Term 3 Week 3 2015

From the Relieving Principal

I trust Year 12 will be in the midst of their Trials at the time of this publication, but I would like to wish students every success. It has been a privilege to have met many students in coaching conversations since Term 4 last year and it is pleasing that many have implemented changes and are functioning more positively in class having discussed goals and strategies for improvement within subject areas. Teacher connections have always been strong at Freshwater and many students have been actively seeking extra assistance and consolidation in study areas over the last few weeks.

Term 3 has kicked off at full speed with a superb Visual Arts/TAS Expo that was held in the Gym on Wednesday, July 15th. The standard of work exhibited by the students was exceptional and it was pleasing to see the event very well attended by students, parents and staff. I am confident that there will be some stunning results in these areas and would like to sincerely thank the TAS and CAPA staff who coordinated the exhibition.

Also that week, Year 12 Drama group presentations were held in the Performance Theatre. It is always inspiring to see how these items come together and the collective input of students is essential in these performances. They were expressive, sensitive and extremely entertaining.

In Week 2, we had a very successful school visit by Minami High School organised by Mrs Barbara Leonard. The Japanese students were “buddied” with our Year 11 students and some wonderful connections were made with many students exchanging details at the end of the day, with even the odd tearful goodbye!

Also in Week 2 we saw Music and Dance performance evenings with the overall standard of our performers being very high. I would like to wish these students every success as the HSC approaches with Dance and Drama (practical) being amongst the first subjects being examined.

In terms of staffing, at the conclusion of Term 2 we farewelled Craig Rolfe (PD/H/PE and TAS) and Brittany Skea (CAPA) both of whom provided excellent teaching to our students. This term, we welcome Vicki Busse (PD/H/PE) and Belinda Lanham who will be joining CAPA and English, filling in for Jasmin Chowdhury.

I would also like to thank and acknowledge Jasmin for taking on my role as Deputy Principal for the past six weeks. She has done an incredible job and with Caroline Powell, contributed enormously to the running of the school. She will be taking extended maternity leave commencing at the end of Week 5, and we wish her all the very best and welcome Cathy Moran to the role of Head Teacher Secondary Studies/Welfare (relieving).

Chris Mortimer

From the Relieving Year 12 Deputy Principal

Are we there yet?

Here we are at the beginning of Term 3 and the pace is already frantic; major works are due, performances are looming and the HSC trials are well underway. Students, parents and staff are all feeling the pressure. No wonder they are called “trials”. At this point the students appear to be divided into 3 camps:

- The “over it” group. They are overwhelmed by stress and want to leave school.
- The “all over it” group. These students are a little anxious, but well prepared and taking it one day at a time.
- The “rollover” group who just want it all to be over.

I speak to teachers who are feeling overwhelmed by the marking and the sense of responsibility and desire they have for their students to do well. I speak to parents who are tearing their hair out because they can’t get their kids to study or because they are stressed by the exams. Add to all of this the illnesses that come with winter and it all is a major trial!

On the positive side however, I have been very impressed by the dedication of teachers who run extra classes during weekends, holidays, lunchtime and before and after school. I am inspired by the students who still smile and greet staff and each other with warmth and enthusiasm and by the number of heads bent over work in all available spaces.

I would like to thank the Year 12 Wellbeing team and teachers for working so hard to make this time as painless as possible for our students. They have provided ongoing emotional and academic support and have even taken the time to provide home-made food for “chill out sessions” for all of Year 12. I have recently emailed all parents the dates for this Term. They can also be accessed on the calendar on the Freshwater website. We are almost there!

On another note, a few words about uniform. With the plummeting temperatures, we have seen an equal drop in uniform standards. All students who apply to attend Freshwater sign a contract that says they will abide by the school expectations, including the wearing of the school uniform. Winter uniform requirements are available from ‘Pickles’, Brookvale. This includes unisex long black pants and woollen or fleecy jumpers. Students are reminded that long sleeve shirts should not be worn under shirts, jumpers must be Freshwater school jumpers, and that ugg boots (even black ones), are NOT school uniform. Any student who cannot afford correct winter uniform is asked to see me so that arrangements can be made.

