World War.

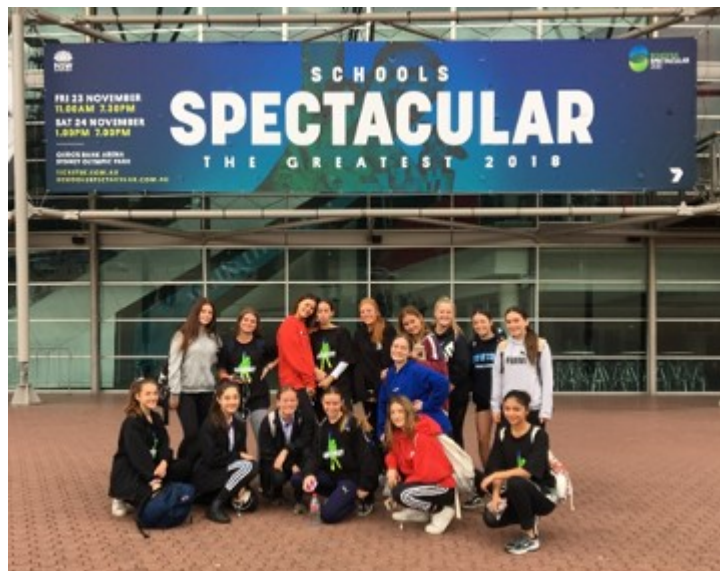
Students and staff paused for a minute of silence, dedicated to the deceased, especially for soldiers who died fighting to protect our nation. A touching tribute was our Year 7 students joining students from North Rocks Primary School in the planting of paper red poppies, made by Year 7 during HSIE class and the Year 2 students, around rosemary bushes and under the Australian flag.



### School Spectacular

In Term 1, Dance students at Muirfield High School were selected to audition for School Spectacular and were successful in being accepted in the Combined Dance category. This group of 16 dancers have been representing Muirfield High School throughout many rehearsals over the last few weeks. They have been given this fantastic opportunity to work with a variety of dance professionals and dancers from other schools to participate in a one of a kind, multi-school performance.

Muirfield High School will perform on Friday 23rd and Saturday 24th of November at this year's Schools Spectacular titled 'The Greatest'. Tickets for the event can be purchased through Ticketek. We wish them the best of luck with their performances and are incredibly proud of their dedication and efforts!



### Muirfield High School SummerArts

December 3rd 6pm exhibition opening - 7pm performance

Don't miss out on a wonderful night of entertainment! Muirfield High School's annual SummerArts night – a celebration of musical, artistic, dance and drama excellence. One performance evening only will be held in the school hall, the result of hard work of both students and teachers. Dance ensembles, concert bands, stage band, guitar groups, rock groups, individual musical performances, drama ensembles, displays by Year 7-11 Visual Arts and Visual Design students, and The Gifted & Talented Sculptures By The Sea Art Competition – what a variety!



Entry is by gold coin donation, which includes one vote for Sculptures By The Sea People's Choice Prize. The CAPA Committee are running a BBQ between 6-6:30 pm and light refreshments will be available.



## Respect and Relationships

As we approach the end of the school year it can become difficult for some to stay on task and maintain positive relationships. It is timely that I remind students about the other 3 R's - relationships, relationships and relationships.

How we make others feel about themselves says a lot about you and having positive peer relationships can at times require effort. Reminding ourselves of the person we want to be and nurturing these attributes is highly important.

A core PBL value at Muirfield High School is respect. This includes being respectful to others, property and to yourself. It is important that students develop skills in communicating with each other as young adults. There is never any reason for a student to speak disrespectfully to others or make physical contact with another student.

## Tools for a Successful Life: Resilience

Resilience is the ability to bounce back from adversity. It is a necessary skill for coping with life's inevitable obstacles and one of the key ingredients to success. When we apply resilience through the positive psychology lens, the learning is not only to bounce back, but to bounce forward. Examples of challenges some young people may face where resiliency skills are essential:

- Physical illness
- Change of school
- Transitioning from primary school to high school
- Change in family make up (divorce, break up)
- Change of friendship group
- Conflict with peers
- Conflict with family
- Managing study workload



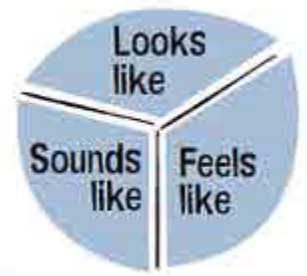
Having resiliency skills minimises the effect that negative, stressful situations can have on a young person. These skills allow a young person to face challenges, learn from them and apply these skills towards living a healthy life.



## Practising Resilience

### 1. Emotional awareness and self-regulation

This is the ability to identify emotional experiences and control emotional response to external events. Resilient people are comfortable with their feelings and they express a broad array of emotions – happiness, joy, fear, sadness. Resilient people don't get "stuck" in an emotion. Although they might feel sad or scared, they accept that this is a normal part of life and these feelings don't prevent them from coping with the situation and moving forward.



