



Muirfield Matters

Issue 6 2020

Term 2 Week 9

From the Deputy Principal - Mr Jankovics



COVID- 19 Update

It certainly is time for rapid changes. We continue to take small and positive steps towards returning to business as usual. For your convenience I have listed some of the major guidelines updated by the Department of Education for the start of next term.

- Parents, as a general rule, are still not to be on school grounds or at school events without principal's permission.
- Parents can now have access to the Uniform Shop. Please sign in and out via the front office.
- Sport will be returning to normal. More information will come from the sports organisers in due course.
- We will be holding short whole school assemblies for students on Mondays.
- Students should continue to drink from their own water bottle, rather than directly from bubblers.
- We will still encourage students to practice good hygiene. Hand sanitiser is available around the school and from teachers.
- Unfortunately, until further restrictions are lifted our parent teacher evenings will not be possible to conduct this year.

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It is such a relief to be returning to something that resembles pre COVID-19.

I hope that things are returning to normal for your families. I am also aware that some families have faced, and continue to face, financially strained times. If you need assistance with things such as uniform, please phone to speak with a Deputy Principal.

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 High School. One way that this is achieved is through the system of Senior Reviews.

During Weeks 6 and 7 a team comprising of the Deputy Principal, Head Teacher Senior Studies and the Careers Advisor carried out the reviews. Students who present as a concern of not meeting course requirements are invited to interview. Issues and positive solutions are discussed and a learning contract is agreed on. 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.

Senior study can be challenging. 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 Pasternatsky, for taking the time and effort to assist students in this manner. And, of course, the parents who worked with us to help their children.



Ms. Ansoul



Ms. Pasternatsky

School Uniform

Our focus on uniform continues. Thank you to all families for their vigilance in ensuring students are well presented in full winter school uniform every day.

Unfortunately, since returning from online learning, 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.

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.

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.

More information and a price list from the uniform shop
can be found on page 10 - 12

Subject Selection for Year 10 into Year 11 2021

Subject selection for Year 10 for the senior years needs to be done differently this year. Detailed information of this process has been provided to both parents and students.

We normally hold a Subject Selection Information Evening however, due to COVID-19 restrictions, this event has been cancelled. A meeting for Year 10 students only will occur early in Term 3.

At this meeting we will present information on subject selection, including key features of the HSC, possible patterns of study, HSC standards, assessment requirements and expectations and responsibilities of students in the senior school. Following the meeting, parents will be provided a summary of this information via email to further assist informed discussions at home regarding the most appropriate pattern of study for their child for 2021.

The subject selection booklet has been published on the school's website, it details each subject offered at Muirfield. A hard copy of the booklet will also be provided to students when they select subject samplers over Weeks 9 and 10.

In a positive step forward we will be holding the Year 10 subject selection interviews with parents and Executive teachers next term. These meetings are very important to help students and parents understand eligibility and patterns of study for the HSC. Given we cannot have the information evening, the one-on-one meetings are even more important. More details will come from the school about the date and appointment times.

Year 8 Subject Selection for Electives in Stage 5

Students in Year 8 select 3 electives for study in Year 9 2021 and Year 10 2022. Again, we will need to do things differently, parents and students have had the details communicated to them. Year 8 will have their subject selection booklet published before the end of term. English, Mathematics, Science, PDHPE, History and Geography are mandatory courses in Years 9 & 10. The choice of three electives gives students in Stage 5 some room to explore other areas of study.

Semester 1 Reports

Teachers and administrative staff are finalising reports and all year groups are on track to be published before the conclusion of the term.

REMINDER - All CAPA Extracurricular Events
Start Again Week 1 of Term 3 2020.

If you have already registered and returned a permission note, it is not necessary to return a new one.

NOTE - No parents, siblings or other are to be on school grounds to collect students. Students will need to bring water bottles and follow the standard Muirfield COVID-19 recommendations.

