

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 2 | TERM 1 | 2ND MARCH, 2018

Dear Parent / Carers

As usual there have been lots of things happening at Parramatta High School over the last 2 weeks.

Our Swimming Carnival was held at Merrylands Pool last week and was a great success. Congratulations to Marsden House who were our winners and to all the students who participated with enthusiasm throughout the day. Our school team was selected from this day and they participated in the Prospect Zone Carnival this week with great success. Well done to all.

Year 11 attended camp this week and all had a great time and the teachers have all expressed how pleased they were with the campers and their behaviour and attitude. Again, well done to our Year 11 campers and thank you to all staff who supervised over the 3 days.

School photos were conducted last week and the organiser Ms Smith as well as the photographers were very impressed with the students' manners, behaviour and respectful nature they displayed. What wonderful feedback that is!

Year 7 Parents should have received information via email about how to access the Parent Portal during the week. This allows you to access your child's attendance records and school reports when published. If parents are having issues with this, please send your child to see one of the Deputy Principals.

Our Year 7 Meet the Teacher Evening is coming up on Wednesday 14th March from 4-5.30 pm in the hall. Year 7 parents are invited to the school to meet their child's teachers and see how they are settling into High School. They will also receive a brief Interim Report. A full report will be available at the end of Term 2.

We look forward to seeing you on the night!

Mr. Gokel & Mrs. Johnstone

CALENDAR 2018

TERM 1

Week 6

Monday 5th March
Top Blokes Program

Tuesday 6th March

Wednesday 7th March

Forensic Science Workshop
Powerhouse Museum Excursion
IWD Breakfast

Thursday 8th March
Yr 7+ Elective Music Excursion

Friday 9th March
Cleanup Australia Day – Yr 9

Week 7

Monday 12th March
Top Blokes program
Regional Swimming Carnival
Yr 7 Live Concert

Tuesday 13th March

Wednesday 14th March
Yr 7 Meet the teachers afternoon

Thursday 15th March

Friday 16th March
Yr 12 Sydney University Excursion

PARRAMATTA HIGH SCHOOL 2018 SWIMMING CARNIVAL

Last Thursday saw the completion of another highly successful Parramatta High School swimming carnival, where participation numbers were the highest they have been in many years. A big thank you to all those students who attended the day, all were exceptionally well behaved and school spirit was high. Congratulations to all those students who got in the pool and did their best. Congratulations to the winning house Marsden, who were too strong this year in a hard fought competition.

House teams and points:

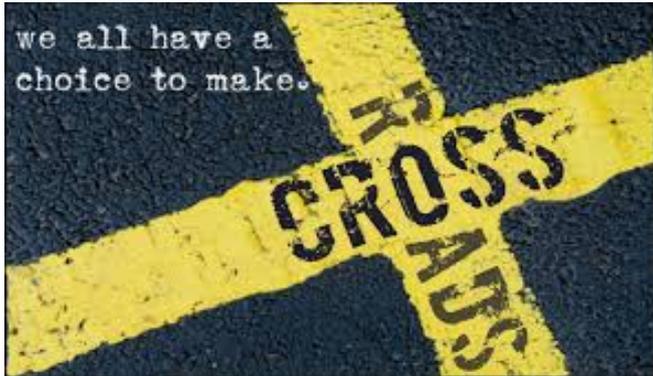
1st: Marsden	2nd: Bradman	3rd: Batman	4th: Fitzroy
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AGE CHAMPIONS 2018

12 YEARS BOYS – Rahul Puvanarajah
13 YEARS BOYS - Liam Donoghue
14 YEARS BOYS - Patrick Donoghue/Troy Lin
15 YEARS BOYS - Pranav Nair
16 YEARS BOYS - Joshua Toisuta
17+ YEARS BOYS – Marlan Heiyantuduwa
12 YEARS GIRLS – Esha Singhai
13 YEARS GIRLS – Varshani Gousihan
14 YEARS GIRLS – Michelle Toisuta
15 YEARS GIRLS – Vivian Zeng
16 YEARS GIRLS – Arathi Arulnesan
17+ YEARS GIRLS – NA



2018 Year 11 Crossroads Camp



On Monday 19th till the 21st of February Ms Herron, Mr Ruspandini, Mr Brien, Ms Melas and myself had the pleasure of taking 82 Year 11 students to Mangrove Mountain to participate in the 2018 Crossroads Camp.

There were three groups which students were arranged in, and in those groups each student attempted many different challenges under the guidance of a trained instructor and teacher from Parramatta High School. I'm proud to say that every single one of Year 11 students who attended the camp conquered a number of challenges or fear which required them to take risks, push out of their comfort zones and compete with all students in their year group. Without doubt, the highlight would have to be the student's brave and fearless attempt at the giant swing! Students were also able to successfully complete the mandatory crossroads component during the camp.

We can now look back in the future, and know that this is where many new experiences were had, and many new bonds developed and use this moment as motivation to push forward towards the successful completion of the HSC at Parramatta High School. It was my pleasure to be on this camp with such a great group of students and staff who proudly represented their school and left a positive and lasting impression with all that were involved in this camp.

Mr Cass Youssef





Active Kids

The NSW Government is helping kids get active with the new Active Kids program.

From 31 January 2018, parents, guardians and carers can apply for a \$100 voucher per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, give your voucher details to an approved Active Kids Provider.

The program runs year-round, so kids can get active at any time!

<https://sport.nsw.gov.au/sectordevelopment/activekids>



Parramatta High School Community Forum

Healthy Homework Habits

Inviting All Parents!

Find out:

- How to help your child plan and manage for High School Life
- Helpful Homework tips
- Communication of Homework

Where: PHS Library

When: 6pm-7pm, Wednesday
14th March

Please RSVP on 02 9635 8644 or
email
parramattah.school@det.nsw.edu.au

Light refreshments
provided.

