Our new House captains, Sport Captains, Vice Sport Captains, Music Captains and Vice Music Captains were announced on assembly last week by Mr Fish (SRC Coordinator) and Ms Coggins (PDHPE). Congratulations to all of these young leaders and in particular Jerri Wang Coghlan House Captain, Alisha Mathias Stephens House Captain, Edwina Yu Scott House Captain and Ashley Chan Turner House Captain.

Well done to all the students who sat the National Chemistry Quiz. The results were outstanding. Congratulations to Katherine Tran Year 8 who was placed in the top 1 per cent of the state.

Congratulations to Dora Tong (Year 8) who represented the school playing performing ‘High Mountain and Running River’ on the zither at the Sydney Chinese Language Spectacular held at the Sydney Town Hall. Well done Dora!

Thank you to all the parents who attended the P and C Information Evening on Wednesday. Mr Wilson the Head Teacher of Languages gave an excellent presentation about the value of learning French, German or Japanese at Hornsby Girls High School, his vision and plans for the faculty and his educational background and philosophy.

Auditions for the musical conductor have now been completed. I am pleased to announce that Mrs Sholl will be the new conductor for 2016. We are certain she will be a wonderful conductor for our girls. We look forward to working with Mrs Sholl over the coming years. Thank you again to Mrs Dietz for her outstanding contribution to our music program for the past 19 years. Thank you to the Band and Orchestra President Dr Christine Sadek and Mr Hughson (Music) for their assistance in the selection process.

We welcome Mr Aaron Song to the Science Faculty as our new Chemistry teacher replacing Mr Bridge. Mr Song is currently completing his PhD at UNSW. I would like to thank Mr Bridge for his wonderful contribution to the Science Faculty over the past 18 months. His experience and expertise in Chemistry were highly valued by students and teachers. We wish Mr Bridge all the best in his retirement.

Congratulations also to Mr Clarke (Ancient History) who has been promoted to Head Teacher at Mosman High School. Mr Clarke has a great passion for Ancient History. I am sure he will continue to be successful at his new school. The selection process for his replacement will be finalised in the coming weeks. Thank you to Ms Charissa Sing who is the parent and community representative on the selection panel. I hope to
make an announcement regarding his permanent replacement in the next edition of the Torch.

Our last Grounds Day for the year will be on 31 October from 8am – 11am. Please see the accompanying flyer in this edition of the Torch.

As previously mentioned, we celebrated the 85th birthday of Hornsby Girls High School in September by the whole school being photographed on the school oval in the figure of ‘85’. We then sang ‘Happy Birthday’ to the school and then each student received a piece of Hornsby Girls Birthday Cake. We are planning to give each student a digital copy of the high resolution photograph as a memento of the joyous occasion. In honour of the school’s birthday the Hornsby Girls High School Old Girls Union (HGHSOGU) is having an Open Day at our school on **Saturday 5 December** from 10am – 4pm for all ex-students and Old Girls. Family members are also invited. Students will be present as tour guides, we will also have student displays and performances. Students will also challenge ex-students in Chess using our external chess set. There will be a P and C sausage sizzle and drinks available with the HGHS OGU providing tea and scones. This will be a fun day of reminiscing and we encourage all former students to come back to their alma mater on Saturday 5 December.

**Justin Briggs, Principal**

**P and C Contributions**

The P and C propose to raise the parent annual voluntary contribution from **$175 to $200**, starting in the **2017** school year. The purpose of this notice is to inform the community of the forthcoming rise, in line with P and C regulations.

Additionally the school has some large expenditure items arising in **2016**, which the P and C will fund. The most important of these is a **new audio-visual system** and a **new set of curtains** for the school hall, which will benefit not just the students but the whole school community. The expected cost is $50,000, so the P and C will be asking for a one-off contribution from parents – entirely voluntary – early in the 2016 school year. As a guide, 500 contributions, $50 each, will fund half the cost of the new equipment.
Helpers needed to cover books

Dear Hornsby Parents,
Are you able to cover some new books for the English Faculty? Plastic, sticky tape etc. will be supplied along with morning/afternoon tea. If you are interested in helping - it's a good way to meet other parents - could you please email the school with your name, your phone number and your return email and indicate which days or parts of these days suit you: either Monday 16th November or Wednesday 18th November.
Thank you very much,

Susan Green, Head Teacher English

Science News ...

2015 RACI National Chemistry Quiz

On July 22, 51 girls from Year 8 to 12 sat the RACI Australian National Chemistry Quiz. This is the largest group ever entered by the school and the results were excellent. In total, the students attained 12 High Distinctions (Top 10% in the state), 15 Distinctions (next 15%) and 7 Credits (next 15%).

A special mention goes to Katherine Tran in Year 8 who attained a High Distinction, Award of Excellence, for placing in the top 1% of the state.

