

Term 2 Week 2

10 May 2019

## Deputy Principal Matters by Nathan Lawler



### Cross Country – New Track (Barra Brui)

On Tuesday, we held our annual school Cross Country. This year, we trialed a new location, that proved to be very successful in increasing participation. The day saw around 600 students either walk or run the course. Another highlight was having our Year 12 Sports Coaching students working side by side with our PDHPE staff. Those students who qualified for Zone will compete at St Ives Showground on Wednesday 30 May. These students are encouraged to come along to the SIHS Run Club. We undertake a different 5km track each Tuesday morning from 7:00am. Parents are also welcome.

### Upcoming Assessment Tasks

We are approaching what will be a busy time for most students. Our **SIHS calendar** can be a useful spot to look when wondering if your child has assessment tasks approaching. On the calendar you are able to filter by year group. Students should also check the *Portal* to look over assessment task notifications from teachers. Our calendar can be accessed either through the *Portal* or via our website. <https://stives-h.schools.nsw.gov.au/school-calendar.html> If planning leave, please look over our assessment policies for each year group. <https://stives-h.schools.nsw.gov.au/learning-at-our-school/assessment-and-reporting.html>

### Champion Relay Team

Evan C, Nathan C, Dominic F and Kenny C make up our champion 200 Individual Medley U13 team. The boys earlier this year, competed at Zone and came first and a few weeks later competed at Area and placed 5<sup>th</sup>. Their next challenge will be on Monday when they will compete at State level at Sydney Olympic Park. Talking with Evan and Kenny as writing this newsletter, I was impressed to hear that Evan is spending at least 10 hours in the pool training each week. Kenny is training around 8 hours a week as well as yoga and gym work. I am now feeling very guilty... time for a run.



### 2020 China Trip

There will be a school China tour from 4-17 July 2020. If you are interested in going on the tour, we are holding our Parent Information Evening on Tuesday 18 June at 7:30pm. Ms Wang will lead the information session in classroom E4. The tour goes to seven cities in China, which includes the Great Wall of China, Terracotta Warriors, Shaolin Temple (the cradle of Martial Arts) and Disneyland in Shanghai. If you have any questions please contact Ms Joynes or Ms Wang in the LOTE Department. A copy of the itinerary is attached to this newsletter.

### Maths Competition News

Congratulations to the following Year 10 students who did brilliantly in an international mathematics competition based in Canada. Students from 17 countries including the USA, China, Canada, Iran, Turkey, Japan, and Sri Lanka took part in the competition. Will G (Year 10) came 8<sup>th</sup> (top 1%) and Nina K (Year 10) came 41<sup>st</sup> (top 2%). Many thanks to Ms Berger for continually providing these opportunities for students.

### Communication

Please be aware that when wanting to contact your child's teacher the most efficient and preferred way to do so is via email. Our 2019 communication flowchart and staff email addresses can be found on the Parent Portal under 'school resources'.

### Genius Bar - Library

If your child is having hardware or connection issues, our friendly Technical Support staff are wanting to help. They can be found in the school library during lunchtimes Monday to Friday. Additionally, if your child is interested in IT and wanting hands-on experience in this field, they are encouraged to speak with Brad, our IT guru. He is looking to build a team of 'tech geniuses', who can assist other students that require support.

### Uniform procedure

If your child is not in full correct uniform on a particular day they must have a note from a parent/guardian explaining why. As the weather turns colder, students have a number of uniform options available to them. These include: Navy v-neck with crest, woolen jumper with crest, Winter jacket with crest, SIHS Blazer, SIHS Navy scarf.

Uniforms can now be ordered on line. Visit <https://www.stivespandc.com/shop/> to put in your uniform orders. For any enquiries please contact the uniform shop at [uniforms@stivespandc.com](mailto:uniforms@stivespandc.com)

### Sun Safety

Although we are approaching the colder months, sun safety is still a priority during PE lessons. It is expected that all students wear a SIHS cap during practical lessons. For those that do not have a cap at this point, they should have a replacement cap and a note.

### SIHS Leggings

To those who have ordered girls leggings, many thanks for your patience, these should be made available during week 4. If you have ordered leggings and your child's sport shorts no longer fit, please write an explanation note.

### Transdev

We have had further discussions with Transdev regarding their afternoon bus services to Gordon station. We have requested on a number of occasions that their buses come closer to our 3:15pm finish time. Please know that we are going to continue this push until change is made. We feel that it is important that students are arriving home at a reasonable time.