### 2. Impulse control

We all have impulses to do things and say things – these are not always in our best interest, nor helpful to others. To be resilient doesn't mean to stop these impulses, but it does require you to stop acting on every impulse that does not serve you well. These skills of impulse control can be learned.

### 3. Optimism

Learning the skills of optimism can help protect against depression and anxiety. Optimism involves learning to think positively about the future – even when things go wrong. It's about looking objectively at a situation, making a conscious decision to focus on the good. Optimistic people are happier, more engaged, succeed more and are better problem solvers. Optimistic attitudes need to be realistic – it is shooting for the stars without losing site of the ground (Reivich & Shatte 2002).

### 4. Flexible and accurate thinking

To be resilient requires flexible and accurate thinking, seeing different perspectives. Someone who is resilient can come up with a variety of reasons for being successful in something (multiple factors). Flexible and accurate thinking allows multiple solutions to a problem, having Plan B and C is vital to resilience.

### 5. Empathy

This is the ability to recognise another person's feelings and respond accordingly and respectfully. Understanding another's emotion in relation to that of your own. Empathy assists resilience through developing strong supportive relationships. Understanding other people's feelings / emotions / experiences is particularly helpful when people are experiencing tough times.

### 6. Self-efficacy

Having success in something and then using that as a personal reference point for ability, and working on that to bring further success, achievement and a belief in yourself. Always work on achieving your personal best.

### 7. Connecting and reaching out

This involves placing importance in help-seeking behaviours through connections with other people. Having a range of friendship circles that reflect different areas of social need and making the effort to build and nurture friendships that move and change with time.

Developed from: <http://au.professionals.reachout.com/building-resiliency-in-young-people-resource>

## **PARENT AND CAREGIVERS PLEASE DO NOT DRIVE INTO THE SCHOOL GROUNDS**

In the interests of student safety, parents and caregivers are not permitted to drive onto school grounds at any time, including before or after school, to drop off or collect students, or to attend meetings with staff.



Parents and staff accessing the car park at different times during the day and the access is very narrow.

Exceptions to this is when either you or your passenger has a disability or if you are picking up a sick or injured student.

**STUDENT SAFETY IS UP TO ALL OF US**

**THANK YOU FOR PLAYING YOUR PART**

## Halogen Young Leaders Day



"Leadership is about making your contribution." Sean Purcell (co-ordinator of the *Cotton On Foundation*, dedicated to reducing poverty by constructing 20,000 schools in South Africa, Uganda, Thailand and Australia by 2020) began our day at the Halogen National Young Leaders Day. This is a forum designed for aspiring teenagers from schools across New South Wales. One of four speakers, he spoke about the mission of the Cotton On Foundation, and how we as young leaders can find a cause that we are interested in, and devise a plan for how we will make an impact on the issue.

The second speaker was acclaimed Australian cricketer, Holly Ferling. She engaged us, the audience, with her rise to fame and how her attitude was and continues to prove extremely important to her success. We should see setbacks as opportunity, not failure, and we must focus on controlling the controllables, rather than trying to change what we cannot.

Cate Campbell, world-record holding Olympic swimmer, followed, imparting her personal experiences and knowledge of picking yourself up after failure, and how

the series of small choices you make each day lead to success. She advised us to change fear into a challenge to prove yourself, and to decide to pick yourself up and rise above a hindrance rather than become a casualty of it.

During lunch we had the opportunity to view stalls inside the International Convention Centre's foyer, with information from numerous universities, associations such as Girls Who Glow, and the Australian Cadets program. We could also purchase pins, and items from the Cotton On Foundation.

The final speaker was Dr Jordan Nguyen, who spoke about thinking big and how no limitations bar anyone from changing the world if they set their mind to it. His motivational speech included outlining his achievements in the world of science, such as developing a wheelchair controlled by the mind using AI and a go-kart controlled by the eyes, after surpassing everyone's low expectations of him from high school. I was exceptionally lucky enough to have the chance to ask him a question of my own during the question time that followed all of the speakers, giving students the chance to interact with them.

By the end of the event, we were able to take away more information and inspirational material than what I would be able to fit in this article let alone the newsletter, and we will use this to affect our work as leaders of the school and community. The day was not finished however until we completed our very own group rendition of the Baby Shark Song, complete with lyrics, actions, and videos of us that will probably never stop being funny.

By Lucy Castelletti





# Garden Beautification Project



Over the last couple of weeks, our BLC students and staff have been working tirelessly to improve the gardens and flowerbeds around the school.

The results are truly amazing. Make sure you have a look the next time you pop by.





# Sydney Water Refill Station

Last year our Year 7 students won the "Brand without Bottle Competition" run by Sydney Water. Our prize was a new Meet PAT refill station. It not only helps our students stay hydrated but helps us reduce our environmental footprint.

