

ISSUE NO. 45

SPRING 2019

NORTHOLM
GRAMMAR SCHOOL



THE ARCADIAN

AN OFFICIAL PUBLICATION
FOR THE **NORTHOLM GRAMMAR SCHOOL COMMUNITY**



LEARN WITH **PURPOSE** LIVE WITH **PASSION**



Contents

5 CHAIR OF COUNCIL

John Hayes

6 FROM THE PRINCIPAL

Christopher Bradbury

8 COMMISSIONING OF THE PRINCIPAL



10 JUNIOR SCHOOL

Verity Paterson



12 FROM THE DIRECTOR OF LEARNING AND TEACHING

Catherine Manalili

14 FROM THE DIRECTOR OF STUDENT DEVELOPMENT

Jenny Plüss



18 LEADERSHIP 2019

20 CLASS OF 2018

22 SPORT



26 DRAMA

28 CAMPS



33 CAREERS EVENING

34 VISUAL ARTS

36 STEM

37 SCIENCE



38 PDHPE

39 ANZAC DAY

40 DUKE OF EDINBURGH AWARD

42 NORTHHOLM ASSOCIATION (P&C)

44 NOSU

47 ARCHIVES



Chair of Council

Northholm has a great deal to recommend it

What a delight it is to have the opportunity to interact with students, staff and parents (individuals and the Northholm Association) and to read current school documents in this exciting year in the life of Northholm.

At the end of 2018 the School Council appointed Mr Chris Bradbury from The King's School as Principal of Northholm, and we are very pleased with his enthusiasm, his leadership and his hard work during 2019. Council unanimously felt that Mr Bradbury was the right person to successfully lead Northholm through this stage of its development and into the future.

Northholm has a great deal to recommend it. The tone of the School is that of a close knit family where students, staff, parents/caregivers and wider community are known and matter. The annual Foundation Day dinner on Monday 22 July provided ample evidence of family, when our Year Twelve students, staff and current and former School Council members spent an evening together at the beginning of Year Twelve students' final term of formal lessons prior to their HSC examinations. It was a privilege to attend this important Northholm event.

When I regularly read School documents and reports I continue to admire the breadth and depth of curricular and co-curricular activities and achievements of Northholm's students, staff and community. The breadth of curricular options is commendable and we are currently introducing Food Technology as an additional subject in the Junior Secondary years.

In addition, the variety of co-curricular activities carried out by our students is also something of which we can all be justly proud. The list of activities throughout this year is too large for the available space in this article.

If I pick March as one month of co-curricular activity, I see among many other activities, success in the Hills Zone Swimming Carnival with the winning of "The Percentage Shield" and 12 and 13 Year Age championships, music students performing to residents of Rowland Village as a contribution to community, additional tuition in ceramics and Women in Film, work on the School Production, *The Taming of the Shrew*, a musical theatre performance club, Theatresports, some of our agricultural stock at the Royal Easter Show, visits from two award winning authors to discuss writing, the Year Nine World Water Day and the Year Eleven fundraising team's work.

A second example is the month of July. Of significance have been the School Foundation Day and Evening celebrations thoroughly enjoyed by all those present. To this we add the successful Junior and Senior School Athletics Carnivals with "loud cheering, good sportsmanship and a lovely atmosphere", a day driven by community spirit. Other activities have included the many school clubs, the Year One Meet and Greet Evening, the Junior School presentation of the Phonics Program, the Symphonic Wind Ensemble and the Concert Band performances at the Australian School Band and Orchestral Festival, and many other activities and events.

When I look at what the School is achieving I feel a great sense of privilege to be part of it all.

John Hayes
Chairman of School Council

From the Principal

Welcome to the 2019 edition of The Arcadian

It is both an honour and a privilege to take on the position as Principal of Northholm Grammar School and I consider it to be an extraordinary opportunity to work with wonderful students, a passionate academic staff and a highly committed and supportive parent community. Northholm is a special place and I have witnessed this first hand through my conversations with all key stakeholders. It is a warm and compassionate community that values a rounded education and the growth of the individual to thrive and flourish at School and beyond.

There were a number of qualities about Northholm that attracted me to the position and one of those key areas was its educational belief in the pursuit to 'Learn with Purpose; Live with Passion'. It is such a simple statement yet so powerful in emphasising the true meaning of what a true education should represent and embody within a School context. Learning must be purposeful both inside and outside of the classroom. A culture that is intentional in promoting learning is one that fosters continuous improvement for students, teachers and students. Our purpose is to foster a learning culture where every student has a willingness and ability to learn, to lead and to serve so they can enjoy a life that is worthwhile and well-lived.

Our educational purpose is encapsulated in our vision statement which states:

To position Northholm Grammar School as a centre of excellence in the educational community through our unique ability to nurture young people while challenging them to excel.

As we move into the final year of the Northholm Grammar School Strategic Plan 2015-2019, it is important to achieve this vision by focusing on three critical areas for school success.

Scholarship is about encouraging intellectual rigour, independent thinking and valuing academic study and achievement. We want our students to be challenged and to develop a love of learning so they can harness the intellectual habits that will allow them to be independent and confident. It is our intention that scholarship is what our students will take from School and leadership is what they will give to the world.

Excellence is the quality of being outstanding and taking pride in both self and the School and is essential in moving Northholm from 'good to great'. A desire for excellence in learning both in the

classroom and outside will remain at the heart of our educational mission and practice. We seek to do this by developing a shared understanding of excellence, a common professional culture and a consistent student experience of excellence.

Character complements academic attainment as schools have a profound moral responsibility to their children and parents in maturing the individual, enabling students to uncover their talents and values to make a positive contribution beyond Northholm. Positive character strengths are a great predictor of success in university and in life. Essential for the good of society is to develop young men and women with personal responsibility, the importance of kindness and consideration and respect for others. The development of good character means challenging and stimulating young people in resilience, grit, leadership, critical thinking and emotional intelligence which lies at the heart of what constitutes a quality education.

The pages of this *Arcadian* edition showcase the efforts and achievements of our students as they experience rich and diverse learning opportunities provided by our dynamic staff. We have great reason to celebrate our achievements and move into the future with great optimism for the enormous possibilities ahead of us. It highlights why our students come to school - so they can be educated to become knowledgeable, articulate, to think and to speak, providing them with the best kind of power so they can influence and have authority, respectability, compassion and confidence. It is to craft their highest skill so they discover their passion, to live it out and to make a significant contribution when they leave school.

I would like to take this opportunity to thank you for making me feel so welcome in my first year as Principal of Northholm. I am excited about the future and am greatly enjoying the opportunity to work with our School Council, students, staff, parents and the broader community as we seek to offer our students the very best education. As Principal, I look forward to helping our students go from strength to strength: continually learning, growing and developing in every way and encouraging them to look to the future with hope and optimism.

Mr Christopher Bradbury
Principal



Commissioning of the Principal

An opportunity to celebrate

Noorthholm commissioned Mr Christopher Bradbury as its fifth Principal on 18 March 2019 in an inspiring ceremony.

In attendance, along with students and staff were the Rev Dr Grant Bell, Head of St Martin's College and Adjunct Lecturer at Charles Sturt University, Members of the Northholm Grammar School Council, the Member for Berowra, Hon. Julian Leeser and the Mayor of Hornsby, Hon. Phillip Ruddock. Former Headmaster of The King's School Dr Timothy Hawkes and Headmaster Mr Tony George, where Chris was formerly the Director of Teaching and Learning, were present at the service. Also in attendance were Dr Andrew Parry, Headmaster of Kinross Wolaroi, Mr Graham Anderson, Principal of Arden Anglican School, former colleagues from The King's School as well as Chris' friends and family.

