There have been a number of magnificent student achievements over the last few weeks for students at Hornsby Girls High School in a wide range of activities and disciplines.

32 students competed in the Science and Engineering Challenge Wednesday 22 July. Our team came 1st in the Kuring-Gai Region. They received a shield as Champion school and will now compete in the state final to be held at the University of Newcastle on August 26. A member of the Science and Engineering Team Kia Collins was presented with the Kuring-Gai Champion School Shield at the Year 10 – 12 Formal Assembly on Tuesday. Well done to all the students involved in this most enthusiastic team. Dr Stokes (Science Faculty) believes this current team is the best he has led for this annual competition over the past nine years.

Congratulations to Katherine Allen Year 12 who is featured on p. 7 of today’s Sydney Morning Herald. Read Katherine’s story about her love of Robotics, Science and Engineering at:


Congratulations to our Aerobics team of eighteen students who competed at the Aeroskools State Championships. All eighteen students will now proceed to the National Championships in September in Victoria. Congratulations to the students and Mrs Wallwork (PDHPE) and the coach Ms Weber. Please see the Mrs Wallwork’s article in this edition.

In the last edition of the Torch I reported on Lily Henke Year 10 and her victory in the State Rostrum Public Speaking Championships in the Senior Student Section. As the NSW winner she proceeded to the Rostrum National Final which was held last Saturday. Lily competed in the final and went on to win the Rostrum National Public Speaking Competition. Lily as a Year 10 student was competing with students in Years 11 and 12 from across Australia. This is a magnificent achievement. Dr Green, Mrs Foster (English Faculty) and Mrs Drayton (Deputy Principal) were in attendance at the final at State Parliament with the NSW Governor David Hurley to support Lily. She was presented with the winner’s shield at Parliament House and at our formal assembly on Wednesday. This is a wonderful achievement congratulations Lily.

Congratulations to Xenia Lopes Year 11 who attended the Global Young Leaders Conference in Europe. Xenia’s participation in the conference was counted as part of her Gold Duke of Edinburgh Award. Please read Xenia’s article in this edition of the Torch.

Congratulations to Maddy Jones Year 12 who has qualified for the State Athletics Finals in five events. This is an extraordinary achievement. She has also been named as the 17+ Regional Athlete of the Year. Well done Maddy!
The Year 7 Mary Armstrong Final was held on Tuesday with the following announced as class winners: Charlotte Barry, Rhea Datar, Sienna Clarke, Alyssa Lubrano, Ella Bradford, Freya Roberts, Karina Mathias, Sarah Zacharia. Congratulations to you all. Rhea and Sienna as the overall Year 7 winners and will now proceed to the Grand Final next term. Thank you to Mrs Foster (English Faculty) for organising the competition.

Well done to all the students in the Science and Engineering Challenge, to Katherine Allen (Science and Engineering), to our Aerobics Team, Lily Henke (Public Speaking), Xenia Lopes (Leadership), Maddy Jones (Athletics) and Year 7 Public Speaking. Our school continues to provide world class opportunities for students to develop their unique gifts into extraordinary talents.

A reminder about the Multicultural Fair on Saturday August 22 from 11am – 4pm - it will be a wonderful day of celebration of our multicultural school and society. There are a number of requests for help in various stalls in this edition of the Torch. If you can spare a few hours on the day to assist we would be most appreciative. On Saturday August 15 we will have our Term 3 Grounds Day in preparation for the Multicultural Fair. We will start at 8am at the front of the school making sure the school is looking its best for the following Saturday. Again if you can spare an hour or so we would be most appreciative.

Kind regards.
Justin Briggs

Rostrum Voice of Youth

Lily was the National Senior Winner of the Rostrum Voice of Youth competition held on Saturday 25th July at NSW Parliament House.

On Friday evening the 7 Junior and 7 Senior National Finalists (from over 1500 participants) were welcomed at a Government House reception by NSW Governor, His Excellency David Hurley.

NSW Senior and Junior Winners, Lily Henke from Hornsby Girls High School, and Daniel Yim (Sydney Grammar School) were successful in taking out both National titles. Lily delivered an 8 minute prepared speech on the subject "Under the radar" about animals being exploited for entertainment, and a witty 3 minute impromptu speech on the subject "Alarm bells" about unstatesmanlike behaviour by politicians. Lily's performances in both her prepared and short notice speeches were outstanding.

