



*No matter what your ability is, effort is what ignites that ability and turns it into accomplishment.*  
- Carol Dweck

## EXECUTIVE TEAM MESSAGE:

*By Mr Sargeant, Mr King and Mrs Wright*

Half Yearly Exams were recently completed by all students in Years 7-10 and the Year 12 Trial HSC is quickly approaching. This is a great time to consider the positive impact a growth mindset can have on student achievement. Carol Dweck defines a growth mindset as: “in a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work – brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.” Students who display what Dweck identifies as a ‘fixed mindset’ are commonly quoted as saying things like “I’m not good at that”, “it’s too hard” or “I can’t do maths”. Attempting to sit exams or to complete assessments with a fixed mindset usually results in underperformance. With a fixed mindset, students fail to even give themselves the opportunity to improve.

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## KEY DATES:

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### *Spirit Week*

*Week 10*

*Monday 01 – Friday 05 July*

### *Reports issued*

*Week 10*

### *Term 2 Concludes*

*Friday 05 July*

### *Staff Development Day*

*Monday 22 July*

### *Term 3 Commences*

*Tuesday 23 July*

### *Subject Selection Evening*

*Tuesday 30 July*

### *Parent Teacher Interviews*

*Tuesday 06 August*

Encouraging a growth mindset through focusing on areas for improvement, resilience, self-motivation and enjoying challenges is a great way to support a change in the way your child thinks about tasks. Dweck suggests that “if parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort and keep learning. That way, their children don’t have to be slaves of praise. They will have a lifelong way to build and repair their own confidence”.

Changing from a ‘fixed’ to ‘growth’ mindset isn’t easy, however when students receive consistent messages at school, on the sports field, in their music lessons and from home they are likely to begin exploring their potential and believing in their ability to achieve. When a child is heard saying that’s easy, it’s time to challenge them.

Week 10 is Spirit Week and for Year 7 students the excitement of experiencing their first of many has been building. Students are encouraged to get involved in the weeks activities and participate in the themed days. Without student involvement, traditions such as Spirit Week slowly fade out. Let’s make 2019 bigger than ever!

The last day of Term 2 is Friday 5 July and attendance at school is expected for all students until this date. Normal lessons will operate throughout Spirit Week and our focus remains on teaching and learning. Please remember that all absences must be explained within 7 school days and extended/frequent illnesses need to be explained by a medical certificate.

We wish you a safe and happy holiday break and look forward to seeing you all early in Term 3 at our Parent Teacher evening and Subject Selection event for students in Years 8 and 10.

## Thank you!



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Striving for  
**excellence**

# STUDENT ACTIVITIES AND ACHIEVEMENTS:

## *Fabulous Year 11 students lead workshops in local Yr 6 Transition Day*

*By Mrs Pattinson*

Over 20 of our amazing Year 11 students worked with small groups of Year 6 students from all seven of our feeder primary schools on Tuesday 18 June. They spent the day working through activities to help the younger students feel more comfortable about the big move to high school in 2020.

The day was coordinated by Melanie Mackie (Bilpin PS, Principal) and Adam Wheat (Richmond North, Assistant Principal). As part of our CLiC activities, our Colo students once more proved themselves incredibly competent leaders. Year 6 seemed very excited to be joining us next year at the place to be.



## *Platinum Futures Project at Colo High School - 2019*

*By Mrs Pattinson*

Platinum Futures is new initiative for HSC 2019 students. The project aims to develop the focus and confidence of our highest academic achievers as identified by self and staff nomination. With the help of some Director funding, the program has been developed and coordinated by Ms Pattinson (Head Teacher Teaching and Learning) with the valued assistance of Mr Lendon (Head Teacher History).