There will be rigorous uniform checks over the coming weeks to ensure that all of our students are wearing the uniform properly, and that the school is being represented with pride in the wider community. Students who are found to be out of uniform will be asked to return home and change into the correct school uniform before returning to school. This inconvenience can obviously be avoided by choosing to wear the correct uniform prior to leaving home. Year 12 are also reminded that full and correct school uniform is to be worn to all exams.

Caroline Powell

From the Relieving Year 11 Deputy Principal

Term 3 is the shortest Term of the year for our Preliminary students. Year 11 will be going into their Yearly exams in Weeks 9 and 10, thereby condensing this term into only 8 school weeks. This can mean that the students may begin to feel the stresses and pressures of the senior environment. It is a great time to start reflecting on study habits, organisation and perspective. Students should be starting to develop some regular and realistic study habits – as parents you can facilitate this by encouraging simple and effective study patterns from a supportive point of view. Small changes to time management and study patterns can be very effective in improving student outcomes.

Being organised, which includes a study space, timetable and calendar can also greatly reduce any anxiety and stress that may be associated with school. Always remind students to include their extra-curricular activities in their organisation as well. However, I believe that balance is a key ingredient to student success – they must be able to keep all of this in perspective. Academic success is very important and of course this is our focus but equally significant is the health, well-being and development of the whole person. Students must be reminded to keep a healthy perspective and balance towards their school life.

It has been a pleasure being the Relieving Deputy for Year 11 over the past few weeks – they have impressed me with their work ethic, enthusiasm and energy throughout the school. I wish them the best of luck for their final Preliminary Term and look forward to seeing more of their successes during their HSC year.

Jasmin Chowdhury
Congratulations Year 12, on the lead up to, and start of the trial examinations. Over the school holidays and the first few weeks of this Term you have demonstrated a strong commitment towards your study regimes as well as final preparations of major projects and assessment tasks. As Mr Herft highlighted in the last school assembly, it is so important for you to acknowledge what you have gained in knowledge and skills during Year 12 so far, and move forward with confidence.

As Year Advisers we were so proud to attend many events during Weeks 1 and 2 of this term to view the submitted works exhibition and the drama, dance and music showcase evenings. It was amazing to see the dedication you have demonstrated towards completing such brilliant pieces of work. We were also delighted to see so many parents and friends attend the evening to admire your creative work. Congratulations also go to those students who have submitted written projects for external marking as part of the HSC. It is a real credit to you all when we think about the number of hours that you must have applied towards these projects and their successful completion.

When the Trials are completed, we encourage you to give yourselves a deserving ‘pat on the back’ for what you have achieved and then spend some time reflecting on the feedback you will receive from your teachers. This will give you the opportunity to seek advice, identify target areas to focus on and prepare effective study plans to manage the remaining time as you approach the HSC examinations. There is also real benefit to be gained from studying and sharing with others through study groups. Not only does it help you to work to the best of your ability, a unified effort will also help the success of Year 12 as a whole group.

From the Year 11 Advisers

Lisa Peterson  
Glenn Bennett  
Leanne Turner
Year 11 students all have their reports and are working steadily towards their Preliminary exams in Weeks 9 and 10 of this Term. Students should have a better understanding of where their strengths and weaknesses lie and be working with their teachers to improve. Many are realising that the HSC is becoming a reality, especially as they see the Year 12 students currently sitting for their HSC trials and have witnessed the quality of the major works that were produced at the recent exhibition.

Parents and students need to work on building resilience, getting in the habit of instilling a positive attitude within their families as preparation for the year to come. Michael Grose, author of eight parenting books, has developed 10 phrases that are used in resilient families. These allow children and adults to tune into each other’s needs, choosing situation-specific language, rather than simply regurgitating generalised ‘feel good’ or ‘get on with it’ platitudes. These phrases help students and parents to get through the inevitable tough times that are experienced during the HSC year. The language of resilience generally involves coping strategies featuring empathy, humour and acceptance.