Parramatta Students Representing School at Prospect Zone Swimming Carnival

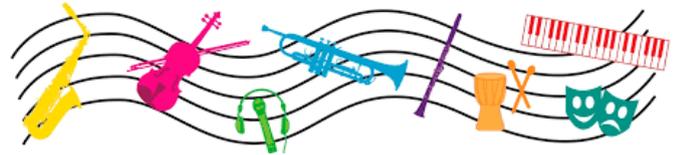
On Monday 26th February a group of 24 Parramatta High students represented the school at the Prospect Zone Swimming Carnival. The carnival was a resounding success with our school finishing second in the Zone and many students qualifying for the Sydney West School Swimming Championship at Olympic Park. Congratulations to following students who made the Prospect Zone Swim Team:

- **Michelle Toisuta**
- **Vivian Zheng (Age Champion)**
- **Paddy Donohgue**
- **Troy Lin**
- **Mohit Tholun**
- **Joshua Toisuta (Age Champion and broke 100m Butterfly record)**
- **Marlan Heiyantudwa**
- **The 17 yrs Boys Relay Team.**

Also congratulations to our entire swim team on their outstanding behaviour and sportsmanship. They were terrific representatives for our school and were a pleasure to have on the day.



STATE JUNIOR & SENIOR MUSIC CAMP APPLICATIONS ARE NOW OPEN!



Talented music students join together for one week each year to receive expert tutelage and develop their performance skills. Participants rehearse and perform high quality repertoire culminating in a concert for families and friends on the final night of the camp.

Musical activities at camp include participation in a major ensemble (symphony orchestra, symphonic bands, vocal ensembles, stage band) as well as a number of elective ensembles and activities. Elective activities include brass and woodwind ensembles, jazz improvisation, composition, music theatre, percussion ensemble.

Dates for 2018

Junior Music Camp (Years 5-8): Sunday 22 July - Friday 27 July (week 1, Term 3)

Senior Music Camp (Years 8-12): Sunday 1 July - Friday 6 July (week 10, Term 2)

Venue: The camps will be held at Sydney Academy of Sport, Wakehurst Parkway, Narrabeen.

Cost: \$495.00 inclusive GST.

Applications & more

information: <https://www.artsunit.nsw.edu.au/state-junior-and-senior-music-camps>

Interested students must first see Ms Piper in Room 42 for a preliminary audition.

UMAT 2018

Common questions about UMAT answered by MedEntry,
the leading and trusted UMAT Preparation Institution



What is UMAT?

UMAT stands for Undergraduate Medicine and Health Sciences Admission Test. UMAT is a three hour test consisting of multiple-choice questions of the following types: Logical Reasoning and Problem Solving, Understanding People and Non-Verbal Reasoning.

What courses require UMAT?

You will need to sit UMAT if you are interested in any of the following courses:

State	University	Course(s)
NSW	UNSW	Medicine
	Newcastle/UNE	Medicine
	WSU	Medicine
	Charles Sturt Uni	Dental Science
Vic	Monash Uni	Medicine
	La Trobe Uni	Dentistry*, Oral Health*
QLD	UQ	Medicine (prov. entry)
		Dental Science
SA	Uni of Adelaide	Medicine, Dentistry
		Medicine
WA	UWA	Medicine and Dentistry (direct pathway)
		Medicine
Tas	UTas	Medicine
NT	CDU	Clinical Sciences
NZ	Auckland	Medicine
	Otago	Medicine, Dentistry

* For Latrobe Uni, UMAT is only required for non-year 12 applicants

What are the key dates for UMAT 2018?

UMAT registrations open	December 2017
UMAT registrations close	1 June 2018*
UMAT takes place	25 July 2018
UMAT results released	September 2018
Deadline to apply to admissions bodies	September 2018

*Late registrations accepted until 15 June 2018

How can I register to sit UMAT?

You can register for UMAT by visiting umat.acer.edu.au. The fee to sit UMAT is \$260. You can sit UMAT in your final year of high school and any year thereafter.

Do I need to prepare for UMAT?

Yes! Many practicing doctors agree that UMAT is the most difficult test they faced in their medical career. Even students who obtain an ATAR of 99.95 have missed out on a place in medicine due to a poor UMAT score. For some universities it is as important or more important than your ATAR. It is completely different to any other test you have sat at school. Quality preparation is therefore essential.

UMAT prep will also help with your school study as it enhances your thinking and test-taking skills.

But ACER/unis discourage UMAT preparation

There are many reasons for this. For example, the more you know about UMAT, the harder their job becomes. They also want a level playing field where all students have the same level of preparation for UMAT. Unfortunately, this does not exist. Informed and motivated students will prepare for UMAT, and MedEntry provides quality materials to help them do so.

What UMAT score do I need to get into medicine?

The UMAT score that you need to get into medicine or other health science courses depends on the university to which you are applying. In general, a UMAT percentile of *at least* 85 will usually secure you a medical interview offer. This may not seem high, but remember you are competing against a much tougher cohort than at school/uni.

Where can I get more information about UMAT?

Please visit www.MedEntry.edu.au for a free trial exam, information about the admissions process, blogs about UMAT and to enrol in one of our UMAT preparation packages. You can also call us on 1300 MEDENTRY. Follow MedEntry on social media for UMAT tips and updates!

Why MedEntry?

MedEntry is a government-accredited Registered Training Organisation run by doctors and academics with 25 years' experience in preparing students for UMAT. The quality and extent of our resources is unparalleled. We get more students into medicine than all other prep courses combined. For more information, please visit www.MedEntry.edu.au

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