*Best wishes*

**Nathan Lawler**  
**Deputy Principal**



## SPANISH TOUR RECAP

From Thursday 11 April until Tuesday 30 April a group of students and teachers from St Ives High School participated in an incredible tour of southern Spain, visiting the cities of Cordoba, Malaga and Granada with day trips to Sevilla, Nerja and Ronda. Many exciting experiences were had, museums visited, sites photographed and food consumed. A cross section of photographs are on the next page.

Some of the more overt things we learnt:

- Easter in Spain = Processions overload. There were about 10 processions daily starting from 3 or 4pm and running until the early hours of the morning. Each procession had literally hundreds of people involved and thousands in the streets watching!
- Australian boys can cook Spanish Easter sweetbreads but aren't too keen on salsa lessons.
- Bullfighting in most regions is down, occurring only a couple of times a year. Our tour of the Ronda bull ring and museum did enlighten us to the fascinating history behind this cultural practice.
- April sun is beautiful, especially when eating on a terrace of a restaurant overlooking the Mediterranean.
- There are more flavours of tea at Palacio Nazari than you can possibly taste in only two weeks, there were five pages of tea menus!
- According to our students, there are many sites in Spain such as the Alcazar Gardens in Cordoba or the Alhambra in Granada, where it is officially impossible to take a bad photo.
- We will never again complain about the resources of our high school after seeing the Spanish high school's tiny playground and library. However, their system of home room and home group for students where students stay in the same classroom and the teacher move seemed popular with our kids.
- Learning Spanish at language school every day with a teacher only speaking Spanish is hard and tiring but you really do learn a great deal in a short amount of time.
- You need a really good pair of walking shoes with grip because cobblestones are very hard on feet and slippery when wet. Plus, we averaged between 15000-20000 steps on most days (approx. 12-15km).
- Ham comes with everything and most of the group don't wish to see ham with bread rolls or sandwiches again for a very long time!

**Ruth Joynes**  
**LOTE Head Teacher**



## PAU PERFORMANCES AT FESTIVAL ON THE GREEN

On Sunday 5 May, St Ives High School PAU students attended the St Ives *Festival on the Green* to perform solo on the main stage. This is one of the biggest annual family-friendly events for the North Shore, attracting up to 30,000 people every year.

This is our sixth year performing at this event and it gets better and better every year. Our solo singers this year, Holly C, Mia S, Ansh R and Lizzie H wow'd audiences with their solo performances. For a couple of students it was their first time performing at the Festival

I've had some lovely compliments come back from the MC and the organisers saying how well behaved, reliable and professional, not to mention talented, our students had been. Congratulations to the four of you on a job well done!

**Ashlea George**  
PAU Manager  
[ashlea.george1@det.nsw.edu.au](mailto:ashlea.george1@det.nsw.edu.au)



## YEAR 11 DESIGN AND TECHNOLOGY

As our year 11's embarking on term two, St Ives preliminary Design and Technology students have already proven their worth submitting their Eco friendly and sustainable light designs made from recycled or pre-loved materials for assessment. These students are adopting the Design and Production process which involves a rigorous, systematic approach to research, problem-solving, prototyping and evaluation. Shown here is a selection of students' prototypes that have excelled in meeting the determined criteria and have embraced the ethos of the project. The HSC Design and Technology course engages student creativity with authentic based tasks, whilst developing collaborative and independent communication skills.



**Glen Woodhead**  
TAS teacher

## VISIT TO HOSPITALITY BY ZEN ONG (YEAR 12 2007)

Past student Zen Ong visited with our Year 11 Condensed Hospitality students on Monday evening 6 May to run a practical lesson with the students and to chat with the class about how he has progressed through the Hospitality Industry as a chef since leaving St Ives High in 2007.

Zen had a passion for food in Years 11 and 12 and excelled in Hospitality, particularly in practical lessons. After leaving school he started his career as an apprentice chef at Blu Water Grill in Hornsby and then went on to work in some of Sydney's top (in some cases hatted) restaurants such as Berowra Waters Inn, Aqua Dining, Ripples and Bentley. Once Zen had reached the position of Sous Chef he decided to take a risk and leave the comfort of Sydney, moving to LA.

During the recent school holidays I caught up with Zen in LA and he had some amazing tales to share of his experiences in LA cooking for the rich and famous. He expressed an interest in sharing his career progression and experiences with our students.

Zen specialises in modern high-end Indonesian food and our Hospitality students cooked a modern take on an Indonesian street food that would be served as a dessert. Many of the ingredients used in the dessert were ingredients that our students have never worked with before.



