

Parramatters

Parramatta High School Newsletter
FAX MENTIS INCENDIUM GLORIAE

“The torch of the mind lights the path of glory”

Our vision is to provide a holistic 21st century education which develops resilient individuals who are active and informed citizens, empowered to think critically and creatively, within an environment that values diversity, equity and resilience.

ISSUE 15| TERM 4| 28TH OCTOBER, 2018

Deputy Principal’s Report

Dear Parents

We welcome everyone back to a busy Term 4. This term sees the HSC exams commence, the Junior Yearly Exams, Yr 11 begin their HSC schedule, our 3rd Elective Showcase and our fundraiser and trip for Gilgandra High School.

We are having a Mufti Day and Sausage sizzle on Friday the 16th November for Gilgandra, more details about the theme of this day be distributed. We really encourage everyone to support this worthy cause with a gold coin donation on the day.

A very successful Open Night was held on the 24th October where families who are considering PHS as their future school. Our new prefects did a wonderful job introducing parents to the school and escorting them to the workshops.

A tradition for the student body in Year 12 is to design and purchase a Jersey. The Jerseys have arrived for the students, displaying the phoenix and looking very smart.



We remind our school community update information if there has been a change of contact details, to ensure that communication can continue to run smoothly.

Mr. Gokel & Mrs. Johnstone

CALENDAR 2018

TERM 4

Week 3

Monday 29th October

Junior Exams

Tuesday 30th October

Junior Exams

Wednesday 31st October

Junior Exams

Thursday 1st November

Junior Exams

Valid Testing – Yr 8

Yr 7 Social Skills program

After school programming workshop

Friday 2nd November

Junior Exams

SAC Excursion

Week 4

Monday 5th November

Junior Exams

Yr 11 chemistry Excursion

Tuesday 6th November

Junior Exams

Wednesday 7th November

Junior Exams

Fast Forward Day – Yr 11

Thursday 8th November

Junior Exams

Friday 9th November

Junior Exams

Year 11 students ASPIRE to Achieve their Maximum Potential



This year, five Year 11 students participated in a life-changing program called “Max Potential”. During this six month journey, the students were assigned personal coaches who assisted them in conducting a community service project, creating and delivering solutions for issues ranging from school bullies to homelessness.

The student participants share their Max Potential experiences and answer the question **“Was the journey worth it?”**.

Raymond, one of the five participants, highly recommends this program to all future Year 11 students: *“The program pushed me to do things that I normally would not dare to even think about, and it drastically increased my confidence in my abilities. My project is about cultural inclusion at Parramatta Mission, aimed to support migrant homeless people. There are homeless people who are Chinese and have trouble speaking English. What I do to help them feel more included in the community is by simply chatting with them in Mandarin. I had issues with anxiety, fear and lack of confidence when conducting my project, but the smiles and laughters from our conversations was a huge boost to my self-confidence and my motivation to continue pushing myself and face my fears.”*



Sharanya agrees, *“Before the program, we (the students, including me) were guilty of being master*

procrastinators, and this was very problematic. So, my coach and I addressed this with a very simple plan. I guess I can share a secret, and if it works, I get all the credit. Before I started a task (which wasn't related to studying), I set an alarm on a legitimate alarm clock. Every time the alarm rang, I bribed myself with chocolates to actually start studying. This worked really well, until our pantry ran out of chocolates. So, instead I focused on improving my willpower to indulging in important schoolwork. Little lessons like these, have taught me so much about my personal leadership and motivation, particularly focussing on works best for me in order to achieve my Max Potential! I can guarantee everyone who undertakes this program will learn something new about themselves and even acquire valuable life skills. Overall, I would definitely recommend this journey to other students. I was truly grateful for an opportunity to undertake this program and I believe my peers wouldn't hesitate to agree.”

And Nazia explains how the skills that she has learnt will transcend the program and will go with her into her life beyond school, *“Entering the program, I wasn't too sure as to what to expect but soon everything was clear for me. It was amazing and gave me an opportunity to do something for myself and the community. You meet lots of spectacular people who are driven just like yourself and you get closer to your own classmates. It was really exciting to set a goal and finally complete it. You learn to improve as a person and how to really get things done. What you will learn will stay with you for the rest of your life. It is extremely rewarding and I would advise everyone to try it out!”*



Joining Max Potential is free, earning a scholarship to participate and fund your experience through an application process. After completing Max Potential, you receive a Certificate of Active Volunteering I, and most importantly of all, you develop skills that you will use in life, such as communication, leadership and time management.

Spots are limited, only five students this year were able to join Max Potential, so Year 10 students should keep an ear out for any news about the 2019 program.

