



Visit our internet site at www.ingleburn-h.schools.nsw.edu.au

from THE PRINCIPAL

Core Rules at School

Below is outlined the DET expectations regarding discipline in NSW government schools. Please discuss these expectations with your son/daughter at an appropriate time.

"All students in NSW government schools are expected to:

- *Attend every school day, unless they are legally excused, and be in class on time and prepared to learn.*
- *Maintain a neat appearance, including adhering to the requirements of the school's uniform or dress code policy.*
- *Behave safely, considerately and responsibly, including when travelling to and from school.*
- *Show respect at all times for teachers, other school staff and helpers, including following class rules, speaking courteously and cooperating with instructions and learning activities.*
- *Treat one another with dignity and respect.*
- *Care for property belong to themselves, the school and others.*

Behaviour that infringes on the safety of others, such as harassment, bullying and illegal or anti-social behaviour of any kind, will not be tolerated."

Important School Certificate Dates 2010

Monday 8 November – English and Science Exams

Tuesday 9 November – Mathematics, Australian History, Geography, Civics and Citizenship Exams

Wednesday 10 November / Thursday 11 November – Computing Skills Exam

Friday 12 November – Clearance Day

Tuesday 16 November – Formal Sports Assembly

Thursday 2 December – Year 10 Formal

Tuesday 7 December – Academic Presentation Night

Thursday 9 December – Rehearsal for Year 10 Farewell Assembly

Friday 10 December – Last official day for Year 10 and Year 10 Farewell Assembly

IHS TRIVIA NIGHT
Friday 19 November 2010
Book your table now
Details inside

Congratulations

Kelsey Finocchiaro who received a Regional VET Award for Excellence in Hairdressing. Kelsey attends TAFE to complete this course as part of the HSC.



Amelia Richards entertained the audience at the Regional VET Awards.



The following students have been recognised by the Macarthur Workplace Learning Program for Outstanding Achievement during 2010 in Structured Workplace Learning: Duncan Barclay, Lucy Brazier, Christopher Draper, Greg Gaydon, Veronica Grasso, Jonathan Julian, Bradley Leslie, Amie Pitt, Torissa Reddy and Cassandra Watt.

Congratulations to all these students and their families.

Property Update

1. Currently, a new fence is being constructed around the perimeter of the school site. We have been waiting five years for this to happen and, as a result, I am very pleased that it is finally being constructed. The students will be a lot safer within the school environment once it is completed.
2. The library also has had an upgrade. The DET have recently installed a new air conditioning system within the library. This summer it will definitely be a much more pleasant area to work for all our students.
3. This week we have completed the installation of five electronic whiteboards into classrooms around the school. These will enable 21st century teaching strategies to be used by staff for the benefit of the students. In coming years, we will try to add other rooms to the list as money becomes available.

*Michael Wiecek
Principal*

**Academic Presentation
Evening 2010
Tuesday, 7 December
6.45pm for a 7.00pm start**

HEAD TEACHER ADMINISTRATION

Welcome back to all students, I hope everyone had an enjoyable break. With Term 4 in full swing I would like to remind parents that if your child is absent, you must explain their absence upon their return. Parents are welcome to call the school and inform the office if your child is going to be absent.

Every Monday morning students receive letters that show their absences for the previous week. These are to be completed and signed by parents and returned to their child's roll call teacher.

Every day an SMS is sent to parents whose child is absent, if you have not received an SMS all year we may not have your correct details. Please feel free to contact the school or send your child to the front office with a signed letter updating correct address and phone numbers.

Also, the end of Term 4 will see the roll call class with the highest percentage of absences explained treated to a BBQ to congratulate them.

*Ms S. Papadakis
Head Teacher Administration*

**A REMINDER THAT
SCHOOL FEES FOR 2010
ARE NOW DUE.
PROMPT PAYMENT WOULD
BE APPRECIATED.**

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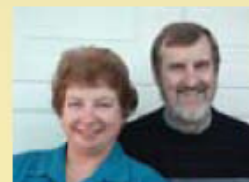
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GOOD MENTAL HEALTH

Good mental health is as important as good physical health, but is one that is often neglected. The month of October is being observed as the Mental Health Month across NSW. It is to help understand the mental health issues and promote good mental health. Friends play a very important role in a student's life. They help them 'bounce back' when they are feeling low. Most students turn to their friends to cheer them up and make them feel better. The focus this year is on "Good friends help us bounce back". Students across the school who have helped their friends during their difficult times will be recognised and appreciated. The Tuesday morning roll call lessons have been designed with mental health as the focus. If you have concerns about the poor mental health of your child do not hesitate to let the school know for assistance and direction.

