



PLUMPTON HIGH SCHOOL

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### CALENDAR TERM 3

**16th September** - Year 12  
Excellence Ceremony

**19th - 21st September**  
Year 10 Trial Exams

**22nd September** - Year 12  
Farewell Assembly

**23rd September** - Last  
Day Term 3

### TERM 4

**11th October** - First Day  
Term 4

**17th October**  
HSC Written examinations  
commence

**20th October** - PEC Sports  
Gala Day

**1st & 2nd November**  
PEC sPECTacular

**7th - 9th November**  
School Certificate

**11th November** - HSC  
Ends

**15th November** - Year 10  
Formal & Graduation

**18th November**  
Multicultural Day

**25th November** - Year 11  
Graduation

**30th November** - Year 12  
Formal

**1st December** - Yr 7 2012  
Information Night

**5th December** - Yr 7 2012  
Orientation Day

# LINK-UP

TERM 3 WEEK 9 2011

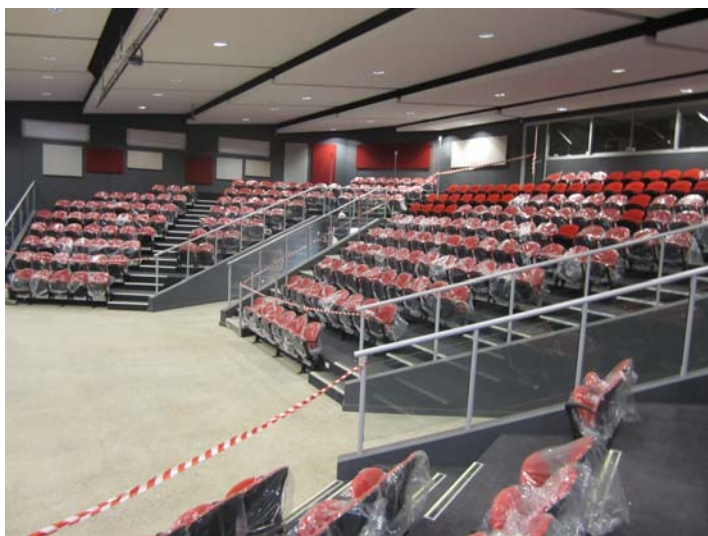
## PRINCIPAL'S MESSAGE

On the 11<sup>th</sup> August the NSW Minister of Education, Adrian Piccoli visited Plumpton High School to discuss the progress of the Plumpton Education Community (PEC) of schools within the state's '47 schools' pilot program. This program has facilitated far more flexibility with school management of staffing and financial resources and has increased our capacity to make school based decisions that have benefited both our school and our associated primary schools.

During his visit Mr Piccoli was very impressed with what he saw and experienced, offering extremely high praise towards the school. He particularly made mention of our wonderful student leaders and his experience of talking to our Year 10 Bradman Science class.

The reputation of our innovative and successful programs continues to grow throughout our community, the state and the country. We have already had numerous interstate visits from representatives of schools throughout the country. This week we are again hosting and welcome representatives from Western Australia.

The handover of the new Greater Western Sydney Performing Arts Centre is scheduled for Wednesday 31<sup>st</sup> August. Coupled with the excitement of this acquisition we received very welcome news of financial support through the *Blacktown Council Community Development Support Expenditure Scheme*. This was as a result of an application that was made earlier this year and through the wonderful generosity of Rooty Hill RSL who have provided immediate sponsorship of \$20 000. This will enable the purchase of data projectors, screens and microphones. This incredible support is highly appreciated by all of the partner schools and their 3500 students and 320 staff.



Continued on next page

### ADMINISTRATION NOTICE

Please pay fees between the office hours of 8:30am and 1:30pm.  
Enquiries regarding school matters between the hours of 8:15am and 3:00pm.  
Thank you for your consideration.

## Principal's Message Continued

Our annual Year 12 Excellence/Presentation Ceremony will take place on Friday 16<sup>th</sup> September and it is planned that this new hall will be the venue. The Farewell Assembly will take place at Rooty Hill RSL on Thursday 22<sup>nd</sup> September and we look forward to seeing the many families that have supported our students through the journey that will culminate in the Higher School Certificate commencing on Monday 17<sup>th</sup> October. The full examination timetable can be found online at The NSW Board of Studies

<http://www.boardofstudies.nsw.edu.au/> With less than twenty school days remaining before the HSC commences the year is quickly drawing to an end for our Year 12 students. It is extremely important that we maximise our opportunities to revise and fine tune our knowledge in all subjects in the few days that remain. On behalf of the staff I would like to take this opportunity to wish all of our Year 12 students the very best of luck for their examinations. We have been extremely proud of the 2011 Year 12 cohort and we know that they have the potential to achieve extraordinary results.

Year 11 students are also moving into an important phase of their high school life. The Yearly Assessments for the Year 11 Preliminary HSC examinations will commence on Monday 5<sup>th</sup> September and the beginning of Term 4 will be the first term of their Year 12 HSC.

In the area of student leadership congratulations must go to the following Year 11 students who were elected as leaders for 2012:

Rebecca Abou-Chacra, Leta Aunese, Sabill Bahsin, Pheara Ban, Rachelle Doko, Abdul Dubloo, Jaisen Felstead, Roselle Gallon, Josh Gonzalez, Josan Gulliab, Yousaf Khan, Jerome Torculas, Natasha Walton and Dean Wright.

