



THE Normanhurst News

The weekly newsletter of Normanhurst Boys High School

Celebrating 50 years of quality education for boys
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Principal: Mr J R Bruce Deputy Principals: Mr F Johnson and Mr J.E. Fielding

Friday 3 April, 2009

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From the Principal

The end of term is rapidly approaching, but there is still much work to be done before we put up the "gone fishing" sign for the Easter vacation. Year 12 return to class next week after completing their half-yearly exams and will receive their marked exams in most subjects. These exams are an excellent indicator of progress and I hope each of the boys looks carefully at areas that need to be addressed in order to further improve performance. Next week also brings to a close our Year 7 students' first term of high school and for the great majority of the students, it has been a most positive experience.



Could I also take this opportunity to remind parents that classes will continue until the last day of term, Thursday April 9th and all students are expected to attend until then.

We completed the interviews for our new Science teacher this week and I hope to be able to provide information in the next newsletter about the successful candidate.

The Laptops are coming!!!

I received a confirmation this week that our submission for laptops as part of the government digital education initiative was successful. As a result, we will receive 152 laptop computers as well as a grant of \$3000 to assist with their implementation in the classroom. These



Lenovo IdeaPad

laptops will be distributed to all Year 9 students and are the first stage of a program that will eventually see all students in Years 9-12 and all teachers issued with their own personal lap top. I hope to be able to report to you soon when the laptops will arrive.

Hot on the heels of this news, was the long awaited release by the DET on Wednesday of the specifications of the new laptops. The chosen computer is the Lenovo IdeaPad S10e.

At a meeting last week with DET personnel involved in the program, we were told that we would be "pleasantly surprised" with what we would be receiving. I must say, when I looked at the specifications, that was indeed the case. For those of you who are knowledgeable about such things, the computers will have the following features:

Hardware Specifications

Intel® 1.6ghz Atom™ processor
2Gb of RAM
160GB hard disk drive
2x USB2.0 ports
VGA port
Audio in & out ports
Memory card reader
Wireless LAN & WAN
Ethernet
Inbuilt webcam
Bluetooth with EDR
10.2" WSVGA LCD screen

Software

Adobe Photoshop Elements
Adobe Premier Elements
Adobe Acrobat Professional Extended
Adobe Flash
Adobe Presenter
Adobe Captivate CS4
Microsoft Windows XP Professional
Microsoft Word 2007
Microsoft OneNote 2007
Microsoft Excel 2007
Microsoft Publisher 2007
Microsoft PowerPoint 2007
Microsoft Access 2007

Quite clearly, we are entering an exciting new era which will see enormous changes to the way in which teaching and learning takes place within the classroom. Our challenge here at Normanhurst Boys is to ensure that we embrace the wonderful possibilities that such changes will offer. Much of our staff professional development focus this year will be upon providing our staff with as much support as possible to enable them to incorporate the new technology initiatives into the delivery of their lessons. The combined school development day which we will hold with our Hornsby network schools will see each faculty linking with their counterparts from the other schools to explore subject specific aspects of technology. We have also commenced initial planning for the Term 3 School Development Day in July which will provide teachers with a more specific whole school focus.

Two Very Successful Camps, Two Great Learning Experiences

Our Year 8 and Year 11 students returned to school this week after excellent year camps. I have received nothing but praise from the teachers who accompanied the boys. Please spend some time reading the report provided in this newsletter which gives an excellent snapshot of the excursion.



A correction....

In an earlier edition of the newsletter, I mistakenly congratulated Andrew Kim for achieving the Bronze Duke of Edinburgh Award. My congratulations should have gone to Justin Kim of Year 10. My apologies to Justin and congratulations to him on his achievement.

Congratulations to...

Two of our Year 12 boys from last year, Brad Smithson and Tim Wearne were awarded Engineering scholarships at the University of Technology and Nathan Camlett was awarded a Macquarie University School Partners Program Scholarship. Isaac Freeland (Year 11) has also received a University of Sydney Year 10 Academic Excellence Award.

Some food for thought

Here's an article that came across my desk this week that I thought parents might find interesting.

NEW YORK (Reuters Health) - Teenage boys who regularly eat fish may be doing their brains some good, a new study suggests.

Swedish researchers found that among nearly 5,000 15-year-old boys they surveyed, those who ate fish more than once per week tended to score higher on intelligence tests three years later.

