As you can see with the photographs on the front page, **Year 7** had a very enjoyable time on their camp at Pennant Hills. The Peer Support leaders and Prefects provided excellent assistance to the Year 7 students and staff. Well done to these student leaders. Thank you to all the teachers who supervised the students with a special mention to Mrs Marriott, Mr Marshall, Mr Hughson, Mrs Elliott and the Year 7 Adviser Ms Rogers who were at the camp overnight.

One of our Year 7s, **Bronwyn Dyer**, has the very rare distinction of being a 3rd generation Hornsby Girl with her mother and grandmother having also attended our school. Congratulations Bronwyn!

The **P and C Meet the Teachers** and **Year 7 Information Night** on Wednesday evening was another highly successful community event. The Year 7 students and parents were able to meet the staff and other parents in a casual and relaxed atmosphere. The P and C Executive provided a vast array of food for the evening which was enjoyed by all. It was a great opportunity for our new parents to hear about the wonderful support provided by the P and C to assist the teaching and learning at HGHS. Thank you to all the parents and students who attended the evening and also to the P and C President Mrs Parul Batra for her organisation of the event.

At Tuesday’s **Year 10 Information Night** Dr Carmel Harrington, the internationally recognised expert on Sleep spoke to the Year 10s about ensuring they receive eight to nine hours sleep each night. As Dr Harrington emphasised sleep is not wasted time as it allows the brain to file and compartmentalise all the information received during the day. The effective filing of the day’s activities allows for better recall of information and knowledge, increased creativity and emotional connections. The school will be doing further work on the importance of a good night’s sleep for students in all year groups in our upcoming **Friday Focus** extended roll-call sessions.

At the **Year 11 Information Night** last Thursday the students and parents heard presentations from Mrs Sexton, Mrs Drayton and Ms Davenport on the BOSTES requirements and the importance of achieving personal bests. **Year 11** students are currently on their camp at Jindabyne completing the mandatory Crossroads course under the supervision of their Year Adviser Ms Davenport, Ms DeLosa, Mrs Gilmore, Ms Viswanathan, Mrs Elliott and Mrs Goodwin. I am sure the students are having a very productive time. I would like to thank and acknowledge the teachers who have given up their own time to attend the camp.

For your diary - **Grounds Day** will be on **Saturday 28 February** from **8am to 11am**. The main activities will be weeding and mulching the front gardens, weeding the gardens in the COLA, cleaning the front fence on Edgeworth David Avenue and spreading red river gravel under the trees.
behind the canteen. This is always an enjoyable morning of chatting, socialising and some gardening! I look forward to seeing you at the Grounds Day. More details will be sent prior to the day.

Dr Justin Briggs, Principal

Welcome to 2015 and the Duke of Edinburgh Award Scheme Registration is now open for all levels:
Bronze - $112 (students must be 13 years and 9 months)
Silver - $117
Gold - $131

Any student already enrolled is encouraged to log all their times and submit their assessors’ forms and move on to the next level.

Adventurous Journeys, April 2015

The dates for the Adventurous Journeys in April 2015.
Bronze Preliminary Training and Practice, Week 1, 8 - 10 April 2015
Bronze Test, Week 2, 16 - 17 April 2015
Silver Training and Practice, Week 1, 8 - 10 April 2015
Silver Test, Week 1, 8 - 10 April 2015
Silver Training and Practice, Week 2, 13 - 15 April 2015
Silver Test, Week 2, 13 - 15 April 2015
Gold Urban Challenge Practice, Week 1, 7 - 10 April 2015
Gold Urban Challenge Test, Week 2, 14 - 17 April 2015. Please note that Gold level participants need to contact Somerset direct and organize these camps themselves.

Please Note: These camps will be repeated during the September/October school holidays.

Details and forms are available from outside the History staffroom. Any queries contact Mrs Riches.

Mrs Riches, Duke of Edinburgh Co-ordinator

Sport – Rowing Results – Saturday January 31 2015

Race 5 Schoolgirl Yr 8 Single Scull
1st Sydney Girls
2nd MLC School
3rd Hornsby Girls
4th Mackillop College
5th Tara School

Race 6 Schoolgirl Year 8 Single Scull
1st Sydney Girls
2nd Sydney Girls
3rd Tara School
4th Hornsby Girls
5th ST Catherines

Race 42SGYr9 2x: Shoolgirl Year 9 double Scull
1st Sydney Girls
2nd Pymble Ladies
3rd North Sydney Girls
4th Mosman
5th Hornsby Girls
6th PLC Sydney
Welcome back to another year of sport! Once again we have multiple afterschool sports being run. Below is an outline of the after school sport program for Term 1:

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Dance 7:30-8:30am</td>
<td>• Water Polo Competition Evening Games between 6:00-8:00pm</td>
<td>• Basketball Training 2:45-4:00pm</td>
<td>• Sport Aerobics Training 3:15-4:30pm</td>
<td>• Zumba 3:30-4:30pm</td>
</tr>
<tr>
<td>• Badminton Club 3:30-4:30pm</td>
<td></td>
<td>• Yoga 2:40-3:40pm</td>
<td>• 7/8 Basketball Competition Evening Games</td>
<td></td>
</tr>
<tr>
<td>• Taekwondo 3:30-4:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Year 9/10 Netball Competition 3:15-5:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 9/10 Basketball Competition Evening Games</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| If you are interested in finding out more information about any of these sports, please check the Sports noticeboard outside the junior toilets or speak with one of the PE staff.

REMINDER:
A reminder to parents and students to make sure that you read permission notes closely and return payments into the school bank by the due date to avoid missing out on participating in your sport.

Carnival Dates 2015

<table>
<thead>
<tr>
<th>IMPORTANT DATES FOR 2015:</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWIMMING CARNIVAL: Wednesday 18th February</td>
</tr>
<tr>
<td>ZONE SWIMMING CARNIVAL: Wednesday 11th March</td>
</tr>
<tr>
<td>SYDNEY NORTH SWIMMING: Tuesday 17th March</td>
</tr>
<tr>
<td>SCHOOL CROSS COUNTRY CARNIVAL: Thursday 23rd April</td>
</tr>
<tr>
<td>ZONE CROSS COUNTRY CARNIVAL: Friday 15th May</td>
</tr>
<tr>
<td>SYDNEY NORTH CROSS CARNIVAL: Thursday 11th June</td>
</tr>
<tr>
<td>SCHOOL ATHLETICS CARNIVAL: Tuesday 5th May</td>
</tr>
<tr>
<td>ZONE ATHLETICS CARNIVAL: Friday 5th June</td>
</tr>
<tr>
<td>SYDNEY NORTH ATHLETICS: Monday 20th &amp; Tuesday 21st July</td>
</tr>
</tbody>
</table>
Melanoma March is a wonderful family and community event where participants walk, march and parade along a 4km course to raise funds for research and awareness. Register as an individual, a family or a team.

REGISTER TODAY!

Together we can beat this thing!!

There is hope, but we need your help! 1 person dies of melanoma every 6 hours. Help us to change the future of thousands of Australians diagnosed each year.

In recent years research breakthroughs have tripled the life expectancy for advanced melanoma patients...

At Melanoma Institute Australia, a cure is in our sights!

REGISTER, SPONSOR A FRIEND OR DONATE:

WWW.MELANOMAMARCH.ORG.AU