Penelope Phillips

Daphne’s Story

A Life Member of the Old Girls’ Union—Daphne Manistre (nee Le Gros), now 88 years old.

At 14 years old Daphne “set sail” aboard the MS Batory, along with 479 other children from Liverpool, England – an evacuation scheme called Children’s Overseas Reception Board (CORB) at the beginning of WW2. “….as we lived close to London, my father decided this was an excellent idea and so signed the necessary papers with my school. I wanted desperately to go to Oz.”

She departed in August 1940, arriving in Cape Town six weeks later. Then on to Colombo, Singapore and into Sydney, to be quarantined, until the host family brought her, and her best friend from the boat, back to their home to be in Killara – to begin HGHS in 1941 into third year. The following 3 years at school were very happy ones.

Daphne did her Leaving Certificate in 1943 and returned to England after spending 1944 at a Sydney College. In London she completed her studies.
Historical notes from Daphne:

The Polish liner, *MS Batory*, secretly transported £40 million worth of Britain’s gold reserves to Canada for safekeeping in June-July 1940, but it was to take a far more precious cargo Down Under a few months later. They were either going to live with relatives for the duration of hostilities or be looked after by kind hearted Aussie families.

Also on *MS Batory*, the smallest and slowest of the convoy, were 300 RAF men bound for the first port of call, Freetown in Sierra Leone, and kept totally separate from the children by their matronly escorts.

The convoy of 16 ships made it through rough seas in the Atlantic trying to outwit lurking U-Boats before turning eastwards towards West Africa and eventually reaching Cape Town. As a treat, the children went ashore to attend a party hosted by South Africa’s Governor General Smuts in Government House.

Then the convoy made its way to Bombay and Colombo in Ceylon, before dropping off some passengers in Singapore.

After just over two months, the convoy reached Australia without loss of life, docking and dropping off children at Fremantle, Melbourne and Sydney.

Their epic journey, despite the seasickness, had been a happy one: there was so much music and laughter that the *MS Batory* was dubbed the "Singing Ship".

Having delivered its precious human cargo she left Sydney on November 3, bound for Wellington to transport New Zealand soldiers to Europe.

Postscript - The large convoy of 16 ships, escorted by one Royal Navy cruiser, sailed from England in 1940 just before the loss of 77 children on the *City of Benaresen* route to Canada, which put an end to such dangerous voyages and CORB.

*MS Batory* survived the war, rescuing 2,500 troops from Dunkirk, and was known as the "Lucky Ship", before being scrapped in 1971.

Duke of Edinburgh’s Award

Duke of Edinburgh’s Gold Award Presentation

I had the great pleasure of attending the Duke of Edinburgh’s Gold Award Presentation on Wednesday 22 July 2015 and it was delightful seeing Esther Barnes, Simone Luca and Amy Thomas, from 2014, receiving their Gold Award certificates from His Excellency General The Honourable David Hurley AC DSC (Retd), Governor of NSW.

I was honoured to address the Awardees and Guests in my capacity as HGHs Award Leader on behalf of the 940 Award Leaders and Assistant Award Leaders of NSW. This was a wonderful opportunity as Hornsby Girls’ has a very active Duke of Edinburgh Award programme. The Award programme offers students the opportunity to independently make decisions and take ownership of their activities. That willingness to embark on something new and experience the different is reflected in the outstanding and exciting Residential Projects, at the Gold level, Hornsby Girls’ have undertaken. These range from Leadership Tours and Conferences, International Science Schools, volunteering at Sport and Rec camps and an African Wildlife Safari Park!
Congratulations

The following students have been awarded the Bronze Duke of Edinburgh Award: Sophia You
Silver Duke of Edinburgh Award: Kassandra di Bona, Annabel Cheung, Christie Ng and Annie Zhang.

It is especially pleasing to announce that Jasmin Borsovzsky, Year 12, has completed her Gold Duke of Edinburgh’s Award and it has been forwarded to the Duke of Edinburgh’s Award NSW office for approval. Congratulations, Jasmin.

