August 2014 Newsletter

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Relieving Principal’s Report

This is my first newsletter as Relieving Principal. Firstly I would like to take this opportunity to say thank you to the two very important people Mr. Harper and Mrs. Baghurst who have provided me with exceptional examples on leadership and I thank them for the support and experience they have offered me over the last 14 years to prepare me for this opportunity. I have loved the journey and look forward to the challenges of being the Relieving Principal at Mitchell High School for the remainder of 2014.

I am very fortunate to have two outstanding Relieving Deputy Principals, Mrs. Pares and Mr. Campbell to assist me in running Mitchell High School.

It has been a very busy beginning to the term with the installation of interactive whiteboards to assist in teaching our 21st Century learners and Parent Teacher evening for year 7 and 8 students.

The first round offers for placement into Year 7 in 2015 have been posted. The number of applications far exceeded the number we could offer. Unsuccessful applicants have been placed on a waiting list. I look forward to meeting the 185 new 2015-year 7 students and their families in the near future. The Student Advisor for year 7 next year will be Ms. Davies.

Dates to Remember August/Sept

The Mitchell High School Parents and Citizens Association (P&C) meets on the second Wednesday evening each month at 7.00pm in the Mitchell High School Common Room. All parents/carers and friends are welcome to attend.

P&C Meeting
Wednesday 13 August
Wednesday 10 September

Year 7 – 2015 Self Select Information Evening
Tuesday 19 August 5-6pm School Hall

Years 8, 9 and 10 Self Select Forms Available
Wednesday 20 August

P.R.I.D.E. and School Service Awards
Thursday 28 August 9.30am School Hall

Prefect Induction Ceremony
Wednesday 3 September 11.45 am School Hall

Year 12 Graduation Assembly
Thursday 18 September

Year 11 Yearly Exams
4 – 17 September

HSC Exams
13 October to 7 November
The process of choosing the subjects for Year 11 in 2015 has begun. This process takes a long time with a great deal of thought being put into the subjects our students presently in Year 10 wish to study next year. Students have 50 courses on offer at Mitchell High School and many more at TAFE, Saturday School of Community Languages, The Open High School and Distance education. Their Subject Preference Forms were due to the front office last week. All students will now be interviewed in regard to their choices to ensure they meet all requirements for the HSC and any specific ones for a chosen career.

With year 12 commencing their Trial HSC last week I would like to share with you the advice provided for parents by the NSW Department of Education. This advice is applicable for all of our students; however, it is particularly important for our senior students.

Keeping things in perspective
The final years of schooling can be stressful for parents or carers as well as for students. This year is the second time that I am a HSC parent with my son completing his HSC this year. You should be careful not to get too anxious yourself. Try to avoid putting your own anxieties about your son’s or daughter’s future onto them. Most young people cope well. For some, however, the pressure and expectation to do well can be harmful. For parents or carers it can be difficult to find a balance between being supportive and being over-involved. It can help to know that the HSC no longer gives results by comparing your son or daughter with other students. The HSC reports how they are achieving when compared with a set of standards. Encourage your son or daughter to concentrate on mastering the standards rather than competing with others. It can also be helpful to remember that employers look for more than academic skills. They want an employee who can communicate well, work well in a team and remain optimistic under pressure. These skills are developed both at school and in students’ life outside school. You should remind your child of all the useful skills they have already learned in this way.

"Teachers open the door, but you must enter yourself."
Anonymous

"A journey of a thousand miles begins with one step."
Chinese Proverb

Ms Elena Marinis
Relieving Principal

Congratulations
Our School Leaders for 2015 have recently been elected.
Congratulations to the following students

School Captains
Marie Sadek
Stefan Gutic

Vice Captains
Eden Carter
Jeremy Richard Libunao

Year 12 Prefects
Amy McMillan
Daniel Mayor
Jessica Oo
Michelle Dostolov
Mohamed Halawi
Samuel Guzman

Year 11 Prefects
Carlton Paske
Chloe Wood
Elizabeth Atfield
Jordan Cabot
Kaitlyn Hulley
Lara Crampton
Liam Higgins
Marcus Crossley

Former Student Assembly
We would like to extend our thanks to the following people who attended our Former Student Assembly recently.

