



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 13 February, 2009

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From the Principal

This week marked two enormously significant events in our nation's history. February 13 is the first anniversary of the Australian Government's apology to the aboriginal people for the stolen generation. We will acknowledge this anniversary next week in an appropriate way.



Our thoughts and those of the entire nation during the past few days, however, have been focused on the terrible events that unfolded in Victoria. It was a week in which we all shared the grief of our fellow Australians who lost family, friends and possessions in the devastating bushfires that raged in Victoria. The Deputy Prime Minister, Julia Gillard, in a condolence motion in Parliament House, Canberra spoke of the bushfires as being a tragedy "beyond belief, beyond precedent and



beyond words". I doubt if there would be anyone who would disagree. As a school, we paused on Thursday's assembly to reflect upon the tragedy. Our school captain, Graeme McIntyre gave a moving presentation against a poignant backdrop of visual images of the devastation. At the conclusion of the assembly, the Prefects collected donations from the boys and staff, raising \$2064 which will be donated to the bushfire appeal. I would like to thank you all for the wonderful support that you gave to the appeal, particularly those parents who sent far more than the gold coin donation that was asked for. My thanks, also, to the Prefects for the outstanding role that you played and to the Prefect

Coordinator, Ms Wright for the work that she did.

Our new assembly format

Thursday's assembly, most appropriately, was the first of the new style of assemblies that we will hold on a regular basis. These assemblies, to be held in the hall, will provide a wonderful opportunity for us to regularly come together as a school community to share special events and to celebrate the achievements of our students in a diverse range of endeavours. Our students have talent in abundance in areas such as music, drama, debating, public speaking, sport, and the many, many other extra curricular areas that they participate in. I look forward to all of those things being featured in assemblies during the year. It will also be a great opportunity for the boys to experience being part of a formal audience, a valuable part of their social development.

Our Parent/School Partnership

The first Parents and Citizens (P&C) meeting for the year was held on Tuesday of this week and it was pleasing to see some new faces as well as some of our parents who have attended the meetings in past years return. It would be wonderful to see more parents attend these very valuable evenings, an opportunity to learn what's going on in the school, to discuss in an open forum issues of common interest and to meet other parents.

Could I also take the opportunity to ask any parents (mums or dads) who might have a few spare hours available to work in the school canteen to contact the canteen managers, Anne and Chris with your details. The canteen relies upon the generosity of our parents in order to be able to operate and at the moment, we are desperately short of volunteers. Any help that you can give will be gratefully accepted.

A few important reminders

It's always a good idea early in the year to remind parents and students about a few issues of importance. In this newsletter you will find an **information sheet for students** that I'd like all parents to be familiar with. It deals with some of the day to day matters and guidelines that students need to follow.

You will also be receiving a **contact information sheet** which I would appreciate you checking carefully and notifying the school of any changes or inaccuracies. This

is particularly important because we must ensure that contact details are up-to-date in case of an emergency. We also need to ensure that email addresses and mobile phone contact numbers are accurate so that we can ensure each family receives an electronic copy of the newsletter each week and that our sms messaging system for student absences functions effectively. If you do not have an email address, hard copies of the newsletter are available each week at the front office.

Parking and traffic movement around the school is another area that I would ask you to be mindful of. Please do not drive into the school to drop off or pick up students beyond the designated areas. Could I also ask parents not to park on the bend in Fraser Rd near the school gate. It is a narrow bend and there have been a number of near collisions because of cars obstructing the roadway.

Finally, could I please ask you to make payment of the **voluntary school contributions** and subject fees as soon as possible. Invoices will be issued shortly which will itemise the various amounts that are due. These funds are critical for the operation of our school and without your support we would be unable to offer many of the wonderful learning experiences that the boys enjoy at Normanhurst.

Congratulations to....

We learned a few days ago that one of our Year 12 students, Sherwin Bagheri, has been accepted as a full time student at Macquarie University to study Mathematics. This is indeed a remarkable achievement, and the first time the university has accepted a student of Sherwin's age in such a program of study. Although we will be sad to see Sherwin leave Normanhurst, he goes with our very best wishes for his future studies. We anticipate a wonderful career for him in the years ahead.

Kind regards
Jeff Bruce
Principal

IMPORTANT NOTICE FOR ALL PARENTS

A person who attends Normanhurst Boys High School has been diagnosed with Whooping Cough (pertussis). The illness is usually characterised by a feeling of being generally unwell with an accompanying deep harsh cough that tends to occur in bouts. The cough may be severe enough to cause the affected person to vomit after a bout of coughing. Whooping cough can cause a severe illness in young children particularly in children under the age of 1 year.

