



Muirfield Matters

Issue 5 2019

Term 2 Week 6

From the Deputy Principal - Mr. Jankovics



NAPLAN

Recently Year 7 and 9 students sat their NAPLAN tests online and they all seemed to survive unscathed. It was reported through news media that some schools had very significant disruptions to this test due to connectivity issues. I am happy to report that only very minor glitches occurred at Muirfield High and while re-sits were offered to the students very few elected to sit the exam again.

The students need to be congratulated on their exemplary behaviour that they displayed during the NAPLAN tests. Some students can find these external, and sometimes internal, tests quite distressing while others take it in their stride.

I would like to thank Mr Carpenter and Mr Chivers for ensuring that the days ran smoothly and as stress free as possible for the students. A big thank you to our School Learning Support Officer Tracy Lampert and Susan Mann for the support they gave to our students during NAPLAN.

Athletics Carnival

Week 3 Term 2 saw the annual Muirfield High School Athletics Carnival being held at Alfred Whaling Reserve at Baulkham Hills. The run of fantastic weather continued with the day awash with sunshine and warmth.

Students exhibited extremely high levels of participation both in the carnival organisation and in the athletic events run on the day.

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Mr Pearson, the carnival organiser, commented that 'student participation was the highest that he has seen' since commencing teaching at Muirfield High School. It was most impressive to witness the outstanding sportsmanship displayed by our students and their happy, smiling faces as they really enjoyed the day.

In particular I would like to acknowledge the dedication and athletic skill of our carnival age champions.

Age	Girls	Boys
12 Years	Jaedin Le Marseny	Angus Jones
13 Years	Hayley Reynolds	Christian Kim
14 Years	Emma Thomas	Nicholas Layton
15 Years	Lily Tilt	Luke Garment
16 Years	Caitlin Roach	Zac Collison
17 Years	Zara Clayton	Lachlan Krklinski

A special recognition and huge thankyou goes to Mr Pearson and Mr Edmondstone. The success of the day is due to the hard work and countless hours of organisation that goes into events such as this.

Year 12 once again added their own touch of fun to the carnival atmosphere with many of them dressing up in house colours. Thankyou to Year 12 for running the BBQ and canteen. Keeping students and teachers well fed and energised for the day was not an easy task and you carried out your duties with such commendable enthusiasm.

The winning house of the 2019 Athletics Carnival was Burton.



More photos from the Athletics' Carnival can be found on pg 7 - 8

Year 11 Senior Review

Ensuring that we appropriately support students in their Stage 6 pattern of study is a priority for the teachers of Muirfield High School. One way that this is achieved is through the system of Senior Reviews.

A team comprising of the Deputy Principal for Year 11, Careers Adviser and the Head Teacher Senior Studies carry out the reviews. Students who are at risk of not achieving courses are identified and invited to interview.

Issues and positive solutions are discussed collaboratively and a learning contract is agreed on with the relevant student. This may provide goals and advice such as how to catch up on outstanding course work, providing relevant vocational information, establishing study plans or establishing timelines for overdue assessment tasks.

During Week 6 the review team meet again with students to follow up from the initial meeting in Term 1. It was pleasing to see how some students had taken advice and acted positively to reengage with their learning.

Senior study can be a challenging but a very rewarding part of a student's overall education. The Senior Reviews are a means in which we can build and refine the independent learning skills necessary for success in the HSC.

I would like to thank our Head Teacher Senior Studies Ms Ansoul and our Careers Advisor Ms Scott for taking the time and effort to assist students in this manner.



Head Teacher Senior Studies
Ms Ansoul



Careers Advisor
Ms Scott

CAPA Workshops Show

The CAPA (Creative and Performing Arts) faculty have been organising a series of educational workshops that cover all aspects of the creative and performing arts such as music, band, visual arts, photography and dance. An incredible amount of interest has been generated with students subscribing to over 300 workshop positions.

These workshops allow interested students to experience an intensive and engaging foray into their chosen specialised workshop. These experiences go beyond what would be possible to deliver in normal timetabled lessons and enriches skills and learning attained through the regular learning programs.

Thank you to Ms Frame, Head Teacher CAPA, and her team for putting the hard work and time into organising these highly specialised learning experiences for our students.

Spirit Week

One of the most hotly anticipated events on the school calendar is quickly approaching. Spirit Week 2019 is almost upon us.