Each candidate had to make a speech in front of staff and all students in years 10, 11 & 12. Many had never spoken in front of an audience before let alone 450 students and staff. They all did a wonderful job and I am very confident that they will be outstanding ambassadors for the Plumpton High School Community throughout Term 4, 2011 and 2012. They will be officially inducted into their positions at the Year 12 Excellence Ceremony.

Year 10 students have continued to gain enormous benefit from the Beacon Foundation Program which has been coordinated by Ms Tanti. Students have gained firsthand experience at a number of partner work sites which have included Green's General food Company and the Richmond RAAF base. The speed careers day and mock interviews have also been outstanding. Next week 25 students will attend the Park Royal, Parramatta to take part in the second of the Polish Programs with the focus on interview preparation. The Beacon program continues to gain accolades from all concerned and this is primarily due to the high level of expertise that Ms Tanti has provided.

Another exciting program recently launched at our school was the *No School No Play program* which is a Federal Government initiative developed to promote a healthy lifestyle and increase self esteem and connection to school. We are fortunate enough to have Basketball Australia as our sponsoring partner. Special guests at the launch were Chifley MP Ed Husic, Basketball Australia chief executive Larry Sengstock, former NBL coach Bob Turner, Sydney Kings player Ben Knight and Sydney Flames player Ellyce Ironmonger.



Continued on next page

## Principal's Message Continued

*Drumbeats* is another initiative to promote self esteem and school engagement. It operates one day per week through Fusion Australia. DRUMBEAT develops persistence, patience and commitment. Evaluations of the program have shown that young people are more willing and able to engage in mainstream group activities upon completing the program; they have improved their skills in emotional regulation, feeling more confident, dealing with anxiety have developed a greater sense of belonging.



We have also had tremendous support from local organisations to develop a healthy eating program. These include Plumpton Marketplace Woolworths and Bakers Delight with donations of fruit and bread and Impact Care Management who have operated a breakfast Program every Wednesday morning. These contributions have been very well received and appreciated by so many students who would usually skip breakfast or choose an unhealthy option. The *Bring It On* dance group continues to follow in the success of last year. They won their heat and are now looking to be in strong contention for the grand final on Saturday 10<sup>th</sup> September at the Bella Vista Hillsong Church. The success of this team has been primarily derived from outstanding dedication to rehearsals by a large contingent of students and staff who have given up their free time during holidays and after school.

When reflecting on all of these events it is quite amazing to consider the number of opportunities available to our students in the space of just one term and there are many more that have not been mentioned. It is also unfortunate that the success and dedication of our partner community organisations, staff and students in so many supportive programs cannot be fully reflected in websites such as *My school*.

I would like to take this opportunity to welcome Ms Kelly Lawson to Plumpton High School as the new Head Teacher of PDHPE. The high level of expertise and experience that she brings to our school will be of great benefit to both the PDHPE faculty and for our students. I would also like to take this opportunity to offer my gratitude to the wonderful work of Mr Matt Mortimer who did a tremendous job while relieving in the position of Head Teacher since Ms Kowalewski accepted a transfer to Jindabyne Central School.

On a final note it is of mixed emotions that I also announce that Ms Ribeiro has been successful in gaining the position of Deputy Principal at Dunheved High School. Ms Ribeiro has worked at Plumpton High School for more than a decade and during that time she has been Head Teacher Teaching and Learning, Head Teacher Student Welfare and an outstanding teaching practitioner in the English Faculty. Over the last two years Ms Ribeiro has been instrumental in the success of the Positive Behaviour for Learning program that has been introduced in virtually all schools across Western Sydney. We wish her all the best and we are sure that although she will be sadly missed at Plumpton High School she will be an outstanding asset to Dunheved High School.

Peter Ezzy  
Relieving Principal

### Attendance SMS

- ◇ **The SMS system is now in place and parent/carers will receive an SMS when their child is absent for a whole day, late to school or absent in one or more periods.**
- ◇ **Replies to these text messages will be considered as valid explanations and the child need not bring a note to school. Please remember to reply with child's FULL name, reason and year.**
- ◇ **Parent/carers are encouraged to have their mobile contact details updated.**

# BEACON FOUNDATION

## Beacon Update

Congratulations on a wonderful TOLL mentoring session last term. TOLL were so impressed by the students who participated that the only school they will be working with next year is Plumpton High!!!! *Great work Samatar Ahmed, Jesse Bringans, Daniel Downs, Joshua Flores, Anjo Gulliab, Darren Kumar, Destinee LeCornu, Cayne Toomey, Jessica Wilson, Jayden Mallinson, Todd Martin, Dean Robinson, Alex Rogers, Avleen Roy, Terrence Samonte, Daniel Saville*  
Daniel Saville and Travis Camilleri attended the work experience program with Komatsu, they both enjoyed the program and received excellent feedback from Komatsu.

**Term 3 has been busy with the following events:**

**SEEK.com** organised career workshops. Students were involved in CV writing, how to apply for jobs and how to best present themselves at interview. The event was highly successful and I think we all enjoyed lunch.

