

EPPING HIGH STANDARD

THE NEWSLETTER OF EPPING BOYS HIGH



Telephone: 9869 2701 | Fax: 9868 1198 | Email: eppingboy-h.school@det.nsw.edu.au | Website: www.eppingboy-h.schools.nsw.edu.au

Issue No: 11– 29 August, 2016

IMPORTANT DATES

30 August

Art Exhibition Opening Night
TAS Expo

31 August

Year 12 Graduation Dinner

5 September

P&C Meeting
Year 11 Exams begin

18 September

Grounds Working Bee

21 September

Year 12 Community Concert

22 September

Year 12 Farewell Assembly

23 September

End of Term 3

10 October

Students return Term 4

13 October—4 November

HSC examinations

27 October

Year 11 (2016)
Parent/Teacher Evening

31 October

Year 12 sign-out

7 November

Year 12 sign-out

8- 11 November

DOE Gold test walk

11 November

Year 7 Vaccinations

14 November

Year 10 Yearly exams begin

22 - 25 November

Year 10 Camp

6 December

Speech Day

9 December

Orientation Day

15 December

HSC results

16 December

End of Term 4

30 January 2017

Students return Term 1

From the Principal – Tim O'Brien



Keats MacKay from Year 7 was named the first 2015-16 winner of the Junior Humanitarian Ambassadorship last September at Parliament House and was awarded the Inaugural Medal and Ambassadorship by Premier Mike Baird and Gabi Hollows AO.

Later in the year, he was again invited to the Hollows Foundation to be briefed by the CEO Brian Doolan and Gabi Hollows, about their humanitarian projects around the world.

Deputy Principal – Senior School – Ian Lowcock

Year 12: Year 12 boys wanting an ATAR received their UAC guides which detail all courses available at NSW Universities. International students and students wanting to do tertiary studies interstate were also given information about ways to apply for these alternate study methods. A reminder to check on and attend university Open Days was also passed on to the boys by our Careers Advisors, Mrs Ramsay and Mrs Clarke. Non-ATAR boys have been advised of upcoming TAFE and apprenticeship days. Mrs Ramsay also provided a “how to apply” guide and special consideration application details to the boys.

The Prefect Induction held on August 18 continues to be a wonderful event on the school calendar. A large crowd of proud parents and peers witnessed a farewell to our outgoing Prefects and a welcome to our new leaders. Our new school captain, Ned Bissett, spoke at the assembly of the plans from his team to maintain the high quality involvement of the Prefects in school life and the importance of being role models to the others in the school. I am sure these 30 boys will do a great job in the coming year.

Year 11: As mentioned in the previous newsletter, the yearly examinations commence on September 5. After they have received their results of these exams, the boys will have the opportunity to consider which subjects to continue into their HSC course. The boys had to do a minimum of 12 Units of study in their Year 11 course. This minimum is 10 Units in the HSC course. However, 10 Units means there is no “safety net” and all subject units would count for their ATAR. If a boy can manage the rigours of more than 10 Units, then they should consider maintaining extra units for the whole HSC course or at least part (until it is established that they are coping well with their base 10 Units).

I understand that Jersey orders for the 2017 Jersey close this week. How quickly one year passes on to the next!

Year 10: Year 10 have already started to have “second thoughts” about some of their subject selections for the Preliminary Course in 2017. This is understandable, however, any change must be supported in writing by a parent/carer and this information passed on to Ms Kathryn, HT CaPA as soon as possible. Please be aware verbal notification is not sufficient.

Preparations for the Year 10 Crossroads camp and discussion sessions that follow the next week are well under way and I expect every boy to attend these compulsory events. This is a requirement of the Department of Education and BOSTES.

General: The Winter Sports Recognition Assembly held on August 19 reflected how talented our boys are in a wide range of sports. Their successes in the past season reflect their talents and I'd like to once more congratulate the boys on their success as well as their participation. Our domination of the zone continues!

While mentioning sport, I would like to take this opportunity to congratulate our Knockout Football and Hockey teams on their success. This Wednesday sees our football team play the state final against Lambton High from Newcastle and our hockey boys head to Broadmeadow in Newcastle for the play offs for a ranking in the top eight of the state. I wish both sides the best of luck in their endeavours to be number one in the state.

Year 12 GRADUATION DINNER

CLASS OF
2016

An evening of celebration for Year 12 Students, Parents/Carers & Staff

The Epping Club - Grand Ballroom

45 Rawson Street Epping

Wednesday 31 August 6.30pm-10.30pm

Please Leave plenty of time for parking in Epping

Arrive 6.30pm sharp for canapés served on Level 1 (near Grand Ballroom entrance)

Three course sit-down Dinner. **This event is alcohol free**

Special dietary requirements will be catered for by The Epping Club

Please contact Melanie Trethowan (trethmel@hotmail.com 0433272388)

if you want to confirm your dietary need is on our list

Special gift presented to each Year 12 student attending

Boys' Dress Code: Full School Uniform (No Year 12 rugby jerseys)

Dress (Parents): Smart Casual

2 x Epping Club Terrace Restaurant vouchers - Drawn on the night

Thank you to all those who have purchased tickets

These tickets are available for pickup from Ms Horstead

Looking forward to a great night!

2016 Graduation Dinner Committee

VP Day – Cathy Hartley



Thankyou to Ned and Ben who represented Epping Boys High School and attended the VP (Victory in the Pacific) Day wreath laying ceremony at Boronia Park Cenotaph, Epping.

VP Day is commemorated each year on 15 August.

This year marked the 71st anniversary of the ending of the war in the Pacific in 1945.