Spirit Week, is a student organised event run by the SRC and is designed to encourage students and staff to demonstrate the pride they have for Muirfield High School. The SRC co-ordinates and develops a program of activities over the week resulting in a highly charged atmosphere of fun while at the same time celebrating all the things that make Muirfield High a great place to learn. Any staff that have elected to participate in the Spirit Week sporting challenges with students have most certainly been reminded not only of the importance of warm ups and cool downs but of the fact, that in some cases, a person aged 40 plus cannot match it with spritely and energetic 17 year olds.

Year 7-12 Reports

Term 2 is a busy time as all the teaching staff complete Semester 1 reports. Year 12 students will have received a printed report by now with Ms Reeves meeting individually with all students of this cohort. This provides the Principal with the opportunity to congratulate and counsel students on their current progress. This personal touch was well received by the students who appreciated the genuine interest that Ms Reeves shows in their education.

All other reports will be published to the parent portal as they are finalised. The usual email notification will be sent prior to them appearing.

Year 8 and 10 Parent and Teacher Interviews will be held on Tuesday 25th June (Week 9). This is an excellent opportunity for parents to receive **feedback on their child's progress and is a vital opportunity to start the** conversations around subject selection for 2020 with their current teachers. Year 8 and 10 will be making their subject selections for 2020 early in Term 3. This will be the first time that Year 8 have the opportunity to select subjects, and while it is not the first time for Year 10 is an extremely important process leading into their senior studies.

School Uniform

Winter has finally arrived and with the cooler weather comes the increase in students layering of clothing in order to remain warm.

Unfortunately, over the past few weeks there has been an increasing number of students who wish to counter the school uniform policy by wearing casual tracksuit pants and 'hoodies'. It is important to remember that the wearing of 'hoodies' underneath their jackets is not acceptable. There are numerous other alternatives to use as extra layers.

We appreciate the support of parents in ensuring their children in Years 8 to 11 wear the school uniform tracksuit pants only on Wednesday. On all other days students should be in school pants, not tracksuit pants. Years 7 and 12 students wear school uniform all week. The correct school pants are available at the uniform shop.

If you are having difficulties in meeting the school's uniform expectations you can contact your relevant Deputy Principal and inform them of your situation.

For your information the school's Uniform Policy is available on the school website. The school and its community appreciate your support in maintaining our positive public image and strong school spirit that wearing correct uniform engenders.

More information on the Uniform shop, opening hours, online ordering & a price list can be found on page 21

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.

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

The only 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

Athletic's Carnival

The 2019 Athletics Carnival was an enjoyable day and a great success. The Year 12 student executive put in a fantastic effort in organising the cake stall, canteen and BBQ.

All of Year 12 worked alongside each other to raise funds for their graduation and formal.

Massive thanks to Mr Edmondstone, Mr Pearson and all the teachers for putting in hours of hard work and preparation in to the smooth running of the carnival.

A big congratulations to the students also for competing throughout the day and for giving 100% no matter where they finished. The day was full of vast colour and noise as teachers and students dressed up to support their house. Year 12 had their theme, "Aussie as it gets", which saw people dressed up as Tradies, Bogans, people wearing the Green and Gold and Australian flags to show off our awesome country.

We couldn't have asked for better weather as the sunshine complemented the day as a whole with excellent participation and sportsmanship from everyone who attended. Finally, a massive congratulations to the winning house; Burton, for showing a vast amount of energy, and a happy atmosphere on the day.

Article by Lachlan Napier



Athletic's Carnival



Year 11 Photography Excursion to Taronga Zoo

The Year 11 Photography students went on an excursion to Taronga Zoo in Sydney City on Thursday 23rd of May. This excursion was an opportunity for students to practice their animal photography under the supervision of a professional photographer, from Focus10 Photography.

Our journey began with a photoshoot of the tigers in their enclosure. Here our photographer guide taught us about the basics of animal photography including the use of pivotal functions of the camera. Specifically we were taught about the aperture function, shutter speed and lighting exposure. As a result of his wisdom we were able to vastly improve the quality of our photographs, in order to take clear photos of playful tiger cubs, lazy male tigers, and a tree climbing mother tiger.



