THE TORCH

2014 SRC

The following students were inducted into the SRC 2014 on Thursday 20 February in a delightful ceremony organised by Mrs Frohlich. Congratulations to the following girls – Louise BERRY, Avan DARUWALLA, Deeksha GOLLAMUDI, Lauren LANCASTER, Hannah RHEE, Simone BOUCHER, Shanaya DE SILVA, Yusun LEE, Nadeesha PALLEGEDERA, Jenna YIM, Natalie CHUA, Katherine DU, Victoria LIU, Chiettha PRAJNADEWIE, Jenny QIAN, Theresa CHANG, Annabel CHEUNG, Tian DU, Sanjna KALASABAIL, Annabel HORSBURGH, Maddy JONES, Sanjna KALASABAIL, Abisini PADMASIRI, Bridie PETERS, Cindy TA, Aerin TAN and Isabelle TRUONG.

The DEC Student Volunteering Award is a great way for students to be acknowledged for their efforts in assisting the community through volunteering within their local communities. Students are recognised with a bronze (twenty hours of volunteering), silver (40 hours of hours volunteering) gold (60 hours of volunteering) and diamond award (80 hours of volunteering). Congratulations to Nivetha Augustus (Bronze and Silver Award), Caroline Cheng (Bronze and Silver), Nicole Fatt (Silver and Gold), Elianna Han (Diamond, Gold, Silver), Sampavi Kanagalingam (Bronze, Silver) Jessica Lee (Diamond), Tiarne Lu (Silver), Sahana Murali (Bronze), Cherita Zhu (Bronze) who all actively participated in the program in 2013. Thank you to Mrs Frohlich for coordinating this scheme at HGHS.

We spoke of the achievements of the Class of 2013 on assembly on Tuesday 18 February. At lunch that day seven students from that class came back to HGHS to say hello and also to thank their teachers for helping them through their studies and into university – Captain Angelina Chua (Sydney University), Vice Captain Annabelle Ellis (Sydney University), Cecilia Li (Sydney University) and Melanie Mui (University of Queensland), Ami Hong (Sydney University).
University), Seyoung Jang (UNSW) and Natalie Zhang (Sydney University). We wish all of the Class of 2013 all the best for their future careers. Stay in touch girls.

Pamela Wang (Year 12) will be attending the NSWCHS Volleyball State Carnival Tuesday 1 April – Thursday 3 April at Minto. Congratulations Pam.

Our Annual Swimming Carnival at Parramatta Aquatic Centre on Wednesday 19 February was a great success with all Houses contributing to the superb atmosphere. Thank you to all the parents who came to support their daughters. Thank you to Miss Coggins for organising this carnival. Please read her report in this edition of the Torch.

On Thursday February 13 I attended the annual celebration of the FIRST (Robotics) program at Macquarie University to support members of the ‘3132 The Thunder Down Under’ team from Hornsby Girls High School. The team which includes Kassandra Di Bona (Year 10) and Katherine Allen (Year 11) and past students Cindy Huang (Class of 2012) and Mel Blake (Class of 2011) will be competing in Hawaii at the international robotics competition in April. Our students have been working within the team to design, and build a robot named ‘Maloo’ to compete in the international competition which was unveiled on the night. Congratulations to our current and past students who have been inspired by Professor Heimlich, Lead Mentor, Faculty of Science. More information can be found at: www.firstaustralia.org or http://www.youtube.com/watch?v=xXbfL_AevbU

From 12 to 14 March 2014, Jehannah May (Year 12) will be among 120 Year 11 and 12 students from around Australia attending the 19th National Schools Constitutional Convention (NSCC), being held at Old Parliament House in Canberra. All Australian education ministers support the NSCC with most states and territories funding feeder conventions and the Australian Government funding the NSCC. The schools constitutional convention program provides senior students with an opportunity to become better informed about how Australia’s constitution provides a democratic framework and encourages them to take an active interest in the operation of government. At the 2014 Convention Jehannah and the other delegates will spend two days exploring Australian Federalism; States' Rights and National Priorities. Emeritus Professor John Warhurst will facilitate the Convention program, which will include input from a panel of experts, group discussions on the issues and the opportunity to persuade other delegates of particular approaches. Students will participate in a mock referendum to determine the outcome of their deliberations. Decisions made at the Convention will be incorporated into a communiqué that will be presented to the President of the Senate. In becoming a national delegate, Jehannah was selected from around 4,000 students from government, independent and Catholic schools, most of whom took part in feeder conventions in their home state or territory. Congratulations Jehannah!

