

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 18 | TERM 4 | 24TH NOVEMBER, 2019

Principal's Report



Dear Parent / Carers

Merry Christmas to the
Parramatta High School
Community.

I take this opportunity to thank
the students, parents and staff
for making 2019 so successful
and continuing to put your trust
in our efforts to provide the best

education we can for our students.

Our school continues to grow and I am expecting
our numbers to pass 1000 students in 2020. We
have 69 teaching staff next year and our school's
popularity, while wonderful, presents challenges for
us. Space is an issue and I am looking this year and
next at increasing outdoor furniture to
accommodate our numbers. As well, rooming and
resources are tight.

As the Principal at Parramatta High School, I have
taken this opportunity to reflect on the school's
achievements for this year. I am pleased to note
they are substantial and I look forward to
Parramatta High School continuing to deliver a
quality education to our community and developing
students as future learners, well equipped to take
their place in the world. This year the school has:

As the school grows classes are being added as
required and this will be a challenge for us in 2020

- Continued to employ an additional learning support staff
- Significant upgrade and extensions to the library space
- Established a vegetable garden looked after by Year 7 students
- Upgrade to outdoor furniture and the installation of 4 table tennis tables for students.

Faculty evaluations conducted in CAPA and
Mathematics. Science and HSIE planned for 2020

Introduced a literacy coordinator and a Senior
Curriculum Adviser – These positions to expand in
2020

- Two staff promoted to head teacher positions from HSIE and CAPA

Introduced a new wellbeing initiated for all students –
The Phoenix Cup enrichment program

- Staff who have retired include: Reg Lewis (GA) and Lynda Stone (TAS)

- Welcome to the new GA, Kaylan Soto

In the area of student achievement there have been
many outstanding results:

Congratulations to Ryan Sharma in LOTE who gained
Elite status in Education Perfect Championships

Congratulations to Year 8 students, Suma Golagani in
Maths who gained elite status in Education Maths
Championships

PHS students represented the school at ANZAC and
Remembrance Day events

SJL students hosted students from Gilgandra as a
continuation of our support for farmers and
communities in severe drought affected regions

Congratulations to students who participated in the
Fast Forward Western Sydney University Program

Congratulations to Joshua Toisuta Year 12 for CHS
Swimming Championships

Congratulations to Year 11 students who completed
'Max Potential', a Leadership Development Program

Congratulations to the students in music who
represented PHS at South Western Sydney PULSE
concert at Opera House

Congratulations to the students who participate in
High Resolves program this year which promotes
global citizenship opportunities

Thank you again for entrusting your child to our care
it is both a responsibility we take seriously and a
privilege to serve our Parramatta School Community.

Best wishes for the festive season.

Domonique Splatt
Principal

CELEBRATING GIRLS IN SPORT FESTIVAL 2019

A number of girls from Years 7 – 10 had the opportunity to attend the Celebrating Girls in Sport Festival on the 28th November 2019. This year the event was held nice and close to Parramatta High School, at the new Bankwest Stadium. It is the 5th year that the City of Parramatta Council has organized the event, and again this year it was run in collaboration with Active Parramatta.

As always, the festival is broken up into two components; a panel discussion and practical sessions. The Master of Ceremonies for the day was **Kira-Lea Dargin**, a proud Aboriginal woman of the Wiradjuri tribe from Orange. Kira-Lea has played a number of football codes, but is best known for her representation on the NSW Coyotes Gridiron team and for being the first Indigenous Australian to play Professional Gridiron in the USA.

Kira-Lea introduced us to a diverse mix of female athletes and administrators for the panel discussion. These amazing athletes and administrators included:

Simaima Taufa – Australian Rugby League Player

She loves the physicality playing Rugby League and debuted for NSW and the Harvey Norman Jillaroos late 2014. In 2018, Simaima signed with and captained the Roosters for the first Women's Premiership.

Briony Akle – Past Sydney Swifts Player and current NSW Swifts Head Coach

In 1999 – 2004 Briony played netball for the Sydney Swifts. She has many years experience coaching teams, and in late 2017 she replaced Rob Wright as the Head Coach of the NSW Swifts, leading them in 2019 to their first premiership since 2008.

