



Muirfield Matters

Issue 8 2020

Term 3 Week 6

From the Deputy Principal - Ms Hosen



Year 12's Final Weeks

In all my career I cannot recall a more challenging and unique set of circumstances for HSC students as the ones our current cohort are facing in 2020. Despite this, our Year 12 students continue to approach their studies with commitment and resilience, knowing that they have the full support of their teachers and the reassurance that all Year 12 students across the state are in the same predicament.

Teachers of Year 12, the Welfare Team and the Learning Support Team have been working tirelessly to provide ongoing support for our students, and have played a significant role in ensuring the continuity of learning and wellbeing throughout the year.

For Year 12 students, this term is the last that they will spend as a secondary student, so they need to take every opportunity to maximise their final results to enable them to pursue a career and/or further education of their choosing. The next few weeks are vital to ultimate success. Year 12 teachers are teaching the last module for each course studied. These modules are just as important as all the others studied throughout courses and therefore, must be given full attention.

Once the course content has been delivered it is imperative students use these last weeks to prepare themselves thoroughly for the external exams.



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Teachers are a student's best resource, and making maximum use of their teachers' expertise and knowledge will help to best prepare students for the task ahead. Now is the time to carefully reflect on what they need to do to improve upon their Trial results, and then practise exam technique when in the classroom and during study time. Students need to work together to improve the overall performance of the whole group, as this will ensure there are more marks to be distributed amongst all students after the external exams. It is never too late to make a difference and improve results!

The school is committed to providing our Class of 2020 the school leaving a memorable experience, one which celebrates their thirteen years of schooling, farewells them appropriately and wishes them all the best for their future; all within COVID guidelines. The guidelines means, unfortunately, parents and family cannot attend and we cannot hold a formal.

Our graduation ceremony will be held on Friday 25th September. We will live stream the event, so Year 12 parents, carers and family can share in this important occasion from the safety of their homes.

Year 11

Year 11 End of Preliminary Examinations will be held in Weeks 9 and 10 this term. Success in these exams depends on the day-to-day study habits of students, as much as it depends on the more concentrated periods of study in the weeks leading up to the exam. If students have well-organised and complete notes, and have regularly revised their work at the end of each topic or section, they are already on their way to success. However, in the weeks before the exam, they can aim for efficient and effective study by making a study plan, organising their time and designating a study area at home. Maintaining positivity will all also help students maximise their

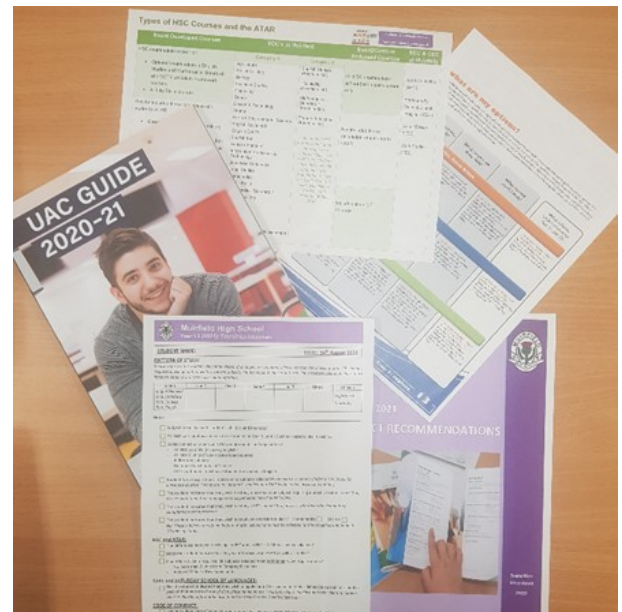


potential and reduce stress. Final Year 11 grades are supplied to NESA and will appear on a student's Record of School Achievement (RoSA).

Year 10 Transition Interviews

The Stage 6 curriculum structure is based on student choices and school resourcing. At Muirfield, we recognise the importance of close contact between school and home during the subject selection process. On Friday 14 August we held our transition interviews—a three-way conversation between an executive teacher, Year 10 students and their parents. There are so many options and choices in types of subjects, the complex process of supporting best subject choices for each student and considering post-school options needs the individual approach the interviews allow. We hope the interviews have been useful for all families.

