

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 | 24TH FEBRUARY 2020

Dear Parent / Carers

At PHS students have the opportunity to participate in a variety of extracurricular activities during their time at school — from sport, music and dance to coding and art classes.

In addition to building skills within a specific discipline, extracurricular activities are great for developing general academic and soft skills. This includes debating for public speaking, academic competitions for exam strategies and sport for teamwork. Balancing a number of commitments can help to improve your child’s time management skills, while finding an area they enjoy or excel at can boost self-confidence. Thank you to our staff who go above and beyond to make these activities available to students.

To promote and recognise extra curricular commitments the school introduced the Phoenix Cup in 2019. Students can gather information from Mr Ruspandini or Ms Mellas to participate.

Many students use public transport to get to our school. We remind students of the following

- Tap on and off with your Opal card – whether it’s a student or regular Opal card – every time you travel on a regular route or school special service.
- Follow any directions given by the bus driver i.e. if standing, move to the back of the bus to let other customers on.
- Do not sit in the priority seating area, these are for customers who are less mobile than you.
- On a crowded bus please offer your seat to an adult, especially an elderly person or a pregnant woman – it’s good manners!
- Be quiet and respectful – the bus driver needs to concentrate on the road.

This newsletter advertises some very worthwhile Parent Forums that will be addressing specific areas for year groups. We encourage you to participate in these evenings.

Mrs. Johnstone

CALENDAR 2020

TERM 1

Week 6

Monday 2nd March
Basketball Gala Day

Tuesday 3rd March
Code Kids

Wednesday 4th March
Peer Support Picnic

Thursday 5th March
Engineers without borders
Code kids

Friday 6th March
IWD Breakfast
USYD Excursion

Week 7

Monday 9th March
E makers Workshop

Tuesday 10th March
Code kids

Wednesday 11th March
Meet the Teacher Afternoon

Thursday 12th March
Code Kids

Friday 13th March
Year 10 Elevate
World’s Greatest Shave

MUSIC News

Assembly Performances

Students from Mr Scanes' Year 11 Music 1 and Music 2 Courses and Ms Piper's Year 9 Elective Music classes used the Formal Hall Assembly last week as a dress rehearsal prior to their performances at the High Achievers Assembly to honour our PHS distinguished achievers from the 2019 HSC examination on Friday 14 February. Dignitaries, parents and past students attended and it was wonderful that **six Music students made the honours list**. Once again we congratulate these super-talented music students and in fact all music students from the 2019 year group and thank them for many years of dedication to music and extraordinary performances at Parramatta High School.

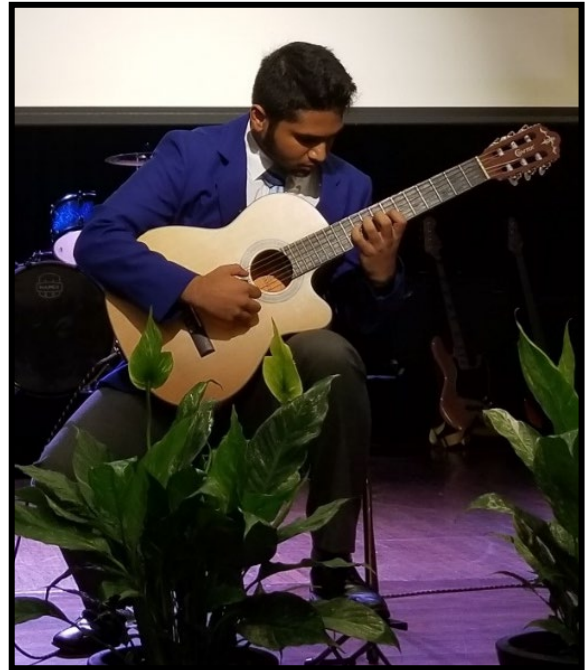
Current music students are to be congratulated for working hard to prepare the musical items for the ceremony.