These phrases are shown in the picture below. Next time you or your children are feeling overwhelmed by the demands of the HSC or other pressures, try them and see what a difference they can make. It takes practice, but they really work. If you would like to read the whole article, go to www.kidspot.com.au/10-phrases-you-hear-in-resilient-families-are-you-using-them

Sports News

Freshwater athletes have been putting in a huge effort again, this time at the Sydney North Regional Athletics Carnival.

Willson Lowe from Year 11 has qualified for CHS (State) in both long and triple jump, coming second in both events and jumping a massive 6.35m in long jump. Our javelin throwers didn’t disappoint, with Matt Dunn winning the 17 years boys event with a throw close to 50m. Naomi Peterson successfully defended her regional title in javelin throwing 32.35 metres, which is a personal best by a whopping 5 metres.

Our girls 17s relay team (Bella Neal-Shaw, Ally Green, Lara Simpson and Naomi Peterson) set a blistering pace and won their event and are looking forward to competing at CHS in September.

Matt Stirrat came 4th in the 1500m, which is exceptional considering he was unwell.

Others who represented Freshwater at Regional were: Sinead McNamara (long jump and javelin), Indy Hodgson (1500m), Alec Panetta (discus and relay), Umar Ali (relay), and Luke Pasfield (hurdles and relay).
Kayaking
Keily Dober (our school captain) has been in Portugal for the past three weeks training for and competing in the World Junior and U23 Sprint Kayaking Championships. Keily paddles in the K2 500m event with Caitlin Burt-Poloai from Queensland. Coming 5th in their heat they qualified for the semi finals, where they placed 5th. This qualified them for the B Final. In a high quality field and in very tough race conditions they placed 7th.

Keily said recently that her “goal for 2015 is to keep improving, train harder than ever and make her coaches, family and friends proud.” Well, we certainly are very proud of you Keily, well done!

Lisa Peterson, Sports Co-ordinator

College Sport News

NBSC sent down a College Team to the 2015 Travelplan Ski Northern NSW Interschool’s SnowSports Championships in the last holidays. Freshwater was well represented in this team with Ben Allison and Riley Edwards competing in the male section, while Georgette Randall, Cait Halsted, Mia Roberts and Bella Roberts competed in the female section.

Ben Allison represented individually in the Division 1 Alpine, Moguls and Skier X. Within the of the College Team, he was able to compete in the teams section with long time mate Lachlan McMahon, who attends Cromer Campus. It was in the teams section that Ben won the gold medal in the Division 1 Moguls Team (with Lachlan) and the Silver Medal in the team’s section of the Skier X. Both Ben and Lachlan will represent the NBSC at the Interschool’s State Championships in late August, with Ben qualifying in the individual section of the Moguls after finishing 4th overall. Riley Edwards represented in the Division 1 Snowboard X, where he finished 10th in the Individual section, just enough for him to qualify for the State Championships in late August.

Cait, Georgette, Mia and Bella competed in the Alpine Division 1 and with rankings of 3rd, 7th, 19th and 45th after their 2 runs each, the combined times of all 4 girls was awesome, winning the Gold Medal in the teams section. All 4 girls have qualified for the State Championships in the teams event at Perisher in late August, with Cait (3rd) and Georgette (7th) also qualifying in the individual section. Mia, Cait and Bella teamed up in the Moguls with Mia placing 5th, Cait 8th and Bella 11th, which won them the Silver Medal and qualified them for the State Championships as a team, with Mia and Cait also qualifying in the individual section. Cait, Georgette and Mia represented in the Skier X, with Cait finishing 3rd, Georgette 7th and Mia 14th, our girls finishing 2nd overall and were awarded the Silver Medal. They also qualified for the State Championships at Perisher in late August. Thanks to the girls’ parents who supported the girls on the mountain in all aspects of the competition. Ashley Mathieson, College Sport Co-Ordinator
**Careers News**

**2016 University Application opens on Thursday, August 6th.** By this date all undergraduate application information for 2016 will be available on the University Admissions website [www.uac.edu.au/undergraduate](http://www.uac.edu.au/undergraduate) Visit this site to find out all you need to know about Schools Recommendation Scheme, Education Access Scheme and Equity Scholarships.