High Distinction

Year 8 – Katherine Tran, Claire Li
Year 9 – Lorrain Gong, Sarah Liu
Year 10 – Nantheka Nandakumaran
Year 11 – Christie Chan, Fariha Islam, Olivia Kong, Niharika Sanghi, Shirley Xue, Shilan Ye, Clare Zhang

Distinction

Year 9 – Christina Shen
Year 10 – Coco Huang
Year 11 – Zahin Chowdhury, Kassandra DiBona, Katherine Du, Anny Gao, Sujin Jang, Stephanie Liang, Sharon Liu, Joyontee Mitra, Janette Ng, Olivia Utharntharm, Vanshika Virmani, Jessica Wang
Year 12 – Jasmin Borovszky, Janice Yung

Congratulations to all.

HSIE News ...

Year 11 Business Studies recently submitted their work to the Newcastle University Business Plan Challenge. We are very pleased to announce that each class member received an award for their work which is extremely pleasing given there were over 450 students participating this year.

High Distinctions (placed in the top 20): Xenia Lopes, Vanshika Virmani and Jennifer Xu
Outstanding Achievement: Natalie Chua, Zahin Chowdhury, Karen Jian, Grace Lee, Ashleigh Seeto, Bianca Ng and Vivien Huang
High Achievement: Phoebe Yang, Amadis Ong, Christina Sung.

Congratulations to these girls for their entrepreneurial skills and excellent business plans.

**Commerce Awards**

The NSW Department of Fair Trading run a competition called the Money Stuff Challenge each year. This provides an amazing opportunity for our Year 9 Commerce students to create a consumer message that will engage and inform young consumers about their rights. This year over 1000 students entered the competition and Hornsby Girls High School was again very successful. Emily Pope, Zara Baseotto and Oindrila Deb won the Metropolitan Schools High commendation and each received $150 and a framed certificate. Congratulations to these girls and their winning entry can be viewed on the Fair Trading website and facebook pages.

Mrs Lousie Goodwin was also honoured for her Commerce teaching due to the consistently excellent quality of her students’ entries. In Mrs Goodwin’s class 5 students were short listed as finalists, however the winning team of Emily, Zara and Oindrila are in Mrs Gilmore’s class. Finally Hornsby Girls High School also won the overall school award, which was a cash prize of $500. So, congratulations to both Mrs Goodwin and Mrs Gilmore for their terrific efforts this year with Year 9 Commerce.
## 2016 House Leaders

### Coghlan
- **House Captain**: Jerri Wang
- **Sport Captain**: Nishka Tapaswi
- **Vice Sport Captain**: Ria Tandon
- **Music Captain**: Rain Wang
- **Vice Music Captain**: Louise Wilson

### Stephens
- **House Captain**: Alisha Mathias
- **Sport Captain**: Grace Roberts
- **Vice-Sport Captain**: Jessica Lin
- **Music Captain**: Meher Mehta
- **Vice Music Captain**: Melissa Linardy

### Scott
- **House Captain**: Edwina Yu
- **Sport Captain**: Shirin Shaban
- **Vice-Sport Captain**: Louise Zhang
- **Music Captain**: Tina Zhang

### Turner
- **House Captain**: Ashley Chan
- **Sport Captain**: Kia Collins
- **Vice-Sport Captain**: Soo Bin Lee
- **Music Captain**: Sami-Lee Grocott
HGHS P&C Grounds Day

SATURDAY 31 October 8am -11am

The main tasks will be weeding and mulching the back gardens, weeding the gardens in the COLA, and planting in the back garden.

The MEETING PLACE will be out the front of the School, (near front steps).

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, rags, sponges with light scourers, and a bit of detergent
- Rakes (spreading mulch) and brooms (cleaning up)
- Wheelbarrow if you have one (for transporting mulch)
- If you have a hedge trimmer or shears, it would be useful to bring them too

Please bring a bottle of water to prevent dehydration.

You will need to sign on when you start and finish for the day (to ensure that you are insured).

We will stop for morning tea at around 9.25 am.

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 evening.

Looking forward to seeing you!
Andrew Roberts and Catherine Lentfer (Grounds Day Co-ordinators)
HGHS Staff Thank You Tea 2015

Wednesday 28 October 2015
2:30pm – 3:30pm
Staff Common Room

Dear Parents,

We request your help by sending in a plate of food or drink with your daughter on the day
Or
Joining us with your contribution to help celebrate this event

Info:
Drop off: All day in the staff common room
Set up – 1:30pm onwards
Food Suggestions: Hot food (spring rolls, samosas, skewers etc)
Fruit platters
Baked goods (tea cakes, cupcakes, slices etc)

For more information please contact:
Debbie Lee – d.lee911@yahoo.com.au
Divya Mathias - dandivya@yahoo.com.au