EPPING BOYS HIGH SCHOOL

TAS EXPO 2016

Tuesday 30th August

7-9 pm in F block

Showcasing student work
— in —
Technological & Applied Studies

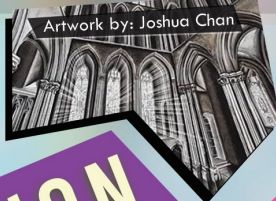


EPPING BOYS HIGH SCHOOL

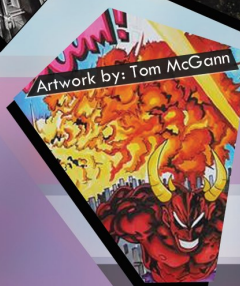
ART EXHIBITION 2016



Artwork by: Sean Simon



Artwork by: Joshua Chan



Artwork by: Tom McGann

YOU ARE INVITED TO ATTEND OUR ANNUAL ART EXHIBITION

FEATURING:

- ▶ Visual Arts artworks from Year 7-11
- ▶ Photography and Digital Media photographs from Year 9-10
- ▶ HSC Body of Work from Year 12

OFFICIAL OPENING: 30TH OF AUGUST 7 PM

EXHIBITION HOURS: WEDNESDAY 9AM-3.15PM THURSDAY 9AM-3.15PM

EPPING BOYS HIGH SCHOOL HALL, 213 VIMIERA RD MARSFIELD

Science News—Mitchell Leggo

STEMANIA! National Science Week 2016

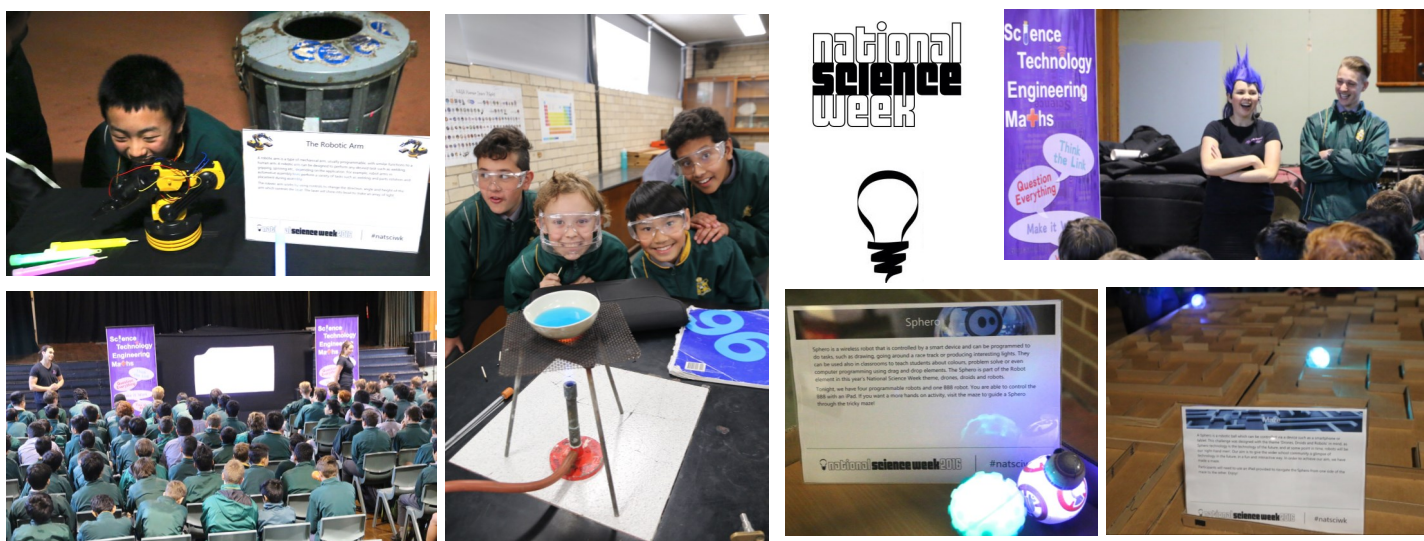
Drones, Droids and Robots took the focus of National Science Week with the boys participating in a suite of activities.

Kicking the week off Year 8 explored science, technology engineering and mathematics through the performance of STEMANIA joining in dramatic performances. Sketches illustrated applications of the scientific method, the design of a robot, challenges associated with building a car and budgeting to renovate a bachelor pad. This artistic way of addressing traditionally technical concepts was quite inventive.

Science Week progressed with our newly elected Prefects sharing a fact with the school each morning on assembly, unveiling our DNA stretches an extraordinary distance if laid end to end would reach from earth to the sun four times over.

Rounding the week out the STEAM team launched five rockets from the school oval and displayed their robotic prowess during the *Evening of Music*. Engineering mazes, chain reaction machines, an Archimedes screw and filming a day in the life of robots at school, the boys have built upon their skills in problem solving, teamwork, leadership and project management.

Science Week 2016 has been a great success, indicating STEM is alive and well at Epping.



FIRST (For Inspiration and Recognition of Science and Technology) is an American non-for-profit organisation whose mission is to inspire young people to pursue careers in STEM (Science, Technology, Engineering, and Mathematics). To achieve this, they run four different programs catering for all school years: FLLr (Yrs K-3), FLL (Yrs 4-8), FTC (Yrs 7-12), FRC (Yrs 9-12). In FRC (FIRST Robotics Competition), a new game is released each (Australian) summer for teams to design and build a robot in only 6 weeks. Teams then compete at different regionals around the world to gain a position at the World Championships in St Louis, MO USA. This year's game had a medieval theme where robots were required to breach various defences and shooting 10 inch foam balls into goals 14 inch wide goals, positioned 7 feet above the ground. These robots may weigh up to 54kg, have a perimeter of 3 metres, and utilize various motors and pneumatics, driving at speeds as fast as 3m/s. The tournaments consist of a series of 'best of three' playoff matches between eight alliances of 3 robots each drafted after a series of 3 versus 3 qualification matches to rank each team.

