From the Principal

Becoming more resilient

We live in an era characterized by rapid change. Students at Marsden will become adults in a time where there will be many challenges; personal, interpersonal, the workforce, financial, environmental and global.

School life and teenage years are full of ups and downs. Nowadays that is more true than ever before. On a daily basis our students face challenges as part and parcel of living, and ultimately these events help to shape who they become. Most students embrace the challenges thrown at them, but for others they present obstacles that are hard to overcome. Resilience is about a young person’s ability to cope with and overcome adversity and is important in protecting them against problems. It gives them a sense of perspective, the will to carry on after a setback and the courage to deal with life’s challenges. Resilient youngsters are generally optimistic, confident and have a high sense of self worth. Key resilience skills include self esteem, social skills, self control, ability to problem solve, realistic expectations and optimism. Resilience skills will be critical in this time of rapid change that we live in now.

How can you help your child be more resilient?
• Demonstrate how to manage difficulties. Keep calm and composed. Think before you act. Think through courses of action. Be consistent. Be assertive without being aggressive.
• Improve your self worth. Value your own achievements. Set realistic goals.
• Develop social skills and optimism. Ask for the opinion of others. Develop a network of friends. Advise of how disagreements can be solved. Help your child make sense of their feelings. Challenge negative thinking patterns.
• Improve problem solving skills. Set boundaries and expectations but increase opportunities for independence and autonomy.
• Provide challenges. Help instil a sense that failure is just an obstacle that can be overcome, not a defining moment.
• Provide a sense of belonging. Create opportunities for communication and cooperation in the family setting.

Gus Vrolyk

Our next P&C meeting is on Tuesday 27th May in the Library at 7:30pm
Deputy Principals Report  
Year 10 Special Programs  

Last Friday our Year 10 students had a day of learning in various locations around Sydney. Mr Leece and his “High Achievers” group accompanied by Ms Swinkels visited the Downing Centre Courts in the morning and Sydney University in the afternoon. In the various courtrooms they were able to hear cases of a 20 year old who was carrying ecstasy, a man who embezzled a bank of $280,000 and the student who was injured with a pole at a party on the north shore amongst others. The tour around the university in the afternoon was also informative with many students thinking that university life looked pretty cool.

The 48 students involved in the Johnson and Johnson, Bridge to Employment program participated in a session from Ken Maslow about empowerment and building resilience in the morning and then broke off to do resume building activities in the afternoon. Ms Dalal, Ms Train and Mr Hannah accompanied this group and felt the day was very worthwhile.

Another group of students accompanied my Ms Lim and Mr Lloyd visited Meadowbank TAFE and participated in Taste of TAFE sessions in childcare, building, beauty, hair and fitness. This allowed students to get a taste of the type of learning and activities they would be involved in if they were to choose these courses either as TVET courses or after school.

The smallest group of Year 10 students who are new to Sydney visited some of Sydney’s landmarks such as The Rocks Discovery Museum, Customs House, Circular Quay, the Opera House and Chinatown with Ms Hoy and Lincoln. This was a fabulous orientation and history lesson for the students so that they have a better understanding of their new home.

Every teacher involved in the day came back to school very impressed with our Year 10 students and the way in which they represented the school. Every student was polite, respectful, engaged and cooperative.

Thank you to the dedicated teachers who accompanied the excursions as well as to the teachers who covered their classes so that these excursions could take place. Special thank you to Mr Leece, Ms Hoy, Ms King and Ms Dalal who were also instrumental in planning for the excursions.

This extensive Yr 10 program involves one day per term in learning outside the classroom. The next date for year 10 excursion is Wednesday 14 May. Students will bring home a permission note early next term for these excursions.
Well done Year 10! You are a credit to our school.

Year 11
Year 11 were issued with their half yearly exam timetables at a special assembly on Monday. Their exams will start on the Friday 16th May which is Week 3, so not that far off. Students should now be compiling study notes for each topic in each subject in preparation for the exams. Students who are wanting to achieve high marks in these exams would potentially be working between 3-5 hours per night in preparation.

Year 12
Year 12 students are to be congratulated for the way in which they conducted themselves so professionally during their half yearly exams. Some students have already expressed delight with their results. In my experience most students will do well if they have applied themselves with diligence to the task. Please take the time to discuss with your teachers how you can improve your marks in preparation for the Trial exams set for August.

Mrs Symons
Deputy Principal

Year 10 Excursion
On Friday 4th April, twenty Year 10 students went on an excursion to experience how a law firm worked at the Downing Centre and life at Sydney University. We started off in the Downing Centre and discovered how formal and serious everyone was about all the cases. Next we went to Sydney University where we had a tour through the many different sections of the University. We learnt that every question we asked came with a really cool explanation, even the buildings had a story behind the way they look.