For the fourth successive year beyondblue is observing the month of October as the Anxiety and Depression Awareness month. Most teenagers these days have at some point in their lives experienced episodes of depression or/and anxiety. According to beyondblue CEO Leonie Young, "Around one million people in Australia live with depression and a further two million have an anxiety disorder, yet less than half seek help. So it's important to encourage people to talk openly about their mental health." For more information please visit their official website, www.beyondblue.org.au. For online self-help services for depression and anxiety you could also visit www.ehub.anu.edu.au. Mental Health Association, NSW can point you in the direction of services in your local area to assist with mental health related issues concerning you or someone close to you. You could contact them on 1300 794 991 or email them at info@mentalhealth.asn.au

10 tips to lead a stress less life are,

1. HAVE THE COURAGE TO BE IMPERFECT
2. TAKE TIME FOR YOURSELF
3. SIGN UP FOR THAT COURSE, JOIN THAT CLUB
4. BE ACTIVE EVERYDAY IN AS MANY WAYS AS YOU CAN
5. SPEND TIME WITH PEOPLE WHO MAKE YOU FEEL GOOD
6. LAUGH OUT LOUD EACH DAY
7. INVITE YOUR NEIGHBOUR OVER FOR A CUP OF TEA
8. DO THAT ONE THING NOW YOU HAVE BEEN PUTTING OFF
9. REMEMBER THIS TOO WILL PASS
10. FOCUS MORE ON THINGS YOU CAN CONTROL

Welfare Team

F1 IN SCHOOLS

This year a team from Year 7 participated in the Macarthur Regional competition. The competition involved students designing a miniature Formula One car using a variety of Computer Aided Design (CAD) and Computer Aided Manufacturing (CAM) technologies. Students also had to liaise with the local industry in developing and marketing their car.



The students then competed against local schools for a place at the State finals. Students were judged on a verbal presentation and an engineering presentation about the design of their car. Students also had to put together a pit stand promoting their team and sponsors. The final area of competition, which is the most exciting, is where they race their car down a 20 metre track.

Our team this year was called '**Acid Assassins**' and comprised of Alana White, Nathan Edwards, Courtney Chapman, Claire Yates and Sosan Rahmani. Their car completed the race in 1.395 seconds.

This year our team won first place in the following categories: Best Innovation, Best Marketing and Best Collaboration.

We would like to thank our local industries that sponsored the team: SNAP Printing, Wreck-a-Mended Smash Repairs, MWLP as well as the Ingleburn High School P&C.

Team Acid Assassins



UNIFORM CHANGES

The school's P&C have decided that they would like to run a uniform shop through the school to ensure that it is easier for parents and students to purchase correct school uniform supplies.

We are implementing some changes to uniform to make students more comfortable in uniform, to limit the variations currently available in uniform, to have a uniform that looks tidy while the shirt is left untucked and to ensure the uniform of Ingleburn High School students is distinct and unique to students of our school.

All elements of uniform will be compulsory for Year 7 2011 and then all subsequent Year 7 students. Senior uniform changes will be compulsory for Year 11 2011 and then all senior students after. Students in other year groups may wear the new elements of uniform, but it is optional for them.

At the end of this article there is a link to a website where students, parents and staff can vote on the school uniform proposals we have. We will use this information to decide on the final designs that will be offered for 2011 and onwards.

SPORTS UNIFORM

The P&C have been working on a new sports uniform shirt that will be compulsory for all Year 7 2011 and optional for Years 8-12 2011.



SHORTS
OPTION 1

SHORTS
OPTION 2

We are also proposing changes to sports shorts and trackpants for students to match the new sports shirt. The sports jacket will be the school green and gold jacket currently used (the black sports jacket will be phased out). This is included in the survey at the end of this article.



