



## HURLSTONE AGRICULTURAL HIGH SCHOOL NEWSLETTER

### SRC REPORT

#### Term 2, Week 1

→ Calendar update

#### Monday, 1<sup>st</sup> May

Yr 9 Japanese Major Assessment

Yr 9 Visual Arts Assessment

Yr 10 Commerce Assessment

Yr 11 Half Yearly

**Vocal Ensemble**

#### Tuesday, 2<sup>nd</sup> May

Yr 9 Japanese Minor Assessment

Yr 12 English Ext 2 Assessment

Yr 11 Half Yearly

#### Wednesday, 3<sup>rd</sup> May

Yr 9 Japanese Minor Assessment

Yr 11 Half Yearly

**SSW AFL Knockout**

#### Thursday, 4<sup>th</sup> May

Yr 10 Japanese Assessment

Yr 11 Half Yearly

**HSC Music Study Day @ Cabramatta**

**State Frisbee Championships**

**Yr 9 and 10 Debate**

**Piano Lessons**

#### Friday, 5<sup>th</sup> May

Yr 8 Visual Arts Assessment

Yr 11 Half Yearly

**Science and Engineering Challenge**

**Business Studies Excursion @**

**Stanmore**

→ Harmony Day

The SRC of 2015-16 left on a high note with Harmony Day 2017. On Tuesday 28<sup>th</sup> March, the SRC of 2015-17 held its final event together. On the day, we wore orange accessories, sold orange food in the donut quad and held a pass-the-parcel in the main quad. The whole school got involved and it was a great event.



→ SRC 2017-18

On the 29<sup>th</sup> of March, the SRC of 2017-18 was announced. A total number of 40 students from years 8, 9, 10 and 11. Executives have yet to be announced to stay tuned to find out about them soon.

Congratulations to everyone who made it in! We are looking forward to great year with both new and old faces.

## PRINCIPAL REPORT

The end of term one 2017 was both immeasurably sad and immensely gratifying. Sad due to the sudden and tragic loss of Mr Nicholas Wenban but gratifying as a school leader as this tragedy brought out the best in our community and our students. Anyone who attended the memorial assembly for Mr Wenban would agree that our students not only respected Mr Wenban's memory but also made it abundantly clear why Mr Wenban was so proud of working at a school that produces such young Australians, young Australians who he had a huge influence upon. Mr Wenban's father, Bill, has asked that I pass on his gratitude to the entire school community for both the assembly and for the respect and love that we showed his son. He asked me to let everyone know that it meant a lot to him, and the friends and family present, to know that Nick was such a part of the fabric of the school. I would like to thank Ms Johanna Leglise, Ms Wendy Wuhrer, Mr Glenn Armitage, Mr Rob Craig, The Prefect Body, the lighting and sound crew, and all of the students (both past and present), parents and staff who contributed to the assembly. It made me both proud and humble to lead a community that would honour one of its members in such a warm and resonant fashion. The Deputy Principal position left vacant by Mr Wenban's passing will be filled for the remainder of 2017 by Mr Rob Craig. Mr Craig will take carriage of all of the roles attached to this position.

There were some people who were not able to attend the special assembly at the end of term one as they were involved in the Royal Agricultural Show competitions. It is my great pleasure to report that we had the most successful show in recent memory. Indeed, from looking through the archives, it may be the most successful show ever. The school placed in 47 different categories with 47% of these places being either "First" or "Winner" in their specific category. Hurlstone Agricultural High School was awarded ribbons in all of our enterprises and came away with plaudits for our pigs, sheep, dairy cattle, beef cattle and chickens. As well as our livestock we also came first in the Semex challenge and won first prize in the school's exhibition competition. These awards are not easily come by and it is important to recognise the hard work of several members of staff including all of the Agriculture faculty, especially Ms Johnston and Mr McAlpin, all of the farm staff, led by Mr Jeff Doolan, and the Art staff, especially Ms Jo Ross who was thoroughly supported by our Head Teacher Teaching and Learning Ms Sharon Davis. Of course, recognition has also to be given to all of the students from all of the teams (Beef, Dairy, Sheep, Pigs, Chickens and the Exhibition Team) who spent many hours and much of their school holidays representing the school at the highest level. Many people have been concerned about what the announcement to move Hurlstone in 2020 would mean for the state of agricultural education at Glenfield. I think that these results speak to, and answer, that concern. While we are still charged with educating students in agriculture our staff and students will commit wholeheartedly to producing the best outcomes possible for the future of agriculture in this country.