From there we continued on to two of the animal shows, the seal show and bird show. With both we had to be able to take clear photos of animals, and birds, in motion; which tested both the newly learnt knowledge of camera functions as well as our ability to anticipate animal movements. Rather luckily we were indeed able to put these skills to use and capture some truly beautiful photographs of the aforementioned animals.



After our encounter with the active animal shows, we found our way around the remainder of the open enclosures in order to continue to take photographs of various different animals



including; crocodiles, reptiles, elephants and meerkats. Whilst we were touring around, our photographer guide showed us how to capture still images of moving objects, such as water, as well as how to capture photographs that have a stylistic motion blur.



Overall, the excursion was both educational and fun; providing us with important camera function knowledge as well as active practice in the photography of animals in a range of differing situations, be it moving or still animals. We are very thankful to have had this wonderful opportunity to improve our skills and bring home some truly lovely photographs.

Article by Claudia Clarke



Under 15's Girls Netball Team

We recently sent our Under 15's Knockout Netball Team to the NSW Combined High Schools Sports Association State Championship in Wollongong.

This was the culmination of a competition that started last year, where the girls won the Sydney West region of the competition. Over two hard fought days, our girls played some excellent netball and showed plenty of determination and spirit in every game.

After 15 games across the Championship, our girls finished 9th overall in the state with 6 wins, 2 draws and 7 losses. This is even more impressive when you consider that the top 4 schools were all Sports High Schools.

A big congratulations to the team, and a big thank you to Ms. Jones for coaching the girls each Monday afternoon since the beginning of the year. Thank you also to Hazel Swadling for attending as our nominated umpire, the parents who supported the girls on the trip and Mr. Edmondstone for all his organisation.



Our Under 15's Knockout Netball Team

Eliza, Annabel, Emily, Emma, Charlize, Alana, Ellie, Emily, Jorja, Zhina, Saskia

Japanese Study Tour

JAPANESE STUDY TOUR – KOSHINO HIGH SCHOOL VISIT

In Week 3 of this term, eleven Japanese students from Koshino Junior High School arrived at Muirfield to stay for three days. Several students from Years 9, 10 and 11 who volunteered to host the Japanese students in their homes, were abuzz with excitement.

When the Japanese school students arrived, nervousness mixed with our excitement. Ms Reeves delivered a welcoming speech to the Japanese students and teachers, who warmly presented her a gift from Japan. After we conducted our self-introductions and shook hands with each other, the Koshino students gave a cultural presentation, informing us of their school, festivals, and school routine in Japan. They told us of the various cultural differences and introduced us to the city of Koshino.

We then guided them on a school tour of Muirfield. Together, we participated in an Australian cultural workshop where the Japanese students had to name famous Australian foods, animals and tourist attractions. The rest of the day involved class integration where the students had the opportunity to experience Australian School Life. As the school day came to an end, the students collected their luggage and headed home for the day to spend time with their host families.



Wednesday involved class integration before everyone went to their sports with the Japanese students. Most of the Japanese visitors engaged in a game of basketball against some Muirfield students, and defeated Muirfield by a landslide. The language barrier did not prevent us from having fun and making friends.

On the last day of their visit, the Koshino students visited the Year 9 Japanese class. They introduced us a number of Japanese cultural activities, including how to make origami sumo wrestlers. As a group, we also played various Japanese games together which was very enjoyable. We explored our school farm where the visitors chased, touched, and fed the farm animals. It was the first time they had visited a farm, and hence, they were extremely excited!

Following, the visitors experienced an "Aussie Barbeque" lunch prepared by Year 12s. Unfortunately, there was no barbeque sauce available at that time, however, Ms Reeves made sure the visitors got a glimpse of what it look it looked like.

During the farewell ceremony, speeches by both principals were made, along with final goodbyes after many sad hugs, gifts and pictures. We Muirfield students made great friends and were so sad to see them leave, but now we only remember the fun moments of this amazing experience!

It was a very valuable experience as it taught us how to appreciate different cultures whilst learning a language through communicating past the language barrier. We were also able to practise conversing in Japanese, and putting what we have learnt in class into practice. We sincerely hope the Japanese visitors thoroughly enjoyed the experience as much as we did, and we thank Ms Wong for organising this event for us to enjoy!