Grounds Day is this Saturday 1 March from 8am – 11am. I look forward to working with you to continue to beautify the school grounds.

On Friday February 21 the school celebrated International Mother Language Day by students signing a banner with the words ‘Mum I Love You’ in their mother tongue. Students also addressed the assembly in their Mother Tongue the previous Tuesday. The banner will be displayed at next year’s IMLD celebration in Martin Place, Sydney. Thank you to Mr Anwar Hossain father of Asha Hossain (Year 8) for this initiative and for Madam Barbeau for coordinating this activity at HGHS.

Dr J Briggs, Principal

ANNUAL SCHOOL BADGE DAY SALE
Wednesday 19th March. Lunchtime in the Canteen area. House badges, School-crest badges, Year 11 and Year 12 badges and School-crest locker key rings will be for sale, all $5.00 each. Wear/carry with pride.......the Old Girls' Union members look forward to seeing you at the sale table.
On Wednesday 19th February, Hornsby Girls held its Annual Swimming Carnival at Parramatta Aquatic Centre. ‘Cartoon Characters’ was the theme of the carnival this year, with Coghlan ‘Where’s Wally?’, Scott ‘Smurfs’, Stephens ‘Ninja Turtles’ and Turner ‘Bananas in Pyjamas’. Year 12 ‘Lighthouse’ once again ‘shone’ in their costumes, including pirates, birds, fishermen and various sea life creatures.

Well done to all the girls who participated on the day, either representing their house in the pool or cheering on their swimmers from the stands. The afternoon rain didn’t dampen anyone’s spirit with house cheers being belted from the stands as the final races and relays of the day took place. Well done to the Year 12 relay team who were successful in maintaining their title of Champions of the Teacher vs Student race. Better luck next year to the teachers.

Thank you and congratulations to everyone who participated in making the carnival such a success!!!

### AGE CHAMPIONS

<table>
<thead>
<tr>
<th>12 YEARS</th>
<th>15 YEARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion – Sarah Chong</td>
<td>Champion – Soo Bin Lee</td>
</tr>
<tr>
<td>Runner Up – Kitty Yen</td>
<td>Runner Up – Kassandra Di Bona</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>13 YEARS</th>
<th>16 YEARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion – Hiro Kojo</td>
<td>Champion – Michelle Lokugamage</td>
</tr>
<tr>
<td>Runner Up – Kiri Kerr</td>
<td>Runner Up – Nicole Fatt</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>14 YEARS</th>
<th>17 YEARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion – Olivia Se</td>
<td>Champion – Carrina Lee</td>
</tr>
<tr>
<td>Runner Up – Grace Roberts</td>
<td>Runner Up – Leanne Mak</td>
</tr>
</tbody>
</table>

### Champions of Champions - 50m Freestyle

1st – Carrina Lee
2nd – Hiro Kojo
3rd – Michelle Lokugamage
SYDNEY NORTH TENNIS TRIALS SUCCESS
Laura Wunderlich Year 7, has achieved amazing success by winning the Regional Tennis Competition at the Sydney North Tennis Trials held in Gosford on Thursday February 20th. Laura will now represent HGHS and North Sydney Region at the State Tennis Championships on the 5th March.
Congratulations Laura and every good wish for your upcoming competition.
HGHS Sport Department

