Mr Phillips will be the 2016 Year Adviser for Year 7 and we have been speaking to the boys in Years 5 and 6 about high school. We have also been encouraging primary students to come with their parents to our Open Night next Tuesday. Daniel Lahood, Kashif Hakim, Alex Hodgson, Logan Tuara, Alan Guan and Xavier Broe have done a wonderful job of promoting the school and speaking to the primary boys about their positive experiences of high school.

It has been great to see how eager most of the boys in Year 6 are and how excited they are about the prospect of coming to high school. It has been equally fantastic to see the high esteem with which Ashfield Boys HS is held in the local primary schools.

If you are speaking with friends and neighbours please encourage them to come along next week and see what our school has to offer.

As you would be aware the P&C are holding a fundraising BBQ at Bunning tomorrow. If you are in the area please come along and support then in raising funds to improve the school for your son.
School Survey

Thanks for the large volume of responses that we have received to the online survey that was sent to families last week. If you have not yet responded please have your say by next Wednesday. We will have to close the survey then so that we can analyse your comments and responses.

https://www.surveymonkey.com/r/W2NQQBK

If you have missed the survey it can be accessed by clicking on the following link:
The survey is also available in mandarin.

这份意见调查有中文版本。请使用下列连结进入中文意见调查。
https://www.surveymonkey.com/r/WCFXPT6

Open Night

The annual Ashfield Boys Open Night will take place next week on the 3rd March from 6.30am until 8.00pm. This is our opportunity to show the whole community, and especially boys in Year 6 at local Primary schools, just what a wonderful place ABHS is.

If you have relatives, neighbours or friends who are considering Ashfield Boys as a school for their son, your positive recommendation is the most important endorsement we can receive. Word of mouth from parents is one of the most important things that create a positive image for a school. Please encourage people you know to come along.

As with previous years lots of the boys are keen to come on the night and help out at the various activities being planned. Quite a few have already asked if they can take part. If your son is going to participate on the night he will need your permission to attend. Notes for this will be distributed next week.

Dwayne Hopwood
Principal

Choose your country and language:
West Tigers Visit

Tuesday was a Special Morning for all of our Year 7 and 8 Students who were greeted by some members of the West Tigers NRL squad. The Tigers in conjunction with the National Rugby League attended Ashfield Boys High School for the second consecutive year to present a seminar on Well-being. Our boys were treated to the insights of what it takes to be a professional sportsman by Pat Richards and Tim Moltzen who provided them with valuable dietary, training and sleeping tips as well as some fun fitness challenges for a few lucky students. Thanks to the West Tigers and to the National Rugby League’s Carnival Convention for 2015. Information for joining local rugby league clubs can be received from the PDHPE department.
The Elite Sporting Program

The Elite Sporting Program (ESP) will be conducting round 2 of its trials on Tuesday 3rd March at 7:30 am in the Schools Gym. All students from all years are invited. For students in years 7 and 10 there are still lots of spots available to keen sportsman interested in bettering their on field performances as well as increasing their cardio-respiratory and muscular endurance.

Wade Tyler
PD/H/PE Teacher

Summer Sport Grand Final

Ashfield U15’s B team was defeated by Randwick 7-3 in a highly entertaining match. The story is that the better and more experienced team prevailed. For our boys this was an incredible journey which promises a lot of success in years to come. Our 15s team was predominantly made of boys born in 2001 and 2002. Watch out SNSW Zone our boys are coming in years to come!

Our Oz-tag Open team had only one wish; to heal the wounds from last year’s heart breaking grand final loss. Unfortunately despite a long and closely fought match the defensive pressure from Epping was simply too much, the ball was dropped, the game was over; the dream was over. The final score was Epping 7 Ashfield 6.

The Art of Crime Fiction Writing

Year 9 students had the privilege of learning about the art of crime writing this week from crime writing expert, Mr David Lewis, also an Ashfield Boys High School parent. The purpose of this visit was to inspire students about the art of crime fiction writing coinciding with their English unit of study, ‘Who Dunnit?’ A Study of Crime Fiction.

The students learnt about the writing techniques of famous crime writers, such as Sir Arthur Conan Doyle, Raymond Chandler and Agatha Christie who through their talented penmanship brought to life renowned detectives, such as Sherlock Holmes and Philip Marlowe and their pursuits to solve crimes. The students learnt about the importance of setting their narrative in a definitive place and time period, as well as planting all their clues early on in their story with the addition
of red herrings to heighten suspense and intrigue. The students appreciated the opportunity to learn skills from a passionate writer and lecturer which has generated profound discussions in the classroom. The students will apply this knowledge in their upcoming assessment task where they will be required to write their own crime fiction narrative.

**Biology News**

Last year the Year 12 HSC Biology students dissected sheep's eyeballs as part of the Communication Unit. The boys were able to identify, draw and label different parts of the eye. It was clearly a lot of fun! - hence the image of Cameron Hemmert!

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### 2015 Competitions for Digital Technologies and Mathematics

The International Competitions and Assessments for Schools (ICAS) takes place each year in schools throughout Australia. Ashfield Boys High School invites your child to participate.

The competitions provide an excellent opportunity for all students to gain practice in an external assessment situation.

All students receive a certificate and an individual student report indicating which questions they answered correctly and their score compared with the rest of the students tested. The certificate and individual student report are also suitable for your child to include in a portfolio.

