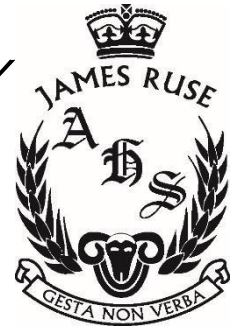


James Ruse Agricultural High School

NEWSLETTER



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

Issue 33 of 2018

Friday 16 November 2018

Principal's report

On Monday night we celebrated our Year 12 Formal. This was a lovely night shared with our very happy, relaxed year 12 students. Enormous gratitude must go to Mr Morgan Gengiah and Mr Daniel Hutchinson, our year advisors and the Year 12 formal committee who organised such a wonderful event in the special surroundings of Taronga Zoo.



A few photos from the formal night

This week we also conducted our Year 7 Meet and Greet interviews. This allows us to get to know our future students and their parents and allows the families to begin to learn about our James Ruse culture. We have had fabulous conversations with our articulate, creative and talented new students.

Our new advisors, Ms Sophie Belevski and Ms Ally Korch, Ms Novotni, Ms St Louis and I have been interviewing all students with the help of our year 10 students - who have once again performed brilliantly.

Thank you to our year 10 students and Mrs Ramsay for helping with the interviewing and assisting our new parents.

Thank you also to Mrs Hayes for her superb organisation of the event, Mrs Parker, Mrs Kunz and Mrs Liddell for their wonderful expertise.

Thank you also to Mrs Wong and our fabulous uniform shop volunteers who all worked so hard for the 3 days. Thank you also to our Mothers' Club team who greeted all our new families, sharing information and contact details.



Our junior students have now completed all exams - well done. It is important that all students ensure they are completing all assignments and assessments and classes will continue with our next units of work.

On Wednesday 28th November, we will hold our annual **Thank you Morning tea** for all our parent volunteers. Everyone that has helped run our events, worked in the uniform shop, covered books, participated in food days, helped out in Mothers' Club and the CoJR P&C is very welcome to attend. This will be my opportunity to thank all our parents for the wonderful support I have been given as Principal of James Ruse.

Year 10 will be completing the Urban Challenge next week. The Urban Challenge aims to develop the social and emotional skills of our students by encouraging them to collaborate to solve real world problems in an authentic environment. More information can be found at <http://www.theurbanchallenge.com.au/>. Older cohorts have stated that this excursion was one of the best experiences they have ever had at school.

The Urban Challenge provides the ultimate real-world experience to over 7,000 school students every year.

Small teams, each with a teacher and an Urban Challenge guide, embark on a fast-paced unfolding adventure through Sydney and its surrounds. Teams must complete urban-flavoured activities, clue chases, meal preparation, go-discover challenges and much more along the way. Each team member has a functional role that contributes to the running of the team (such as Photographer, Navigator, or Team Leader). Participants must work together to take actual responsibility for their own money, transport, timings and meals.

Parts of our Challenge are run via our interactive website where teams are required to upload blogs and photos and check-in for their next day's itinerary and activities. In addition to this we have a Program Page for those at home wanting to keep track of what the teams are up to, allowing parents and caregivers the chance to participate from home or check out the daily blogs and photos as they are uploaded.

On multi day Challenges, our teams will stay in YHA youth hostels and other city group accommodation overnight enabling participants to experience this style of accommodation in a supervised and structured way.

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 6A

Monday 19 th November	Assembly P3
Tuesday 20 th November	Mental Health Awareness Day (a new Prefect initiative) RAP-P Conference Room Year 8 APSMO
Wednesday 21 st November	Year 10 Urban Challenge
Thursday 22 nd November	Year 10 Urban Challenge Combined Mothers' Club and CoJR P&C Meeting 8LT Beach Day
Friday 23 rd November	Year 10 Urban Challenge 8AK Beach Day SW Futsal - Year 7 and 8 students

Week 7B

Tuesday 27 th November	Year 11 / HSC Assessment week RAP-P program
Wednesday 28 th November	Thank you Morning Tea for our parent volunteers 9.45am in the staff common room.
Thursday 29 th November	Year 7 Gala Day v Cumberland HS
Friday 30 th November	Year 7 Medieval Show

Have a wonderful week.