**Speed Careering** – 12 industries came to talk to Year 10 about specific job requirements, education requirements and their own experiences within the workforce. The event was highly successful and the business mentors were impressed with the questions that the students asked.

**Green Light Day** – Transport and Logistics – students visited the RAAF base and were involved in exciting hands on activities. This was a highly prestigious event hosted by many transport companies including State Rail and QANTAS.

## Upcoming Events

**1<sup>st</sup> September** - Mock Interviews. All Year 10 students will be interviewed for a position of their choice. Students will need to be prepared for interview.

**5<sup>th</sup> September** - Polish – 25 Year 10 students. Park Royal Parramatta is hosting the event. Students will be shown how to network, greet people, table etiquette, make up for girls, how to tie a tie for boys, public speaking and tips for greater confidence.

**22<sup>nd</sup> September** - Make your Mark – Full day workshop with business mentors.

**12 October** - Polish program – Rooty Hill RSL 25 students from Year 9 will be invited. Students will be shown how to network, greet people, table etiquette, make up for girls, how to tie a tie for boys, public speaking and tips for greater confidence.

Year 9 and 10 students will have to complete the online Beacon survey.

We are currently working on our submission for the Beacon Ambassador awards. We will be preparing a DVD showcasing the events within the program.

# BEACON FOUNDATION

## Speed Careering



## Charter Signing





# PEC



## NUMERACY DAY

In an effort to teach numeracy to students in a captivating and exciting manner the Plumpton Education Community schools came together on the 6<sup>th</sup> of June to conduct a numeracy day. The theme of the day was 'Feasting on Fractions' and students were engaged in a number of activities in which they were required to develop a sound understanding of and then use fractions.

Students from each of the schools were mixed into groups and given leaders from Plumpton High School to help them through the activities.

In the Common Room and a chosen classroom students participated in activities involving the use of fractions by making paper pizzas and decorations for the party afterward, it was in the kitchens however that the real fun was to be had. Students were required to use their skills in fractions and measuring to create pizzas and pikelets and had a blast getting their hands dirty.

At the end of the day everyone came together to discuss what they had learnt and to eat the yummy food they had cooked throughout the day. Great connections were made between the students at each of the schools and the students from William Dean PS and Plumpton PS couldn't wait to come back to Plumpton High and see their new friends.



## PEC CONFERENCE

**As a professional learning opportunity for both teaching and non-teaching staff the Plumpton Education Community holds an annual two day conference. In June 2011 the conference was held at the Crowne Plaza Norwest and was attended by over 220 staff members. Lane Clark was the keynote speaker on day one and kept her audience engaged with her unique presentation style.**

**As an international expert on the development and delivery of an engaging curriculum Lane prompted PEC staff to think outside the square when creating lesson plans.**

**Day two began with "Playing with Lane" activities for teachers and several seminar sessions for SASS staff. During the second half of the day staff broke into their chosen workshops focusing on either assessment, Working Without Words, Teaching the Tricky Kids or Raising Responsibility.**

**Overall the day was a success and an excellent opportunity for staff to develop their skills.**



# PEC



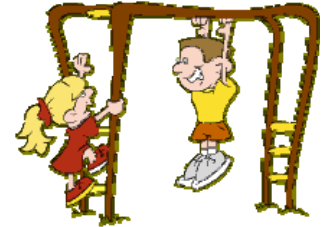
## PEC SCIENCE TEAM

In Week 5 four teachers from Plumpton High School ventured over to Plumpton Primary to teach science to students in Years 1, 3 and 4.

The excitement started off in the Year 1 class where students were learning about gravity. In keeping with their Blacktown Community project the students were making monkey bars out of straws for a playground, they had already made the swings in class. The only catch was that their play equipment had to be strong enough to withstand the forces of gravity when a weight was hung off them. Students worked in pairs to build their monkey bars and the creations were fantastic! The strongest monkey bar set was able to hold two extra weights and the students were awarded a yummy prize.

Years 3 and 4 were up next with a Bear Grylls challenge. The class simulated the experience of being stranded in the wilderness and needed to make a compass to find their way home. The teams of students worked to solve clues and obtain all the materials needed to create their compasses. The team who were the first to figure out all the clues and build a functional compass received a prize and by the end of the lesson the class had discovered how the earth's magnetic field affected their compass and gained a tip on how to survive in the wild.

The Plumpton Primary School students were all given certificates for completing the tasks and said they "can't wait until they are old enough to come to Plumpton High and do more science!"



## PEC sPECTACULAR

Rehearsals for the PEC sPECTacular later this year are in full swing. The show is set for early November and will showcase talent from Plumpton High, Plumpton Primary, Glendenning Primary and William Dean Primary Schools.

If you are able to help out with anything, from costume sewing, set painting and design to helping out in the canteen during the performances please contact Miss Claire Downey at Plumpton High.



*The Strongest Monkey Bars*



*Ms Tanti and Mr Aguiar*

Every Friday in Term 3	PEC Coaching
Sept 21st	PEC Citizenship Continuum Interviews
October 6	PEC sPECTacular holiday rehearsal
October 20	PEC Gala Day
November 1-2	PEC sPECTacular
November 17	PEC Citizenship Continuum Presentation



# PEC



## PBL EXPO

On August 29 2011 the conference rooms at Penrith Panthers were buzzing with excitement at the first Positive Behaviour for Learning Expo for Western Sydney Region. The expo, entitled “Shades of Green: Celebrating creative PBL Schools” showcased the creative and successful ways with which schools in our region have been implementing Positive Behaviour for Learning.