One of the indicators of how well our school did at the show is the fact that we have been asked to show our Suffolk sheep in South Australia, such was their quality. If you wish to peruse all of our awards please go to our website or search the Royal Agricultural Society of NSW website – either will impress upon you how successful 2017 was for our students.

Week one of Term Two saw our ANZAC Day commemoration. Once again the school put together a solemn and respectful assembly which was lauded by those who attended. The members of the Australian Defence Forces, both past and present, spoke in glowing terms about our students and wished that I conveyed to the whole community how honoured they were to attend. They were especially impressed by how professional, given the inclement weather with its biting wind, all of the students were. Praise was particularly given to the the cadets who mounted the catafalque determined not to let the icy breeze deter them from their duties. Once again it is important to recognise those people who ensure the success of these events and I wish to thank Mr Ryan McKinder, Ms Johanna Leglise, Mr Glenn Armitage and Mr Greg Brassil for their work. I would also like to recognise all of the students, whether they be a member of the Prefects, the Cadets, the orchestra or the choir, for their contribution to both the day itself and to the school culture of which it is a part.

There are to be many events this term, indeed the school cross country has already come and gone, but one that I wish to announce is that we have been fortunate in being able to organise a special guest to visit our school later this term. One of our most successful, influential and erudite alumni has accepted an invitation to speak to our students body. In June it will be our great privilege to host Dr Tim Soutphommasane, the Race Discrimination Commissioner. His biography from the Australian Human Rights Commission website reads:

*Dr Tim Soutphommasane has been Race Discrimination Commissioner since August 2013. Prior to joining the Australian Human Rights Commission, Tim was a political philosopher and held posts at The University of Sydney and Monash University. His thinking on multiculturalism, patriotism and national identity has been influential in shaping debates in Australia and Britain.*

*Tim is the author of four books: I'm Not Racist But ... (2015), The Virtuous Citizen (2012), Don't Go Back To Where You Came From (2012), and Reclaiming Patriotism (2009). He was co-editor (with Nick Dyrenfurth) of All That's Left (2010). He has been an opinion columnist with The Age and The Weekend Australian newspapers, and presented the documentary series Mongrel Nation on ABC Radio National (2013). Tim is an adjunct professor at the School of Social Sciences and Psychology, Western Sydney University and chairs the Leadership Council on Cultural Diversity.*

*Born in France and raised in southwest Sydney, Tim holds a Doctor of Philosophy and Master of Philosophy (with Distinction) from the University of Oxford, and is a first-class honours graduate of The University of Sydney.*

*For those interested in the correct pronunciation of Tim's surname, the phonetic spelling of it is Soot-pom-ma-sarn.*

You can learn more about his work at:

<https://www.humanrights.gov.au/about/commissioners/race-discrimination-commissioner-dr-tim-soutphommasane>

There will be more details regarding his visit in coming weeks.

## STEM SOCIETY NEWS

### → Big Day In

The 'Big Day In' is an IT conference showcasing different companies who pitch their ideas to the next generation. This year, we went to UTS where there were representatives from Microsoft, Google and more! It was very interesting and everyone learnt something new that day!



## HURLSTONE HEALTH UNION REPORT

### → World Health Day

Hurlstone H. Youth are holding a mufti day on Friday 7th April - this coming Friday! The theme will be blue to celebrate World Health Day. We will have a banner up at recess and lunch so make sure to come down to the main quad to write on it! Remember to bring a gold coin donation.

## INTERACT REPORT

This year, the World's Greatest shave will be bigger and better! Signups for World's Greatest Shave are available on the Interact noticeboard. Please consider shaving your head or cutting 35cm of your hair to raise funds for children battling leukaemia and alopecia. Talk to any of the Interact Executives if you're interested. All proceeds go to the Leukaemia Foundation.