Article by Grace Montgomery, Diane Louw

JAPANESE STUDY TOUR - STUDENTS FROM KOSHINO JUNIOR HIGH SCHOOL



Notice to all Parents

PRESENTATION on TEENAGE MENTAL HEALTH at Muirfield High School by The Black Dog Institute

Navigating your teen's mental health presentation
on the 12th of June at 7pm.

Are you concerned about your child's Mental Health?
Would you like further information about teenage Mental Health?
Come along to the Common Room and hear a presenter from the Black Dog Institute speak to parents. It is also an opportunity to meet other parents who have concerns regarding their child's mental health.

We hope to see you there.

THE NEW SYDNEY METRO NORWEST

As the new Sydney Metro Norwest will open on 26th May, 2019, there will be some changes to Hillsbus public routes.

- Route M60 will be renumbered to 600. The services remain unchanged.
 - Route M61 will be renumbered to 610X. The services remain unchanged.
 - Route 604 will operate through Hills Showground Station.
 - New Route 617 operates between Adelphi St, Rouse Hill, Beaumont Hills and Kellyville Station.
 - Route 619 will operate through Hills Showground Station.
 - Route 626 will not operate to James Henty Dr and Jenner Rd, and it will be extended to Kellyville Station via Cherrybrook Station and Castle Hill.
 - Route 633 will operate via Victoria Rd and Castle Hill Rd to Cherrybrook Station and Castle Hill Station. It will no longer operate via Thompsons Corner or Coonara Ave and Highs Rd.
 - Route 635 will operate via Coonara Ave to Cherrybrook Station and Anglican Retirement Village to Castle Hill. It will no longer operate via Ellerslie Dr.
 - Route 714 will commence and terminate at Norwest Station.
- Route T60 will operate through Norwest Station via Barina Downs Rd and Reston Grange.

For more details about the coming changes, please visit www.transportsw.info

There is no impact on your school's student travel advice sheet. Students can travel on the Metro with their existing SSTS Opal cards.

Notice to all Parents



Family and friends



headspace

National Youth Mental Health Foundation

Information for Parents and Carers



Changes in young people

Young people can go through many different changes as they grow up. Raising sensitive issues and resolving problems that arise along the way can be challenging for them.

It can often be hard as a parent to know the difference between normal behaviour, such as

occasional moodiness and irritability, and an emerging mental health problem.

If a young person develops a mental health problem it is important that they get support from both their family and friends and health professionals.



The information in this fact sheet is designed to help you better understand mental health and what you can do to support young people who might be going through a tough time.

Mental health and mental health problems in young people

Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way.

A young person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem. Mental health problems can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.



Warning signs

Most parents can tell when something is out of the ordinary, but there are also signs that suggest a young person might be experiencing a mental health problem. These are new, noticeable and persistent changes in the young person, lasting at least a few weeks, including:

Not enjoying, or not wanting to be involved in things that they would normally enjoy

Changes in appetite or sleeping patterns

Being easily irritated or angry for no reason

Their performance at school, TAFE, university or work is not as good as it should be or as it once was

Involving themselves in risky behaviour that they would usually avoid, like taking drugs or drinking too much alcohol

Experiencing difficulties with their concentration

Seeming unusually stressed, worried, down or crying for no reason

Expressing negative, distressing, bizarre or unusual thoughts



Notice to all Parents

Information for Parents and Carers



→ Mistakes happen ←

Learn from mistakes – whether by you or the young person – to learn and keep moving forward. Having some conflict and then repairing the relationship is more important than avoiding doing anything because you fear upsetting the young person.

What affects a young person's mental health?

There is no one "cause" for mental health concerns. Instead, it seems that a number of overlapping factors may increase the risk of a young person developing a mental health problem. These can include:

- **Biological factors** – family history of mental health problems
- **Adverse early life experiences** – abuse, neglect, death or a significant loss or trauma
- **Individual psychological factors** – self-esteem, coping skills or thinking style
- **Current circumstances** – stress from work or school, money problems or difficult personal relationships, or problems within your family
- **Serious illness or physical injury**
- **Drugs and alcohol** – use and experimentation.

How to help the young person you are worried about

HELP

When someone in your family has a mental health problem:

- **Keep communication open**, show empathy and don't rush into judgements
- **Be available** without being intrusive or 'pushy'
- **Spend time with the person**. Take an interest in their activities and encourage them to talk about what's happening in their life
- **Take the person's feelings seriously**
- **Encourage and support positive friendships**
- **Encourage activities that promote mental health**, such as exercise, healthy eating, regular sleep, and doing things the person enjoys
- **Give positive feedback**
- **Let the person know that you love them**. They may not always admit it, but this is likely to be very important to them.