Megan Connors

Debating News

On Friday, the Year 7 debating team competed in the Premier's Debating Challenge Regional Final against Baulkham Hills High School.

It was a very close debate about "Whether or not we should force political parties to have equal numbers of men and women".

Both teams presented very compelling arguments and James Ruse was awarded the win.

Congratulations to the Year 7 debaters!

Milena Romic
Teacher English



Jennifer Liu, Darshanik Aryal, Iqra Razzak, Tina Ouyang

Maths Update

2018 AMC Medallists Ceremony

The success of our students was once again celebrated on Thursday 8th November.

Congratulations to Linus Cooper (Year 12), Jason Leung (Year 10) and Jerry Zhang (Year 8) who were presented with an AMC medal for achieving a perfect score in the Australian Mathematics Competition.

The medals were presented by The Governor of NSW, His Excellency General, The Honourable David Hurley at Government House.

It was wonderful to be able to share this occasion with our students and their parents, in such a beautiful location.



Jason Leung, Linus Cooper, Governor General David Hurley, Jerry Zhang

Mrs Ramsay
Teacher Mathematics

Prefect Update (Week 5)

We're already halfway into Term 4 and only 5 weeks away from the end of the year! Your prefects are here to make sure that these final few weeks at school will be the most fun you've had all term. With Mental Health Awareness Day, Prefect News #3 and Chrusemas, it's going to be a fabulous end of year.

Exams

Today marks the end of yearly exams! Congratulations to all students in years 7 to 10 for completing your exams and remember, don't stress out over those results (Mental Health Awareness Day can help you out)

Best of luck to our seniors who will sit their first year 12 exams in Week 7.

Mental Health Awareness Day

We're only 3 days away from Ruse's very first Mental Health Awareness Day!

We've got heaps of activities planned including making friendship bracelets, meditation and sponge throwing. We will also be giving out balloons and free hugs.

Make sure you come down to the quad at recess and lunch on Tuesday to destress after those yearly exams.

Chrusemas

Ho! Ho! Ho! Christmas Spirit is finally coming to ruse!

Your Prefects are determined to bring some festive joy to the school. Over the next few weeks, we will be selling some AMAZING Christmas merchandise. Whether it be candy canes, customised baubles or even gingerbread men, you'll be sure to get your money's worth!

Fellow students, be sure to look for your prefects at the flagpoles or around the school to get your Chrusemas merchandise.

We have limited stock, so be quick!

Prefect Afternoon Teas

Representatives from your prefects have recently attended the Abbotsleigh Prefect afternoon tea. They participated in leadership activities and were able to network with fellow prefects from schools all over Sydney.

The prefects will be attending many more of these Afternoon teas (as well as hosting our own!) in the hope of being able to develop great relationships with other schools and learn, teach and collaborate with our fellow prefect bodies to be able to serve our school community in the best way possible :).

It is our belief that events like these really allow us to get an insight into how students from all walks of life experience high-school and we encourage every Ruse student to actively make friends with their peers from other schools.

In the spirit of afternoon teas, What do teachers drink at school? Facul-Tea!!

Until next time,

Your Prefects '18-'19



Mental Health Awareness Day

Raising awareness and improving mental health has always been a priority for not only the Prefects, but the whole school community. Hence, there are leaders around the school to support their classmates and friends, ensuring that each day is enjoyable. Creating a supportive environment at James Ruse helps students to grow and mature along with the people around them. There are times when we must step-up to help students cope with difficult situations but there are also times when we should celebrate and enjoy each moment with our family and friends.

At the end of Junior exams and the beginning of Senior exams, the prefect body understands the importance of uplifting a student's mental health at these times. To reenergise the student body, our prefects have organised Mental Health Awareness Day.

Events include meditation for relaxation, sponge-throwing to relieve anxiety, making friendship bracelets and giving out balloons and hugs. Their aim is to create a positive atmosphere and spread joy and laughter throughout the school as students take a break after their exam week.

We encourage all students to participate in the variety of activities on offer and we look forward to seeing everyone there.

Leila Nguyen-Hoang
Prefect body

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)

CoJR P&C NEWS



Inaugural Ruse Bake Day - Baked Goods and Volunteers Needed

When: Tuesday December 4, Recess & Lunch

Where: Quad

On Year 7 Orientation Days, P&C knows a Food Day Event is a great way for the whole school to welcome incoming Year 7 students and their families with the Ruse generous hospitality and strong community spirit.

