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## from THE PRINCIPAL

### Parent/Teacher Evening

Parent/Teacher Evening for all students will be held in the school hall on Tuesday 25 June from 3.00pm to 7.30pm. This is a very important and significant evening for all teachers, parents and students. A strong foundation for successful educational outcomes, for all students, is the partnership between parents and their child's teacher. This evening is a perfect chance to begin that partnership or develop it further.

Bookings can be made online via the school website or by phoning the school and making an interview time with specific teachers.

### Beacon Foundation

During the last two weeks two functions for Year 10 – Lunch with the Girls and BBQ with the Boys – have been held for fifty of our Year 10 students. Both these events give our students the opportunity to meet with representatives from the business world to help clarify or identify goals. The program is specifically designed to inspire our students to aim to reach their full potential and to challenge their self-perceptions. Two students gave the following evaluations of their involvement in these programs.

*"I learned a lot today – it helped me focus on what I can really achieve in the future."*

*"I've never met business people like this before. It opened my eyes"*

*"It made me realise that all my actions towards people have a consequence whether it be good or bad. It helped me understand that I have things in common with people I don't usually speak to. It helped me with my self-confidence and it helped me understand that I can achieve any goal I set for myself with hard work."*

I would like to thank the following businesses and corporations for being part of these very important events for our Year 10 students.

**Lunch with the Girls** – Chamber of Commerce; Mission Australia; Harcourt Property Solutions; Financial Fitness; Natalie Wadwell; Rachel Neville and Afford Industries.

**BBQ with the Boys** – Blackrock Finance, Volk 9, Foster Financial Services, Benchmark Accountants and Select Training.

I would also like to thank the Beacon Foundation and their State Manager, Ms Jane Artup, for organising and providing facilitators for both events. I would also like to thank Blackrock Finance for the financial support which enables these valuable programs to take place.

### Intensity Concert

On Tuesday 18 June the Music faculty held their 2013 Intensity Concert in the school hall. The concert showcased the great talent that exists among our students. The following students performed on the evening.

Year 7	Kimberley White
Year 8	Chelsea Jacob, Kim King, Vanessa Kong, Negin Shirzahi Baluch, Brady Tasker
Year 9	Kieran Bryant, Maria Enriquez, Kyna Joven, Memolita Livapulu, Josaiah Tauti
Year 10	Nicole Buhrmann, Courtney Chapman, Cherie Hounslow, Tyler Jenkins, Lana Kraichuk, Tendai Muchacha, Blaik Noppert, Anne Okwuofu, Ivan Subang, Alana White
Year 11	Eman Donaire, Joel Gonzales, Beore Hwang, Kate Lauina, Joanne Silva, Karlee Tatchell
Year 12	Yaeun Hah, Kathleen Joven, Pim McLean, Shane Talavini, Faith Tauti, Simon Time, Charles Penn, Richard Sulusi

I would like to thank Ms Jenny Young and Mr Matt Kurukchi for organising and running the concert. In addition, I would like to thank Mr Weatherstone, Mr Noakes, Ms Papadakis, Mrs Powrie, Ms Peters, Mr Webb and Mr Elbahou for supporting the concert by their attendance and supervision. Similarly, I would like to thank Mrs Sue Roberts and the other parents who ran the canteen and BBQ during the evening. Photos from the Intensity Concert can be found on the school website.

*Michael Wiecek*



# SCHOOL CALENDAR

## TERM 2

### Week 9

24 June Zone Athletics  
25 June Zone Athletics  
25 June Years 7-12 Parent/Teacher Evening  
26 June P & C Meeting at 6.30 pm in Common Room (B Block)  
27 June Year 11 Biology Excursion – Olympic Park  
28 June Last day of Term 2

## TERM 3

### Week 1

15 July Staff resume  
16 July **Students return start of Term 3**

### Week 2

22 July Year 12 History Ext Excursion – Parramatta  
22 July year 12 Physics Excursion – UWS

*\*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.*

## SUPPORT SAILING DAY

On 28 May students in the Support Unit participated in a day of sailing on Sydney Harbour. *Sailing with disABILITY* is an organisation that provides a unique opportunity to students with disabilities the experience of sailing on a racing yacht. The crew donate their time free of charge to enriching the lives of students with disabilities. The students spent about two hours where they were able to steer the yacht and enjoy the incredible sights around the harbour. They sailed under the Sydney Harbour Bridge, around the Opera House and even got a close up of penguin and a seal frolicking in the harbour. A great day was had by all and the students are looking forward to their next adventure on Sydney Harbour later in the year.