The program began with student interviews so we could gauge where our students were at with their dreams of the future and their strategies to realise them. Then the program began in earnest with a Boot Camp in Term 1. Local businessman, Jason Pilgrim, set students thinking about their achievement mindset and work approaches. This was consolidated with workshops for maximising study and resources in the quest for top Bands in the HSC. The day was designed as a bit of a reality check on the extreme competitiveness of the HSC, but also a day to provide guidance and concrete strategies to help navigate through it. We cannot thank Jason and Vanessa Pilgrim enough for their great advice.

Last week, students had the benefit of meeting and speaking with some incredible local success stories at the Platinum Futures Mentor Evening. This really helped students realise that career goals are not fixed, and that flexibility is the key to grabbing career opportunities. Some great contacts were made and our students were thrilled to be able to ask advice and share their future plans with successful careers people from a diverse range of professional backgrounds. A huge thank you to our panel - Amanda Cafiero, Jennifer Gartland, Tara Maher, Kate Minton, Stephen Taylor and Peter Smith!

As the HSC nears, we will continue to work with this group and help them to support each other. Built on the premise that success is often about working smarter, not harder, this program is working to help our Hawkesbury kids believe in themselves. We would love them to see beyond the bridge to the amazing potential they have.

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**Striving for  
excellence**

# STUDENT ACTIVITIES AND ACHIEVEMENTS:

## *Bendigo Bank Magic Moments Foundation Youth Leadership and Business Summit*

Congratulations to not 1 but 3 Colo students who were successful in applying for Bendigo Bank's funded positions for this year's Magic Moments Foundation Youth Leadership and Business Summit. Just 4 positions were being funded by Bendigo Bank North Richmond and Richmond across schools in the Hawkesbury and Colo nabbed 3!!

Congratulations to B. Langham, C. Lea and E. Ecob who are now off to this 5 days 4 nights summit aimed at outstanding young people.



## *Music and Dance News*

Congratulations to the Senior and Junior Dance groups who performed at the Synergy Dance Festival at Penrith Panthers over two nights in Week 6 and 7. The students should be commended on their fantastic performances and the professional manner in which they conducted themselves at the festival.

Colo students have also been selected to perform at this year's Schools Spectacular combined dance segment. A fantastic achievement! Congratulations to Jed Parsonage who was selected to perform in the School Spectacular featured Hip Hop dance ensemble.

Congratulations to the following Colo students who have been selected as members of the Performing Arts Unit's Millennium Marching Band. This ensemble performs at

various events throughout the year, including the ANZAC Day March held in the recent school holidays, and the Schools Spectacular and Southern Stars performances held later in the year. This year we have Campbell Egan, Isabelle Egan, Manning Chia, Isaac Salami and Henry Chaseling representing Colo High School.

## *Music and Dance Spectacular*

### *By Ms Fisher*

The annual showcase event for Music and Dance items will be held again this year in Week 10, coinciding with Spirit Week. The concerts are on Monday 01 and Tuesday 02 July, beginning at 6:30pm each night.

Selected Music and Dance elective students and ensembles will be performing works they have been preparing this semester, including their HSC works. Tickets will be on sale in Week 9 for \$7 each. Please note that tickets can not be sold at the door. If your child is performing on one of the concert nights they will receive an information note from their teacher in Week 9. We hope to see you there supporting Colo students!

## *Year 7 Food Technology*

### *By Mrs Henry*

Year 7 Technology (mandatory) have just completed their Design a Healthy Muffin Challenge, where they had to modify a recipe to suit a lifestyle disorder e.g. coeliac (gluten free), diabetes, heart disease, obesity, etc.



# STUDENT ACTIVITIES AND ACHIEVEMENTS:

## Year 9 Masterchef Class Drip Cake Assessment

By Mrs Henry



## Year 9 Masterchef Class

By Mrs Henry

Year 9 Masterchef have continued to develop their skills by making a variety of recipes that involve different cooking methods. Their latest recipe is Mini Lemon Meringue Pies where they made every component from scratch - the shortcrust pastry, the lemon curd/butter and the meringue topping! A challenging task in a double period but they created some excellent results.