The Commissioning was an opportunity to celebrate the spirit of the 'Northholm Community' which is best highlighted through the involvement of our students. Our Principal described the significance of the Commissioning as follows: "As I processed out after the ceremony and walked up the centre aisle, I glanced to my left where my former colleagues were seated, and I was able to see my past. It reinforced to me how fortunate I have been to have worked alongside some inspiring leaders and I value their support and mentorship throughout my career. And as I continued to walk forward, I then had the opportunity to see my future: the faces of our Northholm students. It pleases me enormously to know that I will be taking a place among them and to have the opportunity to make a positive contribution".

Extracts from the address by Mr Christopher Bradbury.

I am thrilled to have the opportunity to lead this wonderful School. The overwhelming impression Northholm has made on me right from the start is a mixture of enormity, strength and warm hospitality. Education of the whole person is not only possible here; it is enthusiastically aimed for in the zest that characterises all strong educational structures. The youth, vigour and freshness are in the air here, thanks to the generous willingness and broad outlook of staff and students. Then there is the other side of Northholm, the human face. Northholm wears a happy, open face, an expression of the welcoming nature of staff and students who serve them. In listening to the many stories of members of the Northholm community, there seems to be an obvious aspiration to be a 'great' school. Even for me, while there are definitely 'unique to Northholm' ways of thinking and dealing with School life, I have not felt pressured to 'fit in'. Instead, I have felt unconditionally welcomed. The friendly faces, the easy conversation, the palpable goodwill – I have found this to be extraordinary ... It is definitely special!

I am conscious of the responsibility that is associated in my Commissioning and I am excited by the opportunities to work closely with our community in building the educational experience of our students. Today I would like to talk about 'Looking Back, Looking Now and Looking Forward' in shaping the vision and purpose of Northholm Grammar School.

With 'Looking Back', I think it is deeply concerning that we do not reflect enough on the history of schools, learning and education.



So I refer to the ‘trivium’ which is a Latin term meaning “a place where three roads meet” and those three words are:

Grammar – The knowledge and facts which form the basis of learning. Grammar Schools were created in medieval England because universities felt schools were not preparing their students with the foundational basics in literacy and numeracy.

Logic – The ability to manipulate knowledge, to own it, to form judgements and to fit it into real world contexts.

Rhetoric – The ability to communicate that information in an attractive, learned and sophisticated manner. The trivium forms the basis for the liberal arts. The key being the term ‘liberal’ as our mission is to liberate the learner to be an independent thinker.

Then we move to ‘Looking Now’ which highlights our current narrative from the start of the year. Our educational pursuit is to ‘learn with purpose, live with passion’ and this can only be realised with an unrelenting focus on:

Scholarship – An environment that values intellectual rigour, independent thinking and valuing academic study and achievement.

Excellence – The quality of education we provide both in and outside of the classroom to challenge students to reach their potential.

Character – Positive character strengths are a great predictor of success and we need to harness a learning environment that prides itself on resilience, grit, perseverance and gratitude.

And then there is ‘Looking Forward’ which provides us with rich opportunities to further develop our leadership in:

Sustainability – At the heart of our School are our green spaces, our environmental consciousness and passion for Agriculture.

Global Understanding – Competence is critical in fostering positive connections between the local and global and developing rich overseas travel opportunities so that our students can develop into global citizens.

Mental Health and Wellbeing – Creating an environment where Northholm is not only psychologically healthy but assisting each student to lead more successful and psychologically agile lives.

The Northholm Way is a commitment to a balanced education that develops each student intellectually, socially, emotionally, physically and spirituality.

It is my goal that a Northholm education will be one that will allow our students to become knowledgeable, articulate, confident and compassionate independent thinkers so that they will have the authority, respectability and power (in the best possible way) to influence positive change in a world that so desperately needs leadership. We want the ‘Northholm Graduate’ to be able to ‘shine a light on the world’ so that they can not only lead successful lives, but they also have the capacity to help others be successful. As your new Principal, it pleases me enormously that I can say it is an incredible privilege for me to take a place among you. There is some special blessing here and yes, it matters very much to me.

Junior School

A Golden Year

Semester One has been a very exciting one in Junior School. Our year started with the theme it is going to be a “Golden Year” and has most certainly lived up to the Willy Wonka theme Junior School took on board. The playground was set to inspire students’ imaginations with the pages of *Charlie and the Chocolate Factory* coming to life with colour and creativity. The hallways caused a stir with their bright purple and gold paint and the giant lollies hanging from the ceiling. Students received their golden ticket as they came through the gate and signed a Willy Wonka contract for the year ahead. Students will continue their Willy Wonka adventures through literacy activities in their classroom; the “Golden Year” is in full swing.

The Junior School curriculum has had elements of Roald Dahl’s novel embedded in it from Kindergarten to Year Six. A highlight of the Wonka adventure was attending the *Charlie and the Chocolate Factory* Production at the Capital Theatre. Kindergarten to Year Six enjoyed the event immensely. They had the opportunity to analyse special effects and acting and see the book come to life.

In Semester One Year Six achieved the title of top in the world for Athletics! The class worked together to achieve this fantastic result. They truly embraced our focus on ‘Good, better, best, never rest until our good gets better, and our better gets best’. Year Six have enjoyed the start of their transition program to Year Seven and are looking forward to its next phase. They have had the opportunities to be scientists in the Senior School Laboratories, participated in Core lessons and met Senior School staff.

The community enjoyed the Easter Hat Parade and Picnic. This event is always a lovely opportunity to have friends and family visit classrooms and come together as a school community to celebrate Easter.

Students celebrated Harmony Day by experimenting with dances from different cultures. They participated in a wonderful incursion and then presented at a Junior School Assembly. This was an exceptional performance which involved teachers and students from Kindergarten to Year Six.

The students also researched different headdresses worn by cultures around the world and looked at the significance of these items and considered the similarities and differences with their own cultures.

We have a key role in preparing young people for responsible citizenship and effective participation in Australia’s society. We are continuing to enhance our culture of tolerance, where harassment is not accepted, where everyone’s contribution is valued and where we can begin to understand Australia’s place in the world. This celebration is enabled through our diverse curriculum and the way we support children in identifying and sharing their cultural heritage in the classroom through whole school programs and encouraging positive social skills.

The Hawkesbury Show was a great success for the Junior School Show Team. Stella Moss came third in the Junior Judging Competition and at the Castle Hill Show we also had great success with three blue ribbon pullets. A lot of preparation went into having our poultry ready for the Shows and the time and effort paid off; however more importantly the students had a lot of fun and learnt valuable agricultural skills.

Taster Days have continued to be an exciting feature of the Junior School calendar, with students spending time in the Northholm environment. During this time, they visit the farm where they see the sheep and cattle and visit the chicken pens. They also spend time in the Art rooms creating and constructing treasures to take home. This gives our Staff the opportunity to observe new students’ fine and gross motor skills as well as their social interactions with others.

In Term Three Junior School students enjoyed further exciting events including the Year Five and Six Camps, the annual Book Parade and the very successful Junior School Production, *Hoodwinked*.

Verity Paterson
Director of Junior School



From the Director of Learning and Teaching

Scholarship – a culture that promotes learning

It has been an action-packed semester in the area of Learning and Teaching for 2019. With Mr Bradbury leading the way, the school has been reminded that we are aiming for excellence and to achieve our personal best in all we do. The focus on academic excellence, deliberate practice and quality feedback has driven all of the activities around learning thus far.

HSC All My Own Work

Students in Year Eleven began their academic year by completing modules from NESAs relating to the principles and practices of good scholarship.

The All My Own Work Modules include understanding, valuing and using ethical practices when locating and using information as part of their HSC studies. Students who have completed the program also learn about penalties for cheating and how to avoid malpractice when preparing their work for assessment.

