

High School

REIBY ROAD HUNTERS HILL NSW 2110 Ph: (02) 9817 4565 / 9817 4785 EMAIL: huntershd-h.school@det.nsw.edu.au WEB: www.huntershd-h.schools.nsw.edu.au Follow us on Twitter @HuntersHillHS

# The Figtree HUNTERS HILL HIGH SCHOOL

# Term 4, 2019



2020 HHHS Captains and Vice Captains (L to R) Shafayet Chowdhury - Captain Isabella Parry - Captain Brayden Duguid - Vice Captain Poppy Burton - Vice Captain Congratulations!

# **Principals Report**

It hardly seems like anytime at all since we had the Christmas tree up for the toy drive but here we are again. We have had another fantastic Ryde Schools Spectacular, another set of HSC examinations, another drought relief concert and we are almost at our end of year presentation.

The HSC examinations, although we had a small cohort this year, went smoothly and for the most part, the students I have spoken to are pleased with how they went. We will know soon enough.

Fourth Term always seems to bring that scramble of staff movement and whilst there has been a little bit as some valued long-term temporary staff have turned their experiences here into permanent jobs at other schools; we will begin 2020 much more stable than in 2019. This has been a disruptive year with staff turnover, particularly in a couple of faculties, at a high level. Still we will begin 2020 with a new permanent Deputy Principal in place Mrs Michelle Donovan, all Head Teacher jobs permanently filled and almost an entire permanent staff, notwithstanding a couple on long term leave.

2020 will see us start the year the biggest the school has been for some time with Year 7 a tick over 150 next year. The new much publicised school cap has no effect for us as we are still comfortably under what we can accommodate.

Even though we are reaching the end of 2019, the staff are putting in a lot of preparation for 2020 with a number of staff being trained in an approach, known educationally as the 4C's, and based on critical thinking, collaboration, creativity and communication. The reason we are exploring this path is to try and support the writing initiatives that are already in extant at the school. We certainly have students writing more as well as more often but to really take advantage of this the writing needs to be at a greater depth too. So to this end, students need to think, to justify, to make judgments, to develop arguments and synthesis ideas. The staff are enthusiastic and intent on developing their skills and even as you read this, I hope that students might be talking to you about the new approaches they are seeing.

Some important dates coming up with a concert on the 9<sup>th</sup> December in conjunction with the Lane Cove Youth Orchestra that is a drought fundraiser. Last year was a great night. On Monday the 16<sup>th</sup> December, we have our school Presentation Day beginning at 9.30am and then on the 17<sup>th</sup> December the HSC results are out!

Make sure everyone stays safe during the school holiday period and may the Christmas Bear bring you what you want!

Greg Lill

# P&C Figtree Report, Term 4 2019

There was a major win for students' safety in October with the Hunters Hill Council unanimously approving a new footpath and other measures to put an end to students risking injury walking to and from school along Reiby Rd. A relentless campaign from the Principal, P&C representatives Emma Paxton and Jacqueline Crompton, parent Tracy Grant, as well as Councillors Ben Collins and Zac Miles, and The Weekly Times fought for nearly two years before the Council finally recognised the need and approved funding for a wider



footpath and other measures to improve safety along Reiby Rd for the students.

14 THE WEEKLY TIMES Wednesday 30 October, 2019

# Hunters Hill parents win fight for footpath outside a local school

A NEW footpath on Reiby Road outside Hunters Hill High School will be built early next year.

Hunters Hill councillors voted unanimously Monday night to fund construction as well as widen to footpath where hundreds of students have risked their lives darting in and out of traffic.

The council decision is a victory for the school P&C and staff who have relentlessly fought for the footpath for years.

Council has driven more than one parent to tears over this and we only want what every other school in Hunters

Hill has," P&C spokes-person Jacqueline Crompton told Monday night's council meeting. Councillor Ben Collins pushed for the work to be completed by the start of next year's school term but this was not feasible according to General Manager Lisa Mis-Manager Lisa Mis-camble who said that a project of this size would need to go to

The project will be

funded from the coun-cil's unrestricted cash

reserves despite Dep-

tender.

uty Mayor Jim Sander-son's belief it should be funded by the state government Liberal Clr Zac Miles

disagreed. "To suggest that the building of a footpath is a state government responsibility. not a council responsibility is ridiculous and I am not going consider options to slow this project down," he said.

