



### Special points of interest:

- Freya Jobbins amazing art-work
- Outstanding work placement students
- Beacon Foundation
- KARI Artwork winner
- Current and future captains reviews
- Football reports and pics
- Great healthy eating and living news
- New salad bar in the canteen!!!

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# ASHCROFT ACTION

Ashcroft High School

Centre of Excellence in the Performing Arts

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## Principal Report - Mr T Noon

### *Learning and Innovation Program: Students Years' 7-9 Lead Environmental Challenge*

A group of invited students from each of our feeder primary schools and our high school have been working in small groups as researchers on an innovative project. They are developing models around the idea of how we can recover our over-use of plastic around the world. Students are learning how to undertake research from gathering information and data to visiting recycling sites and developing innovative ways to counter this insidious problem. The students are working in conjunction with the Western Sydney University.

One of the great features of the program is that students learn how to work in teams to solve problems, and are challenged to extend their thinking through problem-solving and critical-thinking. They will soon present their work to an audience of academics, business people, teachers and community members. As new students come into the program, these current students will continue as senior mentors on new research projects, and advisors to the new recruits. My thanks to Donna Azzi for her coordination of this

exciting project, together with the support of Teena Haslehurst (DP).

### *Trade Training Centre Construction Commences*

The construction of the Trade Training Centre - for the course in 'Construction', has commenced. The \$1m building is adjacent to the school hall and will take approximately 20 weeks. Weather will play a part in that timeframe, and of course HSC and Year 11 exams will mean construction interference will need to be curtailed at particular times. The building will require extra electricity supply, which will mean a further upgrade of power into the school. A significant amount of new equipment will be provided. We look forward to it opening early next year.

### *Ashcroft High School Research Centre:*

#### *Health Paper Submitted*

We have submitted a research paper to a national primary health journal awaiting approval. The paper is the culmination of research on our allied health program within the Student Support Services (SSS) faculty that supports students and learning. This work we have now

included in our feeder primary schools in order to detect and correct any health issues early in a child's school life. The paper is titled: 'Is there a role for a primary health nurse in a learning support team in a disadvantaged high school? Evaluation of a pilot study'. I am indebted to Dr Sarah Dennis (Sydney University) and Professor Teng Liaw (UNSW) in supporting myself and the SSS faculty. Michelle Roberts (RN) and Joanne Brady (RN) are doing an outstanding job as the Clinical Coordinators working across the high school and feeder primary schools.

### *Nutrition Research*

AHS is undertaking research about nutrition habits of our students. Navnita Chetty is a highly qualified nutritionist/dietician, and has been working this year with students and staff to garner the habits of our diets. It is our belief, supported by research, that diet and effective eating habits are one critical component of supporting not only good long-term health, but cognitive functioning and educational outcomes. We look forward to the results of this work.

Sydney)



**Celebrate SAS staff  
Recognition Week 2015**

31 August 2015 - 4 September 2015  
"Our jobs, Your children, Their future"

## Principal Report continued...

*Presentation to Western Sydney University\* Students (\* Formerly the University of Western Sydney)*

My congratulations and thanks to our wonderful teachers for their recent presentation of some of our great work about teaching to 140 Western Sydney University teacher students. AHS teachers have been using journals to record their professional work for over 5 years. This is one part of a comprehensive process in which we all - including the principal, constantly assess/evaluate our teaching/learning practice, innovation and ideas, together with data and student input. My thanks to Megan Boltze (HT Mathematics), Katherine Weeden (HT CAPA), Rebecca Brady (teacher CAPA) in supporting me on this project.

*Enrolling Year 7 Students 2016*

We are receiving a good number of applications for Year 7, 2016. In order to assist our planning, we encourage you to submit applications as soon as possible to secure a position next year.

*The afternoon exit of students: Car Park Gate*

I would like to advise our community that we are shutting the eastern end car park gate as students exit the school each afternoon. It is for a short period of about ten minutes, and allows us to direct over 500 students more safely through the western gate. This prevents confusion between students and cars in this peak period.