Elevate Study Skills

Northholm has facilitated a number of workshops for students, parents and staff to help students to improve their study techniques, increase motivation, build confidence and lift exam performance. Elevate seminars are research based, drawing upon over 15 years of research into the habits of the country's top students.

Year Eleven and Year Eight students were the first to attend study skills sessions early in Term One.

Northholm also hosted our first Elevate Parent Seminar for parents of Years Seven, Eight and Nine students. It was encouraging to see a large number of families eager to improve their knowledge on researched based study skills to help their children work with teachers and improve their study habits.

One of the reasons we become teachers is that we love to learn, so it was exciting to have Aref from Elevate speak to Senior School staff about Study Skills. The purpose of the session was to share with staff what students are learning in their Elevate sessions throughout the year. He presented research and evidence on what strategies have been proven the most effective in improving student outcomes when it comes to learning.

The most confident and successful learners are those who move beyond what the teacher is giving them to study and start investigating for themselves. For example, students are encouraged to do extra research for their projects, read an extra article from the newspaper, watch an extra Youtube video on the topic etc. This develops "real world" examples for sometimes quite theoretical concepts that they are learning.

As always, Elevate provides our school with a wealth of resources for students to access.

Dr Prue Salter - Study Skills

As an experienced Mathematics and English Secondary Teacher, and with no less than six degrees under her belt, Dr Prue Salter knows a great deal about study. In Term Two this year, she facilitated an outstanding interactive session with Year Ten and Eleven students and their parents, designed to improve their study habits and achieve their personal best, not just in the HSC but after school as well.

NAPLAN Online and HSC Minimum Standards

This year, Northholm was one of the many schools to embrace the NAPLAN online testing. Although many schools around the country experienced disruptions to connectivity and much angst with students, staff and parents, Northholm was not one of them. Our students and staff managed the sessions with ease, well supported by our Manager of Information Technology Services.

Morrisby Testing

Year Ten students participated in the Morrisby testing to support them in the important decision of choosing their HSC subjects. The test aims to be a productive start to students' exploration of the post-School world. The intention is to provide an objective assessment of their strengths and their interests. The results prove helpful in understanding the direction of their talents and in making possible course and career decisions.

Catherine Manalili
Director of Learning and Teaching



From the Director of Student Development

Service opportunities through leadership

School Service and Leadership are key elements in the lives of students at Northholm Grammar School. At the end of each school year, all students from Kindergarten to Year Ten participate in a week of Service Learning, the aim of this week being that students will learn more about others in need and provide service to the wider community.

Each group is coordinated by a Northholm Staff member and is supported by a team of Staff who work with each group for the duration of the week. Areas of service learning include: animal welfare and service animals; the Smile Program; Australia's Official Development Assistance Program (ODA) and its importance for Australia, Torres Strait Islands and Indo-Pacific countries; poverty awareness; homelessness; individual and small group projects; and support of the education of students in a socio-economically disadvantaged school.

Throughout the year students also participate in a range of areas of service through a variety of programs coordinated through the school, such as the Duke of Edinburgh Program, the Rural Fire Service Cadets and the Bush Regeneration Group. Students also volunteer at community events, coach local sporting teams and participate in musical groups which support community activities. Others raise money for specific groups through events such as the World's Greatest Shave.

Service opportunities also come through formal and informal leadership provided through a range of areas at school. Student

Leaders are encouraged to consider the importance of serving others, either at school, in the local community or even more widely in remote areas of Australia or overseas.

This year students have organised a blanket donation box for CareVan and have engaged with residents at Rowland Village in Galston, through organised musical performances. A group of four Year Eleven students coordinated a series of events including a Masquerade Dinner in support of Destiny Rescue, the aim of this organisation being to rescue, and then assist, children who have been trapped in the sex trade. In total this project raised over \$30 000.

Another group of students organised the annual School Trivia Night in support of Project India, which provides education, health and human rights to people living in the rural areas of India. The Prefects have focused on involving themselves in the local area through raising money for Redkite through the School Colour Run, participating in the Hills Shire Relay for Life and by further building the sense of community in the Hills District by teaming with William Clarke, organising a Gatsby themed Jazz Café evening.

Furthermore, the Year Eight and Year Twelve Leadership Teams coordinate the School Assemblies, concentrating on inclusivity and recognising and celebrating students' achievements in academia as well as in their other areas of interest and expertise, whether they be sport, music, drama, art, agriculture or other



fields. The School House system also provides opportunities for students to engage in service and leadership. This year students in Rowland House have been challenged to find time in their busy schedules - on weekends or during holidays - to raise funds for Beyond Blue.

The Leadership Program is a formal program at Northholm offered to students in Year Eleven. It is a structured program which offers students the opportunity to learn leadership skills and refine their ability to lead with the support of Staff mentors and within the bounds of the Program's structures. Not only does the Program provide students with the opportunity to learn but equally as important is the opportunity it offers students to serve the School and also the broader community.

To complete the entire program students are required to complete several Simple Tasks and a Complex Task, and to participate in School Service and Community Service. Students also have the option of simply opting in to the areas they think they can manage in conjunction with their academic program, their co-curricular commitments and other areas in which they are already involved.

This year the Leadership Team has been exceptional in the way they have supported their peers in their organisation of the Masquerade Dinner, the Jazz Cafe and the Trivia Night. In addition, students have led tours at Open Day and Information Mornings, coordinated Peer Support groups, and have assisted in the Canteen and at Study Boost, helping Year Seven and Year

Eight students to break down their assignments into manageable chunks and guiding students to complete their homework. Senior School Agriculture students have also coordinated an Agriculture Group for Junior School students, providing them with the opportunity to learn more about our animals and how to care for them.

Northholm is very encouraged by the priority that our students place on helping others whether it be in their own community or in the broader community, through giving their time on a regular basis or through their coordination of large-scale events. These young men and women are challenged to develop personal responsibility, kindness, consideration and respect for others, qualities which assist them to become people of character, who have a strong sense of identity and who become active contributors to society.

Jenny Plüss
 Director of Student Development

Relay for Life

Cancer's impacts are far-reaching. Most people will know at least one person who has been diagnosed with the illness, whether it's a close family member or a friend of a friend. In support of all those people and their loved ones, the Year Twelve Leadership Team decided to participate in this year's Relay for Life.

The Relay aims to bring communities together to celebrate cancer survivorship and remember loved ones lost, with all funds raised helping support people affected by cancer and fund research. It's an overnight event, signifying that cancer never rests so neither do we.

Since we couldn't bring the entire school to the relay, we decided to bring a little bit of the relay to the school; we held a 24-minute walk around the school oval on the Friday before the relay, representing the 24-hours of the relay. It was amazing to see such enthusiasm and support within the school community.

The atmosphere at the Relay itself was just as amazing – the sense of camaraderie between the teams was like no other. Even as the sun began to set, the energy remained high, the Leadership Team taking it in turns to walk the track through the night. The support for the cause was heart-warming, with the team raising close to \$1700.

It was an amazing experience – one I'm so glad to be a part of. Thank you so much to all the teachers and students who gave up their time to help both on the day and during the lead up – it means more than you can ever know.

Rachel Stosic, Year Twelve

Masquerade Dinner

Northholm Students raise over \$30,000 for Destiny Rescue

Congratulations to Northholm Grammar School Year Eleven students (Ella Cotrona, Ciaran Dyson, Emma Mercieca and Denique Shai-Hee) who raised over \$30,000 for Destiny Rescue.

Northholm's Year Eleven Leadership Program seeks to develop the important skills of self-awareness, communication, influence and learning agility. Part of the program is providing students with the opportunity to work collaboratively in developing a Leadership Project that will make a difference within the community. For this project, our students have worked tirelessly in raising awareness and money in addressing human trafficking and slavery.

