FROM THE PRINCIPAL
Mr Mark Anderson B. A. Dip. Ed.

Congratulations to Philip Lentz in Year 11, who is a member of The NSW Public Schools Singers who performed at the Daintree Concert – The Primary Proms at the Sydney Town Hall last Tuesday. I have heard great things about his past performances and the amazingly deep and enthralling timbre of his voice. Well done Philip.

Year 12 Graduation: On Tuesday we held the school’s annual Graduation dinner. It was a wonderful evening where we took a little time to celebrate the achievements of our latest cohort of graduates. This night is not only marked by the heights of the successes, but also by the breadth and frequency of the raft of achievements. As I mentioned on the night, it is vital that we spend some time reflecting and savouring the moments of success and celebrating examples of our best efforts. While there were many examples of academic, sporting, cultural and philanthropic excellence, it is almost inevitable that we do not end up rewarding those who may not have made it to the top 10 but worked to capacity and showed a relentless commitment to doing their best and conducted themselves in a manner that is the acme of good citizenship within an educational institution.

Each semester every student receives a report where outcomes and academic performances are highlighted. We also include a “Personal Profile”, including information on things such as the following:

- Completes homework to a high standard.
- Displays diligence in the completion of tasks and activities.
- Is well organised and prepared for all tasks.
- Produces high quality work.
- Shows consideration and respect for others.

Every teacher comments on reports using a sliding scale and the following categories: Not Apparent, Sometimes, Usually, and Always. This week I would like to acknowledge the Year 12 boys who, irrespective of the height of their achievements in the academic ratings, gave their best in all of their classes at all times. Teachers are often hard to please in this area and one bad day can stop them from using the term “always”, so to have every teacher, in every class, assess every attribute as “always”, shows exceptional commitment. Congratulations to the following boys. We are very proud of your determination to be the best that you can be. What more could we ask of you?

Ashkan Khoshab, Joseph Lin, Ethan Quan, Adam Halmay, Dennis Kai, Dave Anand, Alex Teh, Yang Yang Jiao.

Congratulations to members of the Creators Club who entered the Westfield WORLD’S BIGGEST CLASSROOM EXHIBITION. This exhibition engages local schools in a celebration of sustainable living. See more information later in the newsletter.
School Holidays: On behalf of the staff of NBHS I would like to wish all of our parents a safe and happy holiday. We all benefit from a little down time to enable our batteries to recharge so that we can work to capacity during each term.

Just in case there are parents looking for something productive, but not necessarily academic for their son to do when they get bored of raiding the fridge, here is a short list of things that students should do to keep things functioning well during term.

1. Back up all documents on your laptop. Save a copy of every file onto a flash-drive, external hard drive or to the cloud.

2. Empty the contents of your school bag and throw the bag in the washing machine or hand wash it. Find and organise the handouts that are probably in the bag.

3. Create one document/notebook for each of the courses that you are undertaking. Ensure that hand-written notes, handouts given to you by your teacher and digital notes are collated in sequential order. It is not good enough to have a pile of handouts at the end of the notebook. Unless they appear at the right spot in your notebook you will not be able to use them effectively when studying. I am personally of the belief that a paper copy of your notes is best. Kill a tree but maximise the effectiveness of time spent studying. It is a “no-brainer”.

4. If you have a desk that you study at regularly, get it organised. Ensure that material for each course is stored together and can be found quickly. Have a document tray for each course and use it.

5. Do not stay up all night and develop poor sleep patterns that will take you a month to get over at the start of term 4. Get in bed before 11pm and up before 8am. School is hard enough without doing it with “jet-lag” like the impact of a holiday spent developing a bad habit that you know you are going to have to break.

6. Spend time with your parents. Help out in the yard or in the house. Find at least one time per day to volunteer to do something to help your parents. You are on holidays and chances are they are not. Make dinner. Clean the house or just your “floor-drobe”. If you can’t help out the ones who love you and devote themselves to giving you opportunities, what makes you think you have what it takes to be a doctor, lawyer or researcher who needs to devote their lives to serving people and the community?

Start and keep a habit of looking for ways to help others.

7. Relax a little. Don’t panic, the holidays are only 2 weeks and we can get back to work soon.

8. Enjoy the break.

The secret of all victory lies in the organisation of the non-obvious. Marcus Aurelius

Exciting Times in Science: Last Saturday Dr Hooper and Ms Barbeler travelled to UNSW with Aayush Bhattacharya, Udai Kamath and Rohan Balani for the RACI Schools national titration competition. These boys were invited after an exceptional performance in the State round earlier in the year. They demonstrated excellence and worked well as a team due to the times they have spent together in the school lab getting ready. They worked hard to perfect their skills and keep their glassware clean. Rohan Balani and Udai Kamath were both awarded gold plaques of excellence and as a team the boys placed 9th in NSW. Udai was equal best in the state with a near perfect score and given his performance in the State round he will now be in the running for a special prize, which includes money. Both Udai and Aayush benefitted from Rohan’s expertise drawn from his Year 12 experiences.