Naomi Bolliger 10R1

Congratulations Emily Kim Year 11!
She is now branded a professional artist, AGAIN. For the second year in a row her wondrous work has been on display at an art exhibition in the Sea St Gallery, Meadowbank TAFE. This was part of the International Women's Day events acknowledging self-sacrifice. Her artwork was viewed by friends, family,
teachers and many council officials including Mr Victor Dominello; who Emily had the pleasure of meeting. Visual Arts teachers Ms Larssen and Mrs Woodland attended the event to support Emily's success. This event is now an artistic exhibition tradition for Marden and Emily's success should be recognised as an outstanding achievement.

By Sally Dang, Year 11

Work Studies.
Real life situations at school. In teaching we are always relating the curriculum to the real world. This gives the students a relevant context for what they are learning in class. On Wednesday, 28/3/14, my Work Studies students had an assessment task where each student had to find a job ad, prepare a cover letter, resume and then be interviewed for their job. This written aspect of the task allows them to refine their communication skills while the interview gives them the opportunity to experience a situation that they will encounter in the future. Two very generous gentlemen, Mr Symons and Mr Howes spent the entire day interviewing our very nervous students. The students looked fantastic, dressed in their very best interview clothes, and they impressed the interviewers with their willingness to truly engage in the activity. The photo below shows some of our students with our two interviewers.

Don't forget Term 2 is TIE TERM. For those students and parents who have forgotten how to tie a tie here are two sites that may help: www.tie-a-tie.com or www.tieatieeasily.com
Also, if you are buying new shoes for your child, please invest in a black pair that are leather lace-ups with hard soles.
Reminders that Yr. 7 & 8 exams begin on 5th May. Students in Yrs. 7 & 8 have received their timetables and they will be posted on Facebook and our website.
Enjoy the break, see you next term.

Ms Paczkowski
The Great Aussie Bush Camp
On the 24th of March, Year 7 went to “The Great Aussie Bush Camp”. The bus ride was approximately 3 hours long and the accompanying teachers were Ms Mo and Mr Fowler.

When we arrived there we were put into our groups for the tents. After we unpacked our bags we went to the beach. At the beach we did kayaking and snorkelling. Snorkelling was really fun but we didn’t go into deep water. While in the kayaks, we saw a dolphin stick its head up in the water. Later that night we had a bonfire and roasted marshmallows.

On the second day of our school camp we did Rock Climbing and the Giant Swing. Rock climbing was very challenging and the climbing wall was 12 metres tall!!! The Giant Swing was very scary but most of the people in our group did it. After these activities we had a disco! It was a great way to spend our last night there.

On our last day we had to get up extra early to pack our bags. Once they were packed we went straight to abseiling. Abseiling was very challenging because the wall was 12 metres tall. There was also a 5 metre wall available for those who are scared of heights. After abseiling we did the Gully Crossing. The Gully Crossing is where you get put into two teams and have to build your own Flying Fox. The first team to get all of their members across wins. After about a one hour break, our bus arrived. We put our bags on the bus and left The Great Aussie Bush Camp. We arrived at Marsden High School 3 hours later.

Dragana Marinkovic 7E
"A nation stays alive when it's culture stays alive". Thirty three students from Marsden High School were lucky enough to visit the "Hidden Treasures from Afghanistan" exhibition at the Art Gallery of NSW. Students learned how the curators at the Kabul Museum had hidden the priceless cultural artefacts, some over 4,000 years old, in vaults under the Presidential Palace to avoid destruction by the Taliban. In 2003 the treasures were taken out and have been touring the world and seen by over 1.7 million people.

After viewing the antiquities the students admired the work of contemporary Afghan artist Khadim Ali who lives and works in Australia and then had the opportunity to produce their own works of art as they gazed over Wooloomooloo Bay. It was certainly a marvellous day, much appreciated by a wonderful group of students.

Ms Steiner, IEC

Library News
Term 1 has been very busy in the Library as usual. We have had many displays to celebrate special events such as Our International Women’s Day. We have added Australian women writers’ books, books about famous women, including local Ryde women, and stories about women through the ages. I also made a QR code that can be read using the library iPads, which would take students to the United Nations web page on Women and International Women’s Day.
Our Library monitor program has begun and these fantastic volunteers give up their recess or lunchtime to help out in our library. They also learn about how the library works and help to keep it running as well as it does.

Robert, Lexi and Brendon hard at work in the library office.