John Delisio
Anastassia Kouxeuka
Albert Leung
Jake Mansell
Courtney McMillan
Ben Nash
Todd Pinkerton
Anthony Poblete

This gave our current students who attended the assembly, the opportunity to find out what our previous students had been doing since leaving Mitchell High School and ask questions through an open forum.
Relieving Deputy Principal’s Report

Subject Selections
All students should have submitted their subject selections online or into the appropriate boxes by now. The process of interviews for Year 10 into 11 has already begun and will continue all of this week. Students should know by the end of this term which subjects they have been given and any adjustments to these will be made depending on the particular subjects that end up running. Thank you to all those parents who attended our information evening, supporting your children to make the best choices for themselves based on information available to them. It is also very encouraging to be speaking with students about their futures and to discover how much time and research they have put into making decisions based on what their interests and future career options are. This definitely shows a level of maturity expected of senior students.

School Muffin Day
What a fantastic day this proved to be. Students came together to raise funds for one of our own students – Trae, who was diagnosed with a brain tumour just before the last school holidays. The students had a fantastic day and ended up raising approx. $4200 from gold coin donations, a BBQ and fairy floss machine on the day. I know many students donated their own money and again this was such a great occasion for students to show their sense of social justice to those in need. Congratulations to all students and a big thankyou to Ms Dahdal, Mrs. Edwards and the SRC students who coordinated the day, as well as other students who came forward to offer ways to help. We would also like to acknowledge the generous donation of the drinks on the day from our local IGA store at St. Martins Village. Their kind and generous donation allowed a lot more of the funds raised to be available directly to this cause.

Some of our senior students also showed leadership and initiative by organising a fundraiser at their workplace outside of Woolworths in Seven Hills to further involve our local community in getting behind this family.

Social Responsibility
We have had a couple of occasions over the last couple of weeks where students have realised that the passing on of information was necessary to avoid further problems at school or in the community. This again shows a great deal of maturity and we are very grateful to students who come forward with this type of information.

N-Awards and Homework Centre
I am concerned about the large number of students who continue to get N-Awards in all years from 9 – 12. The Board of Studies has very strict guidelines and expectations of students wishing to receive their RoSA and Preliminary HSC and HSC. There is a lot of wasted time and resources that are being used up on students who are not committing themselves to their education.

All students need to realise the importance of attending all classes and completing tasks on time as it affects their overall assessment marks and rankings. The school has a lot of support systems for those who are struggling or require extra help, including the Learning Centre, support staff, homework centre open on Wednesday, Thursday and Fridays from 3.10 – 4.10.

If students in Years 11 and 12 have outstanding N-Awards then we are going to remove the privilege of leaving school at lunch time on Tuesdays from them. Students will have to go to the Library during this time and complete any outstanding tasks. They will also need to start attending the Homework centre until these tasks are all completed. Moving into Year 12 subjects will not occur until these tasks are done.

VET Subject Work Placements
Last week a number of our Year 11 students were out on their compulsory work placements for their VET subjects. I had the opportunity to visit some of these and also ran into some students whilst on their breaks. It was so nice to have such wonderful feedback about our students, their initiative, friendliness and willingness to work hard in their places of employment. Many students were offered part-time jobs as a result of this week out. Congratulations to all of those involved and also a very big thank-you to the dedicated teachers who prepare the students for these opportunities.

Mrs. L. Pares
Relieving Deputy Principal

The Maths Report

Australian Mathematics Competition
Congratulations to the 109 students from years 7-10 who participated in the Australian Mathematics Competition on Thursday 7th August. It is a prestigious competition that attracts competitors from around the world to demonstrate their ability to solve higher order problems. All the participants will be receiving a certificate of participation later this year.

Calculators
Casio scientific calculators are available for purchase from the school. The price is $24. Students from years 8-12 now require calculators to complete their class work successfully.

Year 12 General Mathematics tutoring
Free tutoring for year 12 students in General Mathematics will resume in room 55 on Wednesday and Thursday afternoons from 3:15 to 4:15 in week 6, after the Trials.
Students are encouraged to attend and take advantage of these sessions to complete homework, do past exam papers, revise topics or learn new techniques for revising and completing HSC examinations.

**Examination Dates Reminders**

**Years 9 & 10:** Term 3 Test in Week 8

**Year 11:** Yearly Exam in Weeks 9&10

**Olympiad Dates**

Olympiad 4 : 20 August
Olympiad 5 : 10 September

Luna Park Reward Excursion for Year 9 Maths students

The Mathematics faculty will be taking a group of year 9 students on an excursion who have been demonstrating REAL values in their maths classes throughout the year. The Luna Park excursion is scheduled on 12th December, week 10 in term 4. The cost of the excursion is $40 which includes return train fare and entry to the park and the rides. Interested students are encouraged to save money and participate in maths activities involved with the rides at Luna Park. Students will be receiving the information letter on the travel and permission notes of the excursion later this term from their maths teachers.