The 2016 University Admissions Guide has now arrived in our school and all Year 12 who plan to apply for university are reminded to collect their copy from the Careers Office.

**EAS – Education Access Schemes**

Year 11 and 12 can be a difficult time for students due to factors beyond their control. Students who experience difficulties and disadvantages in their lives, beyond the ordinary stresses of the HSC, are able to apply for consideration for entry into courses whose cut offs are slightly higher than what they can achieve. If you would like to read more about this scheme and check eligibility criteria please go to [www.uac.edu.au](http://www.uac.edu.au) after August 6th. Please note that exam anxiety is not an eligibility criterion for EAS.

**Equity Scholarships**

Universities offer financial scholarships to high achieving students with an ATAR that is generally over 95. Individual university websites are the best place to find out what scholarships are on offer (via undergraduate, then scholarships). Please note that the scholarships differ from one university to another and that most need to be applied for by the end of September.

**Schools Recommendation Scheme**

The UAC website will soon be updated with all the relevant information regarding this initiative – please check it regularly.

**University Open Days**

We encourage all students in Years 11 and 12 who are planning to go to university to attend some of the Open days that are coming up. Mark these dates in your diary and head to the University campus on the date below to do your individual research. Parents are also welcome to attend.

- University of Wollongong August 15th
- Sydney University August 29th
- University of Technology - Broadway Campus August 29th
- Notre Dame University August 29th
- Australian Catholic University - North Sydney Campus September 5th
- University of New South Wales September 5th
- Macquarie University September 5th
- Australian Catholic University - Strathfield Campus September 12th

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Melissa Penrose

Maryann Rogers
From the Relieving Secondary Studies Head Teacher and Learning Support Co-ordinator

With Trial HSC exams and Preliminary exams looming, there’s a particular ‘buzz’ in the air around here. For some, the expectation, pressure, excitement and stress that combine to create the ‘buzz’ is helpful. The ‘buzz’ keeps some students motivated and driven to achieve their best. For others, the ‘buzz’ is almost too much to bear, paralysing forward momentum and causing stress and anxiety levels to rise uncontrollably. It is normal to feel stressed at this time, particularly under the growing weight of pressure and expectations. Applying strategies to manage the ‘buzz’ will ensure that students are able to optimise their results, and parents are able to help them navigate the months ahead. These include:

- Having a conversation with your son/daughter about expectations of results. Students are often guilty of setting OR settling for unrealistic expectations (both high and low), and are equally susceptible to feeling as though they are not ‘good enough’ to achieve what is expected. Having realistic goals, and a shared vision of what achieving these looks like, will help somewhat in easing stress and anxiety.

- Being reminded that exam results are just that, marks allocated for a particular task at a particular point in time. They are not a measure of a student’s worth and do not reflect overall capabilities. For Year 12 students, the Trial HSC exams should be seen as an opportunity to drill down into content that needs to be reviewed. There is time before the HSC to allow all students to focus on areas of weakness, and the Trials are a great way to identify those areas.

- Understanding that it is normal to feel a range of emotions during the wait, and receiving of, exam results. These feelings could include excitement, stress, anxiety, sadness, anger, regret, amongst many others. Actively seeking feedback from teachers, identifying reasons for results (e.g. excellent / lack of adequate revision, misinterpreting questions, excellent / poor time management), will help to ensure positive practices are continued and poor exam preparation is avoided.

- Knowing that physical and emotional health are vital ingredients for managing stressful times such as examination periods. Ensuring students have adequate sleep, nutritious diets and moderate exercise will contribute to optimal health levels. Having a half hour study break and taking a brisk walk or light jog will allow students to re-energise and re-focus so that the next study block is super effective.

The school Counsellor, Wellbeing Team and all teachers are available for any students who need support leading into or following exam periods. It is worth remembering that these times will pass and all too soon will be distant memories. Taking one day at a time and applying positive strategies will ensure that students and parents, emerge from this time intact and in great shape to face the next life chapter - post HSC.

