On the 18th February Rouse Hill High School attended their swimming carnival at Riverstone Pool. We started with house chants having Dunlop take out the first chant for extra points. Throughout the day there was fantastic participation by all houses during freestyle, breaststroke, backstroke, butterfly, 200m medley and relays. For the Year Twelves it was their final swimming carnival so they had a novelty race with a blow up boat and paddles to finish off a great day.

continued page 2
Congratulations to all students and staff for their efforts in the 2014 Swimming Carnival. It was great to see so many colours in the different houses as well as the “raft” that the Year 12 group paddled down the pool. Well done again to Irwin House, this year’s winner. The following students broke a range of records and / or were this year’s Age Champions.

Final Results:

- **First place** IRWIN House (649 points)
- **Second place** WALTON House (331 points)
- **Third place** GOOLAGONG House (291 points)
- **Fourth place** DUNLOP House (276 points)

New records:

- Aaron Donaldson (5), Abbey Cooper (6), Aiden Cowling (1), Kate Fumberger (6), Kalahni Hasselbach (1), Madison Cooper (4)

Age Champions:

- **12 Years Boys** Dylan McGrath
- **12 Years Girls** Kalahni Hasselbach
- **13 Year Boys** Connor Flaheny
- **13 Years Girls** Georgia Turner
- **14 Years Boys** Aaron Donaldson
- **14 Years Girls** Courtney Wright
- **15 Years Boys** Bailey Hales
- **15 Years Girls** Madison Cooper
- **16 Years Boys** Rhys McDonald
- **16 Years Girls** Abbey Cooper
- **17+ Years Boys** Aiden Cowling
- **17+ Years Girls** Kate Fumberger


**CHAMPIONS OF THE POOL**

Mr Claxton, Head Teacher PDHPE & Mr Brown Sports Coordinator

Everyone showed up to support their houses in their house costumes and many beautiful accessories. The House Captains did a wonderful job at working together and representing their house. Every student came to the event with a good attitude and spirit and it was great to see everyone encouraging each other throughout the day. Overall, the day was a blast and everyone thoroughly enjoyed themselves.
TAS students are excited to be testing their skills on some of the new equipment that Rouse Hill High School has purchased. We have just received a number of Lego EV3 robot kits and an “UP Plus 2” 3D printer that will allow students to develop solutions to real world challenges. This fantastic equipment will be used throughout the school and will enable students to experience innovative design and manufacturing techniques.

Year 7 students will be using computer aided design programs to develop a personal logo which will then be printed using the 3D printer. The 3D printer will also be used throughout Year 9 and 1.0 Industrial Technology Engineering where students will create a range of products including wings and stabilisers for planes, rockets, and high speed cars.

Year 10 students will construct and program the Lego robots to model industrial control systems, as well as determine how autonomous vehicles operate.

OUTSTANDING ACHIEVEMENT IN ENGINEERING

Each year, the University of Wollongong’s Faculty of Engineering host a state wide competition for all students in Years 9 and 1.0 completing an Industrial Technology subject. Students demonstrate their skills by submitting samples of their work and photos of the projects they have completed. There is a wide range of categories and cash prizes available to be won.

Last year, Nerissa Heng of Year 1.0 entered the competition with an outstanding report on alternative energy sources. Nerissa was awarded the runners up prize for Women in Industrial Technology and received a certificate and cash prize. Huge congratulations to Nerissa on this outstanding achievement.
On Tuesday 25th February, the boys and girls soccer teams played in the Macquarie Cup at Inalls Lane, Richmond.

The day turned out to be quite hot and the teams played well in the heat, never giving up in any game.

The girls’ team continues to be interspersed with very young and enthusiastic players and for the last 4 years has been capably led by our very talented Year 1.2 students Lauren Gaul and Maddy Stedman. It is wonderful that these girls continue to play in these competitions, despite their outside commitments and HSC studies.

They drew Richmond High School in the play off for third and fourth place, and after leading 1-0, through a spectacular Maddy Stedman goal, lost 4-3 in a penalty shoot-out after drawing the game 1-1.

