



Muirfield Matters

Issue 1 2022

Term 1 Week 4

From the Principal - Mrs. Clifton



Welcome!

A warm welcome to all our Muirfield families for 2022, especially to our Year 7 students and families that are new to the school. While school has begun this year amidst COVID requirements and regulations, it has been wonderful to see all our students back at school engaged in face to face learning.

When first speaking to the students I have shared my priorities of safety, respect and learning and have been so proud of how well the students have adapted to the changes brought on by COVID. My thanks to all our families for their support in responding to the numerous communications from the school regarding the ever changing COVID situation.

Many thanks to the Chong family who have donated hand sanitiser to the school for use with students and staff.

HSC Results

We congratulate our 2020 Year 12 students on their resilience and achievements in their HSC year. In a year like no other, these students did themselves proud with many outstanding results. In many subjects, more than 50% of the student cohort received results in Band 5 and 6, with marks of over 80%.



Our Dux for Year 12 was Nicholas Furst who received an ATAR (tertiary rank) of 95.65. Nicholas performed exceptionally well in all his HSC subjects in will be studying a combined Computer Science and Engineering degree this year.

INSIDE THIS ISSUE

From Mrs. Clifton	
• Welcome	
• HSC Results	
• Staff News 2022	
• School Facilities and grounds.	1-5
• Supporting Mental Health	
• Social Media Safety	
Important Notices	6-8
Swimming Carnival	9-10
Year 8 Debating Team & The Premier's Debating Challenge	11
2021 Leadership Forum	12
2022 Peer Support	13
Student Executive's Santa Photos & Valentines Day Fundraising	14-15
P&C News	15
Canteen News	17-21
Uniform Shop	22
2022 Calendar	23

Particular congratulations must be given to the following students whose were placed in the HSC Distinguished Achievers List.

Zachary Baldock	Mathematics Advanced
Thomas Barker	Modern History Society and Culture
Jordan Blockley	Mathematics Advanced
Daisy Buttress	Top Achiever - Primary Industries Examination. 2 nd in State Agriculture Visual Arts
Xinyu Chen	Mathematics Extension 1
Zac Collison	Mathematics Advanced
Alexander Cuskelly	Primary Industries Examination
Nicholas Furst	Mathematics Extension 1 Physics
Aaron McBriarity	Construction Examination
Amy Oates	Business Studies
Jackson Stoodley	Mathematics Advanced
Julian Zincone	Mathematics Extension 1



We were delighted to hear of the breadth of university placements offered and accepted by many of our students with students going on to tertiary study in a variety of fields including law, engineering, commerce, psychology, sport sciences and finance.

Staff News – 2022

This year we have welcomed the following new staff members to the Muirfield Community

Ms Reid – English faculty

Ms Bootes – HSIE and English Faculties

Ms Keith – HSIE Faculty

Mr Pang – LOTE Faculty

Mr Ng – Mathematics Faculty

Mr Wong – Mathematics and Science Faculties

Ms Bassett – PDHPE and Science Faculties

Mr Hahm - TAS Faculty

Ms Sisala - Head Teacher Secondary Studies (Careers)

Ms Quinn is Relieving Mathematics Head Teacher and we welcome Ms Frame back as Head Teacher CAPA and Languages.

School Facilities and grounds.

At Muirfield we take pride in ensuring that our students have access to learning environment and facilities that best meet the needs of our students. Some building projects have been held up due to COVID, however this year we look forward to:

- The completion of the cooler classroom program in the Art Rooms
- Upgrade to the audio visual facilities in the hall – this work is primarily being funded by the Parents and Citizen's Association.
- Upgrade to the Food Technology Room
- Upgrades to 4 science laboratories.
- The conversion of classroom C12 to an art room.

The school has recently completed its bi-annual Tree Risk Assessment.

Unfortunately, a number of trees may need to be removed or pruned to ensure the safety of all students and site users. The school is in collaboration with Greater Sydney Landcare 'Creating Canopies' Project and look forward to planting new trees.