## Year 11 Food Technology

By Mrs Henry

Year 11 Food Technology this term have been focusing on food presentation and styling tasks and have made Sticky Toffee Puddings with toffee shards. For their focus on consumer sensory assessment they have been doing some sensory taste testing and comparing Heston Blumenthals' 2 ingredient Chocolate Mousse with a packet mix version.



# STUDENT ACTIVITIES AND ACHIEVEMENTS:

*Year 12 Visual Arts 2019 MONA Trip | Tasmania*

*By Mrs Mountain, Mrs Pratt, Miss Dowland and Mr Ebsworth and 17 students*

## *The Museum of Old and New Art (MONA)*

This is the 6th year of our annual MONA pilgrimage and every year we experience new things at MONA and in Tasmania. After a smooth flight into chilly Hobart we headed to the Hobart Botanical Gardens, a great place to understand the differences between Tassie and the Mainland. Our art adventures began here with observation and learning to see and interpret the natural world through a range of drawing activities.

Our accomodation at the Riverside motel didn't disappoint with the 'Coach House' as the main residence and the teachers staying in a mid century inspired house, known as 'The River House. After a talk on the varying architectural aesthetics along the river we settled, checked in and headed out to our mystery dinner and mystery activities. This year we were lucky enough to be part of the opening to artist Julie Gough's exhibition as part of the Dark MoFo Festival.

Saturday was a fresh start with early morning photography for those keen enough to brave the wind chill then off we went to catch our morning ferry from MONA to Hobart and spend the half day at Salamanca markets. The afternoon took us back to MONA where we immersed ourselves in everything on offer, installations and virtual experiences, even the general layout of the Museum is enough to blow your mind! The most spectacular part of our visit to MONA ended with the light installation by James Tyrell.



## *Zoodoo Wildlife Sanctuary | Richmond, Tasmania*

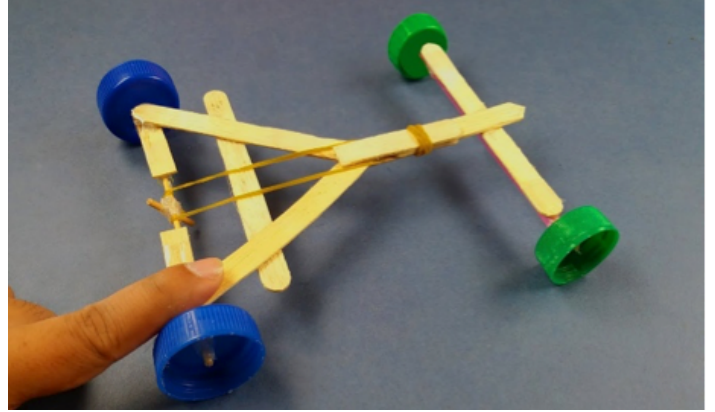
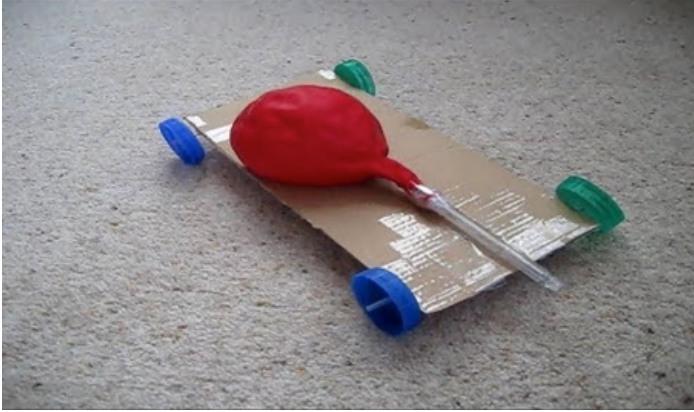
Of course it was crucial that we stopped at Richmond for a quick photographic opportunity and visit to the famous Sweet Treats lollie shop. Mrs Pratt was awarded biggest lollie bag! Then we headed back to the airport in Hobart to catch our 4.30pm flight home. A big thank you to Mrs Pratt and Miss Dowland for all the incredible behind the scenes organisation to get us to Tasmania and MO.N.A each year, and to the local Rotarians who assist many of our students each year to achieve their educational goals.



