



## HURLSTONE AGRICULTURAL HIGH SCHOOL

# NEWSLETTER



### TERM 3 CALENDAR

#### Week 1 — A

##### Monday, 13th July

Concert Tour - Berry and Nowra.

SDD

##### Tuesday, 14th July

Concert Tour - Berry and Nowra.

Yr 11 English Extension 1 unit - Task 2

Lessons Resume All Years.

Yr 11 Computing Applications - Task 3

##### Wednesday, 15th July

Yr 11 English Extension 1 unit - Task 2

Yr 11 Biology - Task 4

Yr 11 English Extension 1 unit - Task 2

Yr 9 English - Task 3

Yr 11 Mathematics - Task 2

Yr 11 General Mathematics - Task 2

##### Friday, 17th July

Yr 11 English Extension 1 unit - Task 2

Yr 9 Japanese - Task 3

Yr 12 Exams MUST BE to print room.

Blood Donation - Liverpool Blood Bank.

Prefect Induction - Edmondson Hall.

### SRC UPDATE

This term has been an absolute blast for the SRC, from the successes of AFC to the Easter Egg Hunt and the Trickshot challenge, and we're now incredibly excited to be sharing with you the events and plans for the term ahead.

Next term, the student body shall see the SRC under the leadership of our new executive body:

Year 11 executives:

- Fahid Ifthekhar as President
- Helena Ly as Publicity Officer
- Deepti Bhatt as Union Representative and Co-secretary
- Jessica Ong as Co-secretary and Treasurer

Year 10 executives:

- Addam Dinh as Vice President
- Visjna Vlahovic as Publicity Officer
- Cailyn Loveday as Secretary
- Thomas Evans as Treasurer

All executives are passionate about making this and next year's SRC interconnected with our fellow Hurlstonians, and we encourage anyone with ideas or desires they have or want for the school community to come up to us to express your views.

The term ahead will be packed full of events, namely the Talent Quest! So if you're keen to impress or allow your inner Beyoncé shine through, get practicing and watch out for the signups!

Also, next term will be Hurlstone's annual Country Fair! Preparations are currently underway in order to provide entertainment and information for the community. It's going to be great day, so come with you friends and family to take part!

The SRC wishes everyone an enjoyable school break and that the torrent of assignments, homework and studying doesn't ruin the chance for these next two weeks to "switch-off".

*Until next term!*

## PREFECT CAMP

The role of a Prefect within the school often brings about notions of prestige, honour, bravery, innovation, leadership and other buzzwords. Hence, I imagined that the Prefect Camp (a two day excursion - well, rather, an incursion as we stayed in the Boarding School) would be one that was saturated with all things leadership related. Talks, conferences, activities and seminars on *"How to be an effective leader"* and *"How to be a good role model"*. Although the camp did feature some of these subjects, I was surprised by its unique and down-to-earth approach.

Before mentioning such *"leadership"* activities I should touch upon our experience at Holsworthy Army Barracks. As we were not allowed any video recording devices within the barracks, I shall try my best to paint the picture with my words.

After a lengthy period of time where everyone registered with army security, we were taken inside. The first thing that surprised me was the modern look of the place. Maybe my vision of barracks was prematurely derived from war documentaries in History class but nonetheless, the army barracks looked very simple and clean. I enjoyed the lush green grass, open spaces and smoothly paved roads and pavement.

There weren't much buildings but the ones that did pop up were close to warehouse-sized. Once again, I appreciated the modern and simplistic look of the place. The barracks did not force me to feel the way I did whenever Mr Currie patrolled the playground; in constant fear that I have done something wrong.

We were soon transported to a newly constructed building from which a training instructor emerged. Although the place was non-threatening to say the least, the instructor did exude a sense of discipline and respect. To reinforce my point, we were made to call him 'Sir' and no one was cheeky enough to call him by his first name — as we often do with many members of the HAHS Teaching Staff whom I should not name. The instructor led us to the various sporting and gym complexes and if I haven't said it before, I'll say it again; it was modern.

Spacious weights rooms, humongous indoor courts, rooms full of state-of-the-art cardio equipment, squash courts and an awe-striking indoor swimming complex; the place was an athlete's dream.

We were extremely fortunate that we were allowed inside (and to be allowed to run the obstacle course hanging above the swimming pool) but we were taken to an obstacle course a few minutes away from the sports complex. After being split up into teams we were made to run the obstacle course; dirt, mud and fire ants all lying ahead of us.