Whooping cough is usually spread by direct contact with the droplets from the nose and throat of an infected person produced whilst coughing. People at greatest risk of getting the illness are those who have had a considerable amount of face-to-face contact with a person with the disease. Whooping cough can occur in people previously vaccinated. We suggest that should any person develop some or all of the above symptoms that they consult their local doctor and mention that there has been a case of whooping cough in the school.

Mr Johnson
Deputy Principal

PREFECTS' PERIODICAL

The Prefects would like to welcome everyone back to an exciting new year at Normanhurst Boys'. Although the commencement of the New Year has been marred by the recent tragedy in Victoria it is heart warming to see the generosity of the school community in supporting the victims of this tragedy. The Normanhurst Boys' Prefect Bushfire Collection raised an impressive total of \$2036.40 to aid the recovery effort. This is an outstanding effort from the staff, students and parents.

On the calendar this term we have a multi-day and sausage sizzle on next Thursday, 19th February. Prices will be as per normal: drinks \$1.50, sausages \$2.50 and \$3.50 for a combo. Additionally the prefects request a \$2 donation to assist in fundraising for Stewart House and other charities. Finally we have the Prefects' Annual Head Shave coming up in March, proceeds will be donated to the Cancer Council and more details will follow. We would like to thank the entire school community for their ongoing support of prefect initiatives and we look forward to another eventful year at Normanhurst Boys'.

The Prefects

P & C NEWS

'Namastay' **First Meeting**

Those who attended our first meeting benefited from a frank and open update on many issues from our Principal. Thank you also to the Year 7 parents who came along.

The committee has a few tasks ahead to be ready for the March meeting! This will include providing parents with a clear report on our financial position together with our options to support the school in near-term and longer-term goals.

Class Lists 2009

The invitation to be included on respective class lists will soon be circulated. The revised lists will contain the full contact details (name/phone/email/suburb) but these will only be provided to those families who participate.

Working Bees begin!

The Term 1 Working Bee will be held on **Saturday 7 March** (0900-1200). A form regarding all the dates for 2009 will follow in the next week or so. The challenge is for every family (and boy) to plant a tree this year!

2009 Committee Appointments

If you are interested in seeking a committee role please communicate with the Committee through our Secretary, Sandeep Dharni c/- the office.

I wish to correct an omission made last week: late last year Enyo Dona accepted the role to represent as Normo's delegate at Regional P&C Meetings. Thank you Enyo.

Regional P&C

Parents are always welcome to attend (quarterly) regional P&C meetings. Apart from the AGM, meetings have an educational presentation/theme and a business session.

The next Regional P&C Meeting is their AGM. It will be held at Gordon West Primary School in the evening of

Monday 30 March (start time TBC).

Our next General Meeting – Tuesday 10 March 09

The meeting will begin at 8:00 pm in the library

We look forward to seeing as many parents as possible.

Agenda will include:

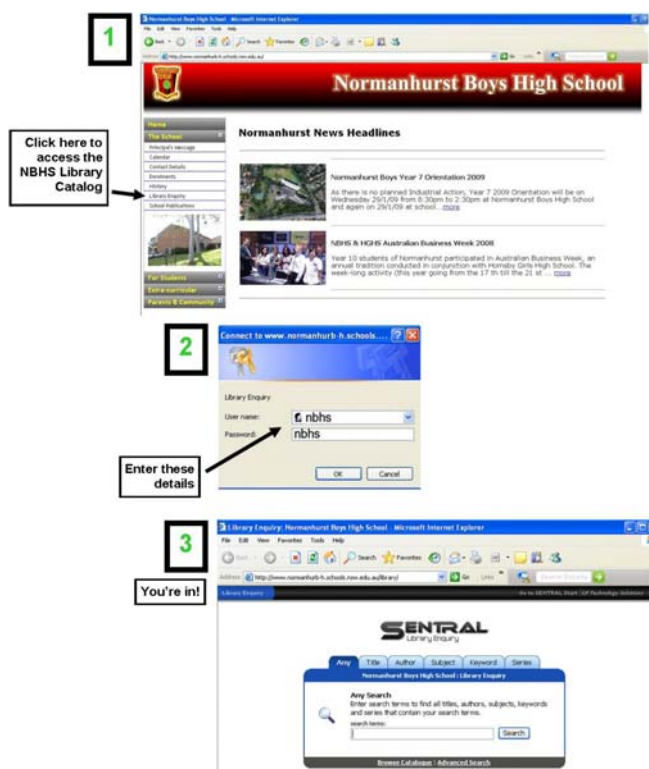
- Updates from Mr Bruce
- Forum on the P&C Goals (options and finding the balance parents want)
- Grounds Improvement Plan (Working Bees and discussion on covered areas)
- Options for information and presentations at P&C Meetings
- Committee Reports / Issues
- Supper

Come along to meet other parents, and contribute your views and ideas on how we may support the school, the staff, and our sons.