Mrs J. Bokody  
Head Teacher Support Unit



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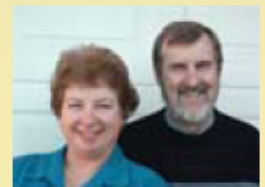
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### Woolworths Earn & Learn Promotion

The promotion has now ended so if you have any stickers at home they need to be returned to school by the end of the term so that we can claim our rewards.

Thank you to everyone who participated in this promotion.

### Parent/Teacher Night

The P&C will have free tea and coffee available for parents at Parent/Teacher Evening. We will also be running a Sausage Sizzle and have cakes for sale.

### Bunnings' Cake Stall

On Sunday, 30 July, the P&C will be running a cake stall at the Bunnings Campbelltown store. If you happen to be shopping in the store on the day, call in and buy a cake.

### Dates to Diary

- Election Day BBQ and Cake Stall Saturday, 14 September. We will need parent/student volunteers for the BBQ. A reminder and contact details will be sent out next term.
- Bunnings BBQ Saturday 26 October. Again we will need parent/student volunteers to help out on the day. More details next term.

The next P&C meeting is on Wednesday, 26 June starting at 6.30pm in the Staff Common Room in B Block.

Hope to see some new faces. Come along and enjoy some home baked treats for supper.

*Sue Roberts  
P&C President*

### IHS UNIFORM SHOP HOURS

Purchases of the new school uniform may be made during the following hours.

**Friday mornings from  
8.30am – 10.00am**

If your child requires an "unusual" size or fitting, then this can be ordered via the uniform shop at no extra cost for the item.

**EFTPOS and Credit card payment is  
available.**

All sales benefit the school with a percentage of each item sold going to the P&C.

## LIBRARY REPORT

Borrowing and reading are continuing to grow rapidly, with books, especially many of our new additions, being reserved by students even before they are covered or processed. This is a really encouraging sign and shows, without a doubt, that reading is alive and well and is actually increasing in its popularity.

This popularity has made it necessary for us to increase our collection by almost 600 books in the last three months. This is most likely due to the fact that word has gotten out that our library has a superb collection of books (especially fiction) that people actually want to read. Also the popularity of the newly introduced Principal's Reading Challenge has really surprised everyone concerned. At present there are about 50 students from Years 7-12 actively taking part in the challenge, with some students already up to more than 30 books read.

With the Principal's Reading Challenge, registration is easily done at the library counter, so if you are interested, it's not too late. The awards are from having read 10 books for Bronze, 20+ gets you Silver and 25+ gets you Gold. Apart from the awards, reading is a great way to relax and at the same time exercise the brain. It is a proven way of improving literacy and academic results overall.

Thanks again to Heidi Fait-Jeboult who has once again completed a book review of one of our books, Heidi is an avid reader and a very talented review writer. Heidi's review of *The Land of Stories: the Wishing Spell* by Chris Colfer was included in last month's newsletter and can be accessed through the school website if you missed it.

In short, the library is going from strength to strength, with both borrowing and user numbers way up. Just remember to come and have a look at our collection, and if we don't have what you are looking for ask one of the library staff and every effort will be made to get what you are after.

Happy reading.

*Mr M. Koosache  
Librarian*

## SCHOOL FEES

Just a reminder to all Parents/Guardians that school fees are now due. Payment may be made in full or a payment plan can be arranged if necessary. Cash or cheque is accepted only.

Your assistance in this matter would be greatly appreciated. A full list of fees can be obtained from the front office.

We seek your earliest attention in this matter.

*Mrs D. McAllister  
School Administration Manager*





## ATHLETICS CARNIVAL 2013

On Monday 3 June, Ingleburn High School held its annual Athletics Carnival at Campbelltown Athletics Stadium, Leumeah. What promised to be a washout event (we were anxiously watching the weather reports) turned out to be a nice, sunny day with almost perfect conditions for the event at hand.

As always, student participation from students attending the carnival was good and we had many students participating in a vast array of events in both the track and field. Over 100 students qualified for the Zone Athletics Carnival on 24-25 June at Campbelltown Athletics Stadium.