The Masquerade Dinner, held on Saturday 22 June, concluded the project and was an outstanding success. The event was extremely well supported by the wonderful Northholm Community including students, staff, parents and Alumni. Special thanks to Matt Kean MP and Jim Taggart for their amazing support on the evening.

Principal, Mr Chris Bradbury, commented that "the purpose of education is about the holistic development of our young men and women. Academic excellence (scholarship) is an important component of this narrative, however it must be strongly connected to the social, emotional, physical and spiritual development (excellence and character) of each person".

He went on to say how proud he was that "our students are committed to helping others through their generosity, integrity and respect".



Leadership 2019

The Importance of Student Leadership

Northholm Grammar School is committed to fostering and developing opportunities for student leadership and student agency. Students have the capacity to develop their leadership skills through the following environments:

In the classroom:

- Encouraging students to develop and share their own opinions about current issues and to engage in debates, discussions and critique of those issues.
- Engaging students in conversations and decisions about class rules and behavioural boundaries and expectations.
- Engaging students in conversations and decisions about teaching, learning and assessment.

In the school:

- Engaging students as school ambassadors or representatives beyond the school.
- Opportunities for students in peer support, buddying, mentoring or coaching programs.
- Engaging students as Prefects or in other forms of traditional student leadership within the school.

In the community:

- Enabling students to develop and implement community-based projects, possibly in partnership with other agencies, to enhance and support learning.
- Inviting students to engage with local government and the wider community.

Perspectives from our leaders on their leadership experiences

Stepping into our role as School Captains, we decided early on, in conjunction with the Leadership Team, that we wanted a community-based focus, as community is a vital component of leadership. To us, leadership is not just about leading from the front, but assisting everyone within the community to strengthen it as a whole. This has been an important mindset to us over this year, as it has been strongly exhibited throughout our years at Northholm, by our teachers, mentors and other students.

We have endeavoured to keep community spirit at the forefront of our attention, and with that, a strong leadership team presence. We have wanted to be people who lead by example, assisting in the work instead of simply delegating it.

This year we led the Year Eleven and Twelve Leadership Teams in creating Northholm's first inter-school music event, the Jazz Cafe. The night aimed to link the school communities of Northholm Grammar School and William Clarke College,

whilst creating a supportive and professional environment for the musicians of each school to perform. Transforming the Lincoln Centre, we travelled back to the 1920s in our Gatsby-themed night with the support of the CAPA Department. The night was a huge success with students, parents, teachers and other community members connecting and growing the rich sense of community that we have here at Northholm and, more broadly, in the Hills area.

It has been our privilege leading the Student Body this year and it has been rewarding seeing the culmination of the skills we have developed with the help of our mentors. We look forward to taking our experiences with us as we finish high school and continue to watch Northholm's community grow.

Mitchell Old and Alannah Trestrail
School Captains 2019

Year Eight Leadership

Being a leader is so much more than the expected public speaking and meetings every second Wednesday lunchtime. Being a leader at Northholm Grammar School means that you are the example; people look up to you and follow what you do. While we organise events and activities which include fundraisers and presentations, speak at Open Days and other official occasions, and coordinate Assemblies, that's just the tip of the iceberg. Younger students are constantly being influenced by the examples set by Leaders, which makes this role have an ongoing importance. We are both so grateful to have the opportunity to be the Middle School Captains for 2019.

Calum Fraser and Ella Beckhaus
Year Eight Captains 2019

Junior School Leadership

What we love about being Junior School Captains is that not only do we get to help run our Assemblies and encourage people to be the best version of themselves, we have got to know many more students in all the other year groups and with the Junior School on the same campus as the Senior School we also get to know some of these students too.

Banjo Lorenz and Lucinda O'Brien
Junior School Captains 2019



Class of 2018

In addition to leading the school through their service and leadership roles and actively participating in the School's Co-Curricular Program, Year Twelve 2018 worked hard to maximise their results and were well rewarded in their HSC studies.

A year later on we asked a few to share their experiences in their first year out of school.

Courtney Cameron

"I am studying a Bachelor of Animal Science at Western Sydney University and, when not studying, I work at a portable petting zoo. I basically play with farm animals for my income now which I love."

Sarah Walker

Sarah commenced her first year of a Bachelor of Secondary Education majoring in Arts at Macquarie University. "I have chosen to specialise in Modern History and Geography and have thoroughly enjoyed my first semester," she said, "and am looking forward to my first school placement." Alongside university, Sarah is also working in before school care and doing some junior coaching at Northholm.

Piper Parry

"This year I commenced a Bachelor of Nursing at Avondale College of Higher Education and my course is three years. I have continued working at a pharmacy in Galston which I have found is assisting me in my course. I have taken up some work at Northholm as a netball coach. I am loving my course at university and I'm eager to continue to grow and learn. My placements are coming up which is very exciting, as I will be able to get some hands on experience and put my knowledge into practice."

Joshua O'Donnell – Dux of 2018

"I am currently in my first year of a Mechatronic Engineering degree at UNSW. It was my goal in high school, (albeit for a short time, mechanical was my ambition until I learned about mechatronics in Year Twelve), and I was thrilled when I received the ATAR I needed to get into the course. I am enjoying my first year at university, despite the travel time, and am genuinely interested in what I am learning. On top of my studies I also work at Bunnings Warehouse part time."





Laura Johnson

“This year I am studying a Bachelor of Media at Macquarie University, which was the course I had intended to study once finishing school. When I am not at university or working, I enjoy riding my horse, playing music, spending time with friends and looking after my many pets. Additionally, I love helping others and through my church I take part in various leading initiatives. I just recently returned from a mission trip to Fiji. It was such a life changing experience and I was lucky enough to meet so many amazing people. I hope to travel more in the future. Overall, I am thoroughly enjoying everything that I am doing.”

Nathan Blackett

“On Friday 19 July I graduated from the Navy Recruit School after 11 weeks of intensive training. This was conducted at HMAS Cerberus along with 150 other recruits. At the completion of this training, I was placed on general duties waiting to commence the next step. This will be a 38 week training course in Communication and Information Warfare, again conducted at HMAS Cerberus. When all relevant training is completed, I will be a qualified Able Seaman Communications and Information Systems Operator.”



Sport

Every year students at Northholm compete in a large variety of sporting activities at school, zone, regional, state and even national level and 2019 has been no different! The next couple of pages will give an insight into the diversity of sports our students undertook this past semester.

Swimming

We had four long-standing records broken at the School Swimming Carnival this year:

Olivia Charlton – 16 Years 50m Freestyle, 100m Freestyle and 50m Breaststroke

Sam Shepherd – 12 Years 50m Backstroke

HILLS ZONE SWIMMING CARNIVAL

Northholm finished 4th overall in the Champion School Shield and, once again, won the Percentage Shield for the Best Performing School based on population and overall results. This is the second consecutive year we have won the Percentage Shield for Swimming.

The School was especially proud of Sam Shepherd and Chelsea Vine who were the 12 Years Age Champion, Sophie Hamilton-James who was the 13 Years Age Champion and Olivia Charlton who was the 16 Years Runner-Up Age Champion.

AICES SWIMMING CARNIVAL

Congratulations to all of the students who competed at the AICES Swimming Carnival. In particular, however, congratulations must go to Chelsea Vine who finished with three 1st places and one 2nd place and was awarded the 12 Years Age Champion, Sam Shepherd who finished with four 1st places and a 2nd place and also won the 12 Years Age Champion and Olivia Charlton who finished with a 1st place and a 3rd place.

HICES SWIMMING CARNIVAL

Aaron Minnikin and Lucinda Samyia represented Northholm at the HICES Swimming Carnival at SOPAC. Lucinda finished in 3rd in the U8 50m Freestyle whilst Aaron also finished in 3rd place in the U11 50m Freestyle. At this event, Northholm was awarded the Percentage Shield for the Best Performing School based on population and overall results.