Miss Downey and Mr Jamieson presented the kindness project at the expo with a video created by and featuring students. The piece encapsulated how the students at Plumpton High School define kindness and what effect acts of kindness have had on themselves and people they know.



***Mr David Phipps, Regional Director of Education with Mrs Lakeman, Montana and Taylor***



***Mrs Lakeman from WDPS with Montana and Taylor***

Mrs Lakeman from William Dean Public School as well as two student representatives from Plumpton High ran the Plumpton Education Community shopfront which displayed student’s Citizenship Continuum folders from across the PEC schools. The girls barely had a minute to themselves with everyone at the expo wanting to hear about what they had been doing and how their folders were progressing. The Regional Director, David Phipps, presented both the Plumpton Education Community and Plumpton High School a certificate for their participation on the day and their continued support of Positive Behaviour for Learning in Western Sydney Region.

A big thank you goes out to Miss Downey, Mrs Lakeman, Mr Jamieson, Montana and Taylor for showing the region all the fantastic work that happens at Plumpton High and in PEC.



# PEC



## SCIENCE AT WILLIAM DEAN PS

*William Dean Public School Teachers*

The fantastic science faculty at Plumpton High has been at it again this term sharing the joy and excitement of science with William Dean Public School. To make the transition from primary to high school smoother, the schools have been building science more consistently into the primary school curriculum, ensuring students are familiar with some of the terms and procedures before they enter the high school.

The staff at William Dean competed against each other and completed the Bear Grylls task in record time. The science faculty gave William Dean PS a few ideas of how to incorporate literacy and numeracy into science with a poem about witches and potions as well as the wonders of water when Mr Aguiar set a \$20 note on fire!

The team plans on going back to the school and team teaching the science lessons with different classes and teachers.



*WDPS and PHS Staff unite*



*Ms Tanti offering clues*



*The experts in fun, Mr Aguiar and Ms Pendesipti*



# PEC



## sPECTacular

All students involved in the PEC sPECTacular will be required to attend a holiday rehearsal at Plumpton High School. This rehearsal will be held in the new hall, all participants are expected to attend. In order to keep the content a surprise, parents **will not** be invited to view the rehearsal.

WHEN: Thursday 6th October  
TIME: 10am - 3pm  
WHERE: Plumpton High School  
TRAVEL: Students are responsible for their own travel  
WHAT TO BRING: Lunch  
WHAT TO WEAR: Appropriate clothing and footwear - no jeans

# TWO NIGHTS ONLY

**PEC**  
sPECTacular

A collaboration  
of talent from  
the PEC schools

# SAVE THE DATE

At Plumpton High School

**TUESDAY 1<sup>st</sup>,  
WEDNESDAY 2<sup>nd</sup>  
NOVEMBER 2011**

**Tickets will go on sale later in the term. Watch this space for more information or contact your school.**

# INDUSTRIAL ARTS

## What's on in Industrial Arts?

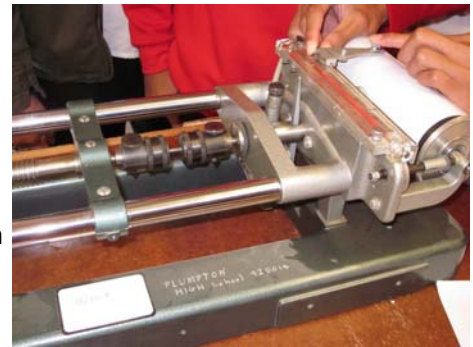
This is an interesting time of year. The first semester's Year 7 and 8 Technology classes have finished and a new group has started, the HSC students are rushing to finish major works, the gardens are having a rest between crops and the animals are multiplying. Now is the time to take a deep breath and get ready for the plunge into the rush of Term 4... Better hold on tight!

A new feature for this issue is that all the headings follow a theme. The first student to come to the IA Staffroom and tell Mr Attard the correct theme will receive a Freddo.



## Bad Breaks

The Preliminary Engineering class has spent a number of terms learning about the theory behind the products and structures in our world. This encompasses real world applications of physics, chemistry and mathematics with a little biology and philosophy added for excitement. Part of the Engineering course requires that the students investigate the properties of different materials and one of the experiments was to use a *Tensiometer*. This device places a sample material under tension until it fails (breaks) and plots its stretch and the force applied. This can be used to determine the tensile strength of materials such as steel, brass and aluminium.



## Silent Sunlight

Year 7 Engineering students recently had a chance to try out their newly finished Solar cars. These cars are built from a kit that contains a solar panel, motor and other components. The students build a vehicle to their own design and get a chance to test their ideas by racing each other. Lots of fun (and yelling!) ensued along with accusations of cheating! Needless to say, Mr Attard was disqualified for using more than one solar panel and then helping another student to cheat as well... Special mention should be made of Sam McLennan for his excellent design and consistent effort.