Deputy Mayor Sanderson also at-tempted to link the footpath to sought after government fund-



STUDENT POWER ! Hunters Hill High School students Georgia Curnow, Eleanor Crompton, Lucas Manefield, Alex Manefield, Joe Potts, Eros Derilo, Brayden Duguid were part of the successful campaign to get a new walkway outside their school. They are pictured on Reiby Road with walk-way advocate Cir Ben Collins who acknowledged support from the school P&C and The Weekly Three. The or the societ PHOTO. Times. TWT on-the-spot PHOTO

ed street safety work around the Hunters Hill Village shopping precinct, but he only re-ceived the support of Cir Elizabeth Krassoi.

"Why have a safe footpath that no one can get to safely?" she said. "The overpass is have something we have

been pushing for, for at least eight years now and this our opportunity to get the job done right." The new footpath is safety concerns.

also a victory for parents' advocate Cir Ben Collins and for The Weekly Times, which has presented parent

HUNTER'S HILL COUNCIL PUBLIC NOTICE



The newly inaugurated <u>P&C Fundraising</u> <u>Committee</u> has been busy organising events to raise funds to support the school. The Trivia Night in September raised around \$5,000 and the Colour Run is expected to raise in excess of the \$13,000 raised by the event last year. These funds contribute to improvements such as more air conditioning, grounds improvements, and other school facilities.

At the end of Term 3, Sustainable Schoolwear was contracted by the P&C to manage and run the school <u>Uniform</u> <u>Shop</u> from Term 4 onwards. This is the start of an exciting collaboration with this organisation, which will see the gradual migration to sustainably produced uniform items as well as sustainability programs run with the school cohort.

# Ø Sustainable Schoolwear

Making sustainable mainstream

Sustainable Schoolwear now provide

HHHS students and parents an online uniform purchase facility.



The <u>Music and Dance ensembles</u> have been going from strength to strength this year with many notable successes.

Both the String Group and the Stage Band achieved Gold Awards at the Australian School Band and Orchestra Festival in September and July. The String Ensemble also performed at a community concert at Hunters Hill Primary.

HHHS was well represented at the Ryde Schools Spectacular at the Sydney Opera House in October with the Combined

Percussion Ensemble performing on Taiko Drums and Jazz A delivering outstanding performances.

The Senior Percussion Group and Vocal Ensemble both performed at Moocooboola with two of our students chosen to sing the National Anthem.

All the Dance Troupes took part in The Ultimate Dance Challenge with Jazz A and Hip Hop placed second in their respective categories.

There was a huge array of talent on display at the annual HHHS Soiree featuring most ensembles and many soloists. The sizable audience was left buzzing with excitement!

Look out for our fantastic musicians and performers at the Hunters Hill Council 'Carols in the Park' in December, Orientation day and Presentation Day.

The new P&C website: <u>https://www.hhhspandc.org.au</u> has now been launched with information on meetings and other P&C services and events.

Coming up in Term 1, 2020 is the Movie Night (we're looking for an organiser to manage this) and the new parents' Welcome Drinks.

There are many P&C members working phenomenally hard to deliver these benefits for our students. If you would like to help out, express an opinion or idea, or just hear more about what's happening at the school, come along to a P&C meeting sometime.

Martin Brown P&C President

# DATES TO REMEMBER

Monday 2 December - P&C Meeting 7pm at HHHS

Monday 2 – Wednesday 4 December – Appreciation Camp

Tuesday 3 December – Year 7, 2020 Orientation Day

Monday 9 December – LCYO and HHHS Christmas Concert/Drought Fundraiser 7 – 8pm

Monday 16 December – HHHS Presentation Day 9.30am – 11.30am (approx.)

Monday 16 December - P&C Drinks on the Balcony 5.30pm - 7pm

Tuesday 17 December – HSC results released

Wednesday 18 December – LAST DAY for Students

Friday 20 December - Last Day for Staff

Tuesday 28 January 2020 – All Staff Return for Term 1, 2020

Wednesday 29 January 2020 – Years 7, 11 and 12 Return/Start for Term 1, 2020

Thursday 30 January 2020 – Years 8, 9 and 10 Return for Term 1, 2020

# **EVALUATE SET OF For Gunnedah**

Hunters Hill High School | Lane Cove Youth Orchestra Chief Conductor and Artistic Director Mark Brown

Also featuring the amazing HHHS Percussion Ensemble, with director Robert Octomo

Guests from Participating Primary Schools: Boronia Park, Epping, Greenwich, Hunters Hill, Lane Cove

MONDAY 9 December 2019 | 6.30pm Welcome & Refreshments | 7.00pm Concert Hunters Hill High School Hall, Reiby Road Hunters Hill

Tickets A\$10/C\$5 At the door or online trybooking.com/BHAZV

Buy a RAIN STICK at the concert, then help make 'rain' as the orchestra plays.