*Thanks to AHS Senior Executive*

I mentioned earlier this year to the students that I would take two days long service leave each week to try and complete some research work at the University of Newcastle that supports student educational outcomes. I am indebted to Teena Haslehurst who relieved in my position last term (currently on leave this term), to Kylie Landrigan this term particularly at this time supporting and coordinating whole-school program development for next year. My thanks also to Donna Azzi as

relieving DP with the support of Megan Boltze also in that role this term.

**SUPPORT STAFF  
Recognition Week**

This is a time to recognise the wonderful work of our support staff, supporting students and undertaken often behind the scenes. As a school community, we are grateful, for it would be impossible to do what we do without the work of these dedicated professionals. They include our Administration Manager (Jill Brookes), Administration Officers, School Learning Support Officers, Aboriginal Education Officer and General Assistant, and Community Liaison Officer. On behalf of the school community, I thank you all.

*My best wishes to our Year 12 students as they hone in their final projects and studies prior to exams in October. My thanks to the dedicated staff assisting students on their projects.*



## Creative & Performing Arts Report - Mrs K Weeden

*HSC Practical  
Examinations*

Congratulations to Year 12 Visual Arts, Dance, Music and Drama students on the completion of their major Body of Works and performance

pieces for the HSC 2015. After a year of hard work and dedication, these talented and creative individuals completed works beyond their expectations, delivering resolved and rehearsed pieces. Well done year 12 CAPA

students! The Creative Arts department is extremely proud of your efforts.

We wish you the very best for your written HSC examinations in these subjects in term four.

*Good Luck!*



## Term 4

**Begins for ALL STUDENTS on**

**Tuesday 6th October, 2015**



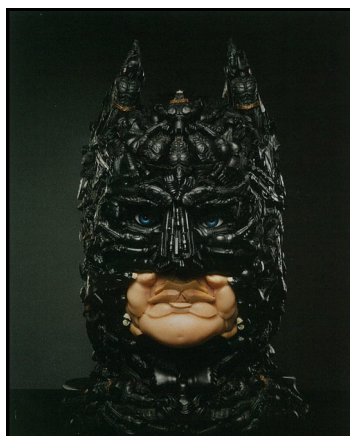
## Freya Jobbins Report - Mrs K Weeden

On Monday 17<sup>th</sup> August, Visual Arts students were invited to attend an artist talk by Freya Jobbins, an Australian based sculptor and printmaker, who currently works from her home studio near Sydney. Jobbins is a

world renowned artist who has exhibited her work both nationally and internationally. Using dismembered and recycled plastic parts from old dolls and other toys, Jobbins assembles these exceedingly strange

portraits of people and pop culture icons.

Students were intrigued by Jobbins artistic practice and were inspired by her life story and what it is like to be a full time practising artist.







## KOMATSU

### Year 12 Business Studies - By Mrs Xue

This year, the year 12 Business Studies class have been extremely fortunate to have utilized Ashcroft High School's Beacon Business Blackboard connection with Komatsu to further their studies. Throughout the HSC course, Komatsu has provided continuous support by providing speakers for each of the HSC topic. This term, Mary Huxtable, the National People Development & Systems Manager at Komatsu Australia,

made a final visit to the class to speak to students about our final topic - Human Resources Management. In this talk Mary discussed strategies that human resource managers used to encourage and reward employees to maintain morale and engagement. She also provided students with insightful information into strategies that Komatsu has utilized to address a decline in the mining industry. The students would like to give a

special thanks to Ms Drapalski, who has created an extensive Komatsu case study booklet, from her note taking during each of the Komatsu visits.

On a final note. I would like to wish the students good luck as they embark on their final examinations next term.

### Work Placement Awards Retail Stars

Congratulations to these students for and outstanding work placement performance. They will all receive Work placement awards



David Tifa



Hang Le and Lucinda Pok



Jihad Omran & Omar El-Dick



Taleah Seula -Toa



Lindsay Lemalu



## Science Club Report - by Mr P Matic

Lots of exciting experiments have been happening this term in science club. The science faculty has introduced several project based experiments that the club has been working on at Tuesday Lunch-times, these included

making a home-made mini parachute, crystallisation and combustion experiments. Several senior students have been helping with the aid of the science club which is a very positive direction for younger

students learning.

The science fun will be continuing onto Term 4, if you have any interest in coming please feel free to come in any Tuesday lunch-time.