Pevlin Price
P&C President

WHAT'S IN THE NBHS LIBRARY?

Did you know that you can access the NBHS Library catalogue from any computer with internet access? It's as easy as 1-2-3!



Also, **Library fines have now ceased**, so parents/caregivers, there is no reason that your son(s) can't return those overdue Library books on the next available school day. It would be much appreciated.

Mr Gow
Teacher-Librarian

MUSIC NEWS

MONDAY	TUESDAY	THURSDAY
7.30am Stage Band Rm. 46	8.00am String Ensemble Rm 46	7.30am Concert Band Rm 33

NEW ENSEMBLE MEMBERS

Hoads of new players arrived yesterday to join the band. We are very pleased to see all the new players, but this appears to be the year of the percussionist again. At last count it was about 10 percussionists which will mean they may need to work in teams - there just aren't that many things to hit. Another alternative is to create a percussion ensemble and we will be investigating that possibility.

ENSEMBLE CONTRIBUTIONS

In order to purchase things like music, instruments, coaches to various venues etc. we need

all students who are in an ensemble to pay a **\$50 ensemble** contribution to the school. This should be in an envelope marked "ensemble contribution" and handed in to the front office as soon as possible. **Students who are in stage band will be billed** at the beginning each term as we have an outside tutor for this ensemble. This is about \$4.00 a rehearsal. **If you cannot afford the stage band fees as well as the band contribution then please just pay the stage band fees.**

COMMITMENT

Every year a small but significant amount of boys appear to have trouble deciding whether they wish to be in the band. Some boys make the decision to join just before the camp. Obviously it is more attractive to attend camps and tours, but it is unfair on the students who put in the hard work, and attend rehearsals all year. If you are encouraging your son to join any ensemble, please explain to them that they are making a commitment to attend all rehearsals and all performances.

Mrs. M. Johnson and Mrs. S Cousins

CRICKET REPORT

On Tuesday 3rd of February, the Normanhurst 1st Grade cricket team returned down to Barker to replay the 1st Grade team in the semi-final of the Northern District Cup.

After winning the toss and choosing to bat, we were off to a slow start, with the score at 1-16 after 10 overs. The score began to pick up as Elliott Kliffen (25) AND Azlan (14) began to play their shots. Unfortunately as the innings progressed, the middle and lower order batsmen did not capitalise on the solid start, leading to the score ending up at 9-74 after 28.

As we came onto the field, we had a strong belief that we could win, and hold Barker to under 74 runs. The bowlers got off to a good start, with Josh Martin and Adam Hendry bowling well and sticking to the plan. Due to the good bowling by the openers, we gained 2 quick wickets and the prospects looked good for a win. Unfortunately the total was not large enough to sustain pressure on the Barker batsmen and they reached the score with 2 wickets down at 23 overs. Overall, it was a great day for the team, but unfortunately we did not come away with a win. This is the best result we have had in this competition for several years now and should hold us in great stead for the Zone semi-finals.

Elliott Kramer

<i>Normanhurst Boys' High School</i>			<i>Term 1, 2009</i>		
<i>Wk</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
4	16 Feb	17 Yr8 Art/Science Exc Macq Uni Debating Cup Senior Division	18 Yr9 Barista Course	19 Formal Assembly Yrs 7/8/9/10 Mufti Day Yr11 Teachers' Meeting Yr12 Community service at Bowden Brae	20 Book Display (Blake) Yr11 Geography Field Study Yr9 VA/PDM Exc
5	23 Feb Yr11/12 Visual Arts Exc Streamwatch testing (P1/2)	24 Streamwatch testing (P5/6)	25	26 Yr12 Design & Tech Exc	27 Yr7 Geography Field Study School Clean Up Day Battle of the Bands
6	2 Mar LST Meeting Yr12 P/T Night	3 Yr7 Teachers' Meeting	4	5 Formal Assembly Yrs 7/8/11/12 Zone Swimming Yr12 English Advanced	6 Yr7 Geography Field Study P&C Working Bee 7 Mar