Student attendance is of some concern however. We did not have all of the student body in attendance for what is a normal, compulsory day of school. We encourage students to attend the carnivals and to participate to the best of their ability. As we always say, it is not about being first - it is about participating and representing your house and school in the best possible way.

We would like to thank the parents and guardians who were able to attend on the day to support their children.

*More photos can be found on the school website.*



*Mr Levkovski and Ms Peters  
Carnival Co-ordinators*





## SOCIAL INC. LAUNCH AT LUNA PARK

This term, students were invited to attend the Social Inc. launch party at Luna Park. This event was organised by Cerebral Palsy Alliance.



Social Inc. is a program that aims to overturn the stigma and social disadvantage around disability in high schools. Social Inc. challenges young people to help change the perception of disability in their school through awareness, active social networks and engagement.

Anthony Ghuntous, Rhiannan McDonald, Natasha Francis, Clayton Maddern, Jaxon Ross, Tahnee Ping, Alex Watt, Davana Fraser and Kyna Joven had the chance to listen to an inspirational speech given by Paralympian, Katrina Webb. She talked about everybody has a disability in some shape or form and we need to promote social inclusion in our school.

Mr Wiecek strongly supports this aim and has signed the Social Inc. Pledge to promote social inclusion at Ingleburn High School. Students will be working on activities and events to promote social inclusion during Terms 3 and 4.



Mr Wiecek with students

Mr W. Lunden  
Support Unit Teacher

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# WELFARE TEAM

## STUDENT OF THE TERM – TERM 2 YEAR 7 – SPORT

The category for Term 2, Student of the Term was “Sport” and was awarded to Brooke Wilkins. Brooke was described by her PDHPE teachers as being enthusiastic, motivated and as having excellent movement skills. Importantly, Brooke displays outstanding sportsmanship and always supports team mates who are less skilled. During Wednesday afternoon sport, Brooke has been nominated several times as ‘Student of the Week’, and during Oztog took on administrative roles acting as referee on occasion. Brooke’s achievements during sports carnivals were very impressive and included:

- First place in nine out of a maximum of ten events during the Athletics Carnival
- First place in the school Cross Country, and then went on to come first at Zone Cross Country and then first again at Regional Cross Country.



Brooke is well deserving of this award, not only for her physical achievements, but more importantly for her fantastic attitude towards everyone who competes alongside of her.

### Term 2 – Year 7

Term two was another successful term with many Bronze, Silver and Gold awards being given out to students. Gideons International came and gave all students the opportunity to have their own Gideon’s Bible and the Jesus Racing Team came and spoke to students about ‘Life Choices’. However, the talk of the semester was CAMP! Students went to Teen Ranch from 5-7 June and had a fantastic time. They participated in Archery, Giant Swing, High Ropes, Horse Riding, Team Challenge Course and numerous other activities and games. There was a lot of competition between the three activity groups and between the teachers during the group games with everyone having lots of laughs. Food was an important feature with us being fed 5 times a day. Most importantly, the student behaviour was outstanding with everyone joining in, having fun and giving things a go!



### Year 7 Camp

by Rachel Arthur (7I) and Sarah Aldred (7V)

On the 5/6/2013 to the 7/6/2013, Year 7 went on camp to Teen Ranch with the best teacher’s Ms Hamilton, Ms Papadakis and Mr Bratic. It took us about half an hour to get to our destination. As soon as we got there we unloaded the bus and found where we had to stay for the next 2 nights. We met Dave the person that supervised us throughout camp. We unpacked our bags and settled into our cabins. Then the bell rang for us to head on to our activities. Ms Hamilton’s (group 1) went to the giant swing first, Mr Bratic’s group (group 2) went off to archery and Ms Pap’s group (group 3) went to the challenge course. We then had lunch and that moved on to free time. Then we all played a game called stomp. You had to stomp on a block of wood and hit the ball with a tennis racket. Then we had afternoon tea which was a piece of cake and fruit. We then had dinner which was spaghetti. We had merengue for desert. After dinner we played games like waitress and then some people who wanted to watch the State of Origin went into the dining room to watch the game while the rest of us kept playing games. We had to go into our cabins around 8:30- 9:00 to go to sleep around 10:30-11:00pm.