How to find help

If you are worried about the health and safety of a young person:

Talk openly and honestly with them, and let them know that you are concerned

Reassure them that you will be there for them, and ask what they need from you

Let them know that there is lots of help available

Help find an appropriate service, such as a **headspace** centre (headspace.org.au) and support them in attending

Ask direct questions if you are concerned about suicide. For example, have you been thinking about death? Have you thought about ending your life?

Help them build a support network

Look after yourself as well. Get some support by talking to someone you trust, and seek professional help for yourself if you need it.

Some important things to remember about young people

- **Young people need a sense of belonging**, connectedness to their family, friends and community, and to make a meaningful contribution
- **Firm and consistent boundaries** are essential, but try to involve the young person in negotiating acceptable 'rules'
- **A balance between self-responsibility and support** helps a 'child' grow to an 'adult'
- **Young people need to do things differently** from their parents and become individuals in their own right
- **Teenagers and young adults often question everything** their families say and do
- **Try to stay confident in yourself**, but also be open to learning



headspace
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

Notice to all Parents



THE HILLS
Sydney's Garden Shire

THE HILLS SHIRE COUNCIL
3 Columbia Court, Norwest NSW 2153
PO Box 7064, Norwest 2153
ABN 25 034 494 656 | DX 9966 Norwest

30 April 2019

Dear Resident

Pindone Rabbit baiting in The Hills Shire Parks and Reserves

The Hills Shire Council in conjunction with Local Land Services is co-ordinating a rabbit baiting program in Council's parks and reserves. Grazing by the European Rabbit has a major impact on our environment. This program aims to protect native flora, and reduce the amount of damage to grassed areas.

The program is undertaken as per the Pesticide Control (Pindone Products) Order 2010. This process involves an initial preparation period where non-poison carrot is laid. This allows measurement of the existing rabbit population. Carrots baited with Pindone poison will then be placed in each reserve on three evenings during the advertised period. Any residual carrot baits will be removed the following mornings.

This rabbit baiting program will run from Monday 13th May to Thursday 18th June 2019.

The following reserves will be closed to all people and their pets during these following periods:

- midday the 13th May (Monday), to midday 14th May (Tuesday) 2019;
- and midday 16th May (Thursday), to midday 17th May (Friday) 2019;
- and midday 20th May (Monday), to midday 21st May (Tuesday) 2019.

The pesticide is lethal to dogs and cats and if consumed can cause illness to humans. Contact your local vet or seek medical advice in the case of suspected poisoning.

Reserves participating in this program are Bella Vista Farm, Bella Vista; Castle Hill Cemetery, Castle Hill; Eric Mobbs Reserve, Baulkham Hills.

Please follow directions of on-site notification signs or call council on 9843 0555 for more details.

Yours faithfully

A handwritten signature in cursive script, appearing to read 'B Piper'.

Brenton Piper
BUSHLAND REGENERATION OFFICER CONTRACT WORK

P&C News

Election Day BBQ

What a wonderful morning it was! A massive thank you to all our wonderful bakers who dropped off amazing bakes, our parents and students who helped on the day, our school staff who helped us with getting organised and all our community members who bought a drink or cake or sausage sandwich from the BBQ. We raised \$648 on the day. The drinks and meat that was not sold on the day will be sold via the canteen. It is fun community event and I look forward to the next one.

'Navigating your teen's mental health'

Special P&C General meeting 12 June @ 7pm in the staff common room. We have a special format meeting this month and the start time is a little earlier than usual. The Black Dog institute will be hosting a 45-minute presentation for parents and families. This presentation is free to attend and all families are welcome. Thank you to Ms Catherine Coates who arranged the presentation for us. We look forward to chatting to you over a cup of tea.

Uniform shop

The uniform shop no longer sells the old-style sports shorts. All the unsold stock was donated to a charity in the Philippines. 272 boys and girls will get a new pair of shorts for sports at school. A big thank you for our Uniform shop ladies for arranging the donation.

Entertainment books

Our Entertainment book fundraiser remains popular and we are happy to host it again this year. For each Entertainment book sold, we receive a small commission. Last year we earned \$458. Thank you for all our families for supporting us by buying the Entertainment books.