HGHS P&C Grounds Day
WORKING BEE SATURDAY 1 MARCH 2013 8am-11am
The main tasks will be weeding the front, side and back gardens, extending the new camellia garden, cleaning the front fence and spreading mulch.
The TOOLS AND EQUIPMENT you will need to bring are:
- gardening gloves, hat/sunscreen, solid footwear (shoes/boots, not sandals) and appropriate clothing (We will try to run it even if it rains a little, so perhaps bring a raincoat if it looks a bit drizzly)
- Shovels, crowbars and mattocks (for planting trees)
- Weeding tools
- Buckets, sponges with light scourers, and a bit of detergent
- Rakes (spreading mulch) and brooms (cleaning up)
- Wheelbarrow if you have one (for transporting mulch)
Please bring a bottle of water to prevent dehydration.
You will need to sign on in the foyer when you start and finish for the day (to ensure that you are insured).
We will stop for morning tea at around 9.30am.
Please note the early start – this is to avoid the heat. If you cannot get there by 8, don’t worry, just turn up as soon as you can, and sign on in the book which will be inside the front door of the School.
Please note that we will go ahead unless it is REALLY raining, the wet ground makes weeding much easier.
If we do decide to call it off, we will send you an e-mail by Friday night. Looking forward to seeing you
Jo Motbey (Grounds Co-ordinator)
**BAND NEWS...**

**Next Committee Meeting** - **2014 Monday 5 May - 7:30 – 9:00 pm in the Common Room**

Come and be part of our terrific team and meet other parents. Enter through Thomas St gates for parking. The updated committee list can be found in the February Bulletin. There are still vacancies in several positions: parent contacts for the Symphonic Band, the Concert Band, Flute Ensembles and the Jazz Band, as well as many assistants. Parents of Year 7 and 8 students are encouraged to come along.

**Future meetings** - Mondays 23 June, 18 August, 20 October AGM, 24 November Christmas party

**Committee Emails**
If you are not receiving the committee emails or have changed your details, please send the correct information to the Committee President Mrs. Melissa Jones hghsboc@y7mail.com

**Instruments Still Available**
The following instruments are looking for a loving home and someone to play them

It is never too late to learn an instrument. Looking for homes with students are:

- **Year 8 only:** Trumpet, viola, cello, bass clarinet, Baritone (1 for school and 1 for home)
- **Year 7 only:** Trumpet, Trombone, ½ size Tuba (1 for school and 1 for home), viola, cello
- Also needed is a year 7 or 8 girl to learn bass guitar for the Concert Band.

Speak to Ms. Dietz before roll call, if interested.

**Players Needed for Jazz Band**
Trumpets, trombones, euphoniums, tubas – even horns, bassoons and cellos – are needed in the Jazz Band to fill out the sections. Jazz Band is heaps of fun and only meets terms 1, 2 and 3 at 7:40 am in Room 101. No audition – just come along and enjoys playing pop, rock and jazz tunes.

**SRC Induction**
Thank you to the Symphonic Band for your wonderful performance at the SRC Induction. Some teachers were actually moved to tears with your beautiful music.

Deb Dietz (Ms), Conductor
Melissa Jones (Mrs.), Committee President

One of the biggest challenges our students face is getting the work/life balance right. We promote working smarter, not longer and definitely encourage the girls to experience as many activities as possible. Time management is crucial. Work First/Then Play is a great strategy to get the reluctant adolescent to complete her homework before going on Social Media etc.

Establish a homework routine that includes activities your daughter enjoys (e.g. dance, sport, reading, drawing) to balance the school workload. The incentive of doing an activity that you really want to do, AFTER you have completed something you don’t really want to do is very successful. Time spent on all activities should be balanced. Limit exposure to Social Media to one hour per day.

Using a timer with an alarm can be a useful tool to help students keep a track of the time spent online and to learn self-management. It’s easy to get consumed by digital devices and not realise how long you have actually been using them. For many students, time simply escapes them and they need a reminder!!
HGHS P&G presents
The Indian Cook Off
Saturday 15 March 4-8pm

Limited Spaces...Vegetarian Options!!