CIS SWIMMING CARNIVAL

Olivia Charlton, Sam Shepherd, Chelsea Vine, Aaron Minnikin and Lucinda Samyia swam fantastic races throughout the two-day event. Particular standouts were as follows:

Sam Shepherd – 12 Years; 2nd 100m Freestyle, 2nd 50m Backstroke, 3rd 50m Freestyle

Chelsea Vine – 12 Years; 3rd 100m Freestyle

Aaron Minnikin – 11 Years; 3rd 50m Freestyle

PSSA SWIMMING CARNIVAL

Aaron Minnikin competed at the PSSA Swimming Carnival at SOPAC and finished in 9th place for the U11 50m Freestyle.

NSW ALL SCHOOLS SWIMMING CARNIVAL

Sam Shepherd and Chelsea Vine competed at the 2019 NSW All Schools Swimming Carnival at SOPAC. Sam finished 4th in the 50m Backstroke and 7th in both the 50m and 100m Freestyle. Chelsea finished 8th in the 100m Freestyle.



Cross Country

HILLS ZONE CROSS COUNTRY CARNIVAL

Another Hills Zone Carnival and another fantastic performance from our students. Well done to Chelsea Harkins and Olivia Charlton who came 4th and 5th respectively in their U16 race and Bethany Dewhurst who finished in 4th place in the U17 race.

At this event, Northholm was awarded the Percentage Shield for the Best Performing School based on population and overall results. On top of this, we also had 9 students who finished in the top 10 in their events and qualified for the next level.

AICES CROSS COUNTRY CARNIVAL

Our students travelled to Sydney International Equestrian Centre to compete in the AICES Cross Country Carnival. Our best performers were Chelsea Harkins who finished in 14th place and Niamh Cassar who finished in 17th place.

On top of this, Olivia Charlton, Niamh Cassar, Chelsea Harkins and Tyler Old finished as the second-best team in the U16 Girls event at the AICES Cross Country and qualified for the CIS Carnival.

HICES CROSS COUNTRY CARNIVAL

Our students travelled to Orange to compete in the HICES Cross Country and did Northholm very proud. Our standout performer for the day was Jett Watkin who finished in 14th place.

CISNSW CROSS COUNTRY CARNIVAL

Tyler Old, Niamh Cassar, Chelsea Harkins and Aimee Wilson represented Northholm as a team in the U16 event. All girls ran a wonderful race and finished as the fourth best team in the CIS.

Basketball

Our Senior girls and boys played in the AICES Basketball Cup. The boys faced a few hard teams early on and found themselves finishing the day with a convincing victory whilst the girls recovered from a first-round loss to go the rest of the day undefeated.

HILLS ZONE OPENS BASKETBALL

Bethany Dewhurst, Monique Gray and Emma Mercieca represented the Hills Zone in the annual AICES Open Basketball Championships at Fred Caterson. They girls played fantastically well all day and narrowly missed out on the finals. Chet Greatbatch Murphy, Ethan Reiss, Bailey Todd and William Toohey also played for the Hills Zone Open Basketball Team and finished the competition in third place.

AICES OPENS BASKETBALL

Well done to Chet Greatbatch Murphy who was selected to represent AICES in the CIS Basketball Championships.

Football

Liam Preston was selected to represent the Hills Zone U16 and Open Boys Football Teams at the AICES Championships.

Emma Romeo and Teigan Matthews were selected to represent the Hills Zone U15 and Open Girls Football Teams at the AICES Championships.

Jarod Baxter was selected to officiate both the CIS and All Schools Opens Football Championships.

Softball

After success representing the Hills Zone in the AICES Softball Championships, Olivia Jehn and Lily Jehn were selected to represent AICES in the CIS Girls Softball Championships.

Rugby

Chet Greatbatch Murphy was selected for the Hills Zone Opens Rugby Team to compete at the AICES Championships.

Touch Football

Riley Todd was selected to represent the U15 Hills Zone Touch Football Team to compete at the AICES Championships. Riley had a wonderful competition and scored several tries on the day.

Netball

Olivia Charlton was selected in the Hills Zone Open Netball Team to compete at the AICES Championships.

Triathlon

Chelsea Harkins competed in the NSW All School Triathlon in the Intermediate Girls Solo event. Out of all CIS competitors, Chelsea was the 28th best finisher in the event. This impressive effort was backed up with Chelsea then competing in the Intermediate Girls Team event the following day. Joined by Niamh Cassar and Olivia Charlton, the team finished as the 18th best CIS team in the event.

Gymnastics

Gabriella Imad, Anyka Diancin and Tatum Martin competed at the CSSA State Gymnastics Championships. Each student placed in one of the apparatuses and in particular, finished with the following results –

Gabriella Imad, placed 1st in two events and 4th overall in the Level 6 competition

Tatum Martin finished 2nd overall in the Level 7 competition

Anyka Diancin finished 3rd overall in the Level 7 competition





Drama

2019 Senior Production *Taming of the Shrew*

There are no other word to describe the 2019 Senior Production of *The Taming of the Shrew* except a 'triumph'! Playing seven shows over two weeks at Northholm and in the Kangaroo Valley, the Show rose above a simple high school production to become something truly spectacular.

It is such a great moment for the School to see the talent we have in the creative arts and how such an experience brings the Northholm community together. Well done to Mr Brad Turbott and his team: Ms Lorna Brettell and Ms Brooke Stephens for their fantastic directorial help, Mrs Stellina Trestrail for running

our front of house both at school and in Kangaroo Valley, and Ms Sharon Bourne for transporting so much equipment to the Valley. This production could not have happened without them. To everyone in the Northholm and Kangaroo Valley Community who came to watch the show, we thank you so much for your continued support.

Every cast and crew member rose to a level that would make Shakespeare himself proud. We are so lucky to have such talented and dedicated students here at Northholm.



Camps

Building confidence, resilience, grit and relationships

Year Seven's annual three day Orientation Camp at Lake Macquarie provided a wonderful opportunity for students to build relationships with each other and with their Core teachers early in the school year. Featuring a carefully designed program developed in conjunction with Crusaders' Educational Camps team, students enjoyed a wide variety of activities, learning new skills and facing personal and team challenges. Lake Macquarie provides a superb location for this camp, with the campsite being nestled on the shores of the largest saltwater lake in the southern hemisphere.

Highlights included the water-based activities of canoeing, raft-building, fishing from the jetty and the log roll. Sailing was an exciting new experience for many. Other students loved the challenge of abseiling, rock climbing and archery and there were many proud moments as individuals achieved beyond their expectation. All enjoyed the evening activities with a mixture of indoor games and outdoor wide games.

In addition to fostering teamwork and developing communication and co-operation, there is great value in a camp setting in experiencing a new environment, learning to live together and having meals together, as well as sleeping in the site's A-frame cabins. The camp program also included sessions run by the leaders which supported the school's Faith and Life program as they explored foundations of the Christian faith.

Year Eight had a fantastic camp, enjoying the surrounds of Booderee National Park, in Jervis Bay. Over the three days, students were treated to some amazing experiences, including surfing, sea kayaking, snorkelling and mountain biking. On the first night, students were humbled to experience a corroboree, listening to the songs, stories and sounds from the traditional owners of the land, the Dhawaral Dhurga Peoples, as they shared their culture with us, accompanied by the sounds of the digeridoo and clap sticks, alongside the lapping waves. Cooking their own meals on their Trangias, and managing their own campsites, students learned a great deal about themselves, developing independence, responsibility and teamwork.