Dean Randall



Payten Siddons

On the next day (6/6/2013) we had to get up at 7:00am when Ms Pap came in and woke us all up. We had to get ready and go outside to wait for the breakfast bell at 8:00am.



Mr Bratic with students roasting marshmallows

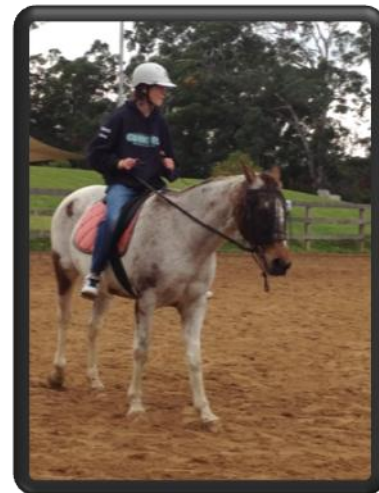


Anthony Leatham





We then had free time for everyone to get ready for their next activities. All the groups then went off to their next activity. Then we had morning tea, then more free time and then another activity. After that we had lunch which was a chicken wrap. We then went on to our next activity which went for an hour. Then we had MORE free time, and then had afternoon tea. Then we had dinner, which was roast beef and vegetables. Then we went on a bush walk and had a campfire and roasted marshmallows. We walked back to the campsite to get ready for bed.



Melissa McWilliams



Anthony, Ryan, Brandon, Michael,  
Dean, Josh, Grant

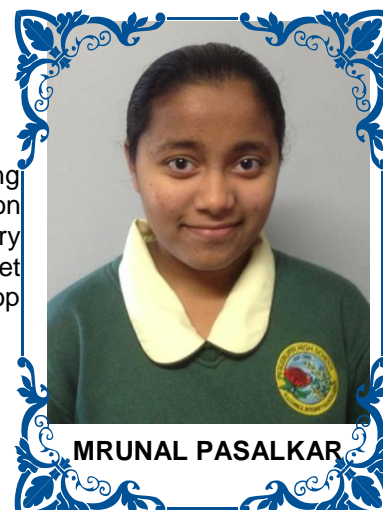
On the last day (7/6/2013) we had our last activities, and then the bus arrived to take us back to school. The bus ride was fun because we sang songs like **DUMB WAYS TO DIE!!** We arrived at school by 2:30 and got off the bus to get our names marked off so we could leave to go home. We had the best time at camp but wished we stayed a couple more days longer.



Tired little campers all ready to go home after three days of fun

## STUDENT OF THE TERM – TERM 2 YEAR 8 – LEARNING

Mrunal is a delightful student. She consistently works well in class and is always willing to share her learning and ideas with others. Mrunal always listens to teacher instruction and is always willing to go on to do further work. Mrunal is keen to learn and is very mature minded when it comes to her application in class. She attempts all tasks set during all classes and gives her absolute best to all aspects of her education. On top of all this Mrunal is a very polite and trustworthy student.



MRUNAL PASALKAR





# Year 9 Report

Year Advisers ~ Mrs B. Noakes & Mr P. Noakes

## TERM TWO

### STUDENT OF THE TERM

~ Leadership ~



*Rebekah Edwards*

#### Upcoming Events for our year group:

##### Term 2

Silver Award Excursion to Urban Jungle Adventure Park (Friday 21 June, Week 8)

Fortnightly study skills workshops in class groups (Weeks 8 & 9)

##### Term 3

Fortnightly study skills workshops in class groups (Weeks 1 & 2)

Community Service Challenge

Rewards Excursion for students who successfully complete the Community Service Challenge (TBA)

##### Term 4

Fortnightly workshops on 'Attitude is Everything!'

End of Year Camp

#### Student of the Term

#### The Year 9 'Student of the Term' for Term 2 was awarded for Leadership

The student we chose to receive this award is Rebekah Edwards. She is a member of the Student Representative Council (SRC) and the Leadership in Kids Education (LIKE) program. Rebekah also participates in the lunch time JOLT and Vocal clubs. As well she further demonstrates leadership by being a great role model to other Ingleburn High School students by enthusiastically participating in many sports carnivals and extra-curricular activities/excursions, wearing full school uniform and she assists younger students when they are in need of help and/or support. Rebekah is also a Silver Category student. As her Year Adviser's we are proud of her achievements and encourage her to continue approaching her educational experience at Ingleburn High School in such a positive manner. Well done!

