#### MUIRFIELD HIGH SCHOOL



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# Muirfield Matters

#### Issue 5 2020

#### From the Deputy Principal - Ms Hosen

#### WE'RE BACK!

Monday 25th May was a great day! It was wonderful to see students return to some semblance of normality after weeks of isolation and remote learning. Empty playgrounds and corridors, silent



classrooms and eerie stairwells were transformed once again with the light, the joy and the buzz of our fabulous students!

We are thrilled to have our students back to school full-time and engaging in the magic of face-to-face teaching and learning. Every student I have asked has told me they are very happy to be back.

In this newsletter you will see some of the art works and posters created by our students during isolation. There are also messages from our Year Advisors and examples of the isolation challenges

they devised for students to keep spirits up during isolation.

It has certainly been a challenging time for us all. So many things have changed for families, groups and workplaces and the challenge will always be 'what do we

> Some of Year 9's Visual Design Covid-19 Poster Creations



#### Term 2 Week 6

#### **Muirfield Matters**

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keep and of what do we let go?' Some ways of doing have improved and become so much better, and I am sure some ways of thinking have used problem solving at their base and made us more solutions focused.

The staff at Muirfield have gone above and beyond to support student learning during this period. All have taken part in vital professional learning, much of it in their own time, and as a result, we have become better at employing ICT tools and skills for delivering learning. However,



we can never replace the human need for contact, personal presence and affection with a screen. It is true to say that we have missed our students just as much as they have missed us.

We know that there will continue to be some challenges. Some of these will include getting our students back into a regular routine, re-engaging them



into regular learning in a classroom and ensuring that we are meeting their wellbeing needs.

We are very prepared to take on this challenge and our staff have worked exceptionally hard, as they always do, to ensure we have the processes and provisions in place to continue to support each and every one of our students. It is now down to our staff to work with students to determine exactly where students are at in each of their courses of study.

#### **Muirfield Matters**

Where teachers recognise a student may have slipped behind in some way, they will be assisting students to catch up. However, at this early stage it seems the vast bulk of our students adapted remarkably well to remote learning and staff have been very happy with student progress.

I would like to send my sincere thanks to the parents for their mammoth effort in managing the logistics, support and ICT troubleshooting (and

emotions) with their child over the last 8 weeks. Having school aged children myself, I know that it has not been easy. I would also like to personally thank those parents who sent in all of the encouraging, supportive, and positive wishes and emails, and the P&C for their ongoing support during this time.

As we continue to move back into our regular routine, we will see more restrictions eased by the Government and Department of Education. At the present time changes to sport, excursions, visitors to school and social distancing between staff still exist.



We do still have guidelines related to COVID-19 that we need to follow to ensure the safety of all students and staff - we must still be vigilant in cleaning hands, sanitising and not attending school if sick - and students have been adept in helping us achieve these.

#### Parent/Teacher Nights

A further casualty of COVID-19 are our Parent/Teacher Nights. All of these evenings are cancelled for the foreseeable future in line with Government restrictions. Despite this, with students working from home for an extended **period**, I am sure parents have gained a valuable insight into their child's application and engagement with their studies.

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 and the usual email notification will be sent prior to them appearing. These will assist



parents to understand how their child is progressing.

For the most part, the reports follow their usual format, with some minor adjustments depending upon the course and how readily the content was impacted by remote learning. Any questions or **concerns about your child's** progress should be addressed to the relevant Head Teacher, in the first instance.

#### 2021 Subject Selections

Year 8 and 10 will be making their subject selections for 2021 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.

Due to the ongoing restrictions in place, we have had to re-think our Subject Selection Information Evening for parents and carers of students in Years 8 and 10 going into Years 9 and 11 respectively in 2021.

An alternative process will be organised that can still provide students and parents the information they need to make informed choices. We are still ironing out the specific details, and parents will receive an email soon outlining the process.

#### **HSC Modifications**

NESA has been closely monitoring the impact of COVID-19 on student progress in HSC courses and has determined a range of measures to try and alleviate some of the pressure students are under following their disrupted learning. Students have been made aware of these changes which include an extended timeline for practical submissions and a later start date for the written HSC papers.