## Engineers Australia - by Mr A Raja

Mr Raja, My Kim, Dean, Corey and I attended an event at the University of New South Wales called Engineers Australia. After a long drive in Mr Raja's green car, we finally arrived and sat at our allocated table. The first assignment was to create a bridge out of the equipment given to us (paddle pops, sticky tape, newspaper, string, etc.) 20 minutes later, our creation was an utter disaster. It kind of, sort of resembled a type of bridge but even after the time was up we still persevered. Finally it was time to see if the bridge could

handle some small bags of rice. We attached the rope of our bridge to the hooks and held our breath as the convenor slowly put the rice bags on. It worked! The bridge gave us many points.

The next tasks were not as successful. We had to create a plane which in the end looked pretty cool. But it did not fly as we had hoped. The last one was to make a car. The car would have been a triumph if we had put a straw in the balloon which was attached to the cardboard car, but sadly, it was too late. The

car veered to the left and out of the small road.

We did not come last out of the forty or so schools. Our points score led us to be near the middle on the ranking screen. In the end, everyone received a red bag with information and various knick knacks so that even if you didn't win, you still got something. The ride home commenced and with My Kim asleep on my shoulder, with Corey talking about his taste in music, and with Dean staring out the window in deep thought, I suppose the day was good one.



## Early Morning Sports - by Mr L Marsden

This term the SLC Healthy Schools portfolio has been working on a lot of exciting projects. The early morning sports programs have been each Thursday and Friday mornings from 8am

including a 3 vs. 3 basketball program. Well done to Josh, Kevin and Louis who were the undefeated winners of the competition. The early morning sports run each week to encourage extra curricular

physical activity and social sport amongst the student body.

Next term Mr Marsden and the SLC will be running a hand-ball competition during the early morning sports time, everybody is welcome to join.





## Beacon Foundation Report - by Mrs K Armstrong



The Beacon Foundation is up and running again this year. Ashcroft High School has now been involved in the Beacon Foundation program for three years.

The Beacon Foundation is a non-profit organisation that aims to inspire and encourage students to further their education and training.

The program encourages self-help in young people before they leave school in order to develop the skills and confidence needed to achieve personal success for themselves and their community. The program's key focus areas for student self-development are self-awareness, motivation, personal responsibility, positive psychology, goal setting, and emotional intelligence.

Additional positive student outcomes associated with the program include an increase in knowledge of work culture and expectations, an increased understanding of the diversity of potential future career paths and the development of employability skills, such as communication and teamwork.

### *Cummins Information Session for Year 12 Students*

On the 24<sup>th</sup> of February Cummins South Pacific spoke to year 12 students presenting a range of post school career options for students. Cummins South Pacific sells and services diesel and natural gas engines for use in heavy equipment in the following industries: Agriculture, construction, mining, defence, marine, oil and gas, truck transportation and rail. Cummins also sells and services power generation equipment that includes diesel and alternative-fuelled electrical generators, alternators, transfer switches, switchgears and generator set controls. Students from this presentation now have the opportunity to apply for work experience in this industry.

### *Beacon Ambassador Training Day at Calmsley Hill City Farm*

On the 27<sup>th</sup> of February the Beacon Ambassadors and community guests attended the Calmsley Hill City Farm at

Fairfield. The day involved developing student leadership and public speaking with the assistance of community members. Students and community were also involved in a tour of the farm. The tour involved watching animal shows, feeding the animals and a tractor ride. Well done to Sabrina Abbas, Mostopha El-Dennaoui, Cody Franks, Tashia Halep, Eulambia Kassiotis, Logan Kendall, Hayley Gunning-Mason, Tara Thode, Jessie Baines, Ibrahim Chaffei, Rhiannon Dunley, Dylan Edwards, Ned Fukofuka, Dean Glennie, Cynthia Nguyen, Tooa Leiatua, Marina Pastuovic, Jasmine Thode, Tiesha Jago-Payne, Bryan Kohari, Tasi Borg-Taveueu, Konstanin Malikov, Maddison Canham-Cribbs, Montilina Fepale, Ramzey Kataieh and Yasmin Taha. **Special thanks** also goes to **Ms McNamee's** community group who assisted with students learning new skills on the day. A fantastic day had by all!