Congratulations to Andy Cui and Vihanga Dharmasena. These boys were invited after an inaugural entry into the competition. A fabulous result. Congratulations to Andy Cui and Vihanga Dharmasena.

In the recent ASTA Science championships 2 boys in Year 9 were awarded results of Credit. They were competing with students from around the world and as this was our inaugural entry into the competition. A fabulous result. Congratulations to Andy Cui and Vihanga Dharmasena.

Last term, boys in Years 7-10 completed the RACI national chemistry quiz. Our results in this quiz continue to improve and we will award the High Distinctions early next term on assembly. As a school we achieved 6 High Distinction Excellence awards, 54 High Distinctions and 98 Distinctions. This competition is very challenging and these results are a reflection of the boys’ potential.

Our team of Science teachers are working extremely hard at the moment to get their heads around the new science examinations known as Validation of Assessment 4 Learning and Individual Development (VALID), which will take place in Years 8 and 10. While schools are not required to undertake the Year 10, our team of keen scientists are working hard to ensure that this opportunity is used to gain an insight into where our boys are and thus maximise learning in the senior years. Thank you Ms Barbeler, Mr Barr, Ms Gibson-Garside, Ms Harman, Dr Hooper, Ms James, Ms Konstantopoulos and Mr Mallet.

Relax a little. Don’t panic, the holidays are only 2 weeks and we can get back to work soon.

Enjoy the break.

P&C NEWS
Mr Sade Kalasabail, P&C President

Thanks to Mr. Hubert Lam, Head Teacher for the presentation at the last P&C meeting; it was found very informative and educative for parents in guiding their son on which level of Mathematics to choose based on their performance and why. Also it was very encouraging to see the various developments happening at the school to take the level up by a few notches. I am sure the boys will make good use and raise their standards.

Our next P&C meeting will be held on Tuesday 13 October 2015 in the school library at 7.30 p.m.
Due to the wet weather the last grounds day on 23 August was cancelled, as a precaution so as to not to cause any injuries. It was very encouraging to see a lot of parents arriving at school in case it may have been held, as the rain was not heavy at Normanhurst. Thanks to you all parents; your hard work makes sure the school can have such nice grounds. We have included the parents who volunteered for the 23 August grounds day in the list for the grounds day in the next term.

Our next grounds day (… working bee) for this year/term will be held on **Saturday 7 November** (9.00 a.m. – 12.00 noon).

**VISUAL ARTS NEWS**  
*Ms L Venczel, Head Teacher Creative and Performing Arts*

**Congratulations to members of the Creators Club** who entered the Westfield WORLD’S BIGGEST CLASSROOM EXHIBITION. This exhibition engages local schools in a celebration of sustainable living.

Students created a work called **“Footprint Free World”**. It is an abstraction which alludes to our place in the universe. It suggests messages of infinite space and symbols of fragility.

Congratulations to:

Vincent Chan, Roy Chen, Eugene Kim, Gavin Sui & Andrew Yue, Aryan Panchasara, Thomas Ding, Daniel Oh, Kevin Zhong, Aditya Mukherjee.

**OLD NORMOS**  
*Ms M Johnson, Head Teacher Administration*

Andrew Marks – Year 12 2003.

My six years at Normo finished in 2003 and I jumped right into another six years of study, enrolling in Bachelor of Medicine, Bachelor of Surgery at UNSW. Through this time I learnt how the body was put together, how it worked and how to try and fix it! I took blood for the first time, delivered a baby for the first time and held a person’s hand as they lived their last day.

In between all the firsts and the study I found time to meet a girl, and so found myself entering 2010 as a married doctor, ready to start work. I completed my internship and residency at Hornsby and Mona Vale Hospitals where I was constantly told by my patients that I looked too young and surely was still in school! I am now about halfway through my specialisation in Anaesthetics, predominantly based at Royal North Shore Hospital.

Practising medicine is at the same time rewarding, humbling and exhausting. Yes, it has been a lot of hard work but the privilege of being involved and able to help people at such a significant time in their lives is its own reward. Of course, like all endeavours, things do not always go smoothly and it is in those moments that your family and friends come to the fore. Time invested in these relationships is never wasted.

**LIBRARY NEWS**  
*Ms Sarah Menzies, Teacher Librarian*

We’ve had a very busy term with lots happening in the library. Students have been active readers with the Premiers Reading Challenge coming to an end and with students still enjoying their casual reading. We’ve also had several different art displays on rotation in the library and some of the TAS major works last week. The library remains the hub of the school with it being utilised by teachers and students for computer use, debates, careers talks,
university visits, maths presentations, exams, ex-student special guest visits, scholarship master classes, as well as team teaching with the science faculty.

We are continuing with our re-decoration and modernisation with more new furniture and shelving arriving soon and with the Word Wall in the foyer underway. All in an effort to transform the library into a twenty first century learning space with an environment in which students feel comfortable, creative, connected, safe and inspired.

**BOOK REVIEW: Duty Calls - Battle of Britain**

Duty Calls – Battle of Britain is a book filled with action and adventure. This book written by James Holland shows not only what the air force, but the people of Europe had to deal with. With the high pressure to succeed and the struggles you need to overcome, it shows the true meaning of war.