# INDUSTRIAL ARTS

## On the Road to Find Out

Senior Agriculture students attended an excursion to the Camden Park Environmental Education Centre. Students were able to observe a modern robotic dairy and a more traditional Herringbone dairy. The students were able to observe how cows are milked and were even given an opportunity to milk a cow themselves.



## Where do the Calves Play?

Oreo, our calf, has really started to come out of her shell. She has become less shy and is now very happy at the Ag plot. You may ask how you can tell if a calf is happy? Well, there are a number of signs. A happy calf will eat well and grow at a steady rate, but the best way to know a calf is happy is if it plays. A calf will only play if it is happy and Oreo has certainly been playing a lot. She has developed a great connection with the staff and will often gallop to the fence to greet them. She bucks and jumps when given food (especially spinach!) and she loves to try to push people around. She is certainly healthy and happy and hopefully this will show when she is exhibited at the Penrith Show at the end of August.

## Father and Sons (and Daughters)

Our sheep have been reproducing and we currently have 4 new lambs, 2 rams and 2 ewes. Mara, our youngest ewe had her first lambing with the 2 rams. Sean is certainly doing his job, having fathered 8 lambs since arriving at the school!



# INDUSTRIAL ARTS

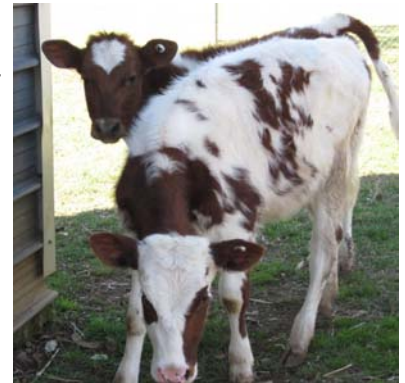
## Peace Trains

The year 7 and 8 Technology classes from semester 1 have now finished. These students produced some excellent work and it was great to see the students striving for quality results.



## Oh Very Young

Plumpton High School is very pleased to participate in the Cows Create Careers program this year. We have been given 2 Ayrshire calves to look after for 3 weeks while the students conduct research on the growth and feed rates of the animals. The students will complete projects that will be submitted to Cows Create Careers and will compete against other school for prizes.



## A Bad Penny

The 200 hours Electronics students are completing their metal detectors. These devices have been built from scratch with the students making the circuit board, handle and housing box. The metal detector is able to detector different types of metal by making a whistling sound in a set of headphones.



# INDUSTRIAL ARTS



*The View from IA—as seen by Mr Attard*



# INDUSTRIAL ARTS

## Maybe You're Right

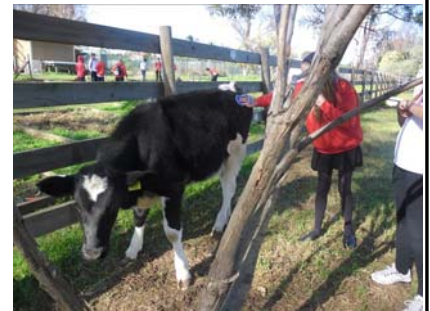
Industrial Arts is lucky to have a lot of intelligent and interesting students completing our courses and this section is an opportunity to give these students a voice.

## Attie Bensemam—Year 7 Agriculture and Technology Mandatory

I like agriculture because I like to pat the cow, hold the chickens and to feed them and to brush them too (except the chickens!). Sir doesn't let us go anywhere near the sheep because they may be dangerous (so I just look at them). In class I love to learn but it is very hard to do that because we get given hard work and sometimes a bit too much. I love our garden where we are about to grow sunflowers. I think they are great and will look pretty in the garden.

I also like technology (metalwork) but we haven't done any practical yet. We have learnt how to file the metal and use the vices to bend it and how to shape the metal. We are making candelabras, which are a fancy type of candle holder.

*Attie was also kind enough to provide some photos of her experiences in Agriculture.*



## Joel Mercia—200hrs Electronics

I have been doing Electronic for the past 2 years and it has been amazing. I have learnt about the fascinating ways electronics work and I have created my own devices such as the Bionic Ear and Metal Detector. I am looking forward to future projects and in particular the Electronic Dice. My experiences in Electronics have been truly amazing.

## The Wind

Recently some of the staff members from the Industrial Arts faculty attended a function at the DET head office that demonstrated the F1 in Schools project. The F1 in Schools project allows students to design and build a CO2 powered racing team. The students not only design the cars, which are machined on the CNC router, but they also have to design team colours, uniforms and presentations. The teams compete against other schools and can compete in different classes at a region, state, national or international level.

The purpose of the visit was so that planning can commence for Plumpton High School to compete in this competition in 2012.



# LIBRARY NEWS

## Penrith RSL Interschool Chess Tournament Wednesday 27<sup>th</sup> July

We fielded two teams for this event, with students from Year 7 to Year 12. Our top team was as follows:

Daniel Obra (Yr12), Dean Wright (Yr11), John Labiano (Yr 12) and Nicholas Davey (Yr10). These students have made us very proud placing second in the contest, losing by only a few points to Penrith Selective. Last year we won the trophy but this was a different team, runner-up position shows that we run strong in chess talent. This year there were 22 schools from Parramatta westward, only four of which were comprehensive public high schools. Some private schools sent as many as four teams, so the competition was strong.