Book Now!!

3SN EDUCATION
enriching minds with intelligence, knowledge and application
Website: www.3sn.com.au

Top Class Maths and Science Coaching
- Inspirational teacher
- Small class size
- Personal attention
- Affordable fees
- Convenient location

MATHS & SCIENCE
for HSC & High School
Highest ATAR
Best Result

Top Class Coaching Centre For
Yr 11 & Yr 12
Maths Ext. 2 (4U), Maths Ext. 1 (3U)
Advanced Maths, General Maths, Physics & Chemistry
Yr 7 to Yr 10: Maths and Science

Sid Tapaswi
B.SocSc. (Hons), B.Eng (Electrical), MBA (Melbourne Business School)
M: 0421885498

Shalu Tapaswi
M.S. (Psychology), DU
M: 0431137611

Location: Suite 16, 14 Edgeworth David Ave
Hornsby, NSW 2077 (Next to Hornsby Girls High School)
T: 02-94867292
E: 3SN.EDUCATION@gmail.com

Benedictine Monastery Arcadia
is holding their
49th Annual Country Fair
121 Arcadia Road, Arcadia
8th March 2014

- Plants
- Sweets
- BBQ
- Choc. Wheel
- Raffles
- White Elephant
- Hot/Cold Drinks
- Farm Produce
- Cakes
- Fancy Goods
- Jumping Castle
- Face Painting
- Merry-go-round
- Pony Rides

Tours of the Monastery - 11:30am / 12:00pm / 1:00pm / 2:30pm

MAJOR RAFFLE PRIZES
1st: $1000 travel voucher or computer goods
2nd: $150 shopping voucher
3rd: $75 shopping voucher

- COUNTRY SETTING
- FAMILY DAY
- MASS TO BEGIN 10.00AM
- FETE TO BEGIN 10.30AM

RAIN OR SHINE - TELEPHONE 02 9653 1150
www.benedictine.org.au/go/countryfair

In aid of the Benedictine Missions
Beautiful smiles for the whole Family!
Welcoming New Patients!

Teeth Whitening
Brighten your smile with the latest, safest whitening system available!
$250
with coupon
Regularly $500
Expires: 30/4/14

Dental Cleaning
Check-up/Clean/2 X-rays/Fluoride
FREE!*
(*With Health Fund. $78 without health fund)
Regularly $278
Expires: 30/4/14

Children’s Special
Check-up/clean
FREE!*
(*With Health Fund. $78 without health fund)
Regularly $140
Expires: 30/4/14

Consultation for Implants
FREE!
Includes 30 minute consultation and 1 x-ray
(Normally $160)
Expires: 30/4/14

Dental Care Solutions
Where your smile matters
Suite 18, 14 Edgeworth David Avenue
Hornby NSW 2077
www.dentalcaresolutions.com.au
Tel: (02) 9476 2522

*Disclaimer: For redemption please bring this voucher to your appointment and present on arrival.
FIIG bobbin head CYCLE CLASSIC
Pedal to save lives

104 km
Turramurra through Bobbin Head to West Head and back via Akuna Bay.

57 km
Through Bobbin Head turning around at Terrey Hills.

80 km
Via Bobbin Head and Akuna Bay, omitting the undulating 24 km to West Head.

12 km
Leisurely family ride through the streets of Turramurra & Wahroonga.

Ride “The Bobbo” with Graham
Special guest: Graham Creed
ABC Weather Presenter, passionate triathlete, ironman and cyclist...

Sunday, 23 March 2014
serious cycling for those seeking a challenge
a great day out for everyone else
music, food, entertainment
help us fundraise – pedal to save lives

For details, and to register online, visit
www.bobbinheadcycledclassic.com.au

facebook.com/bobbinheadcycledclassic
@BobbinHeadCC #bhcc2014

PEDAL TO SAVE LIVES

ORGANISED BY THE ROTARY CLUBS OF KU-RING-GALSTIVES & TURRAMURRA

Rotary