START OF YEAR STUDENT INFORMATION

- Office **hours** 8.00 am – 3.30 pm only
 - Short break – no student enquiries to be made at the Front Office during this time.
 - Foyer/Front Door Reception Area access – **students are not to use these access points** for arriving at or departing from school or for moving around the school during the day.
 - Parents are requested to park in designated **visitor parking areas** only and not to enter the main school area to drop off or collect students.
 - Students are required to carry their **Student ID** Swipe Cards at all times.
 - **Late students must report to the Front Office prior to attending class.**
 - **Early leaver requests** must be submitted to the Front Office BEFORE Roll Call.
 - **Non-sport requests** must FIRST be approved by Mr Rodgie (the Sports Master) and then submitted to the Front Office BEFORE Roll Call on Sport Days. Students are not to attend Non-Sport without prior approval.
 - **Sick students** are required to report immediately to the Front Office. Please do not phone parents direct to collect you from school if you are sick. The Administration Staff will do this if necessary and log your attendance **in Sick Bay**.
 - **Payments:** all payments must be placed securely in the locked wooden brown money box located on the Front Office counter PRIOR TO the end of recess. Money will not be accepted after this time. Official school receipts are placed in rolls and distributed by the Roll Call Teacher the day following payment. Students must ensure they collect their receipts (especially those for fees and tax deductible donations) as receipts CANNOT be reprinted.
 - **Payment envelopes:** all payments must be submitted in a sealed envelope. Blank envelopes can be purchased from the Front Office at a charge of 5cents. Details on the front of the envelope MUST include:-
 - Full Student name (given names and family name)
 - Roll Class (including School Year)
 - Reason for payment
 - EXACT amount enclosed
 - Method of payment (cash, cheque, EFTPOS – Debit/Credit)
- NOTE: **Change is not provided by the School Office. Please ensure exact money is submitted.**
- **Lost Property** – please enquire at Front Office. Items are only held for a limited time before being disposed of.

SPORTS RESULTS

GRADE		DATE:13/2/2009	ROUND No 13
SPORT	OPPOSITION	WINNER	SCORE
1st CRICKET	4 vs 3-Epping	Draw-wash out	Epp 9/179 vs NH
2nd CRICKET	5 vs 2-Asquith	Asquith	Asq 4/211 vs NH 62
15A CRICKET	2 vs 5-Homebush	Normanhurst	NH 113 vs HB 78
14A CRICKET	Epping	Epping	Epp 9/177 def NH148
14B CRICKET	Epping	Normanhurst	NH 5/90 vs Epp 3/84
1st BASKETBALL	Ashfield	Normanhurst	80-44
2nd BASKETBALL	Ashfield	Normanhurst	57-22
15S BASKETBALL	Ashfield	Normanhurst	42-32
14S BASKETBALL	Ashfield	Normanhurst	44-39
SNR BASEBALL	Homebush	Homebush	5-8
JNR BASEBALL	Homebush	Normanhurst	6-5
1st VOLLEYBALL	Ashfield	Normanhurst	Forfeit
2nd VOLLEYBALL	H'bush 3	H'bush 3	0-2
15S VOLLEYBALL	Ashfield	Ashfield	1-2
14S VOLLEYBALL	Ashfield	Ashfield	0-2
1st TENNIS	Ashfield	Normanhurst	Forfeit
2nd TENNIS	Ashfield	Normanhurst	5-1
15S TENNIS	Ashfield	Normanhurst	6-0
14S TENNIS	Ashfield	Normanhurst	6-0
Open OZ TAG	Ashfield	Ashfield	6-7
15s OZ TAG	Ashfield	Normanhurst	7-6
1st WATERPOLO	Homebush 2	Normanhurst	3-2
15s WATERPOLO	Ashfield	Normanhurst	7-4
14s WATERPOLO	Ashfield	Ashfield	2-8
OPEN FUTSAL	Ashfield	Ashfield	1-3
15s FUTSAL	Ashfield	Ashfield	1-8

GUITAR LESSONS

Individual – shared – group lessons
Guitar tuition is available during school hours to students at NBHS. Please ring to book your place. Most importantly, please speak to me before you buy an instrument. I also do setup and repair work for an instrument you already own.

Owen van der Klauw
9894 1604



Loozit
Healthy Active Living for Young People

Are you aged 13-14 years?
Do you want to find out how you can get more out of life and reduce your body size?

What is Loozit?
The Loozit study involves a FREE weight management program that empowers young people with skills, knowledge and confidence to get more fun out of life!

What's involved?
Please come along weekly for nine weeks in the late afternoons for a snack and a chat with other young people who share similar concerns. Conducted by staff of The Children's Hospital at Westmead.