Leukaemia Foundation

**WORLD'S  
GREATEST  
SHAVE**

## TRIATHLON REPORT

On 23/2/17 we had 5 Teams attend the NSW All schools triathlon at Penrith Regatta centre. Results were:

Junior Mixed ( Marina Jovanovic, Olivia Cole, Hunter McCauliffe) 35<sup>th</sup> Overall (10<sup>th</sup> in Government Schools)

Intermediate Boys (Alex Quach, Reuben D Souza, Jordan Gregory) 93<sup>rd</sup> Overall (22<sup>nd</sup> in Government Schools)

Intermediate Girls (Cassie Bush, Angela Pidgeon, Sienna O Dea) 164<sup>th</sup> Overall (40<sup>th</sup> in Government Schools)

Senior Girls (Cailyn Loveday, Emma Hannigan, Tess Kane) 13<sup>th</sup> Overall (5<sup>th</sup> in Government schools)

Senior Boys ( Max Lawson, Oscar Cole, Charlie Gay) 52<sup>nd</sup> Overall ( 21<sup>st</sup> in Government Schools)

## TRIATHLON REPORT CONT.

And standout performers in Individual Legs:

Alex Quach was 2<sup>nd</sup> in the swim overall ( 1<sup>st</sup> of CHS schools)

Tess Kane was 2<sup>nd</sup> in run overall (1<sup>st</sup> of CHS schools)

Emma Hannigan was 13<sup>th</sup> in cycle (5<sup>th</sup> of CHS schools)

Marina Jovanovic 22<sup>nd</sup> /107 in the swim in the boys division (as mixed team)

Olivia Cole 34<sup>th</sup> /107 in cycle in the boys division (as mixed team)



## CROSS COUNTRY

This year, Cross Country will be Week 1 Term 2 on Friday! See the sports notice board for more information. In the meantime, get training!



## SPORTS REPORT

### → School Swimming

The school swimming carnival was held at Macquarie Fields Leisure Centre on 14<sup>th</sup> February with the day having a real “romantic” feel to it, following the theme of Valentines Day. House spirit was strong and the standard of swimming was excellent.



Age champions from the carnival were:

12yrs	Jerry Sun	Nisha Arcot
13yrs	Nathan Tran	Anita Ung
14yrs	Anthony Nguyen	Marina Jovanovic
15yrs	Damien Quach	Bronte Clifford
16yrs	Alex Quach	Sonia Truong
17yrs	Raymond Trinh	Cailyn Loveday

## SPORTS REPORT CONT.

House placings were:

1<sup>st</sup> Wentworth 564 pts

2<sup>nd</sup> Macarthur 547 pts

3<sup>rd</sup> Farrer 532 pts

4<sup>th</sup> Lachlan Macquarie 456 pts

These are the closest results we have seen in many years.



→ Zone Swimming

Hurlstone sent a 46 member strong team of swimmers to the Hume Zone carnival held at Macquarie Fields Leisure Centre on Monday 6<sup>th</sup> March. The Hurlstone team dominated the day and were awarded the champion school of the carnival. Age champions at this carnival were:

12yrs	Jerry Sun	
13yrs		
14yrs	Anthony Nguyen	Marina Jovanovic
15yrs	Damien Quach	Bronte Clifford
16yrs	Alex Quach	
17yrs		

## SPORTS REPORT CONT.



### → Regional Swimming

The Sydney South West regional swimming carnival was held at Bradbury Pool on Monday 13<sup>th</sup> March. Of the 46 Hurlstone swimmers who swam at the Zone carnival, 43 went on to compete at this regional carnival. The level of competition increased significantly at this level and again the Hurlstone team had great success. One highlight being Alex Quach setting two new records.

Hume Zone finished 2<sup>nd</sup> at this carnival and Hurlstone were the 3<sup>rd</sup> placed individual school behind Westfield Sports High and Elderslie High.

