



UPCOMING EVENTS

Friday 4 November

Contact issued
Year 10 Gown fitting for
Graduation

Monday 7 November

Youth Frontiers Showcase
Ceremony

Monday 7 & Tuesday 8 November

AMOW—Year 10

Tuesday 8 November

Senior Leadership Encounter
@ Parliament House
Leading with Action Day
Rehearsal for Service to the
School/Sports Assembly

Thursday 10 November

Service to the School/Sports
Assembly
Theatresports Challenge

Friday 11 November

Remembrance Day assem-
bly

Monday 14 November

P&C Meeting 7pm
SUMMIT Meeting @ QHEPS

Monday 14 & Tuesday 15 November

Peer Support training

Thursday 17 November

14 Boys & Girls Futsal
Year 10 Formal Seminar
1.20-2.30pm

Friday 18 November

Forensic Science Workshop-
Contact issued



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PRINCIPAL'S REPORT

SWIM SCHOOL

This term two of the key events on the school calendar are: Year 7 & 8 Swim School held at Blacktown Swimming Centre. These events are not only important in developing and improving our students' water safety skills but also great opportunities for our students to enhance their social skills and build new friendships and relationships with other students in their year group. The week's activities are lots of fun and I encourage parents to ensure their children attend the program. Payments for Swim School need to be made next week.

SERVICE TO THE SCHOOL & SPORTS ASSEMBLY

Thursday 10th November marks the first of our formal celebrations of student achievement for 2016. The **Service to School Assembly** is where we recognise the many students who undertake important roles in the school that assist and support the numerous programs on offer at QHHS. Our **Sports Assembly** will give the school the opportunity to recognise all the outstanding sporting achievements made by our students and special acknowledgement to students who have competed in grade sport. This special event will commence at 11am with all parents and guests to be seated at 10.45am. All parents who have been invited to attend as your child is receiving an award, are asked to notify the school of your at-



Education &
Communities

tendance as we are expecting the assembly to be quite a full event and we need to ensure there is enough seating for everyone.

END OF YEAR ACTIVITIES

The school is a very busy with all the end of year activities – developing the 2017 Timetable, Year 7 & 8 Swim School, exam coordination, Year 10 Graduation preparation, peer mediation training, Semester 2 reports, Year 6 Orientation and the organisation for Presentation Day and getting ready for 2017. I would like to take this opportunity to thank all staff for their efforts with these many programs, but special thanks to:

- The Awards Committee (Mrs Cooper, Mrs Johnson, Ms Matthews, Ms Romerosa, Mrs Naicker, Mr Nash, Mr Roma, Mrs Walker, Ms Barratt, Ms Tweeddale, Mrs Mahon, Mrs Maricic, Ms Portelli, Mr Daghel, Mr Kantek, Ms Mutch, Mrs Nicholls, Ms Paa and Ms Tong) for organisation of: the Year 10 Graduation, Presentation Day, Sports Assembly and Service to the School Assembly
- Ms Josselyn, Mrs Asgar and Mrs Mahon for the organisation of the Year 10 Formal
- Mr. Nash and Mr Hutton for Year 7 & 8 Swim School
- Ms. Lachevre for Year 6 Orientation
- Ms Hall and Mr Brooks for the Semester 2 reports
- Ms Khehra and Mr Head for the 2017 timetable
- Mrs Critchley and Mrs Khehra for organisation of our accelerated program for 2017
- Mrs Schryver and the Support Unit staff for the Support Unit Review Meetings and the transition meetings for our new Support Unit students
- Ms Naicker for coordinating Year 10 All My Own Work
- Mrs Mahon and Mr Hutton for organising the Year 10 Orientation
- Ms Mahon and Mrs Maricic for the organisation of our Reward Excursion
- Mr Kantek for coordination of the exams
- Ms Paa and the Welfare Team for the transition program for our anxiety students
- Ms Romerosa, Mrs Cooper and Ms Hall for the student Handbooks and Diaries for 2017
- Mr Meredith for organising the interviews for the 2017 School Leadership Team and coordinating the selection of the 2017 SRC.
- Mrs Mahon for organising the school evaluation processes to assist in our planning for 2017 and the completion of our 2016 Annual School Report.
- Mrs Jones and Mrs Naylor for the efforts in getting the school finances ready for annual rollover and preparing our financial data for the commencement of LMBR in 2017.