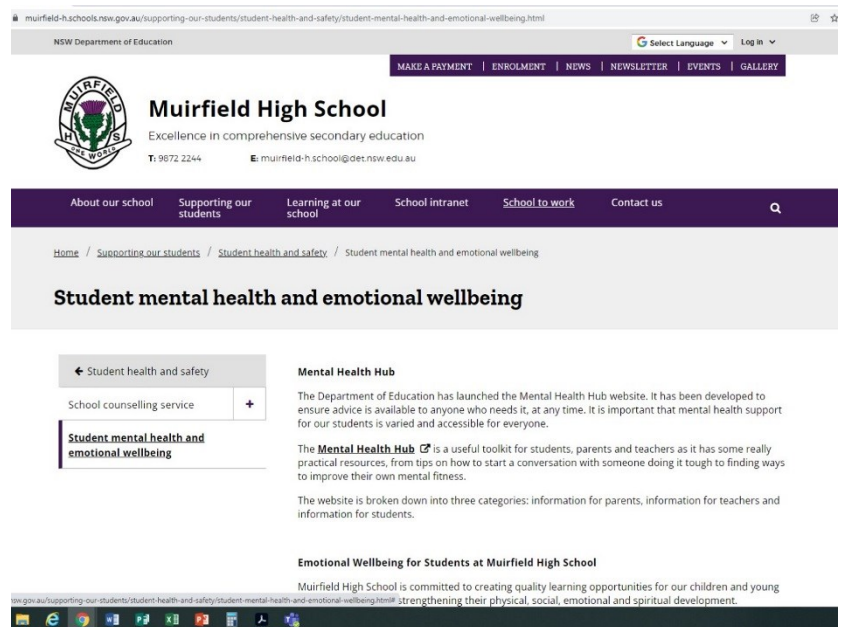
Supporting Mental Health

Muirfield High School is committed to creating quality learning opportunities for our children and young people. This includes strengthening their physical, social, emotional and spiritual development. The school welfare team made up of the Principal, Deputy Principals, Year Advisors, School counsellors and Student

Support Officer work together with school staff to provide support for all students. Families are reminded that ensure that they inform the school if they have any concerns regarding their child's mental health so that appropriate support systems can be accessed.

The school website now contains a range of resources endorsed by the Department of Education to further support your child's wellbeing. These can be found by accessing the Supporting our Students tab on the school website or via the attached link <https://muirfield-h.schools.nsw.gov.au/supporting-our-students/student-health-and-safety/student-mental-health-and-emotional-wellbeing.html>

This is not a static resource, PDHPE will be utilising it in their teaching and learning programs for Stage 4, raising student awareness and highlighting the importance of being mentally healthy.



Social Media Safety


Social media platforms are a central means of communication in our modern world with most students engaging readily with a variety of platforms including Snapchat, Instagram and Discord.

It is important for students and their families alike, to ensure that young people use social media in a safe manner. While students should not be engaging in any social media while at school, when the behaviour involves cyberbullying, the school's antibullying and disciplinary processes will be implemented.

Valuable information for parents can be located at the eSafety Commission website <https://www.esafety.gov.au/parents/resources#information-sheets>, including tips for family safety, app checklists for parents and managing online issues.



5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

3. Set up parental controls


Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).

 eSafety parents

[esafety.gov.au](https://www.esafety.gov.au)

Nathan 15/01/2021

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



BE COVIDSAFE

6 January 2022

COVID-19 Test and Isolate National Protocols

PROTOCOL 1

COVID-19 confirmed by a positive RAT or PCR test

- 1 Isolate at home for at least 7 days from the day you had your test.
If you have symptoms at **Day 6**, you must stay at home until symptoms are gone.
- 2 Notify your household, school or employer that you have tested positive.
- 3 If you have **no symptoms** at **Day 7**, you can return to normal living and leave your home. You do not need a further test.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 7 days following negative test or end of symptoms.

Always seek medical help if you become very unwell.