Erin McKinnon – GWS Giants AFL Player

Erin developed a passion for AFL after watching her brother play Auskick. She was told for her to be able to play that she would need to find enough players to make a team. Her team started training with around 6 players and gradually developed a full team from there. She was drafted into the GWS Giants AFLW team and earned the NAB AFLW Rising Star nomination in 2017 and she has since been named All Australian ruck in 2018.

Sabrina Shaideen – Cricket Manager (Parramatta)

Sabrina has a passion for many sports and has 11 years experience working in the sporting industry and 8 years in management. She currently works for Cricket NSW, encouraging and maximizing participation in schools, through her role as the Cricket Manager for Parramatta.

Lexie Pickering – Australian Under 21 Hockey Player

Lexie was our youngest sporting star today and has just completed her HSC. She has played hockey since she was 6 years old and has dreamt of wearing the green and gold one day. To date, she has represented NSW at the National Championships since the age of 13, and more recently she was selected in the NSW Pride Squad this year and travelled to Perth between HSC exams to play the Perth Thunderbirds.

Getting the opportunity to meet these inspirational women with a rich background in sport, helped us to realise that sport is not only important for our physical health, but it can be a powerful way to unite women, and that women can also attain and achieve a high level of success in sport. Alongside the other schools present, we were given the chance to ask these high profile women questions about their life, failures and successes and plan B's. We were then given an opportunity to get signatures, photos and have a more one on one chat with them, which was fantastic.

After the panel discussion, we then got to run out onto the Bankwest Stadium playing field (in the scorching heat) to test our abilities and skills through participating in a variety of sports. We were all really engaged and gave it our best shot in every activity offered by the various sporting organisations including Giants AFL, Hockey NSW, ACPE, Kravmaga Systems, Motiv8sports Parramatta, Mark Cowper's Tennis Coaching, Cricket NSW and Sydney Thunder, NRL, Western Sydney Wanderers. We also enjoyed being able to go into the Western Sydney Wanderers change rooms.

As always after all the sporting activities, we had worked up a big appetite. We all thoroughly enjoyed the day and being able to gain an insight from the inspirational talks

about achieving success in sport and overcoming barriers to participation, and participating in the sporting activities. A big thank you to the City of Parramatta Council and Active Parramatta for putting on this fabulous event for us girls. And to all of the sporting organisations and administrators and athletes who took time out of their day to be there. We are looking forward to being invited back in 2020.



Prefects

"On Sunday the 23rd of November, the Parramatta High School Captains attended a memorial ceremony held for the soldiers and veterans of the H.M.A.S Parramatta (II). The ceremony was a solemn event and recognised those who served in the Royal Australian Navy aboard this ship during times of war. Our Captains represented Parramatta High School in laying a wreath at Queen's Wharf Reserve and paying their respects to our Naval soldiers of the past and present.



A Final message to the Parents and students of Parramatta High from the Careers department.

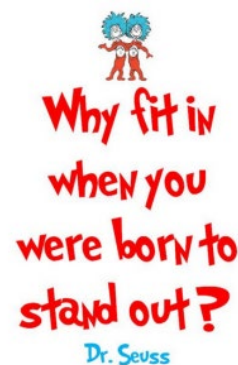
It has been a very busy year with so many great events that have occurred throughout the year with over 30 excursions, STEM events, Guest speakers, Workshops, Work Experience, Subject Selection- the list goes on.

Year 12 will be receiving their marks and ATARS very soon- I wish them all well in the future endeavours. I look forward to working with the new year 12 s next year as well as the other year groups, with year 10 being the main focus other than year 12. There will also be opportunities for younger year groups to participate in careers events but more to come next year. The last two weeks saw excursions to the STEMULATE event at a company called RESMED which saw 8 of our year 8 girls participate in a wonderful day at this company participating on workshops that encourage girls to enter STEM related careers. The other excursion, to Taronga zoo, where students attended a workshop on animal behaviour which was fascinating and they also learned about possible future careers with animals and related areas.

