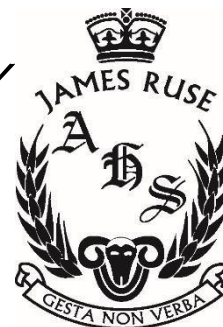


James Ruse Agricultural High School

NEWSLETTER

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



Issue 34 of 2018

Friday 23 November 2018

Principal's report

Ms Murphy has been successful in gaining a Head Teacher position in a new school, Lindfield Learning Village. Ms Murphy has been given the opportunity to help create a very new type of school - a school that will look and feel very different to traditional schooling. K-12, the LLV will allow students to progress through the curriculum at their own pace and study in a multi-disciplinary approach. This one off opportunity could not be missed by our very talented and creative Ms Murphy. I know everyone, particularly the Year 12 Drama class, will be very sad but please pass on your best wishes to Ms Murphy and share in this exciting new opportunity.

Congratulations to our Year 7 and 8 students who have competed so successfully in the APSMO. In a competition that is not only Australian wide but invites Asian countries such as Singapore our 8 classes have all finished in the top 10 places with 8T achieving first place. **Congratulations.** It was such an honour to present our talented students with their prizes.



Please don't forget to buy your tickets for our End of Year Concert at the Chatswood Concourse - this is one of our most special nights of the year.

On Tuesday, our prefects raised our awareness of mental health, creating exciting and fun opportunities to reduce stress, build resilience and promote wellbeing.



In positive psychology, wellbeing is a heightened state that's beyond just feeling happy or having good health. It's a condition of flourishing, where we thrive in many aspects of our lives. Wellbeing isn't as straightforward as just being happy. Wellbeing looks at lots of different elements that make us complex humans tick. It considers how we:

- cultivate meaning and good relationships
- use our strengths
- contribute to a 'greater' cause
- find pleasure in losing ourselves in things we find challenging and enjoyable.

Wellbeing also explores the deep satisfaction we find in our social connections and in accomplishing things. Humans inherently want meaning and purpose in life. One way to achieve meaning and purpose is being a part of something greater than yourself.

Wellbeing helps us:

- stay resilient when times get tough
- build social supports and self-efficacy
- emerge from our challenges even stronger, knowing we have the ability to cope with adversity.

A strong sense of wellbeing contributes to good mental health. It also helps to protect us from feelings of hopelessness and depression, acting as a 'guardian' of our mental health. Mental health is not merely the absence of mental illness rather it's a state of overall wellbeing.

The World Health Organisation defines mental health as 'a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community'.

Wellbeing is about making a life where we can contribute to a greater society where we can have a more fulfilling existence with meaningful and supportive relationships. Wellbeing gives us a way to discover and explore our strengths. Wellbeing helps us live life to our full potential. The pursuit of wellbeing and happiness has been going on for centuries. It began over 2,000 years ago in China, Greece and India with great thinkers like Confucius, Socrates and Buddha.

It is very important that we prioritise the wellbeing of ourselves and our children. If you would like more information please visit <https://www.blackdoginstitute.org.au/clinical-resources/wellness/general-wellbeing>.

As our students finish exams and begin to be given their feedback, it is important that they focus on how to improve in the future, not focus on minor errors in the exams. If you are concerned by your child's results or mental health, please contact their year advisors:

Year 7 Ms Romic and Ms Knight

Year 8 Mr Ng and Ms Samy-Pullay

Year 9 Ms North and Ms Korch

Year 10 Ms Ramsay and Ms Killey

Year 11 Ms Fernandez and Mr Wong

Next Wednesday 28th November we will host our Thank You Morning Tea for our parent volunteers at 9.45am in the staff common room. If you have volunteered at the school in any capacity please join us in celebrating your wonderful service.

On Monday we received this lovely email from a fellow commuter .It would be great to find out who this young man is:

This morning I got a later train and had James Ruse students on it.

I get on at Homebush. As I got on, a mother with a stroller and also a toddler, were getting off. However she was from out of town and planning to travel to Blacktown. The train was going only to Parramatta, all stops. One of your students explained that Homebush was a poor place to alight as no trains stop there (relatively true!) and she should reboard and travel to Lidcombe and try an express train. This was nice and I wouldn't be emailing for "just" that.

As we pulled into Lidcombe, this same student returned to the vestibule to advise the mother that this was the station she should get off at. The fact he got up and came to remind her was a step beyond what I'd expected!

I seldom catch this train, usually I go in earlier. Sometimes your students chat loudly, which is less enjoyable! But this student was a shining light. They got off at Clyde and continued their journey to school.