Year Nine attended an "Urban Challenge" as their major Outdoor Learning Experience for 2019. The three-day program saw students split into groups with each member having a personalised role to play. Armed with some communication technology and enough cash for food, they were commissioned

to an unknown and evolving set of challenges in the relatively unfamiliar territories of Sydney City including Manly, Surry Hills, The Rocks, Circular Quay and Bondi.

The program posed challenges of navigation, negotiation, financial management, public transport, catering, beachside construction, costume design, musicality, choreography, journalism, photography, physical skill and cryptic riddles.

With a competitive spirit, teams dressed to a variety of themes, demonstrated aquatic synchronicity at the socialite haven that is Bondi Icebergs and searched the rugged headlands of Manly for hidden clues that would lead them to their next location. They competed for ten-pin bowling glory, surfed the waves of Manly Beach, negotiated rooming arrangements and secured points for their team's photographic and journalistic evidence of daily activities.

The annual Music Camp at the Collaroy Centre provided a great opportunity to get a head start on new repertoire for the year and assisted with our new students' integration into the program. The three-day camp was supported by our regular tutors and special guest clinicians who brought along their professional expertise to work in significant detail with our various ensembles.

Designed to extend our talented musicians, the day typically began with all Campers forming a large Choir to sing together, which is fun, especially for those who don't normally sing. Students then broke up into groups to rehearse as an Ensemble or work in section rehearsals to polish individual parts.

There were instrumental and vocal masterclasses and workshops as well, interspersed with a little down time for recreation and, of course, meals.

One of the highlights in the evenings was the tradition of a Games Night and Talent Quest, all expertly run by our Year Twelve leaders – who have been mentored in previous years by former Year Twelve students as they were coming up 'through the ranks'. The creativity and inventiveness of our students surprised and delighted everyone – and even the staff had an opportunity to showcase their talents in the Talent Quest which the students particularly enjoyed.











Careers Evening

We live in a rapidly changing world and schools have a responsibility to prepare students to seize opportunities and find solutions to emerging challenges. Schools need to prepare our young men and women to have the ability to navigate through uncertainty by developing core skills such as critical thinking, curiosity, resilience and self-regulation. Our students will need to appreciate and respect the perspectives and values of others, the need to cope with failure and rejection and to move forward in the face of adversity. Part of the narrative will be the aspiration to get a good job and a high income, however, the bigger picture is also to care about the well-being of themselves, their families, their friends, the community and the world.

The Careers Evening held on Thursday 6 June evening was an important educational opportunity for our students to develop their knowledge, skills and attitudes in making informed decisions about their life, study and work options and enable successful participation in their future working careers. School is about preparing students for life.

We would like to thank the many parents and friends of the Northholm community who gave up their time to share their expertise and experience with our students. We had a diversity of professions represented on the night which provided students with some great ideas and considerations for the future.

These professions included Human Resources, Physiotherapy, Information/Digital Technology, Financial Planning, Entrepreneurship, Recruitment, Business, Graphic Arts, Education, Veterinary Science, Construction Management, Law, Real Estate and Pharmacy. It was terrific to have our parents represented across the Junior and Senior Schools, giving up their time to engage with our students.

We also appreciate the role of our distinguished panellists which included Dr Michelle Byrne (Mayor – The Hills Shire Council), Adjunct Professor Dr Jim Taggart OAM, Dr Jason Donnelly and Carina Sirolli, Northholm Dux 2017, for sharing with our community their insights and differing perspectives on school, life and career choices.

Thank you to the parents and students of Northholm Grammar School for their enthusiasm and involvement. Our tagline is to 'Learn with Purpose; Live with Passion' and our focus this year has been on *scholarship, excellence and character*. The Careers Evening is one of many opportunities for Northholm to showcase its commitment to these principles so we can best prepare our students for life after school.

Visual Arts

Learning from the experts

On Thursday 30 May, the Higher School Certificate (HSC) Visual Arts Studio welcomed contemporary Australian artist, Abdul Abdullah, while students participated in an intensive artist study workshop.

In his art practice, Abdul Abdullah works across painting, photography, video, installation and performance and has exhibited in many solo and group exhibitions across Australia and internationally. He has entered paintings and has been painted for the Archibald and Sulman Prize. Abdul's works can be found in collections across Australia including the Gallery of NSW, Bendigo Gallery, the Museum of Contemporary Art and The National Gallery of Australia. Throughout his work Abdul explores the experiences of 'others' in society, often using his artworks to engage the audience with a visual conversation on marginalised minority groups; specifically, his personal response as a young Muslim in a multicultural Australian context.

The day began with a presentation by Abdul discussing the evolution of his art practice, from an art school student to his current works in progress. Throughout his presentation Abdul discussed the transition from a personal painting practice to a practice with a more socially conscious connection.

Following the presentation, students engaged in an intensive painting workshop where Abdul demonstrated his unique style of pigment mixing and painting. Each student painted their own portrait, or someone close to them. Throughout the workshop Abdul spent one on one time with each student to discuss techniques and offer art making advice. Throughout the afternoon students took the opportunity to talk to Abdul about their HSC Bodies of Work or their practice as young photographers and painters. This experience was one of high reward for students, both as visual arts students, and also as young artists. We are grateful to Abdul Abdullah for sharing his story and his powerful art practice with us!

On Monday 27 May, students in the Junior School Visual Arts studios participated in an artist visit by Kirsty Mootz from Parva Little Things. Year Three, Year Four, Sustainability Club and Art Club joined in a day of learning about Beeswax Wraps and the importance of thinking sustainably as an artist and as an active member of a changing community. Kirsty spoke to the students about the idea of Re-use, Recycle, Re-purpose and the effects plastic can have on our plants and animals. After discussion, she then taught students how to take old fabrics and turn them into a resource that will eliminate the use of household Gladwrap. Beeswax wraps are sustainable, reusable, easy and fun to make. They can be used for up to three years on lunches and leftovers.

This incursion complemented the projects students were learning in Term Two. Year Four have been studying artists who create artworks in response to the Natural Environment and Year Three have spent Term One learning about shape designing for textiles. They are now moving on to exploring Indigenous artists and the Australian Land. Sustainability and Art Clubs have been working together to create programs to support a sustainable Northholm Grammar Junior School.

The Junior School Visual Arts students are making Beeswax Wraps sets for parents and students to use at home and in their lunchboxes. Beeswax Wraps are a sustainable solution to Gladwrap and can be used for a range of left overs and lunches. The fabrics used for the Northholm Beeswax Wraps are two repurposed School uniforms donated by SHU and two designs by Junior School Visual Arts students. All fabric is cotton and has been treated for food use. Thank you so much to Kirsty Mootz, the visiting artist for sharing her knowledge and skills with us!

Lauren Barlow
Head of Creative and Performing Arts



STEM

Science, Technology, Engineering and Mathematics are the four disciplines which combine in a teaching umbrella to make STEM. This cross-disciplinary approach to learning increases student interest in STEM-related fields and improves students' 21st century skills such as problem solving and critical analysis. STEM provides an extension of the processes that underpin learning in Science, Design and Technology, and Engineering to foster future-focused learning. With the STEM sector being the fastest growing job market (with over 83% of STEM workers earning above the average wage), it is vital that our students gain experience in the STEM disciplines.

At Northholm we are committed to providing a learning environment that encourages our students to explore STEM. This includes the development of an exciting, relevant and engaging, inquiry-based STEM curriculum for our students whilst facilitating pathways to tertiary studies and careers in STEM related industries.

Northholm gives our students the opportunity to participate in a range of STEM activities, both in class through their Science, Technologies and Mathematics subjects as well as through the many co-curricular activities we offer.

In Term One, our Year Eight students worked in teams as engineers to build an efficient model replacement to The Galston Gorge Truss Bridge. The students had to investigate the width, span and weight of the bridge and consider the advantages and disadvantages of building materials provided. This task not only generated plenty of critical discussion, but resulted in some excellent designs, well capable of supporting the necessary weight.