This year Carlin (Yr 11) and Kiatin (class of 2015) Williamson competed on FIRST Team 3132 - *Thunder Down Under*. The team is based out of Macquarie University and hosts students from 20 high schools in the Greater Sydney, Alaska, and Wisconsin areas. The team participated in three regionals, where they won six awards including winning their home regional in Sydney, the Excellence in Engineering awards in Honolulu, Hawaii, and the Chairman's Award in Duluth, Minnesota. The Chairman's Award is considered the most prestigious award in the program (FIRST), awarded to the team judged to have the most sustained measurable impact in their region and globally. We were also invited to the World Championships where we ranked 25th out of a 75 of the top 600 teams in the world.



The team is currently looking for more students to participate on the team. Any student in Yr 8 or above, preferably Yr 8 or 9 (but not exclusively), passionate about spreading STEM and/or building robots are welcome. There is no cost of being on the team, only time and commitment.

Carlin Williamson, Year 11



**Please come to our Grounds Working Bee on
Sunday 18 September (9am until 12 midday).
A BBQ lunch provided.**

An Evening of Music

I do recommend attending the annual Evening of Music event as you see the boys perform wonderfully and even if your son isn't performing (including my son) you appreciate the students' talents and enthusiasm. It is also impressive to witness the talent and dedication of the teaching and ancillary staff too. I would like to acknowledge and thank the Auxiliary Committee and Year 7 parents for supporting the event and providing and serving refreshments. In the playground the keen science students showcased their extracurricular robotic and science projects. Now I'm looking forward to the Art Expo and TAS Exhibition on Tuesday 30th August. This year the P&C will award the inaugural prize to a TAS student for his work.



Meeting dates for 2016 are: 7.30 pm on Monday nights – 5th September, 7th November, and 5th December. All parents and carers are welcome. Meetings are held in the Common Room, B Block.

Susan Day
P&C President 0418 213212

An Evening of Music 2016 – Michael Tabrett – CAPA

Congratulations to all the student performers in *An Evening of Music on 23 August*, and for their consistent dedication to achieving musical excellence throughout this year. A packed audience was delighted to witness the high standard of performance from every ensemble and for the professionalism shown by the boys (and girls) as they presented themselves on stage. EBHS Music Staff would like to thank the following people for their contribution to the success of the evening:

- Performing students from Cheltenham Girls High School for giving up their time and lending support to their brother school.
- Year 12 performing musicians for their fine playing and leadership.
- Music Directors - Lindsay Frost, Mike Kenny, Graham Hunt, Dave Thirgood, Nick Smallfield and Luke Craig - for being so exceptional.
- *Friends of Music* as coordinators of the front of house, stage management, backstage, supper and raffle.
- Delma Marsden for her generous donation of Uniform Shop vouchers for the raffle.
- *Ladies Auxiliary* for supper at interval.
- Mrs Anna Sciancalepore, Mrs Fiona Frank and other *Office Staff* for promotion and box office.
- Mr Simmons, VET Entertainment and Sound and Lighting Crew for a spectacular sound and lighting display.
- Mr Leggo and the Robotics team for their terrific display before the show and at interval.
- Mrs Hartley, School Captain Ned Bisset and Prefects for compering, mentoring and ushering.

I look forward to our 60th anniversary *An Evening of Music* in 2017.



* IT'S SALE TIME *

DAYLIGHT SPORTSWEAR UNIFORM SHOP

20% OFF SALE

For 2 weeks ONLY

commencing Monday 12th September to Friday
23rd September 2016

Available during normal shop hours ONLY
and online – daylightsportswear.com/epping

20% OFF STOCKTAKE SALE

- Shop Stock Only (excluding blazers & special orders)
- No Exchanges
- No Refunds
- No Rain Checks
- No Layby



Our Prefect Induction Assembly took place on Thursday 18 August during Period 2, with Year 11 and Year 7 as the audience members.

It was wonderful to see so many parents and family members at the school for this ceremony supporting their sons at this event.

We farewelled our 2015/16 prefects led by Nikhil, Josh and Yoshi, and reflected on all the things they did over the year in their term of leadership and service to the school and the community. Their charity efforts raised about \$10 000 which was a great achievement. A number of these boys were also entered into the school's Honour Book for their commitment, service and involvement in so many activities during their six years at Epping.

We welcomed our new prefects for 2016/17 to be led by Ned, Ethan and Elias and look forward to their leadership and service over the next year.

In our hand over tradition, the assembly ended with the passing of the war cry from Year 12 prefects to Year 11 prefects.

Thank you to the SASS staff, especially Anna and Heather, the library staff and the CAPA faculty for their support on the day.

Cathy Hartley
Prefect Advisor



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Sports News – Tony Nelson

NSW Badminton Rep

Congratulations to Arrick A who was selected to represent NSW in the U17 and U19 Badminton teams at the National Championships. In the Under 17 age, he was the Mixed Doubles Plate winner. In the Under 19 age, he made the semi-finals in the Men's Doubles and was the Men's Singles Plate winner. Well done, Arrick!