The boys’ team continues to be a solid unit. They have played together for a number of years now, in U/15 and open competition and have a nice balance across the park. With the addition of some younger boys in years 8 and 9 they were able to win their first game against Glenwood 2-1. The next game was one of lost opportunities and they unfortunately went down 1-0 to Hawkesbury. The final game showed their class and they comprehensively defeated Windsor High 3-0, sealing third position.

Mr Brien and I would like to congratulate the students on their sportsmanship and co-operation throughout the day, it was a pleasure to take these students and see them perform to their best and compete for Rouse Hill High School.

We would also like to thank the numerous parents for their help in transporting students to and from the field and their support on the day.
Leadership and engagement programs that build confidence, resilience and success
Strong educational leadership and dedicated teachers create a supportive, dynamic learning environment.
CAREERS NEWS
Ms K Henson, Careers Advisor

YEAR 1.2 UNIVERSITY OF SYDNEY EXCURSION
INFORMATION PRESENTATION AND CAMPUS TOUR

On Wednesday 12th March an excursion for all of Year 12 to Sydney University has been organised by the Careers Advisor Ms Henson. Students will have the opportunity to participate in an information session and presentation on all aspects of Sydney University by key personnel. This will include information on: entry, scholarships, faculties, student life, facilities, staff and accommodation. Students will also be given a campus tour and orientation as well as experiencing some aspects of student life such as the Food Court. All Year 12 are expected to attend. Permission notes and money are to be returned to the office by Wednesday 5th March and are available on the Rouse Hill High School Website.

YEAR 1.1 TAX FILE NUMBERS

Students in Year 1.1 are reminded to apply for a tax file number if they don’t already have one. Tax File numbers are used for employment and are also needed when making an application to University. Tax File numbers take more than 4 weeks to be processed by the Taxation Department. It is also important that the office has your correct home address and date of birth. If you have moved recently please update these details with the office as soon as possible.
Tax File Forms are available from the Careers Advisor, Ms Henson, in the Careers room.

YEAR 1.0 MULTICULTURAL DAY IN HARMONY WEEK

On Tuesday 18th March Year 10 will be hosting Rouse Hill High School’s Multicultural Day during Harmony Week. Students are encouraged to dress in their country of origins national dress. A gold coin donation will be collected from each student in mufti dress. The money raised will sponsor World Vision initiatives and in particular our World Vision child Mihiret Bereta who lives in Ethiopia. There will be prizes for the best dressed in each year and a BBQ.

YEAR 9 PART-TIME/CASUAL EMPLOYMENT

Many students in Year 9 will be contemplating getting a part-time job or applying for another casual or part-time job to increase their skill level. Part-time work is an excellent way to start developing the job skills that can be transferred to any occupation later in your career. They are also a good source of income for those of you that like to buy technical gadgets, clothes and other teenage necessities.

When thinking about getting a part-time job you need to think about the following:

- **Time Management**: will you be able to manage your schooling, recreational and home activities as well as a part-time job? It’s a good idea to discuss this with your parents and plan your time well.
- **Transport**: will you be able to get to and from your workplace safely and cost effectively?
- **Job Suitability**: make sure you find a work environment that interests you and suits your needs.
- **Employability Skills**: Do think about the skills you need and those you will develop on the job. These include Teamwork, Communication, Organisation, Self Management, Technology, Learning and Initiative.
- **Resume**: Do you have a resume and have you updated this with your current skills and qualifications. (If you need assistance see Ms Henson, Careers Advisor, in the Careers room)
- **Savings Plan**: plan to save some of your hard earned cash for something really rewarding. Many students start saving for a car as soon as they start working.

There are many places to look for employment including: The Internet, visiting businesses to see if they are advertising, networking with family and friends who own businesses or know other business owners, local free papers that are distributed to your home such as The Rouse Hill Times and Hills News.
Dear Parents/Carers,

What a fabulous start to the year! Welcome back to all of our 2013 students and families. To our Year 7 students and their families, a warm welcome to the Rouse Hill High community. This welcome is also extended to our newly enrolled students in other years. For 2014, our student numbers are approximately 720, with 52 teaching staff and 8 SASS.