All proceeds to support the drought stricken community of Gunnedah, Lane Cove's sister city.

HHHS: Tim 0432 466 088 | LCYO: Lyndall 0411 413 335

www.lanecoveyouthorchestra.org.au

LCYO gratefully acknowledges assistance from Lane Cove Council and Mirvac

#### Remembrance Day Service 2019

Four students volunteered to participate in the Remembrance Day Service in Lane Cove Plaza. They helped sell merchandise to raise funds for war veterans and offered free poppies and rosemary to visitors and shoppers. Out students also helped with handing the wreaths to the wreath layers and helped carrying the wreaths to the Lane Cove War Memorial Cenotaph. 'Lest We Forget'.

#### Ria Lenard

#### Volunteer Co-Ordinator



#### Major Design Project nominated for the Shape Exhibition

Congratulations to **Lucy Davies of Year 12** who has had her 'Lucy Luxe' Major Design Project nominated for the Shape Exhibition at the Museum of Applied Arts and Sciences (MAAS). Shape is an annual exhibition of a selection of exemplary Major Projects developed by HSC Design and Technology, Industrial Technology and Textiles and Design students.

Lucy designed and produced an innovative and high quality cosmetics case that incorporates a range of features including multiple storage compartments, heat protection mat and washable lining.

If Lucy's project is selected, the exhibition will be on display at the Museum of Applied Arts and Sciences (MAAS), Sydney, from 28 February to 3 May 2020.

Well done Lucy, we are very proud of you!



# YOUNG IN ART WINNERS REPORT 2019

"For the wonderful efforts of our artists, at the Young in Art awards last night... IT WAS ALMOST A CLEAN SWEEP FOR OUR SCHOOL...with Dylan Waldron taking home the major prize".....Greg Lill Principal

During the opening night, Wednesday 23 October, the public viewed student's framed artworks. The exhibition was open until Sunday 27 October. This year was once again a huge success with even more students, parents and teachers participating.

The 2019 'Young in Art' Exhibition displayed a range of talents from four major high schools including St Joseph's College, Riverside Girls High, Marist Sisters College and Hunters Hill High School as well as four Primary schools including, Boronia Park Public School, Gladesville Public School, Hunters Hill Public School and Villa Maria Parish School,

With our very own Principal Greg Lill, CAPA Head Teacher Ms. Jenny Sibley, Visual Arts teachers Anne Wong, Dominique Scenna and Riley Tombs and Hospitality teacher Zeljka Karac were all present to celebrate our student's achievements. The evening began with a primary school dance item followed by a presentation of winners by Hunters Hill High accepting ten out of the fourteen awards. Our school was responsible for catering at this year's event. A special mention to the Hospitality students who worked diligently at school during the day under the guidance of their teacher David Cartwright and supported by Zeljka Karac. Students worked tirelessly throughout the day to make the evening a memorable occasion. Thank you to the hospitality team Claire Butterfield, Cameron Bara Coros, Rose Schafer and Erin Norris who served the canapés.



HISTORY OF

YOUNG IN ART

The Hunters Hill 'Young in Art' Exhibition grew out of the annual Hunters Hill Art Exhibition. Originally, children's artworks had exhibition space in the nearby church hall from 1956 -1985. As the Exhibition grew over the years so did the popularity of the children's section. Eventually the children's section out grew the church hall, and so in 1986, local school teacher Ric Hedley worked with all local schools and Council to develop a separate exhibition, called 'Young in Art'. This is an inspirational Exhibition of local school student's artworks. Each school is responsible for selecting from their student's works and presenting them in the Hunters Hill Council Town Hall. The importance to inspire and encourage creativity in young people is highly valued by the panel of judges. One of the judges of the first Children's Exhibition in 1956 was Jeffrey Smart a highly distinguished painter. Jeffrey Smart, AO (1921 –2013) was an expatriate Australian painter known for his precisionist depictions of urban landscapes. Our school recognises Ric Hedley (pictured right), former Hunters Hill High School Head Teacher Visual Arts who was responsible for making 'Young in Art' a yearly event.