This year you can purchase an electronic copy of the Entertainment book or have it mailed out to your home/ mailing address.

Please support us again this year by purchasing a book via this link:

<https://www.entertainmentbook.com.au/orderbooks/2145e68>

Canteen

Our canteen ladies are always looking for volunteers to join our friendly group who assist Jannine and Jeannie. If you are able to assist one day a month, please drop our ladies a line on mhs.pnc.canteen@gmail.com.

The next Muirfield P&C meeting will be held on 12th June at 7.30pm in the common room.

Muirfield P&C meeting dates for 2019:

Meeting	Date	Time
Term 2 meetings:		
General meeting	12 June	7:30pm
Term 3 meetings:		
General meeting	14 August	7:30pm
General meeting	11 September	7:30pm
Term 4 meetings:		
General meeting	13 November	7:30pm
General meeting	11 December	7:30pm

If you would like to be on our mailing list, just let us know on

muirfield.p.and.c@gmail.com.

We look forward to meeting you.

Charmaine Hetem

P&C President

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.

Black Fleece Jackets- Limited stock and sizes are available in the shop until sold out. Purchases of Black Fleece Jackets can only be made in the Uniform Shop, They are not available to order via the QKR App.

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

Thank you for your continued support.

Muirfield High School Uniform Shop Committee

SCHOOL TERM TRADING HOURS

Monday
12:30 - 1:30pm

1st Monday of the month
5:30 - 7pm

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.

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

UNIFORM SHOP PRICE LIST



Muirfield High School P&C Association Uniform Shop Price List/Order Form Term 2 2019

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

WHY NOT USE OUR ONLINE
ORDERING VIA

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)



SEE REVERSE

CREDIT CARD PAYMENT

Visa ☐ Mastercard ☐

Card No.

CCV

Expiry Date: /

Amount

\$

Cardholder's Name:

Cardholder's Signature:

CALENDAR OF EVENTS

Term TWO 2019		Monday	Tuesday	Wednesday	Thursday	Friday
Week		Spirit Week				
June	6	3	4	5	6	7
June	7	Queen's Birthday 10	11	Black Dog Institute Teenage Mental Health Presentation 7pm Staff Common Room P&C Meeting 7:30pm Staff Common Room 12	13	14
June	8	Yr12 Legal Studies Excursion 17	18	19	Year 8 Swim School	
June	9	24	Yr 9 & 10 Commerce Excursion Yr 8 & 10 Parent Teacher Night 25	26	27	Yr10 & 12 Careers Expo 28
July	10	Year 10 Subject Selection Interviews				
		Yr11 Biology Excursion 1	Yr11 PDHPE First Aid Course 2	3	4	Last Day of Term 2 5

Term THREE 2019		Monday	Tuesday	Wednesday	Thursday	Friday
Week						
July	1	Staff Development Day 22	ALL Students return for Term 3 23	24	Yr 8 & 10 Parent Teacher Night 25	26
July/ August	2	Year 12 Buffer Week				
		Yr 9 & 11 2020 Information Evening 29	30	Yr 7 2020 Opportunity Class Placement Test 8am - 1pm School Hall 31	Australian Mathematics Competition Yr 7 to 12 1	2
August	3	Year 12 Trial HSC Examinations				
		Yr 11 2020 Subject Sampler Classes			CAPA Committee Meeting 7pm Staff Common Room 8	Yr 11 EES Excursion 9
August	4	Year 12 Trial HSC Examinations				
		Yr 11 2020 Subject Selection Meetings				
		12	13	P&C Meeting 7:30pm Staff Common Room 14	15	16
August	5	19	20	21	Yr 10/11/12 (by application) White Card Training 22	MADD Night (all day rehearsal & Night Performance) @ The Riverside Theatre 23

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.

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

Parramatta Boys AAL Squadron is enrolling for Term 3 2018



Parramatta Boys AAL Squadron is enrolling for Term 2 2019

We are writing to let you know that the **Parramatta Boys Squadron** of the **Australian Air League** has is enrolling cadets for 2019 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.

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 1800 502 175 below.

