On 23 October Year 7 students, along with their counterparts from Sungduk Middle School in South Korea, took part in a virtual excursion to the 2014 Youth Eco Summit held at Sydney Olympic Park. The virtual excursion allowed students to transcend the limitations of distance and connect with professionals to discuss global environmental issues.

The theme for this year was the discussion surrounding migratory shorebirds and the need for a multinational approach to protect these species for future generations. Migratory shorebirds travel thousands of kilometres each year to their breeding grounds in the Arctic, later migrating to their summer feeding grounds in Australia and New Zealand.

Continued on page 2
YEAR 9 ELECTIVE HISTORY
EXCURSION TO SYDNEY

Our class went to Sydney to see an exhibition at the Australian Museum of artefacts from the Aztecs. We had been studying this fascinating people in class and loved being able to see the statues, codices, flint knives, pottery and other pieces (like rings from the ball game tlachtli) in real life. There were also some scale models – we had no idea the Great Temple was so huge!

We also visited the Hyde Park War Memorial, Hyde Park Barracks, The Rocks Discovery Museum and Susannah Place Museum. All sites are important to Australia’s history and we learnt a lot about layers of history, how places have changed over time, and we imagined if we were one of the people who used to live there.

Other things we did were going on a ferry at night in the harbour, visiting the Observatory (it was too cloudy and a bit rainy so we couldn’t look at the stars, but we did use their telescopes), and we saw Guardians of the Galaxy in 3D at the IMAX. We only got completely drenched once, the night before we left.

It was heaps of fun and we learnt a lot. We would like to say a special thank you to Mr Greg Moin who accompanied us, and Ms Simes who organised it.

Joel Pietsch, Year 7

The Bar Tailed Godwit

The Bar Tailed Godwit is a shorebird that flies a very long distance without stopping. This bird can fly up to 11,000 kilometres in 9 days without stopping for food or water. This bird flies to the Arctic to breed then migrates to Australia and New Zealand in the summer. It is important to protect the tidal wetlands that this bird lives in.

Joel Pietsch, Year 7
30 SECONDS WITH NEW PERMANENT STAFF MEMBER

Name: Melanie Urquhart-Faint

Faculty: School Administration

My earliest memory is following my parents on the dance floor mimicking their steps.

At school I was a dancer.

I wish I'd never worn a bikini to the supermarket as a teenager.

My mother and father always told me to make my own choices.

I wish I had met my husband Garry sooner.

I wish I hadn't put off travelling overseas.

My happiest moment was having my sons.

My last meal would be why eat, at the end there wouldn't be any point.

I'm very bad at lying.

If I were a car I'd be a Ferrari.

YEAR 12 COMMUNITY AND FAMILY STUDIES

Year 12 Community and Family Studies students are currently completing an Independent Research project on a topic of their choice. In order to fulfil the requirements of this task and to collect primary data, students will be undertaking surveys, questionnaires and interviews on a range of contemporary topic areas. Students across all year groups will be involved. Your support of their involvement with data collection is appreciated. All data collection methods will be confidential and in accordance with the school protection policy. If you would like to request that your child is not involved in the data collection, please contact the school.

HOSPITALITY

In 2013, a group of Year 10 students commenced studying the Higher School Certificate Hospitality course. All the students completed the Preliminary course successfully but a number of
students were not able to continue due to timetable restraints. Three students remained in the course and completed the HSC in Hospitality this year with the current Year 12 cohort. Jemima Commens, Brittany Freeman and Grace Motley have worked diligently over the past two years and are to be congratulated for this achievement. We look forward to finding out their results in early December.

**YEAR 10 FOOD TECHNOLOGY**

Earlier in the year, three Year 10 Food Technology classes were involved in cake decorating. The students were each required to make a novelty cake of their choice. This involved them making the cake, icing and then decorating it. The results were fantastic. The Food Technology teachers would like to show you the students' work over the next few editions of the *Top of the Hill*. Here are some photos from Mrs Turley's class:

Debbie Hyde - Alien
April-Rose Doyle - Fluffy duck
Amber Harper - Watermelon
Alicia McManus - Pinata
Courtney Preston - Frog
Kimberley Rowbottom - Snakes and Ladders
Maddison McFadyen - Cupcake
Tamara Smith - Humphrey Bear
Alana Smith - Beehive
Kourtnee McFarlane - Shaun the Sheep
Brendan Giles - Chimp
SPORTS NEWS

Table Tennis

At the time of writing, the inaugural Duval High School Table Tennis Knockout Singles Handicap competition is about to commence. Nearly 70 students and teachers have already signed up, the first matches are being played this week and we should have a school champion by mid-December.