<table>
<thead>
<tr>
<th>Competition</th>
<th>Entry Fee (per student)</th>
<th>Competition Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>ICAS Digital Technologies Competition</td>
<td>$8.80 (incl. GST)</td>
<td>Tuesday 19th May 2015</td>
</tr>
<tr>
<td>ICAS Mathematics Competition</td>
<td>$8.80 (incl. GST)</td>
<td>Tuesday 11th August 2015</td>
</tr>
</tbody>
</table>

Please give the ENTRY FEE(S) by Friday, 27th March, 2015 to Ms Jane.

Entry fees must be paid by this date in order to REGISTER for the competition(s).

**Competition Co-Ordinator:** Mrs. A. Sharma
**Year 10 Commerce Excursion**

To coincide with their studies in Law and Government, Year 10 Commerce students attended a field trip to the Downing Centre Law Courts and NSW Parliament House this week.

At the Law Courts, students experienced the legal system in action attending a range of court cases. The cases in the Local Courts and District Courts, varied from minor traffic offences to more serious crimes, including robbery and possession of drugs.

Parliament House gave students the opportunity to act out a question time scenario in the same chamber, that the elected representatives of NSW use to hold Parliament.

A good day was had by all and the students can look forward to a further field trip to experience aspects of the business environment which will help them with the running of Market Day later in the year.

**Chris Zaczk**

Head Teacher Social Science | VET Coordinator
# Ashfield Boys High School

## Canteen Menu 2015

### Breakfast
- Toast – jam or honey (A)
- Raisin toast (A)
- Sourdough toast (A)
- Cereal and milk (G)
- Fresh fruit salad (G)
- Fresh fruit salad and yoghurt (G)
- Muesli and yoghurt (G)
- Fresh seasonal fruit (G)
- Bacon and egg roll (A)
- Tortilla wrap with scrambled egg and baby spinach (G)
- Tortilla wrap with scrambled egg and bacon (A)

### Jaffles
- Cheese (G & V)
- Cheese & tomato (G & V)
- Lean lite ham, tomato and cheese (A)

### Cakes
- Low fat banana bread (A)
- Low fat muffins (A)
- Hot cookie (A)
- Gluten free cakes must be ordered previous days

### Sushi
- Assortment of sushi (G)
- Vegetarian Vietnamese rolls (G & V)

### Salad Boxes
- Garden salad (G & V)
- Roast chicken salad (G)
- Tuna salad (G)
- Tuna pasta salad (G)
- Chicken avocado pasta salad (G)
- Caesar salad (G)
- Chicken Caesar salad (G)
- Tabouli salad with lemon dressing (G & V)
- Rocket beetroot and feta salad (G & V)
- Lentils with roast pumpkin salad (G)
- Rocket chickpea sundried tomato salad (G)

### Sandwiches (white/wholemeal/multigrain/gluten free)
- Vegemite (G)
- Egg & lettuce (G)
- Curried egg (G)
- Turkey cheese & cranberry (G)
- Tasty cheese & salad (G)
- Tasty cheese (G)
- Tasty cheese & tomato (G)
- Lean roast chicken (G)
- Lean roast chicken, lettuce & mayo (G)
- Tuna (G)
- Tuna & salad (G)
- Chicken & salad (G)
- Salad (G)
- Lean lite ham, tomato & cheese (G)

### Wraps
- Chicken Caesar schnitzel wrap (A)
- Vegetarian wrap (G & V)
- Mexican mince meat fresh herbs (A)
- Chicken kebab wrap (A)
- Bread rolls $0.80 extra

### Food Coding
- G – Grilled fill the menu
- A – Amber select carefully
- R – Red only occasionally
- V – Vegetarian

### Hot Food
- Home-made soup (G)
- Halal pie
- Halal potato pie
- Low fat beef pie (A)
- Low fat shepherd pie (A)
- Low fat sausage roll (A)
- Halal sausage roll
- Spinach and ricotta roll (A & V)
- Home made pizza: cheese, chicken or vegetarian (A)
- Chicken schnitzel with lettuce and mayo (A)
- Sweet chilli zinger roll lettuce and mayo (A)
- Gourmet beef burger (A)
- Gourmet grilled chicken burger (A)
- Lean chicken burger (A)
- Fish burger (A)
- Veggie burger (G & V)
- Moroccan vegetables with cous cous (G)
- Marinated chicken wings with jasmine rice (A)
- Star fry chicken and rice (A)
- Fried rice (A)
- Curried chicken and rice (A)
- Curried beef and rice (A)
- Chicken wings with chips or rice (A)
- Maryland with chips (A)

### Pasta
- Pasta Napolitana (G & V)
- Penne arrabiata spicy tomato and bacon (A)
- Fettuccine with salmon and fresh tomato (A)
- Pasta Mediterranean vegetable medley in red sauce (A)
- Penne with tuna olives capers and olive oil (A)
- Lasagne or Vegetarian Lasagne (G)
- Spaghetti Bolognese (A)

### Turkish Breads
- Vegetarian – eggplant, sundried tomatoes, capsicum & cheese (A & V)
- Chicken – avocado, chicken, sundried tomatoes & cheese (A)
- Mediterranean – pesto, olives, capsicum & feta cheese (A & V)
- Turkey – roast turkey, cranberry sauce & Swiss cheese (A)
- Chicken schnitzel – chicken schnitzel, roast capsicums, pesto & cheese (A)

### Drinks
- Plain milk 300mL (G) 600mL (G)
- Lite Flavoured milk 300mL (G) 600mL (G)
- Cool Ridge water (G)
- Soft drink cans (A)
- Soft drink bottles (A)
- Milkshakes: chocolate, strawberry, caramel (A)
- 100% popper (G)
- Juice bottles (G)
- Ice Tea
- Ice Coffee Dare
- Move Milk 350 mL

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**This menu contains traces of nuts and other products, which may cause allergic reactions.**