Adventurous Journeys – September/October 2015

Registrations for these Journeys has now closed. Bronze and Silver Adventurous Journeys will be organized for Easter school holidays, 2016. The dates will be published as soon as they are available.

Mrs Riches
Duke of Edinburgh Co-Ordinator.

Global Young Leader Conference – Xenia Lopes Year 11

If someone had told me three months ago that I would go away for two weeks and not miss home, I would have laughed. But - as incredibly clichéd as it sounds – three months ago it had not hit me that I was about to embark on two of the greatest weeks of my life at the Global Young Leader Conference in Europe. This would be my Residential Project for my Gold Duke of Edinburgh’s Award. On Sunday 28th June I began my journey and was introduced to my GYLC group, Group 2 (Sweden) and we spent the first of many long leadership group meetings getting to know each other; a group of complete strangers I would come closer to in 10 days than I would have anyone in a year. We were all from all over the world: USA, Honduras, Trinidad and Tobago, Greece and Nigeria just to name a few.

During our time in Vienna we went to St Stephen’s Cathedral, the Natural History Museum, shopped, listened to Opera at the Summer Palace and even ate at Global Food Markets. My group, Sweden were even able to pay a visit to OPEC, and were given a presentation that we would never forget. In Vienna we began to listen to our first key speakers of the conference including Vice President of the European Parliament, Ulrike Lunacek, entrepreneur Selma Prodanovic and even diplomat, Linda Stucbartova.

There was a warm vibe amongst us as we journeyed to Prague in the Czech Republic. Here we went to the Old Town Square and saw many buskers and became weary of pick pockets. We walked across the Charles Bridge, passed the Old Jewish Cemetery and as an exercise in political dynamics discussed how water scarcity may affect key stakeholders in today’s global society.

Berlin brought new excitements but also a degree of sadness as we knew it would be the last place we would visit. Here we saw the Brandenburg Gate, Checkpoint Charlie, Potsdam Platz, the Holocaust Memorial and the Berlin Wall Memorial. Our different groups finally presented solutions to water scarcity in Europe. Our speaker, Muhammed Mesic, was the perfect finale to our leadership talks. Playing a major role in human rights and international exchange he compelled us to make a difference, by “sharing what drives you”. It was with a quiet reverence that we too continued to listen and took away with us his powerful words: “failure was put inside our heads to make us forget our dreams”.
In a way I guess we had all had success in our heads, as we were all living our dream. Something we would all never forget, where lifetime friendships were formed and we learnt more from each other than any textbook.

Ultimately though it was the people I met that made this experience so memorable and significant. The moments of uninhibited fits of laughter, and perhaps most importantly, the ingeniously opinionated discussions provided me with an invaluable lesson. I was surrounded by educated, inspired and motivated students from all around the world and I had the opportunity to explore cultural differences first hand, absorb diplomatic skills daily, build confidence and enhance my political opinion.

**ICAS Science Results 2015**

This year 474 students participated in the ICAS Science competition and were awarded 17 High Distinction, 168 Distinction, 231 Credit and 26 Merit Certificates.

This is an outstanding effort and congratulations are extended to all award winners. Students are reminded that High Distinctions and Distinctions are rewarded through the Minerva Awards

The following students achieved a high distinction in the science competition putting them in the top 1% of students who entered.

**Year 8**
Xinyu Gong, Grace Lee, Lauren Lee, Nancy Yan, Michelle Ai, Hayley Yu, Jenny Chan, Hiro Kojo, Claire Li, Eve Timms, Bella Lu

**Year 9**
Caitlin Cubie, Nikita Jain, Sabina Scott, Jenny Wang, Emma Gosbell,

**Year 10**
Nishka Tapaswi, Nantheka Nandakumaran,

**U.W.S. Debating Skills Workshop**

On Friday 17th July the Year 9 and 10 Debating Teams braved the winter weather to attend a debating skills workshop at the Parramatta Campus of the University of Western Sydney. Students participated in workshops with experienced debating coaches and adjudicators covering such aspects as model creation, definitions and justifications in the first session and characterisation, logic and rebuttal in the second session. Students also gained a greater understanding of debating adjudication. Their skills were enhanced in many areas of debating through workshops and activities.

