Dear Parents & Carers

Congratulations to Years 11 & 12 for the high standard of the reports which have just gone home and to the successful parent teacher night last week.

It was my pleasure to read and award to the top five reports, a Principal’s Award sticker on the report. This award is given for all round excellence. Well done to the recipients of either the Principal’s Award or Deputy Principal’s Award.

This week the Senior Executive will update our school website. We are aware some items are not current and we ask parents to view the site for the 2015-2017 School Plan and Annual School Report, which reports on school priorities and the latest programs our school is providing for your child.

A reminder that much of the new school uniform is now available from OZ Fashions, our school supplier. Senior shirts and skirts are now in stock.

I am also asking parents to download onto your mobile phone the Skoolbag app as this will contain the latest information, newsletters and alerts for parents. If an event is cancelled this app is essential for letting parents know. We are finding this an invaluable source of communication with parents.

The school is purchasing some modern and attractive furniture for student use and creating quiet areas around the school for students to enjoy. This furniture is indoors and I am working with the Student Representative Council to decide on what and where such furniture would be appropriate. We have also upgraded the front of the school, our entrance and I have received very pleasing comments from students and visitors to the school. Recently the Minister for Education, Adrian Piccoli said, “We know that a school’s appearance is important in how it is perceived by the community”.

Domonique Splatt
Principal

Please be aware that this calendar is subject to change. The whole year calendar can be accessed on the school website:

http://www.parramatta-h.schools.nsw.edu.au
A MESSAGE FROM THE DEPUTY PRINCIPALS

HOW MUCH SLEEP IS YOUR CHILD GETTING?

Dr Carmel Harrington a former lawyer and educator she has a PHD in Sleep Medicine from Sydney University. While there are many things that can interfere with the sleep process it is possible to maximise the ability to sleep well by practising good sleep hygiene – which simply means implementing healthy sleep practices.

Fundamental to good sleep hygiene is keeping regular sleeping hours and not sleeping during the day. Avoidance of stimulants such as caffeinated drinks or nicotine is also essential as these signal the body to be awake.

Exercising is really good for sleep and people who exercise regularly report the best sleep. However exercising too close to bedtime simply wakes the body up and often causes issues with getting to sleep. It is therefore advised not to exercise within 3 hours of bedtime and preferably before 6.30 pm. Likewise any mental stimulation, for example trying to solve a complex problem or any stressful situation, will alert the brain so it is recommended that one-two hours before bedtime, you begin to wind down and maintain a calm environment.

Sleep underlies everything — mood, behaviour and learning.” So, what can you do?

● Get the right quantity of sleep — eight-nine hours a night.
● Turn off devices at least 30 minutes before going to bed.
● Don’t stay up late to cram — it will only leave you less alert.

Mr Gokel & Mrs Johnstone

HIP HOP

On Thursday the 6th of May, myself and Miss Hough took a group of 11 boys to a hip hop dance workshop at The Sydney Dance Company in The Rocks. The boys in attendance all ranged in ages and ability level, though all deserve praise for their efforts on the day. The group learnt two dance routines, one a hip hop routine and one a break dancing routine, both of which we may get to see at some stage later in the term. Faced with some very challenging choreography, the boys did an amazing job, pulling off some manoeuvres I’m sure they never would have considered possible earlier on in the day. A big thankyou to the boys who attended the workshop for their excellent behaviour and both Miss Hough and I were extremely impressed with their performances.

Mr. White

Our drama and dance students have devised and practised their own performances during Term 1, and they are ready to show them off!

On Wednesday the 27th of May, both year 10 and 11 Drama classes, and year 10 Dance class will be presenting these Individual and Group Performances in the school hall.

As Creative and Performing Arts students, it is vitally important that the students get the opportunity to show their creations and experience performing in front of a live audience. We would love to see parents, family and friends to join us on the night and celebrate their creativity and effort in creating the productions that will be shown.

The performances will start at 5:30pm and should be finished by 7:00pm.