**MathsOnline Program**

MathsOnline Program is available to years 11 and 12 this year. All senior students are encouraged to use this program for revision and to consolidate their class work.

**MyMaths Program**

This program is only available to years 7 to 10. The school username and password are given below.

Username : mitch
Password : edge609

Students need to use their individual username (number) and password (letters) to access the online homework set by their maths teachers.

**Word problem**

1. A kangaroo chases a rabbit which starts 40m ahead of the kangaroo. For every 4m jump of the kangaroo, the rabbit makes a 2.4m hop. How many jumps will the kangaroo have to make to catch up to the rabbit.

**Sport Report**

**Sport Uniform on Tuesdays**

Could you please ensure that your child has their sport uniform ready for Tuesday. If the uniform is misplaced, lost or in the wash they will still be allowed to participate if they bring a note and alternate sports gear. Students will be allowed to participate if they have running shoes but will be issued with a uniform note for the incorrect uniform.

Students who do not bring their full PE uniform will be sent to Sport detention for the afternoon.

**Tuesday Early Leavers and Sickness**

Students who require an early leaver’s pass on Tuesday are to bring a note with a parent/caregiver contactable phone number on it. Students are to bring this note to the AV room at Recess. Students who are sick or injured are to bring a note to be signed by Mrs Maguire in the PE staffroom by the end of Recess. These students will then go to the Library during sport time.

**2014 Sydney West Cross Country Championships**

Congratulations to the following student who represented Mitchell HS with distinction at the Sydney West Cross Country Championships on Wednesday 11th June 2014. There were many top performances on the day. A huge thank you to the students who assisted in the running of the carnival

Eden Carter
Denise Clemente
Emily Cornish
Sinead Davidson
Aisling Davidson
Samantha Faller
Mohamed Halawi
Aaron Hulley
Kaitlyn Hulley
Fomba Kamara
Tatiana Nguyen
Shaun Patten
Liam Strickland
Deyana Trikaliotis
Piper White

**Helpers**

Ashleigh Kok
Dusana Cecez
Caitlin Buckley-Rich
Brielle Simpson
Laura Robertson
Sarah Affield
Breanna Boland
Telisha Duxbury

**NSW All Schools Cross Country Championships**

Congratulations to Aaron Hulley who represented Sydney West School Sports Association at the NSW All Schools Cross Country Championships on Friday 18th July 2014 at Eastern Creek.
Blacktown Zone Athletics Carnival
The Blacktown Zone Athletics Carnival was held on Thursday 29th May and Friday 30th May 2014. Congratulations to the students from Mitchell High School who competed in this event.

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Sydney West Athletics Carnival
Congratulations to the following students who competed in the Sydney West Athletics Championships in July 2014.

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NSW CHS Athletics
Good luck to Aaron Hulley (Yr 12) and Deyana Trikalitotis (Yr10) who have been selected to represent Sydney West at the upcoming CHS Athletic championships.

Duke of Edinburgh Award
There are currently openings in the Duke of Ed program for any student in Yr 9 or above to join. The Award involves students learning a new skill, doing volunteer work and participating in physical activity as well as going on an overnight hike. For more information please see Mrs Maguire in the PE Staffroom.

Mrs. Maguire
Sports Co-ordinator
I recently introduced Danielle to our school and both the Relieving School Principal, Ms Elena Marinis and Relieving Deputy Principal, Mr Colin Campbell were both very keen in getting Danielle on board and wanted her to immediately work with the students – they instantly were able to envisage on how much of a positive impact and benefit she could be to our students at MHS.

Danielle started with us at MHS towards the end of Term 2 this year and is currently working in the Science, Language and TAS Block (A block). She is in the process of refreshing the art work that had previously been done in the past - she consulted with Staff on the designs and students assisted her with the painting of the murals. Both the Staff and the students appreciate the work that she has already produced – it has brightened the hallways and the classrooms up, inviting the students to learn. Not many of us can do what Danielle can with great success. That is why, what she is doing for her own local community and our school community is so important for the youth of our area – they too need ongoing support, direction and hope to steer them on the right path of life.

I’m sure that there have been a number of success stories due to Danielle having a positive influence in their life. In return what Danielle envisages from all of this is that someday the people that she has helped return the favour to their community in the future.