Have a safe and relaxing weekend.

Lauretta Claus, Principal

PRINCIPAL'S AWARDS

Congratulations to the following students on receiving their Gold Principal's Award.

Year 7—Grace McDonell, Hayley Rochester, Mahum Tanauli

Year 8—Hannah Branson, Jaiden Brzezinski, Abigail Glastonbury, Jeyda Haydardedeoglu, Payal Khatri, Zoe Morgan, Cameron Nolland

Year 9—Natasha Fernandez, Emma Hemsworth, Erin Wilson

Year 10—Abey Couzins, Karman Deng x 2, Aymun Fatima x 2, Meg Humphreys, Stephanie Kegg, Ashleigh Kennedy x 2, Neridah McRae x 2, Erin McCulloch, Karnvir Singh Bains x 2, Muskan Soni x 3

DEPUTY PRINCIPAL'S REPORT

YEARLY EXAMS

Currently all year groups are amidst or have completed their yearly exams. Congratulations to the students who made good use of their time leading up to exams by developing study notes, completing revision and seeking out their teachers' help. These are all good strategies that should be commended.

There has been a focus on Assessment this year, with teachers constantly reviewing and improving on their assessment tasks. In speaking to Mrs Mahon she too is delighted in the improvement in the quality of responses by the students who are implementing the ALARM strategies they have learnt.

Now that the examination period is almost over, I have heard a number of students ask the question "Does this mean that we can stop learning?" It's interesting how children compartmentalize their learning rather than see it as a continuum of learning that never stops. This is a big mind shift that we are encouraging to assist with futuristic learning.

A few reminders:

- Now is the time for students to resolve N Awards before reports are written.
- All elective fees need to be paid in full by Week 6. Some students may need to change their elective choices for 2017 if fees are not paid.
- Invitations for the Service to School and Sports Assembly have been sent home via the students. Please take the time to RSVP to avoid disappointment.
- Swim School notes for Year 7 & 8 have been distributed.

UNIFORM/LATE TO SCHOOL

Overall, there has been a substantial improvement in students wearing correct uniform and punctuality to school this year. In saying that, I would like to reiterate the procedures to follow if one is out of uniform or late to school.

All students who are out of uniform are required to bring a note explaining the situation. Under no circumstance should a student wear black socks, hoodies or trackpants. If a student is out of uniform without a note, they will be placed on a school detention.

All students who arrive late are to bring a note explaining the lateness.

- If it is during roll call, the note is given to the roll call teacher.
- If it is after roll call, they are to sign in at the front office.

When a note is not supplied, the student is placed on detention either by the roll call teacher or the Office staff.

YEAR 10 ROSA EXAMINATIONS

Congratulations to Year 10 on their excellent behaviour in the ROSA examinations. Congratulations also to the high numbers of students who studied hard and so effectively

prepared for these exams. Well done.

SOME IMPORTANT INFORMATION FOR YEAR 10

Students Seeking Exemption

From the beginning of Week 5 many students may be seeking exemption for the remainder of the school year. This is undoubtedly a good time for students to seek work, to gain further hours in existing roles and so on. Please be reminded of the rules around seeking an exemption:

- i) You must provide a signed letter on official letterhead from your employer/course provider. This letter must indicate that your employer understands there are some dates that you will need to be at school (these dates are listed below)
- ii) You must provide a signed letter from a parent or caregiver
- iii) You must provide these documents to Mrs Claus / Mahon

If all documentation is in order, you will then be provided with an exemption on the understanding that you will attend school on the following dates:

7th and 8th November: *All My Own Work*. This is compulsory for ALL NSW students who are undertaking Stage 6. Any student who is absent on these days will have to complete a catch up at a later date.

22nd November: *Wyndham Orientation Day*. All students who are going to Wyndham must attend in full school uniform. Failure to attend may endanger your position.