Processional: *Canon in D* by Johann Pachelbel - Angelina Chen (piano)

National Anthem: Joaquin Dungca and Dev Yadav (vocals), Angelina Chen (piano), Yathavan Selvaruban (bass guitar) and Sahas Maruthurkkara (drums)

School Song: Adheem Ghamrawi and Joshua Serafim (vocals), Ian Wu (piano), Yathavan Selvaruban (bass guitar) and Sahas Maruthurkkara (drums)

The featured Musical Item on both occasions was a performance of *Asturias* by Isaac Albéniz, sensationally executed on guitar by **Sumithiran Ragulan** from the Year 11 Music 2 Course. This piece requires virtuosic technique to evoke Andalusian buleria-style flamenco rhythmic tradition incorporating delicate and intricate [malagueña](#)-style melodic material while exploring full pitch range with abrupt dynamic and articulation changes. Congratulations to Sumi for performing such a challenging piece so convincingly on both occasions!





The Talent Development Project Foundation

(TDP) is a joint initiative between the New South Wales Department of Education and the entertainment industry. It prepares students for careers in the entertainment and music industries.

Established in 1991, the TDP discovers and develops talented young Australians from New South Wales Public Schools, preparing them for a career in the music and entertainment industry.

Every year up to 50 public school students from around New South Wales are selected to take part in this unique program. Throughout a year of monthly master class workshops, conducted by industry experts, this number is reduced until only those deemed ready to begin a career in show business remain.

These TDP graduates are launched at an exclusive graduation concert. They perform in front of an audience packed with industry heavyweights, as well as family and friends.

Past TDP graduates include **Human Nature, John Foreman OAM, Felicity Urquhart, David Le'aupepe (Gang of Youths), The McClymonts, Morgan Evans and Angus & Julia Stone.**

Applications are now open for 2020 - 2021 auditions.

For further information go to: www.talentdevelopmentproject.org.au.

Interested students from Parramatta High School should discuss TDP with Ms Piper or Mr Scanes before applying.



~ Ms Piper & Mr Scanes ~
MUSIC STAFF

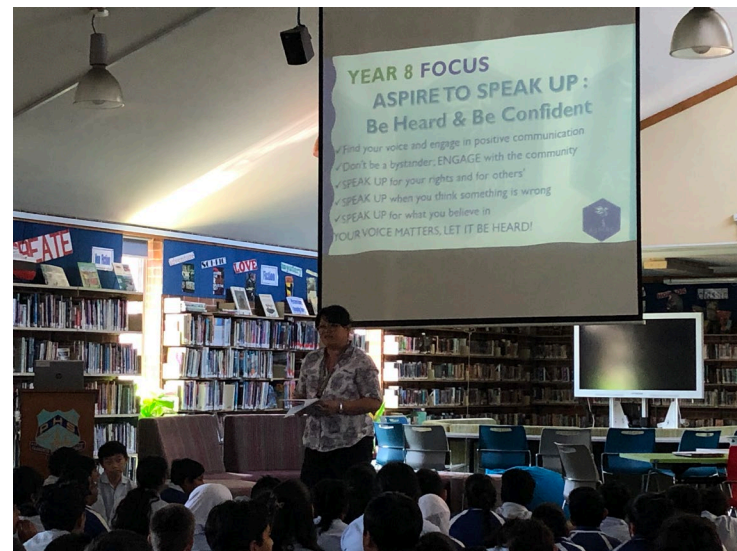
STAGE 4 News

Congratulations to Year 7 on a smooth transition into High School. Students are coping with their heavier backpacks, navigating the school and moving from class to class well.

A "Meet the Teacher" event will be held in Week 7 this term for parents of Year 7 students in the school hall from 4 – 5.30pm. An invitation will be sent out next week.



Year 8 students met this week to revisit the Aspire Program. Ms Duong the Year Advisor explained the focus for this year as we encourage students at our school to be confident and ethical bystanders.



Assessment schedules for stage 4 are available on the school website. You can access them by following the link or by visiting the website.