30 1st Grade Game Ties Nick W - Hockey

Sports Captains and Council

Introducing the 2016/17 Sports Captains:
 Harrison W – Overall and Cross Country
 Nathan D – Winter
 Brayden D – Summer
 Tom F – Swimming
 Stephen T – Athletics



The 2016/17 Sports Council:
 Melique M, Robbie H, Nikolai P



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NEW: LITTLE LEGENDS-Your first experience of Sports Camps (Crestwood location only)

LOCATION AND DATES:

- Epping Boys High School, Marsfield: 28-30th September.
- Crestwood High School, Baulkham Hills: 4-6th October

TIMES: 9am-4pm (extended care is available from 8am-6pm at an additional cost)

AGES: Sports Camp 8-13 years; Camp Fun 5-13 years; Little Legends 5-7 years

COST: \$135 for 3 days; \$48/day for single days

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EBHS 7th Annual Football Dinner

The 7th Annual Football Dinner was held on Thursday, 18 August. 210 people attended the evening which included staff members, parents and students. A special thank you to the Hospitality staff and students for their efforts in cooking and serving the delicious three-course meals. Major award recipients from the night included:

Major Awards:

- EBHS Junior Footballer of the Year
- Winning Premiership teams
- EBHS Football Referee of the Year
- EBHS Junior Golden Boot
- EBHS Senior Golden Boot
- EBHS Representative Player of the Year
- EBHS Sportsmanship Award
- EBHS Football Service Award
- EBHS 1ST Grade Players Player
- EBHS Football Team of the Year
- EBHS Footballer of the Year
- EBHS Junior Futsal Player of the Year
- EBHS Senior Futsal Player of the Year

Award Recipient:

- Cameron Fong
- 1ST Grade, 15A, 14A, 14C, 13A, 13B
- No recipient for 2016
- Will Arnold - 13's Academy 14 Goals
- Sam Immerschmitt - 1ST grade 18 Goals
- Adam Khalaf
- Sid Malhotra
- Jack Armson
- Josh Stern
- 1ST Grade
- Will Foristal
- Chris Maguire
- Will Foristal



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Puma Football Cup Semi Final: EBHS –v– John Edmondson High School

Wednesday, 17 August 2016—Valentine Sports Park

Coaches: Mr Bailey and Mr McInerney

The EBHS line-up consisted of:

Goalkeeper: Elliot Carwadine

Right back: Daniel De Lima

Centre backs: Sid Malhotra and Will Foristal

Left back: Harry Evenden

Defensive midfielders: Jack Armson and Josh Stern

Attacking midfielder: Rob Sudzum

Left-winger: Sam Immerschmitt

Striker: Lachlan Sward

Right-winger: Adam Khalaf

Substitutes: Elijah Berghofer, Ned Bisset, Asel Dehsabzi, Sebastian Pendleton, Zakee Qasim and Harrison Wade.

The First Half: EBHS came close to scoring in the 3rd minute when right-winger Adam Khalaf played a low cross into the box, delivering the ball to the feet of striker, Lachlan Sward, who kicked it just wide of the goal.

The score would remain 0-0 until the 10th minute when left-winger Sam Immerschmitt managed to get past two defenders on the left flank, ran towards the box and passed the ball across the goal to Lachlan Sward, who slammed it into the back of the net to give Epping the early lead. Immerschmitt would continue to break through the opposition's defence throughout the entire first half.

The 13th minute saw centre back, Will Foristal, (recently returned from injury) play a magnificent long ball to winger, Adam Khalaf. The play was broken down resulting in EBHS being awarded a corner.

As Epping continued to dominate possession of the ball, an opportunity to double their lead arose in the 22nd minute. Attacking midfielder, Rob Sudzum, positioned on the edge of the box, used his dazzling skills to confuse the opposition. He took a shot, which took a slight deflection off the opposition's centre back – straight into the goal!

Four minutes later, John Edmondson High stepped up their game, increasing their possession. Their No.10 weaved through two EBHS midfielders with an impressive 'roulette spin' but it wasn't long before the latter resumed their dominance.

Goal No. 3 for EBHS came in the 33rd minute as centre back, Sid Malhotra, played an exquisite over-the-top through ball for Sward, who took a few touches and then slotted the ball away into the bottom left hand corner. At half time the score was 3-0 to Epping.

The Second Half: After a counter attack on a John Edmondson corner in the 39th minute, EBHS won a corner of their own. Defensive midfielder, Josh Stern, whipped in the corner allowing centre back, Will Foristal, to head the ball out for an opposition goal kick. In the 47th minute EBHS had a shot from the edge of the box, which was stopped by an acrobatic save from the opposition's goal-keeper. One minute later the crowd went wild when Harry Evenden 'razzed' his defender by using his spectacular skill to 'nutmeg' his opponent. In the 50th minute, John Edmondson High made a double substitution in order to try and help their attack.

A couple of minutes later EBHS followed suit: Right back, Daniel De Lima, and defensive midfielder, Josh Stern, made way for Elijah Berghofer and Harrison Wade. Berghofer made an instant positive impact on the game with several tackles that stopped the opposition in their tracks. In the 54th minute, EBHS would score their fourth and final goal. For Sward it meant a hat-trick, for his team a resounding victory. Coming from the right flank the striker dribbled into the box, kicking the ball near post into the goal. After some controversy, with the opposition claiming the ball had hit the side net, the goal was awarded.