**Year 9 Debating Team**
Avan Daruwalla
Lauren Lancaster
Sunanda Moni Mohan
Sophie Shead
**CARNIVAL NEWS!!!**

**CHS Cross Country Carnival**

**Friday 17th July**

A record of **7 HORNSBY GIRLS** represented Sydney North at the NSW Combined High Schools Cross Country Carnival!!

**Congratulations** on this outstanding achievement, Hornsby Girls is very proud of all your efforts and achievements!

**Well done** Freya Roberts (7), Eve Timms (8), Ashley Ford (10), Nadeesha Pallegedera (10), Jessica Xu (11), Chantelle D’Souza (12), Sonia White (12).

Students: Jessica Xu, Sonia White

**Sydney North Athletics**

**Monday 20th & Tuesday 21st July**

Congratulations to the following girls who all represented the North West Metropolitan Zone at the Sydney North Athletics Carnival over the two days. Freya Roberts (7), Alexandra Di Lima (7), Jacqueline Pan (7), Senara Perera (8), Eve Timms (8), Laura Wunderlich (8), Kristen Tiong (8), Manisha Kulasinghe (8), Kimberley Steel (8), Meha Batra (8), Cherie Pan (9), Jessica Xu (11), Katherine Du (11), Sharron Chen (12), Maddy Jones (12), Heidi Liu (12), Sonia White (12), Jasmin Borosvzky (12)

GOOD LUCK to the following girls who have qualified to compete at NSW Combined High Schools Athletics Carnival later this term – Thursday 3rd, Friday 4th and Saturday 5th September.

14 Years Relay Team: Meha Batra (8), Kimberley Steel (8), Eve Timms (8), Laura Wunderlich (8)
17 Years 1500m Sonia White (12)
18 Years Hurdles, High Jump, Long Jump, Triple Jump, Javelin: Maddy Jones (12)

**Such an outstanding achievement to compete at this level!!!!!**

**Basketball Update**

Our Basketball Teams have been very busy over the past 2 Terms, competing in the local Hornsby Kuring-gai Competition at the Brickpit in Thornleigh. A HUGE THANK YOU to ex-Hornsby Girl, NETA ARAD (2012), who has been filling in all her free time coaching out teams!

**Junior 7/8 Team: SUPER SHOOTERS**: Radhika Biswas, Shenani Koren, Karina Mathias, Parvathi Sanjeev, Annabelle Schwartz, Jade Tan
Senior 7/8 Team: FAST BREAKERS: Jo Collins, Ella Croasdale, Sharlat Jo, Erika Raimoto, Vaishali Ram, Hannah Yang, Kitty Yen

Well done to this team who have been promoted to A Grade next season.

Year 9/10 Team: DYNAMITE DEFENDERS: Nehal Gosal, Fiona Jiang, Jess Lin, Alisha Mathias, Emily Pope, Jerri Wang, Louise Wilson

CONGRATULATIONS – 2ND PLACE!

Year 12 Team: ADRENALINE: Desiree Cai, Noni Cole, Tarneet Kaur, Binita Shah, Kiddy Shee, Meera Vasanthanathan

Hornsby Girls Inaugural Snow Team!!

With the wonderful support and interest of one of our Year 7 Parents, Chaaron Chen, Hornsby Girls fielded their first Snowsport Competitors!!

Alex Chen - Yr 7 and Isabel Persson - Yr 9, represented Hornsby Girls High School at the 2015 Northern NSW Interschools Snowsports Competition held at Perisher early this July.

Alex performed extremely well coming 1st for SBX, SBGS and 3rd for SkierX, division 3F winning an overall medal!

Isabel, considering it was her very first competition ever, performed beautifully also!!

Hopefully, this is just the beginning for Hornsby Girls experiencing the ‘fun’ and ‘thrills’ of Snowsports competitions in the future.

Interested students should contact Mrs Lang in the PDHPE Faculty for future participation.