**Jo Doherty**  
Relieving Head Teacher TAS





ST IVES HIGH SCHOOL

# CAN YOU HELP WITH THE FOOD FAIR ON MULTICULTURAL DAY?

Parents, Grandparents, Aunties and Uncles!  
Come and share your cultural cuisine with our  
school community

**JUNE 14TH  
FRIDAY  
LUNCH TIME**

EVERY YEAR OUR STUDENTS LOOK FORWARD TO  
SAVOURING THE DIVERSE FLAVOURS OF MANY CULTURAL  
CUISINES

If you can help please contact  
Ms Kam 0435 503373  
pauline.kam@det.nsw.edu.au  
Ms Zaki --  
adriana.zaki@det.nsw.edu.au

# **SCHOOL BUSH CARE MORNING**

## **SUNDAY 19 MAY 2019 FROM 9 AM TILL 12 NOON**

We will be having a bush care morning on our endangered Sydney Turpentine and Ironbark forest on Sunday 19 May from 9am till 12 noon. Even if you can only manage an hour that would be helpful.

- ☺ Wear long sleeves and trousers and closed in shoes.
- ☺ Bring a hat, some water and sunscreen.
- ☺ Gardening implements to bring are gloves, trowels and secateurs and a cushion if you have a gardening one.

Hope to see you there.

Please contact Meredith or Tracey on [grad2020@stivespandc.com](mailto:grad2020@stivespandc.com)

## WELFARE ACKNOWLEDGEMENT

**"Kindness can make a bad day good and a good day better".**

If everyone at St Ives High School fulfilled one act of kindness each day, imagine what a wonderful environment we would be learning in!

I have set up a box in the front office to place nominations for acts of kindness nominating either staff or students. Please come down and fill out a green slip if a student has displayed kindness or a purple slip for a teacher.

Each week 1 green and 1 purple slip will be drawn out of the box and a prize will be awarded to the selected student and teacher. The winners of the weekly 'Kindness Award' will be notified in Sentral daily notices.

**"If you can be anything, be kind"**

**Michelle Nunura**  
Head Teacher Welfare

***PS The weekly winner will receive a \$5 canteen voucher.***



# St Ives High P&C Cake Stall

## Federal Election - Saturday 18<sup>th</sup> May



Cake and slice boxes will be available from the school office from next week - please pop into the school and collect yours soon.

**Please deliver your cakes, slices, biscuits, loaves, cupcakes and tarts to the school office on Friday 17<sup>th</sup> May or on the morning of the Election – Saturday 18<sup>th</sup> May (by 11am).**

Any contribution you can make will be fantastic, however if you don't bake, we will gladly accept a donation in lieu.

Parent volunteers are also needed to run the cake stall. Please sign up for your two-hour spot here: <https://signup.com/go/kzeveow> this can be your 'Just One Thing' to help the school.

Our previous cake stalls have been hugely successful due to the wonderful support given from parents and students – and with your continued support this one may be the best so far!

Many thanks  
Libby Cameron, SIHS P&C President



# WOOLWORTHS EARN & LEARN 2019

It's time to start collecting your stickers and help us 'earn' new educational resources for our school.

We have a collection box at the school office and at Woolworths St Ives. The program runs until Tuesday 25 June 2019, so please tell your friends and neighbours that our school is collecting stickers.

Thank you to Kerren Lumsden for assisting and for more information send me an email at: [president@stivespandc.com](mailto:president@stivespandc.com)

Thank you.  
Libby Cameron, P&C President



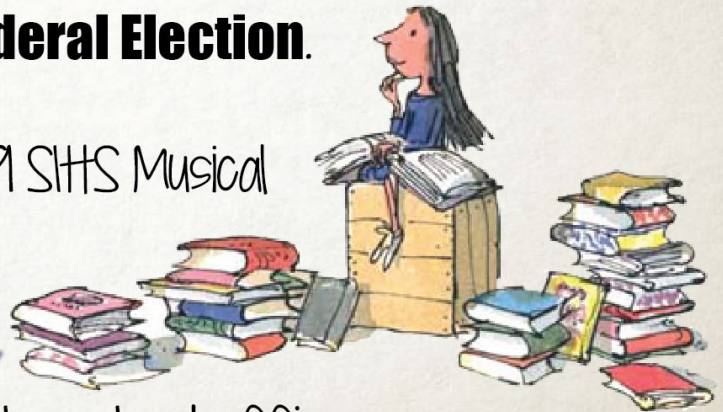
BOOKWORM BOOKWORM YOU'RE A BOOKWORM!