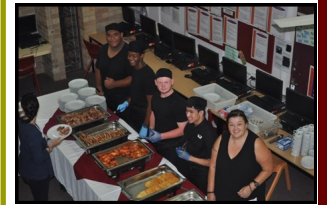
## Beacon Foundation Report continued....

### *Beacon Business Breakfast/ Charter Signing*

On the 28<sup>th</sup> of March two important events were combined, the BBQ Business Breakfast and the Year 10 Charter Signing. The BBQ Breakfast showcased Ashcroft High School to the community through a delicious breakfast put on by senior hospitality students. The

morning also encompassed motivating speeches presented by staff, students and distinguished guests including the showcasing of Ashcroft High School through Indigenous arts, dance and musical performances. The Charter Signing assembly focused on year 10 students signing a Charter Board and taking a Pledge in order to make

a commitment to furthering their education and training in front of business guests, parents and community whom students will be working alongside throughout the year. Distinguished business guests, staff community members also joined students to sign the charter board, making a commitment to assist students and share the journey with them.



### *Beacon National Conference*

On the 29<sup>th</sup> and 30<sup>th</sup> of April both staff and Year 10 Beacon student ambassadors attend the Beacon Foundation National Conference in Coogee. The conference offered staff the chance to be inspired and challenged to consider their role in changing the way young people transition successfully from education to meaningful employment. The conference gave us some tangible solutions to implement back in the classroom. Year 10 student ambassadors had the opportunity to engage with an exciting

selection of high profile and entertaining guest speakers from industry and education. Students also participated in an exciting and innovative alternative to a traditional conference panel, a fish bowl panel which brought controversial conversation to the stage.

### *Speed Careering*

On Friday the 21<sup>st</sup> of August we held our Speed Careering Event which involved all of Year 10 students. This day allowed students to gain an increased awareness about possible career paths. Students were broken into groups and were given 10 minutes

with each presenter, where they were able to ask questions about their occupation. Students were presented with professionals from an array of industries. Well done Year 10 on an exceptional day!

Ashcroft High School would like to thank all of those involved in this program this year and we look forward to an exciting 2015!

If you have any further questions about the program please do not hesitate to contact the school on (02) 9607 8011 and request to speak to Ms Armstrong in the Science faculty.

Keep up the fantastic work all!







The impressive book character chalk drawings:



## Library Report - by Ms H Giao

Children's Book Week is always spectacular in Term 3 but with both Spirit Week and Science Week, this year's celebrations have proven the best yet. This year's Book Week theme "Books Light Up Our World," bought inspiring creativity.

### Children's Book Week

Book Week activities on offer in the library included movie screenings, book reviews, chalk drawings and story writing. Students creatively contributed in building a story per sentence. Below is what the students came

u p w i t h :

In a land far, far away a robot called Raven was pronounced king. He owned Terrabitha. He changed everything around. Everyone was nice to each other and then it started raining Tim Tams. The Tim Tams were crazy biscuits with arms and legs which attacked the robot Raven. Robot Raven's guard Bob Bobiliscious ate a Tim Tam and turned into a giant Tim Tam. Then a random bird flew in and ate a tomato then it turned into a flying tomato. The bird was too heavy

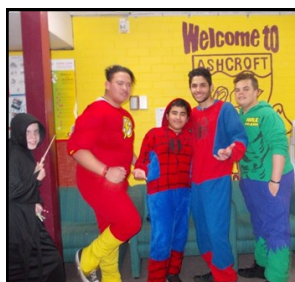
that he fell on the ground which led to the bird dying with tomato spilling out of the bird. Bob Bobiliscious began to panic and started eating himself. The flying tomato and the evil Tim Tams banded together to defeat robot Raven and the half-eaten Bob Bobiliscious was the leader. Turns out that Raven had a half evil twin cousin named Robbie. Robbie was living with his poor mother in the land far, far away on a tree when they found out he was the King and not Raven.

We were able to invite author Kate Forsyth for an author's talk. She energetically spoke to both Year 7 and Year 8s on her journey towards becoming an author and how she finds inspiration for her fantasy novels.



