An article entitled ‘What Multicultural Means’ was recently published in the Sri Lankan Financial Times written by the grandfather of Year 12 student Nethmi Ratanayake. He visited the school last month and wrote about our school’s Multicultural Fair and discussed Australia’s multicultural society in his weekly column. The article and accompanying photos can be found at: http://www.ft.lk/2014/09/06/what-multiculturalism-means/

Also the following students helped in the Tea Shoppe at the Multicultural Fair: Sabina Scott (Year 8), Brittany Gibbs (Year 10), Sian Crane (Year 7), Tegan Sharpe (Year 7), Amelia Hiscock (Year 10), Grace Roberts (Year 9), Rain Wang (Year 9) and Catherine Wilson (Year 11). Thank you to these girls and all the helpers at the Fair.

Congratulations to all the students in Year 11 who nominated as prefects. Twenty students were elected as prefects. Well done to all the girls. I’m sure they will prove to be outstanding school leaders- Tian Du (Captain), Sanjna Kalasabail (Vice Captain), Annabel Horsburgh and Abisaini Padmasiri (Senior Prefects), Gizem Bilgin, Jasmin Borsovszky, Theresa Chang, Karen Cortez, Nicole Fatt, Madeleine Jones, Rhea Kohli, Rachel Lee, Morgan McKenzie, Elizabeth Paulino, Binita Shah, Cindy Ta, Aerin Tan, Isabelle Truong, Cherita Zhu and Lianna Zhuo. Also congratulations to the current prefect body who have raised close to $3,000 for Legacy through their efforts over the last week. Well done girls!
Congratulations to Jehannah May Year 12 who won the 2014 Dorothea Mackellar Poetry Competition with her poem “Breathe”. Her magnificent poem is published in this edition of the TORCH.

Our Year 9s returned from their camp last week and Mr Hughson the Year Adviser tells me that the students had a wonderful time completing team challenges and developing their relationships. Well done Year 9. Thank you also to all the teachers who assisted Mr Hughson during the week long camp – Mrs Marriott, Mr Pedley, Mr Marshall, Mrs Goodwin, Mrs Elliott, Ms Viswanathan and Ms DeWulf.

The school is currently participating in two research studies one with the DEC “Leadership and Learning” and one with the UNSW “The Executive Leadership Team: Role and Contribution in Secondary Schools” to continue to improve our teaching and learning practices. I hope to give you the findings of those studies in the coming months.

As this is the last Torch before Year 12s Graduation next Thursday I would like to wish them all the best for their upcoming written exams and preparation for the next phase of their life. They have been a wonderful year group who embody the school’s belief and practices in holistic education. Well done Year 12.

A reminder to parents to complete an application for Exemption from Attendance at School form, if you are intending to take your daughter out of the school for more than five days. These forms can be obtained from the front office or from the Deputy Principals Mrs Sexton or Mrs Drayton.

Food and Fashion Night will be held on Wednesday October 8 from 6:30pm in the school hall. TAS students from Years 7 – 11 have been working on their food and fashion displays for the night with much enthusiasm and creativity. Tickets for the night are $10 for adults and $5 for children. I look forward to seeing you at this event.

There will be a Year 8 – 9 Information Evening on Thursday 9 October at 7pm where current Year 8 students and parents will be given information regarding subject choices for Year 9 and information regarding the distribution of Year 9 laptops for 2015. A letter with further information regarding this night will shortly be given to your daughter.

I wish you all a safe and happy end of term holiday. Students return Tuesday 7 October (Week 1B) in their summer uniform.

Dr Justin Briggs

Vale Sarah Kung HSC Class of 2012

Sarah passed away suddenly last Monday week. Sarah was an incredibly talented and committed student of Hornsby Girls High School. She worked tirelessly in many activities including, The Minerva Magazine, Highlite, The Choir and The Chess Club. She travelled to New York with the inaugural tour in 2012 and won the 2011 Digital Art Award and the 2012 Brain Art Award for her digital art work. She was awarded the Principal’s Award for Commitment (2012) and the Karlin Monaghan Prize for Excellence in Visual Arts (2012). Her artwork was also featured on the front-cover of the HGHS 2011 Annual School Report. Her HSC artwork was selected for Art Express and toured two exhibitions in 2013. The UAC guide also selected her work from all the Art Express works for their cover in 2013. Sarah continued to visit her teachers over the past years and will be sadly missed by us all.

Ms DeLosa Head Teacher Visual Arts
Congratulations to Jehannah May of Year 12, was the winner in the Senior Secondary section of the Dorothea Mackellar Poetry Awards annual poetry competition with her poem *Breathe*.