## Annual water station usage report brought to you by Sydney Water & Meet PAT

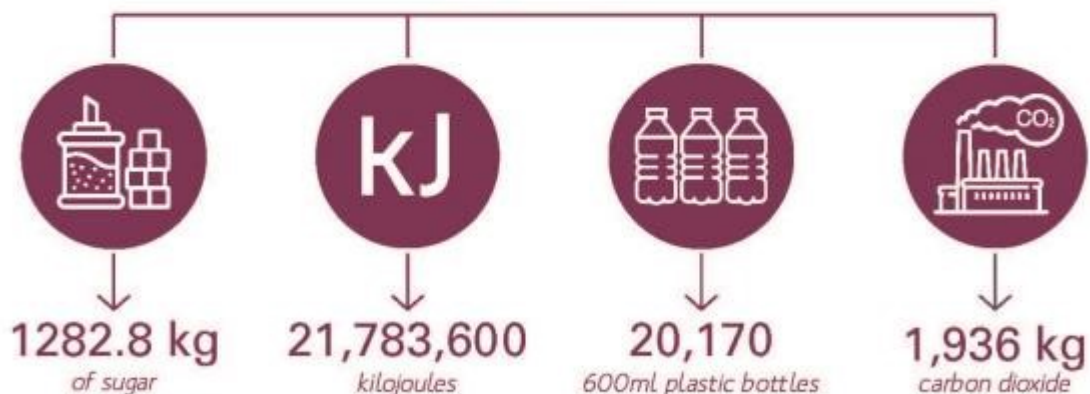
### Muirfield High School

Refill station annual usage from September 2017 until September 2018



#### Did you know?

By installing a Meet PAT water station, your students and faculty are helping contribute to a healthier lifestyle by not consuming the following:



\*Co2 facts has been based on <https://sciencing.com/carbon-footprint-plastic-bottle12307187.html>

\*Sugar and kilojoule figures have been calculated by equivalent volume of soft drink

Funded by Sydney Water through the Brand without a Bottle schools initiative

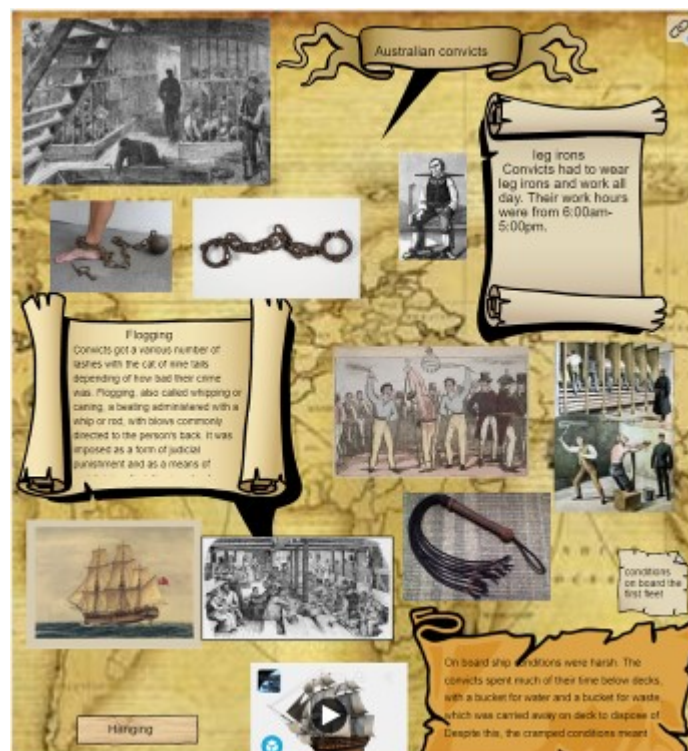
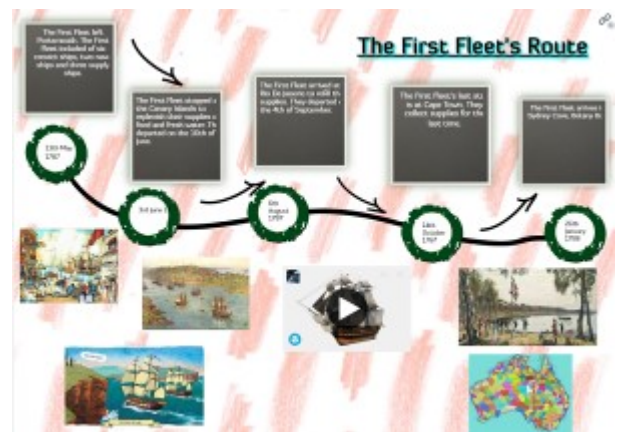
**Sydney**  
**WATER**

## Year 7 Leadership Team Mentoring

Throughout Semester 2, several nominated students from the Year 7 leadership team have mentored Year 5 students from North Rocks Public School while they have participated in ICT based online activities.

Once a fortnight the year five students would walk down to Muirfield High School and design a digital poster on Glogster. During these lessons with Mrs Hyland the Year 5 students have created posters about early settlement in Australia, focusing on the first fleet and early convict life.