# WANTED your pre-loved BOOKS

to sell at the upcoming **Federal Election.**

Raising funds for the 2019 SHS Musical

# Matilda



Please drop books off to the school office.

Meet me at the Library

Mother-Daughter Book Club

# The Pressure to be Perfect

Thursday 30 May 2019 | 6.30-8pm at Gordon Library

Author **Catherine Greer** in conversation with clinical psychologist **Mary Arlington-Watt** about her latest book set on Sydney's North Shore. *Love Lie Repeat* is a gripping thriller about the highly competitive world of teenage girls and their friendships - and what can happen when things go wrong.

### FREE EVENT

Bookings essential at [bookings.kms.nsw.gov.au](http://bookings.kms.nsw.gov.au)  
Suitable for ages 13+  
Light supper provided



Catherine Greer



Mary Arlington-Watt



Ku-ring-gai Library  
[kmc.nsw.gov.au/library](http://kmc.nsw.gov.au/library)



# THE 2019/20 ENTERTAINMENT BOOK IS NOW AVAILABLE FROM THE SCHOOL OFFICE

The Sydney & Surrounds edition will be  
**combined with** the Sydney Greater West edition  
– two complete books in one and all for the same price (\$70).

## How to order printed book or digital version:

- **At school office:** complete form, payment by credit card or cash
- **Online** – send email to [communications@stivespandc.com](mailto:communications@stivespandc.com) with *Entertainment Book* in the subject line for further information and a link to order

*If you would like the printed version don't delay.  
We have a limited allocation and half have already been sold.*

If you don't use the Entertainment Book for your shopping, dining, travelling, accommodation and entertainment, you could be losing a huge amount in saving.

## How much can you save with the Entertainment Book?

The average family saves about \$1500 according to Heidi Halson, Executive Director Entertainment Publications (see *Money Magazine Australia*, April 2018). As well as all the listed cafes, restaurants, shops, stores, cinemas, entertainment centres, travel and accommodation etc, **you can save 5% throughout the year on all your Woolworths Group shopping** by purchasing Woolworths e WISH GIFT Cards online through the Entertainment Book:

	Your weekly spend	You save each week	YEARLY savings
	\$200	\$10	\$520
	\$300	\$15	\$780
	\$400	\$20	\$1040

**20% of the membership/Book price goes to  
St Ives High School via the P&C**



## St Ives High Tennis Programs Term 2 2019

**Location:** St Ives Primary School courts, Horace Street, St Ives

Class	Day/Time
Beg - Int group.(Yrs 7-10)	Mon 4.15pm 5.15pm
Intermediate/Adv Squad (max 4 per court) (Yrs 7 – 10)	Wed 5.00 – 6.30pm
Advanced Squad (Yrs 7-12)	Mon 5.15 – 6.45pm
Small groups (4-5 per class)	Tues 2.20 – 3.20pm
Private coaching	Mon – Sun Or DURING FREE PERIOD
Adult tennis clinics	Tues Thurs (9.20 – 10.50am)

**Wet Weather:-** Meet under COLA near courts  
(please check with coach)

**Terms and Conditions:** Fees are payable prior to commencement of class. On receipt of payment your child will have a reserved place in the class. Classes may be changed subject to availability of places. If a class is missed a similar class may be arranged if available. No refunds for missed lessons.



**Tennis for parents!**

**Organise your own group and your first session is FREE! (call or email Chris for a time)**

For all programs please enrol via our new Website:

Or alternatively email [chris@cameronstennis](mailto:chris@cameronstennis) for enquiries or phone 0418688803

[www.cameronstennis.com.au](http://www.cameronstennis.com.au)

## **Parenting Through the Ups and Downs of Adolescence**

**Monday 27 May 2018 5.30pm-7.30pm**

**A seminar for parents of high school students discussing:**

- **Understanding Adolescent Development**
- **Challenges of Parenting Adolescents with strong emotions, including self-harm and suicidal ideation.**
- **Parent strategies and tips to help parents remain calm and be a resource for their adolescent**



- **To register please call CYMHS on 9485 6155**
- **VENUE:** Hornsby Hospital Meeting Room 1 near Gate 1, Reception/Switchboard, entry via Palmerston Rd.
- Please allow enough time for parking and arrive 10 minutes before the registered start time.
- Unfortunately, we cannot provide childcare facilities and are unable to have infants/children attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local government area.
- The cost of the seminar is \$10. There will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.