It was wonderful to have shared a small part of our Year 10 Urban Challenge with Year 10 this week. Each team exhibited fabulous skills in collaboration, critical thinking and problem solving and had a wonderful time. Thank you to the teachers that were able to supervise the challenge - Ms Ramsay, Ms Belevski, Ms McGowan, Ms Korch, Mr Bailey, Ms Mathur, Ms Hameed, Ms Jenns, Ms Kong and Ms Killey.



Coming Events

Week 7B

Tuesday 27th November

Wednesday 28th November

Thursday 29th November

Friday 30th November

Year 11 / HSC Assessment week

RAP-P program

Thank you Morning Tea for our parent volunteers 9.45am in the staff common room.

Year 7 Gala Day v Cumberland HS

Year 7 Medieval Show

Week 8A

Monday 3rd December

Tuesday 4th December

Year 8 Thinkers Ed (Science)

6.30pm End of Year Concert **The Concourse Chatswood**

Orientation Day - Year 7 2019

Bake Day

Year 8 Thinkers Ed (Science)

7A and 7K Beach Day

Wednesday 5th December

Year 7 Thinkers Ed (Science)

Year 10 Urban Challenge Winners Presentation

6.30pm Year 11/12 Drama Twilight Performance in Drama Room

Thursday 6th December

Presentation Day

Friday 7th December

Year 9 Thinkers Ed(Science)

Year 10 SDD and IPT Excursion

RAP-P Workshop for parents

Have a wonderful week.

Megan Connors

Agriculture Update

At the moment, down on the farm, the orchard is looking just PEACHY!

These Sherman Reds are colouring up well and should be ready for harvest very soon.

Keep a look out for when they come on sale.

Ms Robbie Ashhurst
Teacher Agriculture



Music Update

On Monday 3rd December, we will share & celebrate our **End of Year Concert** at **The Concourse @ Chatswood**.

This event is the Highlight of the James Ruse Musical Calendar.

Tickets are \$20 and are now available from the Accounts Office on Tuesday, Wednesday & Thursday.

Please see MRS ELTON

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



Year 8 Cross Curriculum Project Update

The winning students from the Year 8 Cross Curriculum Project-Facing the Future, were invited to display their models and present their project design to CoLab by Landcom. The students presented alongside of university academics, architects and design firms, all speaking on a range of issues related to urban development. The boys had a very engaging and professional presentation and were confident and articulate speakers wowing the audience with their ideas and their youth. Their impressive work gained them the admiration of a number of academics from Sydney University, UTS, Macquarie University and WSU, who were keen to come to the school and talk to the students about their ideas.

A big thank you to Mrs Lam and Mrs Gyaneer who helped to transport the students and supported them throughout the day.

Mrs Bowen and Ms Kindis



Jeffrey Liu, Dillon Lai, Binam Shrestha, Oscar Dong & Vincent Ng



Oscar Dong & virtual reality

CoLab

CoLab is an annual showcase featuring new design principles and innovations in urban design, agriculture and sustainable development. It was an enriching experience and opportunity for all of us involved to interact with the pioneers of the urban design community. The many inspiring models on display showcased the creative ingenuity resultant from collaboration between architects, with many projects centring on the concepts of environmental sustainability and interaction between communities.

From this cross curricular event we not only explored the roles of engineers, architects and urban planners, we also learnt about the importance of collaboration in the challenges that our world faces as we move into the future. This event was a great opportunity to work on our public speaking and communication skills. In addition, it gave us an opportunity to showcase our work to and meet experts in the field of urban design and architecture, opening our eyes to future job prospects within these fields.