For more information please contact:

Parramatta Squadron: c/- Peter Gledhill <education.nswbg@airleague.com.au>

Or NSW Group

Raymond Bell (1800 502 175)



Since 2006

TAEKWONDO CLASSES



First Lesson FREE

MORE INFORMATION
**MUIRFIELD HIGH SCHOOL
DRAMA ROOM**

**Saturday
4:00pm - 6:00PM**

WHAT WE OFFER

KG Martial Arts Academy is a family Oriented Club, we teach Pro Taekwondo, Self-defence, fitness and much much more...

Head Instructor

Keffe Gozali

M: 0466988774

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kgmartialartacademy@gmail.com

WWW.4OURCOMPANY.COM



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**SCULPTURE WALK
CALL FOR ENTRIES!**

\$5,000 in prizes!

Create a masterpiece for our Sculpture Walk

Artists from across NSW are invited to submit works for the St Ives Wildflower Art and Garden Festival's annual Sculpture Walk competition, held on Sunday August 25.

Sculptures should showcase the uniqueness of the Australian bush landscape and utilise sustainable materials.

Entries close Monday 15 July

W kmc.nsw.gov.au/wildflowerfestival



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North Rocks Community Church Children and Youth Groups are resuming this week for our term 2 programs. All programs are held at:

North Rocks Community Church

132 North Rocks Road. North Rocks.

Church Office Phone 96832586

Website: www.northrocks.org.au

www.facebook.com/northrocksCC/



Thursday 9.30-11.30am
\$3 for one child or \$5 a family
Please bring your child's morning tea.



Preschool up to year 2
Friday 3.30-4.30pm.
\$3 a week or \$20 a term.



Years 3-5
Friday 5.30-7.30pm.
\$5 a week or \$40 a term.



Year 6



Years 7-12
Friday 7.30-9.30pm.
\$2 a week.



**Parramatta Lions
Junior AFL Club**

Come and play in a club that includes
Everyone as part of a team!
* All ages * All abilities * Boys and girls teams



Play on Sundays. Train on Thursday nights. Home ground is Old Kings Oval in Parramatta Park. For more info please contact Brad 0420 549 838
president@parramattalions.com.au parramattalionsjafc.teamapp.com

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FOR 13-17 YEAR OLDS
Clear and practical skills
to overcome anxiety
and mood problems

Boost your teen's
confidence and
resiliency!

Cognitive Behaviour
Therapy Program



the children's
psychology clinic

Presented by our
experienced team of
Child Psychologists

We will register your interest:
we need your indication in
order to run the group!

Location: Crows Nest and/or
North Parramatta

P: 9630 0559



Starting in Term 3, 2019

CHILLED™ PROGRAM FOR ADOLESCENTS

A PROGRAM CREATED AND OWNED BY
MACQUARIE UNIVERSITY CENTRE FOR
EMOTIONAL HEALTH.

One in 16 young Australians is currently
experiencing depression. One in 6 young
Australians is currently experiencing an anxiety
condition.

Chilled™ is designed to provide adolescents with
tools to manage anxiety and to help those who
struggle with mood. The program teaches
techniques that help teens think differently,
increase confidence and enhance mood.

Limited Spaces Available!

Call today for enquiries or to register.

Medicare rebates apply.

Call us on 9630 0559 for more information.

Sydney North Region Scouts and Guides present



TUNE IN HGS 201.9

5 - 13 JULY



Barker College, Leslie Theatre: 91 Pacific Hwy, Hornsby
Tickets: Adult \$25, Child (under 16years) \$15, Concession
\$20, Family (2 adult & 2 children) \$70 Plus booking fee
BOOKINGS: WWW.GANGSHOW.COM

120 local Scouts and Guides on stage in a musical variety show

Become a foster carer

Help us make a positive difference to the lives of children in your community. As a Key Assets foster carer, you will be provided with 24/7 support, a dedicated social worker and on-going training.

Change a child's life today.

1800 WE CARE
iwanttofooster.com.au

keyassets
THE CHILDREN'S SERVICES PROVIDER

FUN FRIENDSHIP ADVENTURE

GIRL GUIDES AUSTRALIA NSW & ACT
A PLACE to GROW
JOIN TODAY:
aplacetogrow.org.au

Girl Guides HAS TAUGHT ME THAT I AM capable AND CAN BE confident IN WHO I AM

ASHLEIGH, 22, GUIDE LEADER

GIRL GUIDES AUSTRALIA NSW & ACT
A PLACE to GROW