Are you a **school leaver** or **someone** with a disability?

Discover the **pathway** that's right for **you** at the **Northern Sydney expo** for people with a disability



Join us at the **EXPO** to discover all you need to know about:

- School Leaver Employment Support (SLES)
- Education
- Social Enterprise
- Support Coordination & Plan Management
- Apprenticeships & Traineeships
- Disability Employment Service (DES)
- Australian Disability Enterprise (ADE)
- Supported Holidays
- Community Access
- and much more!

**DATE:** Wednesday 29th May 2019

**TIME:** 11am – 6pm

**COST:** FREE to Attend

**LOCATION:** THE CONCOURSE, Pavilion Room – 409 Victoria Ave Chatswood

**WHO SHOULD ATTEND:** Anyone with special need wanting to access community supports including Students, Parents, Guardians, Advocates, Teachers and Support Staff. We encourage all students and families to attend even if the young person will not be leaving school for several years as the information distributed at this event will enable you to make informed choices for the future.





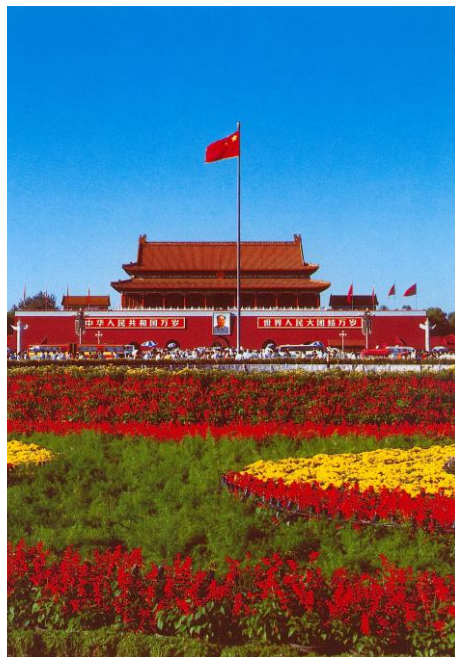
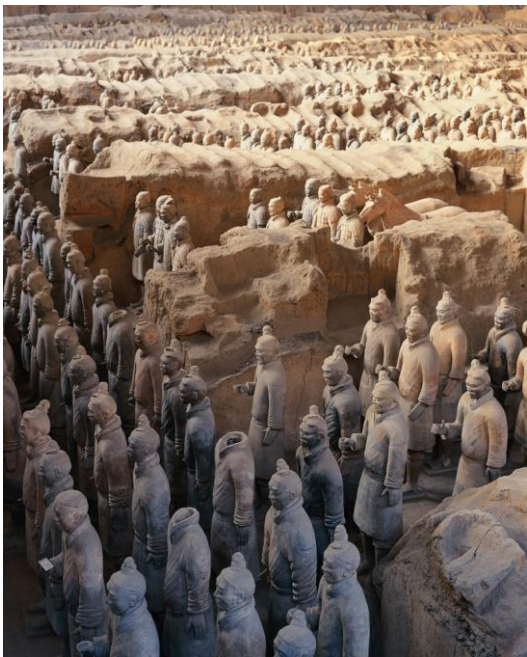
## **St Ives High School**



**STIVES**  
HIGH SCHOOL  
respect | perseverance | growth

## **China Educational Tour**

**Departing on 04<sup>th</sup> July 2020**



# Itinerary

## **Day 1: 04 Jul (Sat) Sydney ✈ Beijing**

Today you will fly with China Eastern Airlines flight **MU792 10:30/23:40** to Beijing via Nanjing, met and transferred to Beijing Penta Hotel 4\* for 2 nights.

## **Day 2: 05 Jul (Sun) Beijing**

Today you will visit Mutianyu Section of the Great Wall (cable car up and Tobogganing down), return to Beijing in the afternoon and have Beijing Duck dinner tonight.