22nd November: *Wyndham Orientation Evening for Parents* 6pm- 9pm

7th December: Year 10 Formal at Novotel Norwest. Red carpet arrivals will begin at 6:00pm

8th December: Year 10 Graduation Rehearsal at 9am. Full school uniform including black, leather shoes must be worn.

9th December: Year 10 Graduation at 9am. Full school uniform including black, leather shoes must be worn

Students who do not gain an exemption are expected to attend school each day, in full school uniform, with all the equipment required for learning. They are expected to undertake all learning activities and to follow the SMART code.

Stage 6 Preparation Days

Following the success of previous Nirimba Collegiate Preparation Days, 4 Mathematics Preparation Days have been organised for Year 10 students who have enrolled in Mathematics, for Year 11 at Wyndham College. The dates are as follows:

- * Monday 14th November
- * Tuesday 15th November
- * Monday 28th November
- * Tuesday 29th November

The Nirimba Collegiate English Advanced Induction and Enrichment Day has been organised for Year 10 students enrolled in English Advanced for Thursday 24th November.

Mrs B Maricic & Mrs R Mahon, Deputy Principals

ENGLISH FACULTY NEWS

This has been a very busy week for the English faculty. Year 8, 9 and 10 students have been sitting for the English Yearly Examinations while Year 7 has completed their Literacy/ Numeracy and English Examinations in class. We know that the results will reflect the hard work that students have given to their studies this semester and the excellent teaching by the staff.

In Drama the Yearly assessment task has been completed. The Junior Drama Theatresports group has successfully represented Quakers Hill High in the Impro Australia Theatresports Competition and will compete in the quarter finals finals as the top

performing State school soon. Congratulations to the team - Riley Lewis, Mekenna Puttlitz, Renee Hampson, and Grace McDonnell who were ably coached by Mr Dacey and Mr Andrews.

Last week it was wonderful to see that 37 of our Year 10 students were willing to stay back and get some after school tutoring for the English Collegiate Examination. Thank you to Mr Dacey and Ms Willmetts for organising the afternoon and when the results of the exam are published, I'm sure those students who attended will get their reward.



MATHEMATICS NEWS

All students would have sat for their Mathematics Yearly Examinations over the last two weeks. Teachers will be marking and returning these examination papers to students as soon as they have finished marking. Students are being encouraged to go over their test papers and reflect on their areas of weaknesses. Students are also being encouraged to take the opportunity to have dialogue with their teachers regarding any concerns they have. Any student who missed their Mathematics Examination will need to see their Mathematics teacher and submit necessary documentation to explain their absence. For the rest of Term 4, Year 7 classes will be working on the topic Length and Year 8 will be working on Linear relationships. Topics for Years 9 and 10 will vary depending on the course.

CAPA FACULTY NEWS

This time of year is a very busy time for students and teachers as semester examinations are completed and assessed. For CAPA practical assessments are being resolved, evaluated and submitted for assessment also. Formal examinations are only one aspect of CAPA Assessment in Music, Visual Arts and Photography. They are important evidence of bringing theory, criticism and practical learning together for CAPA subjects but much of the learning in CAPA is also in practical components of the course.

Students should take time to clarify feedback and assessment of examinations. This will help them identify their weaknesses and strengths and enable them to put improvements in place. Examinations are more meaningful if we foster a climate of learning from our mistakes.

CAPA encourages students to seize the day and continue creating worthwhile Visual Arts, Photography and Music throughout the remainder of the term. All students are required to attend with basic equipment to support engaging learning in CAPA lessons throughout this term. Any students who have unresolved tasks are urged to come and resolve these at lunchtimes in H10 where staff will support this process. Many Year 10 students are productively engaged in a collaborative mural and we look forward to the finished work soon.

Now here is a useful CAPA thought, "We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colours, but they all have to live in the same box." This is a little like our classrooms or life!

SUPPORT UNIT NEWS

Work Experience: Students in years 9 and 10 have been on Work Experience at The Secret Garden on the UWS Hawkesbury Campus at Richmond during week 4. They are having a wonderful time doing Horticulture, Agriculture and farm animal handling and feeding and learning a variety of new skills. More details and photos to come!