John Edmondson's greatest opportunity to score came soon after. Their number nine used his incredible pace to break EBHS's defence, taking a powerful shot that sailed over the crossbar. In the 61st minute Epping made a triple substitution. Rob Sudzum, Harry Evenden and Lachlan Sward came off and were replaced by Sebastian Pendleton, Zakee Qasim and Asel Dehsabzi. At 70 minutes the referee blew the whistle for full time. The final score was 4-0 to EBHS, who have now booked their spot in the final of the Puma Football Cup.



Adam Khalaf on the ball for EBHS



Will Foristal launches a long ball



Sam Immerschmitt sprints past his defender



It was a quiet day in the office for EBHS goalkeeper, Elliot Carwadine



The man responsible for the nutmeg, Harry Evenden



Hat-trick hero Lachlan Sward goes for goal



Corner specialist, Josh Stern

By James Ofosu-Asamoah

Photos by Kelby Govender

EPPING BOYS HIGH SCHOOL

213 Vimiera Road, EASTWOOD, NSW 2122
Ph: 9869 2701 Fax: 9868 1198 Email: eppingboy-h.school@def.nsw.edu.au
Principal: Timothy O'Brien, BEc, Dip Ed



Dear Parents/Carers,

Epping Boys High School has had a long tradition in sporting success, as well as high participation rates. Despite this, the safety and welfare of your son, especially in regards to sport is our highest priority.

To ensure that we are meeting our duty of care for your son, there have been amendments made to the wet weather/BYE round policy, as well as leaving school to attend medical appointments on a Wednesday afternoon.

In the event of your son's particular sport being cancelled due to wet weather or a BYE round in the competition:

Year 7-11: Will be supervised by their teacher at school until **2:15pm**.

Year 12 (Wet Weather): As sport is not compulsory and students are choosing to participate, they may sign out and go home

Year 12 (BYE round): If their coach holds a training session, students in the team must attend. If there is no training, they may sign out and go home.

If your son needs to sign out of school to attend a medical appointment on a Wednesday afternoon, they must arrive at school with a written parental note and have it **signed by a deputy principal** before roll call. They may schedule one medical appointment on a Wednesday afternoon per term only.

If students attempt to get their note signed after the permitted time or try to leave later in the day, they will not be given permission by the school.

The above measures are in place to ensure the safety and welfare of your son.

Regards,

Tim O'Brien
Principal
11 August, 2016

Tony Nelson
Sports Coordinator



Sydney's largest school holiday program returns this spring school holidays! There are 60+ fun-filled activities to keep kids active, outdoors and entertained. A range of activities are free or under \$25, making it affordable to discover Sydney's most exciting playground this holidays.

Archery - Kids on Target & Little Archers
All Day Holiday Recreational Program
Science, cooking, writing workshops
Gymnastics
Circus Skills & Flying Trapeze

Futsal - Indoor Soccer
Park Patrol - Mighty Minibeasts
Sport & adventure camps
Operation Art
... and lots more

Full details at www.kidsinthepark.com.au

It would be greatly appreciated if you could include the above activities in your school newsletter.

Kind regards

Sydney Olympic Park Team

School Holiday Program



News from Social Sciences

We can't believe we are already past the half-way point in Term 3! Our Year 12 HSC students are almost at the end of their senior studies and are starting final preparations for the HSC examinations. The Preliminary year is fast coming to an end and we wish Year 11 the best of luck as they complete their revision programs for the upcoming examinations. We advise students to make contact with their teachers to utilise their expertise to assist with their preparations.

Teaching and Learning Fun

In May, approximately 60 students participated in the **Australian Geography Competition**. We have recently received the results and are pleased to announce that students at EBHS achieved the following results: 2 High Distinctions, 10 Distinctions and 16 Credits.

A special mention to Kevin Li in 7C and Oden Pederson in Year 9 for their High Distinctions. We are waiting for the arrival of the official certificates that will be presented at a morning assembly. Congratulations to all the boys who participated.

Year 9 Commerce students have recently been engaged in a very creative assignment as part of the *Running a Business* topic. A recount of the exciting task and some excellent examples are pictured below. Well done to Dylan, Jason and Gerry on their advertisements.

In the Oporto Running a Business topic our task was to create a business report, as well as a TV commercial or poster advertising a new burger we had to design for Oporto.

The assignment was a great way to teach us about marketing and formatting business reports. It was an interesting project as we had a lot of room to add our own ideas and creative burger recipes to the assignment.

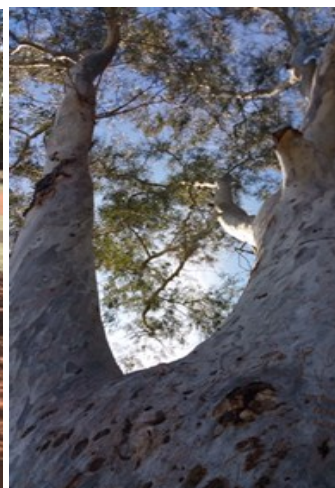
The advertisement section of the assignment was a great addition as it pushed me, as well as others, to make videos that we would not normally make, therefore picking up filming and editing skills along the way.

The great thing about this assignment was its relation to the real work, as well as the freedom it gave us to add our own creativity to the assignment.

Cody C – Year 9 Commerce



Extra-curricular activities geoSNAPS!



We have seen a very successful introduction of the **geoSNAPS** photography competition that gives our Middle School geographers a chance to supplement their learning with visual representations of objects and landscapes related to Geography.

The theme for the first week was “trees” and we received some excellent images. The winner for this week was Harrison H of Year 10 for his photograph of a tree from the grounds of EBHS that included names of students past and present inscribed on it.

Harrison's winning photograph is pictured below along with him receiving his certificate and prize. A collection of the best entries from each week are located on the noticeboard opposite H23.