<https://parramatta-h.schools.nsw.gov.au/learning-at-our-school/assessment-and-reporting/assessment---homework.html>



Welcome to the 2020 school year.

I am off and running with the careers program for this term.

Year 12 have been given questionnaires to complete about their tertiary choices and future careers options. I will be arranging interviews shortly once I read through these.

They have also been given notes to the year 12 careers expo which will be held on Friday June 26th for year 12. Notes and Money are due in by the end of term. Please go the school website, click on ‘make a payment’ and enter Year 12 careers expo.

An excursion to Sydney University will go ahead on Friday March 6th for about 40 year 12 students. It is always a great opportunity for students to visit a university campus and get an idea of what Uni life is like and the courses on offer.

On April 1st at the year assembly we have a special group coming to present on life at Uni, coping with first year and the transition from school to university. Other guest speakers will come throughout the year.

I urge parents and students to start having a look at University and Tafe websites for information on future tertiary options. I am sending a weekly newsletter to all students but different students want different information and it is best to start at the universities you are looking at and begin your research there.

Just some general information; If students wish to study law at UNSW they need to do the law admissions test. LAT.

They can find information on this at lat.acer.edu.au. Year 11 students can also do this test.

Any students wishing to study medicine and or dentistry need to sit the UCAT test. Just google ‘UCAT’ for more information. Also there is free E-book for 2021/22 Medicine and Dentistry entry go to www.icanmed.com.au/ucat-book

Parents need to be aware that many Universities have now opened registrations for year 10 and year 12 information nights. Please go to the university website your child may be interested in for further information.

Year 10 have also been given notes for the careers expo-They will go Thursday June 25th.

They have also been issued with a booklet outlining requirements for work experience.

Please read all the information as students are continually coming up to me and asking the same questions over and over again when all the information is in the handbook and I have also spoken to them as a year group. The main points are that work experience is not compulsory. Students will not be penalised for not completing a placement. Students need to organise their own placement-complete paperwork and hand to me at least two weeks before placement. I also send out places that may take work experience students via emails and newsletters.

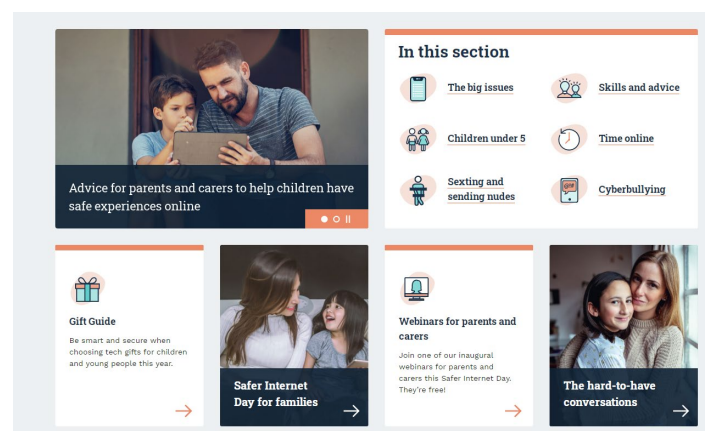
That s all for now, it will be a busy and exciting year.

Mrs Michelle Ibrahim



Find the latest information to help you manage online safety issues.

<https://www.esafety.gov.au/parents>



Parramatta High Canteen Menu for 2020

FRESH SALAD COMBINATIONS

- Large \$5.50
- Fresh cut fruit salad \$4.00
- Yoghurt with fresh fruit \$5.50
- Fresh chicken pasta salad \$5.50
- Caesar Salad \$5.50
- Greek Salad \$5.50
- Seafood Salad \$5.50
- Tuna Salad \$5.50
- Potato Salad \$5.50
- Tabouli Salad \$5.50
- Coleslaw Salad \$1.00
- Fresh Fruit \$4.00
- Rice Pudding \$4.50