This program has been a great way for the Year 5 students to learn about Muirfield's facilities and it has presented the Year 7 leaders with an opportunity to guide the younger students. This program has taught the Year 5 students how to create cyber safe posters and has given the Year 7 students a chance to embrace their roles as leaders. This will result in an easier transition from primary to high school which should in turn alleviate some stresses about moving into their high school years.



## Year 9 Commerce Market Stalls

Thank you very much to all the students and teachers who came to support our Market Stalls on the 8th November. As part of the Commerce topic 'Running a Business', Year 9 students had the opportunity to create their own mini business. They were responsible for the idea, sourcing of materials, marketing and finance.

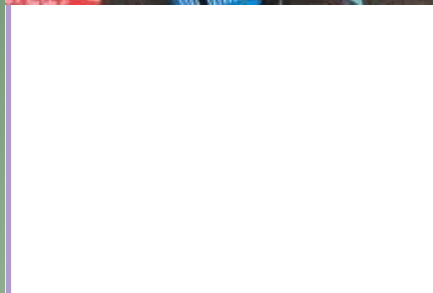
The Year 9 Commerce students had a fantastic time organising the event and running their stalls. They were able to provide a wide variety of food at lunch including, barbeques, brownies, pancakes, high tea, ice cream and drinks.

The students were able to raise over \$1200! The students have decided to donate this money to two charities; Bear Cottage and Parramatta Mission.

Thank you again for your support of this event.







## Sculptures By The Sea Excursion

On Friday November 2nd, Gifted and Talented Students from Year 7, 8, 9, 10 and 11 Visual Art, Visual Design and Photography attended The Sculpture by the Sea exhibition. You might remember that day as the hottest day of the year so far! Temperatures reached nearly 40 in Parramatta, but at Bondi, we had a lovely sea breeze.

Miss Frame started the excursion with a drinks, SPF and hat application break, which was nice, because the view across Bondi beach was amazing. Then we set off on the walk. It was a bit tough, mostly all the stairs and so many people, but it was well worth it. Obviously, Miss Frame's favourite artwork was the cats. Other popular art works were the big baby Buddha, the rainbow-flapping blanket that moved like waves on the hill and the life size metal endangered species climbing out of fake main holes.

We got to stop a few times to play with certain artworks, take photos and top up our water bottles. Oh and have a run around on the sand, though it was very hot. I think we all agree that the timing was perfect, just as we arrived at or pick up spot our wonderful air-conditioned bus pulled up and we all piled on. It was a very quiet trip back to Muirfield, I think even the teachers had a little nap.

Now that we have all recovered, we have an opportunity to create our own artwork inspired by the exhibition and its environment; these will be exhibited as part of Muirfield High's Summerarts Exhibition on December 3rd in the school Hall. It's like the people's choice awards!

A big thankyou to Miss Frame for organising it, Ms Bopaththage, and Miss Nercessian for coming along to supervise, we know you loved it, but we also know how much work goes into it.





## Sculptures By The Sea







# COMPETITION

## YOUR CHALLENGE

*Create an Artwork INSPIRED by the Experience and / or Exhibition*

**sculpture**  
by the sea

**SUBMISSION**  
Deliver to Miss Frame  
in C22  
by  
November 30th 2018

### REQUIREMENTS

- ♦ Individual Artist or Collaboration of Artists
- ♦ Any Media can be used
- ♦ Multiple Entries allowed

### EXHIBITION

- ♦ All ENTRIES will be Exhibited at our Annual Summer Arts Exhibition on December 3rd in the School Hall
- ♦ Prizes and Places Awarded on the Night
- ♦ Multiple Entries allowed

**JUDGING**  
Public Vote on  
the Night



## P&C News

### P&C General meeting dates

It was agreed at our general meeting on 14 November that we will not hold a meeting on the 12<sup>th</sup> December. Our next P&C meeting will therefore be our AGM in February 2019.

We need parent volunteers to help in our uniform shop on the Year 7 Orientation day on 4 December. If you are able to assist for a few hours, please contact the uniform shop on [mhs.pnc.uniform@gmail.com](mailto:mhs.pnc.uniform@gmail.com). No experience required!

Have a great week

Charmaine Hetem

P&C President

### Contact details

Should you wish to get in contact with the P&C, uniform shop or canteen, our email addresses are as follows:

P&C: [muirfield.p.and.c@gmail.com](mailto:muirfield.p.and.c@gmail.com)

Uniform shop: [mhs.pnc.uniform@gmail.com](mailto:mhs.pnc.uniform@gmail.com)

Canteen: [mhs.pnc.canteen@gmail.com](mailto:mhs.pnc.canteen@gmail.com)

## Uniform Shop

With our new online ordering system in place, parents now have much more flexibility when ordering uniforms for their child. Students are still encouraged though, to come into the Shop during Monday lunchtime trade, to try on items for sizing. Items can then be purchased in the shop using cash, cheque or card or, at a later date/time using the Qkr app.

All orders made on Qkr for a Monday lunchtime pickup (12.30pm to 1.30pm), must be placed by midnight the Sunday before.

