From the Principal

I am very pleased to announce the recently elected 2014/2015 Senior Leadership Team:

School Captains: Adriana Florea and Sahil Kapoor
School Vice Captains: Danny Huynh and Velice Ma
School Senior Prefects: Andrea Montecinos and Kim Nguyen

I wish to congratulate all the elected representatives and also all the students who put themselves forward for election.

Recently our students have performed extremely well in a range of activities. Congratulations to:

1. Our Dancers whom performed magnificently at the Southern Stars Performing Arts Extravaganza, at the Wollongong Entertainment Centre, second in size only to the School Spectacular in Sydney. They were among 3500 performers. The dance troop of 12 students performed in 4 shows and had 3 segments in each performance. Special thanks to Ms Gilmour for preparing the troop to the standard allowing them entry into the extravaganza. Also thank you to Ms Trees, Ms Bilbja, Ms Miller and Mrs Borg for their support in driving students to and from and also watching performances. I watched the Friday evening performance after having dinner with them in Wollongong. Driving students home, their excitement at performing was obvious. We reached Bonnyrigg by 12.30am Saturday morning and the troop backed up again on Saturday for another full day – well done dancers and Ms Gilmore.

2. The Max Potential group: - Anna Nguyen – ‘Food for Oz’; Jason To – ‘A Refreshing Start’ and Han Tran – ‘Pathways to Success’ for their individual projects. These students designed and implemented a community based project designed to help others. The program is part of the Centre for Volunteering, ‘igniting community spirit’, impacting and changing lives one at a time. Students from 7 local high schools were involved. Congratulations to Ms Jekki for the ongoing coordination of the projects.

3. The week 6 Bonny Live and Art shows were a success again this year. More detailed reports later in this issue from the CAPA faculty.

4. Congratulations to the u/16 girls basketball on defeating Elderslie HS to reach the Central Venue Regional finals.

HSC study tips from a range of easily accessible sites.


Bored of Studies, a site with useful tips from successful students, http://www.boredofstudies.org/studying.php

To help your HSC student get organised, have a look at Steven Parades story (99.95), on how to get organised and how to approach study. https://www.matrix.edu.au/mysecrets-to-hsc-success-and-scoring-99-95-steven-paredes/

Request for parents to be on selection panels. The selection of new staff through an interview process requires two parents to be part of the process. One parent must be from a non-English speaking background, both parents can be from a non-English speaking background. Please contact the school, Mrs Borg or myself, if you are interested in assisting in this way, and we can explain what is involved.

Until next time,

MN Bryce - Principal
Staff Profile

Ms Seki - PDHPE Teacher

Hello everyone! My name is Ms Seki, although technically it is Mrs Papaharalambous. *(A chocolate bar to the first student to see me and pronounce it correctly).*

I have been teaching at Bonnyrigg High School for almost 8 years, in the PDHPE department. I am also one of the Year 10 Advisers, sharing the role with Miss Gilmour. This year I am enjoying working 3 days a week, spending the remainder of the week running after my daughter Alexis who is now 1 ½ years old.

Before beginning at Bonnyrigg, I taught at Endeavour Sports High School and Birrong Girls High School in casual and temporary teaching roles. They were very unique schools, quite like ours.

My love of sports began at a young age. I started with gymnastics and dance; however I quickly discovered they were not my thing. I also played tennis, netball, karate and my favourite sport of all, Athletics.

I first joined Little Athletics at the age of 8, and continued to compete competitively until 19 years of age. I love hurdles, with most of my success being in the 100m hurdles. Believe it or not, I competed against Sally Pearson. Back then she was Sally McLellan and she was a superstar at 16!

These days I enjoy being outdoors and spending time with my family. I am looking forward to starting Oztag again after a 3 year break.

Come and say hello if you see me around the playground!