PROTOCOL 2

Close Contact and have symptoms

- 1 Stay home for 7 days since you last had contact with the person who has COVID-19.
- 2 Take a RAT self-test or PCR test and stay at home while waiting for the test result.
If you test **positive** for COVID-19 follow **Protocol 1**. If you test **negative**, continue to stay at home.
- 3 On **Day 6** of isolation, take a RAT self-test.
If you test **positive** for COVID-19 follow **Protocol 1**.
If your Day 6 test is **negative**, you can leave home and return to normal living after completing the 7 days of home isolation.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

Always seek medical help if you become very unwell.

PROTOCOL 3

Close Contact with no symptoms

- 1 Monitor for symptoms and take a RAT self-test or PCR test if they develop.
If **positive**, follow **Protocol 1**.
If **negative**, continue to stay at home for 7 days, monitor for symptoms and follow **Protocol 2** if they develop.
- 2 On **Day 6** of isolation, take another RAT self-test.
If your Day 6 self-test is **positive**, follow **Protocol 1** – you do **NOT** need a PCR test for confirmation.
If your Day 6 self-test is **negative** and you have **no symptoms**, you can leave home and return to normal living after completing the 7 days of home isolation.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

PROTOCOL 4

Other contacts

If you have had less contact with someone with COVID-19, such as contact in a social, shopping, education or workplace setting.

- 1 You should monitor for symptoms and have a RAT self-test if these occur.
If **positive**, follow **Protocol 1** and stay at home until you no longer have symptoms.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

*WA, SA, NT & TAS residents should check their state or territory requirements and timelines

You are a **Close Contact** if you are living with someone who has COVID-19, or have spent 4 hours or longer with someone in a home or health or aged care environment since they developed COVID-19.

DT0002906



A friendly reminder from front office regarding notification of attendance / absences / early leave

- If students are **absent** from school parents will receive an SMS notification at 11am. Parents should respond to the SMS with an explanation for the absence
- If students are **late** to school parents will receive an SMS notification at 11am. Parents should respond to the SMS with an explanation
- If your child needs to **leave school early**, please send a note with the child to school which contains the date, child's name and reason for leaving early. They are to keep the note with them until it is time to leave. Show the note to the teacher at the beginning of the class. At the departure time take the note to the front office and sign out

Thank you

School Student Travel

Term 1 2022



School student travel information for parents and students

School Travel Passes

Students who need a School Opal card or travel pass but have not yet applied need to [apply](#) or [update](#) their details as soon as possible.

In the Opal network, students should travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

New Student Opal cards (including new Term Bus Passes) will be sent to the student's nominated postal address within two weeks of their application being approved.

Students living in rural and regional (R&R) areas will receive their travel pass from their nominated transport operator. It may be issued via their school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Terms of Use

Students using Opal cards must tap on and tap off in line with the [Opal terms of use](#).

All students are required to comply with the [Student code of conduct](#). The code of conduct aims to ensure the safety and well-being of school children and other passengers. It is important that parents ensure their child is aware of this, as failure to comply with the code of conduct can result in a suspension from travel.



Further information can be found at transportnsw.info/school-travel
Enquiries can be submitted at transportnsw.info/passes-concessions-feedback

2022 Swimming Carnival



Last Thursday on the 10th of February, Muirfield High School held their annual school swimming carnival.