Thanks to a whirlwind of our talented students and inspirational teachers who are extremely proud of their efforts! Hunters Hill High School once again shows excellence in the 'Young in Art' Exhibition for 2019. Hunters Hill High School Visual Arts teachers are delighted to congratulate not only the winners, but also the 75 students who had their work on display.

Congratulations to the following students for winning awards on the night:

Secondary Winner Dylan Waldron, Year 11	Secondary Winner Runner up Hannah Brown, Year 8
Year 9-10 Highly Commended Sarita Taharn	Year 9-10 Commended Millie Cole
Photography/Mixed media Highly Commended	Photography/Mixed Media Commended
Maxim Bailey, Year 10	Darcy Kimber, Year 10
Year 8 Commended Isabella Calaminos	Year 11-12 Highly Commended Gemma Karagianis
Year 8-Group work Architecture scraperboard:	Year 8-Group work Landscape watercolour:
Scarlet Kimber, Sophie McCreanor, Sena Minagawa,	Sophie Contino, Tyler Dinh, Natasha Dixon-Dowd,
Sam Modesto, Greta Stacy, Keona Rangwala, Polina	Robbie Little, Lachlan MacDonald, Cleo Parry,
Sofronova and Manuel Villamil Rivas	Madeline Smilas, Milla Tanchitsa, Caterina Sessa,
	Rayyana Singh, Amber Szucs and Oliver Rossiter.

#### Anne Wong

(Visual Arts Teacher) Young in Art Coordinator

Dylan Waldron Year 11 scratchboard "Figures"

Year 8-Group Work Architecture Scraperboard Scarlet Kimber, Sophie McCreanor, Sena Minagawa, Sam Modesto, Greta Stacy, Keona Rangwala, Polina Sofronova, Manuel Villamil Rivas.



Hannah Brown Year 8 drawing "Horses"



Year 8-Group Work Landscape Watercolour Sophie Contino, Tyler Dinh, Natasha Dixon-Dowd, Robbie Little, Lachlan MacDonald, Cleo Parry, Madeline Smilas, Milla Tanchitsa, Caterina Sessa, Rayyana Singh, Amber Szucs and Oliver Rossiter.



Millie Cole Year 10 mixed media "Inner Feelings"



Sarita Taharn Year 10 mixed media "Counting on Time"



Isabella Calaminos Year 8 charcoal "Don't trip on the Shadows"



Gemma Karagianis Year 12 collection of works "Take a trip through wonderland"



Maxim Bailey Year 10 Photoshop "Parallel Places"



Year 10 Darcey Kimber Photoshop "I'm Down Here"



# Figtree Term 4 - UMatter Report

As our students prepare to sit their final examinations and look forward to the holidays, we are taking the time to reflect on our sense of purpose and to set goals for the future. In UMatter this Term, our students have been continuing to develop their flexible thinking and resolving conflicts respectfully. The Year 8 UMatter groups have been joined by Year 10 Mentors who have been supporting them through this content. The developing peer relationships, consisting of respect and trust, has been inspirational to witness.

When final examination results are handed back, and reports published to the Portal, our students will sit with their Mentor teacher to reflect on their achievements as well as establish some practical steps to improve.

#### Appreciation Camp

In early December, a group of students will attend Appreciation Camp at Stanwell Tops. These students are being recognised for being "Thinkers, Triers and Doers". These students, voted by teachers, have demonstrated our core values of being Safe, Respectful and Active learners. Teachers and the learning community are always looking to praise our students for doing the right thing; showing empathy, tolerance and kindness.

## Tips for surviving the upcoming Holiday period

While triggers of anxiety differ from child to child, the reality is that the holidays can contribute to symptoms of anxiety in children. Parents are often shocked to discover that the flurry of activities – buying presents, holiday dinners, and travelling long distances – may also be overwhelming for children. Some students actually prefer the structure of school over dealing with the demands and stressors of today's holidays.

What are some tips for reducing stress and anxiety for children at this time of year? Organise activities into manageable, bite-size pieces. Visiting many people or attending several parties in one day can be confusing, especially for very young children. Decide as a family a schedule that will allow everyone to share in the season, but not be overwhelmed. Enjoy and celebrate the present moment. Appreciate each activity for what it is and allow yourself and your child to experience it fully.