Ms Seki

Library News

**Spotlight on Reading - Luke Hastie**

Luke has been a committed, eclectic reader since he came to Bonnyrigg HS. He has borrowed over 60 books and some of these titles include: *Silvermay, The Alchemist, City of Glass and The Book of Lies*. We enjoy seeing what he will read next and discussing plots, characters and books in general. Keep up the great reading Luke!

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**BONNYRIGG HIGH SCHOOL’s**

**Parent Forum**

**Wednesday 17th September**

**6.00pm till 7.30pm**

**School Library**

**How To Help Your Child in the Senior School**

**The Importance of Sleep**

**Interpreters available: Arabic, Khmer and Vietnamese**

**Make Decisions ~ Be informed ~ Be Involved**
Curriculum

Applied Technology / Home Economics and Hospitality

It has been another busy term for the Home Economics and Hospitality Department. Bonnyrigg High School has many talented and creative students and teachers and this is shown in the projects and activities undertaken throughout the year.

The Year 12 HSC Textiles students with Mrs Chareunsouk-Hartley and Ms Johnson have had great success in producing quality Major Textiles Projects and folios that were displayed in the library before being packaged up and sent in for their official Board of Studies marking.

Year 7 and 8 Technology classes have just started their final topics for the year. Technology teachers have enjoyed teaching the students about food, sewing, wood and also computing skills that will be useful throughout their high school years.

I would like to remind all students and parents to finalise fees for 2014. This removes the burden from the class teacher and students and saves valuable class time.

Year 10 students who are successful in their application to study Hospitality in Year 11 will be sent letters in Term 4 outlining the requirements for 2014, costs, uniform and work placements. This is to help them and their parents prepare for Hospitality VET subjects next year.

The faculty enjoyed taking part in National Science Week 2014 with the Science Faculty’s ‘Dress as a Scientist’ day. We all dressed as Food Scientists and displayed our favourite molecule.

Our best wishes to Bonnyrigg High School Year 12 students from all of us in the Home Economics and Hospitality Department. Study hard and do your very best!

Mrs Bond
Head Teacher - Applied Technology / Home Economics and Hospitality
Curriculum

ARTemotion 2014

On Wednesday 20th August, Bonnyrigg High School held the Annual Art Exhibition. The artworks and projects that were displayed featured mainly Year 12 Body of Works. As a cohort, all our projects portrayed a sense of emotion, hence the exhibition name “ARTemotion”. Everyone chose different types of media that would exemplify their strengths in order to successfully convey their concepts to the audience.

Many attended the exhibition, and as per usual voted for an artwork that captivated them. However, unlike past years that had, only one winner, this year we had a draw. Karen Truong and Diana Vo won the Peoples Choice Award and each received a $50 Westfield’s Gift Voucher.

We would like to thank everyone that came, especially Ms Dang, Ms Paton, Ms Peters, Ms Pavlik and Mr Pheng for making the amazing night possible. A big thank you to Ms Dang and Ms Paton for helping us with our Body of Works!

Karen Truong and Diana Vo

Sport

Open Girls Netball Knockout 2014

In Term 2, on Monday 16th June, our school Open Girls Netball Team travelled to Cecil Hills High to compete in the first round of the Benera Zone Netball Knockout. Playing against three other schools, we placed 2nd overall on the day in our pool. Our team fought hard in each and every game, displaying excellent skills and teamwork. With the stellar and exceptionally accurate shooting of Emily Casha, the team claimed a victory of 24 - 20 in a close match against John Edmonson High. The team claimed its second victory defeating James Busby High 19 - 1. Unfortunately, we were no match for the talented Cecil Hills team, who will have been playing together for years and comprised of mostly representative players.

Overall it was a sensational and fun-filled day. Every year our team is improving and we are all looking forward to next year, hoping to dominate and advance further. Thank you to all the girls that were a part of the team and to Ms Seki for coaching the girls and organising the day.