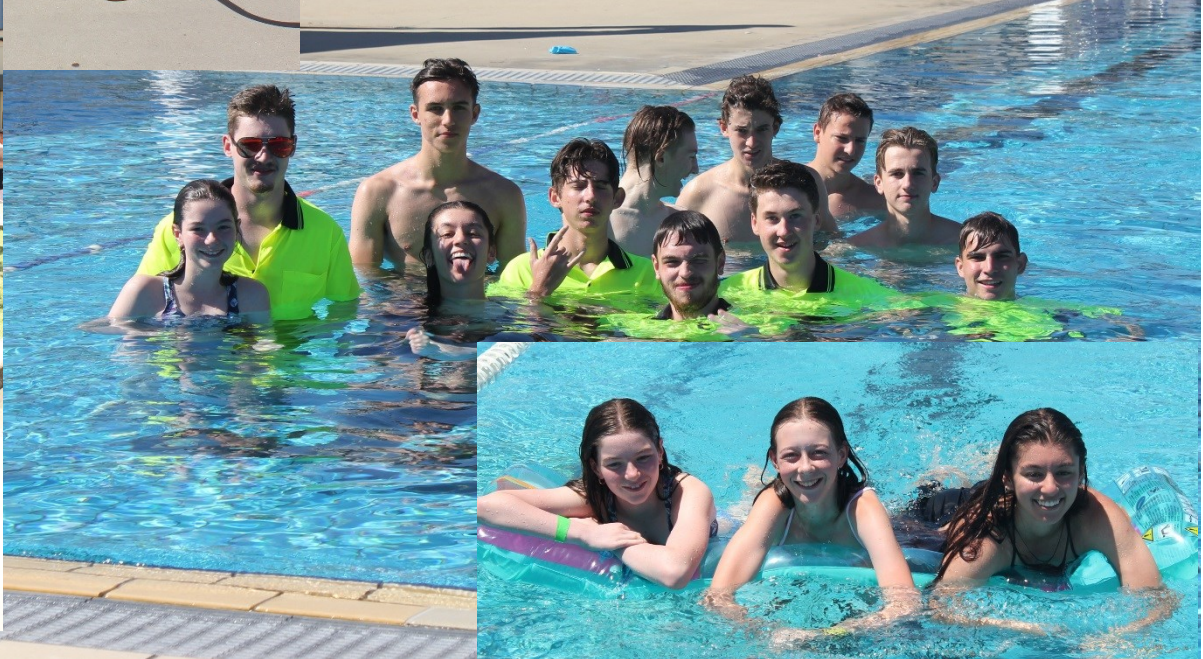
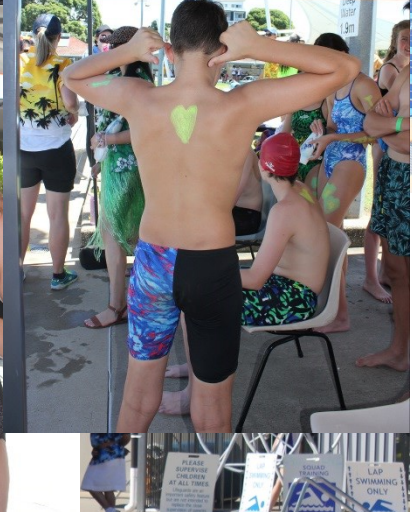
It was a beautiful, hot day which gave all the students a chance to have fun and cool off in the novelty races or participate in the competitive events.

It was wonderful to see everyone in their house colours showing school spirit and cheering everyone on.

A big congratulations to Thorpe who were the overall winners of the day!

-Alana Brown and Felicity Bradfield (Thorpe House Captains)





Year 8 Debating Team Competed in the Quarter-finals of The Premier's Debating Challenge

Last year our Year 8 Debating Team, Rex, Zoe, Madeleine, and Hana, competed in the quarter-finals round in the Premier's Debating Challenge.



Students were cheered on by their peers as they debated against North Sydney Girls High School. One student even stated that she was impressed by the cohesive arguments presented by the team.

The adjudicators were equally impressed and ultimately settled on a 2-3 split-vote to decide the winner.

Unfortunately, the team were unsuccessful in progressing to the semi-finals, however, they are all keen to take onboard the feedback and return in 2022.

Congratulations on making it to the quarter-finals team!



2021 Leadership Forum

The 2021 Leadership Forum was held on Monday the 13th of December and was a huge success, particularly considering the safety restrictions which were imposed because of COVID.



This meant trying to squeeze the usual two days worth of activities into one. Regardless of barriers, the SRC and sporting house captains were able to partake in an enjoyable day of team building and leadership development activities.

Our guest speaker for this year's Forum, a representative from School Strike 4 Climate, highlighted how instrumental and impactful a leader can be to both surrounding people and the environment.