COVID restrictions meant that these interviews could not be done in the usual face-to-face way. For the first time, we used ZOOM. Although we were a little nervous with over 120 interviews on the one day, the meetings were highly successful, allowing some parents to join the meeting who would otherwise not have been able to attend due to work commitments. Some families were able to link in from three



different settings. We will look at holding future meetings in this way—one of the benefits of COVID has been our deep learning in the use of technology to communicate!

Students will receive confirmation of their pattern of study for Year 11 2021 by early Term 4.

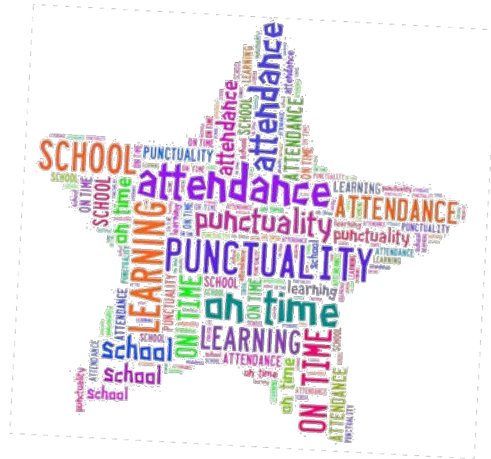
COVID-19 Update

In order to keep you abreast of the latest changes to the COVID-19 Learning Guidelines for Schools, I have included a range of key points for parents to be aware of. These include:

School Attendance

Students should be at school unless:

- They have a medical certificate which states they are unable to return to school due to an ongoing medical condition and which includes the expected time frame.
- They are currently unwell. Please note:
In accordance with advice from NSW Health, parents and carers are reminded not to send children to school if they are unwell, even if they have the mildest flu-like symptoms. The school will make arrangements for students, who present as unwell or have flu-like symptoms, to be sent home.
- Students who have been absent due to flu-like illnesses are not to return to school until they have a negative COVID-19 test and are symptom free. The school must sight the negative COVID-19 test result before students can return to school.



Other restrictions

- Parents/Carers and other non-essential visitors are still not permitted on school grounds or at school events unless specifically approved by the principal.
- Where possible, students will stay within their relevant cohort groups or stage for all learning activities within the school.

- Inter-school activities must remain within the local community or zone. Grade Sport with other schools in our zone is continuing and Intra-school Sport (involving travel to external venues) will be limited by number and to where we have exclusive use.
- All group singing, chanting and use of wind instruments in a group setting is not permitted. All music groups have been cancelled.
- All Dance and Drama Ensembles have been cancelled.
- Community use of school facilities can continue, but the organiser must have a COVID-19 Safety Plan in place and they are responsible for compliance with distancing and hygiene requirements.
- All camps, excursions (other than field trips to DoE Earth and Environment Centres), interstate and International excursions are still not permitted and are on hold.

Student Wellbeing

Coronavirus has turned our lives upside down. The uncertainty of not knowing what will happen next has had an impact on many students and their families. There is a concern that mental health issues such as anxiety and depression has increased, and will continue to increase, especially amongst young people. We have seen this at Muirfield.

The Student Wellbeing Team at Muirfield provides an extensive support network to assist all students with their personal, social, emotional and learning needs.

The Wellbeing Team:

- Coordinates wellbeing programs, including transition programs, for each year group;

- Develops and reviews all programs on a yearly basis, based on the changing needs of year groups;
- Identifies student needs with executive and develops and delivers programs to address those needs;
- Provides support for students in a school and learning context in regards to their physical, emotional, social and mental health.

It has always been the case for students, particularly in the senior school, to sometimes feel stressed and anxious. Often, it is related to how students manage their workload, particularly when multiple tasks are due around the same time and at examination time. By addressing the things that we can control, we can build resilience to deal with the things we cannot control.

There are some simple things that students can do to develop the skills needed to become highly organised and minimise these sorts of stresses.

These include:

- ✓ attend every lesson
- ✓ if a class is missed, see the teacher about catching up on the work, and then do so immediately
- ✓ ask the teacher if you do not understand concepts or tasks
- ✓ start working on assessment tasks as soon as they are given. Aim to finish them a few days before to allow for proof-reading and editing.



- ✓ research on the topics that are being studied in class. Do additional reading, watch a relevant You Tube clip, use study websites. This will help to develop deeper understanding through exposure to a variety of explanations.
- ✓ Speak with someone at school. A trusted teacher, Year Advisor, Deputy, school counsellor, student support officer/chaplain.