The skills gained from this activity were then applied in their curriculum subjects when they were required to compete to design the most efficient parachute.

The Year Tens had an opportunity to attend a workshop about careers in STEM related subjects. The workshop also invited them to design and create a prosthetic limb and then race each other to see who had the best engineering skills. Through exit surveys we were able to see how engaged the students were in the workshop and how it provided them with inspiration and ideas for pursuing engineering or engineering related careers in their higher education.

Year Eleven students were recently given an opportunity to exercise their STEM problem solving skills. The challenge was to apply their understanding of mathematics and sound waves by designing and constructing their own musical instruments. The students used different recycled materials and our 3D printer to construct the parts. The result was impressive with instruments including a guitar, pan pipes and flute, all of which were quite capable of emitting a melodious tune.

As educators, we always looking at integrating a range of technologies to further the learning experience. For example, we have introduced virtual reality (VR) glasses in classes for students to explore and deepen their understanding about scientific concepts. Recently Year Twelves used the VR glasses to investigate how a particle accelerator works in making key medicines. Year Eights were able to use this technology to explore the human body, both its functions and the structure of organs. Year Nines used the VR technology to create their own lesson and quizzes to test their learning.

The underrepresentation of women in STEM careers is something about which we feel passionately. Our Year Nine to Twelve girls were provided with the opportunity to join with IBM to experience the world of technology and the realities of working for such an exciting and future oriented industry. They were able hear from female leaders about their experience in the industry and challenge themselves with different coding activities.

Our co-curricular activities have included: code-breaking activities, Lego challenges, building balloon powered cars, designing sustainable ways of producing energy and using Minecraft to design life on another planet. Through these activities, the students have been able to build their creative and critical thinking. Key to this experience is the opportunity to share information and evaluate each other's ideas. This not only requires the students to know the facts, but more importantly, be able to apply this information in practical situations. Fundamentally, we find that deeper learning occurs when a cross-disciplinary approach is adopted that exposes students to a range of thinking processes, skills, content and applications. STEM can provide students with the chance to develop critical thinking, creativity, communication and self-direction. We will continue to provide opportunities to take part in STEM related activities.





Science

When we ask our students, “What makes a good scientist?” many of them correctly answer with “Someone who always asks questions”. It is therefore surprising that until very recently, the Year Eleven and Twelve NSW science courses were heavily content based. Two years ago, NESA changed the senior courses so that inquiry and questioning were at the heart of each subject. Students now learn their material while engaging in a wide range of scientific skills, including questioning, predicting, planning, problem solving, analysing and conducting investigations.

Both Ms Leeta Caiger, Head of Science, and Dr Michelle Gleeson, Biology Teacher, previously worked as scientists before branching into education. They agree that this new approach is better equipping our students with skills for the 21st century workplace. Ms Caiger believes our students have a more realistic idea about how science can be used to solve problems than in previous years. Our students also are more aware of the perils of pseudo-science and know how to identify fact from fiction.

“Watching them develop their communication skills and their ability to question and to look past the obvious has been very rewarding,” said Ms Caiger. “They now realise that by asking the right questions, they have the skills to be able to research or be part of the answer.”

At the recent CONASTA (Conference of Australian Science Teachers Association) this inquiry based approach was a key feature of many of the sessions which Ms Caiger and Mrs Rebecca Hughes, Year Seven to Ten Science teacher, attended in the July holidays.

“I was delighted to hear that our approach reflected what key note presenters emphasised as best practice. Rebecca and I looking forward to sharing our experiences with the rest of the Science staff and our students.”



PDHPE

Future Proofing PDHPE

In 2003, the NSW Board of Studies released the then 'new' 7-10 PDHPE Syllabus with the key aim of enhancing students' ability to improve personal health and wellbeing, enjoy an active lifestyle which maximises movement potential and for students to advocate for lifelong health and physical activity.

Fast forward 16 years and the aim of the recently released K-10 PDHPE syllabus is not dissimilar. However, when we think about what has changed in the lives of young people, the list is overwhelming: social media, relentless marketing, digital manipulation, online relationships, hypersexualised images in mainstream media and the influence of technology on motivation for movement.

When all of these factors are laid out on the table, one might be led to believe that the future of our youth may be fraught with perils. But no, our young people do continue to make good choices, are more savvy with technology than we could have imagined, are strong, informed makers of social change and are empowered to stand up and speak out on issues that are important to them.

One of the key tenants of the new PDHPE Syllabus is that we develop the knowledge, skills and understanding required to make good health decisions from a strengths based perspective.

That is, rather than considering what our students might not have, as educators we acknowledge the skills, strengths and strategies they do possess, and consider how we build on these to enhance their ability to lead and promote healthy, safe and active lives.

This year, the PDHPE Department at Northholm Grammar School committed to this vision and is excited to continue to provide PASS and PDHPE students with a range of engaging learning experiences. PASS students have been privileged to participate in the Wheelchair Sports Roadshow and AcroBalance Workshops, have achieved their Surf Safety Certificates and have run the Jump Rope for Heart "Jump Off" Day for the Junior School. Additionally, Senior PDHPE students participated in a Sports Science and Strength and Conditioning Workshop at the NSW Sport and Recreation and completed their Senior First Aid Course.

We hope that providing students with a range of authentic learning experiences aimed to engage our young people in critical thought in modern health contexts will motivate students of all interests and abilities to learn in, through and about movement.

Shannon Cameron
Head of PDHPE



ANZAC Day

An opportunity to reflect and remember

On Monday, 29 April Northholm staff and students from Years Five to Twelve commemorated ANZAC Day, together with ex-servicemen, Terry James and Graham Bruce and Glenorie RSL CEO, Donna Medway. This event provided us with an opportunity to reflect on the experiences of the men and women who have served and sacrificed, and continue to serve and sacrifice, their lives for Australia in numerous conflicts to ensure our freedom.

Our first guest speaker was President of the Hornsby RSL Sub-Branch, Terry James, who was conscripted to National Service in 1967. He was posted to the Infantry Corps of the Royal Australian Regiment, as a rifleman where he specialised in machine gun, sniper and demolition training. He was deployed to Vietnam in January 1968. He served alongside Infantry Battalions, Armour, Artillery and Engineers and engaged in daily trekking through jungle and bamboo, across paddy fields, rivers and streams, and up mountains. Terry was involved in these operations until October 1969.

Our second guest speaker, Graham Bruce, is the Secretary of the Glenorie RSL Sub-Branch. He enlisted in the Royal New Zealand Air Force in 1980 as a Service Police Airman. During his 12 years in the RNZAF Police, he served in the Sinai Desert, an Embassy in Moscow and was also deployed to Singapore.

In 1990 he was tasked to set up and train a combat team in Air Transport Security to deploy with a multinational force tasked with liberating Kuwait and was a casualty during Desert Storm. We were all struck by Graham's courage to share his very personal and difficult story of acknowledging and coping with post-traumatic stress disorder.

This year, the Northholm ANZAC Commemorative Wall in the Lincoln Centre was initiated to acknowledge the relatives of staff and students who had served in the defence and auxiliary services through a display of photographs and captions of their war experiences. Cadets, Mitchell Dimmock, Isaac Whicker, Ethan Reiss, Hayden Speight and Chase Witthuhn, who represented the different armed services, reminded us of the young men who continue to keep the ANZAC spirit alive. Henry Gierrek played *The Last Post* and *The Rouse* and the Choir under the leadership of music staff led the National Anthem. Mr Bradbury, the Student Leadership Team and Cadets joined the Junior School students at the ANZAC memorial for the laying of poppies. The manner in which our students conducted themselves during the Service reflected the level of respect for our Anzacs.