Year 7 students have transitioned beautifully from primary school to high school. They have already shown engagement with their studies and have also demonstrated they have the skills and initiative to make a very positive mark at Rouse Hill High School. Well done Year 7!

With the increase in student numbers we have many new staff. On behalf of the school community I welcome them to Rouse Hill High School and look forward to the contribution they are going to make to student achievement and the school community. I am very pleased to welcome the appointment of our second deputy principal. New staff include: Mr Rafton, (Deputy Principal), Ms Quisumbing, (Mathematics), Mr Brien (PE/Mathematics) and Ms Touma (English).

Mr Rafton will be leading the Senior School Team and working particularly with students in Years 1.0, 1.1 and 1.2. While Mrs Yates is on leave, Mr Kelly will be relieving in her position and will be leading the Middle School Team and Years 7, 8 and 9. Mrs Yates will be returning in Term 2.

Term 1 is very busy in the sporting arena. We have already had our successful swimming carnival, and later in the term the athletics carnival and the cross country will be held. A number of Macquarie Zone competitions are scheduled for the next few weeks. The introduction of Year 7 and 8 Grade sport has started very well with great participation rates.

We have already held our first P&C Meeting for the year and I encourage you to attend the next P&C Meeting on March 17. As well as the AGM and normal P&C reports, we will be discussing Year 7 and the transition program. Hope to see you there.

Kim Chapman
P and C News

The Rouse Hill High School P&C would like to welcome all new families to our school community and hope you will be able to join us for our upcoming meeting. The Rouse Hill High School P&C Association was established in 2009 and has been actively involved with the rapid development of the Rouse Hill High School.

The next P&C Meeting will be: Monday 17th March - AGM

Meetings commence at 7.00pm and are held in the Staff Common Room (just down the hall from the Uniform Shop). All parents and carers are welcome to attend.

AGM

The Rouse Hill High School P&C Annual General Meeting will be held on Monday 17th March at 7pm in the Staff Common Room. At this meeting the following positions will be elected:

- President
- Vice-President (1 or 2 positions are available)
- Secretary
- Treasurer

More information on position descriptions and nomination forms can be obtained by emailing the Secretary at nicoletheissen@optusnet.com.au. Forms should be returned to the school office prior to the AGM and marked to the attention of the “Returning Officer”, Rouse Hill High School P&C.

Please note:

- Only current financial members of the P&C will be allowed to vote at the AGM or stand for elected positions.
- Not more than one Executive position can be held by the same person and two people from the same family can hold office bearer positions at the same time.

HOW CAN I FIND OUT P&C INFORMATION?

- Log on to www.rousehill-h.schools.nsw.edu.au and click on the P&C tab.
- If you would like to be added to the P&C Email List, simply send an email to the Secretary at nicoletheissen@optusnet.com.au.
- Simply call or text one of the Executive Committee Members.
SHERWOOD RIDGE
10th Anniversary Celebration Pavers

You are invited to participate in this unique opportunity to have your name as a permanent part of our school.

Sherwood Ridge Public School invites you, your child or your family to become a permanent part of our school's history. If you decide to take advantage of our offer your paver will become a part of our "10th Anniversary Garden", which will provide an enduring link between the past, present and future that includes the essential partnerships that make our school what it is - students, parents, school and community.

For as little as $40.00 your name or message will be engraved into a paver which will then be laid permanently in our "10th Anniversary Garden".

Order forms can be collected from Sherwood Ridge Public School or downloaded from: www.sherwood-p.schools@det.nsw.edu.au

Offer closes 30th May, 2014

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DNA beauty therapy

Mid-Week Specials

You look after the kids, but who looks after you?
WE DO, that’s who!

Express pedi + eyebrow wax $39

Express facial + eyebrow wax $49

Office 7, Level 1 ‘The Terrace’
40 Panmure St, Rouse Hill 2155
Above Jimmys Pizza and Swimart
9836 0321
dnabeautytherapy.com.au

These specials are only for those who have a copy of this flyer, so make sure you bring it with you when you visit us between Tuesdays and Fridays.

