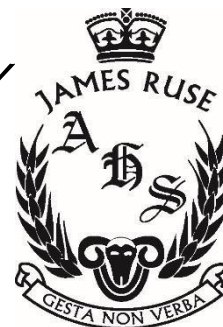


James Ruse Agricultural High School

NEWSLETTER

Web Site <https://jamesruse-h.schools.nsw.gov.au>



Issue 32 of 2018

Friday 9 November 2018

Principal's report

Congratulations Stella Jeong (Yr 7) who was awarded her prize for becoming the state winner of the Australian History competition.

Congratulations also to Charlie Yang (11) who has been asked to represent NSW at the National Schools Constitutional Convention in Canberra (NSCC) from 19 - 21 March 2019. We wish Charlie well in this fabulous opportunity.



Stella Jeong

Last weekend a beautiful concert was held to celebrate the life of Richard Gill. Our very talented, Eunice Cheng (11) was the concert master of the Young Mannheim Symphonists who performed Symphony No.1 in C major, Op. 21, composed by Beethoven. This is a spectacular honour for a student.

Congratulations Eunice!



Eunice Cheng



In week 6, our prefects will introduce a Mental Health Awareness Day. This new initiative aims to increase our awareness of mental health issues in young people and shares ways of reducing stress and building resilience.

World Mental Health Day - 10 October - is a day for global mental health education, awareness and advocacy. An initiative of the World Federation for Mental Health to raise public awareness of mental health issues worldwide.

Mental Health Australia is delighted to be leading the World Mental Health Day campaign in Australia. As the peak not-for-profit organisation representing the mental health sector in Australia, Mental Health Australia has a focus on ensuring the whole community recognises the part we all play in creating a mentally healthy society.

Do You See What I See? challenges perceptions about mental illness in Australia and encourages everyone to look at mental health in a more positive light, in an effort to reduce stigma and make way for more people to seek the help and support they deserve.

Stigma around mental illness due to misunderstanding or prejudice remains an issue in Australia, delaying or preventing people from wanting or feeling able to seek help, and impacting adversely on their lives.

Misconceptions and misrepresentations about those experiencing mental illness are damaging to people's lives. They may include references to people affected as being 'scary', 'comical', 'incompetent', 'weak' or 'hopeless' and can appear anywhere, from in the media and the arts to conversations we have at work, school or home.

The reality is the vast majority of people affected by mental illness are able to lead independent and contributing lives in the community, with the right treatment and support. With one in five Australians affected, they form part of our close circles of family, friends and colleagues, and interact with us in our communities every day.

It's time to look at mental illness in a different light - a positive light.

Colour and Life, Resilience, Determination, Strength, Perseverance, Bravery, Recovery, Hopefulness, Courage, Contribution and more.

Reference: <https://1010.org.au/about/>

<https://www.ruok.org.au/how-to-ask>

The RUOK site provides fabulous advice on starting a conversation to "ask how someone is?"

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or colleague open up. If they say they are not ok, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask.



1. Ask



2. Listen



**3. Encourage
action**



4. Check in

Please check in with your children on a regular basis. If you ever need support please contact us at school or use one of the many services available - <https://www.lifeline.org.au/>.

On Monday 3rd December we will share and celebrate our End of Year concert at The Concourse @ Chatswood. This event is the highlight of our Musical calendar.

S A V E the D A T E
End of Year Concert
Monday 3rd December 2018
The Concourse, Chatswood
6:30 - 9:00pm

Coming Events

Week 5B

Monday 12th November

Tuesday 13th November

Year 7 and 9 Exams

Meet and Greet Interviews for Year 7 2019

Year 12 Formal

Year 12 Sign Out Day

Year 10 Urban Challenge Briefing

Week 6A

Monday 19th November

Tuesday 20th November

Assembly P3

Mental Health Awareness Day (a new Prefect initiative)

RAP-P Conference Room

Year 8 APSMO

Wednesday 21st November

Thursday 22nd November

Year 10 Urban Challenge

Year 10 Urban Challenge

Combined Mothers' Club and CoJR P&C Meeting

8LT Beach Day

Friday 23rd November

Year 10 Urban Challenge

8AK Beach Day

SW Futsal - Year 7 and 8 students

Have a wonderful week.