The Duke of Edinburgh Award

More than fifty Northholm students are involved in the Duke of Edinburgh's International Award, a youth development program that is open to anyone over the age of thirteen.

While there are several different reasons our students choose to join this exciting program, the opportunity to develop one's leadership and teamwork skills, as well as forging new friendships while tackling new challenges, are some of the main motivations to participate.

This year alone, we have had twenty-seven new students join the Bronze level and though participants enjoyed choosing their own activities (for their physical activity, skill and service component), they were also eager to learn how to kayak on the Colo River as part of their Adventurous Journey. In addition to navigating the waterways, students furthered their outdoor education by cooking their own meals using a Trangia and learning how to set up a base camp properly.

These skills, plus others, are essential as they provide the foundation for the Silver and Gold expeditions. The twenty Silver students who participated during the April camp in Jervis Bay, found this to be true as the one-night Bronze trip turns into a seven-day journey. During this trip, students had the opportunity to kayak to different locations including Honeymoon Bay, as well as other destinations within Jervis Bay. Furthermore, participants continued to build upon the skills they develop during Bronze, by performing wet exits (safety exits) and paddling more than five hours per day.

While students may find the long days hard, the resilience and self-confidence they develop not only help them complete their ten-day Gold Award camp during the October holidays, but also aid our students in becoming young leaders. Year Twelve students, Matthew Gadd and Nathan Ho, who recently received their Gold Awards, are two fine examples of young leaders. We congratulate them on this wonderful achievement.





Northholm Association (P&C)

It has been a very busy and productive 2019 for the Northholm Association Inc (P&C):

- First and foremost, we welcomed our new Principal, Mr Bradbury, at our Greet and Meet Welcome BBQ
- We connected at the Welcome Cocktail Party and met many parents new to the school
- We celebrated mums and dads and other loved ones at our Mother's and Father's Day Breakfast BBQs and Gift Stalls
- We enjoyed our third annual Community School Picnic and Clean-Up Day.

We supported the Student Leaders' fundraising activities including the Masquerade Dinner and the Trivia Night and were pleased to provide the refreshment station for the wonderful Jazz Café.

The Association is very proud of our wonderful Year Group Parent volunteers who are the heart and soul of our community and a special mention goes to our parent volunteers in the Second Hand Uniform Shop who tirelessly assist outfitting our families and are often one of the first points of contact welcoming new families to our school.

Enormous thanks to our Committee's Coordinators including Yasmin Old (SHU), Melissa Greensill (Year Group Parents), Linda Blackett (Breakfast Events), Michelle Button (Grants) and Melissa Dimmock (Stalls) and our regular sitting members who actively attend and contribute to our lively and productive General Meetings. Due to this participation the Northholm Association has acquired several notable and exciting additions to the school environment including:

- The successful grant acquisition allowing us to purchase four new sets of covered outdoor furniture for our students, located across from the Lincoln Centre.
- Funding to build the new industrial kitchen in the Trade Training Centre in support of the additions to the NESA curriculum for 2020.

The Northholm Association P&C meet at 7pm on the third Wednesday of each month at the Dural Country Club where we discuss school and community involvement and educational and curriculum updates. We also hold Guest Speaker spotlights from our teaching staff and most importantly discuss the School's Strategic Plan initiatives and how the Association can assist with

future beneficial acquisitions adding to the overall environment of the school.

To enable annual acquisitions the Association has multiple funding sources, including Association levies from families' contributions, Second Hand Uniform Shop sales, grant funding and Association events and activities. It is imperative that there is good representation of the parent body at meetings to ensure decisions on expenditure and the direction of the Association are a collaborative effort. As President of the Association, I encourage all community members to participate in General Meetings and take advantage of interacting directly with other parents, members of the teaching team, the Principal and the School Council.

I'm very pleased to acknowledge the achievements of the Executive Team, Anthony Wood – Vice President, Gordon Dracup – Treasurer, Megan Ivory – Secretary who have put in an abundance of time and effort behind the scenes. Under their guidance we have seen the successful review and adoption of an amended version of the Fair-Trading Model Constitution ensuring Association compliance. This has meant a radical improvement in accessibility of the Association's communications, meeting minutes and reports by way of the Parent Portal and has improved timeline deliveries of communication to all members as per Association requirements. Additionally, we thank them for their ongoing role obligations including policies and insurance, banking, communication, documentation and assistance with eventing for the Association.

On behalf of my fellow Northholm P&C Executives, our Committee's Coordinators and our general Committee members, we look forward to a productive 2020. Thank you to our Principal, Staff and Parents and Caregivers for your support this year and we confirm our continued commitment to our teachers, staff, families and all our students at Northholm.

Angela Greatbatch
Northholm Association Inc (P&C) President



NOSU

Class of 1988 - 30 YEAR REUNION



Class of 1998 - 20 YEAR REUNION



Class of 2008 - 10 YEAR REUNION



Class of 2013 - 5 YEAR REUNION



Archives

At the end of 2019, Northholm will move into its next Strategic Plan and it is timely to re-visit the front cover of the very first Arcadian. Written here is the fact that while Northholm is known for its sense of community it values academic success and encourages every student to work towards their potential. Times change but Northholm's essence remains true to its foundations.



The Arcadian

SEPTEMBER 1989

Issue No.1

THE ARCADIAN

Northholm has always enjoyed a sense of community. Foundation parents well remember the co-operative effort needed to get the School into shape physically in time for classes to start in 1983. There were paths to lay, fences to build, renovations to the White Cottage. That sense of community has been an important feature in the School's short history. With the passage of time, students have moved on and, often, their families with them. The bond that characterised the early years is still present in the School, but we need to maintain it with our wider 'family'. There is now a whole generation of students who spent their entire secondary schooling at NGS, and, this year, the last foundation students will be leaving.

'The Arcadian' is designed to help us all keep in touch. The Weekly Record is very much a 'nuts and bolts' affair with immediate relevance to those currently at the School. 'The Arcadian' will be a regular newsletter to answer questions often asked — what is going on at Northholm? What are the plans for the future? What is the Association up to? Have there been significant achievements in academic and co-curricular areas? Is there news of former students? (Dare we call them 'Arcadians'?)

In this first issue, we hope some of these questions will be answered. The Arcadian will go to all members of the School family, past and present. Please send us your comments and your news so that we may keep in contact, and remember that you still belong to a community that has made exciting progress in such a short time.

ACADEMIC ACHIEVEMENTS

A new school takes time to build a reputation for academic success. All Northholm students are encouraged to work towards their potential and the School's record to date has shown that a caring school can be an academically successful school too.

A pattern has been established at the School Certificate in which the results over the last three years have been well above the average, with around twenty percent of Northholm students being awarded grades in the top ten percent state-wide.

A good number of Northholm students have proceeded to tertiary institutions, and some earlier alumni have completed degrees or diplomas, or are about to.

Northholm's first group to have had all its secondary schooling in Arcadia sat for the Higher School Certificate last year. The results were exciting, with five students achieving an aggregate of 420 or above. Todd Cash, Dux of 1988 achieved his ambition to gain entry to Medicine at Sydney University, and Karen Furini was selected for the actuarial studies course at Macquarie University with a scholarship as well! Of course, not all successes make headlines, and some of the most pleasing results were gained by those in the middle range. An indication of the high success-rate is that seventy percent of all applicants were offered tertiary places. This is especially satisfying in the light of increased demand for university and college placement.

Northholm is a non-selective school, and there is good reason to find comfort in consistent achievement in public examinations.



Proposed Art Block

NORTHHOLM
GRAMMAR SCHOOL



LEARN WITH **PURPOSE** LIVE WITH **PASSION**

79 Cobah Road, Arcadia NSW 2159

P 02 9656 2000

F 02 9656 1512

admin@northholm.nsw.edu.au

www.northholm.com.au