If you are concerned about your child, don't be afraid to seek outside help. Your GP is a great place to start.

We hope all of our students, parents and the wider community have a restful and restorative break, and we look forward to seeing you in 2020.

#### Edwina Patten Wellbeing Coordinator

# HHHS WEBSITE

The HHHS website is updated regularly! Please take the time to go to our site for updates, important information about our school, photos, videos, upcoming events and important dates.

# www.huntershd-h.schools@det.nsw.edu.au

# Poppy Day Appeal, Lane Cove Plaza 2019

Ten students from Hunters Hill High School volunteered to sell merchandise for the Poppy Day Appeal. The money collected goes towards veterans and armed forces personnel. The students collectively sold \$1319.25 worth of merchandise and enjoyed the day talking and mingling with shoppers and shop owners in Lane Cove.

By buying a red poppy, we remember those who were killed fighting with the British Armed Forces in World War I and II and those who fought alongside them.

The students were treated to a Subway lunch with chocolate biscuits and water. It was a long day but a very rewarding day and our students enjoyed the experience!



Ria Lenard Volunteer Co-ordinator

# **IMPORTANT 2020 START DATES!**

- All staff return on Tuesday 28 January 2020
- Years 7, 11 and 12 start on Wednesday 29 January 2020
- Years 8, 9 and 10 start on Thursday 30 January 2020



# TAS

The TAS Faculty has been busy finalising HSC projects and finalising projects across most subjects.

# Year 12 Major Works

Congratulations to the HSC Design and Technology students for completing their major project by the due date. A special mention goes to Lucy Davies of Year 12 who was successful in having her Design and Technology project nominated for the SHAPE Exhibition at the Power House Museum.

Shape 2019 is an annual exhibition of a selection of exemplary Major Projects developed by HSC Design and Technology, Industrial Technology and Textiles and Design students. If Lucy decides to display her work the exhibition will be at the Museum of Applied Arts and Sciences (MAAS), Sydney, from 28 February to 3 May 2020.

A great deal of thanks and acknowledgement goes to Vanessa Hunt, as it's only with her dedication that students like Lucy have these opportunities...well-done Vanessa and thank you.

# Year 7

This semester Year 7 Textiles classes were able to create a Felt Monster Puppet using felt, laser cutting, applique, embroidery and completing the project with E-textiles. Textile projects gave students the opportunity to be creative, independent and to explore functional and aesthetic aspects of textiles.

Their design ideas and experiences documented to communicate evidence of the processes of designing, producing and evaluating. Students learned about Work Health and Safety issues, and learnt to select and manipulate appropriate materials, equipment and techniques to produce quality textile projects. The practical experience allowed students to develop skills and confidence in the use of range of equipment.

Other Year 7 students were able to build upon their coding knowledge from their Crack the Code unit to design and produce a robotic marble maze. Students developed their woodworking skills to build the maze frame and base using a variety of hand tools and workshop machinery. They also used a variety of electrical components to allow the frame to be controlled with a joystick. When their marble reaches the end of their designed maze, a micro-switch is activated which sets off a buzzer and lights to flash in a sequence of their own design. The students are to be congratulated for stepping up to this challenging activity.

# Year 9 Engineering

Students in Year 9 Engineering this semester have been studying Mechanisms. Through this unit, they develop an understanding of Cams, Cogs and Leavers and how they are impacted by friction. To bring this knowledge to a deeper understanding, the students have had to design a car that is powered by a mousetrap. Through the use of the laser cutter and 3D printer, students have managed to propel their car some great distances with many car reaching and succeeding 20meters in length from one small mouse trap.

# Year 11 Construction

This term the Year 11 Construction class was split into two groups and given a challenge. The challenge was for the students to read a drawing and build a picnic bench. Special mention goes to Jarrod Selwood, Nicholas Brown, Jack Dixon, Liam Jones and Kevin Dawo as the group that completed their build in 4 days with no errors and very little teacher input.