Thousands of entries are received each year from all over Australia for this competition so it is a wonderful achievement for Jehannah. As part of her prize, Jehannah travelled to Gunnedah to receive her prize which included $500, a trophy, and a collection of books. This achievement reflects Jehannah’s interest and talent in poetry and particularly, Performance Poetry. We wish her well in the future with her Performance Poetry. You can see Jehanna’s poem as well as the runner up and other winners at: [www.dorothea.com](http://www.dorothea.com)

*Breathe*

*Uncoordinated
*  as I tread the tightrope of your eyelashes
  *trying to watch the world*
  *the way you do:*
  *with all its ricocheting cries of chaos and ecstasy. All its flashes of brilliance. Every blink threatens to dislodge me but the view is so breathtaking I stay as long as I can until your tears slip me away. I want to ski down the slope of your stomach then carve it out like a canoe. Curl up with a book and a promise, set you adrift and just float away - Earthbound clouds. I want to break your brittle bones until they’re tinder - set you ablaze. Convince you Show you what it feels like to be warm inside. I want to rock climb the ladder of your spine Trace the freckled constellations flung haphazardly across your cheek Occupy the hollow in the curve of your neck and teach you how to breathe slowly. And kiss you till all air is gone and there’s nothing left for you to breathe but me."

Judge’s comments

The immediacy of the words in the first lines of this poem literally makes me breathless. Such images; perfectly chosen words taking the pace and cadence of the piece from knife edge pauses and searing, searching stretched out moments. Aaagh, the beauty.
Congratulations to all who nominated and to the new SRC representatives for 2015.

Band News...

Next Committee Meeting - Monday 20 October AGM, - 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. Due to many of our committee having daughters in year 12, vacancies will exist in several positions. Parents of Year 7 and 8 students are encouraged to come along.

Future meetings – Mondays: 24 November Christmas party

Wonderful Spring Concert
Again, our students were brilliant playing everything from pop tunes to serious competition works. All students who attended the Spring Concert received copies of their participation awards and for events such as the NSW Band Festival. A big thank you goes to Mrs. Jeanmaree Sexton and Dr. Justin Briggs for their support, Suja Murali for doing the names on the certificates, to all of the committee members who helped “backstage” and who secured the great raffle prizes.

Congratulations go to our new 2015 Captains and Deputy Captains:
Symphonic Band: Captain – Lisa Csomore 12     Deputy Captain – Louise Zhang 11
Jazz Band:  Co-Captains – Sarah Thompson 12 & Vaishnavi Pasupati 12

Concert Band: Captain – Louise Berry 9   Deputy Captain – Swara Tapaswi 8
Flute Ensemble: Captain - Katherine Allen 12  Deputy Captain – Claudia Choi 10
Japan Tour: Captain - Sarah Thompson 12   Deputy Captain - Olivia Utharntharm 10

String Orchestra: Captain- Marina Wu 12    Deputy Captain – Jennifer Xu 11

Thank you to our departing Year 12s
We will miss you and wish you all the best in the HSC and the future.

Esther Barnes, Vicki Chan, Lisa Chen, Yu Ann Chin, Jiho Choi, Ifrit Chowdhruy, Hannah Crane, Anna Deng, Kylin Dong, Alicia Evans, Marisha Fernando, Jasmine He, Lisa Huang, Elisa Lai, Melissa Lin, Aalia Muhseen, Anika Ng, Naomi Ng, Nethmi Ratnayake, Elizabeth Sheh, Tina Yun, Sherrie Zheng

Farewell to Committee Parent
A huge thank you also goes to Carol Barnes who has been part of the committee for many years with two daughters in our program. You will be missed.
Well Done for All Performances
In term 3, all groups put forth their best at the many performances required – the Jazz Band at the Multicultural Fair and the Concert Band at the Prefect Induction. Thank you for such a great effort in a very busy term.

2015 Japan Tour – Information Meeting and some rehearsal changes
The information meeting will be held Sunday 23 November from 1:30 – 3:30 pm. All tour members are expected to attend as music will be handed out and rehearsals begun. Parents/carers will meet in the hall with the committee.

Rehearsal change- instead of Fri 19 Dec, the Japan Tour group will rehearse Fri Dec 5 and 12 before school in the usual Concert Band time of 7:25 am. All rehearsals are mandatory.

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

Gold Duke of Edinburgh Awards – Congratulations to Elissa Lai and Kay Song of Year 12 who have completed and been approved for the Gold Duke of Edinburgh Award. Elissa and Kay will be presented the Award next year by the Governor of NSW at Government House. It is a wonderful achievement, reflecting Elissa and Kay’s ability to take the initiative, their dedication and willingness to challenge themselves.

Congratulations to the following students who have been awarded their Bronze Duke of Edinburgh: Echo Huang, Vivien Huang, Vaishnavi Pasupati and Isabelle Truong.

Adventurous Journeys September/October
There are 45 HGHS students undertaking 78 Adventurous Journeys at the Bronze, Silver and Gold levels these holidays. All the very best to these participants – be well prepare, take yourselves outside your comfort zone but above all, have fun!

Mrs Riches, Duke of Edinburgh Co-ordinator
On the 4th of September, Year 7 participated in Games Day with students from North Sydney Girls, Riverside Girls, Asquith Girls and Macarthur Girls. We played Wood-crack, End-ball and Soccer, with the guidance of our Year 10 leaders and our fellow team members cheering on for us. As well as having a taste of being winners, we learnt the true meaning of sportsmanship as no matter who won the game, we were all happy to give the other team a handshake and maybe even an exaggerated hug. Although Mother Nature gave us no mercy with ferocious winds and wild rain, it was worth it, we had so much fun! A special mention goes to the Year 10 leaders who were our coaches, managers and maybe lolly providers, thank you for spending time with us and making the day more enjoyable. Of course, we must thank Ms Coggins for working behind the scenes, ensuring Games Day went ahead, she was very organised and even gave us stickers! Overall, Games Day was an awesome experience and I can’t wait for next year. “1,2,3 GO HORNBSY!”