Details of the changes can be found on the NESA website via this link: <u>https://education.nsw.gov.au/news/latest-news/2020-hsc-is-going-ahead</u>

Should you have any questions or concerns about any of these changes, please do not hesitate to contact our Head Teacher Senior Studies, Ms. Ansoul.

All 2020 HSC students can access their personalised exam timetables via their Students Online account. If they have not already done so, please encourage them to.

If they are having difficulty accessing it, please see Ms. Pasternatsky immediately.

The full 2020 HSC Exam Timetable can be found at: <u>https://</u> <u>educationstandards.nsw.edu.au/wps/wcm/connect/c196ecd5-fab0-4a4b-</u> <u>8a42-39c8ad26abf8/2020-hscwritten-exam-timetable.pdf?</u> <u>MOD=AJPERES&CVID=</u>



#### Stage 6 Senior Reviews

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

A team compromising of the relevant Deputy Principal, Careers Adviser and the Head Teacher Senior Studies identify students who are at risk of not

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meeting course requirements and invite them to interview with their parents. 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, provide relevant vocational information, establish study plans or establish timelines for overdue assessment tasks. These interviews have been delayed this year due to COVID-19, with initial interviews for Year 12 taking place in Week 6, and Year 11 to follow in Week 7.

During Week 9 the review team will meet again with Year 12 students to follow up from their initial meeting. Year 11 students will be followed up in

Week 2 of Term 3. It is always pleasing to see how some students take on board the advice provided and act positively to re-engage with their learning. Senior study can be a challenging, but very **rewarding part of a student's** overall education.

The Senior Reviews are a means in which we can build and refine the independent leaning skills necessary for success in the HSC. I would like to thank our Head Teacher Senior Studies Ms. Ansoul and our Careers Adviser Ms. Pasternatsky for taking the time and effort to assist students in this manner.



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What you need to know NESA and schools are following the advice from the Australian Health Protection Principal Committee, which is also supported by NSW Health.

The NESA COVID-19 Response Committee (with representatives from government, Catholic and independent schools) is carefully considering and making any changes needed to ensure a fair and safe 2020 HSC.



Your school has the authority to determine the number, type and weighting of formal school-based assessment tasks.



The written exams start on Tuesday 20 October, and the timetable is now available.



You'll get your results on Friday 18 December, by SMS, email and online.



An overview of specific changes to the 2020 HSC is on the other side of this leaflet. If you're impacted by any of the changes, talk to your teacher or visit the NESA website for more information, including about how your final mark will be calculated.



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#### Creative Arts performance and practical exams

DANCE Core composition: You must dance your own choreography

DRAMA Individual Project (Critical Analysis—Portfolio of Theatre Criticism): You may use filmed theatre performances

#### Individual Project (Video Drama):

Submit documentation and up to 2 minutes of edited footage, instead of the final film

MUSIC You can only perform solo, with pre-recorded accompaniment or with a single live accompanist

VISUAL ARTS Body of Work: Now due on 14 September

### Cancelled exams

DANCE Major Study Composition Major Study Dance and Technology (Film and Video)

Group performance

MUSIC EXTENSION

Performance (Mandatory ensemble piece)

#### Practical and oral language exams

DESIGN AND TECHNOLOGY Major Design Project: Now due on 10 September

ENGLISH EXTENSION 2 Major Work (Multimedia-Short Film): Submit documentation instead of the final film

#### INDUSTRIAL TECHNOLOGY Major Project (Product):

Now due on 27 August

TEXTILES AND DESIGN Major Textiles Project (Product): Now due on 31 August

Language oral exams start on 15 August. An updated timetable is now available.

#### Other changes

If you are doing a VET subject and are unable to complete the work placement, you'll still be eligible to receive the corresponding units of HSC credit.

If you are applying for disability provisions, you have more time to provide evidence to support the application.

If you are yet to meet the HSC minimum standard, you can attempt each test up to six times in 2020. You can also take the tests once you have left school.

#### Questions about the HSC?

Contact the COVID-19 support team on **1300 138 323** email covid19support@nesa.nsw.edu.au visit educationstandards.nsw.edu.au/ stayhealthyHSC

#### Need help managing stress?

Visit **ReachOut.com** for information, tools and tips to turn exam stress into success. If you need help right now, call **Kids Helpline 1800 55 1800** or **Lifeline 13 11 14**, or talk to your GP



# STAY HEALTHY DURING THE HSC

In any 'normal' year the HSC requires dedication and focus as well as the support of friends and family.