Student Review Meetings: Parents and carers are reminded that the review meetings are taking place Monday and Friday week 5 and Monday week 7. It would be helpful to prepare for the meeting by planning a list of things you would like to discuss and any issues or questions you might have.

New Students 2017: Staff and students in the SU have had the pleasure of meeting three new students who will join us in 2017. These students are currently joining classes in the SU on Thursday mornings to assist them to transition into high School.

School Service Assembly: A reminder that this presentation assembly takes place next Thursday 10th November, week 5. All SU students will receive an award for their contribution to the school, managing the paper recycling. Some students will receive an additional award for SRC and Hall Crew.

Congratulations: To Warren Gara for being a successful nominee for the Student Repre-

sentative Council 2017. Also congratulations to Jake Malone for his hard work in the SRC 2015-2016.

Melbourne Cup Celebrations: Ruben enjoyed dressing up for his very own Fashion on the Field here at school and had a wonderful time entertaining the crowd at QHHS.



SCIENCE MATTERS

The Science exam period for this semester has finally come to an end!!!

It is important for both parents and students to remember that as a faculty we still have coursework to complete in order to meet the expectations of the syllabus as set out by the BOS-TES. Therefore, normal lessons will continue for the rest of the term. Students are to remember to pack their school bags with all the necessary equipment required for their theory and practical lessons.



- From Wednesday 1/11- Friday 4/11, Year 8 students sat the online VALID Science test which is mandatory for government schools. Students who were absent on these days will need to see Mr Kumar in the Science staffroom to arrange a catch-up test.
- In some Year 9 classes, students still need to complete their research projects by undertaking the oral/speech component of the task, presenting this to their teachers and peers. This will take place as indicated by class teachers.
- Year 10 students will continue with the *Forensics* topic and the related case studies.

Recent Gross, yet Interesting Scientific Findings:

Given that it was Halloween on Monday, here are some latest findings about those nasty critters- cockroaches. Many of us will find this fascinating, but there is absolute guarantee that this would not be the case for Ms Tweeddale!!!!



Cockroaches could be good medicine. Ground-up brains of these insects may fight infectious diseases-



es. Since these insects live in some of the filthiest places known- in sewers and drains, crawling over dead matter, it is thought that if they could cope with all that bacteria, then perhaps they might have 'something' in them that prevents them from being infected. Studies showed that ground up cockroach brains and tissues killed all the harmful bacteria that the ground material was placed in by nearly 100%.

If and when this concoction ever appears on the pharmacy shelf, not even a spoon of sugar is going to help this medicine go down!!!



Cockroach milk could be the new superfood. When one thinks of breakfast, cereal with a glass of milk is often a quick and easy choice. Presently we get our milk from cows, goats and sheep. New research shows that the 'milk' from cockroaches is super-nutritious. The only issue now is that tonnes of these roaches will be needed to extract a tiny amount of milk. Instead the genes that the cockroaches use to make its milk protein can be removed and added to yeast cells to make protein powders. That might be handy for all you gym goers focused on building muscle!

Apologies if you are visualising this 'super milk' and thinking "wouldn't it be a delicious addition to my morning cereal, tea or coffee!" Sadly , this milk production line is not projected for the near future...but then you never know!!!

The 2016 QHHS 10 Book Challenge Wraps-up On the 16th of November ...and the Pizza Lunch will kick off on Friday in Week 6

The 2016 QHHS 10 Book Reading Challenge will be wrapping on Wednesday the 16th of November in Week 6 of Term 4. All participating reading enthusiasts must submit their completed Reading Logs to Ms Lachevre by Wednesday afternoon to reap the benefits.

If you indicated that you would be participating this year and if the pizza lunch, awards and Letters of Commendation still appeal to your resume or your tastebuds, then drop your Reading Log off ASAP. (You may also email Ms Lachevre a scanned copy of your log - melissa.lachevre@det.nsw.edu.au)

Be Generous this Christmas

The 2016 St Vincent De Paul Christmas Hamper Drive

A Student Leader Announcement by Holly Bramble



It is human nature to help those in need. So succumb to your instincts this holiday season and donate to the St Vincent de Paul Hamper Drive. Each year QHHS collects donations that will help some of the struggling families living in our community, and you can be a part of that honoured tradition simply by bringing in a non-perishable food item to the Library for inclusion in our hampers. Donations will be collected until Week Six, so you have plenty of time to forage something yummy from the depths of your pantry! We ask that all donated items have a 'use by date' that extends into March 2017 to ensure that the targeted families are able to make use of the items well into the New Year.