To join the competition students must sign-up to the Google Classroom. The code is available from Geography teachers in the Social Sciences staff room.

A reminder for all Commerce students, that the second edition of the **ASX Share Market** game is currently underway. Students should have received their log-in details from their Commerce teachers.

EPPING BOYS HIGH SCHOOL

213 Vimiera Road, EASTWOOD, NSW 2122
 Ph: 9869 2701 Fax: 9868 1198 Email: eppingboy-h.school@det.nsw.edu.au
 Principal: Timothy O'Brien, BEc, Dip Ed



Dear Parents/Carers,

Epping Boys High School has always had a strong tradition of sport and has always encouraged the philosophy of "Healthy Mind, Healthy Body".

At Epping, we encourage the idea of commitment and support of colleagues and friends in all aspects of school life. We also however, appreciate the demands that are placed on students, especially in Year 12, to achieve their best in the HSC studies and how using time effectively to pursue these studies is an important factor.

Next term, your son will commence Year 12. In Year 12, sport is not mandatory. However, boys wishing to participate in sport are still given every opportunity to do so. As such, we are seeking a commitment from both the boys, and you as parents/carers, to either commit fully to your son's participation in sport or to his participation in study time (at home or local libraries) for the remainder of your son's time at Epping Boys High School.

Non-sport time should be used constructively to enhance studies and not be seen as a period of time for social outings. Similarly, a commitment to sport and a sporting team is just that and requires full attendance at all matches or activities.

Please complete the following form indicating your son's and your own commitment to either option and return to the school so that arrangements may be made for the upcoming sporting season. ***NOTE: For the remainder of term 3, if your son chooses to not participate in sport, he is to remain at school during sport time as he is still in Year 11 and can use this time for homework and Yearly exam study. The option to go home will commence in term 4, at the start of his Year 12 study.**

Regards,

Tim O'Brien
 Principal
 11 August, 2016

Ian Lowcock
 Deputy Principal Senior School

✂ Please return this form to Mr Lowcock by Tuesday 16 August 2016.

Son's Name: _____ Roll Call: _____

	Yes	No
Both my son and I fully commit to participating in sport for the summer season.	<input type="checkbox"/>	<input type="checkbox"/>
Both my son and I fully commit to participating in sport next winter season.	<input type="checkbox"/>	<input type="checkbox"/>
Both my son and I fully commit to not participating in sport and agree for him to stay at school for term 3 2016 and to leave school at noon each Wednesday from term 4 2016	<input type="checkbox"/>	<input type="checkbox"/>

NB: Boys may remain at school to do private study if they wish in term 4. If they elect to remain, they must sign in and out at the Library.

Parent Signature: _____ Date: _____

Parent Name: _____
 (Please Print)



Additional English lessons are being offered to assist students in Years 11 and 12 who are doing Standard and Advanced English.

These lessons will be beneficial for revision especially as boys head toward Year 11 exams and the HSC.

We especially encourage boys who would like to improve the quality of their narrative and writing styles to attend.

Class	Day	Time	Venue
Advanced English	Monday Week B	From 7.30am - 8.30am	K24
Standard English	Monday Week A	From 7.30am - 8.30am	K24

Community Notices



MACQUARIE ADHD Parent Support Group

Supporting parents of children & teens with ADHD, learning difficulties, and co-existing conditions.

Dr Amanda Mullin

Clinical Psychologist & Director of Mindworx Psychology

Impact of Anxiety on Learning Difficulties & ADHD

We all experience anxiety from time to time, but certain symptoms of anxiety can exacerbate or masquerade as ADHD symptoms, particularly restlessness and concentration problems.

We know that anxiety can lead to:

- (1) increased social difficulties and relationship issues
- (2) challenges in attention, processing concepts or remembering facts
- (3) sleep issues, weight problems and school refusal

Understanding more about the different types of anxiety, and some of the different causes such as underlying learning difficulties, cognitive overload, social skills deficits, thinking styles can help parents identify anxiety and help their children.

In this talk, Amanda will provide some practical ideas on how to identify anxiety and tips on what parents can do to minimise the impact of anxiety on ADHD.

WHEN: Thu 1 September 2016
TIME: 7.00pm – 9.00pm
VENUE: Dunmore Lang College, (adjacent to Macquarie University)
130-134 Herring Road, North Ryde, NSW 2113

*Nearest cross street: Waterloo Rdnear Macquarie Uni railway station.
Both street and off-road parking. Allow extra travel time for congestion.*

RSVP: Tue 30 August 2016
DONATION: \$5.00 for catering

Hear professional speakers and meet other parents over supper. Lots of question time.
All welcome – parents, teachers and professionals

ADHD Centre Helpline

Ph: 02 9889 5977 / 0416 111 036
Email: info@macquarieadhd.org.au

EASTWOOD HEIGHTS
TRUTH THROUGH KNOWLEDGE

Fireworks FUNdraiser

3pm Saturday September 10, 2016
Lincoln Street, Eastwood

- Performances • Aussie Wildlife Show • Face Painting
- Sideshow Games • Rides • Silent Auction
- Stalls • Lots of Great Food • **7.15pm Fireworks**

A gold coin donation to support our school would be appreciated

Proudly supported by:
 Heath Dockary
 cornerstone EASTWOOD
 PIZZA HUT EASTWOOD

Stringfest Festival

The Northern Sydney Youth Orchestra (NSYO) is inviting **String players**, of Primary, High School & University age to attend the **Stringfest Festival**, a special musical event, directed by renowned British music educator and conductor **Alan Broadbent**.