It is written about Archie’s life, but not by him. With this you can sense the surroundings of Archie and now the true emotions of him and the others around him.

It starts off with the main character, Archie Jackson and the other members of the British Air Force waking up for the start of their long journey. With just Archie and another 19 year old named Ted Tyler being the only new recruits, there is a lot of pressure to go on their first flight in battle and to survive. They are guided and mentored by the experienced members, who have served the Air Force for many years.

With the war spreading rapidly, Archie and his fellow teammates have to do whatever it takes them to stop the Nazi invading Britain. This means many risks have to be taken and many lives will be lost. Archie matures day by day, knowing how lucky he is to survive each day. He takes nothing for granted and focuses on his job, to protect his country.

Every day is a challenge for Archie but he faces them through. With planes flying everywhere and getting destroyed right next to him, Archie finds a way to get through these tough times.

Overall, this book shows how the men, women and children during the war had to overcome to survive each day. If you like a book full of action and adventure, this book is for you.

*By Ashen Fernando 82*

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**KURINGAI SCHOOL CAPTAINS’ DINNER**

*Jethro Yuen and Lachy Berry*

On Wednesday 9 September, Normanhurst Boys school captain, Jethro Yuen and vice-captain, Lachy Berry attended Alister Henskens’ School Captains’ Dinner at State Parliament House. It was a great opportunity to meet with other school leaders from high schools in the Kuringai electorate and establish connections with them.

Continuing Barry O'Farrell's tradition, Alister Henskens SC MP thanked the school leaders for their service to their schools and communities, as well as wishing everyone good luck in their future studies.

The evening was concluded with an eye-opening tour around State Parliament House.

As the school leaders of Normanhurst Boys, we look forward to further engagements in the Kuringai electorate.
An invitation letter has been emailed to Year 11 students and their parents for the:

**Year 11 Parent and Student Information Evening**

**Supporting Your Child through the HSC –**

Information and Strategies for Parents and Students to help maximise HSC performance

**Thursday 8 October 2015**

6.15 p.m. - 9.00p.m. (approx.)

School Hall

*This is an evening for parents and students, sponsored by the P & C. Light refreshments will be provided.*

We look forward to seeing as many parents and students as possible attending this very informative and valuable evening. Please don’t forget to RSVP for catering purposes.

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**CAREERS NEWS**

*Mrs. K Woodhams, Careers Adviser*

**Important Information – Calendar of Events**

- Check this calendar for upcoming University Open Days, Parent/Student university nights plus more
- Go to [http://www.nbhscareers.com](http://www.nbhscareers.com)
- We also have additional information including a comprehensive calendar on the [MhsCareers website](http://www.mhscareers.net)
- User name: nbhs - Password: careers

**SCHOOL CAREERS INFORMATION**

Have a good break and a safe and happy holiday.

**Year 12**

Congratulations on your Graduation.

I hope you and your parents have some very special memories from Tuesday’s celebration day.

I wish you good time management & study hard for your exams.

**HSC & University Information**

- **On-time applications close**: Tuesday 30 September
- **HSC results released**: Wed. 16 Dec.
- **ATARs released**: Thursday 17 Dec.
- **Celebration BBQ**: Thursday 17 Dec.
- **Closing day to change preferences for main round offer**: Wednesday 6 Jan 2016.
- **Main Round offers**: Wed. 20 Jan 2016.

**UAC Preferences**

A reminder:

Students can alter your UAC preferences with no cost (up until 6 January 2016), go to the UAC site & use Check & Change to:

* check and change your contact details
* check and change your course preferences
* check and change your UAC PIN
* add qualifications to your application
* check correspondence, including your fee-owing letter or tax invoice
* download your Confirmation of Application
* upload documents required for your course preferences.

*There is no UAC charge for Check & Change.*


**On-time UAC Applications Close Soon**

The on-time UAC applications close on the 30 September. Any applications received after this date will incur a late fee. [http://www.uac.edu.au/undergraduate/key-dates.shtml](http://www.uac.edu.au/undergraduate/key-dates.shtml)

**Preparation for Year 12** - the boys will not have the time to attend the university experience days next year. A number of Year 12 parents spoke to me at the year 12 graduation about the importance of the experience days last year.

**University of Sydney - 'Get a taste of life at Sydney'**

Tuesday 29 or Wednesday 30 September (holidays)


More information

Millie Norton-Knight - phone 02 8627 0815 or email millie.norton-knight@sydney.edu.au

This has just opened to all NBHS Year 11. Originally limited to 15 students. Books fast. Check both days.