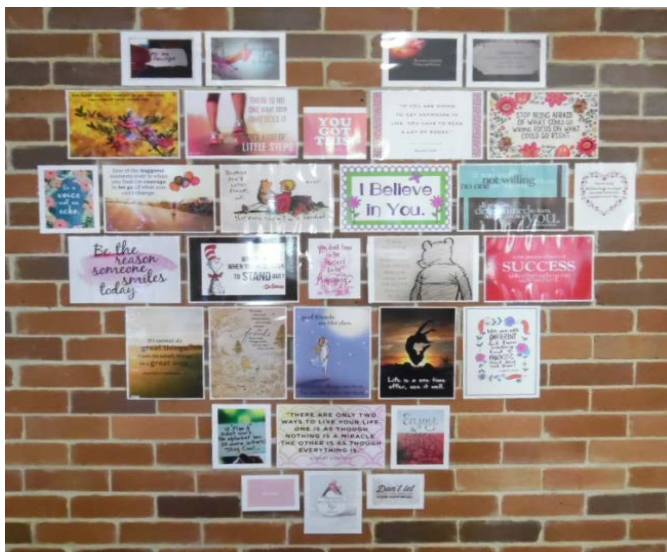
The Max Potential journey is a priceless experience, so what have you got to lose?

LIBRARY NEWS



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Careers News

As you may already be aware a very big change took place on the 24th September in relation to the undergraduate medicine and dentistry admission process. The Undergraduate Medicine and Health Sciences Admission Test (UMAT) has now been replaced by the **University Clinical Aptitude Test (UCAT)**.

Quick UCAT Facts:

1. This change is actually a very good news and should have really taken place a long time ago.
 2. UCAT Consortium is a much more transparent company than ACER and have far more relevant FREE resources on their very-well setup website.
 3. UCAT Official
Website: <https://www.ucatofficial.com/ucat-anz/>
 4. Unlike ACER, UCAT Consortium helps students prepare in order to have a higher success opportunity.
 5. UCAT is a shorter and faster paced test.
 6. The questions are substantially easier than UMAT, but candidates need to be very quick in solving them. So, practice is far more important for UCAT.
 7. UCAT is a computer test and will be conducted in smaller testing centres over a period of time in July. Therefore, more ideal for NSW, ACT and any other students who may have had exam and assessment clashes in the past with the UMAT date.
 8. The test is not all that different from the UMAT and many of the Construct 1 and Construct 3 UMAT preparation techniques are directly transferable to UCAT.
 9. Students who have already been preparing for UMAT will find UCAT question quite easy to solve, therefore they will have a slight advantage over the newcomers.
 10. The new Section of the UCAT - 'Situational Judgement' is very similar to Personal Qualities Assessment (PQA) Joint Medical Program (JMP) delivered jointly by the University of Newcastle and University of New England, and Bond University's Psychometric Test, which was introduced in 2017. So, preparing for the UCAT certainly will help in other areas as well.
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Parramatta Boys AAL Squadron is enrolling for Term 4 2018

The Parramatta Boys Squadron is one of the oldest Squadrons in the Australian Air League, forming in 1935 and for many years met in their hall at Jubilee Park, Parramatta. Unfortunately, progress took its toll and the hall that the Squadron had met in since the 1940s will soon be redeveloped, so the Squadron has taken the opportunity to move into a new area at Winston Hills.

The Air League is inviting young people, who may be interested, to come down with their parents and learn what the Air League has to offer. The Australian Air League is a nationwide organisation for young people aged from 8 to 18 years. Staffed by volunteers and self-funding, it teaches leadership skills and provides a wide range of interesting and exciting activities such as camping and hiking, sport and physical recreation, building and flying model aircraft and ceremonial drill. Through classes and practical demonstration members learn the theory of aviation and a wide range of associated topics such as Meteorology, Navigation, Aero Engines and Aircraft Construction, as well as general interest subjects such as photography, field craft and community service.

The Air League also provides a range of flying experiences for its members, from simple scenic joy flights through to gliding and powered-flying training, from private pilot licence (PPL) through to airline entry standards – all in aircraft owned, operated and professionally maintained by our staff.

Running a strong program that is both fun and educational, the Australian Air League is making fine citizens out of young Australians. Currently there are also a number of other Squadrons in Western Sydney including **Penrith, Richmond,** and **Blacktown** as well as Squadrons at **Epping** and **Ryde**. Girls with an interest in aviation may also contact the **Blacktown Girls Squadron** via our 1800 number below.

For more information please contact:

Parramatta Squadron
c/- Peter Gledhill
<education.nswbg@airleague.com.au>

INVICTUS GAMES

Thirty students from PHS had the opportunity to witness the healing power of sport at the Invictus Games last week and showed their support for wounded personnel and veterans.

Students participated in the Education program where they were spectators for the Wheelchair Rugby, participated in Wheelchair Basketball and listened to a motivational speaker who encouraged them to think about what are their challenges and how they can tackle them.

The students must be commended for their behaviour and attitude, as they really embraced the day, enjoying a memorable experience.