That is why we are so proud to have Danielle as part of our school community at MHS – to have people like Danielle showing the World how to shape and direct the youth within their community with a positive attitude. This type of engagement gains respect and that is why the youth of today respond well towards this type of initiative.

Mr Debrincat
Head Teacher Science

Labscene at MHS

On the 21/7/2014, students in Mr Debrincat’s Year 7C Science class made a model of a cell. Year 7 are currently learning the topic called – Invisible World. We teach students how to use a microscope and look at the differences between plant and animal cells.

The idea behind the activity was to have a fun lesson with the students looking at the features (similarities and differences) of an animal cell compared to a plant cell. We also learned about the significance of science models and how they play a big part in learning science; assessing the advantages and disadvantages (limitations).
We started off by making the **Animal cell**:

- The **biscuit** represented the **cell membrane**
- The **icing** represented the **cytoplasm**
- The **red jaffa** represented the **nucleus**
- The **100's and 1000's** represented the **mitochondria**
- The **white milk bottles** represented **small vacuoles**

We then added a few more lollies (yum!) to then show what a **Plant Cell** looked like.

To the animal cell above, we then added:

- **Green mint leaves** to represent the **chloroplasts**
- More **white milk bottles** clustered with the other white white milk bottles to represent a **large vacuole**
- **Pink musk sticks** along the side edges of the biscuit to represent the **cell wall**.

The best part of the lesson was when the students got to eat their model of a cell.

**Mr Debrincat**

**Head Teacher Science**

**Science Assessment Dates – Term 3 2014**

**Year 7**: Friday Week 7 – Microscope Prac Assessment Task 25% [In-class task].

**Year 8**: Throughout Week 6 – Student Research Task 25% [In-class task].

**Year 9**: Week 6 – Practical Exam using Ray boxes, lenses and mirrors 20% [In-class task].

**Year 10**: Week 5 Prac Exam – Precipitation Reactions 20% [In-class task].

**Yr11 Assessment - Term 1:**

- **Biology**: Field work 20% due in Wk7 + Yearly Exam 40% in Wk8, 9 & 10
- **Chemistry**: Research and Practical Task W1 and Wk6 20% + Yearly Exam 40% in Wk8, 9 & 10
- **Physics**: Research Task 25% Wk8 + Yearly Exam 40% in Wk8, 9 & 10
- **Senior Science**: Research Task 25% Wk 4 + Yearly Exam 40% in Wk8, 9 & 10

**Yr12 Assessment - Term 3:**

- **Biology**: Trial Exam Wk4 and 5 - 35%
- **Chemistry**: Trial Exam Wk4 and 5 - 35%
- **Earth and Environmental Science**: Trial Exam Wk4 and 5 - 40%
- **Physics**: Trial Exam Wk4 and 5 - 40%
- **Senior Science**: Trial Exam Wk4 and 5 - 35%

**Labscene @ MHS**

Science Encouragement Award - Term 2 2014

For the second time this year at MHS, the Science Faculty will be presenting Science students with an award called the “Science Encouragement Award”.

- One student from every Science Class in Yr 7- 10 is nominated for this award once a Term by their Science Teacher.
- To become a recipient of this award – the student must be a Respectful, Engaged, Active, Learner in the classroom, show interest in the subject, has made a consistent effort with their learning, shown improvement and is willing to get involved in all activities.
The winner of such an award will receive:
- A Science Encouragement Award Certificate to add to their Portfolio
- 5 Vivo-points will go towards their Vivo account
- 5 points will go towards their House
- A McDonald’s Food Voucher worth $10
- As well as their names being announced at assembly and published in the School Newsletter.

The Recipients of the Science Encouragement Award for Term 2 2014 are:

### Year 7
![Table with columns: Class, Surname, First Name]

### Year 8
![Table with columns: Class, Surname, First Name]

### Year 9
![Table with columns: Class, Surname, First Name]

### Year 10
![Table with columns: Class, Surname, First Name]

Just to add a little more excitement to this award – Mrs Marinis selected one recipient from each year group by placing all of the Term 2 recipients into a hat and drawing a winner to receive a Hoyts Movie Ticket.

The Recipients for the Movie Ticket are:

![Table with columns: Class, Surname, First Name]

Congratulations to all recipients - from the Science Faculty.

Science Teachers at MHS are now looking for new recipients for Term 3 – so keep on trying and good luck.

Mr Debrincat
Head Teacher Science
Murals by Danielle Rawnsley-Galistan and Helpers 😊