OPTION 1

OPTION 2

GENERAL SCHOOL UNIFORM – JUNIOR SHIRT

The following two designs are the options from which you can choose on the survey at the end of this article. One of these options will be chosen after you have given us feedback.



JUNIOR OPTION 1



JUNIOR OPTION 2

GENERAL SCHOOL UNIFORM – SENIOR SHIRT

We are proposing to change the colour of the senior shirt from white to pale green to make our senior students more unique within our local community. Many schools in our local area have their senior students wearing white shirts. The following two designs are the options from which you can choose on the survey at the end of this article. One of these options will be chosen after your have given us feedback.



SENIOR OPTION 1

SENIOR OPTION 2

Please visit the website below to register your preference for these elements of uniform we are proposing to change. Voting will cease on Wednesday 3 November 2010.

Please copy and paste the following link into your browser to complete the survey.

<http://www.oneminutepoll.com/OneMinutePoll/OneMinuteSurvey.aspx?SID=-2147479547>

Gold

Congratulations to the following students who have achieved Gold Level. Remember that after earning five (5) Bronze Awards you can see your Year Adviser to get a Silver Award. If you do this twice more, so you have a total of three (3) Silver Awards come and see your Deputy Principal to claim your Gold Award. When you have earned three Gold Awards you can see the Principal to earn the highest level, Diamond Level.

Jenelle Alcantara
Josh Blackstone
Nicole Buhrmann
Aimee Burgoyne
Courtney Chapman
Andrew Dawes
Matthew Dean
Emy Edwards
Tamzyn Ellis
Samantha Geary
Yaeun Hah
Yajin Hah
Clare Hastings
Stevie-Lee Howley
Mashada Hutt
Tyler Jenkins
Lana Kraichuk
Kajol Kumar
Melissa Lynne
Joeli Manas
Katerina Mandanis

Abigail Mapanao
Lachlan Marsh
Ivana Mootien
Bradley Murphy
Sadia Naqvi
Emily Perkins
Mitchell Purches-
Schauer
Jennifer Qiu
Sosan Rahmani
Melissa Reichel
Vickie Ren
Joanne Silva
Kirsten Smolik
Emily Stack
Eric Teano
Eleni Voudouris
Amy Walsh
Cassie Watt
Shania Wass
Claire Yates

Once again, congratulations to these students, they are a credit to their families, themselves and our school.

*Mr L. Weatherstone
Deputy Principal*

PLATINUM MUSIC NIGHT

**When? : Thursday
28 October**

**Where? : Ingleburn
High School HALL**

**How Much? : \$3.50
prepaid or \$5.00 at
the door**



***Tickets to be sold at
Recess and Lunch
at the flagpole***

Doors open at 6pm

**The P&C will be having a
Sausage Sizzle on the night so
please support us by
purchasing your dinner and a
drink.**



WIG FOR A DAY

'This week at school, Year 12 students went to every roll call class and told us about cancer. They explained that they were collecting money for people with cancer who lose their hair and need wigs. They wanted people to give lots of money to help.'

On Friday morning we had a whole school assembly. Ms Young told us about raising money for cancer and she was trying to make jokes for the whole school, she also wore a funny hat. Mr Wiecek talked about cancer and raising money for people who have cancer. Miss Young talked about all the teachers and what they were doing to their hair.

First, Ms Young called Mr Wiecek and he put on fake hair, then Ms Young sprayed the colour of Ms Freeman's hair because she has beautiful blonde hair. A Year 10 boy shaved half of Mr Levkovski's hair. The photographer from the newspaper took pictures of all the teachers who wore wigs. All the students were out of uniform because they were raising money for cancer. Before recess the photographer also took photos of the students. The students had to say 'hooray' for him to take the picture. It was fun and everyone had colourful hair.

At recess some students sprayed their hair different colours because they wanted to raise more money. Teachers also spray painted their hair. It was fun and everyone was laughing.

There were students who also dressed up as super heroes, so when people saw them they wanted to help raise more money. Teachers took photos with them and they all looked so funny.

Mrs Mannell's daughter has cancer which makes her lose her hair so she needs to wear a wig. The wig is very expensive and that's why people are raising money. It was a special day in my school because lots of people helped raise money.'