**UNIVERSITIES**

**UNSW: 2015 Portfolio Entry Workshops**

- **Tue 29 September, 10.00am – 12.00pm**
- **Thu 1 October, 10.00am – 12.00pm**
- Paddington Campus, CNR Oxford St & Greens Road, Paddington

A free workshop for prospective students to learn how to prepare and develop their own portfolio. Assessment staff will be available to provide personal feedback, guide students through the best possible portfolio, and offer step-by-step advice on portfolio submission. [https://www.artdesign.unsw.edu.au/whats-on/events/2015-portrait-entry-workshops](https://www.artdesign.unsw.edu.au/whats-on/events/2015-portrait-entry-workshops)

**UNSW: Campus Tours**

- **Fri 2 October, 3.30pm – 4.30pm**, Commerce Courtyard, UNSW Kensington
- **Sat 3 October, 10.00am – 11.15am**, Central Lecture Block, UNSW Kensington

Highly trained and experienced student ambassadors will guide participants through the ins and outs of study at UNSW, while showing all that the university has to offer. The tour on Saturday the 3 of October will also begin with a 15 minute presentation on the university. [http://www.futurestudents.unsw.edu.au/whats](http://www.futurestudents.unsw.edu.au/whats)
UNSW: Taste of Electrical Engineering
Mon 21 September – Wed 23 September, School of Electrical Engineering and Telecommunications, UNSW, Kensington

A three-day exploration of electrical engineering for Year 10 and 11 high school students with an aptitude for mathematics, a passion for science, and a love of problem solving. Workshops will include challenges and an introduction to the basics of several electrical engineering disciplines.

http://www.engineering.unsw.edu.au/all-events/semester-school-holidays-taste-of-electrical-engineering-0

Western Sydney University Scholarships
Vice Chancellor’s Leadership Scholarship and Aspire (Group A) applications close: January 2015
UWS Sports Scholarship (Group A) applications close: January 2015
Donor Funded Scholarship (Group B) applications close: January 2015

Western Sydney University awards a number of scholarships to recognize attributes including leadership, academic excellence, sporting achievement and community involvement, as well as a number of equity scholarships to support students.


C.A.S. Hawker Scholarship
Applications open: Mon 7 December
Applications close: Fri 8 January 2016

The C.A.S. Hawker Scholarship provides residential scholarships to undergraduate and post graduate students to the value of $45,000 over 3 years. Selection is largely based on personal qualities, demonstrated leadership, and academic ability. Students may study a course of their choosing as long as it is at one of the specified institutions.

http://www.hawkerscholarship.org/

Macquarie University: 2016 Undergraduate Scholarship Booklet

Each year Macquarie University awards scholarships based on equity, financial need, academic excellence and sporting achievement.

To learn more about these scholarships, view their 2016 undergraduate scholarship booklet:
http://students.mq.edu.au/opportunities/scholarships_and_prizes.jsp

Western Sydney University: HSC Study Sessions
Mon 21 September – Tue 29 September, Parramatta Campus

Western Sydney University will be offering free HSC study sessions for students in Year 12 in the upcoming September school holidays. These study sessions have been developed to help students maximise their academic performance in the HSC.

http://www.uws.edu.au/hsc_study_sessions

UOW: Preparation Program & Summer Master Classes Applications Extended

Applications close: Friday 18 September
Year 12 University Preparation Program – Students receive tailored study sessions over two terms with trained In2Uni mentors for HSC subjects through an on campus study centre.

Year 12 Master Classes 2016 – A three-week intensive course, held over the summer school holidays designed to give students the opportunity to experience university while getting a head start for the HSC.


Essential Guide for Graduates

The Workforce Development Services team has produced the third Essential Guide for Graduates called - 25 things your future boss needs to tell you; Applying for the right job; and Time to get a job. The resource was written by a university student to provide some tips and tricks for students who are about to complete their course from school, university or technical college/institute.

http://cciwa.com/students/working-matters/the-essential-guide-for-graduates

Lost on Campus App

This free application for your Smartphone has detailed maps and information on a range of universities and campuses around Australia. The app includes detailed information on rooms, locations of ATMs, water bubblers, vending machines, car parks and much more.

To download the app search for “Lost on Campus” in the Apple App Store. It is also available on Android.


UTS: Stroud Field Station Open Day

Sat 26 September, 11.00am – 3.30pm, Buckets Way Stroud

The Field Station is used as an environmental teaching and research facility, as well as a field base for further studies in the surrounding region. The Open Day program will appeal to people of all ages, with hands-on activities, competitions, scientific equipment displays, tours of the bushland site, and the chance to test a water sample.

https://www.uts.edu.au/about/faculty-science/events/stroud-field-station-open-day

PRIVATE COLLEGES

Academy of Music and Performing Arts: Scholarship Showdown

Entries close: Mon 26 October

An opportunity to win a full scholarship for an Undergraduate degree worth $50,000.

Musicians are required to submit two videos of two varied music performances. These can be in any genre and should showcase the applicant’s ability and personality.

Dancers are required to submit a video of a choreographed solo 'Dance'. The piece should 3 – 5 minutes in length and may be in the genre of the applicant's choice. Dancers are also required to submit a second video explaining their piece and why they would like to study dance at tertiary level.


OTHER NEWS

Ace the HSC Seminar: Term 4 2015

Sunday 1 November, UTS, Broadway Campus
Sun 8 November, UTS Macquarie University

An opportunity for students who are beginning their HSC Year and their parents to gain insight into the most important aspects of HSC success. The seminars will cover how to maintain a stress free year, secrets to HSC success, HSC English (Standard and Advanced), and Mathematics (General and 2 unit).