On behalf of the incoming Student Executive team, a big thank you to all the participating students for attending the 2021 Forum and we are all looking forward to working together with you next year.

Written by Alexander Cain



Introducing our Year 11 Peer Support Leaders of 2022.

Peer support occurs when people provide knowledge, experience, emotional, social or practical help to each other. It refers to an initiative consisting of trained supporters and can take several forms such as peer mentoring, reflective listening, or counselling.

This year, our Peer Support leaders will be assisting and guiding the 2022 Year 7 cohort.

Our Peer Support Coordinators are Ms Nercessian and Ms Cooke



Muirfield's very talented Student Executive Team organises a variety of events and fundraises to keep the school year fun and interesting. Here are some examples of their most recent achievements.

Santa Photo's

The 2021 Santa photos were a fun and festive time at Muirfield. Santa made a special visit with his rein-cow. People from all grades stopped by to say hi. Even some teachers cast aside their grinchiness and displayed their Christmas spirit. From everyone at Muirfield Executive, Merry Christmas

Ethan Turner



Valentine's Day Roses & Chocolates

Monday the 14th was a Valentine's Day to remember at Muirfield high school. For our annual Valentines celebrations the student exec held stores where students had the opportunity to buy silk roses and chocolates.

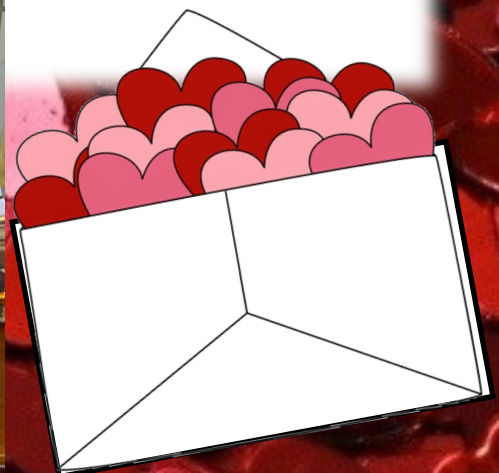


Despite Covid, the exec managed to make the day one to remember filled with love and positivity spread all around the school!

A special thankyou to the Eagleston family who took the time out of their day to pick up the treats, and wrap all 75 roses and 320 chocolates - they looked phenomenal!



Charlize Walters



P&C News

We welcome all families to join our P&C meetings this year. Due to Covid restrictions, meetings will be held via Zoom until further notice.

Meeting dates for 2022:

MEETING	DATE	TIME
TERM 1 MEETINGS:		
AGM	9 MARCH	7:30PM
GENERAL MEETING	9 MARCH	8:00PM
TERM 2 MEETINGS:		
GENERAL MEETING	11 MAY	7:30PM
GENERAL MEETING	8 JUNE	7:30PM
TERM 3 MEETINGS:		
GENERAL MEETING	10 AUGUST	7:30PM
GENERAL MEETING	14 SEPTEMBER	7:30PM
TERM 4 MEETINGS:		
GENERAL MEETING	12 OCTOBER	7:30PM
GENERAL MEETING	9 NOVEMBER	7.30PM

Entertainment book

The P&C have teamed up with Entertainment again this year to raise funds for our school. We get a percentage of the sales for each entertainment book sold.

Buy the Entertain book and you will save heaps on entertainment and dinners for your family and friends and raise money for our school at the same time.

Please forward the link to your friends and family.

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

Treasurers needed

Our 3 treasurer roles are vacant as our 2021 parent volunteers cannot continue assisting this year. We urgently need parent volunteers to help us with the following roles:

- P&C treasurer
- Canteen treasurer
- Uniform shop treasurer

Without parent volunteers assisting in these roles, the P&C cannot operate. If you are able to assist or need more information, please contact Charmaine on muirfield.p.and.c@gmail.com.

Charmaine Hetem
P&C President
muirfield.p.and.c@gmail.com.