In 2017, we introduced Ruse's first Cake Day, where the James Ruse Community - parents, staff & students, showcased their creative baking skills with delicious cakes and sweets being sold whilst also raising funds for the refurbishment of 4 Science Laboratories.

For 2018, P&C has decided to include both sweet AND savoury yummy goodies to sell - so this time we will hold our first **Ruse Bake Day**.

These are the type of items we are looking to sell:

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.

We also welcome any "bakers" out there who would like to take up the challenge of making egg-free or gluten-free items.

All contributions are appreciated & welcome and will ensure another successful Ruse event!

We would love any parent volunteers to:

- help take delivery of goodies on Monday Dec 3 8:15am-9am
- help prepare a few simple items eg jelly cups on Monday Dec 3
- help set up and pack up stalls Tuesday Dec 4 8am-2pm
- help sell all these goodies on Tuesday Dec 4 8am-2pm

If this is of interest to you, email us your name and availability. Even a few hours of your help would be appreciated.

It's also a great opportunity to make new friends with fellow parents whilst helping the school!

Cake boxes can be collected from Ms Mayers if required.

Please do try to use tin foil/plastic disposable containers when transporting the goodies 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. And remember NO NUTS!

Next CoJR P&C Meeting Is Combined With Mothers' Club

When: Thursday November 22 9:45am

Where: Lecture Theatre

Guest Speakers: Head of English, Ms Schultz & Head of Mathematics, Ms Weber

Topic: Updating & informing parents of the changes to the New English & Mathematics Syllabi in 2019.

Annual School's Parent Volunteers' Morning Tea

When: Wednesday November 28 9:30am

Where: Staff Common Room

2018 NSW Curriculum Review - Have Your Say

www.nswcurriculumreview.nesa.nsw.edu.au

The NSW school curriculum is under review. Consultation period is 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.

We have invited Head Teacher English Ms Melissa Schultz and Head Teacher Maths Ms Heather Weber to take 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!

Thank you.

Marissa Li

President, CoJR Mothers' Club

Community News

Nepean Rowing Club



Nepean Rowing Club - "Come Try Day"

Sunday 25th November

Rowing is a sport not often talked about in Western Sydney but our club hopes to continue to grow the sport's presence. We are a volunteer run rowing program that wants to continue to grow and this can only happen if we get people through the doors to try the sport.

We will be running a rowing 'Come Try Day' on Sunday, 25th November.

If we get too many enrolments for this day we will run more days over the coming weeks.

Details can be found below.

What: An open day that introduces individuals to the chance to try out the sport of rowing.

Where: Nepean Rowing Club, Bruce Neale Drive, Penrith

Who: 12+ years old

When: Sunday 25th November 8-11am

How: Please read the detailed information document on the website (www.nepeanrowingclub.com.au) and fill in the form available online (<https://www.thenepeanrowers.com/come-try-day.html>)

Cost: Free

More information: If you have any questions at all please or if you would be interested in exploring options regarding running a private program or running a private "Come Try Day", feel free to contact the Club Captain (Daniel Waddell) via email (info@thenepeanrowers.com) or mobile (0403743189)

1st Roselea Scouts Fundraiser- SydLug Brick Parade Exhibition 9th of December

1st Roselea Scouts are raising funds to assist a group of our youngsters to go to the 2019 Jamboree, which will be held in Adelaide with an upcoming SydLug Brick Parade exhibition which will be held on Sunday the 9th of December from 1 pm to 4pm. , The Jamboree is an opportunity that for most, will be a once in a lifetime experience building confident and independent leaders within our community. SydLug are a group of adults who have freely given their time and energies to exhibit their original models made entirely of Lego.



SCOUTS AUSTRALIA

1ST ROSELEA SCOUTS' BRICK PARADE AND SAUSAGE SIZZLE!

BROUGHT TO YOU BY:

SYDLUG

\$5 ENTRY FEE

9TH OF DECEMBER
1-4 PM

1ST ROSELEA SCOUT HALL
PLYMPTON ROAD
CARLINGFORD