I have written recently about the applications of a number of students to BOSTES for Disability provisions for the HSC. All Year 12 students who have applied, will now be aware of their eligibility or not, for Disability Provisions for the HSC. Students in Year 12 who have received additional provisions, will be granted these for the upcoming trial HSC exams. Students will also have received a specific exam timetable which has their names listed for each exam they are sitting. Please ensure that your son/daughter is aware of the time and location of their exam, and that they arrive with enough time prior to the scheduled commencement of the exam. Locations for special provision exams are mostly on Level 4, but students must check the exact rooms.

In early Term 4 we will begin to collate evidence and applications for students in Year 11 who might be eligible for disability provisions for the HSC. Any HSC student with a disability recognised in the Commonwealth Disability Standards for Education 2005 can apply for Disability Provisions. The definition of ‘disability’ in the Disability Discrimination Act 1992 includes: physical, intellectual, psychiatric, sensory, neurological, and learning disabilities, as well as physical disfigurement, and the presence in the body of disease-causing organisms.

The application will be lodged by the school, but depending on the grounds for provision, may require; medical reports that confirm diagnosis of a particular condition; hearing and vision tests; timed essays; teacher comments; reading and comprehension tests. In the case of medical reports, they must be current (within 12 months). Timed essays and other diagnostic testing must also be within the previous 12 months.

If you believe that your son/daughter might be eligible to apply for HSC Disability provisions in 2016, please ensure that medical reports or other diagnostic tests are up to date. More details will follow in Term 4. Please contact me in the interim if you have any other queries.

Cathy Moran
STA (Students Take Action) Report

Since our initial connection in 2005 with the Hanga Vocational Trade School in Tanzania, our Freshwater school community has raised over $100,000 to establish and maintain a computing facility in the school that now includes 35 laptops, printers, routers and Internet connection to all computers. Some of the funds raised were also used to support the building of student dormitories, the provision of classroom equipment and paying for the education of some highly underprivileged students.

In a recent email from Frank, a student of the Hanga VTC, we are provided with a powerful insight into not only the significance of our support for his school community, but also a snapshot of the lives of the students, in many ways so different to our own.

"Last year the Government of Tanzania introduced the computer program, and we have a national exams in computer program. Therefore, we are happy because we have started before and now is not so much difficult for us to use it. We say thank you for helping us in supporting the Internet. Some school like our school they don’t have computers, we always feel proud of it.

Our life when we are in school is that, we try to share everything, because we come from different families such as we have some students lost both parents from HIV, some have one parent, some have two parents but they don’t stay together. Most of us we come from poor families, sometimes we are in trouble from school fees, some when we go for the holiday we find employment so that to get money for school fees. That is our life in school. We say thank you …”

Our “Crazy Socks” mufti day, sausage sizzle and student concert in Term 2, raising a further $800 for this worthy cause, was a huge success! Thank you for your continued support. Please visit http://hangavtc79.blogspot.com.au/p/blog-page_62.html for more information and images of the school and its facilities.
Faculty in Focus - HSIE (Human Society and Its Environment)

This Term continues to be busy for Social Science students at Freshwater studying one, or in many cases two of our courses - Society and Culture, Business Studies, Legal Studies, Economics and Geography.

Our Legal Studies lawyers have recently been exploring Environmental Law and the need for the protection of Human Rights domestically and abroad. Our Business Studies students are involved in exploring real-world case studies including Red Bull and Zara and are getting ready for their upcoming excursion in September to Blackmores Head Office.