# FACULTY REPORT: SCIENCE *Mr Geerling*

## Year 7

Year 7 students have been busy occupying their time in science learning about forces and applying their understanding and skills to making a toy. This is part of their next assignment which incorporates STEM based ideas to design and make a child's toy.



## Year 8

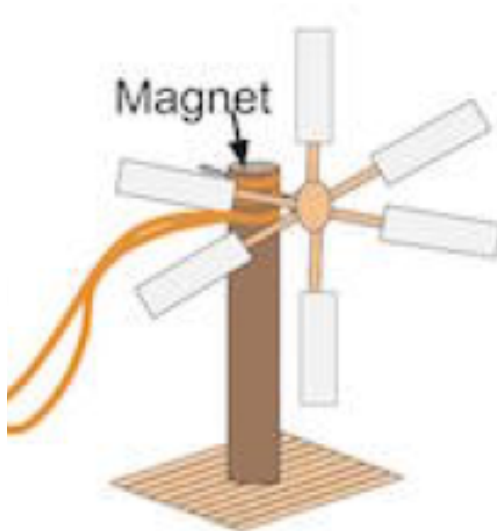
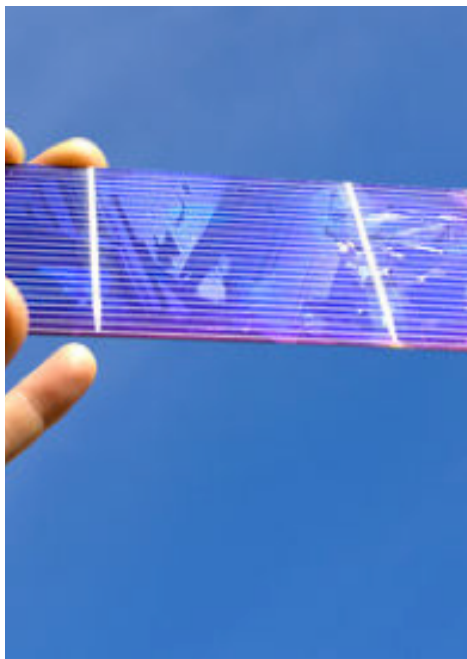
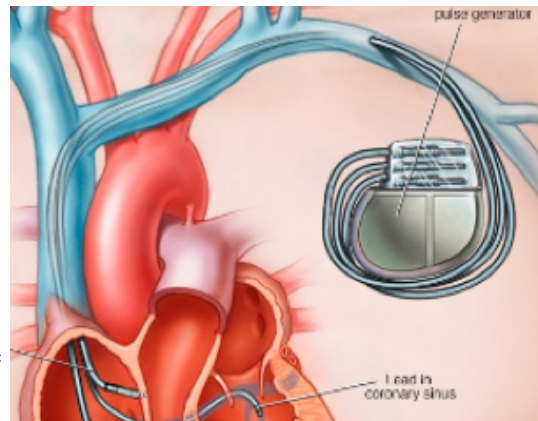
Year 8 student recently completed their STEM Project: Building a Prosthetic Hand

Students made some outstanding models of a hand type structure. Models were made using recycled materials and designed to simulate the function of a hand. The models were tested in class by lifting and dropping a ping pong ball into a bucket. The students achieved this through the implementation of various ideas of design, build, trial and redesign. Outcomes assessed in this process included solving STEM based problems and understanding how science and technology continue to provide solutions to human health issues. The example below demonstrates some of the excellent STEM skills of our Year 8 students, where they designed their prosthetic in a manner similar to a crane-like operated hand.