Defence Careers Information Session

Parramatta – Army Officer: Wed 23 September, 6.30pm, 9 George Street

https://www.facebook.com/DefenceJobsAustralia/events

Rail Careers

There are a wide range of careers available in the rail industry; these include engineering, customer service, corporate jobs and more. This website provides information about the industry and provides students with information about how they can succeed in the industry.

http://railcareers.net.au/
All of the information is emailed in good faith and it is the responsibility of the reader to confirm all details with the appropriate institution. Make sure you look at any relevant websites.

Don't hesitate to contact me if you have any questions.

**SUMMER SPORTS RESULTS, ROUND 4**

Mr Peter Edwards, Sports Coordinator

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<th>Sport</th>
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<td>NS 49, NH 1/50</td>
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**AN OVERVIEW OF HOLISTIC SUCCESSES OF 2015 SO FAR…**

- Year 12 student Oliver Moor was awarded “The Kur-ring-gai Citizen of the Year” for contributing 400 hours of his time volunteering with St. John Ambulance. Oliver was also promoted to Cadet Sergeant, the highest rank a cadet can achieve in the Hornsby Ku-ring-gai Cadet Division.
- Sydney North Schools Sport Association Blues: This prestigious and highest individual sporting award was awarded to three students:
  - Year 12 student Adam Halmy received a Blue in the sport of athletics for middle distance running.
  - Year 12 (2014) student Adam Hall was recognised for his outstanding display of water polo skills and was also selected for the Australian Under 17 squad.
  - Year 12 (2014) student Joshua Attard was recognised for outstanding middle distance swimming and for consistently representing Sydney North at the NSWCHS Swimming Championship for a number of years.
- Year 12 (2014) student Robert Cook was recognised for his outstanding achievement in the 2014 NSW History Teachers’ Association History Extension Essay Competition.
- Year 12 student Keita Richardson participated in The Lions Youth of the Year Program at the Epping-Eastwood Lions Club
Year 12 (2014) student Anthony Zhao was nominated as a finalist in the NSW Local Junior Sports Star Competition.

Inquisitive Minds Mathematics Workshops: Year 8 students experienced the inaugural visit of Inquisitive Minds a Sydney based educational enterprise to NBHS.

Year 12 students Jonathan Simpson and Philip Lentz performed at Government House for the Norwegian King Harald and Queen Sonja and a large delegation of representatives of Norwegian Public Administration, Trade and Industry as part of the NSW Public Schools Singers.

Year 11 student Jethro Yuen and Year 12 student Dilir Ali produced outstanding speeches at the Carlingford-Dundas Lions Youth of the Year quest.

Year 12 students Adam Halmy, Matt Osborne and Richard Wang competed in the CHS Team Triathlon held at the Sydney International Regatta Centre. This team came 10th overall and 4th of all the DEC school entries.

University of Sydney Gifted & Talented Discovery Program Exam – requires students to draw on their knowledge of science and to use this knowledge creatively. Students from across NSW, the ACT and Queensland competed to gain a place.

- Year 10 students Samuel Bang and Alexander Horspool and Year 8 student Harrison Chudleigh were invited to join the program.
- Year 10 students Simon Roberts and Sasha Gerasimov achieved excellent results in the exam.

Year 12 student Keita Richardson was invited to participate in the International Biology Olympiad in Denmark. In addition to being academically challenging, the experience gives students the opportunity to experience different cultures.

Year 11 students Jack Naylor, Hugh Harrington, Ryan Can and Udai Kamath participated in the Debating Competition held at Castle Hill High School. They did a fine job of engaging with the topic and the other team’s case. A strong opening for an exciting season of debating in 2015.

CHS Swimming Competition – NBHS 16 years relay team came 3rd in the CHS Swimming Championships.

Year 7 student Patrick Adjii competed in the Australian Karate Federation Australian Open and earned a gold medal in kata and a bronze medal in kumite for his age and weight division.

Year 9 student Bob Liang competed in the International Table Tennis Federation World Junior Circuit in the Australian Junior and Cadet open divisions at Tweed Heads. Bob won a silver medal in the Junior Cadet Team division and two bronze medals in the Opens Cadet division.

2014 Year 12 student Robert Cook was a deserving winner of a Tuckwell Scholarship for 2015.

Year 11 students Yang Yang Jiao, Lachlan Ward and Matt Keevers represented the school at the Bond University Mooting Competition. A moot is a legal game where parties receive a fictional case and real life case law and make submissions to a panel of Judges.

Year 12 students and senior debaters Matt Keevers, Keita Richardson, Lachlan Jones and Ashkan Khoshab won the debate against Castle Hill High School.

Geography Teachers’ Association of NSW Awards:
Year 12 student Ashkan Khoshab was recognised for his outstanding achievement in obtaining a state ranking in the 2014 HSC Geography examination.

Year 11 student Jethro Yuen came equal second in the Brock Rowe Senior Geography Project Fieldwork category.