I'd like to thanks Ms Splatt for her support of me in our very different 'careers program'; I would also like to thank Ms Johnstone and Mr Gokel for assisting me throughout the year and to my Head teacher M Morson, who has worked with me this year to provide, what we hope, has been an innovative and exciting careers program.

I will be on leave from Friday this week so have a very Merry Christmas and a Happy, relaxing new year and I'll see you when school resumes.

Mrs Ibrahim



HSCya Later!

Huge congratulations to our Year 12 cohort of 2019 for the completion of their Higher School Certificate examinations last week.

It has been a big year of change with regards to new HSC syllabi and examination formatting, however, Year 12 have taken it in their stride and worked incredibly hard to achieve their best.

While it will be a nervous wait for most until the final results and ATARs are released at 1pm on the 17th of December on the UAC website and the My UAC phone app, we would like to take this opportunity to commend Year 12 on their efforts and wish them all the best in their transition from school.

To celebrate the release of results and to conclude the year on a high note, Year 12 are reminded that a “Back to Parra” barbeque will be held for them on the last day of school – Wednesday the 18th of December in the Industrial Arts Quad from 11:30am – 12:30am.

Please RSVP to Mrs Heron to let her know if you can make it!



LIBRARY NEWS



The NSW Premier's Reading Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read more widely.

CONGRATULATIONS to all of the following students who successfully completed the 2019 Premier's Reading Challenge:

YEAR 7:

Last Name	First Name
Boocha	Manasvi
Chavda	Anvesha
Garg	Rashi
Gousihan	Arani
Kesari	Jaineel
Khan	Shafin
Koneshwaran	Targesh
Ladsaongikar	Sumedh
Macadangdang	Aaron
Manjure	Akshay
Muraleetharan	Yathushan
Namburu	Mohan Sai
Nawani	Shanika
Ouyang	Daniel
Seetharaman	Sai Harini
Shetty	Neil
Stanley	Oliver
Sutton	Eliza

YEAR 8:

Last Name	First Name
Agarwal	Ramya
Agnihotri	Naaz
Balakumar	Thami
Bardanwala	Zohra
David	Geleinne
Divi	Thanuj
Gousihan	Varshani
Thande	Aaditya
Tyagi	Arnav
Verma	Ishita

YEAR 9:

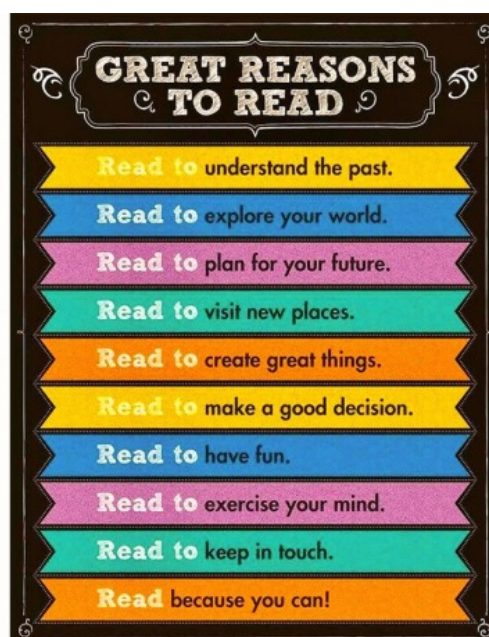
Last Name	First Name
Agnihotri	Shivangi
Garg	Aarzoo
Mishra	Neena
Thavarajasingham	Aharthy
Thobhani	Manav

SPECIAL CONGRATULATIONS:

Gold Certificate (Participated for four years) to Arnav Tyagi

Platinum Certificate (Participated for seven years) to Neil Shetty, Oliver Stanley, Eliza Sutton and Thanuj Divi

PRC medal (Participated every year from Year 3 to Year 9) to Neena Mishra, Aharthy Thavarajasingham and Manav Thobhani



Sport Report

Sport was finally back this week. Thankyou to both staff and students for participating in sport yesterday. It was good to see everyone out there enjoying the day.