*Our A team receiving the Runner-up Trophy*

Our B team was as follows: Keinan Brown and Marshall Sivies (Yr10), Yasin Ozyurtkan (Yr9) and Nicholas Douglas (Yr7). This team was very gratifyingly placed within the top 6 schools throughout the day - an excellent effort considering their inexperience of tournament chess. We certainly held our own!



*Our B Team*



*Tournament in progress at Penrith RSL*

# LIBRARY NEWS

## BOOK WEEK 2011 at PHS Library

The theme this year was '**One World, Many Stories**'. A pleasing number of students participated this year in the many Book Week activities that were offered, such as reading the short listed books, drawing posters and bookmarks to advertise Book Week, creating PowerPoint displays on countries of the world and telling stories and legends from those countries. We held an exciting Trivia Contest, with even some Year 12's taking time to relax for some fun with us. It was a very successful Book Week and thank you to all those who contributed their efforts and interest.

The **Book Week champion** this year was Sarah Murray (Yr 9) with the most points for activity contributions. Eunice Flores was runner-up with only one point less. Congratulations, girls!

The main point of Book Week is to encourage the reading of books. So all students who read the short listed books were invited to a special '**Book Week Cake and Chat**'. We discuss over cake all the books read and question the decisions by the Children's Book Council as to Books of the Year.



*Half-world cake*

Our choices for Younger and Older readers were respectively the charming book Just a Dog and amusing Six Impossible Things, but their choices were The Red Wind and Midnight Zoo. It caused a lot of lively discussion.

The winners of the **Trivia Contest** were the team called 'The Order of the Phoenix', (pictured below) from left to right Maxwell Clarke, Ben Munday, Mohamad Darwiche and Rodrigo Gonzalez, all of Year 9.

Another enjoyable activity was the Grabble Contest, which was won by Rodrigo Gonzalez (Yr9) with Top Yr 8, Maryam Kausar and top Yr 7, Nicholas Douglas.



*Grabble in progress*

Well done to all who participated in this year's festivities – we had a good time!

# PDHPE



2011 thus far has been a rather successful sporting year for Plumpton High School. We have seen some great achievements in the sporting arena most notably Ofiu Manukeu's success in Rugby Union. Ofiu made the CHS side this year, Plumpton High Schools last Open Boys CHS representative was Tui Talaia over 11 years ago. Excellent work, Ofiu Manukeu it is such a great achievement!

**Ofiu**

Also a big congratulations to Leta Aunese who made the Sydney West Volleyball.



**Leta**

Plumpton High School also had the following students compete at regional and make it through to Sydney West for Swimming: Brittany Good, Emmalee Saaghy, Tayla Martin and Jessica Flynn.

At the recent Sydney West Athletics Carnival a number of students represented Plumpton High School. These student are:

Avishay Prasad  
Natasha Young  
Kaala Hutton  
Leesa McNab

Luke Pizzilli  
Brittany Good  
Tayla Martin  
Brooke Harrison

Tim Scruse  
Jessica Flynn  
Chloe Mallinson



**Brooke**

The above student should be commended for their efforts.

The most outstanding performance came from Brooke Harrison who finished 2nd in the 13 years girls high jump and 3rd in the 13 years girls javelin. She will represent Sydney West at the CHS Carnival in September. Good luck, Brooke.

Plumpton High School also had the girls Under 15's knockout basketball team compete against Hills Sports High School. It was played on Thursday 5th August and it was an extremely tough game with the home ground advantage helping Hills to an 82 - 10 win. Congratulations to Abigail Seuati, Taylor Aloro Mantua, Ammi Petrella, Jamila Bawan and Rebecca Gomez. The girls played hard in less than desirable conditions with only five players and did not give up and showed incredible sportsmanship. Well done, girls. A big thank you to Ms Frazer and Mr Simonovski for all your hard work and organisation.

Plumpton High School has entered in the COLES Sports for Schools Competition. In three weeks we have collected 1053 vouchers which is a great start! We have six more weeks and a goal of 7000 vouchers so we can get a new multi sports equipment kit. If you do your shopping at COLES please ask for vouchers and get your child to bring them to the PDHPE staffroom.



## ENERGY DRINKS

It has come to the attention of staff that some students have been consuming energy drinks such as Mother, V or Red Bull at school. These drinks are unsuitable for children as they are high in caffeine and contain guarana, and therefore are not appropriate for school. We ask that you discuss with your child the health risks associated with consuming these drinks, especially in large quantities.

Thank you Claire Downey ( Head Teacher Student Welfare)

# PDHPE



## Do you think you could run, jog or walk 4km? Or even 9km in less than 1hr 30 minutes?



Join some of the Plumpton High School staff and students in testing your fitness in a fun and sociable run around some of the iconic views of Sydney. There is a 4km Family Fun Run. Whether you're walking or running enjoy a fun day out with family and friends and enjoy travelling over the main deck of the Sydney Harbour Bridge to the Opera House



The 9km event is an achievable challenge taking in the beautiful sights of Sydney, including the Harbour Bridge and Mrs Macquarie's Chair before finishing at the Sydney Opera House.