This year hasn't exactly panned out to be a 'normal' year, with announcements about changes to the HSC due to COVID-19.

Despite all the goings-on, students across NSW are continuing to study for their HSC with focus and determination, and we at NESA are here to help.

This year we are partnering with mental health organisation ReachOut to deliver news, information, guidance and advice to support all HSC students.

You'll hear from experts, teachers, parents and other students as well as some inspiring spokespeople. This year we are planning to lighten your mental load with practical tips and tricks for staying active, connected and in charge of your wellbeing.

ReachOut's Study Hub has heaps of info about taking a proactive approach to your mental health or where to go if you need more support. ReachOut's Forums are great for sharing what's going on for you and get ideas about the best ways to feel happy and well.

So follow and use #StayHealthyHSC for regular health and wellbeing updates and information.

#### New Permanent Staff

This term we have welcomed a number of new permanent staff to Muirfield:

Ms. Madeline Millett has been a temporary staff member at Muirfield since 2019 and was successful in obtaining a permanent position in the HSIE faculty, specialising in Ancient History and Stage 4/5 HSIE.

Ms. Eleanor Maxwell joins us from Mackellar Girls High School and is teaching Ancient History and Stage 4/5 HSIE.

Ms. Laura James has been a permanent member of the Muirfield HSIE faculty for 12 years and has recently been successful in the merit selection process for the position of Learning and Support Teacher.



Ms. Maxwell



Ms. Millett



Ms. James

We are fortunate to have a wonderful mix of new and energetic, but also experienced and wise teachers at Muirfield. We welcome our newest staff members and look forward to their contributions to our school. Muirfield High School

# TERM 2 2020 BELL TIMES

# Mon | Tues | Thurs | Fri

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Roll Call   8.15am - 8.25am
Period 1   8.25am - 9.45am
Recess   9.45am - 10.00am
Period 2   10.00am - 11.20am
Period 3   11.20am - 12.40pm
Lunch 1   12.40pm - 12.57pm
Lunch 2  12.57pm - 1.15pm
Period 4   1.15pm - 2.35pm

Wednesday

Roll Call | 8.45am - 8.55am

Period 1 | 8.55am - 10.15am

Recess | 10.15am - 10.35am

Period 2 | 10.35am - 11.55am

Lunch 1 | 11.55am - 12.15pm

Lunch 2 | 12.15pm - 12.35pm

Period 3 | 12.35pm - 1.15pm

Period 4 | 1.15pm - 2.35pm



### Gratitude



As mentioned in the last newsletter, during remote learning, students were encouraged to participate in the Black Dog Institute's BiteBack Mental Health Challenge. Year Advisors also set up student wellbeing challenges for their year groups. Both challenges called for students to consider things for which they are grateful. Gratitude is when you focus on the good things in your life. It's when you pay attention to what you're thankful for. In psychology, gratitude is described as 'a felt sense of wonder, thankfulness and appreciation for life'.

Below is an edited extract from one of out Year 9 student's contribution.

#### Things I am grateful for ...

During this pandemic I have noticed a lot of things have changed and are happening – either for the better or worse. I have noticed things both in person and on the news about how this lockdown is changing our lifestyles, making us do things we hadn't thought about doing before.

An example is that when my family and I went walking last week, I saw everyone outside playing. To see my whole neighbourhood out flying kites, taking bike rides and playing around outside in the fresh air outside of their homes, when I saw all of this I thought to myself about this virus has brought us together more than technology ever could - the smiles on everyone's faces as they rolled around in the grass, and jogged beside each other having fun like they used to back when we weren't so occupied on our devices. My father even said himself that it reminds him of when he was young.

The last example I will give is that this lockdown has helped us/me realise how much time we actually have. Before this pandemic I used to think that I didn't have a lot of time for anything because I had schoolwork and homework that I had to do, so I was constantly held up by doing homework either in between periods or at home in the afternoon and every day just seemed to whoosh by me while I was constantly working. But when this lockdown started and mostly everyone had to work at home or work on computers at school, I was shocked by even the thought let alone the entire idea. And so when we did start I felt kind of lonely but once I finished my work I realised all the time that I suddenly had on my hands. So I used the time researching a bit and playing some games with my family and then I reached a point where I didn't even know what I wanted to do anymore, with all the time I now had.