Our Week 4 targets for donations are - pasta, pasta sauces, Christmas bonbons, sweets and condiments.



An Important Message for our 2017 Year 7 Students

All Year 6 students that have enrolled to attend QHHS in 2017 are required to complete a Student Interest Survey through Survey Monkey. This diagnostic tool allows our teachers to better understand the needs and interests of their future students.

To access the survey go to: <https://www.surveymonkey.com/r/2016YR6>

If you have any questions regarding the survey or the transition program at QHHS, please don't hesitate to contact Melissa Lachevre at melissa.lachevre@det.nsw.edu.au.

SRC ELECTION RESULTS FOR 2017

Year 8



Antonio Peters



Grace McDonell



Brooklyn Williams



Illuka Jelley



Annalise Ahmed



Rachel Lee



Warren Gara

Year 9



Luke Dickson



Matthew Mey



Rocklin D'Cruz



Lindsay Bath



Maddison Latham



Ethan Liu

Year 10



Cindy Despois



Emily Mackenzie



Alana Stephan



Sarah Vaughn,



Hayden De Silva



Marina Demirian



Jazmin Akmakjian



Shaun Tweedie

School Captains and Vice Captains



Captain
Geoffrey Garcia



Captain
Madeline Rochester



Vice Captain
Oliver Turner



Vice Captain
Laura Towell



Quakers Hill High School



YEAR 6
ORIENTATION ACTIVITIES
2016

"Shaping a positive future"



Quakers Hill High School Hall

70 Lalor Road, Quakers Hill

ORIENTATION EVENING

Wednesday 30th November

Uniform Shop opens 5.30 – 9.00 pm.

Information session for parents & students at 7.00 pm.

Book-packs available at approximately \$35 / fees can be paid.

ORIENTATION DAY

Thursday 1st December

Year 6 students meet in hall by 8.30 am and can be picked up from 2.10 pm.

Year 6 uniform must be worn.

The canteen will be open.

A canteen lunch will be provided.

Enclosed leather shoes must be worn.

History Faculty News

HISTORY TRIVIA

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes the stew had food in it that had been there for quite a while -hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."



REMEMBRANCE DAY

The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. This first modern world conflict had brought about the mobilisation of over 70 million people and left between 9 and 13 million dead, perhaps as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their war dead.

On Friday, November 11, QHHS will be holding a ceremony to honour our servicemen and women for their sacrifice



HISTORY INCURSION

An exciting opportunity is coming in Term 4 for Year 7 to attend an Incursion that is designed to supplement the units that are currently under study on the Ancient World.

Who:	Year 7	Where:	QHHS Performance Space
Date:	2 nd December	Time:	Periods 1-4
Cost:	approx. \$14		

Permission notes will be issued at the beginning of Term 4, places are limited so notes and payments must be returned to the office promptly

QUAKERS HILL HIGH SCHOOL HISTORY FACULTY WEBSITE

Welcome to the QHHS History Podcast Website!

www.tinyurl.com/zh3oe8p

Here you will find links to your assignment sheets with Podcasts that you can download and listen to help you along your way. This site is a work in progress, so keep checking back regularly for updates. Good luck!!



HOMEWORK CLUB

Homework Club is now open. It is being held in the Library on Tuesdays and Wednesdays after school. This is to provide assistance to students needing help with homework activities and assessment tasks or just a quiet place to complete school work.

Students will need a new permission note for 2016. Notes can be obtained in the Library at Recess or Lunch.