Darryl Le and Calais Serong have both won signed copies of Kate Forsyth's 'The Puzzle Ring' for their outstanding book reviews. Well done! See their reviews posted in the library reading area!

Both staff and students celebrated Children's Book Week with dressing up throughout the week. Children's Book Week was super successful, we can't wait to see the energy next year!







## Student Support Services Report

On Thursday 16th July we went to the University of Technology to look at many different artworks and got a 'behind the scenes' look at a new exhibition that was not open to the public yet. The exhibition was about Mars and had a display of a 'space house' that people might live in if we could live on Mars. We even got to go inside the 'space house' and Adam got to lie on a bed made out of tennis balls and cardboard paper rolls! The exhibition was not paintings but real life objects, like the artists' costumes and props. There was a short film that showed the artist walking around the Northern Territory acting like he was on Mars. It was funny to think that the artist might

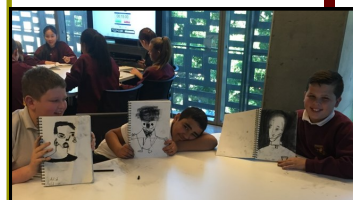
expect us to believe he was really on Mars and only carrying a rope, goggles and a motorbike helmet.

We got a special lesson on how to draw a realistic face with Ben Hedstrom, a famous artist who even met and painted a picture of the Bulldogs. We all tried to sketch the person next to us and got to make our own portraits. We got to use different materials to make our drawings including: graphite pencils, charcoal and real artists' books. After we finished we were even able to keep these! When we used the charcoal however, everyone's hands went black and it was very difficult to get off. Montilina and Emma used at least 10 wet wipes trying to clean up in time for

lunch!

Afterwards we got to sit and eat lunch at UTS and talk to Ben about any questions we had. Adam was lucky enough to get his art book signed by him as well! We listened to explanations about all the artworks and tried guessing the meaning behind the Mars installation. It was an amazing and exciting day for all of us. We all had a fun time learning how to draw from a professional artist. We had stories to share when we got back to school and have used our drawing skills in class as well!

Written by  
Kasey, Emma and Adam.



## KARI Art Competition Winner

A special congratulations to Shirnekka Boney Norris in Year 9 who was the winner of the KARI art competition. Shirnekka was presented with her award at a special morning tea attended by her family, Mr. Noon, Moses Alone, Lauren Drayton from

KARI, Lesley Marks and our local Aboriginal Community Liaison Officers.

Lauren Drayton said the team from KARI were very impressed with Shirnekka's submission. They were drawn to the traditional style and colours that

she used in her art work that tells the story of her journey so far. Shirnekka's artwork will be used by KARI on their flyers and advertising material. On behalf of the Ashcroft High School community, we congratulate Shirnekka on her success.



### Term 4

### Starts for ALL STUDENTS on

### Tuesday 6th October, 2015





## 2014/2015 School Captains Review

As our time as School Captains is coming to an end, we express our gratitude for the opportunity that we were both given to represent our school in such a role. As Captains for 2014/15, it has been such a rewarding experience to lead and guide Ashcroft High School students; in turn they have taught us so much. We have had the honour to participate in the organisation of various fundraisers for our local community as well as hosting SLC Leadership days for our local Primary and Secondary schools. Through this we have

seen the joy and positive impacts that we have had on our school community and local schools.

One thing we have definitely learnt is that our school is not like some other schools, we are a strong and united team. "Many hands build a house, many hearts make a school", in saying so our achievements are not only a reflection of our leadership and guidance but those of the whole school and the amazing support of the teachers. We have had the privilege of being involved in the nomination and selection of Ashcroft High School's new

School Captains, Prefects and Senior SLC leaders. We are very proud to say that the school is in good hands with the level of leadership skills that we see in each and every one of them. Therefore, we both wish Ashcroft High Students the best of luck during their years to come, work hard!

Ellsie Leota & Katrina Pastuovic  
- AHS School Captains 2014/15

## School Captains 2015/2016



When it was announced that we were the next Ashcroft High School Captains for 2015/16, we were so proud and overcome with happiness. We are really eager and excited to step into this role and to try our best to meet the expectations required of us as leaders of the school. Leadership and the SLC have been important parts of our high school experiences and we are so happy that we have been given this opportunity. We are looking forward to not only working with

each other, but also with our strong and energetic peers who have been also called to represent the school as Vice-Captains, Prefects and Senior SLC members.