Also, if you do not attend the first session, or have not spoken to Miss Frame before hand, it will be assumed you are no longer continuing and your spot will become vacant. Most groups have waiting lists so your place is not guaranteed.

Advice on how to help when you're worried about someone's mental health?

You can access this [webinar recording](#) from the Black Dog Institute for some advice.

It is a great resource for parents who are seeking support when they are worried about their child's mental health. It has excellent advice from a GP, clinical psychologist, parent and sufferer of anxiety/depression.

There is also very helpful information available at <https://headtohealth.gov.au/>, it has some excellent resources for all ages, relating to mental health, how to support those with mental health and various links to apps and other resources.

Catherine Coates
Deputy Principal Support
Muirfield High School

MON
29
JUNE



DIGITAL WORKSHOP

DEMYSTIFYING ADOLESCENTS

This free online workshop is a crash course in the developmental psychology of adolescents for parents and carers. You will learn how to understand and communicate effectively with young people.

Demystifying Adolescents is led by Michael Carr-Gregg, a high profile psychologist in Australia and known for his work in the prevention of youth suicide.

When Monday 29 June
Time 7.00 – 8.00pm
Where Online workshop

For more information and to register, visit www.ryde.nsw.gov.au/Demystifying-Adolescents or call 9952 8222.

Wesley Family Support Group Calendar

Term 3, 2020



Group	Information	Registration
<u>Bubs in Bloom Supported Playgroup</u>	Supported playgroup for children primarily aged 0-3 and their parent/carers. A focus on play, interest based learning and strengthening attachment. Build upon current knowledge and skills to better understand and help foster child development. We provide information & advice on parenting, family functioning and developing social & community connections.	Please contact Melissa: Melissa.harding@wesleymission.org.au 0408 192 243
6 Week Program - Online	Dates: Wednesday 19th August to 23rd September	
<u>Infant Massage & Parenting Support</u>	A program that aims to enhance attachment & bonding between parent & new born. Assists in improving sleep, stress reduction and improves cognitive motor development in infants.	Please contact Alice: 0407 981 358 Alice.fang@wesleymission.org.au
6 Week Program – Quakers Hill	Dates: Thursday 6th August to 10th September, 10:30am to 12:30pm	
<u>Multicultural Women's Group</u>	Partnering with TAFE NSW Nirimba, we are offering a TAFE Statement of Attainment which will focus on investigating career and employment options and explore work and study pathways.	Please contact Alice: 0407 981 358 Alice.fang@wesleymission.org.au
6 Week Program Quakers Hill	Dates: Monday 17th August to 21st September, 10am to 12pm	
<u>Creative Art Therapy</u>	Creative Art Therapy facilitates joint engagement activities to help parent/carer and child to explore and work with their state of mind, foster self regulation, develop and manage behaviours, reduce stress and anxiety, increase self esteem, build resiliency and facilitate post traumatic growth through the creative process.	Please contact Imelda: 0438 417 543 Imelda.li@wesleymission.org.au
10 Week Program Quakers Hill	Dates: Tuesday 13th October to 15th December, 10am to 12pm	
<u>Circle of Security</u>	Circle of Security (CoS) is a 6 week relationship based early intervention program. It is designed to enhance attachment and security between parents/carers and children.	Please contact Tanya: 0409 439 345 Tanya.ostolic@wesleymission.org.au
6 Week Program – Bella Vista	Dates: Friday 24th July to 28th August, 10am to 12pm.	
<u>Stretching Your Wings</u>	Stretching Your Wings is an attachment based Child development program for children aged 6mths – 18mths, supporting the bond between parent and child through play based experiences.	Please contact Jessica: 0458 306 660 Jessica.miles@wesleymission.org.au
6 Week Program – Online	Dates: Tuesday 4th August to 8th September	
<u>Men's Fitness & Wellbeing</u>	Our fitness group is designed for men and run by a qualified Personal Trainer, using circuit style set-up to cater for all fitness levels. Come down and hang out with other local dads while working on your own fitness goals.	Please contact Jessica: 0434 052 154 Jessica.tatt@wesleymission.org.au
6 Week Program Baulkham Hills	Dates: Tuesday 4th August to 8th September, 6pm to 7pm	



NSW Justices

Justices of the Peace
voluntarily serving the
people of New South Wales

The NSW Justices Association has operated a community desk every Saturday morning at North Rocks Shopping Centre for almost 20 years.