Venue: St Albans, 3 Pembroke St. Epping

Date: Oct 29th, 30th (Sat/Sun)

Time: 12.00-5.00 (Sat), 1.00-5.00 (Sun)
Concert 5.00-5.45pm Sunday (friends & family)

Players need to be at AMEB Grade 2 or above.
To register, please visit: <https://www.trybooking.com> and search NSYO
Cost: \$60 (non-members), \$50 (members)

Or for further information visit: www.nsyo.org.au

NSYO
NORTHERN SYDNEY YOUTH ORCHESTRA

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting:
Epping Baptist Church
Corner of Ray and Carlingford Roads

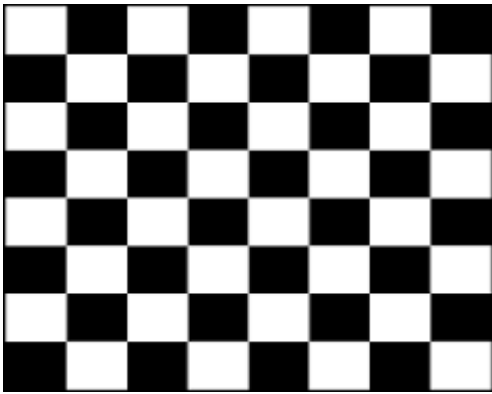
Monday 12 September 1.30pm – 6.30pm
Tuesday 13 September 8.30am – 1.30pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate
Eat! Have a good sized breakfast or lunch
Please bring photo I.D. with you

To make an appointment call 13 14 95 or visit donateblood.com.au



@ EBHS



Chess Club is located in K23 during lunch time on Monday, Tuesday, Thursday and Friday. No experience necessary. Come along and make new friends.

ALL WELCOME



Dr Who Club
Friday during lunchtime in K04



See Ms Lane in the science faculty for more information

ALL WELCOME



Need Help with Homework or Assignments...

Come to the Homework and Learning Centre

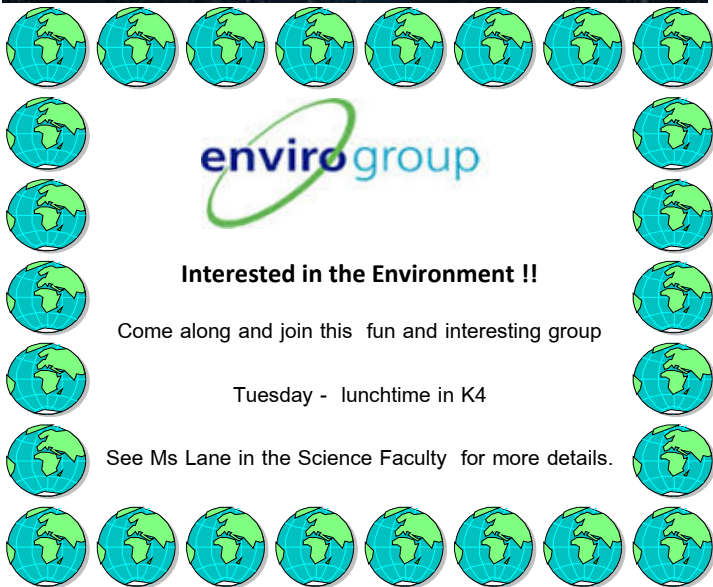
Extra help with homework and assignments is available at the Homework and Learning Centre

School Library

Monday afternoons 3 .30pm - 4.30pm

See Miss Morabi in C Block for more information or

Mrs Frank in the office for a permission note



envirogroup

Interested in the Environment !!

Come along and join this fun and interesting group

Tuesday - lunchtime in K4

See Ms Lane in the Science Faculty for more details.



Epping Boys High School
is on Facebook



STEAM

ScienceTechnologyEngineeringArtsMathematics

STEAM challenges students to solve the problems of the future in a creative way supported by evidence and first-hand research.

All students are welcome to come along and change the world on Tuesdays at lunch time in K07.