The Uniform Shop is gearing up for Orientation Day, Tuesday December 4th, for new students in 2019. This is a very busy time for the Shop and we would ask that if anyone could spare any time to volunteer, to please contact us on our gmail. Any help is much appreciated.

Black Jacket pre-orders will open on Orientation Day, via the Qkr app only. We expect delivery by the end of Term 1 2019 and dates will be confirmed in 2019. Black Jackets are available in the Shop for try on to confirm sizing. Please visit us during Monday lunchtime trade.

Any questions can be directed to the Uniform Shop Committee via our email: [mhs.pnc.uniform@gmail.com](mailto:mhs.pnc.uniform@gmail.com).

Thank you for your continued support.

Muirfield High School Uniform Shop Committee

November 2018



## Muirfield High School Uniform Shop

### All uniform items now available on Qkr!

Qkr! (pronounced 'quicker') is an easy to use app that makes ordering and paying for your school uniforms quick, simple and secure.

### Getting Started is Easy

#### Step 1 Download Qkr!

Download the Qkr! app to your phone or tablet device (App Store or Play Store)

#### Step 2 Register

Follow the prompts and select Australia

Set up your name and a password.

Add your credit card details.

Find Muirfield High School

Add the names of your children.

#### Step 3 Start shopping

Choose the next Monday delivery.

Select the items you want, add to Cart, then Checkout when you are finished.

You can view and print a receipt (or email it) if required.

#### Step 4 Collect purchase

Students pick up their uniform items during Monday lunchtime opening 12:30 – 1:30pm.

(Orders to be placed by Sunday midnight for Monday pick up)

#### What if I don't have a smart phone?

You can use Qkr! online. Go to <https://qkr.mastercard.com/for-everyone-australia/> and select "Use Qkr! Online" You will need to register and you will then be able to order uniforms online.

#### Questions about using Qkr!?

If you require further information or have any concerns, please email Muirfield P&C Assoc. Uniform Shop Committee on [mhs.pnc.uniform@gmail.com](mailto:mhs.pnc.uniform@gmail.com).

**\*\*Please note that Uniform Shop orders CANNOT be made via the 'Muirfield High School' website payment system.**



## Muirfield High School P&C Association Uniform Shop Price List/Order Form Term 4 2018

15/11/2018

	Size	No.	Price	Total
Junior Boys Shirt			\$32	
Senior Boys Shirt			\$32	
Unisex Cargo Shorts			\$38	
Boys Tailored Long Pants			\$50	
Junior Girls Blouse			\$32	
Senior Girls Blouse			\$32	
Pleated Black Skirt			\$38	
Girls Black Pants			\$30	
Green Jumper			\$45	
Green Zip Jacket (while stocks last)			\$30	
Black Fleece Jacket by preorder only			\$65	
Unisex Sport Shirt			\$33	
Old Style Sport Shorts			\$15	
Unisex Straight Leg Sports Shorts			\$30	
Unisex Regular Leg Sports Shorts			\$30	
Tracksuit Jacket			\$45	
Tracksuit Pants			\$30	
Senior Ties			\$25	
Apron			\$15	
Scarf			\$8	

Total Amount Owing

\$ \_\_\_\_\_

**Payment can be made by Cash, Cheque or Visa/ MasterCard**

Please make cheques payable to Muirfield High School Uniform Shop

Uniform shop hours:

Monday 12.30 pm to 1.30 pm

1st Monday night of the month 5.30 pm to 7 pm

(except where the 1st Monday falls during school & public holidays)

WHY NOT USE OUR ONLINE  
ORDERING VIA



SEE REVERSE

### CREDIT CARD PAYMENT

Visa ☐ Mastercard ☐

Card No.

CCV

Expiry Date:  /

Amount

\$

Cardholder's Name:

\_\_\_\_\_

Cardholder's Signature:

\_\_\_\_\_



## CALENDAR OF EVENTS

Term <b>FOUR</b> 2018						
	Week	Monday	Tuesday	Wednesday	Thursday	Friday
November	<b>6</b>	19	20	21	22	23
					Year 8 Swim School	
						<b>School Spectacular</b> Fri - Sat
November/December	<b>7</b>	26	27	28	29	30
		Year 10 Transition Week				
					Movember Fundraising Lunch	Year 10 BBQ Lunch for Transition Week
December	<b>8</b>	<b>Summer Arts Festival</b> 6pm exhibition opening 7pm performance Gold Coin donation for entry	<b>Year 7 2019 Orientation Day</b> Band Orientation after Assembly meet in Hall	5	6	7
		Year 10 Camp				
December	<b>9</b>	10	11	12	13	14
			<b>Year 8 Farmer Cup Gala Day</b>	<b>P&amp;C Meeting</b> MHS Common Room 7:30pm		<b>Year 12 ATAR HSC Results Breakfast</b> 9:30am
December	<b>10</b>	17	18	19	20	21
			<b>Presentation Evening</b> 7pm School Hall	<b>End of Term for Students</b>		

### 2019 School Terms

Term 1 - Tuesday 29th January 2019 to Friday 12th April 2019

Term 2 - Monday 29th April 2019 to Friday 5th July 2019

Term 3 - Monday 22nd July 2019 to Friday 27th September 2019

Term 4 - Monday 14th October 2019 to Friday 20th December 2019

\* Please Note - The 1st day of Term 1, 2 & 3 and the last two days of Term 4 are Staff Development Days.