Sports selections for term 1, 2020 will be ready by the end of this term. There are going to be a few changes to the selection process, please be aware that students no longer need to all try out for a grade sport and it will be voluntary. You do still have to register online for both social and grade sports. We are moving into the second full year of the online sport selection process and there are still few students stuck in the past and not completing the selection form sent to your Education emails. We are giving you as much time as we can to complete the selection form so please make sure you complete it to avoid disappointment.

House Captains

House Captain Nominations have now closed. Student applications will be reviewed and finalised by the end of the term. Thank you to all students that applied!

HOUSE	COLOUR	SIGNIFICANCE
BATMAN		John Batman
BRISBANE		Sir Thomas Brisbane
FITZROY		Charles Augustus Fitzroy
MARSDEN		Rev'd Samuel Marsden



A huge thank you to the following three students who between them raised an incredible \$768.78 for Jump Rope for Heart which will go towards vital heart research and education programs with the Heart Foundation.

- Jordan Liew (over \$60)
- Aaron Macadangdang (over \$250)
- Yathushan Muraleetharan (over \$250)

A fantastic effort boys! We hope many more students will raise money for this cause in 2020!





Dear Parents/Guardians,

OZ Fashions your uniform supplier is now selling all uniforms required for 2020. OZ Fashions are open 6 days a week Monday-Friday 9.00-5.30pm and Saturday 9.00-4.00pm. We are closed from the 25th December till the 5th January. We do not trade on Public holidays nor Sundays. Please purchase your uniforms before the New Year to avoid long queues and to guarantee we have all the sizes you require. We also sell CLARKS black leather school shoes and CLARKS white leather sports shoes at very competitive prices.

***Thank you
OZ
Fashions***



Some Resources and Tips for Parents for over the School Holidays

This information has been put together to assist you in supporting your young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful. Please keep this resource handy.

Here's a link to some information about child safety.

www.facs.nsw.gov.au/data/assets/pdf_file/0/008/319058/child_safety.pdf

Signs that may suggest that your young person is struggling It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns that continue for more than a couple of weeks may indicate that your young person

needs extra support. Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves & the world (e.g everything seeming bad & pointless).

If you're concerned about your child or young person, there are a number of ways you can seek help and advice. If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Here are some resources and services that you or your young person can access: These factsheets contain some very helpful information:

'Support your young person during the school holidays' headspace School Support Factsheet: 'If your Friend is not OK' - a resource for young people to encourage them to seek help if they are worried about a friend.

www.headspace.org.au/assets/Uploads/Resource-library/Young-people/If-your-friend-is-not-okay-web.pdf

- Lifeline 24-hour national telephone crisis counselling service and online counselling Telephone: 13 11 14 or www.lifeline.org.au
- Suicide Call Back Service 24-hour national telephone counselling and online service for people 18 years and over Telephone: 1300 659 467 or www.suicidecallbackservice.org.au

- e-headspace Online counselling for young people 12 to 25 years – www.eheadspace.org.au

- Mindhealthconnect Website aggregates mental health resources and content from the leading health organisations www.mindhealthconnect.org.au

- beyondblue: National depression initiative 24-hour telephone support and online chat service with links to local services Telephone: 1300 22 4636 or www.beyondblue.org.au

MUSIC

News

Assembly Performances

Aryan Adami from Year 9 Elective Music demonstrated his classical guitar skill with a superb performance of Étude in E Minor by Francisco Tarréga.



Invitation to perform for Lord Mayor of Parramatta!!

The Advanced Guitar Group under the direction of Mr Secrett was invited to perform music for the arrival of guests and an item on the program, *El Verano*, composed by Mr Secrett at the annual Parramatta Community Care Recognition Awards Ceremony on Thursday 5 December in the Ballroom of Rydges Hotel at Rosehill in the presence of the Lord Mayor of Parramatta Bob Dwyer. Thank you to Mrs Johnstone who was available to assist with supervision.