See Mr Leggo in Science

EPPIC EATS MENU & PRICE LIST 2016			
BREAKFAST:		SALADS:	
Hash brown	.80	Salad Only Plate (Order Only)	\$3.20
English Muffins Ham & Cheese	\$1.30	Salad with Protein Plate (Order Only)	\$3.80
Herb & Cheese Toastie (Thursday's)	\$1.30	Pasta Plain Salad (Term 1 & 4 Only)	\$3.20
Hot Chocolate (Term2&3 only)	\$2.80	Pasta Chicken Salad (Term 1 & 4 Only)	\$3.80
		SAUCES:	
HOT FOOD:		Tomato	.30
Chicken Fillet	\$2.70	Mustard	.30
Chicken Corn Roll	\$2.70	Sweet Chilli	.30
Sausage Roll	\$3.00	BBQ	.30
Spinach & Cheese Roll	\$2.70		
Pizza Rounda	\$2.70	DRINKS:	
Hot Dog	\$2.70	Water (600ml)	\$1.00
Hot Noodles- Chicken/Oriental	\$3.00	Water (1.5 Lt)	\$2.90
Chicken Burger	\$3.70	Pump Water (750ml)	\$3.50
Vegie Burger (Order Only)	\$3.70	Fruit Juices (350mls)	\$2.60
Pork Rib Roll (Friday only)	\$4.00	Juice Poppers	\$1.20
Lasagne	\$3.70	Up & GO	\$2.20
Beef Meat Pie	\$3.70	Oak Flavoured Milk (600ml)	\$3.20
Curry Pie	\$3.70	Oak Flavoured Milk (300ml)	\$2.20
Pizza Pie	\$4.20	Rush Flavoured Milk (latte, Mocha)	\$3.20
Butter Chicken Pie	\$4.20	Pura Plain Milk (600ml)	\$2.20
Vegetable pastie	\$3.70	Lipton Iced Tea	\$3.40
Hot Special Roll of the day	\$4.00	Okf Sparkling	\$2.20
		Appletiser	\$2.20
COLD ITEMS		ICE BLOCKS & ICE CREAMS:	
Sandwiches	\$3.20	Zooper Dopper	.50
Wraps	\$3.70	Frozen fruit cups	\$1.00
Chicken Caesar Roll	\$3.70	Tnt	\$1.00
ADD FOR TOASTED	.50	Juicie	.80
ADD EXTRA FOR 2 OR MORE PROTEINS	.40	Moosies	\$1.20
Protein Fillings are:		Yogo Snapz	.60
Chicken, Corned Beef, Ham			
Roast Beef, Plain Egg, Curried Egg		SNACK ITEMS:	
Tuna or Cheese		Toasted Garlic Tortilla	.80
Salad Fillings are:		Lamington	\$2.90
Lettuce, Tomato,		Mega Muffins	\$3.90
Carrot, Cucumber, Capsicum		Brownie	\$2.20
Mixed salad leaves & Celery		Jelly	\$0.50
Condiments:		Koala Popcorn	\$1.80
Pesto, Mayo, Pickles, Mustard		BBQ Snaps	\$1.80
Chutney, BBQ & Tomato Sauce		J J snacks	\$1.80
		Jumpy's	\$1.20
		Rice Cracker Mix	\$1.20
		Mamee Noodle Snacks	\$1.20



ABN 76 069 733 455
 35 Garema Circuit, Kingsgrove NSW 2208
 Telephone: (02) 9758 5588 Fax: (02) 9758 5566
 Email: daylight@daylightcorp.com

Epping Boys High School Uniform Shop

Price List

Name: _____ Year: _____ Date: _____ Rec# _____

Item	Price \$	Size	Qty	Total incl GST
Tailored Trousers	43.00			
Grey Beltloop Shorts	35.00			
S/S Grey Middle School Shirt	30.00			
L/S Grey Middle School Shirt	33.00			
S/S White Senior School Shirt	30.00			
L/S White Senior School Shirt	33.00			
Jumpers				
Green Wool Jumpers 10 – 16	72.00			
Green Wool Jumpers 18 – 22	72.00			
Green Wool Jumpers 24 – 28	72.00			
Sport / PE				
Microfibre Jacket	65.00			
Winter Jackets	65.00			
Trackpants	40.00			
Sport Polo	35.00			
Sport Shorts Darvall	26.00			
Sports Shorts Harris	26.00			
Sports Shorts Terry	26.00			
Sports Shorts Midson	26.00			
Others				
School Socks	7.50			
Rugby Socks	8.00			
Boys Blazers	110.00			
Bottle Caps	12.00			
Middle School Tie	20.00			
Senior School Tie	20.00			
Total to Pay				

We accept cash and credit card – eftpos facility. **Cheques will not be accepted.**

The Uniform Shop is open:

Monday 10.00 am until 2.00 pm
 Thursday 7.30 am until 11.30 am

The Uniform Shop is located in G Block. If you have any queries, please contact Delma Marsden on 0451 255 624

EBHS CHANGE OF STUDENT PERSONAL INFORMATION

Student First Name: Student Surname..... Roll Class

Previous Address:
..... Date Address Changed:

New Address:
..... Post Code:

Home Phone:

Parent/Guardian 1: Work Phone: Parent/Guardian 1: Mobile

Parent/Guardian 1: Email:

Parent/Guardian 2: Work Phone: Parent/Guardian 2: Mobile:

Parent/Guardian 2: Email:.....

Emergency Contact 1 (someone other than Parent/Guardian)

Name: Emergency Contact Phone:

Relationship to Student (eg Aunt, Friend):

Emergency Contact 2 (someone other than Parent/Guardian)

Name: Emergency Contact Phone:

Relationship to Student (eg Aunt, Friend):

Parent/Guardian Name:

Parent/Guardian Signature: Date:

OFFICE USE ONLY	<input type="checkbox"/> ERN	<input type="checkbox"/> Green File	<input type="checkbox"/> BOS	<input type="checkbox"/> Transport
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SMS NOTIFICATIONS

Absences

If you receive a text regarding your son's absence, please only reply if he is sick or on leave.
If you believe your son is at school or on a school excursion etc., please telephone the school on 9869 2701.

General SMS Information

Due to the SMS system we have, all text messages are sent in bulk from the computer. We are unable to reply to any text messages we receive. If you have any queries about an SMS please phone the school on 9869 2701.

Notification of Absence

If your son is going to be absent, please call the school ASAP and upon return, please use the following form to explain your son's absence. NB: Early Leavers form should be submitted to the Front Office in the morning before 9.00am. Any other notes are to be submitted during roll call or handed to the Front Office.

If your son will be away for five or more days, an application for extended leave/travel form must be filled out and submitted to the Principal two weeks prior to absence. Forms may be collected from the Front Office.



NOTIFICATION OF ABSENCE

Student Surname: Given Name: Roll Class:

WHOLE DAY ABSENCE Date(s): LATE ARRIVAL Date:

EARLY LEAVER Date: Departure time:

Reason for absence:

Parent/Guardian Name: Parent/Guardian Signature: Date:
(Please Print)