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Rouse Hill High School's newsletter contains paid advertisements which assist with the cost of production. The publication of such advertisements does not imply endorsement of any product or service by the NSW Department of Education and Communities or Rouse Hill High School.
Bella Vista

Upcoming events & programs

Ideas for Parenting Teens
$25 / $15 conc – 10 Mar 6 – 9pm; 17 Jun 6 – 9 pm
A 3 hour seminar that will assist parents to:
• Understand what is normal adolescent behaviour
• Reduce the anxiety inherent in raising teenage children
• Develop skills to communicate & negotiate with teenagers

Being A Mum
$25 / $15 conc – 24 Mar 6 – 9pm
A 3 hour seminar that will assist mothers to:
• Understand themselves as a Mum
• Really connect with their children
• Understand children at different ages
• Learn positive ways to discipline children and communicate more effectively

The Challenge of Disciplining your Child
$25 / $15 conc – 7 Apr 6 – 9pm; 24 Jun 6 – 9pm
A 3 hour seminar that will assist parents of children aged 2 – 12 years old to:
• Understand what positive discipline means and how to set clear boundaries that children respect and learn to appreciate
• Use conflict as a tool to improve relationships
• Use tips and hints on different discipline techniques

Positive Parenting
$25 / $15 conc – 17 Mar 6 – 9pm
A 3 hour seminar that will assist parents of children aged 3 - 8 years old to:
• Know and acknowledge each child as an individual
• Understand the power of focusing on what children are doing well
• Deal with what children do that is not working for themselves or others

Making Stepfamilies Work – 3 hour seminar (for couples)
$50 / $30 conc (per couple) – 3 Mar 6 – 9pm
A 3 hour seminar that will assist couples in the process of forming a stepfamily or those already living in a stepfamily to:
• Encourage an awareness of the need to forge new ways of being in a stepfamily
• Develop strategies for coping with difficult stepfamily dynamics and relationships
• Accept each individual’s current and prior situation no matter how complex or difficult these are

Phone 8882 7850
Bookings essential

www.interrelate.org.au
1300 736 966
“With Adams knowledge, encouragement, motivation and challenging workouts. Along with your own personal dedication, determination and perseverance you’ll get the results you desire. I’m not saying it’s going to be easy but it is soooo worth it. If I could do it anyone can!!”

Christina, Quakers Hill.

Repetitions is a Fitness company, which caters for Group Fitness and Personal Training.

What you can look forward to:

- Guaranteed Results
- Encouragement and Motivation
- Losing Weight
- Meeting New People
- Improving Strength and Fitness
- Having Fun
- Challenging Workouts

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Sessions are held at 85 Hambledon Road Schofields, Terra Sancta College.

Adam Simpson
HEAD TRAINER

m: 0430 072 528
e: adam@repetitionspt.com
w: www.repetitionspt.com

Like us on Facebook Repetitions Group Fitness and Personal Training
NOTICEBOARD

ADVERTISING IN THE ROUSE HILL HIGH NEWSLETTER
If you are interested in advertising your business or community group in the next edition of this newsletter please visit www.rousehill-h.schools.nsw.edu.au/our-school/rules-policies/rouse-hill-high-school-policies and download a newsletter policy for requirements and procedures.

GET INVOLVED WITH THE P & C
If you would like to be added to the P&C email list, simply email the Secretary at nicoletheissen@optusnet.com.au or log on to www.rousehill-h.schools.nsw.edu.au and click on the P&C tab for information. Next meeting 17 March

UPCOMING EVENTS
3 March
Macquarie Cup baseball

3 - 7 March
Hospitality work placement

4 March
Zone swimming carnival

5 March
Formal Assembly

5 March
Leadership morning tea

6 March
Macquarie Cup rugby league

12 March
Year 1.1 Police talk

13 March
Art Express excursion

17 March
Year 7 meet the teacher evening

18 March
Multicultural/Harmony day

18 March
Macquarie Cup touch football

see school website for more details

FROM THE EDITOR
Thank you to all the staff, students and community members who have contributed to this edition of the Rouse Hill High Newsletter