For parents it can be difficult to know what is "normal" anxiety or sadness and what is more serious. Information is key for parents to be able to identify issues and to know where to go for support.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help. There are a variety of services available for students to access. The main services are:

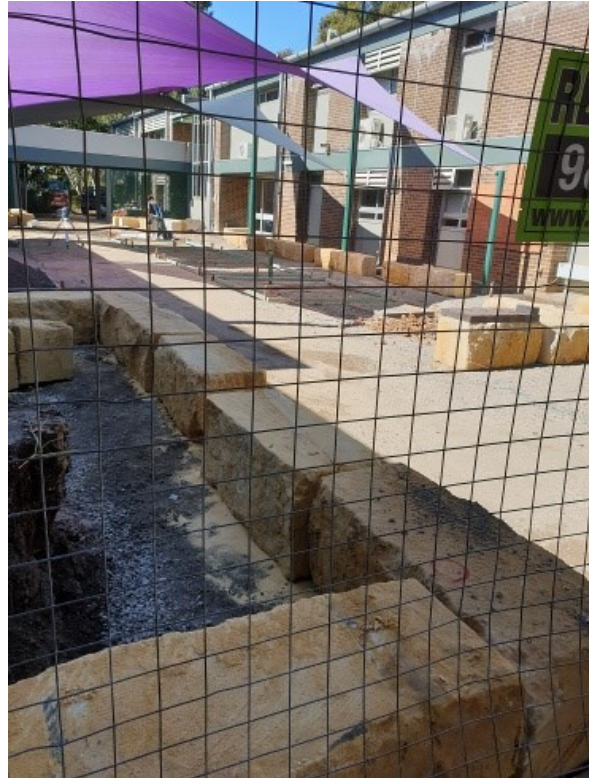
- Reachout - both a website and an app
- Headspace – free counseling service located in Parramatta and Mt Druitt
- Kids Helpline 1800 55 1800
- Your GP

Building Works

This term, construction of our new senior courtyard and STEM rooms is well underway . It is very exciting, and quite mesmerising, to watch the excavators and diggers take away the old and make way for the new.

Pending weather, construction of the courtyard should be completed by the end of term, and the new STEM rooms ready for timetabling next year. We are all very eager to put to use these new wonderful resources.

With the increased number of workers and machinery on site, and the safety risks associated with construction work, we ask that that parents do not access our staff carpark. Students have been given frequent reminders about safe movement around the school.



Warning - the new craze in schools

You may have heard recently in the media that many high schools across the state are reporting an increasing use of e-cigarettes (also called vapes or stigs) among their students. Unfortunately, Muirfield has not been immune to this newest trend. Given that the use of these devices is a relatively new phenomenon, the executive feel it is important to provide our students and parents with some relevant information about the risks associated with their use.

Electronic cigarettes are battery-operated devices that heat a liquid to produce a vapour that is inhaled. The fluid usually contains propylene glycol, glycerol, nicotine and added flavouring(s). The devices are designed to deliver the aerosol directly to the lungs.



They can come in different shapes and sizes, and can be very easy to hide. Some resemble conventional cigarettes, while more recently developed devices look like everyday items such as highlighters or USB memory sticks. The vapour produced from these is odorless and disappears quickly, making them difficult to detect. Social media influencers and their promotion of fruity pod flavours have added to the appeal of these e-cigarettes to young people and teens.

The newest and most popular vaping product we have encountered at Muirfield is commonly known amongst students as a Stig or Juul, and resembles a USB memory stick. These products contain many different and harmful chemicals, including nicotine. The e-cigarette shown above

contains approximately 5% nicotine and is equivalent to smoking about 20 regular cigarettes. Although the long-term health consequences of vaping are not known, nicotine is known to be very addictive and can impact on brain development in teenagers. This can make it harder to learn and concentrate. Some of the brain changes are permanent and can affect mood and impulse control later in life.

E-cigarettes are a banned item at Muirfield. Serious consequences will be enforced to any student who possesses, consumes, uses, or deals in tobacco, e-cigarettes, prohibited drugs, alcohol or assist another person to obtain, consume, use, or deal in such substances, on school premises and at school sanctioned events, including camps, excursions or carnivals.

It should be noted that in NSW, the sale of e-cigarettes (including vapes or stigs) with nicotine or e-cigarette accessories to a person under the age of 18 is illegal NSW Public Health (Tobacco) Act 2008. The school's Student Wellbeing Team will deliver educational sessions about vaping in Term 4, using resources from the Department of Education and external agencies.