Miss Heron and Miss Hough 😊

ATHLETICS CARNIVAL

Our annual athletics carnival was held at Auburn Athletics Field on Friday the 8th May, and after having to cancel the original date a week earlier, we were lucky enough to have clear skies and a warm sunny day. The carnival was a great success, and a big thank you needs to go to everyone who attended on the day as both the behaviour and participation of all students was exemplary. A special mention needs to go to Sahil Hadwani of Year 11, Nicola Harrison of Year 7 and Nicole Chami of Year 9, all of whom broke long standing records on the day. Sahil broke the Open Boys 1500 metre record by over 20 seconds, Nicola broke the Junior Girls 1500 metre record and Nicole broke the 15 Years Girls shot-put record with a throw of over 14 metres!

Congratulations also go to the following students who ended the day as age champions!

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 years</td>
<td>Joe Andary</td>
</tr>
<tr>
<td>13 years</td>
<td>Kundai Harrison</td>
</tr>
<tr>
<td>14 years</td>
<td>Murtidha Lalee</td>
</tr>
<tr>
<td>15 years</td>
<td>Charles Jin</td>
</tr>
<tr>
<td>16 years</td>
<td>Wesam Chami</td>
</tr>
<tr>
<td>17+ years</td>
<td>Sahil Hadwani</td>
</tr>
</tbody>
</table>

And a final congratulations to the Batman house who finished the day in first place.

<table>
<thead>
<tr>
<th>1st</th>
<th>BATMAN</th>
<th>818</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd</td>
<td>MARSDEN</td>
<td>785</td>
</tr>
<tr>
<td>3rd</td>
<td>FITZROY</td>
<td>738</td>
</tr>
<tr>
<td>4th</td>
<td>BRISBANE</td>
<td>735</td>
</tr>
</tbody>
</table>
Year 8 Geography Excursion"
On Wednesday 6/5/15, the terrific Geography teachers within the sensational HSIE faculty took the fabulous Year 8 students of Parramatta High School to Darling Harbour for a Geography Excursion.
Students were able to enjoy their fun filled day as well as collect and record data in their fieldwork. Various tourist attractions in Darling Harbour were visited including Tumbalong Park, King Street Wharf and Imax. The focus of this educational trip was to record and analyse demographic data within this geographical area. Special thanks to Mrs Nand for her efforts in planning this unforgettable experience!

Music News
Regional PULSE Choir Excursion
In order to prepare repertoire for their performance to be held at the Sydney Opera House on the evening of Thursday 13 August, Year 11 Music students attended their first regional rehearsal on Thursday 21 May. Special thanks to Mr Murray from the HSIE Faculty who was available on short notice to travel with the students for this rehearsal.

Tickets for the PULSE Concert will be on sale from Monday 22 June 2015 at 9am and can be purchased in 3 ways:
- Online at the Sydney Opera House Website http://www.sydneyoperahouse.com
- Phone 9250 7777 (9.00am - 8.30pm)
- From the Sydney Opera House Box Office Foyer, Level 1. The Sydney Opera House Box Office is open from 9.00am – 8.30pm Monday to Saturday and from one hour before Sunday performances.

Tickets cost $45.00 for adults and $35.00 for children under 12. Each ticket price includes the cost of the PULSE program. A fee of $8.50 (GST inclusive) per transaction is charged to the customers (irrespective of the number of tickets purchased) for all telephone, mail, fax, email and online bookings.

Auditions for Sydney Opera House Performance
Our extremely talented PHS music students have submitted 4 audition pieces for consideration in the PULSE Concert at the Sydney Opera House on the evening of Thursday 13 August. Congratulations to all the students involved in the following items:

- ‘Casta Diva’ from the Opera “Norma”
  Liaana Pokoina (lyric soprano) accompanied by Edward Webb (piano)

- Stage Band: And All That Jazz
  Directed by Mr Henshaw (alto saxophone)

- Advanced Guitar Group: Bohemian Rhapsody
  Directed by Mr Secrett (guitar tutor)

- Junior String Ensemble: Takirari - Bolivian Folk Song
  Directed by Miss Dingwall (string tutor) and accompanied by Ms Piper (piano)

Once again, we are very grateful to Mr Smith from the Technology Staff who kindly brought in his personal video equipment to record and edit our audition performances.

All elective music students are currently very busy with Half-Yearly Examinations and assessment tasks but will soon begin preparing their performances for the Rock Show which will be held during the afternoon of Friday 19 June in our School Hall. Year 8 students are also beginning preparations for their MMM - Manic Music Matinee which will be held in the School Hall after lunch on Tuesday 23 June.