Jenny Lee (Year 7)
Fiesta

Wednesday 8th October 2014 starting at 6.30pm
Parents and friends of Hornsby Girls High School,
You’re invited to a fantastic night of food and fashion.
What a great way to start term four. Students from Year 7 –
11 will be parading their textile creations on the catwalk.
Elective food technology students are preparing and
presenting amazing food inspired by the flavours of FIESTA.
Before the parade you will be serenaded by the amazing
Hornsby High School boy band whose members include Dr
Briggs, Mr Hughson, Mr Bourke and Mr Fish. The parade
will also showcase dancing and singing by our talented
students.
Tickets are $10 for adults and $5 for children which
includes food, drinks and the parade, so bring a friend for a
great night out.

Wellbeing Whispers

September 11 is National ‘R U OK’ Day. At Hornsby Girls we participated in R U OK day by highlighting where
our girls can find help within our school, what to do if they are concerned about a friend and how they can
support each other.
R U OK day is all about starting a conversation with someone and creating connectivity. In our busy lives, we
can easily forget to stop and share some time with friends and family.
If you are concerned about someone, there are help lines you can call:
Lifeline 13 11 14
Kids Helpline 1800 55 1800
Websites:
Let’s rabbit on about mental health.

Mental Health Month Talks, Seminars and Workshops

All talks will be held at the Sonya Phillips Room, Castle Hill Library, corner of Castle Street and Pennant Street Castle Hill.


**TOPIC:** The Art of Possibility  
**PRESENTER:** Kim Pearce  
**SUITABLE FOR:** Teenagers, young adults, educators  
**DATE:** Wednesday, 8 October 2014  
**TIME:** 6:30-7:30pm  
**COST:** Free (bookings essential online)

Kim Pearce is a former high school teacher and the founder of The Possibility Project. Drawing on her collaborative experiences with youths living below the poverty line in India, she will share with you the attitudes these communities use to respond to adversity. Consisting of a 45 minute talk followed by a simple creative exercise, this informal and upbeat presentation is open to everyone. Highly suited to teenagers, parents, and teachers who are looking for a non-medical approach to the serious growth of mental health issues amongst our young people.


**SEMINAR:** Stress, Anxiety and Sleep  
**PRESENTER:** Psychologist, Carlo Jacobs-Bloom  
**SUITABLE FOR:** All ages  
**DATE:** Wednesday, 15 October 2014  
**TIME:** 6:30pm-7:30pm  
**COST:** $5.00 (bookings essential online)

This seminar is ideal for people who are suffering from a lack of sleep due to anxiety and stress. Carlo Jacobs-Bloom is a Psychologist who’s work involves helping individuals experiencing mood and anxiety disorders, personality disorders, addictions, trauma, grief and loss, self-esteem and relationship difficulties.


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[www.hillsmentalhealth.org](http://www.hillsmentalhealth.org)  
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For mental health month events visit [www.thehillsmentalhealth.org](http://www.thehillsmentalhealth.org)
Being in a caring role for someone living with a mental illness can be a challenge and it’s critical that we take a moment to appreciate the amazing contribution such carers make to the lives of their care recipiends as well as the community as a whole. We take some time to recognise the amazing work such carers do, explore some of the challenges carers might experience, discuss what Recovery means in the context of mental health and explore some of the services and resources out there for someone caring for a family member with mental health issues. Recovery is possible for most people experiencing mental health issues but it can be a bumpy ride for carers – let’s find out how you and he person you care for can get the most out of the journey together.

Gerald has a great deal of experience working with carers of people living with a mental illness in Western Sydney, having worked with such carers firstly as a support worker providing emotional and practical day to day support and then as an educator. He completed his studies in psychology with a focus during his Honours study on the idea of Recovery from mental health issues and investigating ust how much carers know about this concept. Gerald is passionate about increasing community awareness about these topics as well as supporting carers in their crucial role. For more information about the courses Gerald runs please visit www.mhta.com.au

This talk aims to assist parents, carers, families and teens to gain a deeper understanding of Depression and Anxiety in Teens. The discussion will include the symptoms, causes and treatment options as well as coping strategies. It aims to create understanding, hope and empowerment to overcome depression and anxiety in teens.

Leesa has over 8 years of experience as a registered psychologist working in both a private practice and private hospital inpatient settings. She has worked extensively with children, adolescents, adults and families presenting with a wide struggles such as Depression, Anxiety, PTSD, Adjustment disorders, Eating disorders, Bereavement, Trauma, Stress and Relationship difficulties. She has Master’s Degree in Psychology and is currently completing a Doctoral Degree in Psychology within the field of Trauma. For more information about Leesa and her specialty areas please visit www.beyondderesilience.com.au