HGHS 2015 Northern NSW Interschools Results

<table>
<thead>
<tr>
<th>Division</th>
<th>Age</th>
<th>SBX</th>
<th>SBGS</th>
<th>SkierX</th>
<th>SBX Total</th>
<th>SBGS Total</th>
<th>SkierX Total</th>
<th>Overall Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isabel</td>
<td>2</td>
<td>53</td>
<td>59</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Alexandra</td>
<td>2</td>
<td>3</td>
<td>40</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Alexandra did not medal for 3rd for Age and SkiierX Division 3 for Northern NSW Interschools but was 4th overall as there was a competitor from USA.
Netball NSW School Cup

Our Year 7/8 HGHS Netball Team progressed to the Regional Final of the NSW Netball School Cup on Thursday July 23rd at the new NSW Netball stadium at Homebush.

The girls played with great heart and although not successful on the day enjoyed a great days Netball. Overall Hornsby placed 9th in the Sydney Area which is a wonderful achievement considering how many schools entered from all the different regions of Sydney.

Special thanks to Lily Henke Year 10, who was our representative umpire for the competition.

HGHS – 2015 Pierre de Coubertin Recipient – Vanessa Tan Yr 12

The Pierre de Coubertin is a very prestigious award established and organised by the Australian Olympic Committee. At Hornsby Girls nominations are taken from the Year 12 students each year, who have made a positive contribution to School Sport, displayed the sporting attributes of Olympics and individually achieved at an elite Sport Level.

This year, we had an exceptionally talented and worthy group of nominees with Vanessa Tan being selected as the 2015 Pierre de Coubertin recipient.

Vanessa attended the NSW Olympic Academy Day and the NSW State Presentation for recipients of this years Pierre de Coubertin Award, which provided her with the opportunity to meet Olympians, workshop Olympic issues and learn about the International Olympic movement.
House Competition

Friday 24th July

The annual HGHS Jump Rope for Heart competition took place week, with girls spending their lunchtimes on the basketball courts skipping to heart-pumping music. Through Jump Rope for Heart we are raised awareness of Cardiovascular disease, which is the biggest killer of Australian women. The foundation’s aim is to reduce the risk of this lifestyle related disease by encouraging people to be active. Organised by Ms Coggins and the house captains, skipping with friends is an awesome way to get some fun exercise – even teachers could be seen having a go!

The week ended on a high note with the Jump Rope House Competition on Friday, where there was incredible participation from all houses - more than half the school could be seen having fun on the courts! The house captains organised a yummy cake stall to provide incentive for jumping – eat a cupcake and then jump it off. With upbeat music, laughter and lots of skipping, everyone had a fantastic time and school spirit was strong as ever. Through the cake stall, all money raised was donated to the Jump Rope for Heart Foundation. We look forward to continuing this initiative in future years!

- House Captains

CONGRATULATIONS TO COGHLAN HOUSE WHO HAD THE MOST STUDENTS SKIPPING AT LUNCH!!
Aerobics State Championships

On Friday 17th July I had the pleasure of taking the aerobics squad to the AeroSkools State Championships. 18 girls competed on the day and came away with some wonderful results doing Hornsby Girls very proud. Please see below:

Level 3 pairs: Freya Roberts and Olivia Qu (2ND PLACE)

Level 4 pair: Caitlin Sinn and Rachel Line (2ND PLACE)

Level 4 trio: Kristen Tiong, Isabella Flint and Jodie Teo (1ST PLACE)
Olivia Chen, Keerthi Pilli and Jodie Teo (2ND PLACE)
Caitlin Sinn, Rachel Line and Claire Zhou (3RD PLACE)

Level 4 group: Katrina Wu, Rebecca Stock, Amy Ren, Madhura Sabanayagam (3RD PLACE)

Level 5 pair: Isaelle Parui and Cherie Pan (3RD PLACE)

Level 5 Trio: Nazli Bahtigur, Cherie Pan and Isabelle Parui (3RD PLACE)

18 students competed at State Championships and all 18 are off to Melbourne to compete in the National Championships at the end of this term. This is an amazing achievement great work girls and good luck.

Mrs Wallwork (Aerobics Coordinator)

Band and Orchestra News ...

Next Committee Meeting - 2015 Monday 17 August - 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 monthly Bulletin. There are still vacancies in several positions: Jazz Band and Flute Ensembles Contacts as well as many assistants. Parents of Year 7 and 8 students are encouraged to come along. Future Meetings – Mondays - 19 October AGM, 23 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 Information/Membership Manager: Mrs. Suja Murali 0413 206 450 or muralis@yahoo.com.au or hghsbando@gmail.com

New Flute Ensemble Tutor

Ms Emily Sowden will be taking our Flute Ensembles for the rest of the year. All members should be at rehearsals in Room 101 on Tuesdays: Junior 3:15-4:00 pm; Advanced 4:00 pm

NSW Festival Results – Well done!!