Year 8 student Jarvis Pitcher came first in NSW and Equal First in Australia in the Junior Level in the 2015 Australian Geography Competition

Year 9 & 10 Debating Competition Winners:

- Year 9 team: Brandon Velleley (team captain), Anush Sharma, Aryan Nangia and Jerry Leung.
- Year 10 team: Jeremy Skrzypka (team captain), Callum Maddox, Siddharth Warrier and Simon Roberts.

RACI Annual Crystallography competition: The science faculty entered one crystal per Year 7 class and individual crystals for judging.

Australian Science Olympiads: Year 12 student Keita Richardson and Year 11 student Declan McDonnell represented Normanhurst Boys both at the International and National levels at the Olympiads this year.

Year 9 student Dhrusa Thorat was selected by the Northern District Cricket Club for an international tour to Sri Lanka. He was a part of a team of 15 players who has the opportunity to play in the International cricket grounds in Sri Lanka.

RACI Interschool Titration Competition – Year 12 student Rohan Balani and Year 11 students Udai Kamath & Aayush Bhattacharya represented the Normanhurst Boys Titration Team and were placed first in the competition. Aayush received an individual perfect score.

Year 11 student Declan McDonnell represented Australia and Normanhurst Boys High School by competing in the International Olympiad Informatics 2015.

Year 11 students Karl Elbourne, Philip Lentz and Ian Thorvaldson attended the State Senior Music Camp held at Sydney Academy of Sport Narrabeen from 21 June to 26 June 2015. This was a great opportunity to develop their already substantial skills in the area of music.

Normanhurst “FIRST” Robotics boys competed at Barker College for the Duel Down Under which is an Australian three-day tournament with teams competing from Australia and China.

Year 7 student Eric Zheng represented NSW in table tennis at the Pacific Schools Games in November. Eric will compete at the international level competition in Adelaide.

Year 9 student Bob Liang won the U15 Boys' Singles Gold Medal in the 2015 NSW Junior & U18 Table Tennis Open Championships, held in Olympic Park Indoor Sport Hall. Bob will go on to compete in the National Junior Championships in Adelaide later this year.

Year 12 student Keita Richardson was awarded the silver medal at the International Biology Olympiad in Denmark.

Year 12 student Sahil Arora attended the UBS Finance Academy, a fully subsidised, weeklong residential program that aims to provide students with a practical understanding of global financial markets whilst highlighting the wide range of finance-related career opportunities available.

Sydney North West Metropolitan Boys Zone Athletics Carnival outstanding achievements:
- Year 7 student Jacky Chu came 1st in 80 Metres Hurdles 0.76m 12 years and 1st in Boys Discus 750gms
- NBHS 12 years “A” 4x100 Metre Relay: 2nd position
- Year 12 student Adam Halmy came 2nd in Boys 1500 Metres, 3rd in Boys 400 Metre Hurdles 0.84m 17 & under years, 3rd in 800 Metres 17+ years
- Year 12 student Charlie Seppelt came 3rd in 110 Metre Hurdles 17+ years, 1st Boys Shot Put 5kg 17+ years and 2nd in Boys Javelin 700gms 17+ years

Year 12 student Oliver Moor achieved his Duke of Edinburgh's International Gold Award.

Year 7 Inter-Class Shakespeare Competition: Ten students from each Year 7 class participated in an inter-class Shakespeare competition. The students transformed themselves from grey academics into melodramatic Shakespearean players.

Year 9 and Year 10 students engaged in Plant a Tree Day.

Market Day was a great day for the Year 9 Commerce boys who enjoyed a taste of running a small business. From marketing and human resources management, to operations and the finance, the experiences brought to life the challenges taught in the course.

Year 8 students Gevindu Abeydeera, Amerthan Thevathasan, Jack Ting and David Louey made it to the Quarter Finals of the Metropolitan NSW Junior Chess League Competition against Holy Cross College Ryde.
• Year 12 students Yang Yang Jiao, Lachlan Ward and Matthew Keevers won the Bond University Mooting Competition.

• Year 10 student Julian Moore performed with Senior State Wind Band in the Sydney Opera House for the Festival of Instrumental Music.

• Year 11 student Declan McDonnell represented Australia in this year’s International Olympiad in Informatics, held in Almaty, Kazakhstan. From a total of 322 world’s best programmers Declan achieved an outstanding 93rd and Bronze Medal.

• Year 11 Engineering Studies students David Shead, Eddy Li, Rishi Manivasahan and Joseph Arackal participated in this year’s Great Engineering Challenge and won the UNSW Challenge for 2015 on bridge building.

• Year 7 student Patrick Adjji won a gold, silver and bronze medal at the 2015 Australian Karate Federation National Championships in Adelaide.

• Year 10 student Hugh Gingell was selected for the NSW Orienteering Team and will compete in the Australian Orienteering Championships in Ballarat.

• Year 8 students Jack Hedges, Adam Fuller, Harrison Chudleigh and Marko Beocanin auditioned for the Kitchen Whiz show on Channel 9.