The findings, published in the journal *Acta Paediatrica*, add to evidence that fish may indeed be brain food.

Researchers believe that the omega-3 fats found in fish - particularly oily fish like salmon, mackerel and, to a lesser extent, albacore tuna -- are important to early brain development and to maintaining healthy brain function throughout life.

Past studies have found, for instance, that children whose mothers ate fish regularly during pregnancy tend

to have higher intelligence scores than their peers, and older fish-eaters have been shown to have a lower risk of cognitive impairment.

The new study appears to be the first large-scale one to look at the effects of fish on teenagers' intelligence, lead researcher Dr. Maria Aberg, of Goteborg University, told Reuters Health.

This is important, she explained, because the late-teens are a critical period for the brain "plasticity" that underlies intelligence and emotional and social behavior. Plasticity refers to the brain's ability to reorganize the connections among cells in response to normal experience, like learning a new skill, or to injury.

The findings are based on data from 4,792 male adolescents who completed detailed questionnaires on diet and lifestyle when they were 15 years old, then underwent standard intelligence tests when they were 18.

On average, Aberg's team found, those who ate fish more than once per week scored higher than those who ate fish less than weekly. This remained true when the researchers accounted for several other factors that influence both children's diets and their intelligence scores -- like parents' education levels and the family's socioeconomic status.

"These findings are significant," Aberg said, "because the study was carried out between the ages of 15 and 18, when educational achievements can help to shape the rest of a young man's life."

It's too soon to make specific diet recommendations for teenagers, according to the researcher. "But for the time being," she said, "it appears that including fish in a diet can make a valuable contribution to cognitive performance in male teenagers."

SOURCE: *Acta Paediatrica*, March 2009.

Kind regards
Jeff Bruce
Principal

CAREERS NEWS

AMA (NSW) / NSW Health Medical Careers Expo

The AMA (NSW) / NSW Health Medical Careers Expo is the premier medical expo in NSW.

Now in its 4th consecutive year, the FREE event will be held at the AJC Convention Centre, Randwick Racecourse on Saturday 4th April 2009. An all day event

Held in conjunction with NSW Health, this is a unique opportunity to explore your career options with NSW Area Health Services, specialist training colleges and relevant Government agencies. AMA (NSW) / NSW Health Medical Careers Expo aims to inspire and encourage you as it provides the tools and resources for all medical students and interns to decide on their future. This expo extends its reach to high school students, medical students, interns and registrars. With more than 40 exhibitors and a highly targeted attendance, this

event should not be missed. Not only will attendees have the chance to speak with experts in the above fields, but a presentation program of topics most relevant to attendees is open to limited registration at \$10 per session.
<http://www.medcareerexpo.com.au/>

The Sydney Morning Herald and Resources for Courses Expo

This will be held on Saturday 16 and Sunday 17 May, 10am to 5pm at Randwick Racecourse. There will be over 100 exhibitors, a seminar program with over 50 presentations and free parking. The Expo Visitor Guide will be published in the SMH on Saturday 9 May and Tuesday 12 May. The \$10 entry fee is valid for 2 days and includes the SMH and all seminars. For more information go to www.hscandcareers.com.au I also have some free passes, if you are interested

UMAT - Undergraduate Medicine and Health Sciences Admission Test

UMAT (Undergraduate Medicine & Health Sciences Admission Test) Many undergraduate medicine, dentistry, optometry and health science degree programs require a UMAT Score as part of their selection criteria. Registrations for UMAT 2009 will open in early April and will close at 5.00pm AEST on Friday 5 June 2009. The test will be held on Wednesday 29 July 2009. You may download a copy of the UMAT 2009 Information Booklet from their website It is ONLY available online. It is essential that you read the entire booklet before you register. <http://umat.acer.edu.au> I also have a Quick Reference Guide for your perusal available in the Careers Room.