The second part of the Year 8 assignment directed students attention to biomaterials used to help people who require implants or prosthetics that replace damaged body parts. Following the marking criteria students presented their findings on many examples of science and technology including artificial heart, cochlear implants and pacemaker as pictured.

Currently, Year 8 are working on their student research project involving wind turbines or solar cells. Whilst challenging, many students have successfully tested different variables that relate to either wind turbines or solar cells. Working in groups, Year 8 successfully made their scaffold of information and are now in the process of handing in their final report.



## *Year 9*

Students in Year 9 have just completed their field study report and are now working on their Depth Study on one of the following topics: IVF, Neutralisation Reactions, Cloning, Optic Fibres, RADAR, Stem Cells or one of many more interesting topics.

## *Year 10*

Students in Year 10 have been working on Exploring the Universe and getting ready for their VALID test in Term 3. These students are in the process of completing log books and their Depth Study across a range of science related topics including antibiotics, Australian mega-fauna, black holes, diabetes.

## *Year 11*

Most of our Year 11 students are engaging in EDROLO which gives them a deeper understanding of concepts and tests their knowledge outside of class time. Any student needing tutorial based support is encouraged to speak with their classroom teacher to arrange a suitable time during lunch or after school for support and direction in understanding syllabus outcomes.

## *Year 12 Earth and Environmental Science*

**Earth and Environmental Science** students are currently solving the problems faced on Earth with emphasis on global pollution issues. Resource Management (Module 8) gives students an opportunity to use their skills of a scientific nature to communicate how to improve our ongoing reliance/dependence of renewable and non-renewable resources. On 01 July students will be visiting the Hawkesbury Waste Management Facility to complete a fieldwork related task and broaden their knowledge on resource management.





### Year 12 Biology

**Biology** students are studying infectious diseases and how the immune system responds to pathogens. They will be attending an excursion to The Museum of Human Diseases at the University of NSW.



### Year 12 Physics

Physics students are about to embark on relativity.....



### Year 12 Chemistry

**Chemistry** student are not exploding but separating substances and getting quite gassy - they are discovering the mole concept.

Separation method	What it separates
Chromatography	Compounds in a solution with same properties
Filtration	Solids or group of solids and liquids in a mixture
Evaporation	Solids that cannot decompose when heated in a solution
Crystallisation	Dissolved solids in a solution
Simple Distillation	Liquids in a solution
Fractional Distillation	Mixture of miscible (dissolved) liquids
Separating Funnel	Immiscible (undissolved) liquids
Sublimation	Substances that sublime from two substances
Magnetic Attraction	Magnetic substances from non-magnetic ones



# CAREERS REPORT: *By Ms McNair*

Our recent Career Market was a great success and saw students from Years 9 to 12 engage with exhibitors from of a range of trade associations, Group training organisations, various colleges, TAFE, and universities from across Sydney and regional areas.

There was something for everyone to inspire them to research their future careers. Year 12 students found it particularly helpful in making their decisions for future tertiary study or trade pathways.

Some of the exhibitors included:

Sydney Flight College, Australian Institute of Fitness, Australian College of Physical Education, University of Western Sydney, Defence Force Recruiting, Vantage Automotive, NECA, Try Surveying, Master Builders Association, VERTO, My Gateway, National Art School, University of Wollongong, Macquarie University, University of Western Sydney, Torrens University, University of Notre Dame, UNSW, Whitehouse Institute, TAFE WSI, Academy of Interactive Entertainment, Bedford College and the Hotel School.

A reminder: Sydney University were unable to make the Careers Market but will be here on Monday 29 July (in the Theatre: 12: noon - 12:40) to speak to those students who were interested in their undergraduate degrees such as Fine Arts, Genetics, Veterinary Medicine, Music, Medicine and Health, Architecture and much more.