Times: 3:10pm - 4:10pm

Tuesday: Mr Krilic Wednesday: Ms Fensom



MACQUARIE ZONE SECONDARY SCHOOLS SPORTS
ASSOCIATION
GRADE SPORT POINT SCORE RESULT SHEET SEASON 2, 2016
FAX / ATTENTION: Vincent Capano
EMAIL: vincent.capano@det.nsw.edu.au
FROM: QUAKERS HILL HIGH - melhem.daghdet@det.nsw.edu.au
brooke.portelli@det.nsw.edu.au

19/10/16	QH								
	VERSUS								
GRADE SPORT ROUND	1	2	3	4	5	6	7	8	9

SPORT	WON BY									RESULT	
JUNIOR GRADE MIXED	Your school's result first										
	Mixed Oztag A	KV								3	6
	Mixed Oztag B	QH								10	2
	Mixed Volleyball A	QH								3	0
	Mixed Volleyball B	QH								3	0
	Mixed Netball A	KV								4	18
	Mixed Netball B	KV								13	15
	Mixed Soccer A	QH								7	2
	Mixed Soccer B	KV								0	5
	Mixed T-Ball A	QH								21	7
SENIOR GRADE MIXED	Mixed T-Ball B	QH								20	7
	Mixed Basketball A	KV								40	12
	Mixed Basketball B	KV								12	22
MACQUARIE ZONE SECONDARY SCHOOLS SPORTS	Mixed Oztag A	KV								10	15
	Mixed Oztag B	QH								16	9
	Mixed Volleyball A	KV								1	2
	Mixed Volleyball B	QH								2	1
	Mixed Netball A	QH								26	23
	Mixed Netball B	QH								19	15
	Mixed Soccer A	QH								7	3
	Mixed Soccer B	QH								7	1
	Mixed Frisbee A	QH								6	1
	Mixed Frisbee B	QH								12	4
MACQUARIE ZONE SECONDARY SCHOOLS SPORTS	Mixed Basketball A	KV								26	48
	Mixed Basketball B	QH								21	12

WYNDHAM COLLEGE UNIFORM SHOP NEWS

Wyndham College P&C meeting is on Tuesday 8 November at 7pm in the library. Would love to see any interested Year 10 (Year 11 2017) parents come along.

Of interest is the changing uniform. From next year girls and boys pants are changing from grey to black and boys are not able to wear shorts, pants only. More changes to the uniform the following year.

Come and voice your opinion.

DATES TO PURCHASE UNIFORMS

Uniform shop open Mondays 12.30pm-1.30pm C Block

Information Night Tuesday 22 November 6.30pm-9pm

Tuesday 13 December 6.30pm-8pm

2017

Thursday 12 & 19 January 9am-2pm

Wednesday 25 January 5am-7pm

Monday 30 January 12.30pm-1.30pm

Tuesday 31 January 4.30pm-6pm

Any help on these days appreciated contact Linda on 0421570005




Want to make a real difference in the lives of young people?

MacKillop Family Services and Marist180 (formerly Marist Youth Care) are seeking **specialised carers** to create a safe and nurturing home environment for young people experiencing homelessness in Western Sydney. Specialised carers live rent-free in a MacKillop or Marist180 owned home. Carers can be part of a couple, single, studying, retired or working, of any cultural or religious background.

To be successful in this role you will need to be committed to caring for and supporting young people aged 12-15 years who are experiencing homelessness. You will need to be able to work collaboratively with MacKillop and Marist180 to provide therapeutic care.

The specialised carer role attracts:

- ✓ Generous tax-free carer reimbursements
- ✓ Free accommodation in a MacKillop/Marist180 home with all utilities paid for
- ✓ Full use of a serviced vehicle
- ✓ Specialised training, including how to support young people affected by trauma
- ✓ Intensive support from MacKillop and Marist180 therapeutic specialists, case workers and youth workers

To register or to find out more phone (02) 8881 4801 or email marmac@mackillop.org.au

QHHS players: Riley Vincent, Ben Dalkeith, Taylen Redden, Lachlan Precious, Nik Jovic, Jonah Walker, Jarrod Myers, Jackson James (Year 11)

A champion team

BY ANDREW MCMURTRY

THE Riverstone Schofields Gunners under-16 boys have capped a near-perfect season, winning Football NSW's Champion of Champions title.

A 2-0 win over Kemps Creek in the final sealed the win, after going undefeated for the past two seasons in the 'Blacktown' competition and only dropping the State Cup semi-final in 2016.