• Economics and Business Studies Competition:
  - Business Studies – Year 11 students Lachlan Berry and Sanjay Balakumar won $200 and $50 respectively
  - Economics – Year 11 student Udai Kamath and Year 12 student Dilir Ali won $100 each

• Year 7 RACI crystallography results: Year 7 students Justic Cho, Patrick Adjji, Tony Kim, Ryan Park, Rohan Sharma, Justin Lee, Asvath Prabagar, Ansh Mehta were highly commended for their crystals and several groups achieved crystals which were finalists from across NSW schools.

• Year 8 chess club students had a glorious chess victory winning the Northern Final against Shore School.

• Students from Years 7-11 who achieved excellent mid-semester report results were treated to a special morning tea.

• Normanhurst Prefects Jack Naylor and Jash Vanjara volunteered at the Hills Rotaract Barbeque to run the BBQ for over 9 hours raising $1348 for the Rotary International’s “Rotarians Against Malaria” mission.

• Year 9 student Brandon Velevley is a finalist in the 2015 Money Stuff Challenge. His instructional video explaining your consumer rights to refund, repair or replacement under Australian Consumer Law was exceptional.

• Year 10 student Zac De Silva took part in the inaugural B.Inspiring Technology & Leadership Conference held at Deloitte earlier this year.

• Year 9 debaters progressed to Northern Sydney Regional Semi–Finals by claiming a very narrow victory against North Sydney Girls.

• MAD Night (Music Art Drama). Talented performers and exhibitors performed at the annual extravaganza of creative performing arts talent.

• Year 9 student Brent Tonisson competed in the World Pokémon Championship at Boston. He achieved 4th in the world in the TCG Seniors division and approximately $10,000 in prize money.

• Year 8 students attended an education drama production “Sticks and Stones” designed to help students understand how behaviour can have a big impact on others – in a positive and negative way.

• Year 12 students Allen Jiang and Daniel Hill received the Global Leadership Program early entry offer at Macquarie University.

• Year 12 students Ashkan Khoshab and Keita Richardson were selected to receive the Minister’s Award for Excellence in Student Achievement for outstanding achievements in academic studies, leadership and contribution to our community.

• Year 8 students Gevindu Abeydeera, Andre Lamb, Joseph Liem and Year 9 student Zachary Horsburgh represented Normanhurst in the Young Scientists Paper Plane Challenge held at Sydney University.

• RUOK? Day at NBHS was a day of raising awareness to mental health issues and a strong reminder for staff and students about the importance of supporting each other.

• Year 12 student Oscar Fan participated and came first in the annual NSW Japanese speech contest held at Macquarie University.

• Year 9 and Year 10 Electronics students participated in the UNSW Sunsprint Solar Car Challenge.
- 15s Cricket Undefeated Zone Winners: A major strength of the team this year was their batting and in particular the leadership of the Captain of the Team Dhruva Thorat along with his exceptional batting.
- CHS Athletics Championships:
  - Year 12 student Charlie Seppelt – 4th in 17+ years Javelin
  - Year 12 student Adam Halmy – Silver in 17+ years Steeplechase
  - Year 7 student Jacky Chu – Silver in 12 years Hurdles
- NBHS Team participated in the First Robotics Competition.
- Year 11 students and ProgComp team members Declan McDonnell, Harry Gougousidis, James Groom came third in the State in the UNSE Programming Competition.

### CALENDAR

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In 1967, a young psychology professor at the University of California named Stanley Coopersmith, was one of the first academics to formally propose that self-esteem was the crucial ingredient for child rearing. Coopersmith’s work sparked a shift in the way children were seen – a shift that was to become later known as the self-esteem movement.

Within a decade, this new approach to educating and raising young people had firmly taken hold. Between the 1970s and 1980s, the number of psychology and education journal articles devoted to self-esteem doubled and went on to increase a further 52% during the 1990s.

This trend was also being seen in society more broadly. In the early 1980s, the attitude towards the role and place of children shifted from ‘children should be seen and not heard’ to ‘children are to be prized, protected and above all else pampered’. From birth, children were bombarded with the message that they were ‘special’, ‘magnificent’, ‘unique’, ‘wonderful’ and set to ‘be a leader’.

During this time too, competition became a dirty word in schools - everyone in the athletics race began getting a prize, test scores were inflated, and report cards couched with positive language lest the student’s self-esteem become dented by negative or constructive feedback.

In fairness, such a shift away from the sometimes harsh and stern approaches used by parents and teachers in previous eras did represent a very positive step. However, I would argue that the pendulum has swung too far and that the self-esteem movement has had some unintended consequences - a dark side - which cannot be ignored.

The 5 Shadows of Self Esteem

1. Depression

Because so much of the focus of the self-esteem movement has been on the way a student feels about themselves and life (rather than what a child does), Martin Seligman suggests that parents and teachers have made this generation of children more vulnerable to depression.

After all, feelings and emotions are intangible and subjective. Furthermore they can be fleeting which can result in a profound sense of helplessness or lack of control.
2. Narcissism

Lillian Katz, a professor in early childhood development education at the University of Illinois suggests that ‘many of the practices advocated in pursuit of high self esteem may instead inadvertently develop narcissism in the form of excessive preoccupation with oneself.’