We congratulate and celebrate our Year 12 Society & Culture students who have recently completed their Personal Interest Projects. These Projects represent a significant personal and academic commitment by our students and many have involved conducting interviews with experts and participating in observational studies within our community. We are very proud of the range of unique and creative topics that our students have chosen to research. Some of these topics include:

‘The ‘F’ Word...misconceptions of feminism’ - Georgia Phin

‘Waste or Taste’ - The ‘isms of food - Annabella La Spina

‘Patients of impatience: how and why reliance on the internet is changing our behaviours’ - Byron Leach

‘“Anarchy! I don’t know what it means but I love it” the social significance of anarchist ideology within contemporary society’ - Timothy Scriven

‘Gender - what is it good for?’ - Jessica Chignell

‘The Hooligan Question’ - Football fan culture, experience and identity - Nicholas Dobrijevich

‘Who knows what they want to do?’ - Alexandra Aves

‘Where to next? the changing nature of travel: Baby Boomers versus Generation Z’ - Benjamin Rattray-Penrose

‘That’s so unskool! An investigation into the rise of homeschooling in Australia’ - Claudine-Mae Mendoza.

‘Broadcasting in Colour’ - Jason Aghahowa

In Geography, fieldwork is one of the most exciting aspects and an excellent way to bring our class work to life. In Term 2, the Year 11 field trip to Bobbin Head, located in the Ku-ring-gai Chase National Park enabled students to study the local and global impacts humans are having on these precious ecosystems.

Year 12 Geography students participated in an excursion to Sydney’s CBD to investigate the significance of Sydney as Australia’s global city and to see first-hand the transformation of Pyrmont from a run-down manufacturing and industrial suburb into an exciting hub of multinational corporations and highly skilled professionals. From Darling Harbour, the students went on a guided tour through Pyrmont where they could evaluate the impacts of changes on the culture and economy.
Year 12 Geographers are currently studying viticulture and will soon visit Tizzana Vineyards near Windsor where they will be able to study the process of wine-making from the growing of grapes to the production and sale of wine.

We wish all our Year 12 students the very best in their upcoming Trial HSC exams.

Kathleen Fulcher, Head Teacher HSIE

Freshie supports ‘Build Your Future Today’ (BFT), a Cambodian charity - by Zoe King, Year 12

The week I worked with BFT last year fundamentally changed me in many ways. I was privileged to help my mum film and create a promotional piece about this charity which has at its core such a vital message; that education can change lives. Compelled to help this charity in more ways, I helped to organise a mufti day and cake stall, splitting the funds raised with another girl’s sponsor child in Nepal. The amazing $450 which went to BFT, has helped buy more than 15 bikes with BFT’s bike program, helping children in rural areas reach school easier and get an education which can enrich their lives. Thank you very much Freshwater, we have made an astounding difference in these children’s lives.
Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

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<td>Wednesday 26 August 2015</td>
<td>Civic Centre, Flannel Flower Room</td>
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BOOK NOW ON: 9942 2447 or roadsafety@warringah.nsw.gov.au

A proud initiative of Warringah Council

Helping learner drivers become safe drivers

NSW Government

WARRINGAH COUNCIL

WE NEED YOUR BIKES!

COLLECTING IN BROOKVALE ON SUNDAY AUGUST 2 FROM 9AM – 3PM

At Bikes4Life, it is our mission to collect, restore and provide bicycles to the most marginalised & impoverished communities around the world.

We are currently collecting bikes for our next project – ‘Water for Africa’ in Tanzania. If you have an unused bike that you would like to donate, we can extend its life!

We are mainly looking for teenage / adult size mountain bikes in good condition or near working order. If you can help, then we’d love to hear from you! Contact sara@bikes4life.com.au

Please drop your bike to:

3/130 Old Pittwater Road, Brookvale
Sunday 2nd August, 9AM – 3PM

LET YOUR OLD BIKE CHANGE SOMEONE’S LIFE FOREVER.
## School Calendar

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<td><strong>Careers Mini Market – 11 – 12.30 Undercroft</strong></td>
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<td><strong>Music 1 and 2 Individual works Submission</strong></td>
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Come and discuss your career options with the experts!

Meet training organisations and employers, pick up job application and interview tips and find a career that suits your interests.

When: Wednesday 12th August, 2015 from 4pm-7pm
Where: Hornsby War Memorial Hall, 2 High St, Hornsby
For: Young people 15 years and older

Please bring several copies of your Resumé and a pen. Parents are very welcome.

For more information, please contact Rachelle Elphick on 0439 041 020.