We feel blessed that we can represent not only Ashcroft High School but the whole Ashcroft Community. We realise that we have major shoes to fill as our previous Captains, Katrina Pastuovic and Ellsie Leota and the entire Senior SLC have worked so hard and achieved so

much.

We are both looking forward to 2016 as we have a fresh and positive vision of how to continuously better our school not only by giving our students an amazing place to learn but also to be part of a positive school community.

Logan Kendall & Tara Thode -  
2015/16 AHS School Captains

## New Salad Bar for School Canteen!!!

**Check out the  
fantastic new salad  
bar in the canteen.  
Lots of different salads  
are available with  
Fresh Yoghurt & Fresh  
Fruit Salad coming  
soon!!**

**Perfect for the  
warmer months ahead.**





## Speech Pathologist - by Ms R Price

### ***Give Wait Time***

A good rule of thumb is to wait 5-10 seconds for your child to answer. It gives your child time to process what they want to say.

### ***Be a Good Model***

To build strong speech and language skills in your child, you need to show that you have skills yourself. A good rule of thumb for how to improve communication skills is to talk slightly above your child's level. That way they will be encouraged to keep building their skills.

### ***Treat Your Child as a Full Communication Partner***

You need to talk to them as if they are adults but still remember they are children. Talking with them like an adult doesn't mean using adult vocabulary, jokes, or information they won't understand. It means taking turns, using eye contact, and valuing what they say.

### ***Turn Off the TV***

Just remember the less time you have the TV on, the less time your child will expect it to be on. This will help your child expand their imagination, learn to entertain themselves, and consequently strengthen their language skills.

### ***Read, Read, Read...***

Read the back of the cereal box, people's shirts and signs on the street. The more exposure your child has to speech sounds and language structure, the sooner they will begin to understand it. Your child will learn to use their imagination and this builds their receptive and expressive language skills. Try to read at least one book a day.

### ***Ask Open Ended Questions***

Open-ended questions are when the answer can be a variety of things and not answered by "yes" or "no". These questions will teach children how to think "hard" and reason for themselves. E.g. ***"Tell me about..."***

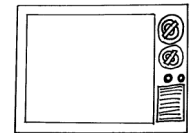
### ***Repeat Words Often***

Especially when your children are young. *Repetition* is the key to learning... and it is how to improve communication skills.

### ***Praise Your Child for Talking***

***For younger children:*** When they call something by the right name, say "Nice talking" or "You're right that is a..." or "You are such a good talker".

***For older children:*** You might compliment them when they use a new vocabulary word that you modelled for them. You might say, "Hey, look at you using such a big vocabulary." Or "That was an impressive sentence".





## Football Report - by Ms K Hodsdon



U13s & U15s both came away with wins in their Wests Leagues Cup games vs Sarah Redfern High School today. U13s again produced a fantastic defensive effort, working well as a team to turn Sarah away from our line time & time again. The boys then took their chances in attack & supported each other well to score some good tries. If the boys continue to work hard for each other I'm confident they can do well as we enter the knockout stage of this competition. U15s showed what a quality team they are. We were definitely out of sorts today, some injuries didn't help and we gave away way too many penalties. But good teams find a way to win and we did just that, hitting the front with only a few minutes left on the clock. The good thing is that we can play so much better than this and I know we'll learn from this game and come out much better against Eaglevale HS on Wednesday aiming to improve on today's efforts.

### Two great Wests Leagues Cup performances by our 13's and 15's teams.

Our 13's lost to Eaglevale HS in the first round so we keen to get some revenge in this game. Eaglevale HS had us on size and strength but not in spirit. Our boys again defended their behinds off and took their opportunities when in the oppositions half to record a thrilling last minute 32-26 win. I'm impressed with how this team is coming together, especially as a number of boys are playing a year up. The 15's were keen to put Monday's game behind them and come out and play like we know we can. They didn't disappoint leading 24-0 at half time due to a fantastic defensive effort and a couple of cracker tries, showing why we are the best 15's team in the area. The second half our

fatigue set in a bit (2 games in 3 days will do that to you) but the game was never in doubt finishing 28-10. Well done both teams, especially because I know how sore some of you were after Monday.