<https://kidshealth.org/en/parents/e-cigarettes.html> has useful information for parents when talking to your child about this serious health issue. Talk with your child.

To view the Australian Cancer Council's Position on e-cigarettes please click [here](#).





New Arrivals at The Barclay Farm

The Barclay Farm has had some
adorable new arrivals.

The twin lambs were born on Tuesday
25th August.

'Salt' & 'Pepper' are currently doing well
under the care of their very attentive
mum.



Community Notice



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

IMPORTANT PUBLIC NOTICE Regional Fox Baiting Program

Please be advised that a fox baiting program will soon commence in the local area in conjunction with Greater Sydney Local Land Services. The aim of the program is to protect native wildlife including threatened species from fox predation.

1080 poison baits will be laid in the following Reserves:

- **Excelsior Reserve, Ted Horwood Reserve, 13 Cadwells Road Kenthurst** Managed by The Hills Shire Council
- **Lake Parramatta Reserve** Managed by City of Parramatta Council

Foxoff® poison baits (containing 1080)

will be buried in the above listed Reserves between

Monday 17th August – Friday 28th August 2020

Foxoff® is designed specifically for fox control. Trained staff will undertake the baiting. Baits will be buried 10cm under the ground to reduce the risk of non-target poisoning.

WARNING:

- 1080 poison is lethal to dogs and cats
- The above listed bushland reserves will be closed to dogs (including dogs walking on a lead), during and up to 4 weeks after the fox baiting program.
- **Dogs on leads can return to these reserves on Saturday 26th September 2020**
- **In an emergency contact The Hills Shire Council on 9843 0555**

Signs stating “**1080 FOX POISON LAID IN THIS AREA**” and “**Dogs (& Cats) are prohibited**” will be displayed in the relevant parks and reserves to notify the public about the program.

Please contact the following agencies for further information, or if you notice that one or more of the signs has been vandalised or is missing:

The Hills Shire Council on 9843 0555

Greater Sydney Local Land Services 1300 795 299

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 to students on 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 3 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 3 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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September							October							November							December												
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28	29	30					26	27	28	29	30	31																					

COMMUNITY NEWS AND ADVERTISEMENTS

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

SOCIAL 6.

Break Out of Iso onto the football field.



- 6 A-Side Social Female Football.
- 6 Weeks for \$60 (new players - includes insurance)
(2020 season registered players, RFC-\$40, Non-RFC - \$50)
- No prior experience needed.



roseleafc.com for details and rego.



**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

COMMUNITY NEWS AND ADVERTISEMENTS

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JUMP PERFORMING ARTS



WWW.JUMPPA.COM.AU

Muirfield High School Dance Room

HIP HOP
CONTEMPORARY
BALLET



TAP

JAZZ

ACROBATICS



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

PARRAMATTA TOUCH
EELS
EST. 1975

PARRAMATTA TOUCH FOOTBALL LEAGUES TROPHIES

STRUDDYS

Stop Paying Too Much!
CHEMIST WAREHOUSE
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Stone will LANDSCAPING

PLAY TOUCH FOOTBALL!! 2020 SUMMER JNR COMP



Every team receives a free touch ball

Every player receives a reversible playing singlet

Cost U7-U9= \$70.00 (8 Player Min)

Cost U11-U17= \$80.00 (10 Player Min)

Start on 1st and 2nd of September at Doyle Park

Tuesday= Boys and All Under 9's and 7's & Wednesday= Girls

Active kids voucher accepted

Head to touchfootball.com.au/register-your-team/



MORE INFORMATION PLEASE CONTACT PAM AT PARRATOUCH@HOTMAIL.COM
OR HEAD [HTTPS://PARRAMATTA-DISTRICT.NSWTOUCH.COM.AU/](https://parramatta-district.nswtouch.com.au/)

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Dance**

NORTH ROCKS - MUIRFIELD HS

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ENROLMENTS NOW OPEN!**

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0432 663 884

Discounts for families & multiple classes



FREE Trial class!

Affordable, fun dance classes in a nurturing environment since 2003.
Offering lessons for 4yrs - Adults, beginners - advanced
Jazz • Contemporary • Hip Hop • Ballet Technique • Lyrical
• Private Lessons

No fuss. No uniforms. No expensive concert costumes.

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