Principal’s Report

Welcome Back

Welcome back to all students. Year 7 have made an excellent start to the New Year and also a special welcome to any new students who have started in 2016. Congratulations are in order to our Year 12 HSC Students of 2015. There were some outstanding individual results and these results will be published in the local paper, so watch the upcoming news!!

Year 7 have participated in an Orientation Program and will be attending a camp on Monday 16 February to Wednesday 18 February. This camp provides students with leadership development, peer interaction and helps staff and students develop a greater understanding and rapport. While the camp is not mandatory, it is strongly recommended students attend to assist with settling into high school.

We were saddened to hear of the death of one of our long standing members of staff, Mrs Jane Lloyd, who had been retired from Parramatta High School for a few years. Mrs Lloyd worked as the schools SAM and in other roles at the school for nearly 20 years. Our thoughts and prayers are with her husband Wayne and family.

The school has a new school uniform, only available from Oz Fashions. This has been phased in gradually and it is our expectation that students will now be wearing the new uniform. It is expected that all senior wear white shirts and juniors mid blue.

All senior boys are expected to be wearing a school tie, available from the school for $20. This must be worn every day. Senior students have the option of a school blazer, woollen jumper, woollen vest but not the school jacket which is part of the junior uniform. Please check the uniform requirements on the website and the uniform pricelist in this newsletter.

I wish every family the best as your child starts a new year at Parramatta High School.

Please assist us to ensure your child has good attendance and is focussed on doing their best.

Yours faithfully
Ms D Splatt
Principal

CALENDAR 2016

<table>
<thead>
<tr>
<th>Week 3: Monday 8th February</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Yr 12 chemistry task</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday 9th February</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Yr 11 Drama excursion</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday 10th February</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Swimming Carnival</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday 11th February</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Friday 12th February</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Yr 12 2016 High Achievers Assembly</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 4: Monday 15th February 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Yr 7/11 Camp</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday 16th February</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Yr7/11 Camp</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday 17th February</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Yr 7/11 Camp</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday 18th February</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Friday 19th February</th>
</tr>
</thead>
</table>

**MUSIC NEWS**

**PHS Stage Band**
PHS Stage Band is for all interested students in Years 7–12. Rehearsals are on Wednesdays with the first rehearsal for 2016 commencing at 2.15 pm on Wednesday 3 February. New students are welcome to join. See Ms Piper if you would like to audition or hire an instrument. Music for four new pieces will be commenced at our first rehearsal. The Stage Band director is Mr Nathan Henshaw who is currently completing his Doctorate of Music.

**Clarinet and Saxophone Tutor:** Mr Wesley Stormer
FRIDAYS - after school (Group and private lessons are available)

**Guitar Tutors:** Mr Tim Harries and Mr Ben Secrett
GROUP SESSIONS after school on THURSDAYS and FRIDAYS are graded according to ability. PRIVATE LESSONS are also available.

These lessons are at an additional cost to the student. If preferred, students may arrange their own private lessons. Should you be interested in learning any of the instruments listed above, or guitar, then please see Ms Piper urgently for further details.

**Instrument Tuition**
The following selection of instruments is available for hire: flutes, clarinets, alto saxophones, trumpets, trombones, violins, viola and cellos.
The cost to hire is $80 per year. Specialist music teachers come to the school and conduct group or private lessons after school as follows:

**Piano Tutor:** Mr Alton Sandico
MONDAYS - after school (Private lessons only - No group lessons)

**Flute tutor:** Dr Beth Hwang
THURSDAYS - after school (Group and private lessons are available)

**Trumpet and Trombone Tutor:** Ms Linda Bacon
FRIDAYS - after school (Group and private lessons are available)

**Violin/Viola/Cello Tutor:** Ms Sarah Seo and Miss Carina Dingwall
GROUP SESSIONS after school on MONDAYS, TUESDAYS and THURSDAYS are graded according ability. PRIVATE LESSONS also available.

**Parramatta City Band**
The band gives free instrument hire and tuition to students wishing to learn a brass instrument but a fully refundable $50 deposit is required. Book costs $15. The practice time is Sunday night. See Ms Piper for further details.

**Opportunities for students seeking additional experience in vocal or instrumental music:**
Regional and State Music Camps – specific standards must be met
Regional and State Vocal Group – individual audition required
Regional and State String Ensemble
Regional and State Bands
Interested students should see Ms Piper for further details.

**Regional PULSE Choir**
Late last year an audition DVD was submitted. Selected Year 10 Elective Music vocalists and Ms Piper will perform with the Regional Secondary Massed Choir at the Sydney Opera House on the evening of **Thursday 30 June 2016**. Congratulations to Year 9 Elective Music for having a go last year and successfully “dashing through” a 3-part arrangement of Jingle Bells!
Dear Parents,

School photographs are scheduled to be taken by Advancedlife Photography. Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school’s unique 9 digit Online Order Code.

Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day.

Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au

News from the Library

An exciting new digital resource has been added to our already exhaustive collection of the library, to be used by students and staff alike: it’s a Web database, called World Book online.

Instead of the printed edition which consists of 22 volumes, we now have access to its digital form. Its design is colourful and modern, thus very appealing to the eye; the setup is straightforward, and it’s easy to use; it provides interesting features, age relevant, and so is a stimulating tool to enhance any type of research at all levels.