FRESH SANDWICHES / ROLLS / WRAPS

- Fresh Chicken with lettuce and mayonnaise \$4.50
- Leg of Ham with Cheese and Tomato \$4.50
- Roast Beef with Lettuce and Tomato \$4.00
- Roast Turkey with cranberry sauce \$4.50
- Red Salmon \$3.00
- Tuna Salad \$3.50
- Mild Cheese \$3.80
- Tasty Cheese \$2.00
- Cheese and tomato \$3.00
- Tomato \$2.00
- Salad \$3.00
- Veganite \$3.50
- Honey \$3.00
- Egg \$3.00
- Curried egg \$3.50
- Egg and lettuce \$6.00
- Turkish rolls with variety of fillings \$4.50
- Ham & Cheese Croissant \$4.00
- Fresh Sushi available \$5.50
- Wraps with variety of fillings
- Lebanese bread available

HOT FOODS

- Hamburger with lettuce, tomato, beetroot, cooked onions and sauce \$5.50
- Cheeseburger with lettuce, tomato, beetroot, cooked onions, grilled cheese and sauce \$5.50
- Chicken Burger with crumbed chicken breast lettuce and mayonnaise \$5.00
- Roast Beef roll with onion and gravy \$5.50
- Chicken Schnitzel breast roll with lettuce and mayonnaise \$5.50
- Portugese Burger with Grilled Breast Fillet, Lettuce & Perrt Perrat Sausage \$5.50
- Fish Burger with Lettuce & Mayo \$3.50
- Bacon and Egg roll with sauce \$4.00
- Hot Dog served on a long roll (low fat and also halal) \$3.50
- Hot Dog with cheese \$3.50
- Chicken Kebab on long roll with mayonnaise \$5.50
- Chicken Nuggets (8 pieces) \$4.50
- Chicken Devil Wings \$1.80
- Hash Browns (each) \$1.50
- Variety of Small Pizzas \$3.50

HOT MEALS REGULAR

- Beef Casserole served with rice \$5.50
- Curry Chicken served with rice \$5.50
- Satay Chicken served with rice \$5.50
- Butter Chicken served with rice \$5.50
- Fried Rice \$5.50
- Chicken Pasta \$5.50
- Macaroni and Cheese \$5.50
- Tortellini Pasta \$5.50
- Fettuccini \$5.50
- Spaghetti Bolognese \$5.50
- Potato Bake \$5.50
- Home made Lasagne \$5.50
- Vegetarian Lasagne \$5.50
- Chinese Noodles \$3.20
- Hot Soup \$3.60
- Halal Hamburgers & A Variety of Other Food D11



PIES AND SAUSAGE ROLLS

- Meat Pie (beef - low fat and halal) \$4.00
- Shepherd's Pie (low fat and halal) \$4.00
- Large sausage rolls (low fat and halal) \$3.80



HOT BEVERAGES

- Regular
- Flat white (instant coffee) Staff Only \$2.20
- Tea Staff Only \$2.20
- Herbal tea Staff Only \$2.50
- Hot Chocolate Staff & Students \$3.00
- Cappuccino Staff Only \$3.00
- Espresso Long Black Staff Only \$3.00
- Latte Staff Only \$3.00

COLD BEVERAGES

- Soft drinks (375 ml can) \$2.50
- Diet drinks (375 ml can) \$2.50
- Mineral water \$2.30
- Spring water (600 ml) \$2.30
- Large bottles (600 ml) \$4.00

FRESH JUICES

- Squeezed daily (small) \$2.70
- Squeezed daily (large) \$3.80
- Apple Juice \$2.70
- Just Juice (small) \$2.00

MILK AND MILK SHAKES

- Variety of Flavoured Milk Shakes \$3.50
- Flavoured oak milk (300 ml) \$2.70
- Flavoured oak milk (600 ml) \$4.00
- Plain Milk (300 ml) \$1.80
- Plain Milk (600 ml) \$2.60
- Up & go \$2.70



... AND INDIVIDUALLY WRAPPED FOR HYGIENE PURPOSES