# Year 7 Projects



Year 9 Engineering





Year 12 Construction and Lucy Davies HSC Project



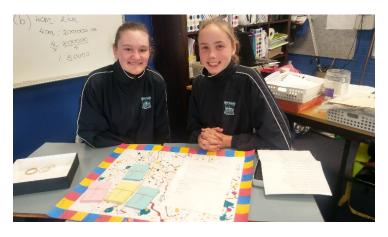
# **Engaging Assessment in Mathematics**

Over the last few years, we have worked to create more engaging, alternative assessment tasks for students in Mathematics from Year 7 to Year 12. This year, we saw the return of the much-loved Ratio Party as well as the new Probability Carnival Day. Both tasks emphasised group work, problem solving and communication and gave context to some typical maths problems. Overall, students found these tasks to be engaging and are looking forward to the next alternative task.

# Year 7 - Probability Carnival Day

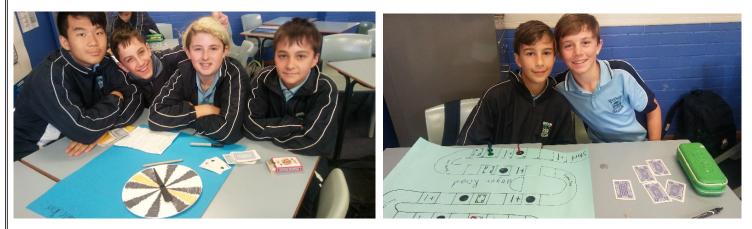
In this task, students had to design a game that could be played at a carnival or amusement park. Students worked in small groups to complete this open-ended task.

Students were given a lesson for planning time, to discuss their game rules and the resources necessary to create and play the game. The engaging discussions and problem solving were amazing to watch. The students then went away and built their game board or activity at home.



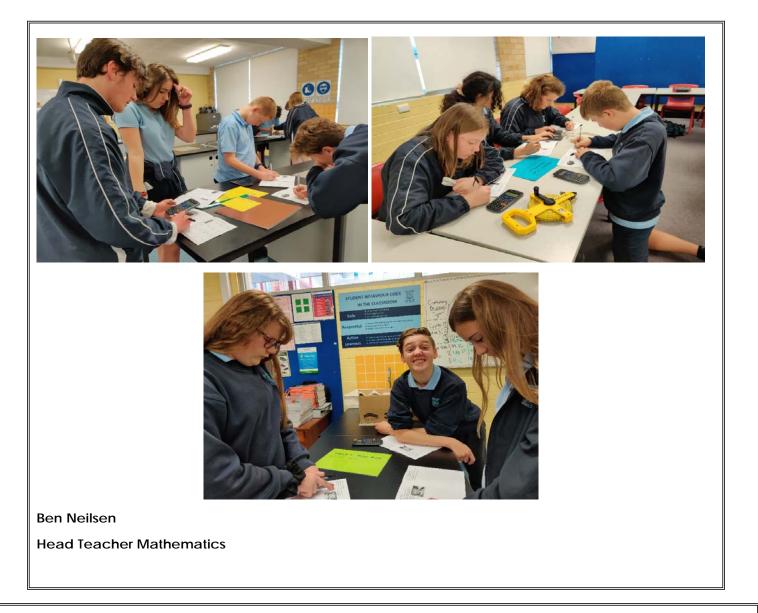
On the Probability Carnival Day, each group brought their game to class and were so excited to share their game with their peers. Each group was required to record the win or loss of each player and determine the theoretical and experimental probabilities of each game. The classroom really had a carnival feel and sense of excitement; everybody enjoyed themselves whilst learning about Mathematics.

The final aspect of the task was of reflection. Students went away to reflect on their Probability Carnival game, using the ALARM matrix. Individually, students wrote an evaluation of their game, discussing the good and the bad of their project. They had to assess their game using their mathematical understanding of probability and the strengths and weaknesses of their project. Everyone had such fun and wished that every Mathematics lesson could be like the Carnival Day.



# Year 8 - Ratio Party

This task addressed the topic of Rates and Ratios, through a party theme. A range of party-related questions and problems made up 10 stations around the room. Students, in small groups, were required to move between the stations to complete the task, managing their own time. At one station, the students tasted three cordials of different strengths to determine the ratio of water to cordial in each. At another, students worked collaboratively to complete the recipe for chocolate crackles, with each group adding ingredients in a given ratio. Other stations involved party hats, balloons, music selections, and even a challenging algebraic problem on saving money to pay for the party. There was a strong aspect of group work and peer assistance in this task, as groups were required to work together to solve the problems; this allowed stronger students to assist others whist consolidating their own understanding. The students thoroughly enjoyed the assessment and demonstrated strong levels of engagement and maturity. The chocolate crackles were a hit!