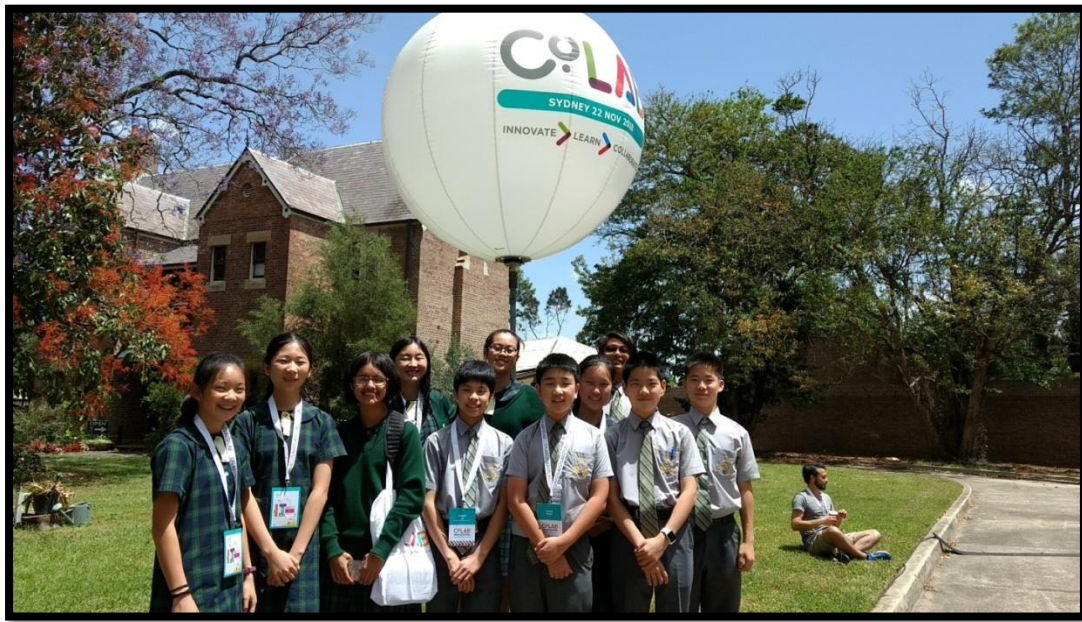


Frances Kan & Maggie Lam



Kiara Sun, Sunny Cui, Selina Ma, Misha Trivedi

Overall, we would like to express our sincere gratitude and thanks to Mrs Bowen, Ms Kindis and all the teachers, staff, peers and parents who made this innovating experience possible for us.



Year 8 CoLab students

CoJR P&C NEWS



Inaugural Ruse Bake Day - Baked Goods & 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 wonderful 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**. Drop them off on the mornings of DEC 3 & 4 - staff common room.

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-2:30pm
- help sell all these goodies on Tuesday Dec 4 8am-2:30pm

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 Mrs 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!**

2018 NSW Curriculum Review - Have Your Say /Consultation period is between Sept 3 - Nov 30

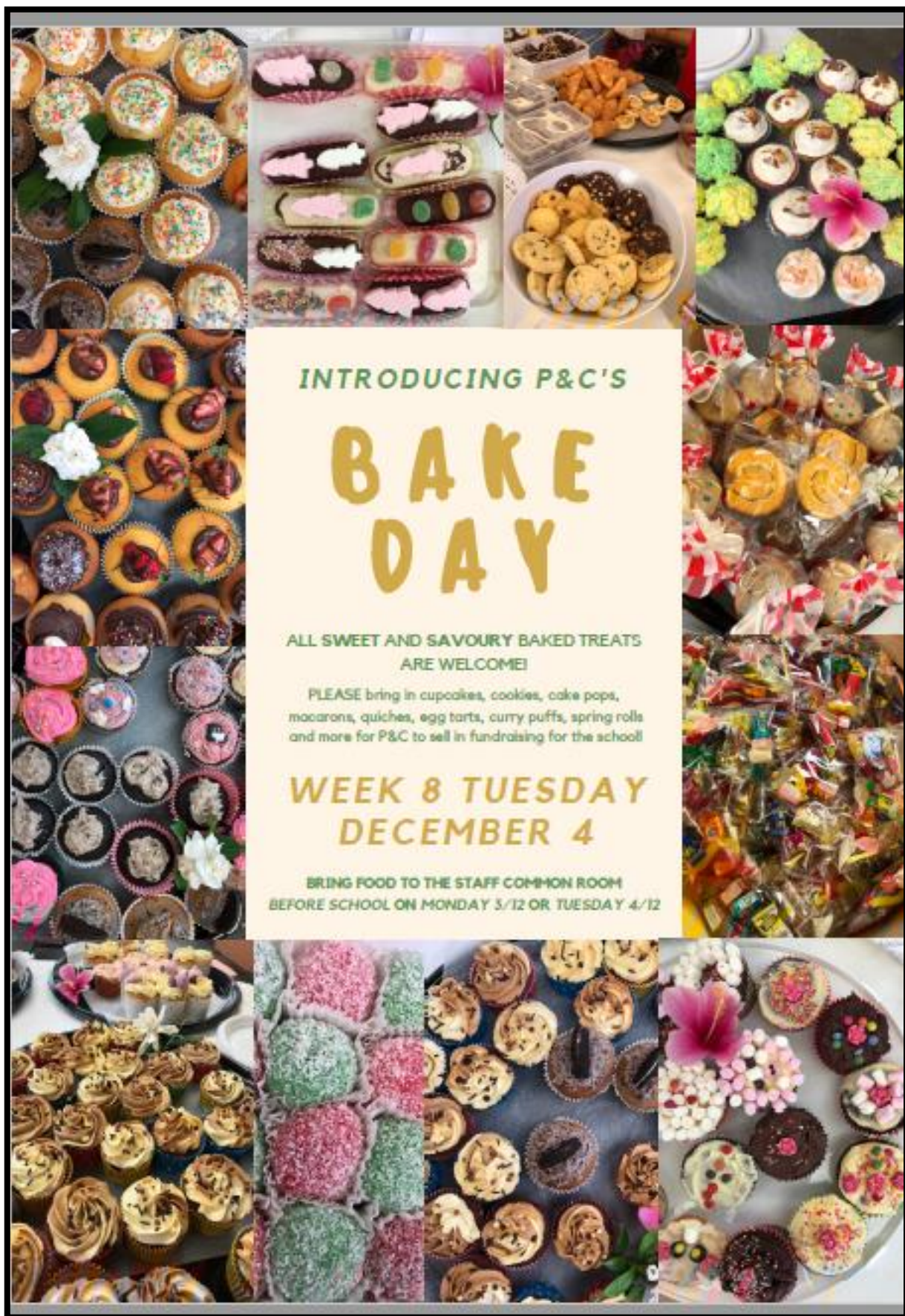
www.nswcurriculumreview.nesa.nsw.edu.au Online Submission link: <https://bit.ly/2M61Dbj>