The more serious players at school are encouraged also to join an ongoing table tennis ladder which runs throughout the term. In addition, any staff and students are welcome to come to the club which runs most recess and lunchtimes in the school gym.

On Saturday, 25 October Duval High School sent a team of nine table tennis players to take on the town's Table Tennis Club in a challenge match at the Armidale PCYC. We played for three-and-a-half hours against much more experienced opponents and, although the town triumphed in each of the three divisions, every one of our students acquitted themselves admirably and much fun was had by all. The students all played with considerable skill and great sportsmanship. They were faultless ambassadors for the school and should be congratulated on their efforts.

Duval A (comprising Jake Murphy, Tyler Ryan and Jamie Suddaby) went down 7-29 to a very strong town A team, although Jake won an outstanding 3-1 victory, dominating his opponent John’s skilful pen-hold play with confident forehand topspin attack.

Duval B players Josh Barton, Luke Marshall and Kolja Drydale-Cech all fought with great spirit and finesse, all three students winning individual games whilst Josh and Luke each won outstanding singles matches 3-2. Josh used all his patience, guile and repertoire of shots to defeat Geoff 12-14, 11-9, 4-11, 12-10, 11-8. In the best match of the day, Luke took on Stefan, firing topspin loops and drives with panache in his 11-9, 11-13, 11-8, 7-11, 11-7 victory.

In the C-division match, Will Goyen, Alex Rogers and Muhaymin Khan matched their opponents game for game. Alex showed his touch and technique to win three matches in dominant fashion. Will won two matches and lost another match 2-3. Muhaymin's excellent and nail-biting contest with Ben illustrates how closely balanced these teams were, the scoreline being 10-12, 13-11, 13-11, 7-11, 8-11. Altogether no fewer than eight games went to 'deuce' before the town C came out narrow winners 19-23.

We look forward to continuing our association with the town club in the future as the sport continues to grow at Duval. I thank the town club for their warm hospitality and I congratulate all of the students who represented Duval in this challenge match on their play and conduct. I am proud of them all.

Jamie Suddaby

Athletics

Congratulations to Stuart Geddes who has been selected in the NSW All Schools Athletics team to compete in the 3000m event at the Australian All Schools Championships to be held in Adelaide in early December. Best of luck of Stuart!

NB. If you have put in a RSVP to Mrs Hardman you do not need to RSVP to Rebecca at the Defence Force.
Congratulations to Tamika Cotton (Year 11), Emilie Winter (Year 11) and Zoe George (Year 9) on their selection in the North West secondary girls water polo team which will compete at the NSW Combined High Schools State Carnival in Wagga Wagga from 18-21 November.

A Healthy Schools Healthy Futures Message: Empowering Young People

To empower others means to help them become stronger and more confident, especially incontrolling aspects of their lives.

The process of youth empowerment is not something that can be altered or enhanced overnight. It is a long journey that requires cultural change and processes, rather than a one-off event. Research suggests that young people need structured, on-going opportunities that aim to enhance their confidence and empower them in a supportive environment. This supportive environment may be the school and school community or the home.

Ways in which adults can help young people enhance their confidence and become more empowered include:

- **Engaging Youth:** encourage young people to take an active role in the things that are happening in their lives. This can be simple initiatives such as involving them in decision-making processes or by constantly emphasising the important role that they play at school or around the home.
- **Encouraging youth to be involved in change:** This could include speaking up for something they believe strongly about or negotiating change with adults to include youth perspectives.
- **Involving students in leadership opportunities:** to support other students. This may enable student to student connections develop as well as interpersonal skills and self-confidence.

If you would like more reading on ways to empower young people please see the links below:

1: [https://www.healthiergeneration.org/take_action/empower_young_people/](https://www.healthiergeneration.org/take_action/empower_young_people/)