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# ***Service of Remembrance***

## ***for families whose children have died or are missing***

This service, open to families (and friends)  
who've lost a child (of any age),  
seeks to ease that pain a little by offering  
a means of acknowledging and remembering  
a deeply loved and missed family member.

***Tuesday 4 December 7:30pm***

***St Matthews Anglican Church***

***cnr New Line and Castle Hill Roads West Pennant Hills***

**With a brief message from Rev Geoff Deutscher.**

During the service those present are invited to place a flower at the  
front of the church, in memory of the child who has died, or is  
missing. If you'd like to bring your own flower, please do.

Flowers will also be available.

Several denominations will be represented.

Everyone is welcome to stay for supper following the service.



Enquiries 9479 3700



Disclaimer: Advertisements placed in the school's newsletter do not reflect an endorsement or otherwise by Muirfield High School of that product or service



## Epping Christmas Pool Party

**Saturday 8 December 12.30pm - 4.30pm**

Epping Aquatic Centre - 26 Stanley Road, Epping



**CITY OF  
PARRAMATTA**

- GIANT SLIDE • FACE PAINTING
- FREE POPCORN & FAIRY FLOSS
- GIVEAWAYS • SANTA VISIT & MORE!



Disclaimer: Advertisements placed in the school's newsletter do not reflect an endorsement or otherwise by Muirfield High School of that product or service



**361-365 North Rocks Road,  
North Rocks**



- Garden plants/shrubs/pots
- Glassware/china/ornaments
- Jewellery/watch repairs
- Books/CDs/DVDs
- Local produce
- New and pre-loved fashion
- Bric-a-brac/old wares
- Craft and collectables
- Toys and novelties
- Garage sale items
- Espresso coffee/ drinks
- Hot food stalls

**Every Sunday – 7.00am to 1.00pm**  
Donation entry – All proceeds to registered charities



Casual stallholders line up in the North Rocks Shopping Centre at the base of the western ramp opposite the Royal Institute for Deaf and Blind Children, North Rocks Road, North Rocks, as shown on map.



Casual stallholders enter the market at 6:30am. The current stall cost is \$40 and includes GST and stallholder public liability insurance.

Stallholders provide their own equipment.  
No booking required.



The North Rocks Markets is managed by volunteers from the Rotary Club of Carlingford Inc.



North Rocks Markets

**Need more information?**  
Call Market Manager on 0408 352 702  
[www.RotaryCarlingford.org.au](http://www.RotaryCarlingford.org.au)

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## Have Your Say

### CARLINGFORD SKATEPARK PRE-DESIGN WORKSHOP

We need your help to design the new skatepark at John Wearn Reserve.  
Come along and let us know your thoughts.

#### HOW CAN I GET INVOLVED?

##### COMMUNITY WORKSHOP 1:

**When:** Thursday 29th November  
3:30pm - 5:30pm

**Where:** Don Moore Community Centre  
(located on the corner of North Rocks Road  
and Farrell Avenue, North Rocks)

##### COMMUNITY WORKSHOP 2:

**When:** Thursday 29th November  
6:30pm - 8:30pm

**Where:** Don Moore Community Centre  
(located on the corner of North Rocks Road  
and Farrell Avenue, North Rocks)

For enquires please call City of Parramatta on (02) 9806 8339



CITY OF  
PARRAMATTA

CONVIC

**Nepean Rowing Club**  
**Come Try Day**  
**Sunday 27th November**

We will be running an open day to give individuals the chance to try the sport of rowing.