As evidence of this trend, the number of university or college students who rate ‘high’ on the Narcissistic Personality Inventory (NPI) has increased by almost 70% between 1987 and 2006.

3. Dependence

By far the most common complaint I hear from employers and managers of Gen Y is that this young group seem to need to be affirmed for everything they do! ‘Why do we have to congratulate Gen Y for simply turning up to work?’ I am often asked by frustrated bosses.

In contrast with older generations, Gen Y tend to crave external affirmation for their performance, development and effort. In one recent study, 60% of Gen Y employees reported wanting to receive feedback from their managers on a daily basis and 35% wanted feedback multiple times a day.

Realizing this, some employers have decided to leverage Gen Y’s need for affirmation in order to motivate them. In an article for the Wall Street Journal, journalist Jeffrey Zaslow cited a scooter store in Texas which now employs a full-time ‘celebrations assistant’. The job description for this position includes throwing large amounts of confetti at employees each week, handing out helium balloons and ‘randomly showing up at employees desks offering high-fives to acknowledge a job well done’.

Such a heavy reliance on external praise and feedback in Gen Y seems to be a key factor in the development of the ‘if no-one is going to notice, why bother trying at all’ attitude so prevalent in this group. It can also result in them appearing high maintenance for employers who expect their team members to be self directed and internally motivated.

4. Apathy

American author Tim Elmore argues that the emergence of the ‘everyone gets a prize’ mentality that has emerged in schools actually robs young people of a genuine pride in their achievements along with motivation to strive for excellence and improvement. This is something I often refer to as communism on the sports field.

After all, what’s the point of pursuing excellence and striving to win if there is no true competition or reward for effort?

Further still, young people today are anything but naïve. They will quickly learn to ignore or grow suspicious of empty flattery. If they are repeatedly told that everybody is special, they quickly learn that this must mean that no-body is really special at all.
5. Fragility

Perhaps the most telling indicator of the dark side of excessive praise and affirmation is the way young people respond when they receive the opposite of these things. Stories abound of young people simply folding at the knees, dissolving into tears or violently lashing out when criticism or constructive feedback is given. One teacher recently told me of a student’s devastation when she was asked to review her work and do a second draft – ‘why do you hate me so much’ the student asked.

In contrast with generations who grew up in the pre self-esteem era, young people today are less able to separate their performance from their personhood. As a result, any negative feedback is seen as a personal attack.

This final point goes to the heart of the issue: if young people today have been raised in the era of self-esteem, why does everything seem to come crashing down like a house of cards at the first hint of criticism and negative feedback?

I believe it is because one of the greatest myths of the last three decades is that self esteem can be given or bestowed when it simply cannot. As psychology professor Jean Twenge suggests, true self-esteem is an outcome, not a cause.

Let’s be clear: you can certainly give encouragement, affirm progress and build confidence in young people. However, true self-esteem is always internally driven. If we are to set Gen Y up for long-term success, it is critical we foster a healthy sense of self-pride in them that is linked to overcoming challenges, pushing the limits of personal achievement and persisting through setbacks.

ABOUT MICHAEL

Michael McQueen is an award-winning speaker, social researcher and 3-time bestselling author.

Michael’s first book The ‘New’ Rules of Engagement was the culmination of a 3-year study of the key drivers of youth culture around the world. With an emphasis on the values and attitudes of Generation Y, this 2007 release was designed to help business leaders, educators and parents to better engage younger generations.

Michael’s most recent book Winning the Battle for Relevance is a landmark title that explores why even the greatest businesses and institutions become obsolete and how others can avoid their fate.

In addition to featuring regularly as a commentator on TV and radio, Michael is a familiar face on the international conference circuit having shared the stage with the like of Bill Gates, Whoopi Goldberg and Larry King.

Michael has spoken to over 150,000 people across 5 continents since 2004 and is known for his engaging, entertaining and practical conference presentations.

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New South Wales Parliament House
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Open Monday to Friday, 9am to 5pm

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The Hon Adrian Piccoli MP,
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4pm Tuesday 8 September

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School Holiday Camps (for ages 5 – 15 years)
Normanhurst Boys High School
Fraser Road, Normanhurst
Camp one 21st September to 25th September 2015
Camp two 28th September to 2nd October 2015

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Golf Clinic/Putt Putt on Wednesday afternoons at Thornleigh Golf Centre.
Camp features:
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- FREE pizza lunch on the last day of each camp.
- Prize money will be given for advanced group. Medals given for each group.
- Wet weather program operates when necessary using the school facilities.

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Times: 9.00am – 3.00pm daily
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Half day option available: Camp one and two $130.00 (9.00 – 12.00)
Casual day rate: $50.00 (for golf clinic price is $65.00)
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125 Baulkham Hills Road, Baulkham Hills NSW

September/October 2015 School Holiday Camps: Please detach and complete.

Names: ____________________________ Email Address: ____________________________
Address: ____________________________
Home Phone and mobile: ____________________________
Medical Conditions: ____________________________
School: ____________________________
Date of birth: ____________________________ School Year: ____________________________
Please tick: Camp 1 ________ Camp 2 ________ Half day ________ Casual day ________