Canteen

Students can now order recess and lunch meals using Qkr! The cut-off for placing recess orders using Qkr! is 9:00AM and the cut-off for lunch orders is 10:00AM. Students are also able to place recess and lunch orders at the canteen window before school and during recess time.

We highly recommend that students pre-order their recess and lunch meals so that they don't miss out. Students will still be able to buy food and drinks at the window before school, during recess and lunch times.



Our canteen now has EFTPOS facilities. There is no minimum purchase amount and we encourage Tap and Go/contactless payments. This will minimise physical contact and speed up the buying process at the canteen window. Canteen staff will not print EFTPOS receipts unless it is specifically requested by a student. This will also help reduce the time students have to stand in line

Parent volunteers

In order to comply with Covid restrictions, we have to have a service window open for each year group. We have 2 staff members in the canteen and it is very difficult for 2 people to serve students lined up at 6 windows. It results in students standing in line for longer periods of time before they get their food. We need at least 2 parent helpers each day of the week for the following times:

- Monday / Tuesday / Thursday / Friday – 12:30PM to 1:30PM
- Wednesday – 11:45PM – 12:45PM

The Department of Education has given permission for parent volunteers to come onsite to assist in the canteen, as long as all parent volunteers are fully vaccinated.

If you able to assist one or more days a month, please contact us on mhs.pnc.canteen@gmail.com as soon as possible.

2022 Menu and pricelist

As we all know, grocery prices have risen considerably over the last year. The canteen has run at a loss for the last 2 years due to the impact of Covid. We cannot continue to run the canteen at a loss and unfortunately had to review our prices. The new pricelist for 2022 can be found on page 19 of this newsletter. You will see that our prices are still very low as we want to provide healthy and affordable food options for our students. We will never turn a student away who does not have enough money to buy lunch and will always make sure we help students.

Our canteen menu complies with Health Canteen guidelines. Most of our meals are freshly made in-house. There are very few pre-cooked items that are ordered in. If you have any requests or suggestions to improve our menu offering, we would love to hear from you. You can contact us on mhs.pnc.canteen@gmail.com

In addition to our standard menu, we prepare a cooked meal for a lunch special every day. This lunch special changes every day. On page 20 is a list of our lunch specials for term 1.



Canteen MENU 2022



SANDWICHES & WRAPS

Toasted sandwich	\$2.00
White or brown bread with cheese. Add ham / tomato / salami \$1	
Fresh sandwiches	\$4.50
Chicken / Ham & cheese / Egg / Salad sandwich (vegetarian)	
Crispy chicken wrap	\$6.00
Grilled chicken wrap	\$5.50
Veggie wrap	\$5.50

HOT FOODS

Sausage roll	\$4.00
Pies	\$4.50
Chicken / Steak & potato / Veggie / Beef	
Chicken tenders	\$4.00
Chicken nuggets	\$3.50
Garlic roll	\$2.50
Pizza scrolls	\$3.00
Potato wedges & sauce	\$4.00
Hashbrowns	\$3.50
Noodle cup	\$3.50
Chicken / Beef	
Spring rolls	\$3.00
Hotdog	\$3.50
Bacon & egg roll	\$4.50

DAILY SPECIALS

Lunch special	\$6.00
See board for lunch special of the day	

SALADS

Veggie salad	\$6.00
Made with fresh veg & salad ingredients of the day	
Couscous salad	\$6.00
Grilled chicken salad	\$6.00
Grilled chicken pasta salad	\$6.00
Caesar salad	\$6.00
Egg & feta salad	\$6.00

SNACKS

Banana bread	\$2.50
Popcorn	\$2.00
Muffin	\$2.50
Jelly cup	\$1.50
Red Rock chips	\$1.50

DRINKS

Flavoured Milk	500ml 250ml
	\$3.00 \$2.00
Chocolate, strawberry	
Flavoured water	\$2.50
Various fruit flavours. No added sugar.	
Still bottled water	\$1.50
Fruit juice	\$2.00
Various flavours. No added sugar.	
Juice Bomb	\$2.00
Various flavours. Carbonated fruit juice in 250ml can. No added sugar.	
Iced tea	\$2.50
Various flavours. Low sugar. 500ml bottle.	
Hot chocolate	\$2.50
Slushies	\$1.50
100% fruit juice. No added sugar.	