The NSW school curriculum is under review. As a united front, we ask the Community of James Ruse to actively take this opportunity to voice your views to NESA, with many specific and personal examples experienced by our students, which will support the benefits of being in a co-educational selective school environment. This will help NESA understand how much a selective school education is still a valuable and relevant educational pathway for future gifted and talented children which needs to continue in the NSW Curriculum & National Curriculum!

Yvonne Lo

President, CoJR P&C

E: cojr12@gmail.com



[SIGN UP FOR EXCLUSIVE PRE-SALE TICKETS](#)

**TOUR ANNOUNCEMENT - Dr Jane Goodall -
REWIND THE FUTURE**

It's with great pleasure, today, we are announcing that **Dr Jane Goodall** will be gracing Australian shores once again in **May 2019** for her Australian tour, **Rewind the Future**.

We have teamed up with our friends at [Think Inc.](#) to celebrate Dr Goodall's incredible life, as we approach the **60th anniversary** of her arrival in Gombe.

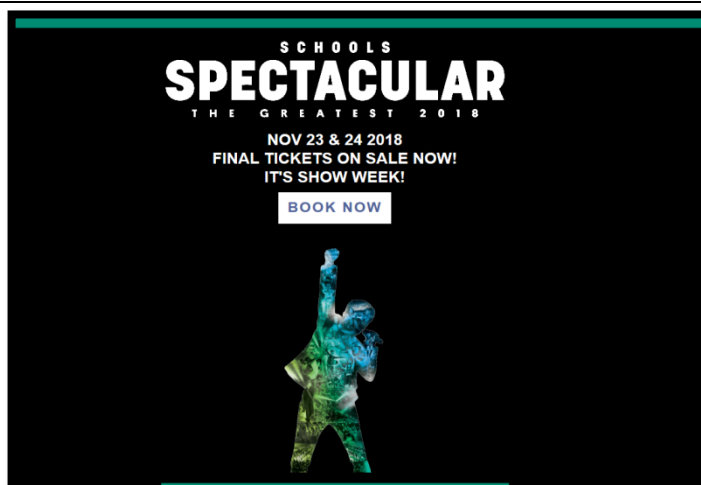
Dr Goodall's quest for animal welfare and observation is as relevant now as it ever has been. With the shifts in our global climate displacing not only chimpanzees but thousands of other species (including humans), her message of compassion and environmental responsibility is incredibly pertinent for 2019 and beyond.

Dr Goodall is set to discuss her work, her vision and what we can do to **rewind the future**.

Pre-sale: 27 November at 9:00AM for 24 hours only.

On sale: 29 November at 9:00AM.





PERFORMANCE TIMES

Friday 23 November 11am (Schools Matinee)

Friday 23 November 7:30pm

Saturday 24 November 1pm

Saturday 24 November 7pm

Qudos Bank Arena, Sydney Olympic Park

GENERAL PUBLIC

Tickets on-sale now, available through Ticketek.

SCHOOLS & GROUPS

School groups can use the forms on the Schools Spectacular 2018 website to place bookings for both the schools matinee and general performances.

SPECIAL NEEDS

For all enquiries, including wheelchairs and easy access, please phone the Ticketek Special Needs Hotline on 1300 665 915. The Ticketek Special Needs Hotline is available Monday - Saturday (9am to 8pm AEST) and Sundays & Public Holidays (9am to 5pm AEST).

Tickets on-sale now, available through Ticketek