**Meal: B/L/D**

## **Day 3: 06 Jul (Mon) Beijing 🏯 Tianjin Sister school**

Morning tour to Tiananmen Square and Forbidden City, This massive complex was the centre of the Ming and Qing dynasties. With almost 10,000 rooms, this remarkable, well-preserved imperial palace is the largest palace in the world, afternoon tour to take trishaw ride to visit the Hutongs, which is an ancient city alley, to experience the life of the local people, and have lesson of playing Chinese Shuttlecock, then drive about 3-4 hours to Tianjin Sister School for 3 nights

**Meal: B/L/D**



## **Day 4: 07 Jul (Tue) Tianjin sister school**

## **Day 5: 08 Jul (Wed) Tianjin sister school**

## **Day 6: 09 Jul (Thu) Tianjin 🚄 Xian (6 hours)**

Today your sister school will take you Tianjin train station for the high speed train **G1704 0902/1519** to Xian, met and visit famous food street, stay 2 nights at Xian Grand Noble Hotel 4\* for 2 nights.

**Meal: L/D**

## **Day 7: 10 Jul (Fri) Xian**

**Meal: B/L/D**



Today you visit the "Terracotta Warriors". They are found at an archaeological site which so far has yielded some 8000 ancient terracotta soldiers and horses, each a unique, finely detailed sculpture. An afternoon tour to Muslim Food Street and visit Ancient City Wall, where you can ride bikes. Dinner is served as a delicious dumpling banquet and followed by a spectacular Tang Dynasty Show, where you will have a cooking class of making dumplings.

## **Day 8: 11 Jul (Sat) Xian 🚄 Luoyang 🏯 Shaolin Temple 🏯 Luoyang**

**Meal: B/L/D**

Today you will take the high speed train to Luoyang to visit Longmen Grotto. which contains the largest and most impressive collection of Early Chinese Buddhist cave art represented by well-preserved pagodas, carvings and statues, then drive to Shaolin Temple in the afternoon Stay at Chan Wu Hotel 4\* for 2 nights.

## **Day 9: 12 Jul (Sun) Shaolin Temple Meal: B/L/D**

Visit the Shaolin Monastery. Built in 495AD, it is the cradle of Kung Fu (wushu) and the Chinese Zen Buddhism. There are many attractions here including the Hall of Heavenly Kings (Tianwangdian), the Pagoda Forest, the Dharma Cave and the Shaolin Temple Martial Art Training Centre, in the afternoon you will have Kung Fu Training at a local Martial Art School for 2 hours



## **Day 10: 13 Jul (Mon) Luoyang ✈ Shanghai**

**Meal: B/L/D**

Today you will take the morning flight **MU5693 1040/1230** to Shanghai, afternoon tour to the new district across from the Bund called Pudong to experience the economic booming of China and the landmark of Shanghai – The Shanghai Tower, where you get a bird's eye view of the city.. Stay at Shanghai Narada Boutique Hotel 4\* for 3 nights.

## **Day 11: 14 Jul (Tue) Shanghai**

**Meal: B/L/D**

Today you will visit a small historical town of Tongli, an example of a typical water town. You wander through the narrow alleys and have hop on a cruise along its zigzag waterways. After lunch drive back to Shanghai, tonight you will enjoy the Shanghai Acrobatic Show at Grand Circuit.

**Day 12: 15 Jul (Wed) Shanghai****Meal: B/D**

Today you will visit Shanghai Disneyland for a full day. It is the first Disney park in mainland China. (suggested activities: Roaring Rapids, Soaring over the Horizon, Seven Dwarfs Mine Train, TRON lightcycle power run, Captain Jack Sparrow Treasure Cove, Suggested shows: Eye of the Storm, Tarzan, Frozen), lunch will be on your own inside the park.

**Day 13: 16 Jul (Thu) Shanghai ✈ Sydney**

Today you will visit Yu Yuan Garden, a classical Ming Dynasty garden with pavilions, towers, and terraces. Then the Bund and Nanjing Road, in the afternoon take the flight **MU561 departing at 20:20** back to Sydney.

**Day 14: 17 Jul (Fri) Australia**

Arrive in Sydney at 0930 in the morning.

**Special price: \$4080.00 per student****Inclusions:**

1. Twin share 4\* **hotels** as mentioned on the itinerary or similar.
2. Fully inclusive tour with English speaking guide, entrance fees, meals as per itinerary
3. One day pass to Shanghai Disneyland.
4. Travel by air-conditioned coaches whilst in China.
5. China Eastern Airlines international and China domestic flights (Sydney / Beijing, Luoyang-Shanghai-Sydney)
6. Second class high speed train tickets Tianjin-Xian-Luoyang
7. Chinese tea and one glass of soft drink included in all lunches and dinners.
8. China visa fee of \$110.00 per person.
9. All tipping.
10. Travel insurance with Aussietravelcover Basic international(\$150.00 access fee apply when you claim)

**Exclusions:**

1. Personal expenses.
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