What: A day that introduces individuals to the sport of rowing at Nepean

Where: Nepean Rowing Club, Bruce Weale Drive, Parramatta

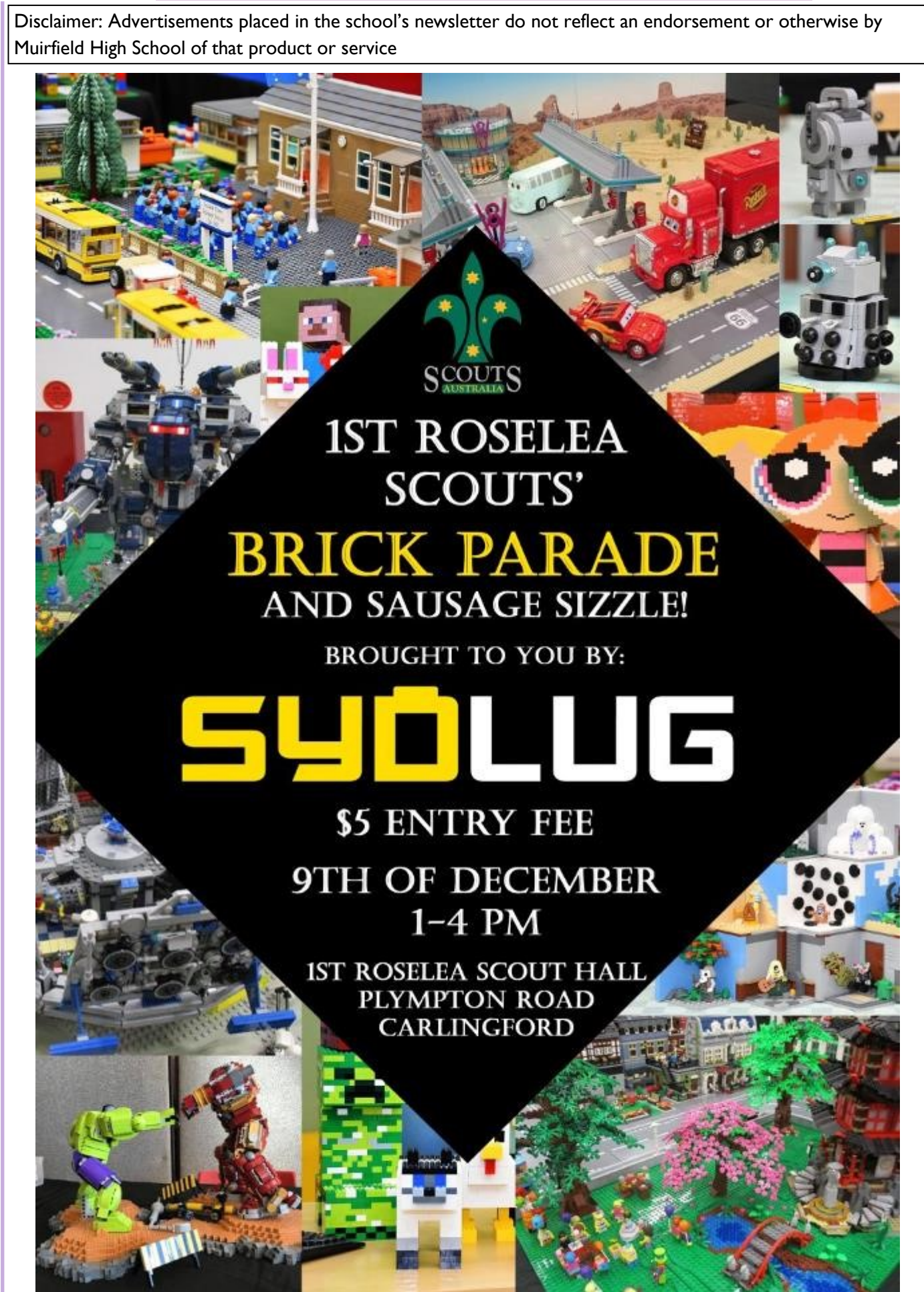
When: Sunday 27th November 8-11am

Who: Anyone 12 and above is welcome to attend. Their ability to swim is also recommended however those unable to are still welcome but are to note this on their enrolment form.

How: Please read the detailed information document on the website ([www.nepeanrowingclub.com.au](http://www.nepeanrowingclub.com.au)). Then fill in and return the enrolment form via email ([info@nepeanrowingclub.com.au](mailto:info@nepeanrowingclub.com.au)).



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## **Parramatta Boys AAL Squadron is enrolling for Term 3 2018**

We are writing to let you know that the **Parramatta Boys Squadron** of the **Australian Air League** has is enrolling cadets for Term 4 2018 at its meeting location at **LOT 1 Edison Parade, Winston Hills NSW 2153** on **Tuesday evenings from 7:15 until 9:15pm**.

The Parramatta Boys Squadron is one of the oldest Squadrons in the Australian Air League, forming in 1935 and for many years met in their hall at Jubilee Park, Parramatta. Unfortunately, progress took its toll and the hall that the Squadron had met in since the 1940s will soon be redeveloped, so the Squadron has taken the opportunity to move into a new area at Winston Hills.

The Air League is inviting young people, who may be interested, to come down with their parents and learn what the Air League has to offer. The Australian Air League is a nationwide organisation for young people aged from 8 to 18 years. Staffed by volunteers and self-funding, it teaches leadership skills and provides a wide range of interesting and exciting activities such as camping and hiking, sport and physical recreation, building and flying model aircraft and ceremonial drill. Through classes and practical demonstration members learn the theory of aviation and a wide range of associated topics such as Meteorology, Navigation, Aero Engines and Aircraft Construction, as well as general interest subjects such as photography, field craft and community service.

The Air League also provides a range of flying experiences for its members, from simple scenic joy flights through to gliding and powered-flying training, from private pilot licence (PPL) through to airline entry standards – all in aircraft owned, operated and professionally maintained by our staff.