There is World Book Online Students, directed mainly towards students from years 7-10 and World Book Online Advanced for senior students and staff. User ID is parrahs and the password is also parrahs, easy to be remembered!

Happy searching!

SWIMMING CARNIVAL

The annual Parramatta High Swimming carnival will be held at Parramata Pool on Wednesday 10th February. Roll call will commence at 8.30am. Notes for the carnival have been issued and must be returned to school as soon as possible. The cost or the carnival is $4.00. A ticket can be purchased at school or students can pay with correct money at the gate.

Academic Achievement Focus

This year we will be ensuring student learning needs are addressed by collecting extra data and developing appropriate programs. Capabilities testing will begin with Year 9 this term.
CAMP GEAR CHECKLIST

☐ 3 T-shirts (no mid-riff or sleeveless shirts allowed)
☐ 3 pairs of shorts
☐ 2 long sleeve shirts
☐ 1 jacket/jumper (it gets cold at night)
☐ 2 pair of long pants for cold weather
☐ At least 4 pairs of socks
☐ Underwear
☐ Hat or cap and beanie (optional for night time)
☐ Raincoat (regardless of forecast)
☐ Pyjamas
☐ 1 pillow and pillow case
☐ 1 sleeping bag or sheet/s with blanket
☐ Torch (make sure it is working before you bring it on camp)
☐ 1 water bottle
☐ Insect repellent and Sunscreen
☐ 2 pairs of sensible joggers or boots (1 old pair that you can get wet – NO THONGS)
☐ 2 plastic bags to put your dirty and wet clothes in
☐ Toiletries (shampoo/conditioner etc)
☐ 2 towels (1 for outdoors, 1 for showers)
☐ Day pack (small back pack to carry items such as water bottles, hats sunscreen, etc)
☐ Hair tie (if you have medium to long length hair)
☐ Mess Kit – includes plastic plate, bowl, knife/fork/spoon, cup
☐ Optional – Swimmers to wear under old clothes for mud challenge activity

DO NOT BRING:

☐ Valuables such as IPods, IPads, expensive jewellery (i.e. Anything that you don’t want to lose)
☐ Money
☐ Excessive lollies, chocolates, etc

Mobile phones may be brought on camp but must stay turned off and in day packs whilst at activities. You may contact your parents or them you during free time at the end of the day’s activities. No responsibility will be taken for any lost or stolen valuables.

GAT NEWS from Science

On Tuesday 24th November, twenty Year 8 Parramatta High students attended the Science GAT Day at Western Sydney University. When we arrived and we were given cool lab coats to wear and were organised into lab groups. We started with a Cool Session which included many experiments using cold substances such as liquid nitrogen and dry ice. It was such fun when we had to fill latex gloves with dry ice tie them up and let them expand. Fortunately no balloons exploded but they looked very silly when we observed the size they reached. We also made fire extinguishers and liquid nitrogen ice cream.

The second was a Colour Session where we created rainbow reactions. As we mixed different chemical solutions, the colours in the solution changed to mimic a rainbow. We also chose different colours and died carnations, separated colours using chromatography and saw “permanganate fire”. Our final session was called Create. We made colourful slime, nylon rope and grew crystal gardens.

Overall, the WSU Science GAT day was a truly remarkable experience that neither me or my group could ever forget.

Abhiroop Pal
Yr8 SJL

The Stage 4 Science Gifted and Talented Day is an initiative of LMC (Lachlan Macquarie College)

Opal cards arrived in the school for eligible students. If your child has not received their opal card, parents can contact 131 500 or concessions@transport.nsw.gov.au for more information.
ACHIEVING YOUR GOALS

A big step towards achieving your goals is developing and maintaining a goal setting mindset as the attitudes you have learnt and develop will influence the way you view goal setting. Approaching a task with a negative and self-defeating attitude makes it much harder to actually be successful at that task.

You need to have a positive attitude when you are setting and trying to achieve your goals. A positive attitude means you are looking for ways to succeed rather than focusing on the difficulties and obstacles that could be in your path.

To create a more positive attitude:
- Each day note down something you did towards achieving your goals.
- Note down any changes someone else has noticed eg. your teacher says well done on your work.
- Don’t stop trying if something goes wrong, rather reassess your goals or decide you need to work harder to achieve them.
- Find a mentor or helper to encourage you to achieve your goals, possibly someone who is interested in the same things or is good at the same subjects, but is a bit further ahead of you.

Other reasons why we don’t achieve our goals:
- No action plan.
- No true commitment to the goal.
- Not rewarding yourself along the way.
- Trying to focus on too many goals.
- Not preparing yourself for success.
- Fear of failure.

If you are still not achieving your goal try this:
- Clarify your goal.
- Write a list of actions.
- Analyze, prioritize and prune.
- Organise your list into a plan.
- Monitor the execution of your plan and review your plan regularly.

You can learn more about goal setting and many other topics to help you achieve your best at school at www.studyskillshandbook.com.au

For iPhone and iPad users:
1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The app is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

For Android users:
You must first have signed up with a Google Account before installing the app.
1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.

For Windows 8.1 Phone and Windows 8.1 or 10 device users:
1. Go to the Windows Store on your 8.1 Windows Phone or Windows 8.1/10 Device
2. Search for "Skoolbag" in the keyword app search
3. Install the Skoolbag app
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup".
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows App is for 8.1 version Windows Phones, or Windows 8.1 and 10 devices.