Hope you can join us!
Our Lady of the Rosary Catholic Primary School, Waitara

SUNDAY NOV 1

COUNTRY FAIR

Light of Christ Centre, Yardley Avenue, Waitara

ATTRACTIONS

TALLS

Happy Clown Combo
Pirate Ship
Super Slide
Dodgem Cars
Round Up
Dunk Tank
Taekwondo & Karate Display
OLOR School Band & Choir
Dancing
Special Bush Surprise
Hummy Mummies

Golden Ridge Petting Zoo

MAJOR RAFFLE
1ST PRIZE:
$3000

SHOPPING EXTRAVAGANZA

S

Games Alley
Our Country Day Spa
Vintage Bags & Jewels
Vintage Kids
Vintage Clothes & Home Wares
Vintage Toys
A Very Village Bookstore
Cottage Crafts
Kid’s Backyard Cooking
Country Fair Cakes
Sweet Life
Gourmet Gifts
Wild West Hangout
Flavours of Asia
Indian Kitchen
Lebanese Flavours
Our Country Cafe

For more details go to: www.olorcountryfair2015.weebly.com
or www.facebook.com/OLORCountryFair

NOV 1

10AM - 4PM
Normanhurst West Public School
FAMILY FUN DAY
Sunday 1st November
10am - 3pm
ALL WELCOME!

14 Exciting Rides
12 Market Stalls
Trash & Treasure
Pony Rides

Huge Book Stall
Plant Stall
Fantastic Food Stalls

Entertainment for all ages

Purchase Unlimited Ride Ticket Online Now – $5.00. Great value for 14 rides and 5 hours of fun!

Go to www.normanhurstwpss.com.au and search for Normanhurst West PS

Amusements • Set Show • BBQ • Balloon Rides • Cake Decorating • Cake Stall • Chocolate Foss
Race Violet • Fairy Floss • Family Portraits • Hire Engine • Glitter Nails • Henna Tattoos
La Thai Restaurant • Lady Shop • Mini Makeover • Plant Stall • Master Art • Pre-Loved Clothes
Police Horses • Showbags • Showcases • Sponge Throw • Raffles • Trash & Treasure

For more details and to check out the rides go to www.normanhurstwpss.com.au

Thinking of Selling? Think Ray White Thornleigh 9481 8600

---

Dr. Kathryn R. Hill
PIANO, MUSICANSHIP, THEORY
TEACHER

9482 2948
kathy00000000@telstra.com
Health Promoting Schools Newsletter
Spring 2015

Hornsby Ku-ring-gai Child and Family Health Service

The days are getting longer & the weather is getting warmer as we head through Spring into Summer

Families That Work Well

Families have changed a lot in recent years. There are so many different types of family and parenting styles these days. The family your child grows up in influences how they will cope with life. Just as a loving, caring family can create good self-esteem in a child, an unhappy, fearful family can lead to low self-esteem and problems for a child.

Show affection, encouragement and appreciation

Let your child know what you love about them.
Give hugs, be thoughtful and kind
Don’t use put-downs, threaten or blame your child – it makes them feel hopeless

Share the chores and the power

Encourage children to take on more responsibility as they get older
Allow them to have a say in their own lives
Use encouragement and humour to keep control, not punishment or threats

When a child has a say in what happens and feels their views are heard, trust and intimacy develops

Family rituals and traditions

The daily rituals and things you do on special occasions build a sense of belonging, security and contentment. Daily rituals can include what you do at meal times and bedtime and how you say goodbye. It is good for families to celebrate special occasions and have traditions for what happens at these times.

Accept the differences in each person

No one should be left out or made to feel like the odd one out in a family
Allow each person to be excited about their personal interests, show respect and be patient

Keep in touch with friends and relatives

The more a family is isolated from others, the more chance there will be problems
Knowing there are people to turn to when things get tough will make a difference to your child’s ability to make friends and happiness

Make family time

Take time to listen to your children – try and work out the feelings behind their words and actions and don’t jump in with answers or criticisms
Do fun things together – play games, go on outings, play sport, go for a walk, share hobbies
Share mealtimes together and turn off the TV – talk to each other about what’s been happening
Find time to talk to your children – sometimes this can be one-on-one or as a whole family or even when you are doing chores together or driving them to school

Share your feelings appropriately so your children learn that it’s OK for them to share their feelings

Useful Support and counselling services

Childcare Access Hotline: 1800 670 305
NSW Family Services: 02 9992 9999
Can help you find a service in your local area.
Karitane: 02 9794 1852 or 1800 677 96
24 hour parenting information and counselling
Parent Line NSW: 1800 1300 62
24/7 telephone information, counselling and referral service for parents of children aged 0 - 18 years
Tresilian: 02 9787 0855 or 1800 637 357
24 hour information and counselling for parents or carers of children under five years

http://youthsource.com.au