The Australian Air League is also approved as an **Active Kids Provider** registered with Service NSW. **Active Kids** is a program to help NSW families meet the cost of getting their kids into sport and active fitness and recreation activities. Information can be found online at <https://sport.nsw.gov.au/sectordevelopment/activekids>

Running a strong program that is both fun and educational, the Australian Air League is making fine citizens out of young Australians. Currently there are also a number of other Squadrons in Western Sydney including **Penrith, Richmond, and Blacktown** as well as Squadrons at **Epping and Ryde**.

Girls with an interest in aviation may also contact the **Blacktown Girls Squadron** via our 1800 number below.

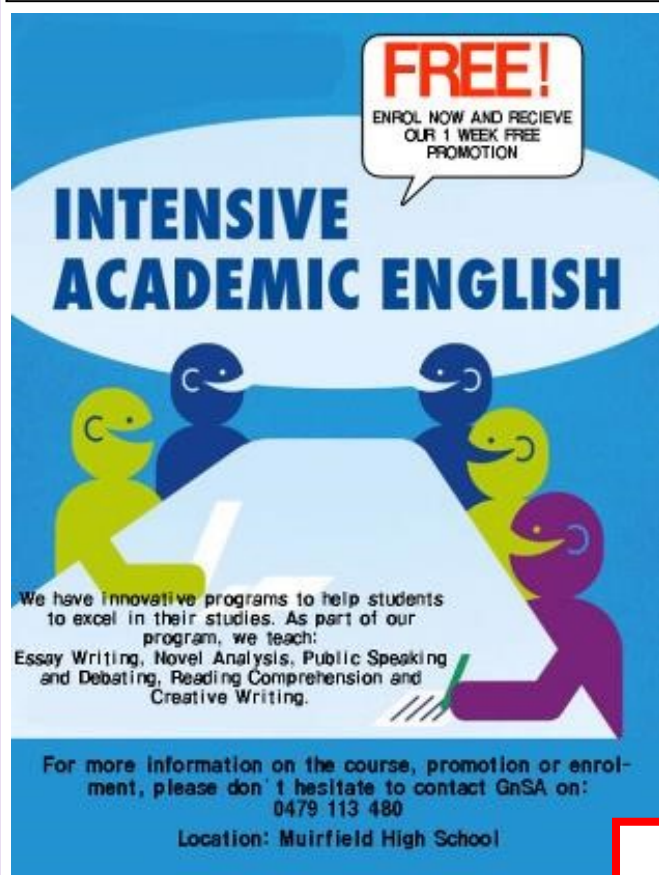
For more information please contact:  
Parramatta Squadron: c/- Peter Gledhill  
<education.nswbg@airleague.com.au>

Or  
NSW Group  
Raymond Bell (1800 502 175)



*Australian*  
**Air League**

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Essay Writing, Novel Analysis, Public Speaking and Debating, Reading Comprehension and Creative Writing.

For more information on the course, promotion or enrolment, please don't hesitate to contact GnSA on:  
0479 113 480  
Location: Muirfield High School



**GKR KARATE** PRIME  
STRONG HUMBLE BRAVE



### CONFIDENCE IS THE BEST SELF DEFENCE

You are invited to attend a **FREE TRIAL CLASS**  
at our upcoming **Open Night**

**Muirfield High School, Barclay Rd North Rocks**  
**Tuesday & Friday 4:30-5:15 and 5:30-6:30pm**

Our classes provide a positive learning environment for the whole family. Students of all ages can build confidence, improve their fitness and be empowered to reach their maximum potential in all areas of life.

All family members welcome (5 years+)

Family discounts available

Charmaine Agius 0450 011 690

cagius@gkrkarate.com

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Change a child's life today:

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Wechat ID: the\_m-word

Do you want to learn a new sport or challenge the fastest racket sport on the planet?  
Parents! Do you want to find a reason for your child to put down their phone?

## TRY BADMINTON!!

Improve your kid's coordination in badminton with our coaches, former and current National & State Team players.

**When:** Sunday mornings 9:00am–11:00am (Beginners)  
Sunday mornings 11:00am - 1:00pm (Intermediate)  
**Where:** Muirfield High School  
**Cost:** \$30 per lesson for 2 hours



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GnSA EDU cares and wants what's best for your children's future education. We want to introduce our subjects and the courses we have.

#### STUDY AREAS:

1. General English
2. Writing Class
3. Public Speaking & Debating
4. Architectural Model class
5. Preschool Robot Class
6. Creative Maths and Science class
7. General Design and Art Class
8. AMEB Musicianship Theory Class
9. Advanced Music Theory Class

We have a variety of classes which would be beneficial for your children's education with teachers who are experienced teaching students of all ages.

Our classes will be held at:

**Muirfield High School Barclay Rd, North Rocks**

**ALL ENQUIRIES PLEASE CALL or MESSAGE:**

**0479 113 480**

**(Please leave us a message if you cannot get through to us for we could be teaching.)**

**Email: [Christina.kim.gnsaeduad@gmail.com](mailto:Christina.kim.gnsaeduad@gmail.com)**



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LEARNING STUDIO



**Zumba Inspired Dance Fitness**  
Saturday 10:15am - 11:15am  
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*1 Free Trial, no registration required*



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