Term 1 Daily Specials Menu

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
21 Butter Chicken & Rice	22 Chicken Pasta Bake	23 Burgers	24 BBQ Pork & Rice	25 Pizza
28 Teriyaki Chicken Noodles				

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Quesadilla / Taco	2 Burgers/ Mac & Cheese	3 Braised Beef & Rice	4 Pizza
7 Creamy Beef & Rice	8 Alfredo Pasta	9 Burgers	10 Singapore Noodles	11 Pizza
14 Japanese Chicken Curry & Rice	15 Spag Bol	16 Burgers / Nacho's	17 BBQ Pork & Rice	18 Pizza
21 Chicken Pasta Bake	22 Butter Chicken & Rice	23 Burgers	24 Teriyaki Chicken Noodles	25 Pizza
28 BBQ Pork & Rice	29 Quesadillas / Taco's	30 Burgers	31 Braised Beef & Rice	



April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza
4 Creamy Beef & Rice	5 Spag bol	6 Burgers	7 Teriyaki Chicken Noodles	8 Pizza

School Uniform Shop

We want to thank parents for their understanding with the new ordering process in place.

Uniform items must be ordered using Qkr! and can be collected from the school office. Orders placed by midnight Sunday can be collected from the office on Monday (the next day).

If you would like to exchange or return any garment for a refund, please hand the items in at the school office. The uniform shop ladies will have the exchange/refund ready for you on the following Monday when they are in.

Sports shirts size 14 is currently out of stock. Our suppliers are experiencing shortages and we will work with our supplier to try and get stock in as soon as possible.

Covid impacts has also resulted in issues with deliveries of our new girls black shorts. We are very excited about this new addition to our garment range for girls and hope to get our stock soon.

If you have any issues please feel free to contact the uniform shop directly via email at mhs.pnc.uniform@gmail.com or via the school office on a Monday on 9872 2244.

We thank you for your patience at this time.

- Year 7, 11 and 12 return for 2022
- All students return for 2022



2022

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
3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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24	25	26	27	28	29	30	28							28	29	30	31										
31																											

May							June							July							August						
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30	31																				29	30	31				

September							October							November							December						
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26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	
							31																				

2023 Term 1 - 27th January to 6th April, Term 2 - 24th April to 30th June, Term 3 - 17th July to 22nd September, Term 4 - 9th October to 19th December



WE CAN HELP TRANSFORM YOUR CHILD



REGISTRATIONS NOW OPEN

From Under 6 to Under 17s

Come and join a great family club and transform your child into a future Wallaby!

Registrations can be completed online at:
www.northrocksjuniorrugby.com or contact us
by email info@northrocksjuniorrugby.com



BOLD HORIZONS



SOS-3D

JOIN THE QUEST

SATURDAYS - TERM 1

Orienteering: An adventure sport for all

MUIRFIELD HIGH SCHOOL

19 February, 2022

Starts 9:30am to 11am

Choose your challenge

Complimentary entry for Muirfield High students

Info and entry: www.boldhorizons.com.au



FOOTBALL | FAMILY | PASSION

GET YOUR GAME ON

**REGISTRATIONS
OPEN JANUARY**



GET YOUR \$100
ACTIVE KIDS REBATE!
www.sport.gov.au/activekids



CONNECT WITH US ON WeChat
扫描微信二维码, 关注 ROSELEA FC



roseleafc.com



FOLLOW US ON FACEBOOK
www.facebook.com/RoseleaFC



CHECK OUT OUR INSTAGRAM FEED
www.instagram.com/roseleafballclub



Tuition that works!

WINNER OF BUSINESS ACHIEVERS AWARD
Hall of Fame
Tuition, Training & Children's Services

Over 60 campuses in
NSW, VIC, QLD, WA, ACT & SA
There must be one near you!
Proven success since 1991



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