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**PAL BUDDHIST SCHOOL**  
*Enlightenment through Wisdom, Morality and Diligence*

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# Newsletter 2017 | Term 4 | Week 7

## School Calendar

### December 2017

2018 Scholarship Examination Day — Mon 4 Dec

Annual Awards Night Ceremony and Reports Released — Tue 5 Dec

Primary School Experience Day — Wed 6 Dec

Induction Day for 2018 New Students — Wed 6 Dec

Critical Thinking Test B (Year 11) — Thu 7 Dec

End of Term 4 (last day of teaching period) — Fri 8 Dec

Staff Development Week — Mon 11 to Fri 15 Dec

### January 2018

Staff Development Day — Mon 29 Jan

Start of Term 1 (students) — Tue 30 Jan



## Executive Report

MIN-ZHAO LEE  
EXECUTIVE CONSULTANT

The transition to Compressed Curriculum Delivery brought with it the expected timetable changes, with a few hiccoughs but overall a fairly smooth changeover. The current timetable will run for just 4 weeks from 13 December to 8 December but we have structured it so that there should be minimal change going into the new year.

2018 will bring its own major change: the opening of our Primary School, to years 3 to 6. It's finally happening! Enrolments are now open and if you have any children going into these years, we look forward to meeting you over the next few weeks. In particular, we invite families to attend the Pal Buddhist Primary School Experience Day this Wednesday 6 December, for a chance to immerse yourselves in our school culture and participate in the Great Pal Adventure. Thanks to our P&F, free delicious lunch provided!

## EXPERIENCE DAY



Wed, 6 December 2017  
9am - 1:30pm

Our preparations for Primary School have quietly been ongoing, necessarily so because of the HSC Minimum Standard Trial Online Tests in Week 6, followed by Stage 4 assessments in Week 7. Year 12 held a formal dinner. Years 8 and 9 met with teachers to choose elective subjects and plan their learning for next year.

At the Week 7 Parent Meeting, the feedback on parent satisfaction was mostly very positive, but equivocal on just a few matters. Into the next year we will endeavour to keep parents and cares more closely updated with their child's progress. Over the last term we have been building up our in-school events, but as the school grows, we hope to diversify our extracurricular and community service activities.



Speaking of school events, the end of school year is fast approaching, and with it, our annual Awards Night on Tuesday (5 December). On top of all the academic, extracurricular, virtue and community awards, this year we have a special not-to-be-missed highlight: the Grand Finale of "The Right Speech". Trophies and cash prizes are at stake! Congratulations Tammy Bui, Cynthia Jin, Jia Man Lee, Richard Ma, Amber Pengilly, Jason Ta, Emily Tran, Jamie Tran-Vo and Gabriel Zeitoun for making it this far, and may the best orator win.

## Last Day of School for Students: Friday 8 December 2017

HELEN LAM  
DEPUTY PRINCIPAL

The School wishes to inform all parents/guardians that this term, Term 4, will end for students on Friday 8 December 2017. This means that Term 4 will run for 9 weeks' duration, in line with most private school calendars.

The 10<sup>th</sup> week of the term, from Monday 11 December to Friday 15 December, will be Staff Development Week, and will serve as crucial time for teachers to discuss, plan, and implement improved teaching and learning strategies that meet our students' needs and academic goals in 2018.

Furthermore, if there are any students who are required to return to school for a re-sit of their yearly exam as part of the 90% benchmark, they will be invited to do the re-sit in the week of Monday 11 December.

Should you have further questions about the term dates, please do not hesitate to contact our admin desk.



## The Right Speech

MAYNARD HUYNH  
TEACHER

‘The Right Speech’ has been such a wonderful success over the past few weeks. The competition was created to build team spirit, camaraderie and build the school’s public speaking skills. However, the competition has also revealed that many of our students have so much potential not only to become great speakers but also great leaders.

According to recent studies, one primary skill that all employers look for in future employees is the ability to communicate. In our lifetime, many of us will most likely work in a business or organisation. These organisations range in size, however one aspect that they all have in common is that you will always have to communicate with others. This include colleagues, clients and your employers.

Communication is an essential skill to be able to address your ideas, thoughts and opinions to others. Some of us may like working by ourselves remotely or through a computer but eventually you will always have to communicate with someone. Therefore, communication can be your key to success or your roadblock.

‘The Right Speech’ allows you to develop your skills in communicating your thoughts and opinions through the form of a formal presentation. It teaches us to communicate our ideas across to an audience effectively. However, it is important to note that non-verbal communication is just as critical. Body language, facial expressions, gestures and many more can also affect our communication. This is an essential tool that many mentors in this competition have addressed across the board. Non-verbal communication may be subtle in nature but can speak a thousand words about who you are and your personality.

The message I would like to leave with students is to not think of ‘The Right Speech’ as a chore or extra homework. If this is how you perceive the competition, then you have failed to see the benefits or purpose of the competition, i.e. Wrong View. Instead, see this competition as an avenue to push your boundaries, to develop your communication skills and more importantly a chance to build character and an identity. “Only those who will risk going too far can possibly find out how far it is possible to go.” — T.S. Eliot



## The Right Speech

KELLY HUYNH  
STUDENT

“The Right Speech” is a friendly competition for students and teachers of Pal Buddhist school. It runs every Monday and Friday with our amazing host Freddy Lu. This competition is a chance for students to have the spotlight for a short moment.

Cooperative planning among teams creates thoughtful and informative speeches, and it’s a time for them to absorb any feedback and improve for the future. All Pal Buddhist students are well mannered and behave appropriately but don’t always have the right views; they might be unsure and need guidance. The topics chosen for these speeches are designed to enlighten students to the truth. This may be through their own realisation or meaningful words from their peers. I hope parents and other family members are encouraging their children and supporting them through this competition. Standing up on stage and giving a speech is not easy for some, but it’s a rewarding leap.