In conclusion I am grateful for many things but the three I really like the most are the positive impacts on the environment, bringing people together, and showing us how much time we never knew we had.

- James, Year 9



# WELCOME BACK FROM YOUR YEAR ADVISERS!

What an unexpected start to your high school experience! You have demonstrated great resilience and strength. You should all be proud of your efforts to complete tasks, stay in contact with friends and prioritise your wellbeing during the online learning period.

I'd also like to congratulate those who have been participating in the Year 7 Weekly Challenges and are in competition for a prize from Mr. Jankovics. If you haven't participated yet, it's not too late. See Miss Marsh and ask for the Year 7 Cohort Google Classroom code.



- Miss Marsh Year 7 Adviser

Online learning has presented opportunities for our students to experience learning in new and exciting ways. As your Year Adviser, I have been proud of the way everyone in Year 8 has approached their learning from home with maturity and creativity and this success was showcased in Isla Stephenson's amazing video about the Periodic Table of the Elements.

We all understand this situation has been far from perfect for everyone, and we now look forward to resuming your learning here at school, where we can share our stories, experiences and knowledge in the classroom.



- Mr. Roberts /ear 8 Adviser

#### Welcome back to School Year 9!

It has been delightful to see all your faces and smiles again in your return to school these past two weeks. It will still take some time to adjust back to the routines and rigors of the school week, but I think we can all agree that the stability of walking back through the school gates every morning is a welcome sight.

I would like to say to you all how proud I am for your positivity, commitment and flexibility, firstly in adjusting to online learning, and then in your submissions to our wellbeing challenges.

The Wellbeing challenges were an attempt from the school to try and support student community engagement, welfare and above all, have some fun during these times. We saw some amazing contributions, such as a 9-level card stack tower, some beautiful artwork imitations and athletic prowess from students in the first ever Muirfield Virtual Athletics Carnival.

On top of this, many students shared their Visual Design task creations. The task was " Design a public information poster to be used around the school, to remind our community of some of the most important safety points when it comes to COVID-19". I just wanted to remind Year 9 and their families of their amazing resilience during this time and how the Muirfield community spirit was still alive and strong.

- Mr. Kent ear 9 Adviser Welcome back Year 10 and congratulations on rising to the considerable challenges of remote learning. Some of you have excelled at self-directed learning, having the flexibility to work at your own pace. For others, the lack of routine and instructional support has been a significant hardship.

Despite these personal challenges, you adapted quickly to the difficult circumstances and worked collegially to provide support to one another. I thoroughly enjoyed seeing photos of your pets and watching the videos you shared demonstrating your skills; Ray's magic tricks and Charlize's talented vocals always amaze me.

I am particularly proud of the students who stepped forward and openly communicated their struggles. I encourage you to continue to reach out if you require assistance, as it is through communication and feedback that we as a community can better support you.

Thank you all for the maturity and resilience you have shown throughout these unprecedented times.



- Ms. Wong Year 10 Adviser It has been great to see Year 11 back at school and engaging in face to face learning again!

While their transition into senior schooling has had some added complications this year, they have proven to be resilient in the way they have approached it. While it was definitely not the same when they were learning from home, it was pleasing to see so many engage in a positive manner with the online content.

Some completed a number of wellbeing challenges, which encouraged them to interact with each other, focus on things they were grateful for and complete some physical activity. Although there were some challenging moments throughout the challenges (particularly while trying to build a house of cards, or in some cases a house of pringle cans), it was a pleasure to see students embrace the concept.

The winners will be announced soon- as there is still one more to come! It is exciting to have them back at school, and I look forward to seeing how they can use some of the skills they have developed over the last few months as they continue their journey as senior students at Muirfield!



- Mr. Pearson 'ear 11 Adviser

#### How wonderful it has been to see how resilient our Year 12 students are. The grand finale of their high school lives was already going to make a special year, however, this year has been nothing short of remarkable.