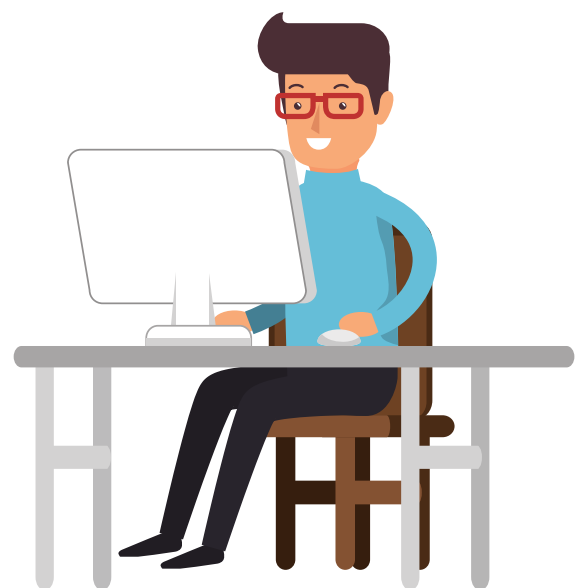
## *The Careers Market By Jeremy Yabsley*

On the 21 May The Careers Market was held at Colo High School and was honestly an incredibly beneficial and insightful event. In my experience, looking into the aviation pathway, has been a very difficult area that has been quite hard to find information with numerous avenues to take. Being such a specific career I wasn't expecting there would be a whole lot of information there for me. However, I was happy when I noticed on the exhibitors list 3 different exhibits I could speak to specifically about aviation. The exhibitors were full of knowledge and extremely kind, I was able to have my questions answered by the professionals themselves which was such an amazing experience. There was also a pilot present which just added to my experience. Although everyone went on their own journey through the markets, after talking to my friends and year group everyone felt accommodated for, and felt substantially more informed about their career path options. It was a perfect opportunity for my peers who don't know exactly what career path they would like to take to ask multiple stalls what courses and/or options they offer. My year group mentioned how very helpful the exhibitors were and told me what a great experience it was and how it did, in fact, surprise everyone by how well it catered for so many students and their interests. On behalf of all students, we would also like to thank Ms McNair immensely for the unique and fantastic experience.

Please head to @colohighschool on Facebook to see the Careers Market 2019 video. [🔗](#)

# careers MARKET

TUESDAY, 21 MAY 2019



# SPORTS REPORT: *By Ms Stefan*

The month of June has been very busy for our student athletes with several major carnivals falling in close proximity of each other. First up was Sydney West Cross Country at Eastern Creek Motorsport Park, where Colo had 25 students competing across all age groups. Most impressively was the 14 year girls age group which had 5 of their top 10 competitors from Colo High School.

After many hard fought races and many impressive efforts from our students, we had some fantastic results with 4 of our students now going on to Combined High Schools Cross Country:

- 14yr Boys Lachlan P. 6th place
- 15yr Girls Zoe S. 3rd place
- 17yr Boys Nathan M. 3rd place

Our 15yr girls Zone Team also picked up Overall Champions, finishing with the top 4 places of any Zone competing at Sydney West. Well done girls!

The very next day was the start of 2 days of Macquarie Zone Athletics at Blacktown International Sports Park. This saw many of our athletes compete in 3 days of back to back events after their effort at Sydney West Cross Country. This feat alone was not only impressive but very admirable, and showed true integrity and Colo spirit. Colo completed the event with many podium finishes across all events, both track and field. A special mention to the students who put up their hand to fill in the empty spaces on the program for students who had not shown up on the day. It is this team spirit that enables Colo to achieve the level of sporting success that it does. Colo had 5 relay teams successfully make it through to Sydney West, along with 23 individual students competing in their individual track and field events.

At close of business on the second day, Colo finished in 2nd place in the overall point score. This was a phenomenal achievement and one our students should be proud of.

Signing off as one very exhausted, but incredibly proud Sports Organiser.

## *Colo High Rugby recently defeated Arndell College 47-17.*

### *By Mr Hyde*

A powerful performance by the boys who were put to the test by a full strength Arndell team who were determined to not lose. The team learned a lot from their previous match the week earlier against Richmond High School where they were defeated in the dying moments by a single try.