Gold for Concert Band in C Grade
Silver for Symphonic Band in A Grade
Both bands played their hearts out and did a fantastic job.
Ms. Dietz’s Retirement afternoon tea – Sun 13 September 3 – 5 pm school hall – all welcome

All welcome - bring a plate to share. Tea, coffee and cordial will be provided. Pass the word on to orchestra and band members from previous years. Recordings of concerts and photos will be shown from the 19 years that Ms. Dietz has been the conductor of the bands and orchestras at Hornsby Girls HS.

2015 Japan Tour Reunion

Members of the 2015 Japan Tour shared memories and watched the recordings of the concerts during their reunion last Sunday. Thank you to all parents and staff members who contributed to the lovely afternoon event.

Upcoming Performances

Multicultural Fair – Jazz Band Sat 22 August 3 – 4 pm
Spring Concert – all groups – Tuesday 25 August – 7 pm at Hornsby RSL
Year 12 Graduation – Thursday 17 Sept Jazz Band 6 pm Hornsby RSL

NSW Senior State Music Camp Report

On the 22nd of June, Karen Cortez (12), Jiayi Li (11) and Louise Wilson (10) attended the Senior State Music Camp run by the Arts Unit, held at the Narrabeen Sport and Recreation Centre. Every day, we practised in our different ensembles; in tutored sectionals and together, learning new skills and expanding on our existing musical knowledge.

As members of the Grainger ensemble, named after the Australia composer Percy Grainger, Jiayi Li (alto saxophone) and Louise Wilson (flute) were taught new ensemble skills while preparing for their performance of Valdrez, a march by Swedish composer, Johannes Hanssen and the last movement from Ottorino Respighi’s The Pines of Rome.

Karen Cortez (cello) was part of the Symphony Orchestra, which explored a variety of repertoire and performed Mahler’s First Symphony in the final concert.

For the final concert, all camp participants were split into a vocal group and an orchestral group, performing two combined items, Blow, Blow, Thou Winter Wind, composed by John Rutter and Te Deum, a Christian hymn of praise.

During camp, we also had the opportunity to play in a secondary small ensemble. Hornsby girls were represented in the saxophone ensemble, string ensemble and wind ensemble. We worked together with our instrumental tutors in these ensembles to learn specific skills and play a wide variety of different musical repertoire.

The week at Senior State Music Camp was an amazing opportunity and experience to develop our musical skills, as well as making lots of new friends who share the same passion for music.

Louise Wilson (10)

Deb Dietz (Ms.), Conductor
Melissa Jones (Mrs.) and Christine Sadek (Mrs.), Co-Committee Presidents
MULTICULTURAL FAIR 2015 NEWS - only 4 weeks to go!

It’s only four weeks to the Multicultural Fair – Saturday 22nd August from 11am to 4pm.
As many of you will know, this fabulous event is a highlight on the school calendar. We really need everyone to contribute in some way. Read below how you can help!

**Volunteer** – An e-mail was sent on 27/7/15 asking parents to volunteer a couple of hours of their time. Please return it as soon as possible or just email kate@henke.nl with your availability. We particularly need helpers for the Thai/Vietnamese, Sri Lankan and International Cake Stall.

**Wine and chocolates urgently needed!**
Our wine tombola was such a fundraising success last year we hope to run it again this year, even bigger and better! But we need your donations to make it work! We are hoping to run a $5 tombola and a $10 prestige wine tombola, so don’t feel shy in donating a good bottle! We are also looking for 50 boxes of chocolates of varying sizes/quality/flavours for the chocolate tombola. Leave your donations at the office or email Sally Lancaster on Lancasters.5@icloud.com. She can collect from your home.

**Henna** – We urgently need a more volunteers for the ever popular Henna stall which will be bigger and better than ever this year! If you are a student or parent and can spare a couple of hours please let me know. We are also looking for a parent who can stay on the stall from 11 and to 4pm to coordinate the volunteers. Please email kate@henke.nl if you can help with henna!