Cho Aye

'This week at school, Year 12 students went to every roll call class and told us all about cancer. They explained that they were collecting money for people with cancer who lose their hair and need wigs. They wanted people to give lots of money to help.'

On Friday morning, we had a whole school assembly. Ms Young was standing next to the Principal, she had a microphone and she was the MC. She is a very funny teacher, she's trying to make jokes, and she made me and everyone in the school laugh. She also wore a big colourful hat, it looked funny.

First of all, she and the Principal talked about why we held this activity. They told us about the daughter of Mrs Mannell. She lives in Victoria and she has had cancer for nearly 5 years. It makes her lose her beautiful hair. Now she needs a wig, but it's very expensive, that's the main reason why Year 12 and the teachers told us to donate a bit of our change to help those people, this activity is called Fund-raising.

Ms Young introduced our Principal and she helped him put on a long blonde wig and said that he had to wear it all day. We all laughed because at that time he looked so funny. He looked like an old woman with beautiful long hair. He laughed, too. We all had so much fun.

Next Ms Young introduced the History teacher. His name is Mr Levkovski. He came out with a Year 10 student. In his hand he held clippers. Guess what? Ms Young told him to sit down on the chair, the young boy started to shave his "beautiful and curly" hair. All the students and the teachers in the school laughed loudly, and so did I. We really, really had a lot of fun and we all really enjoyed it! Especially when the boy stopped shaving his head, Mr Levkovski looked so funny, like a monk, he had no hair.

Oh, Mr Noakes, He came out with a young girl student, in her hand she held a razor. We all knew that she would shave something. Finally she shaved his "lovely" beard. Ms Young asked the young girl "Have you shaved anyone's beard before?" The young girl started to shave his beard. Ms Young told her to stop and asked us "Do you want to continue to shave his beard or stop there?" Of course we said "STOP". Then we all laughed because he looked funny. I'm sure he will be very proud of his half beard when he goes out.

All the teachers sat on the steps together to take picture. Everyone looked so beautiful in their fake hair, but some looked so funny! We really enjoyed this activity. I strongly believe that everyone will never forget this day, the happiest day. A funny day!

At recess, in front of the hall, students were spray painting hair on the asphalt for money. We all enjoyed it! Some of my friends sprayed their hair with many colours such as red, green, yellow and blue. Everyone in the school looked more and more beautiful and colourful too.

That day was the funniest day in my life. I guess I really loved this activity 'fundraising'. I hope those who have cancer will have money to buy beautiful and lovely wigs, I hope they don't feel embarrassed any more.'

Anh Nguyen

OCTOBER 2010	
COLLECT 3 VOUCHERS FROM DIFFERENT MONTH NEWSLETTERS	
..... STUDENT NAME	
..... PARENT SIGN	
GIVE TO A DEPUTY FOR A BRONZE AWARD	



P&C PARENTS AND CITIZENS ASSOCIATION

Our next P&C meeting is Wednesday 27 October at 6.30pm in the Common Room in B Block. This month we will be having a special presentation from Jeff Nicholson on behalf of the NSW Teachers Federation regarding the Federal Funding Review. Please join us for this. Supper will be available for everyone.

A big "Thank you" to all the teachers and students who supported our Sweet Treat Day. Sue Roberts puts a lot of effort into this and we appreciate her time and Sweet Treat expertise. We will have more of these; watch this space for the dates.

This term's **Platinum Music Night** is on **Thursday 28 October** with doors opening at 6.00pm. The P&C will be having a Sausage Sizzle on the night so please support us by purchasing your dinner and a drink. All your support goes towards your school.

Our **Annual Trivia Night** is coming up on **Friday 19 November** in the school hall. Please grab some smart friends and family, book a table and have some fun. We will have great prizes, and we need to beat the teachers table in 2010. The cost is \$10.00 per adult, and \$5.00 per student. Again a BBQ will be running prior to the Einstein's being revealed.

Thank you and I look forward to seeing you at all our upcoming events.