#### Silver Award Excursion

To reward students who attained 15 Bronze Awards and therefore have achieved Silver category status during Terms 1 and 2 this year, we have organized an excursion to Urban Jungle Adventure Park at Sydney Olympic Park Aquatic Centre. This excursion will be held on Friday 21 June and we are very much looking forward to it!! While on this excursion, students will enjoy two hours in the park, with full access to five courses and over 50 challenges. After a nice lunch in the Aquatic Park, students will continue their fun on the waterslides at the Aquatic Centre!! Photos to come next newsletter!

\*\* If you are not yet on Silver category, HURRY... or you will miss out on lots of fun!

#### Fortnightly study skills workshops

Disappointingly, the Elevate Education study program we hoped to run this term with Year 9 students had to be cancelled due to poor student interest (only five students returned their 'Expression of Interest' forms). We believe that our Year group can further enhance their learning achievements across all subject areas with a little guidance in how to effectively study. Therefore, students in our Year group will be participating in four study skills workshops within their class groups during Weeks 8 and 9 of Term 2 and Weeks 1 and 2 of Term 3.





## STUDENT OF THE TERM – TERM 2 YEAR 10 – EXTRA CURRICULAR

Catherine Fonoti was the major student organiser for Polygroup – Nesian Fest practices, dance routines, uniforms etc. She performed brilliantly and demonstrated excellent leadership skills.

Catherine also coordinates all Sport sessions on a Wednesday afternoon for Poly Group including – boot camp, round robin competitions, etc.



*Ms M. Pilgrim*  
*Student Adviser Year 10*

## STUDENT OF THE TERM – TERM 2 YEAR 11 – COMMUNITY SERVICE

Nora Toleafoa has been awarded the Student of the Term for her role in **Community Service**.

She has assisted in elections distributing pamphlets, was an active member in the 24 hour fight against Cancer, was a part of the Youth BBQ fundraiser at Bunnings and also helped in the Red Shield Appeal.



*Ms M. Gerace*  
*Student Adviser Year 11*

## Year 12

Thursday 20 June 2013, was a very eventful and energetic day, full of positive vibes and engine revving. The engine revving owing of course to the replica of the V8 Jesus Racing ute that was brought by the Jesus Racing Team, and showcased after the 'Life Choices' welfare presentation.

The presenter, Mr Andrew 'Fishtail' Fisher, a V8 supercar driver, spoke and presented to the students a range of facts and multimedia around various important topics including: smoking, social media, drugs, sex, safe driving and faith. The students were also excited to see footage of some of Andrew's races.

Andrew challenged the students to make 'courageous' decisions whereby they think through the consequences of their choices before embarking upon them. Andrew also shared his personal story of courage in difficult circumstances, involving his daughter Lily, who was born with half a heart.

I walked away inspired and was glad to hear the positive feedback from the students. The presentation also brought to mind a thoughtful quote with which I will end:

*"You are today what yesterday's choices have made you".*

### Year 12 Student of the Term for the Arts

*Jackie Winsor*



The Year 12 Student of the Term has been awarded for the Arts to Jackie Winsor.

Jackie is a quiet achiever who is always conscientious and diligent in all tasks and projects she undertakes. She is a keen, hardworking and talented Visual Arts Student.

She has participated in Regional Gifted and Talented Projects as well as helping out at Regional workshops such as Hothouse, where she assisted by mentoring other young artists in Visual Arts media.

Congratulations.



'Life Choices'

Welfare Presentation





## BEACON-BUILDING CONNECTIONS UPDATE

### Speed Careering:

On 29 May representatives from twenty different businesses participated in the Speed Careering program. The areas represented included Accountancy, Veterinary Science, Police, Aged Care, Automobile Training, IT, Finance, Security, Entrepreneurship and Teaching to name a few. The individual workshops enabled the Year 10 students to obtain an up to-date and first-hand information about the various available options. These workshops were planned to increase student awareness and enable them to make informed decisions about future career pathways.



themselves. They practised the skills of asking 'open-ended' and 'close-ended' questions and its importance while conversing with a person for the very first time. The event was a great success and the girls had an enjoyable day.