Megan Connors

2018 Australian Night of Mathematics

On Tuesday evening, 6th November, Ms Samy-Pullay and I attended an Enrichment workshop and the awards evening for the Australian Mathematics Competition. It was wonderful to see the success of our students recognised in this ceremony.

Mrs Weber also received a nomination for the AMT Teacher Award.

Congratulations to the following students:

2018 AMT Inspiring Student Award

This award was for a participant in the 2018 AMC who inspired support to their peers in the learning and enjoyment of mathematics and algorithms.

Yasiru Jayasooriya (10) was a deserving recipient of this award.

Yasiru conducts regular before school classes for Year 8 students to help them prepare for the Olympiad exams.

Congratulations Yasiru.

Best in State Trophy Awards went to

Jerry Li (7), Jie Rui Zhang (8), Jason Leung (10) and Linus Cooper (12).

AMC High Achievers went to

Mitchell Li (7), Leo Li (7), Jiefu (Jeff) Lu (8), Estella Huang (9), Haibing Wang (9), Alexander Phan (10), Winston Huang (10)

The Cheryl Praeger Award for the top female student went to

Estella Huang (9)

We are all very proud of our students and their amazing success. Congratulations to you all.

Margaret Ramsay

Teacher Mathematics

Music Update

End of Year School Concert - The Highlight of the James Ruse Musical Calendar

End of Year School Concert
Monday
3rd December 2018
The Concourse, Chatswood

Our fantastic James Ruse bands along with our very talented Elective music students will be performing on the night. The wonderful Year 7 Choir will also be performing for the first time! Tickets are \$20 and are now available on Tuesdays, Wednesdays & Thursdays from the Accounts office. Please see MRS ELTON.



School Counsellor Update

RESOURCEFUL ADOLESCENT PROGRAM - FOR PARENTS (RAP-P)

WHEN:

Week 6 20/11/18 Tue from 9:30 to 11:30 a.m.

Week 7 27/11/18 Tue from 9:30 to 11:30 a.m.

Week 8 7/12/2018 Fri from 9:30 to 11:30 a.m.

WHERE:

At the Conference Room, Barrengarry House (The Admin Block) (upstairs), James Ruse.

The RAP-P will help you to assist your child to bridge the gap from primary school and childhood to secondary school and adolescence.

RAP-P is for parents of adolescents and the program invites parents to meet, share suggestions and develop positive strategies for enjoying these transition years with your adolescents. Over the three sessions we will cover the following topics:

- **Parents are people too:**

We identify our strengths and ways to manage our stress

- **What makes our Teenagers Tick:**

We learn to understand teenage dilemmas and help teenage development.

- **Positive Family Relationships:**

We learn how to prevent and manage conflict.

Outcomes of the RAP-P

Parents will:

- Learn how to continue to assist their child in the transition to secondary school
- Develop confidence in their parenting skills
- Learn how to manage their stress
- Explore ways to improve the self-esteem of their teenagers
- Learn how to balance their child's needs for both independence and security
- Practise how to prevent and manage conflict with their teenager

If you are interested, please complete the form below and return the form and the \$15.00 (booklet for the workshop) to the accounts office on or before 9/11/2018.

Thank you in advance for your interest in the RAP-P workshop.

Gabriel Wong
School Counsellor

FORM TO BE RETURNED

My name is _____, and my son/daughter is in Yr _____

I will be attending the Resourceful Adolescent Program - for Parents

Signature: _____ Date: _____

Email: _____ (PLEASE PRINT)

Library News

As we approach the end of the year I would like to remind all students that they need to return their overdue Library books. If you have lost a book you will need to see me so that we can replace the book.

In Week 8 we will have unlimited borrowing for the holidays.

A big thank you goes to all our mothers who volunteer to come in and cover our books. Not only does it save us time, but this year alone, by covering the books the mothers' have saved us around \$7000. This money can be spent on more resources for your children.

On Thursday 29th November we will be having one of our largest book covering days to cover the new Mathematics text books. If time permits, please come.

Ms Bowen
Teacher Librarian



Maths books for covering

PE News

Congratulations to the following boys who made the Hills Zone Boys Softball Team.

David Wang	James Ruse
Ramanesh Mahendran	James Ruse
Michihiko Killalea	James Ruse
Joshua Kim	James Ruse
Jash Patel	James Ruse
Sharang Sawleshwarkar	James Ruse

A fantastic achievement.