However due to COVID-19 restrictions, all such JP community desks across NSW were closed in March.

The Cumberland Branch of the NSWJA, is pleased to announce that the free JP service will recommence operations from Saturday 4th July, 2020 between the hours of 10am and 12 noon.

Special protocols have been introduced to protect both the JP volunteers and clients but we ask that you do not approach the desk if you are unwell, social distancing of 1.5m be observed at all times and that only the individual who requires the JP service approach the desk. This is not a family outing.

Should you require any further information, please contact the North Rocks Desk Coordinator, Brian Lynne, at blynne@iinet.net.au or call 0408 617 801.

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 still open Monday 12:30pm-1:30pm (No evening trade until further notice, sorry for any inconvenience).

Orders must be collected from the Uniform Shop on a Monday at lunchtime between 12:30-1:30.

Black fleece jackets are now a standard stocked item and available from the Uniform Shop and via the Qkr app.

Uniform orders can ONLY be placed via the Qkr app or from the Uniform Shop. Please DO NOT hand in order forms to the office, If you have any issues please feel free to contact the uniform shop directly via email at mfh.pnc.uniform@gmail.com.

We thank you for your patience at this time.

MUIRFIELD HIGH SCHOOL UNIFORM SHOP

TERM 2 TRADING HOURS

Monday
12:30 - 1:30pm
(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 <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 1 2020

18/05/2020

	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			\$65	
Unisex Sport Shirt			\$33	
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



2020

School Holidays & Terms

- School Holidays
- Public Holidays
- School Development Days

January							February							March							April								
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
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May							June							July							August						
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11	12	13	14	15	16	17	8	9	10	11	12	13	14	13	14	15	16	17	18	19	10	11	12	13	14	15	16
18	19	20	21	22	23	24	15	16	17	18	19	20	21	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	22	23	24	25	26	27	28	27	28	29	30	31	24	25	26	27	28	29	30		
							29	30												31							

September							October							November							December						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6		5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
7	8	9	10	11	12	13	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
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21	22	23	24	25	26	27	26	27	28	29	30	31	23	24	25	26	27	28	29	28	29	30	31				
28	29	30																									

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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



**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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JUMP PERFORMING ARTS

WWW.JUMPPA.COM.AU

Muirfield High School Dance Room

HIP HOP
CONTEMPORARY
BALLET



TAP
JAZZ
ACROBATICS



4-19TH JULY SCHOOL HOLIDAY LEARN TO ROW

More Information

We want you to come and experience rowing this school holidays. We are offering a FREE 3 session learn to row course for anyone aged between 13-18. Sessions last 60 minutes and will be conducted in groups of a maximum of four. We will organize days and times that work for you during the school holidays. Get in contact today to book your course.

Booking: <https://www.nepeanrowingclub.com.au/school-holiday-learn-to-row.html>

Email: rowing@nepeanrowingclub.com.au



**What: 3 session
Learn to Row Course**

Where: Nepean River

**When: Flexible days
and times during the
school holidays**

Cost: FREE

Who: 13-18 years old

NEPEAN ROWING CLUB

34 Bruce Neale Drive
Penrith, 2753
0403743189

<https://www.nepeanrowingclub.com.au/>

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NORTH ROCKS - MUIRFIELD HS
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ENROLMENTS NOW OPEN!

Contact Kirsty - info@kirstardance.com.au

0432 663 884

Discounts for families & multiple classes



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Offering lessons for 4yrs - Adults, beginners - advanced
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• Private Lessons

No fuss. No uniforms. No expensive concert costumes.

KIRSTARDANCE.COM.AU



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