Melissa Welfare
President



I.H.S Trivia Night 2010

TRIVIA NIGHT 2010 will take place on **FRIDAY 19 NOVEMBER** starting at 7pm sharp! This year the P&C have pledged that all money raised will be handed over to the Music Faculty to support the school's 2011 MUSICAL. This will be the first musical production put on by Ingleburn High School in over 31 years. We look forward to having the "Best Ever" TRIVIA NIGHT and hope to see lots of new people on the night. We need to be sure that the "teachers' table" do not come up trumps.



There are TWO ways of booking a table or a seat at this years TRIVIA NIGHT.

- 1) Email your name, phone number and the number of seats you would like to book to ihspandc@gmail.com. Your seats / table will be reserved and you can pay on the night.
- 2) Print this booking slip and fill in your details and then drop it into the school's front office. Your seats / table will be reserved and you can pay on the night



GREAT PRIZES, HEAPS OF FUN!!!

Bring your own snacks and drinks.

Tea, Coffee and Soft Drinks

available on the night.

Sausage sizzle starts at 6.15pm.

✂

Trivia Night Booking Form

Name: _____

Phone: _____

[] tickets @ \$10 each

**Tickets to be paid for and collected
on the NIGHT**



LIBRARY NEWS

Welcome back to Term 4. It's well and truly the home stretch now for the end of the year. I would like to wish Year 12 all the very best of luck for their up and coming exams.

The library has been quite a busy place in Term 3 and at the start of Term 4, so I think I will just go through a list of things that I really would like to cover.

1. Thanks to Mr Petersen, Sean O'Gorman, and Frankie Michael of Year 11 for the great work they did in putting together the library website. The site is pretty much in two parts, one is found on the school's Moodle site and the other part is found on the school website. The site is great and is very interactive and will thrive with input from both students and staff.
2. In conjunction with the new sites, I would like to invite staff and students alike to write a book review on some fantastic book that they have read recently. If you are interested in making a contribution, please either email me your work or give it to me in hard copy, memory sticks are good also.
3. The library has recently been air conditioned, which should make it just the place to be in the fast approaching Summer. Just remember the library is a place of quiet reading or study.
4. Students that have completed this year's Premiers Reading Challenge ('PRC') have done a great job in reading the required amount of books. I encourage all students in Years 7, 8 and 9 to participate in 2011. You can sign up now by accessing the PRC through the student portal on the computer. It is truly a great way to improve literacy through reading.
5. The library has and will continue to focus its book purchasing on Fiction, in an effort to give our readers what they really want. We ask that if we don't have the book you are after or the book you may be interested in simply approach the librarian or the library assistant and ask for a book request form. We will then use this to do our best to get you what you are after.
6. A reminder to all, that the library provides World Book Online Encyclopaedia free of charge to all staff and students. To access this fantastic resource at school simply look for the icon on the Novell application window, once you have the icon double click on it and then put in the user name and password, (these are available from library staff). To access at home via the internet, simply go to www.worldbookonline.com, and once again put in the user name and password for full access.

Have a great and successful term all students and staff, and remember the library is a very useful place when it comes to finding information, accessing technology, or just finding a quiet place to read and relax.

*Mr Koosache
Teacher Librarian*

CAREERS NEWS

It's hard to believe that we are in Term 4 already. I would like to wish the Year 12 students all the best of luck with their HSC exams. I am here to be of assistance should they need any help with university/TAFE/job applications.

If your son/daughter requires a Tax File Number (TFN) it is never too late and I have the applications in my office. If they have misplaced their TFN they should call the Tax Office on 132861.

Don't forget to check the school's website for all the latest career information and upcoming events. Your sons/daughters have this information emailed to them every two weeks.

Work Experience is available to any Year 10 and 11 students who would like to experience a particular career or perhaps secure part-time work. Students need to contact the employer and then come and see me for the paperwork. I am here to assist them if they have any problems.

If your Year 10 son/daughter wishes to leave school at the end of the year they need to provide evidence of either full-time employment or study as the new school leaving age is 17. As the new motto goes **"You must EARN or LEARN"**.

Below are some excellent sites to visit for job seekers and those looking for further education.

<http://www.mhscareers.com/WhatsNew2010.html>
<http://www.mhscareers.com/EventsCalendar2010.html>
www.privatecollegesaustralia.com

As always I am here to answer any queries you may have so please don't hesitate to contact me at school.