Emily Casha – Year 10
Dear Students of Bonnyrigg High School

Newleaf Communities creating a working group for an exciting project: ‘The Bonnyrigg History Wall’.

The designated wall is located in the foyer of the Newleaf Communities Administration Building, located at 1 Wall Place, Bonnyrigg.

The foyer is visited by the community on a regular basis for: tenancy management, rehousing and support, to lodge facilities maintenance requests, to access community information, to attend community meetings, to speak to translators etc.

The formulation of artistic concepts for the bonnyrigg history wall project would need to consider:

- The use of the facility and its everyday character.
- Designs that create a creative identity marker for the area and provide a more welcoming atmosphere for visitors.
- Designs and sourcing images that reflect the history of the Bonnyrigg area and the redevelopment, from settlement to the culturally and linguistically diverse community it is now.

This is a long term project. The working group may be required to meet on an ad-hoc basis over the next 12 months.

If you are interested in being part of the working group, or know someone who is, please let me know by 17 September 2014, 4pm.

Many thanks.

Athena Zeaiter
Public Relations Manager

Newleaf Communities

T: 1300 137 265
T: (02) 9616 9130 (Direct)
M: 0438 880 785
F: (02) 9616 9100

A: Corner of Wall Place and Tarlington Parade, Bonnyrigg, NSW 2177
PO Box 151, Bonnyrigg, NSW 2177
Students

**SUB-ZERO**

Have you got what it takes?

We are holding auditions for “SUB-ZERO,” a talent competition we are holding at our next event.

The event will take place on Thursday, November 27th, 2014.

Do you perform in a group? As an individual? Singing? Dancing? Have a hidden talent?

Come along and audition!

Send your expression of interest to loudtribe@hotmail.com or head to www.facebook.com/loudtribeproject and send us a message.

AUDITIONS COMMENCE SEPTEMBER 18TH
A LETTER FROM ‘LOUD! TRIBE’ TO STUDENTS

I am writing to you in regards to our youth committee, the LOUD! Tribe project and our upcoming event that will be held on Thursday the 27th of November at Prairiewood Youth and Community Centre. We would like to invite students from Bonnyrigg High School to become involved in this event by providing information about youth awareness in youth suicide and self harm.

LOUD! Tribe, a project of the Park Community Network Inc, is a youth committee that organises and contributes to events “for the youth and by the youth” through music and addressing important issues within the Fairfield Local Government Area. Our events provide opportunities for local musicians, artist and performers to showcase their talents and provide a safe and fun environment for attendees. Our events are all drugs and alcohol free and have a focus on youth issues in the community.

Some events that we have worked on are Drive Alive ‘N’ Survive, Exhibit, The Community Services Expo at TAFE Wetherill Park, as well as being major sponsors of the Bring It On Festival over a number of years.

The event that we are holding is to raise awareness for youth suicide and self-harm and will focus on the 12-24 year old age group but will be open to all ages.
If you are interested in being a part of our event or have any questions, please feel free to contact us at:

loudtribe@hotmail.com or 0475 062 461

Regards,
LOUD! Tribe
Students

FUSE
MULTICULTURAL YOUTH SUMMIT
BRIGHT YOUNG MULTICULTURAL LEADERS CONNECTING, IGNITING AND TRAIL-BLAZING CHANGE

22ND – 24TH OCTOBER 2014
SYDNEY

Australia needs dynamic young leaders like you!
This three day national event offers insightful workshops, inspiring mentors and opportunities to:

CONNECT
and engage with other multicultural young people from around Australia.

IGNITE
your knowledge, skills and confidence as a leader.

TRAIL-BLAZE
your bright ideas and plans for creating positive change.