I must give a huge thanks to all the staff at Holsworthy Army Barracks, especially a Captain in the Base for giving us an insightful presentation about what he thinks defines leadership and HAHS Administrative staff for organising the Hurlstone Prefect Body to have an enjoyable — and informative — visit at the barracks.

## PREFECT CAMP CONTINUED.

Once we arrived back at school we underwent some very fun and interesting activities organised by the Year 12 Prefects, including a night-time MasterChef Mystery Box challenge that swept our tastebuds with delight.

Alongside activities and talks with our mentors, the newly elected 2015/16 Prefect Body were extremely fortunate and are immensely grateful for the effort and hospitality of the school and current Prefect Body. As cheesy and cliché as it may sound, we all learnt something new about ourselves and the connections we made with each other over the camp are truly vital for the functioning of our Prefect Body over the coming year.

So now, introducing Hurlstone's Prefect Body for 2016...

Sanjay Alapakkam

Anish Anand

Katherine Cai

Jessica Chau

Harsha Chugh

Rachel Daniel

Fahid Iftekhar

Romith Maniju

Danny Ng

Jessica Ong

Ryan Southwell

Ivy Ta

### Boarder Vice Captains:

Amy Wu

Fergus Ryan

### Boarder Captains:

Daniella Stewart

David Webb

### Day Vice Captains:

Lisa Huynh-Le

Harsh Pawar

### Day Captains:

Sadia Qureshi

Harry Fuelling

*By Fahid Iftekhar*

## MUSIC NIGHT

On the 10th of June 2015, Hurlstone held one of its music nights. It included student performances from across the school, showcasing their talent for the performing arts. Though some calamities did occur along the way (our magnificent SRC coordinator burning popcorn, or maybe the year 9 music major class accidentally making a large mistake in their Uptown Funk performance), they were quickly resolved and only made the night more enjoyable.

*"Music Night at the Hurlstone Agricultural High School Hall was a spectacular evening. There were many performances such as the Years 9, 10 and music classes performing, along with some solo performances and a Year 10 band."*

- Brianne Perera (Year 10)

*"My personal favourite was the Year 9's performance of Uptown Funk, which the whole audience seemed to love. I would recommend watching as many of these performances as possible as the Hurlstone music students are absolutely mindblowing."*

- Peter Liang (Year 9)

The Hurlstone Variety Night is also coming up next term so keep an eye out for posters and listen to the daily notices. Auditions will be held Week 1 and 2 of Term 3, so get practicing!

*By Anna Dinh, Year 8*

## ENVIRONMENT FORUM

Greetings,

We have spent the past couple of months planning, organising and promoting the 'Hurlstone Environment and Leadership Forum' which took place on the 12<sup>th</sup> – 14<sup>th</sup> of June. The forum was created to provide students with opportunities to learn, experience and take practical approaches in dealing with contemporary environmental issues. Many special guests were invited including speakers from the University of Western Sydney, Campbelltown City Council, Australian Youth Climate Change Coalition and the NSW Office of Environment & Heritage.

Below are some students sharing their post-forum thoughts:

*"The Environment Leadership Forum was such a rewarding experience. I was able to work with some amazing and inspiring people and I am grateful for having had this opportunity."* - Jenny Luu (Year 11)

*"It was an incredible, eye-opening experience - but the best part was pizza and family feud with these great peeps!"* - Elizabeth Meiklejohn (Year 9)

*"Participating in the environmental forum was a great experience. Learning while having fun is the best way to obtain new knowledge and is one of the reasons why I enjoyed this camp so much. I met heaps of new and friendly people from outside and in our school with similar interests in the environment as me. All the people who attended and the organisers for this forum were really encouraging and lovely to spend time with. Overall this camp was better than expected and I really have learnt so much out of it."*

- YaXin Huang (Year 10)

*The environment forum was an extremely enjoyable experience. Not only did I learn about the environment but I also learnt about leadership."* - Duc Ho (Year 10)

Overall, the initiative was successful, despite being a first for our committee; and we are hoping for a similar event to be held next year. Thank you for endless your support!

Until next time, Enviro.



## CANCER COUNCIL'S BIGGEST MORNING TEA

On Friday the 12th of June, Hurlstone Interact held the Biggest Morning Tea to raise awareness and funds for the Cancer Council to aid world-class cancer research and treatment programs for those subject to the disease in Australia. The Year 10 Interact cohort led the event that consisted of delicious food stalls, stellar performances and even a photo booth area. All in all it was a fun-filled day and an awesome experience to be a part of. Check out a few pictures of the day below!