# Year 12 Music

Year 12 student Cameron Barra Coros is learning the Charango and Pan Flute for his 2020 HSC performance focusing on the music of South America.

This is an ethically sourced Charango as the original native Indians of South America used the back of an Armadillo in original instruments.





# World of Maths Roadshow's annual visit to Hunters Hill High School

# Maths is fun!

The World of Maths Roadshow once again visited HHHS in Term 2. This 'hands-on', problem solving experienced is an ideal opportunity for students to see how Mathematics is applied to real life situations.

This year, our Year 7 cohort enjoyed the highly engaging session and were able to play and solve problems using Mathematical games, working in teams.

These games involved various Mathematics principles, which are part of their curriculum this year. The students enjoyed the session immensely and found the games to be fun and educational.











































Ria Lenard World of Maths Co-ordinator

# GOODBYE AND GOOD LUCK CLASS OF 2019

Wishing our Year 12 students all the very best in their future endeavours. May you each find happiness and success in whatever you choose to do in the future!

We will miss you!





**Colour Run 2019 -** A fabulous day was had by all! Thank you to the P&C for organiising this fun event.





# Come Dragon Boating these School Holidays with

# leaps&bounds

Looking for something different and fun that you and your friends can do this summer? Come and experience the ancient Chinse sport of Dragon Boating.

It is the ultimate team sport with 22 people paddling the boat in time to the beat of the drum. Races are short, fast, and fun! Anyone can do it. All you need is positive spirit and be willing to try something new!

Join our 2 day summer program and find out what it's all about. We will guide you through the basics of technique and prepare you for some fun challenges as a crew.

Our summer program is open to anyone aged 12 - 17 years. If you are new to the sport join the 'introduction to dragon boating'. If you are an experienced paddler looking to improve join our 'paddler development' program.

## **Program Information**

Tuesday and Wednesday 21 – 22<sup>nd</sup> January, 2019 9.30am – 12.30pm. 1 Bank Street, Pyrmont \$160 inc GST.

Water, Sunscreen and all equipment provided. Bring snacks

# Introduction to Dragon Boating

In this 2 day course you will learn about the history and culture of the sport, how to paddle and learn how to race in a Dragon Boat. You will see the boats in their traditional dress and maybe even try drumming for your crew.

The ideal course for anyone new to dragon boating. No experience necessary!



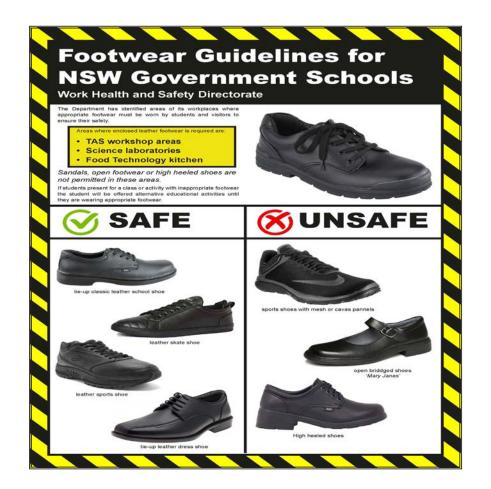
#### **Experienced Paddlers**

Take your dragon boating to the next level! Learn how to get more power through your stroke, experience the 'erg', and take home a video analysis of yourself in action.

Get involved in learning more about the NSW and National Team (Auroras) and how to train for these; or extend your current fitness benchmarks. Ideal for current paddlers looking to continue improving technique, strength and fitness OR just love Dragon Boating and want to have fun with others who love it too!

For more information email Mary at <u>leapsandboundsahead@gmail.com</u>or call 0410 655 764 To register for one of these programs, please scan the QR code or follow this link https://www.surveymonkey.com/r/SchoolHolidayDB2020





Wishing all students, staff and families a happy and safe Christmas! Reminder: The last day for students is Wednesday 18 December 2019



See you in 2020! All staff return on Tuesday 28 January 2020 Years 7, 11 and 12 start on Wednesday 29 January 2020 Years 8, 9 and 10 start on Thursday 30 January 2020

# CONTACT US

Reiby Road, Hunters Hill NSW 2110 PH: 9817 4565 / 9817 4785 Email: huntershd-h.school@det.nsw.edu.au Web: www.huntershd-h.schools@det.nsw.edu.au Follow us on Twitter @HuntersHill HS