### BBQ with the Boys:

On 17 June, twenty-five Year 10 boys participated in the BBQ with the Boys Program and they were supported by ten male mentors. The boys had a day filled with team-building and problem solving activities in the form of games. The male mentors shared their life experiences and the students and the mentors set goals for themselves. The boys got the opportunity to interact with successful men from various businesses. Six of the mentors were from Black Rock, our corporate sponsors. This program is designed to instil self-confidence and inspire them to achieve the best they possibly can. It was a very successful event.

### Lunch with the Girls:

On 13 June, twenty-one Year 10 girls participated in the Lunch with the Girls Program at Ingleburn RSL. This is a one-day mentoring program that focusses on skills like communication, collaboration, leadership, initiative, teamwork, resilience and self-awareness. Designed to help inspire female students, the program gives them an opportunity to interact and network with successful women from the local community. The girls worked with their mentors discussing their areas of strengths and areas of improvement. They also learnt that effective conversation has little to do with what they know, but has everything to do with how they present







*Mrs P. Menon  
Head Teacher Welfare*

innovation has been created by watching different types of videos and playing activities.

Later we visited different parts of the museum such as the science lab, space and transport and even the Wiggles display. We wish that we could have stayed longer and watched more things however, the time was up and we had to leave.

Finally, we safely arrived at Ingleburn train station at 3:30pm. Thank you very much Year 7 because you all behaved extremely well during the excursion and showed the spirit of Ingleburn High School. Well done!

*Mr Dong  
TAS Teacher*

## Careers Update

**Year 9:** Students are encouraged to apply for a Tax File Number and these are available from me in my office. Many students have already applied. If you haven't received your Tax File Number you need to see me.

**Year 10:** At Ingleburn High School we have a continuous Work Experience program so if your son/daughter wishes to participate in this program they need to see me as soon as possible. Many students attended the Careers Expo and availed themselves of important and relevant information regarding their future careers.

**Year 11:** TVET seems to be running very smoothly. I'd just like to remind you that if your son/daughter is absent on a TAFE day, for any reason, that you let me know at school as well as ringing the TAFE. Thanks for your ongoing support in this matter.

**Year 12:** Only a little over ONE term left. ALL Year 12 students need to see me regarding their future pathway/career. I have a database of exiting information which allows me to get relevant information to your sons/daughters.

*Mrs J. Duval  
Careers Adviser*



## EXCURSION TO POWERHOUSE MUSEUM

On 17 May Mr Dearnley, Mr Tomeski and Mr Dong took 61 Year 7 students to visit Powerhouse Museum. We met at Ingleburn Train Station at 8.00am, took a train to Central Station, and then walked to the Powerhouse Museum.

After we arrived there, firstly we had an "Innovation Presentation" provided by the museum staff. Students all engaged in the discussion and had a good understanding of innovation after having the opportunities to touch the different coffee machines. Then we went into the exhibition of "Wallace and Gromit's – World of Invention". Students were excited because we had a further chance to understand how





## ANTI-RACISM – A MESSAGE FROM THE ARCO



Ingleburn High

School has a strong commitment to Multicultural Education, equity and equality. These beliefs permeate all of our school policies including our Anti-Racism Policy, the Cultural Diversity and Community Relations Policy, Multicultural Education in schools, the Aboriginal Education and Training Policy and the Complaints Handling Policy, amongst others. This ethos is embedded in our teaching practice and not only is it taught explicitly to students, but it also forms part of our expectations of the safe, respectful learners that attend Ingleburn High School.

Any member of the school community has the right to lodge a complaint and seek a favourable resolution if they have been the victim of racial vilification in the school context. The resolution of such complaints can be either formal or informal depending on the severity and frequency of the abuse. It is my duty as an Anti-Racism Contact Officer (ARCO) of Ingleburn High School to handle such complaints and to provide mediation, education and monitoring that leads to reduced recidivism of racial abuse in our school.

If any student experiences such vilification, they are encouraged to speak to their teacher and to see myself in the History, Languages and Music Faculty in B17. If you have any questions regarding our policies or the resolution process, please contact me through the school's front office.

Mr D. Levkovski  
ARCO Representative

## YEAR 12 HISTORY STUDY DAYS

On Thursday (13 June) and Friday (14 June) the Year 12 Ancient History and Modern History classes attended study sessions at Sydney University in preparation for their HSC examinations. The study day was organised by the History Teachers Association of New South Wales.