**Date: Sunday 18<sup>th</sup> September 2011, see the PDHPE faculty for details. (There is also a 21km and 42km run if interested)**

Year 11 SLR students have been involved in PEC coaching at our PEC primary schools. They have been to William Dean, Glendenning and Plumpton Primary School. It has been an educational experience for both coaches and the primary students. Our SLR students have developed and demonstrated their exceptional leadership skills and our primary students have been developing the required skills for their Gala day next term.



Just a reminder to parents that PDHPE is cracking down on incorrect uniform for practical lessons. Students need to attend school in their normal white school shirt and then change into their red PDHPE shirt. Students also need to get back into their white school shirt at the end of the lesson. Please remind your child to take their PDHPE shirt on the required days.

Thanks  
PDHPE Faculty

# SCIENCE

## SCIENCE TERM 3

- Year 7:** Earth; Hydrosphere, Lithosphere, Atmosphere
- Year 8:** Humans and Universe
- Year 9:** Cell Theory, DNA, Biotechnology
- Year 10:** Plate Tectonics and Natural Events

### New Staff Members

Science has gained two new scheme teachers to the faculty this term. A big welcome;



**Athina Pendespiti**



**Rebecca Scollen**



### Farwell Mr Abraham

It has been an interesting term with the farewell of Darin Abraham Term 2. His love of comics was easily matched by his love towards his students and peers. He will be missed.

### Cool Science Facts:

- The honeybee kills more people world-wide than all the poisonous snakes combined.
- The Su loses up to 10 billion kilograms in weight every second.
- Because it has no backbone, a 70-pound octopus could squeeze through a hole the size of a tennis ball.
- The weight of the earth increases every year due to the 3,000 tonnes of meteorite lumps that fall on it from space.

### Congratulations to Kerri-Anne Kendrick with her kaleidoscope model.

Mr Domingo Head of Science presenting Kerri-Anne with a gift voucher for outstanding work and achievement in Year 9 Assessment Task Waves and Light.



### Assessment & Examination Schedule

	Research Project Term 3	Yearly Examination Term 4
	25%	35%
<b>Year 10</b>	Wk 10 Term 3	Week 4
<b>Year 9</b>	Wk 10 Term 3	
<b>Year 8</b>	Wk 10 Term 3	
<b>Year 7</b>	Wk 1 Term 4	

# SCIENCE



## STAGE 1 - YOUNG DESIGNERS AWARD



Mrs Khin and Mr Domingo spent the whole day (10<sup>th</sup> August 2011) teaching science to Year 1 students at Plumpton Primary. Year 1 students were given the task to design and construct the strongest monkey bars. Students were given straws and sticky tape to construct their own monkey bars.

## STAGE 2– THE BEAR GRYLLS BUSH CHALLENGE

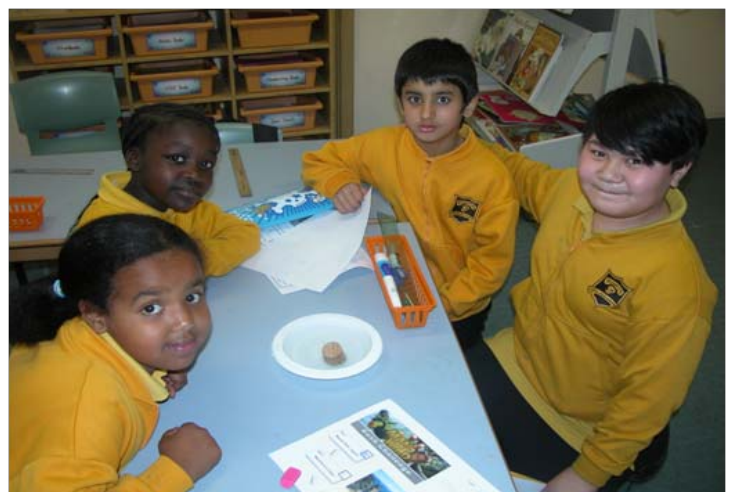


*Mr Domingo helping some students*

Ms Pendespiti and Mr Domingo facilitated the “Bear Grylls Bush Challenge” with Year 3/4 students at Plumpton Primary. Students were given the task of making a compass using common household material coupled with their knowledge of magnetism. To help students successfully complete this task, they followed Bear Grylls’ guide in making a compass.



*Ms Pendespiti with Year 3/4 students*



*Making a compass with Bear Grylls*

# SCIENCE



## TEACHING TEACHERS



The Science Faculty working collaboratively & scientifically with teachers from William Dean Public School.



# MUSIC & DANCE

## Bring It On

After many months of dedication and training the school's 'Bring It On' troop performed at the 2011 Sydney *Bring It On* championships. They were outstanding in their heat and were placed first. The Grand final was held at the Bella Vista Hillsong Convention Centre on Saturday 10<sup>th</sup> September. Once again they displayed extraordinary skill, energy, commitment and teamwork before a capacity crowd of well over 3000.

The atmosphere was electric and the judging was extremely close. Unfortunately we were not able to gain a place in the top three but everyone who participated should be extremely proud of their efforts. They demonstrated tremendous sportsmanship and were wonderful ambassadors for the school and their families.

A great deal of gratitude must go to Mr Phillips and the many teachers who also gave up their spare time during school holidays and after school for rehearsals. A special mention must also go to Ms Shukla and Ms Haber for the amazing dance moves that they executed on stage between school performances.