There were strong performances all over the park. Captain James Sidis led from the front with team veteran Jay DeCourcy and rookie Isaac Miloloza following with some strong attack. The Colo boys were in control for most of the match and did an exceptional job applying their training into the game.



After a postponed semi-final this week, we are looking at playing next week at Colo High on Week 9 followed by a finals afternoon held at McQuade Park, Windsor on the 25 of July. Well done boys and hopefully we can dig deep, get the win to play Richmond High School in the final.

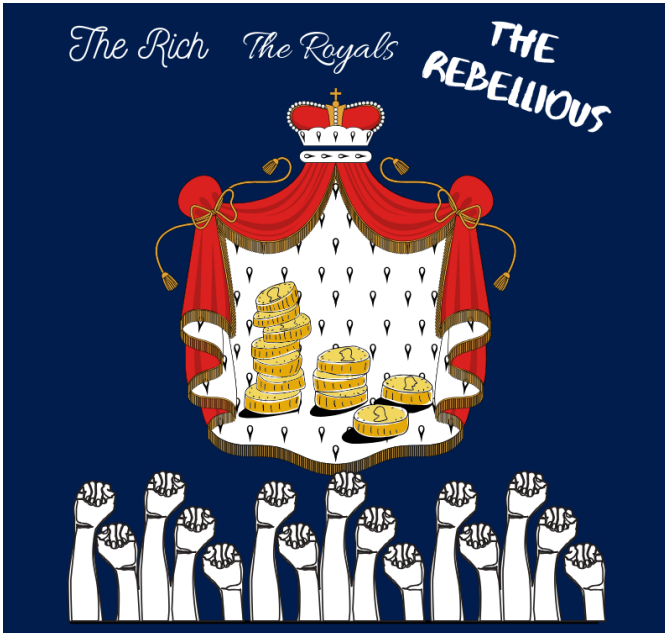
# SPORTS REPORT:

Netball NSW 2019 Schools Cup Gala Day

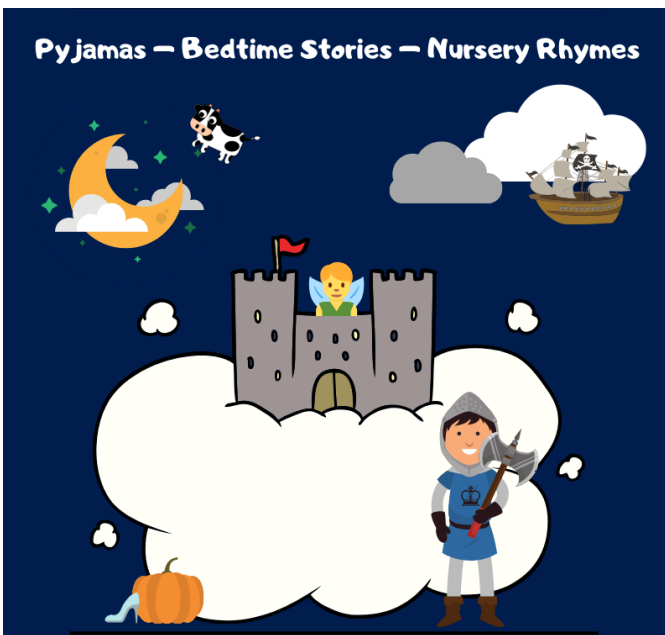


# SPIRIT WEEK THEMES:

Week 10 | Term 2



Monday: The Rich The Royals The Rebellious accessories



Wednesday: Pyjamas Bedtime Stories Nursery Rhymes costumes and outfits



Tuesday: Feel the Magic costumes and outfits



Thursday: Gym Junkies Galore accessories

## USEFUL LINKS:

- [Canteen Menu](#)
- [Uniform Shop Price List](#)
- [Parent Portal](#)
- [School Enews](#)
- [Facebook](#)
- [Instagram](#)