Just want to take this opportunity to recognise this handsome bunch - our Year 12 players for 2015. Today was their last time representing our school in a 13-a-side competition. These boys have been wonderful supporters of Ashcroft's league program over the past 6 years as players & officials & I'm so proud of the young men they have become. I have so many wonderful memories coaching these boys. There are many trophies in the cabinet that these boys have helped to secure & even though they are responsible for many of my grey hairs I will miss them when they graduate at the end of the term. Thank you boys for everything you have done for our football program during your time at Ashcroft.



I would just like to thank all the teachers / coaches through a lovely scary amazing ride, I joined late but the years I had were amazing. Today was the last time I wore the Ashcroft strips and I'm glad I wore it with a great school. I think I speak for every year 12 student, we have enjoyed our ride with wins and loses and will never forget what has been done in this school. Thank you **Kellie Hodsdon**,

Douglas Ryan, **Francis Tinei** and other coaches who have left during our time here (**James Terrett**). We wouldn't be here without you all. Ps; didn't get the big photo - with Semisi Palavi, Gasim Yagoub, Renouf Semeatu, Manu Leiataua, Dylan Kable-White and Kye McBride



Proud to recognise the efforts of the U15 boys at the NSW All Schools Carnival today. We had 3 tough pool matches against 3 quality teams, the best from the Shoalhaven, Newcastle and Cronulla. We played some really good footy that proves what a quality team we are, especially the last match against De La Salle College which was of a really high standard. Unfortunately things didn't go our way in the last match and we didn't make the semi final stage but I am still very proud of our efforts on the field. Setting ourselves a goal to better this performance at next years carnival. *Special thanks to Vickie Wales for helping with transport today.*

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## Football Report Continued

efforts on the field. Setting ourselves a goal to better this performance at next years carnival. Special thanks to Vickie Wales for helping with transport today.

Even though it was FREEZING it was a great day at Captains Cup with our girls. And a very successful day too. The two Yr 7 & 8 teams showed how much potential we have in girls rugby league for the years to come. Both teams played short all day but played some great rugby league with one team making it through to the semi finals. Several of these girls were playing league for the first time & it was great to see the more experienced players supporting our newcomers. Our Year 9 & 10 team was solid

in both attack and defence and won all their pool matches in impressive fashion. Unfortunately fatigue set in for the final and we went down by a try but the girls are to be congratulated for their efforts.

Lastly is our Year 11 & 12 team who showed their class winning all their pool matches and winning their division. These girls are skillful players, they defended fantastically all day and scored some impressive tries. And best of all most of these girls are only in Year 11 and can play again next year. Thanks to Mr Marsden, Ms Mose & Lope for all your hard work today as well as the Sports Coaching boys who did a great job coaching teams.

Super proud of the Under 13s after their Wests Leagues Cup Grand Final today. Although in

the end we went down by 4 points to Eaglevale I can't fault the effort the boys put in. Eaglevale had a much bigger pack & with 9 of our players playing up an age group we were definitely the underdogs yet the boys were in the game from start to finish. It's fantastic to see how much these boys have improved over the season & I'm confident that they are destined for great things in the future. Congratulations to Jurrado Smith who was voted the team's Player of the Match by the WLC officials - a well deserved award. And congratulations to our boys - the 2nd best Western Suburbs 13s team is something to be proud of.