What's it all about?
Together we will look at:

- Building self-esteem
- Setting goals
- Becoming more active
- Stress
- Healthy eating

When & Where?
Starting week of 23rd February 2009,
at The Hills Community Health Centre, 183 Excelsior Ave, Castle Hill

Want to know more? Please contact:
Binh Nguyen on 9845 1224 or email thanh@chw.edu.au, Vanessa Shrewsbury on 9845 3015

Visit <http://www.chw.edu.au/kids/loozit/>
Or email loozit@chw.edu.au

Booking is essential

THIS STUDY HAS BEEN APPROVED BY THE ETHICS COMMITTEES OF THE CHILDREN'S HOSPITAL AT WESTMEAD AND THE SYDNEY WEST AREA HEALTH SERVICE

Pertussis (Whooping Cough)

Pertussis affects people of all ages, but can be very serious in babies. It can be prevented by immunisation at two, four and six months of age. Booster shots are needed for four-year-olds and teenagers, and adults living or working with small children.

Last updated: 30 January 2008

What is the pertussis?

Pertussis (or whooping cough) is a disease caused by infection of the throat with the bacteria *Bordetella pertussis*.

What are the symptoms?

- Pertussis usually begins just like a cold, with a runny nose, tiredness and sometimes a mild fever.
- Coughing then develops, usually in bouts, followed by a deep gasp (or "whoop"). Sometimes people vomit after coughing.
- Pertussis can be very serious in small children. They might go blue or stop breathing during coughing attacks and may need to go to the hospital.
- Older children and adults may have a less serious illness, with bouts of coughing that continue for many weeks regardless of treatment.

How is it spread?

Pertussis is spread to other people by droplets from coughing or sneezing. Untreated, a person with pertussis can spread it to other people for up to three weeks after onset of cough.

The time between exposure and getting sick is usually seven to ten days, but can be up to three weeks.

Who is at risk?

- Anyone can get pertussis.
- People living in the same household as someone with pertussis are more likely to catch it.
- Immunisation greatly reduces your risk of infection, but reinfection can occur.

How is it prevented?

Immunise your child on time

- The vaccine does not give lifelong protection against pertussis, and protection is sometimes incomplete.
- Children need to be immunised at two, four and six months.
- Boosters are needed at four years of age and again at 15 years of age.
- Immunisation is available through general practitioners and some local councils.

Keep your baby away from people who cough

- Babies need two or three vaccinations before they are protected. For this reason, it is very important to keep people with coughing illnesses away from your baby so they don't pass on pertussis or other germs.

Get immunised if you are an adult in close contact with small children

A vaccine for adults is available. It is recommended:

- For both parents when planning a pregnancy, or as soon as the baby is born
- For adults working with young children, especially health care and child care workers.

If you are a close contact of someone with pertussis:

- Watch out for the symptoms. If symptoms develop, see your doctor, take this factsheet with you and mention your contact with pertussis.
- Some close contacts at high risk (e.g., children under one year, children not fully vaccinated, and women at the end of their pregnancy) and others who live or work with high-risk people may need to take antibiotics to prevent infection.

If you have pertussis:

- Get treated early while infectious, avoid other people and stay away from young children, e.g., at child care centres, pre-school and school.

How is it diagnosed?

If a doctor thinks someone has pertussis, a swab from the back of the nose, or a blood test may be done to help confirm the diagnosis.

How is it treated?

A special antibiotic - usually either azithromycin, erythromycin or clarithromycin is used to treat pertussis. These antibiotics can prevent the spread of the germ to other people.

Coughing often continues for many weeks despite treatment.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Further information - Public Health Units in NSW					
For more information please contact your doctor, local public health unit or community health centre - look under NSW Government at the front of the White Pages					
Metropolitan Areas	Location	Number	Rural Areas	Location	Number
Northern Sydney/Central Coast	Hornsby	02 9477 9400	Greater Southern	Goulburn	02 4824 1837
	Gosford	02 4349 4845		Albury	02 6080 8900
South Eastern Sydney/Illawarra	Randwick	02 9382 8333	Greater Western	Broken Hill	08 8080 1499
	Wollongong	02 4221 6700		Dubbo	02 6841 5569
Sydney South West	Camperdown	02 9515 9420		Bathurst	02 6339 5601
Sydney West	Penrith	02 4734 2022	Hunter/New England	Newcastle	02 4924 6477
	Parramatta	02 9840 3603		Tamworth	02 6767 8630
Justice Health Service	Matraville	02 9311 2707	North Coast	Port Macquarie	02 6588 2750
				Lismore	02 6620 7500