Congratulations to Mr Secrett for excellent work with the Advanced Guitar Group and to the students who worked so hard to learn a large amount of repertoire:

Year 7: David Lin, Kabir Parmar, Sanjay Subash Chandra Bose,

Year 8: Tamim Yacqub,

Year 9: Aryan Adami, Paddy Donohue, Jessica Francis

Year 10: Rohan Agarwal, Rohan Anil



Here is part of a thank you email received from Rosemay Cangy, the organiser of the event.

I want to send my deepest appreciation and thanks for your wonderful support in the planning of our Volunteers event and the involvement of the Parramatta High School Advanced Guitar Group. Their music, under the direction of Mr Secrett, truly enhanced our event with many volunteers and staff commenting on the students' talents and the fine and enjoyable music provided.

A very big thank you to Mr Secrett for your contribution to our event and for being flexible with the scheduling of items during the program. Please do pass on our thanks to Mrs Kim Johnstone for her presence on the day

Thank You

Orientation Day

The PHS Stage Band, under the direction of Mr Stormer, performed many contemporary musical pieces for Year 7 and parents as they arrived at the school hall for the welcome to high school information session.



THE BIG GIG Concert

Year 10 activities week began with a concert in the hall on Monday 9 December. Thank you to all the performers, staff, tutors and students who worked extremely hard during the last few months to prepare and present this extraordinary concert with so many talented vocalists, instrumentalists and dancers.



MMM#2 – Manic Music Matinée Concert for Year 8

More congratulations to more talented students. Congratulations to all the Year 8 students who performed for their Year Group on Tuesday 10 December.

Thank you especially to the Music Staff – Ms Piper, Mr Scanes and Mr Secrett and also to Mr Smith and the Production Crew.

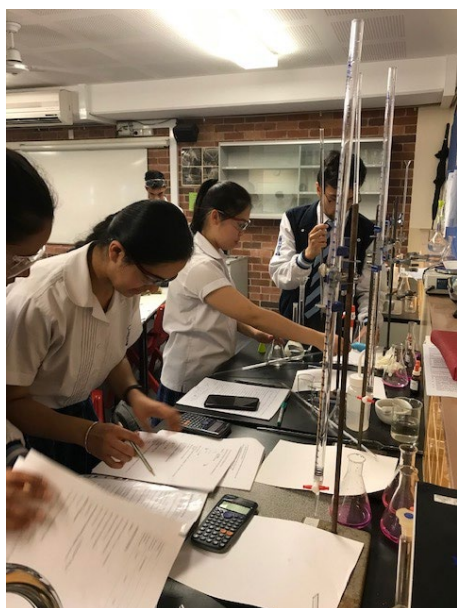
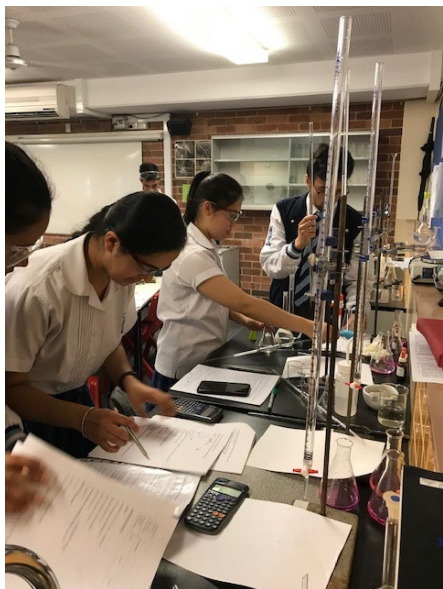


What are Depth Studies?

A depth study is any type of investigation that a student completes individually or collaboratively that allows the further development of one or more concepts found within or inspired by the syllabus.

Recently the HSC Chemistry students completed their first assessment task which was on the analysis of consumer products. This investigation provided opportunities for students to pursue their interests in chemistry, acquire a depth of understanding, and take responsibility for their own learning.

We were very impressed by the diligent approach and dedication these students demonstrated during their investigation.



A Thank you from Transport NSW

On behalf of Transport for NSW, I'd like to say thank you for arranging for your students to attend our Towards Zero media event last Thursday.

The kids were an absolute credit to your school. Under such hot conditions, they conducted themselves maturely and sensibly.

Thank you also to Mr. Brien for his help.