## Scoliosis Screening

### WHAT IS SCOLIOSIS?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

### Year 7 and Year 9 Girls

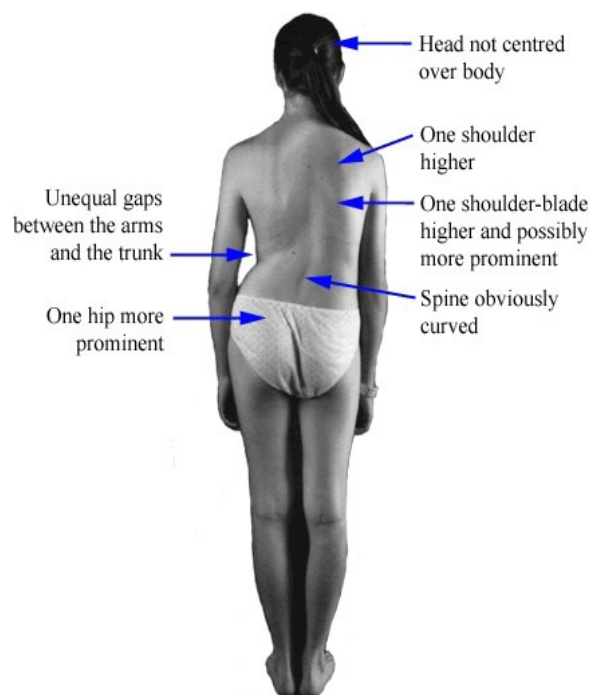
### WHY IS EARLY DETECTION IMPORTANT?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

### HOW DO YOU DETECT SCOLIOSIS?

Simply look for it!  
It only takes 30 seconds

Screening brochure available at [www.scoliosisaustralia.org](http://www.scoliosisaustralia.org)





## Healthy Eating Healthy Living - by Ms N Chetty School Dietitian



- ◆ **Include a wide variety of fruits and vegetables**
  - An apple, banana, mandarin for a snack or recess
  - Fresh salad for lunch, salad sandwich
  - Steamed broccoli, carrots, peas with dinner
  - Sweet potato or roast potatoes for dinner
- ◆ **Choose whole-meal breads, cereals, pasta, rice to fuel your brain**
  - Whole-meal toast for breakfast
  - Health breakfast cereals – Weet-Bix, Uncle Toby's Cheerios, Kellogg's Sustain, All Bran, Sultana Bran
  - Whole-meal pasta, spaghetti, rice for lunch or dinner
- ◆ **Choose reduced fat dairy products for healthy bones and teeth**
  - Reduced fat milk
  - Yoghurt for recess
  - Reduced fat cheese for lunch sandwich or in salads
- ◆ **Include lean meat, chicken, eggs, beans for good source of protein**
  - Boiled eggs on toast for breakfast
  - Beef or pork for lunch or dinner
  - Chicken salad or chicken sandwich for lunch
  - Tuna salad for lunch
  - Roast beef or grilled chicken with vegetables for dinner
  - Red kidney beans, chickpeas in salad for lunch
- ◆ **Limit added salt and sugar to meals and drinks**
  - Flavor meals with pepper, lemon and other spices
  - Avoid adding salt at the table
  - Limit processed meat and snacks, fast food, soft drinks
- ◆ **Have a nutritious breakfast to kick start your day**
  - Fresh fruit with wholegrain breakfast cereal and reduced fat milk.
  - Toast with a thin spread of margarine or peanut butter
  - Rolled oats made with quick oats. Add sultanas and reduced fat milk.
  - Baked beans on toast and orange juice
  - Fruit or plain yoghurt with fruit.
- ◆ **Exercise regularly to maintain a healthy weight and improve well-being**
  - 30 - 60 minutes of exercise daily
  - Walking, jogging, swimming
  - Strength exercises using weights





**Homework centre paper**



*Wishing all our students and families  
a happy and safe holiday.*

**Good luck to our 2015 Year  
12 students for your  
upcoming HSC.**

**School returns for all students  
Tuesday 6th October, 2015**

## **Last minute news.....**



### **COMMUNITY CORNER**

**By Mrs C McNamee**

Bobby Morel, Joshua Mason and Ghasan Yagoub in Year 11 were chosen by Derek Tweed from Midnight Basketball, to represent Ashcroft High School at the Mayoral Charity Ball. Their suits were provided free of charge by Dressed for Work at Marrickville. Around 400 people attended this function and the boys tickets of \$175.00 each were paid for by Taylor Street Agency. A huge thank you to all those people.

A reminder that the following classes are available;

**Monday - Walking Group**

**Wednesday - Jewellery  
Making**

**Friday - Sewing & Knitting**

If you are interested please contact **Mrs C McNamee** at Ashcroft High School on 9607-8011