**Trash and treasure** – Do you have any good quality toys, games, collectibles, glassware, kitchen utensils, decorative items or small appliances that you no longer need? This stall will take anything that is clean and in good working order BUT NOT soft toys or IT equipment (screens, cables, computers etc). Please ensure items are not broken. Leave them at the school office.

**Second hand books** – Consider donating any good quality second hand books (no encyclopaedias please) to the school for Rotary’s Book Fair, which will be raising money for Lifeline.

**Rides** – We will have fabulous new rides at the Fair this year. Unlimited ride wrist bands (11am to 3pm) will be sold from next week online and at the School Bank for $25.00.

**Financial Donation**
If you can’t attend the Fair please consider making a cash donation to help cover expenses. Please put the donation (cash or cheque made payable to Hornsby Girls High School) in an envelope labelled with - the name of the stall you are supporting (if you wish), your name and your daughter's name and roll call class - and place it in the box marked MCF Donations in the school office/bank. A receipt will be issued.

If you have any questions please e-mail Kate Bromley at kate@henke.nl. See you at the Fair!
Can you help with the Smoothie Stall?

Welcome to Healthy Shelter

If you still remember our smoothie bar next to the coffee shop in canteen last year, we are going to have a stall outside this time! We are going to add more fresh food in our stall including fresh salads and fruit and veggie topped bread/muffins.

Whether you like to grab some fresh food, or get some healthy school lunch ideas, we will be right here waiting for you. We look forward to having your kind help of any sorts. You are very welcome to join us doing washing/cutting/serving on August 22nd Aug. or help with cooking on the 21st, the day before. Please contact Tong on 042132537 or MandarinBridgeAu@gmail.com.

Please also be aware that you can support us by sending in a donation, contact us or place your donation in the box at the school bank marked ‘MCF Donations’.

Smoothie (中文名：思慕雪）

✔️  Healthy  健康
✔️  Convenient  方便
✔️  Fresh  新鲜
✔️  Whole  全食
✔️  Natural  天然
✔️  Healing  有治疗功效

Smoothies are a sensation in healthy dining. They are basically a healthy meal in a cup that can also double as a quick snack or dessert. "Power smoothies" can even offer diet enhancement and dramatic weight control. Smoothies are the new beverage and drinkable meal for the future.

思慕雪是一种健康饮食概念，它基本上是一种杯中的健康食品，同时也可以理解为一种含高维生素的快餐小吃或甜点。"能量思慕雪"更可谓是有效的控制体重的食品。未来思慕雪将成为一种新兴的饮料或流体食物。

Bon appétit!  Tong, Yumi, Ritsuko and Jian  MandarinBridgeAu@gmail.com  042132537
Sri Lankan Food Stall - Can you help?

Our Sri Lankan food stall at the annual Multicultural Fair is unique because each and every parent proudly contributes in various forms to make our stall a success.

We would like to invite all Sri Lankan community at Hornsby Girls support for this worthy cause.

If you are able to help on the stall on Saturday August 22 for 1-2 hours (or more!) please get in touch with us at following number.

Priyanka – Mobile: 040615016 - Home: 94465597
Email- kpallegedera@tpg.com.au

Thanking you,

Priyanka Pallegedera
Sri Lankan Food Stall Organising Committee 2015

---

Calling all bakers! We need your treats!

It’s time to dust off your cookbooks, heat up your ovens, and bake something delicious for the annual HGHS Multicultural Fair Cake Stall – 22 August.

From tarts to tea cakes, cakes to cookies, muffins to mud cake, slices to Swiss rolls ... you bake it and we’ll happily sell it.

You can drop your items to the stall on the morning of the Fair or leave them at the office the day before.

If you can help, please email Teresa Curman:
teresa_curman@yahoo.com.au
Hornsby Girls' High School

Saturday 22nd August
11am - 4pm
Hornsby Girls’ High School,
Edgeworth David Ave
Opposite Westfield Shopping Centre

- Huge international food fair
- Cake stall - New rides
- Cultural performances in music and dance
- Henna, origami and face painting
- Hornsby Rotary Book Fair for Lifeline
- Robotics display - Trash and Treasure
10 Years Experience as a driving examiner