We have been very lucky to receive a fantastic donation of 30 books from the Department of Veteran Affairs Canberra. It is a collection of books that covers Australia at war after World War 1. Every war is documented with original photographs and other primary source materials. This has been a 10 year long project in readiness of the 100th anniversary of Australia’s landing in Gallipoli in 2015. This collection came to Marsden High School because of a local man Glen Barry. He contacted The Department of Veterans Affairs for some information for us and they kindly donated these fantastic books. A big thankyou to Glen Barry from Marsden High School. All books are ready to be borrowed and we have our Anzac Day display up in the Foyer for you to come and browse.

**Donated Books**

Library volunteers Jocelyn and Siwen setting up our display for this year's Anzac Day which falls during the school holidays. The display will remain for a few weeks when school returns.

**Also during the School Holidays**

April 23 is Shakespeare's 450th birthday. We will celebrate this in our school library in Term 2. If you would like to do something to celebrate Shakespeare's Birthday I recommend NSW State Library in Sydney. There will be a free screening of Baz Luhrmann's action-packed Romeo & Juliet in the Metcalfe Auditorium, 12.30pm, Wednesday 23 April.

They are also opening their Shakespeare Room to the public where from 12noon to 3pm you'll be able to view their rare First Folio titled *Mr. William Shakespeares comedies, histories, & tragedies*. The Shakespeare Room will be open from 10am to 4pm. Free, no bookings required.

We hope to see you in the library borrowing your holiday reading. We have a lot of great new books which will be of interest to everyone.

Ms Langelaar and Mrs Knight, Library
MARSFEST 2014
This year’s MARSFEST was a celebration of colour, movement, enthusiasm and flair. Over 75 performers were part of the great vibe and atmosphere of the assembly and the celebrations continued with a wonderful Food Fair at the front of the school.

From the dips and grooves of Hip Hop to an elegant Korean Fan Dance, Irish dancing, beatboxing, and some great singing numbers – MARSFEST 2014 had it all. This year we brought back the cultural fashion show and it was time to ‘Celebrate’, with a big thanks to Ms Jenny Roberts for putting together such a terrific display of cultural clothing. We had such a great variety of costumes and nationalities on display, worn by a great cross-section of our school community, even including our own Mr Vrolyk.

Our hosts for the day were absolutely amazing – Nina Kendall and Jordan Amin, both of Year 12, made the MARSFEST assembly such an enjoyable experience. They put in so much time behind the scenes, organising the running sheets, M/Cing the entire proceedings and creating some very entertaining interviews with Marsden staff and students which became an integral part of the assembly. A huge thank you to Nina and Jordan for all your hard work and amazing direction on the day.

The MARSFEST Food Fair was a terrific event in itself. We had live music, food stalls selling cupcakes and appetisers, ordered food from Thai Chilli Bites at Northmead and Rib Runner at West Ryde who gave us great support for the day, and a very busy SRC BBQ, kindly donated by Carlingford Bunnings.

A huge thanks to ALL the students, SRC members, and staff who assisted with the great food stalls, backstage, hall crew, performances and planning for the big day. Without all of your collective efforts, MARSFEST would not have been the overwhelming success that it was.

It was great to be part of such a terrific Marsden day. So proud of you all Marsden.

Laryssa Bernyk & Trish Swinkels
SRC Coordinators

Community News
Sydney’s largest school holiday program returns this summer, with over 50 fun-filled activities to keep your kids active, outdoors and entertained. A range of activities are free or under $20, making it affordable to discover Sydney’s most exciting playground this holidays! Archery – Kids on Target & Little Archers, all Day Holiday Recreational Program, Art, Cooking and Drumming Workshops, Cheerleading & Gymnastics, Circus Skills & Flying Trapeze, Fizzics Science Workshops, Martial Arts for Kids, Sport & Adventure Camps, Space Racing for Kids....and lots more Full details at www.kidsinthepark.com.au

Synergy April School Holiday Program for Youth aged 10-14 Years. 14 – 17 April 2014 for more information www.lanecoveyouth.com.au, facebook.com/SynergyYouthCentre, youth@lanecove.nsw.gov.au Ph: 9911 3598 or 9428 2033

School Holiday Tennis Camp – Monday 14 April to Tuesday 15 April. For more information contact Ray Brennan Ph: 0418 168 868
Is your child struggling with homework, finding it difficult to complete assessments?

If your answer is YES

Marsden is offering a homework support centre, your child is welcome any morning from 8am in the school Library.
Are you interested in developing skills to enable you to help someone with their English?

Meadowbank TAFE is offering a free 4 week training session to give you skills for tutoring small groups or individuals in English.

The classes will begin on Monday 12 May from 10am-2pm. They will run for 4 consecutive Mondays at Meadowbank TAFE.

For more information please Email susan.ralls2@det.nsw.edu.au