Despite the challenges the last 3 months has brought, our Year 12's have rolled with the punches and risen above adversity. Their return to school was just as exciting for the teachers as it was the students after a journey through the world of online learning, reminding teachers how much we love face to face teaching.

Further challenges will no doubt arise as they move towards their HSC examinations, graduation and the formal, however, I am confident the Year 12 students of 2020 will once again rise to the occasion.



- Mr. Wilcox Year 12 Adviser



# Wellbeing Challenge Entries







Joshua in Year 10 made brownies for medical staff at Westmead Hospital







### **Isolation Art**

While we have been in isolation, all competitive sports have been put on hold, but that has not stopped our local schools from running and competing in a good-natured competition, so it was up to CAPA subjects to step up and compete.

In March, The Getty Museum challenged the internet to recreate a work of art with materials at home, and it did not disappoint (check out my examples). One of our local high schools got involved in this and have now challenged us to do better.

Whilst working from home, students were asked to Imitate or recreate a famous artwork, take a picture. Students got family and pets involved, with costumes and digital manipulation. A selection of which are here. Arts for the win!

- Ms. Frame

Head Teacher CAPA





**Original by Michael Naples** 





















#### **Online Safety Resources for Parents**

Online safety is paramount to keeping children and young people safe. Parents and carers can play a key role in their children and adolescent's mental health and wellbeing by ensuring steps are taken to regularly monitor and supervise your child or young person's online presence.



#### **Online Safety Resources and Websites**

eSafetyCommissioner	https://www.esafety.gov.au/parents Advice for parents to help children have safe experiences online
raisingchildren.net.au	https://raisingchildren.net.au Information on media and technology safety for different age groups
Australian Government Australian Institute of Family Studies	https://aifs.gov.au/cfca/topics/cyberbullying-and-online-safety Evidence based information and resources on cyberbullying and online safety
REACH OUT.com	https://parents.au.reachout.com Information for parents on technology use and cyberbullying
	https://kidshelpline.com.au/parents Information for parents on cyberbullying, social media and safety
Safe Education	https://www.internetsafeeducation.com Information and courses for parents on internet safety
CyberSafety	http://www.cybersafetysolutions.com.au Information and courses for parents on internet safety



#### Helpful Tips for Parents and Carers

- Educate yourself to become familiar with the online activities your children engage in
- Supervise and regularly monitor your children's online activities.
   Keep a look out for inappropriate or harmful content and any change or unusual behaviour in your child.
- Empower children and young people to use the internet safely and educate your children on internet safety
- Report prohibited or inappropriate material to the <u>eSafety Hotline</u>

References
1.

Robinson, E. & Carlow, M. (2018). Online Safety. CFCA Resource Sheet- April 2018. Retrieved from https://aifs.gov.au/cfca/publications/online-safety

For more information contact School-Link (02) 8877 5325 Developed by School-Link, Child and Youth Mental Health Service May 2020 ©

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#### P&C & Uniform Shop News

#### P&C News

Due to the current health restrictions, all P&C meetings are cancelled until further notice. If you would like to contact the P&C, please email us on muirfield.p.and.c@gmail.com.

Charmaine Hetem P&C President

#### School Uniform Shop

The Uniform Shop is open to students on Mondays, at lunch time.

Orders and payments can be made online through the Qrk ordering platform.

If you have questions for the Uniform Shop, they can be reached via their email: mhs.pnc.uniform@gmail.com.

Thank you for your understanding and continued support. Muirfield High School Uniform Shop Committee

#### TERM 2 TRADING HOURS

Monday I 2:30 - I:30pm (Students Only)



#### **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 <u>https://qkr.mastercard.com/for-everyone-australia/</u> 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 <u>mhs.pnc.uniform@gmail.com</u>.

\*\*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 1 2020

28/10/2019

	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 (limited sizes while stocks last)			\$30	
Black Fleece Jacket by preorder only			\$65	
Unisex Sport Shirt			\$33	
Unisex (Straight Leg) Sports Shorts			\$30	
Unisex (Regular Leg) Sports Shorts	1		\$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)



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

# Football is Back Baby!

Break the Isolation and get into the world's most popular game.



Training to commence in June in a safe and controlled environment. Weekend games will follow.

### Register at roseleafc.com





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