For more pictures, check out: <https://www.facebook.com/hurlstoneinteract> !

## TOP TIPS FOR MOVING INFORMATION INTO LONG TERM MEMORY

The following are some tips which may help you to move information from short to long term memory.

- 1. BE ENGAGED:** If you are interested in what you are learning you are more likely to remember it. Ask questions, pre-read information, make summaries and follow up on things you don't understand.
- 2. USE REPETITION:** Repetition is key to transferring information from short term to long term memory. The more often you practice a technique, or revise your information the better it will transfer to long term memory.
- 3. RECORD INFO:** Don't just write down everything your teacher says, or copy straight from a textbook or the Internet. Think about what is being communicated and create notes that are accurate, meaningful to you and build connections. Mind maps are a helpful tool for this.
- 4. ORGANISE INFO:** When you are studying for a topic, make sure you organise the information into small, distinct chunks.
- 5. VISUALISE INFO:** Build a mental picture of what you are trying to remember, like the parts of a plant or a battle in history.
- 6. BUILD ASSOCIATIONS:** This might mean developing some kind of sensory cue which enables you to remember information such as smell or sound. Try turning your notes into a song or poem.
- 7. SHAKE THINGS UP:** Write in a crazy font, use lots of colours, use your left hand to write instead of your right... anything that makes your brain have to engage more actively with what it is you are trying to learn.
- 8. FUEL YOUR BRAIN:** If you want your brain to work well for you, you also need to work well for your brain. Eating foods rich in Omega 3 and essential fatty acids (such as fish, nuts, legumes and leafy green vegetables) will help your brain to function optimally. Drink lots of water so that your brain doesn't dehydrate. Keep away from too much caffeine which may impair brain function.
- 9. REST YOUR BRAIN:** Getting fresh air and exercise helps your brain to process information, as does sleep. Most students need 8-10 hours of sleep a night. The last stage of memory consolidation takes place while you are sleeping so ensure you get enough sleep each night.

Learn more this year about how to studying effectively by working through the units on <http://www.studyskillshandbook.com.au> particularly Active Studying and Your Brain and Memory.

*Christine Castle*

## #HUMANSOFHAHS

Introducing the second segment of Hurlstone's very own #humansofhahs! You may notice that this is a change from last edition's "Homosapiens of Hurlstone", however, in order to integrate the various groups of Hurlstone and showcase our school's wonderful talent, #humansofhahs was created!. To see more #humansofhahs stories, check out the hashtag on Facebook! Now, introducing this week's celebrities...

### **Harry Fuelling, Year 11, Day School Captain for 2016**

#### What's your most memorable Hurlstone experience and why?

My first Hurlstone swimming carnival was definitely most memorable, at the school pool with the paint, music and cheering; it was nothing like I'd experienced before! Loved it.

#### Tell us a random fact about yourself:

I support Queensland in the State of Origin.

#### What would you say to your Year 7 self if you had the chance?

Get a haircut!!

#### Best movie you've ever seen:

Best movie would be the Imitation Game.



### **Sadia Qureshi, Year 11, Day School Captain for 2016**

#### What's your most memorable Hurlstone experience and why?

My favourite high school experience was Year 9 camp, because as a group of Hurlstonians, we were at an age where we knew each other well enough to be comfortable, but we still had the opportunity to bond so much more (which we did!). It was completely focused on us and our enjoyment, and it's the moment of time my grade can mutually agree we enjoyed and loved most as a cohort.

#### Tell us a random fact about yourself:

I'm so lame that I plan my outfits with my friends before most events so we colour co-ordinate.

#### What would you say to your Year 7 self if you had the chance?

Don't worry too much because no one will remember anything that happens now, next year. And take every opportunity handed to you.

#### Best movie you've ever seen:

X-Men: Days of Future Past.



## #HUMANSOFHAHS

### Harsh Pawar, Year 11, Day School Vice Captain for 2016

What's your most memorable Hurlstone experience?

Hmm... that's a tough one, because there's literally so many, but somewhere at the top would be the Year 9 camp to Collaroy and also Australian Business Week. Getting elected as vice-captain was also certainly a great experience.