APPLY NOW
If you are a multicultural young person 18-25, leading change in your community who wants to develop skills and showcase ideas at a national level, apply now - www.myan.org.au/fuse

ABOUT MYAN AUSTRALIA
The MYAN (Australia) is the nationally recognised policy and advocacy body representing multicultural youth issues. Auspiced by the Centre for Multicultural Youth, it is the only national voice on multicultural youth issues.
Students, Parents and Community

Movie night
Organised by Bonnyrigg Youth Council
For young people 12 - 24 years
Thursday 25 September 2014
5pm - 8pm
Bonnyrigg Youth Centre
100 Bonnyrigg Avenue, Bonnyrigg
$5 movie + drink + popcorn $1 sausage sizzle

*Note: Money raised on the day will go to the Bonnyrigg Youth Council to support activities and initiatives for Bonnyrigg youth. Anyone 16 years and under must be signed in by a person over 18 years of age. Any children 11 years old or under must be accompanied by an adult at all times.

Volunteer to host an international high school student arriving into Australia in February 2015, and you’ll be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in July for their 3, 5, or 10 month programs from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan and USA. They will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaustral@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!
Students, Parents and Community

Discover the World on a WEP Student Exchange Program!

Are you ready for a bit of excitement and culture in your life? Looking to push your boundaries in 2015? Why not participate in a semester or year-long student exchange program to one of over 20 countries, including popular destinations such as the USA, France, Argentina and Italy? Applications for January programs are still open but will close soon! Don’t miss out on this once-in-a-lifetime opportunity to do something out of the ordinary, with a WEP high school exchange!

Sarah in Belgium: “I really loved the orientation in Brussels, I had such a fun time. My host family were really welcoming of me and have kept me distracted for the first few weeks, which has helped a lot. In fact, I’ve barely felt homesick compared to what I was preparing myself for! The students were all very excited to have an Australian around that they could speak English with! During classes I mostly do French worksheets that they have given to me, or try to translate the worksheet that the rest of the class is focusing on.”

Early Bird Special!
WEP is offering students in years 9 to 12 (excluding year 12 in VIC) a $500 discount off the 2014/15 program fee towards a semester or year program to any of the following countries departing in July - September 2015: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Thailand or the USA. Simply submit your full application online before 28th Nov ’14.

Find Out More!
Visit www.wep.org.au and request a FREE information pack for you and your parents. Our brochure contains everything you need to know about WEP’s not-for-profit student exchange programs to help you and your parents make this important decision.

If you have any questions about any of our exchange programs please feel free to give us a call on 1300 884 733 or email info@wep.org.au.

WEP Australia is a not-for-profit student exchange organisation registered with the Education Departments in VIC, NSW and QLD.
The Multicultural Youth Affairs Network (MYAN) NSW and the Refugee Youth Interagency Network are running the Multicultural Youth Reps program to bring together young people aged 14 - 25 from refugee, migrant or culturally and linguistically diverse backgrounds who are keen to learn about advocating for the issues that affect them and other young people around them.

Multicultural Youth Reps will be offered chances to take part in a range of activities such as planning and running campaigns, delivering conference workshops and presentations, offering advice to MYAN NSW, RYIN and other youth and multicultural organisations.

So if you want to get involved, come along to our two day training course! The next course will be run on Wednesday 24th September and Thursday 25th September at Auburn Lidcombe Youth RSL, Church Street Lidcombe.

To register for the training, fill in the application form and email to Nick or Andrew. If you have any questions about the program or your application, please contact Andrew Cummings of MYAN NSW at andrew@myannsw.org.au or Nick Bowen of Metro MRC at Nick.Bowen@metromrc.org.au or on 9789 3744.

Apply NOW to be a youth rep by completing and returning the application form!
Multicultural Youth Reps Program 2014

Application Form

Full Name:
Phone:
Email:
Postal address:
Postcode:
Date of Birth:
Gender:
Country of Birth:
Ethnic / Cultural background:
Languages spoken:

Do you identify as any of the following (please tick):
• Rural or remote young person
• Person with disability
• GLBTI
• Other (please specify):

Level of English (please tick):
• Very high
• High
• Medium
• Low

What are some of the important issues faced by multicultural young people in NSW?