The days were structured in a study session format which helped students to develop greater depth of knowledge on the topics studied in the HSC course. The information provided helped students to not only fine-tune their already solid understanding of the relevant content, but it also allowed them to obtain further practical strategies in preparation for the Ancient and Modern History examinations in the Trial and HSC exams.

Some of the topics which were on offer included Pompeii and Herculaneum, Sparta and Agrippina II for the Ancient History course and WWI, Germany 1918-1939, Leni Riefenstahl and Conflict in Europe for the Modern History course. Six students who also

study History Extension were able to partake in two seminars regarding this subject.

The students and I were very pleased with days overall.

Mr D. Levkovski  
History, Music and Languages Faculty





## HEIDI'S CORNER

By Heidi Fait-Jeboult

### HSC Study

The Year 12's at Ingleburn High School are gearing up for their ever-nearing, daunting HSC exams. The anticipation of receiving their ATAR score is a mix of fear, adrenaline and excitement. This is the end of the beginning of their lives—after this, it's out into the big, scary open world. This is it. This will determine the next path they take.

These facts are frightening to me, and make me ask the question: is there too much pressure placed on getting the right ATAR?

Sure, universities look and base their acceptances on ATAR scores, but some specific courses only need an exceptional result in one, maybe two subjects. Chances are, if you enjoy the subject, you're doing well in it, so shouldn't that be enough?

I know the course I want to get into will accept me, early admittance, based on my Half-Yearly exam scores. I'm thankful that this course acceptance will not be based on my ATAR—four out of the five subjects I'm taking don't have anything to do with this university course.

There have been many students facing depression and sometimes even suicide due to the pressures of the HSC. Something like support and alternate options being readily available to the people who do not reach their target ATAR should be easily accessible.

Pressure put on students by their teachers should maybe be turned down a bit. Sure, we should be aware of the importance of receiving a good ATAR, but we should also be comforted by the fact that not receiving it is not the end of the world.

Good luck to all the Year 12's in their Trial Exams early next term!

### Extracurricular Activities

I always wonder how many extracurricular activities all my friends do. Not just sports outside of school or clubs during school, but any other types of activities.

Extracurricular activities enhance knowledge and are a good use of time. They can clear your mind of troubles and take you to a 'different world'.

I think if you enjoy reading read anything and everything you can get your hands on—not just books, but newspapers dictionaries, magazines... If you enjoy physical activity, go for a run, play a game with your neighbours, pick up a newspaper round. If you enjoy writing, write articles for the school newsletter...

Parents and teachers alike should encourage their students to participate in extracurricular activities. I'm sure all teenagers could benefit from it!



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CONTACT - RICKY NEILSEN

mob: 0409 843 403 E: smash-tennis@live.com

Located at 10 Carnarvon St, Bow Bowling



\*Conditions Apply

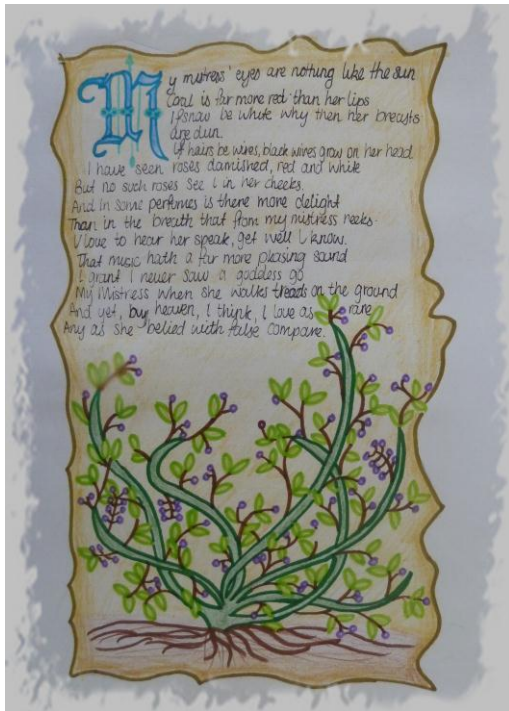




# VISUAL ARTS

## YEAR 11 VISUAL DESIGN

### STUDENTS WORK



# Free Confidential Legal Information

Macarthur Legal Centre  
Outreach

Call

**4625 2525**

to book an appointment

**Macarthur Youth Health Services**

4 Langdon Avenue

Campbelltown

Phone: 4625 2525



Health  
South Western Sydney  
Local Health District