I still remember the nerves running through me before I started my speech, sweat dripping down my forehead and the trembling of my hands, but I once I went on stage for the introduction I saw my friends in the crowd and the nerves faded. I wrote a whole speech and planned out what to say but once I was on that platform I felt the urge to thank my mentor and Mrs Ratzer so that’s what I did, I talked with my heart and not with my notes, I did look back once in a while but that’s what I know not to do now. For the students yet to do their speech good luck!!! And those who have already done it, good job!



## New Primary School in 2018

BODHIDASA  
TEACHER

To have a Primary School at Pal has been a dream for Executive, teachers and Board for some time. This dream is now a reality thanks to the tireless efforts of all those who have worked behind the scenes to make it happen.

What will a Primary School look like? For a start it will be colourful; not just in terms of the paint on the walls and the furnishing, but the very shape of the day and the curriculum will be coloured with a rainbow of attributes. At its heart is the purity of wisdom, morality and diligence from which we will shape the character of each student who joins us. Students will practise mindfulness daily and visit stories about those of great wisdom.

The foundation of each day will be in building core literacy and numeracy levels that will challenge even the most resourced and wealthy of schools. But beyond reading and counting, we will build creative solutions and critical thinking skills into each and every teaching program; it is not just good enough to regurgitate facts and practice strategies, one needs to be able to question assumptions and create new futures.

Lastly, our blended curriculum will integrate subjects around four meaningful learning areas — the Sciences (where we learn about phenomena and how things work), Histories (where we examine stories and events from the past in order to understand the present), Cultures (where we celebrate and come to understand our diverse ways of seeing things), and Worlds (where we examine the complex inter-relationships in our environment and beyond).

Pal Primary will be an exciting place to learn and be next year. Will you be joining us?



## Adolescent human papillomavirus (HPV) vaccination program



H17/79849  
Health

In early 2017 parents/carers of Year 7 students were asked to provide consent for their children to receive three doses of HPV vaccine in the NSW School Vaccination Program.

**Most\* Year 7 students who have received two doses of HPV vaccine are considered to be fully vaccinated and do not require a further dose.**

This change is based on recent international studies that show for children aged 9 to 14 years of age, two doses of HPV vaccine provide the same protection as three doses, as long as the second dose is given at least six months after the first dose. Based on this evidence, the World Health Organization (WHO) now recommends a two-dose HPV schedule.

In 2017 Year 7 students were given the second dose of HPV vaccine at least six months after the first dose to accommodate the urgent roll-out of the Meningococcal W Response Program to Year 11 and 12 students. Year 7 students who have received only one dose of HPV this year will be offered their second dose in 2018. Parents/carers whose children were vaccinated in 2017 but who still wish for their child to receive a third dose of HPV vaccine can access a free dose from their general practitioner (GP).

\* Students with significantly impaired immune systems are still recommended to have three doses of HPV vaccine. Parents of these students should make arrangements to complete the vaccine course with their GP or by calling their local public health unit on 1300 066 055.

More information is available on the NSW Health website at [www.health.nsw.gov.au/hpv](http://www.health.nsw.gov.au/hpv) or by calling your local public health unit on **1300 066 055**.

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## Kathina Celebration

ALICIA MAU  
STUDENT

Kathina was something I thought wasn't celebrated in Australia. I have experienced Kathina in other countries so I am very familiar with the Eastern-style celebration. But at Kindle Hill Public School, it was astonishing to me to be surrounded by a large group of multicultural Western Buddhists. The feeling of belonging was immediate when we stepped into the venue as it was a house of Buddhists coming together to celebrate the end of Bhante Jason's spiritual purification.

The chanting was very similar to what I had practised in Cambodia as the chants were in Pali. I was able to chant with others there. It was something that I found remarkable because I am usually chanting around people who cannot speak Pali. As a member of the school's choir, it was an honour to also have chanted the Recollection of the Three Treasures (which was translated to English by Bhante Jason). Whilst representing the school, it was an unforgettable experience and I am pleased to have gone there.



## Editor's Challenge

MIN-ZHAO LEE  
EXECUTIVE CONSULTANT

### "Conic Sections"



## Open Day

AMBER PENGILLY  
STUDENT

Many families came to see our school, teachers and students, to win prizes, experience 4D learning, get tours around the school, attend Dhamma talks, a Q&A session and much more.

I contributed to a key aspect of Open Day. In the morning, a few students and myself with Ms Lam had walked around Canley Vale to promote our school and its open day. It was great fun giving out the flyers and talking about our school to the community and inviting them to the Open Day.

When we had returned to school, the parents, students and teachers had prepared a delicious lunch that we all enjoyed, where we were able to socialise with the families attending the Open Day. Some of the students had tour guided families around our school, explaining how we were taught through 4D learning, how we were expected to follow the 10 codes of moral conduct and how we were taught the eight steps to success which we applied to our learning and daily lives. There was a Q&A which I was really nervous to talk in, but I overcame the fear when my friends supported me by attending. It answered the most frequently asked questions by parents and students, which we all enjoyed. Overall, I think Open Day was a great success.



Just running around the place recently I came across these two round features (see photograph on the left) somewhere in the Northern Suburbs.

They probably aren't alien spaceship refuelling platforms, nor are they nuclear bunkers (at least, that's not what the plaques on them say).

So... what are they, really? What is their capacity (spaceship mass in kilograms, litres of fuel, number of occupants, or units of whatever they are designed to carry)? Where are they (send in a map, or better, an image of one of their plaques)?

Hint: the postcode is 2121, and the size can be estimated from my shadow (second from left).