Why do you want to be a MYAN NSW Multicultural Youth Rep?
What are your experiences in youth advocacy and community participation? What useful skills have you gained from these experiences?

How will you use the skills and information you gain from being part of the Youth Rep program?

Please list any services, organisations or projects that you are actively involved in

By signing this form you certify that:

- The information you have provided is true and correct
- You consent to being photographed, filmed or recorded by MYAN NSW for the purpose of promoting MYAN and the Youth Rep program
- You are available to take part in the Youth Rep program and attend the training weekend to take place on 24th and 25th September 2014

Applicant's Name: __________________________________________________________

Signature: __________________________________________________________________

Date: ______________________________________________________________________

APPLICATIONS CLOSE THURSDAY 17th SEPTEMBER 2014

Please email to andrew@myannsw.org.au or nick.bowen@metromrc.org.au
**Bonnyrigg High School**

*I Shall Strive for the Best*

**Students, Parents and Community**

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**Youth Advocacy Training**

**When:** Wednesday 24th & Thursday 25th September 2014

9:30am - 4:30pm

**Where:** Auburn / Lidcombe Youth RSL

Church Street, Lidcombe (next to the Auburn Swim Centre - a 10 minute walk from Lidcombe Station)

**Who:** Young people aged 14 to 25 from multicultural backgrounds

**Cost:** **FREE !!!** (and lunch will be provided)

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**Highlights:**

- Learn what advocacy is
- Get skills to have your voice heard
- Talk about what is important to you
- Meet other young people who care about this stuff

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Bookings essential! RSVP to
nick.bowen@metromrc.org.au or
andrew@mysansw.org.au

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**Migrant Resource Centre**

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**MYAN NSW**

**Multicultural Youth Affairs Network**
Parents and Community

Bonnyrigg High School
I Shall Strive for the Best

Liverpool Women’s Health Centre

- Clinic for pap smears, breast checks, pregnancy advice, menopause, menstural problems and contraception run by doctors and a women’s health nurse practitioner
- Acupuncture clinic (low income/Health Care Card)
- Naturopathic consultations (low income/Health Care Card)
- Support services for Aboriginal and Non English Speaking women.
- Individual counselling and support groups
- Health education and information sessions
- Information and referral
- Legal advice by a solicitor from Women’s Legal Services NSW
- Lobbying and advocacy on issues affecting women

All our services provided by women for women
The centre is wheelchair accessible.

Funded by South Western Sydney Local Health District

BOOKINGS ARE ESSENTIAL FOR ALL GROUPS
Enrolment for Term 3 opens...
Thursday 26th June

The centre will be closed for renovations from 30th June till 9th July.
Please leave a message stating the course you would like to attend and your name and contact number and we will get back to you to let you know if your enrolment is successful.

For your comfort & safety group numbers are limited
PLEASE BOOK EARLY
9601 3555

We welcome donations of $3 for health talks, sessions & groups
Check our website for this program and updates for Women's Circle and Well Women Workshops

Phone: 9601 3555

Liverpool Women’s Health Centre
Group Calendar
July-September 2014

Location: 26 Bathurst Street
Liverpool
(Cnr of Campbell & Bathurst Streets)
Postal Address: P.O. Box 65
Liverpool BC 1871

Ph: 9601 3555
Fax: 9824 0448
www.liverpoolwomenshealth.org.au
E-mail: lhsic@sy wahh.gov.au
Follow us on Twitter @ lwomens_lwhc

Opening Hours:
Monday to Friday 9.00AM - 5.00PM
We are closed Wednesday mornings and during lunchtime from 1pm to 2pm daily

Upcoming Activities & Groups
July - September 2014

**Enrolment from Thursday 26th June**

Tai Chi For Health....Maintain and build your flexibility with this gentle exercise. Wear loose comfortable clothes.