## Music Night

This year's annual *Music Night* was an outstanding success showcasing an amazing array of talent. The quality of the musicians and vocalists was extraordinary. Music teachers Ms Watson and Ms O'Brien have done an amazing job nurturing so many gifted students. One of the many highlights of the night was the incredible talent of our Year 7 students.

The event was ably hosted by Year 11 students Shanice Lagaaia and Monu Tuiaki and the audience was extremely supportive and respectful. A big thank you goes to all of the parents and students who remained behind at the end of the night to assist in packing up furniture and cleaning up the rubbish. Many hands certainly made light work of what is usually an arduous task.



# THE PENRITH SHOW

## **Congratulations to the Penrith Show Team**

**The following students attended The Penrith Show on Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> August 2011**

Year 8      Kristyn Friesendorff  
Year 9      Tayla Meath, Sarah Murray, Grant Slingerland, Lisa Huntington, Tayla Firth and Kerri-Anne Kendrick  
Year 10     Destinee Lecornu, Todd Martin and Jesse Bringans  
Year 11     Bryceson Griffin, Tamara Sheens, Kayla Gosper, Peter Foster, Melinda Cranitch and Brittney Crowe  
Year 12     Amanda Coulthard

### **Prizes awarded to Plumpton High School**

Our school display on Farm Safety was Highly Commended and Eggs won 2<sup>nd</sup> Place.

Jam entered by students Tamara Sheens and Melinda Cranitch won 2<sup>nd</sup> Place.

Calf 'OREO' won 5<sup>th</sup> Place.

### **Students that entered the cattle parading competition**

Year 9      Tayla Meath and Sarah Murray  
Year 10     Destinee Lecornu  
Year 11     Peter Foster

### **The following students won third place for their skills in the cattle parade**

Tayla Meath, Sarah Murray and Peter Foster.

### **Students that entered the sheep parading competition**

Tayla Firth and Lisa Huntington and Tayla Firth won 3<sup>rd</sup> Place for sheep parading

Rural Olympics were entered by Sarah Murray and Kerri-Anne Kendrick

### **Students that entered the poultry judging competition**

Tayla Meath, Kristyn Friesendorff and Kerri-Anne Kendrick

Well done to all students that attended the show.

Also congratulations to those students who received ribbons for their effort. You should all be very proud of your dedication to Plumpton High School and for your behaviour over the weekend of the show.

Everyone involved deserves appreciation and CONGRATULATIONS!

**A very special thanks also goes to Mr Larry Southall, Mr Les Rayner and Mr and Mrs Meath who assisted with transport of the show equipment and the display.**

# THE PENRITH SHOW



*Plumpton Display 'Farm Safety'*



*2nd Place Jams*



*3rd Place Sheep Parading*



*3rd Place Cattle Parading*



*Students with their Ribbons*



*"Oreo" 5th Place*

# KIND MOMENTS

## Plumpton High School Year of Kindness 2011

### Kind Moments

#### Gypsy Warwick

I was in the canteen line and needed money (only another dollar) for a hot dog. Siaan Giarratano nicely gave me the money just to be kind. So later on in class she needed an apron so I bought it for her because she had done a nice thing for me.

#### Sarah Warren

On Tuesday in the bus bay I tried to tell my brother something but he started telling me that he hated me. I started crying and the girl next to me turned to me and gave me a hug. On Wednesday I was really thirsty but I didn't have any money. Angie Tuipulotu gave me some money to buy a drink.



#### Mrs Trimmis

I was having a challenging day and it was all made much nicer when Jason Axiak shouted me a chocolate! Then Robert Afele kindly walked in my direction, asked how my day was and held the door open for me! Shortly after this as I was lugging my laptop and teaching equipment with high heels up three flights of stairs a pair of very helpful Year 7 students offered to assist me; and assist me they did. Each and every day I have the pleasure of kind smiles, kind words and kind moments from the wonderful students at Plumpton High School.



*Siaan Giarratano*



*Angie Tuipulotu*



*Robert Afele*



*Jason Axiak*

# COMMUNITY NEWS

## LEARN KARATE

### KIDS and ADULTS

Hassall Grove Neighbourhood Centre  
25 Melanie Street  
Thursdays 6:30pm

Other classes at Glendenning, Quakers Hill and Ropes Crossing

Also Tiny Tigers 2-5years Wednesdays 5:30pm at Glendenning

[www.kyoukeikarate.com](http://www.kyoukeikarate.com) karate\_email@yahoo.com.au  
Member of JKF, IMA, AFTK and IMG

**No appointment necessary, Free uniform upon joining.**



***First lesson FREE***  
**Call 0412 447 911**



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Friday 23rd September last 2 weeks of term  
Available during normal shop hours ONLY**

**20 % Off**  
**Stock Take Sale**

**Shop Stock Only**  
**No Lay buys**  
**No Exchanges**

**No Rain checks**  
**No Refunds**  
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# COMMUNITY NEWS

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Full Set Acrylic Nails  
(White French , Colour French,  
Designer Tips or Painted)  
Toes Painted  
4 Nail Art  
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Pedicure  
Fingers and Toes Polished  
4 X Nail art  
**\$50 Save \$30**

### DEAL 3

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