UNSW Parent & Student Law Information Evening

Date: Thursday 7 May 2009
Time: 6:00pm – 8:00pm
Venue: Law Building, UNSW Kensington Campus

Further information available in the coming weeks. Any questions about the event, please feel free to contact me on (02) 9385 1519 or email r.tuziak@unsw.edu.au

Mrs Packham
Careers Adviser

MOCK TRIAL NEWS

Our mock trial did an excellent job of defending a client against a claim of negligence on Tuesday evening. This round of the mock trial was against Brigidine College at St Ives and they presented a spirited challenge to our defence. In the end Normanhurst Boys was able to

convince the magistrate that our client had not acted negligently and we also managed to introduce an element of doubt as to whether the plaintiff had sustained any financial loss. Barristers for Normanhurst Boys were Matthew Tiong and Alex Herlihy and they were ably assisted by Oscar Fung, the instructing solicitor Kishan Shah was the defendant and Sachit Barooah was a witness for the defence. Both witnesses stood up well to cross-examination and demonstrated that they had anticipated possible areas of questioning. Liam Mason acted as magistrate's associate and also did a lot of research in preparation for the case, as did Gary Tam and Gabriel Huen.

The team would like to thank Brigidine College who were gracious in defeat and very pleasant hosts. We would also like to thank Mr Lesley Christy who is our coach for mock trial and provides advice on the key legal issues and how to deal with them.

Mrs D. Black
Mock Trial co-ordinator

YEAR 11 LAKE BURRENDONG CAMP

Last week Year 11 went to Lake Burrendong sport and recreation camp.

Activities included the mandatory twenty five hour Health course which was informative however the team building exercises were a great way to develop the trust and friendship that has been at the core of our year group since Year 7.

In many of the team building activities it was encouraging to see so many people lending a helping hand when they were better at a particular activity and then gracious to receive help from others when they weren't.

This was the spirit of the camp and hasn't abated with our return to school. This is due to the dedication of the teachers who made this camp the best our year group has ever had.

My personal favourite was the Gorilla Grass Skiing but Canoeing, Water Polo, Rugby, Kains Snake (a Diamond Python), and the night time Noodle run was the talk of the trip.



Andrew Semler

LOST PROPERTY

This is a reminder to parents and students of our school community to be aware that we have a large number of items to be collected from our lost property. Could student's please check for lost items and come and collect them before the end of term otherwise they will be disposed of

Normanhurst Boys' High School				Term 1, 2009	
Wk	Monday	Tuesday	Wednesday	Thursday	Friday
11	6 Apr Mufti Day ← CHS	7 Yr9 Teachers' Meeting Swimming →	8	9 Formal Assembly Yrs 8/9/10 END TERM 1	10 GOOD FRIDAY
	Yr10 Music	Yr11 English Ext1 Yr10 Visual Design	Yr10 Music		

Normanhurst Boys' High School				Term 2, 2009	
Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	27 April	28 Term 2 begins SDD	29 Anzac Ceremony	30 School Cross-Country	1 May Yr8 Teachers' Meeting Alt School Cross Country
			← Yr10/11 Exams →		Yr12 Visual Art
			Yr8 Maths		
2	4 May Streamwatch testing (P1/2)	5 Yr7 Study Skills (P1-3)	6	7 Yr12 Teachers' Meeting	8 Yr12 reports to HT
		Streamwatch testing (P5/6)	← Yr10/11 Exams →	Yr7 Study Skills (pm)	

Robotics Workshops

Serious fun for school students

FEATURING

- Lego Mindstorm NXT®
- RoboLab® software
- NQC software

Workshop Dates:

Dance - 14th April, 2009

Dance - 20th April, 2009


Rescue - 24th April, 2009

Soccer - April 27th, 2009

Dance - May 10th, 2009

Rescue - May 31st, 2009

Soccer - June 28th, 2009



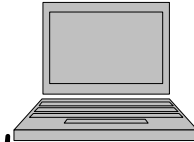
MORE DETAILS CONTACT BRENDA FORD:
bford@cse.unsw.edu.au

OR VISIT THE WEBSITE AND REGISTER:
<http://www.computing.unsw.edu.au>

AND LEARN ABOUT COMPUTING AT UNSW

The P&C would like to run its own RAFFLE this
year

CAN YOU ASSIST WITH
DONATIONS FOR PRIZES
OR OBTAIN ITEMS
AT LOW \$\$\$?



Electrical Goods

Electronic / Computer Equipment

Holiday Accommodation

Dinner at a Restaurant

All offers considered - make a suggestion

Email your offer and a contact number to

nbhs.pandc.raffle@gmail.com

or call Tracey on 9354-7517