*Mrs J Duval
Careers Adviser*

INFORMATION DAY 2011

**UNSW Info Day will be held on
Wednesday 5 January 2011.**

**This is the last chance for students to
get advice from a range of university
representatives before UAC preferences
close on 6 January. Please go along,
enjoy the sausage sizzle and get a feel
for UNSW campus life.**

www.infoday.unsw.edu.au



YEAR 9 GIRLS ADOPTING BABIES

On 12 October a class of Year 9 girls received the task of caring for an average egg and imagined that the egg was a baby. The full task was as follows:

- To create a birth certificate for the egg/baby
- To name the egg/baby and give it clothes
- To create a home for the egg/baby and to make it a blanket
- To write a journal for at least five days including one night where the mother/student has to wake up at 12am, 3am and 6.30am on the same morning which was rather 'eggshastating'.

The entire egg task was to teach the Year 9 girls how fragile a baby is. Some mothers/students wrapped their eggs up in fabric for protection. Some kept their egg nude. While some eggs had no hair, others had lots of hair or just a few hairs attached to their heads. One student was fortunate to have twins.

A few eggs were broken when the egg was bumped off a table or broken within the first 10 minutes. Hopefully all students and eggs involved had fun. At the end, how many eggs will survive the handling from these Year 9 hazards?

Written by Sarah Besters



De-coding the Adolescent Mind - **FREE** Seminar for PARENTS

We have some exciting news for parents in the Region! An international speaker is coming to **Narellan Library** on the **Monday 1 November 2010** to talk to parents about some key influences shaping youth culture today. The seminar will be run by Michael McQueen, a gifted, professional speaker with an enthralling topic. Michael McQueen graduated from the University of Wollongong in 2002, and is a previous winner of the NSW Young Business Person of the Year and founder of the NEXGEN GROUP, Michael is an expert on strategies to bridge the generation gap.

This inspirational event has proudly been sponsored by **Camden Council, IMB Bank, Sprouts Gourmet Catering and MWLP**. The seminar is aimed at parents within the Region to come along to this **FREE event**, enjoy some light refreshments, have a chance to win one of the **GREAT luck door prizes** and be inspired by Michael.

Please register online at www.macarthurparents.com.au OR phone **Amber on (02) 46251 863** to confirm your seat NOW! Be quick as seats are limited!!!

We hope to see you there, for this is an event not to miss! For more information on the Nexgen group, please keep visiting the Macarthur parents' website to find out more! Please do not hesitate to contact me with any further questions. If you know of anyone who would be interested in coming to this event, please let them know!

Register your seat
NOW!! Please follow
the link to register
www.maCarthurparents.com.au

School Calendar

Week 3 – Term 4

- 27 Oct • P & C Meeting at 6.30 pm in Common Room (B Block)
- 28 Oct • Platinum Concert Night

Week 4 – Term 4

- 5 Nov • Year 11 Reports distributed

Week 5 – Term 4

- 8 Nov • **SCHOOL CERTIFICATE EXAMS**

Week 6 – Term 4

- 16 Nov • Formal Sports Assembly
- 19 Nov • Trivia Night

Week 8 – Term 4

- 1 Dec • Year 7 Swim School - Week 1

Week 9 – Term 4

- 6 Dec • Year 7 Swim School - Week 2
- 7 Dec • Year 6 Orientation Day
- 7 Dec • Academic Presentation Night

**All dates and information are correct at time of printing however changes may occur due to unforeseen circumstances. We apologise for any inconvenience this may cause.*



BELGENNY FARM

Birthplace of Australia's Agriculture



Farm Sunday

Sunday 14 November
Belgenny Farm

Come and join us for
a wonderful day with
entertainment for the
whole family

- Working dogs
- Stockhorses
- Sheep shearing
- Butter making
- Cow milking
- Tractor rides
- Live music
- Genuine farmers markets selling local fresh produce



www.belgennyfarm.com.au
02 4654 6800





Farm Sunday

When

14 November 2010

Where

Belgenny Farm
Elizabeth Macarthur Ave,
Camden NSW 2570, Australia

Times

9:00am - 3:00pm

Cost

Adults \$2.00

Children Free

Plenty of free parking



www.belgennyfarm.com.au
02 4654 6800