Tell us a random fact about yourself:

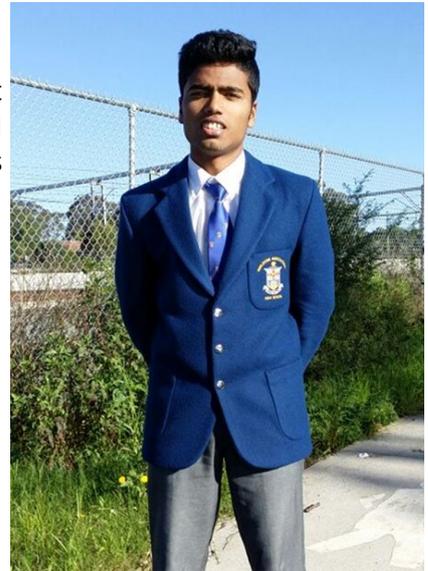
I'm really good at climbing things – trees, fences, whatever.

What would you say to your Year 7 self if you had the chance?

Don't stress, real high school starts in four years.

Best movie you've ever seen:

The Shawshank Redemption.



### Lisa Le, Year 11, Day School Vice Captain for 2016

What's your most memorable Hurlstone experience and why?

There was a time I sunk in shin deep in mud during cross country and I had to ask people for help to pull me out because I couldn't myself.

Tell us a random fact about yourself:

I can tie a knot on a lolly snake/cherry stem with only my mouth.

If you could have any superpower, what would it be, and why?

Telekinesis!! Wait, no, I change my mind. I'd like to be the Avatar, and have all the Avatar's powers of water, fire, earth and air bending.

Best movie you've ever seen:

White chicks. \*thumbs up\*



## #HUMANSOFHAHS CONTINUED.

### **Bettina Nguyen , Year 9**

What's your most memorable Hurlstone experience and why?

Musical because I was doing something I really loved and the end product was well worth the hours of practise.

Tell us a random fact about yourself:

When I'm bored in class, I imagine invaders coming into the school and how I would save everybody.

What would you say to your Year 7 self if you had the chance?

I would tell myself to use the moment to create a new start and try improve as a person. And be nicer.

Best movie you've ever seen:

Now You See Me.



### **Tashmeet Hossain, Year 7**

What's your most memorable Hurlstone experience and why?

Scoring my first goal at the soccer courts at lunch.

Tell us a random fact about yourself:

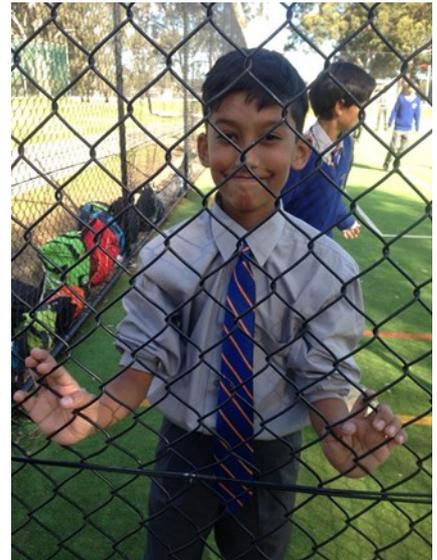
I like to draw. (What do you like to draw?) Anything.

What would you say to your Year 7 self if you had the chance?

Don't stress out.

Best movie you've ever seen:

Umm, the Dark Knight.



By Year 10 SRC

**Stay tuned for the next newsletter where we'll be interviewing the Boarder Captains and Vice Captains for 2016 and more students, maybe even a teacher!**

## PUZZLES AND JOKES CORNER



# SPOT THE DIFFERENCE



CAN YOU FIND THE EIGHT DIFFERENCES IN THESE TWO IMAGES?



6			2	1		5
	2				4	7
		5	8			2
9	3					
		8		6		
					2	3
2			4	3		
1		4			3	
	5		1	7		8

**Six people park their car in an underground parking of a store. The store has six floors in all. Each one of them goes to different floor. Simon stays in the lift for the longest. Sia gets out before Peter but after Tracy. The first one to get out is Harold. Debra leaves after Tracy who gets out at the third floor. Can you find out who leaves the lift at which floor?**

Harold leaves at the 1st floor. Debra leaves at the 2nd floor. Tracy leaves at the 3rd floor. Sia leaves at the 4th floor. Peter leaves at the 5th floor. Simon leaves at the 6th floor.

**What kind of tree can you carry in your hand?**

A palm.

**What has a neck but no head?**

A bottle.

By Katherine Han, Year 11

Got any suggestions or ideas for the school—or maybe newsletter segments that you'd like to see? If so, send an email to [hurlstonesrc@gmail.com](mailto:hurlstonesrc@gmail.com) and we'll try our best to make your dreams a reality!