We wish you all the best for the Sydney West Championships on Tuesday 27th November.

Peter Low

Sports & Carnival Organiser



Inaugural Ruse Bake Day

When: Tuesday December 4 Recess & Lunch

Where: Quad

On the Year 7 Orientation Day, P&C likes to showcase the whole school's hospitality and strong community spirit to the incoming Year 7 students and their families by hosting a Food Event. Over the years we have had Indian/Sri-Lankan Food Days and last year we tried something different by having a Cake Day. It was hugely successful and allowed all parts of the community, parents, staff and students the opportunity to demonstrate their baking skills by creating wonderful cakes and sweets to be sold whilst also raising funds for the school.

However, as P&C always tries to improve by listening to feedback, we felt the need this year to expand the food range for the day and call it a **BAKE DAY** so we can also capture both sweet and savoury bake chefs amongst us. Many children discovered their hidden baking talents last year.

The types of items we are looking to sell are as follows:

Quiches, cookies, cupcakes, cake pops, Macarons, Mochi, fairy bread, spring rolls, curry puffs, egg tarts, fruit cups, jelly cups and anything else that you might think is fun, festive and summery.

Parent volunteers to help sell all these goodies would be welcome and much appreciated. Everyone is welcome & for whatever time you can give us.

Please email us with your name & availability.

Ms Mayers will have cake boxes again if you need them for easy transportation and display. Please try to use tin/plastic disposable containers, but if you want to use your own plates and boxes please make sure they are labelled clearly with name and roll class.

All ingredients must be listed with the goodies. Remember - NO NUTS!

Next CoJR P&C Meeting is combined with Mothers' Club

When: Thursday November 22 9:45am

Where: Lecture Theatre

Our next CoJR P&C meeting is a Combined Meeting with Mothers' Club. Please join us at that meeting as this will be an excellent opportunity to meet both CoJR P&C and Mothers' Club committee members at the same venue at the same time.

We will also be incorporating Ms Connors' Farewell Party in this meeting. Please join us to farewell Ms Connors in person as we wish her every success as she takes up her new position in 2019.

Annual School's Parent Volunteers' Morning Tea

When: Wednesday November 28 9:30am

Where: Staff Common Room

All parents who have helped in any way in the School are invited to come. This will be another opportunity to personally farewell Ms Connors before she leaves

2018 NSW Curriculum Review – Have Your Say

www.nswcurriculumreview.nesa.nsw.edu.au

The NSW school curriculum is under review. Consultation period is between Sept 3 – Nov 30.

As a united front, we ask the Community of James Ruse to actively take this opportunity to voice our views to NESA, specifically supporting the benefits our students are having by being in a co-educational selective school environment. Submitting as many specific and personal examples of the co-educational selective school experience will help NESA understand how much a selective school education is still a valuable and relevant educational pathway for future gifted and talented children and needs to continue in the NSW Curriculum and National Curriculum.

Quick feedback link: <https://bit.ly/2Q5S0g6>

Online Submission link: <https://bit.ly/2M61Dbj>

Yvonne Lo

President, CoJR P&C

E: cojr12@gmail.com

Mothers' Club News

Combined Mothers Club & COJR general meeting

Date: Thursday 22nd November 2018

Time: 9:45am

Venue: Lecture Theatre

The annual combined Community of James Ruse and Mothers' Club meeting will be held on Thursday 22nd November.

Head Teacher English Ms Melissa Schultz and Head Teacher Maths Ms Heather Weber will talk us through the changes in the syllabus which will be implemented next year. We anticipate that the changes will cause concern for every parent, so please come along, be informed and avoid the stress of having to spend more time on researching later.

As usual a delicious morning tea will be served at the end of meeting. This is an ideal opportunity to get to know each other, socialize and catch up with each other!

Book Covering

It has been disappointing to see fewer parents coming to help with book covering lately. We are not only covering the books for our own kids, we are also saving money for our school. It would cost the school approximately \$2 per book if we had to outsource the job.

Please send us an email to cojrmothersclub@jamesruse.com.au if you can spare couple of hours on Thursday mornings and we will add you onto our notification mailing list.

Thank you.

Marissa Li

President, CoJR Mothers' Club