When: Fridays 14th July - 19th Sept
Time: Beginners 10.00am - 10.45pm
Times: Intermediate/Advanced 11.00am - 12.00

Women’s Aboriginal Networking Connections: Come along and meet up with sisters - discussions on a range of topics, guest speakers and workshops - Book in or come on the day

When: Tuesdays 15th July - 16th Sept
Times from 10.00am to 12 noon

Where: Warwick Farm Community Connections
Address: 1 Collage Street Warwick Farm
Contact: Mary 9601 3555

Aboriginal and Torres Strait Islander Well Women Workshops
A workshop for Aboriginal Community Women:
Tuesdays 12th Aug 10 - 12.00
Ask Mary about other Well Women Workshops at Bonyrigg & Warwick Farm,

Women’s Circle

All Welcome

Women of all ages are welcome to attend this group. You may come each week or occasionally as you wish. Some weeks there will be guest speakers and activities.

When: Tuesdays July 1st - continuing

Times: 10.30 - 12.30

Where: Liverpool Interchange Stand 11 Week 2: Liverpool Women’s Health Centre

Please see attached brochure or ring for more details. This group will meet at various venues

Laughter Club:...A laughter club! You must be joking! Well, we're not.
Academics estimate that we now laugh a quarter as much as we did in the 1930s. Laughter has many health benefits such as release of natural hormones called endorphins that lift mood and assist in well being. So come and drop in to laugh a bit which meets at the centre.

When: Thursdays
Time: 10.00am - 10.30am

Menopause Workshops: This group aims to raise awareness of the issues important to women at midlife and beyond.

When: Tuesday 19th August

Times: 10.30 - 12.30

Facilitators: Jo, Women’s Health Nurse Practitioner & Sue, Naturopath

Who am I?: A workshop using creativity, education & discussion around the important people and events in our lives that have shaped identity and self esteem.

Facilitators: Candy & Daniela

When: Thursdays 7th Aug - 28th Aug
Times: 10.00am - 12.30pm

Out of the blue: This is a 5 week group for women affected by depression either themselves or caring for someone that has depression. The aim is to learn how to cope and manage depression in a well structured group to promote emotional and social well being.

Facilitators: Deborah & DD

When: Monday 2nd July - 25th August
Times: 10.00am - 12.30pm
in partnership with Fairfield Families NSW Interagency invite mothers, fathers, grandparents and carers to

KEEPING MY CHILD SAFE
“helping children cope with the challenges of everyday life”

Presented by
Briget Gurton
Forensic Psychologist
Kids Konnect Psychological Services
B.A. (Hons) Psychology
M. Psychol (Forensic)

The Protective Behaviours program develops personal safety skills that can be used by children and young people to keep them safe. The program strategies can provide the basis for helping children cope at school and address problems associated with social media, bullying, drugs, alcohol and peer pressure.

The program focus is on everyone Feeling safe, Being safe and Talking about it. The session will explore how you can:

• help your child to develop skills to protect themselves & develop positive relationships
• develop positive lines of communication so children can talk about problems or difficult situations they face
• help to empower your child to feel safe and act to keep themselves safe

This seminar is for families with children from 5 to 12 years.
Bookings are essential and places are limited.
Please call 0407 708 626 to book your place

Families Together is for parents/grandparents/caregivers
Children’s services workers, teachers, family support workers and other professionals will not be given a place.
Families Together is for families living in the local government areas of Fairfield, Liverpool and Bankstown.

No cost!

DATE: Thursday, 18th September 2014
TIME: 6.30 – 8.30pm
PLACE: Cabramale Diggers Club
(Wattle Room)
1 Bartley Street
Canley Vale 2166

CHILD MINDING is not available for this course. Please make alternative arrangements.

Please note if you do not wish to receive these fliers or would like to have them emailed to you please contact the number above.
Families Together is funded by the Department of Education and Communities and sponsored by Fairfield City Council.