Coach Michael Hawthorne was proud of his side, "We had a big picture goal three years ago to get them where they are now," he said. "What they've achieved now is purely their hard work and dedication to the sport."

The Gunners had a dominant season in Blacktown, scoring 101 goals while conceding just seven.

"They just keep growing and growing and when you think they've reached the bar, they lift the bar a bit higher," he said.

"We set a few bars three years back and they've exceeded that and expected more, so as much as we challenged them, they challenge us to better them as well."

Team captain Lachlan Precious said it had been a great season, "just like the last three seasons with the boys."

"We're best of mates at school and we just play every day together. On and off the field, we're always just together," he said.

The Blacktown District's other side in the champion of champions finals, Lourdes Soccer Club, finished runners up in the under 15 boys division after a 5-2 loss to Mount Pritchard.



FIRING GUNNERS: The Riverstone Schofields Gunners are the 2016 under-16s Champion of Champions after a 2-0 win over Kemps Creek in the final held Valentine Sports Park on Sunday afternoon. Picture: George Loupis/Football NSW



Transport
for NSW

School Travel Update

2017 Applications

School Student Transport Scheme Applications open 10 October 2016

From Monday 10 October 2016 parents, guardians and students over 16 years, will be able to apply for 2017 School Student Transport Scheme (SSTS) travel pass by visiting www.transportnsw.info/school-students

Information for parents and students

School travel passes only need to be updated when a student:

- changes address, or
- changes school or campus.

A new application is required when:

- applying for an SSTS pass for the first time,
- enrolling in Kindergarten,
- progressing from Year 2 to Year 3,
- progressing from Year 6 to Year 7, or
- requesting an additional pass as a result of a new shared parental responsibility situation.

For more information on planning your school travel, visit www.transportnsw.info or contact your local operator.

Passes for 2017 travel

Opal network: Please remind ALL your students to keep their School Opal cards for travel in 2017. These cards will be automatically deactivated for school holidays and then reactivated for school travel in term one. Current School Opal card can be updated with changes of school, home address or operator.

Rural and regional travel: Student's travelling with operator issued passes will receive a new pass in the new school year.



KILDARE ROAD MEDICAL CENTRE

IT'S TIME FOR YOUR ANNUAL SKIN CHECK!

Exposure to the sun's ultraviolet rays can cause skin damage, which can lead to skin cancer. The risks are higher during the warmer months and that is why it is important to have regular skin checks with an accredited skin cancer doctor.

If necessary, KRMC®'s GPs will use mole-scanning technology to detect any suspect moles and to build up an accurate picture of changes to the skin over time. Our GPs and Nurses are able to perform excisions of moles that appear to be of concern and to send them for laboratory analysis via our on-site Pathology department. If required, follow up treatment and referrals to specialists can be arranged.

*For more information and to make an appointment at KRMC®'s Skin Cancer Clinic,
please call Reception on 8822 3000.*

OPEN 7 DAYS 8:00AM TO 8:00PM

Kildare Road Medical Centre / 36 Kildare Road, Blacktown, NSW 2148 / kildaremedical.co



LEARN KARATE



Learn traditional KARATE and self defense while enjoying a fun sport for all of the family from 5yrs old

Ropes Crossing... Mon 6:00pm The Community Hub, 54 Pulley dr
Glenwood... Mon 6:00pm Neighbourhood Centre 32 Glenwood Park dr,
Castle Hill... Mon 7:00pm Excelsior Public School Hall, Ronsdaley dr
Quakers Hill... Tues 7:00pm Quakers Hill Community Centre, 7 Lalor rd,
Glenferning... Wed 6:30pm Neighbourhood Centre 48 Golding dr
Hassall Grove... Thur 7:00pm Neighbourhood Centre, 25 Melane st
The Ponds... Thur 6:00pm The Community Hub 54 River Bank dr

No appointment necessary,

Join fee \$65pp (includes a uniform)

Term fee \$100pp (School term) First lesson FREE

Instructing locally since 1999

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www.kyokushikarate.com

karate_email@yahoo.com.au



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✓Fitness ✓Increased Attention Span ✓Confidence Building ✓Social Skills
✓Discipline ✓Positive Association to Learning ✓Fun and Friends