Hurlstone swimmers who have qualified for the state swimming championships are:

Jeremy	Ang
Dylan	Bay
Bronte	Clifford
Rhys	Devney
Timothy	Jong
Marina	Jovanovic
Jonas	Lee
Eric	Ly
Anthony	Nguyen
Jayden	Nguyen
Alex	Quach
Noah	Simpson
Jordan	Vu
Mitchell	Wells
Isaac	Duong

## ALUMNI REPORT

Adam Herman – A committed vibrant and very talented young man. You may remember Adam’s name from his events, MC gigs or his singing – which Mrs. Wuhler praises saying that she’ll “never forget his performance of ‘Jar of Hearts’.” He graduated only last year but has already been celebrated by the wider community when he was awarded Young Australian of the Year in Campbelltown and was offered not one but two scholarships to two prestigious universities. His current plan is to study law at USyd.

Of course this achievement wasn’t out of the blue; Adam volunteered for many different organisations and, in his own words, soon became addicted to helping out. His volunteering didn’t just stop there though; he also MC’d the Fisher’s Ghost Festival and countless school events. Both his successors and the teacher-director at EPIC (school performance hub) describe him as a committed leader who could take an event apart and put it together again with his own personal touch. Adam was the student director of EPIC for two years before graduation helping with or organizing Variety nights, lunchtime concerts and MC’ing various other events while at the same time balancing his school work, two part-time jobs and various outside commitments. You could say that he’s a pretty epic guy.

It is important to recognize and celebrate young people like Mr. Adam Herman, as they are the future and with every shining star like Adam, the future looks just a little bit brighter every day. I wish him all the best, and raise a glass of lime cordial to another alumnus who makes me proud of our school.



## ALUMNI REPORT CONT.

Here is another story about another Old Boy from Hurlstone. Johannes McAlpin left Uurlstone only a couple of years ago. Johannes McAlpin, an Australian slope snowboarder, who experiences the Winter Universiade for the first time, often is asked the question how it is possible to practice a winter sport in one of the hottest countries.

“People get the impression that we don’t have snow,” the young athlete jokes. “But we have snow, winter is about 4 months long, from June to ...September. We have really good facilities there and people really enjoy skiing and snowboarding.”

When the hot temperatures take over in Australia, Joss travels overseas – to North America or Europe. “We see a lot of athletes from other countries now, who come to Australia in their off-season to continue their training.”

The student of the University of New England in Armidale admits he didn’t expect as much snow as it is in Almaty. He might even consider going to Kazakhstan in his offseason one day. “It’s a cool place, better than I expected,” says McAlpin as he gets ready to practise before his first Universiade competition on the 5th of February.



## STUDY TIPS

*By Adeline Kwong*

### Food for Thinking

What you eat directly corresponds to brain growth and depletion. As teenagers, the development of our brain is crucial, especially when we want to retain information and stay alert in class. This week, I will share with you some foods and nutrients we should consume in order to have a healthy brain. I hope these tips will help you make smarter food choices.

#### → Good Fats

A large component of our brain is fat. If we want our brain capacity to become larger, it is essential that we consume enough omega 3 and 6. These can be found in nuts, seeds and fatty fish. Another source of good fat is avocado. Do not mix 'good fats' with normal 'fat'. Saturated fat and trans fat is detrimental to development altogether and should be consumed scarcely.

#### → Amino Acids

These nutrients affect how alert we are. If you are feeling drowsy or if you are craving coffee 24/7, you may be lacking amino acids in your diet. Consumption of amino acids can also affect your mood. You can find large amounts of amino acid in leafy greens, chia seeds, soybeans, sesame seeds, sunflower seeds, avocados and quinoa.

#### → Micronutrients

In order to operate, your brain will need these. They help you memorise and recall new information, so they are crucial for students. Micronutrients include vitamin B-6, B-12 and folic acid. Some believe that vegetarians lack micronutrients such as b-12, but this is not necessarily true because there are heaps of alternatives. Foods high in micronutrients are: leafy greens, fruit and beans.

#### → Carbs

Lastly, carbohydrates make up the majority of foods which we eat. Although, most people are not aware that 'carbs' is one word to summarise sugar, fibre and glucose intake. Carbs will often give you energy rushes but will then give you a 'sugar low' later. In order to counter these 'sugar lows', we should consume protein or good carbs such as oats, beans or legumes.