September 2014 Newsletter

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Dates to Remember Sept/Oct/Nov

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 10 September
Year 12 Graduation Assembly
Thursday 18 September
Year 11 Yearly Exams
4 – 17 September
Last Day – Term 2 2014
Friday 19 September
Monday 6 October
Public Holiday
Tuesday 7 October
First Day Term 4 2014 (Staff and Students)  
HSC Exams
13 October to 7 November
Year 12 Formal
Thursday 13 November

Relieving Principal’s Report

After my first full term in the seat as Relieving Principal I have found staff, students, and parents to be so very supportive. Thank you to all who have helped make my transition so easy and rewarding. I would like to acknowledge the support of the of the Relieving Deputy Principals, Mrs Lee-Anne Pares and Mr Colin Campbell and the hardworking SASS Staff.

Mitchell High is a learning environment that is progressive and endeavours to challenge both Staff and students to improve and develop their knowledge and skills. The majority of students are hardworking, completing assessment tasks, focused in class and taking the many opportunities in a variety of extra-curricular activities.

Tournament of Minds Win in Maths & Engineering
At Mitchell High School we fortunately have many things to celebrate; I would like to congratulate all the wonderful students in the Tournament of Minds competition. These students represented our school with distinction, the Mathematics and Engineering Team again winning the competition. These teams prepared for the competition over many weekends giving freely of their time for the opportunity to represent their school in this competition. These teams have been organised and prepared by Mrs Mahony and Ms Bell. We wish the team all the best and I would like to thank Mrs Mahony and Ms Bell for their dedication and guidance of the team.

International Links
This week we farewell the 20 students and Mr Campbell, Ms Dahdal and Mr Szumyn who will be travelling to the United States, I know they will have a fantastic time and be outstanding ambassadors for Mitchell High School.
Playground
Students have been asked to remain in supervised areas in
the school playground. The school grounds are divided
into areas supervised by staff at recess and lunch. All
students are asked to remain in these areas for their own
safety and so that staff can supervise student activities and
behaviour.

Prior to Roll Call in the morning students are asked to sit in
the administration quadrangle area outside the
Administration office and the library as there is only limited
supervision at these times. Students have also been
reminded that there are no ball games such as soccer or
football to be played on the basketball courts or COLA
area.

Farewell Year 12 of 2014
I would like to wish our Year 12 students all the very best in
their upcoming HSC examinations. The farewell assembly to
Year 12 is on Thursday 18th September. A detailed letter
outlining all events for Year 12 from the end of this term until
they sign out has been issued and if parents have any
queries please contact the front office or year Advisor Ms
Mehic.

Keeping things in perspective
The final years of schooling can be stressful for parents or
carers as well as for students. 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
collaboratively as part of 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.

How to help
You can help by encouraging your son or daughter to
have realistic expectations. Help them to remain open to
the wide range of options for further education and
careers available after the HSC. Let them know that you
have confidence in their ability. Reassure them that:

- Your affection and concern is not dependent on
  how well they do in an exam
- There is life after the HSC and it can be good
  whatever their results.

Preparing for the HSC
Preparing for the HSC is like preparing for a sports final or
major performance. Plenty of sleep, healthy food, rest and
recreation are essential in the period immediately before
exams. Students need a balance between study, work,
socialisation and sport. For these reasons, it is important for
parents to discourage teenagers from doing nothing but
study. They should be encouraged to avoid medications
except on the advice of a doctor or pharmacist.
Organisation is the key to confidence. Encourage your son
or daughter to have a study plan that:
- Uses exam and assessment results to set priorities
- Reflects their teachers' advice
- Covers subjects systematically
- Includes time for work, leisure and other
  commitments

Remember that your ‘child’ is now a young adult with their
own ways of studying. These may be different to how you
studied when you were at school but could be just as
effective.

Stress
Some stress is unavoidable and is normal for us all. Stress is
part of life and some students thrive on it. It motivates them
to do their best. You should nevertheless monitor your son’s
or daughter’s stress level to see if it is rising to a level which
they are no longer able to handle. No one sign by itself
necessarily suggests a problem but be alert for significant
changes in his or her behaviour.

Indicators may include:
- Suddenly finding it more difficult than usual to
  concentrate
- Extreme irritability or sensitivity
- Skipping meals
- Withdrawal from contact with others

Seeking professional help
Signs of depression should not be ignored. In addition to
the above these can include:
- Continually looking sad and talking sadly
- Negative self-talk (putting themselves down)
- Talking about being unable to cope

If you think your son or daughter is becoming too
stressed, raise the matter with them, discuss options and, if
the problem seems significant, encourage them to seek advice
from their teachers, school counsellor or other supportive
professional such as your family doctor. It may be
appropriate for you to go with them to this person.

Helpful contacts
- The Board of Studies has a range of resources
  including sample papers and previous HSC exams
  complete with answers at
  www.boardofstudies.nsw.edu.au
- HSC On line has notes on many HSC topics
  www.hsc.csu.edu.au
- The Bored of Studies website at
  www.boredofstudies.org

What does the school do?
There are people who can help at school including the
following:
- Year Advisers- assist students with choice of
  subjects, monitor their reports and provide a point
  of contact between the school and students and
  parents
Fiat to a teacher, there will always be a child. It is indeed such a small class to battle. I thank s, develop better team work and further important. d in these electives such as food, paint etc.

2.

1. in workshops and planning sessions that included: During this time the Executive staff inclusive.

The Mitchell High School Senior Executive, Head Teachers and 2IC’s took part in an extended executive meeting as part of the consultation process to initiate the development of a new 3 year Strategic Plan for the period 2015 – 2017 inclusive.

During this time the Executive staff and 2IC’s were involved in workshops and planning sessions that included:

1. Analysis of survey results of Staff, Students and Parents as part of the consultation process to initiate the development of the three Strategic Directions for the Strategic Plan.
2. A Leadership and Career development presentation delivered by Mr Warren Groth.

Mitchell High School Extended Executive
The Mitchell High School Senior Executive, Head Teachers and 2IC’s took part in an extended executive meeting as part of the process leading up to the development of a new 3 year Strategic Plan for the period 2015 – 2017 inclusive.

The ideas, thoughts and plans will be combined with further research and information so that the school can establish realistic targets and strategies that will assist the staff, students and the school in achieving these targets.

The time was a very effective way to introduce staff to the planning process, develop better team work and further the professional development of the school’s staff. I thank all the Staff for their commitment and effort and Mrs Pares for organising the afternoon.

Elena Marinis
Relieving Principal

Relieving Deputy Principal’s Report

As we come to the end of a very busy term I would like to thank and acknowledge all of the hard working teachers who ensure the core of what we are doing is being done each and every day – that is quality teaching and learning. I love when I have the opportunity to walk around and look into classrooms to see such great teaching being done and students fully engaged in their lessons. I recently had the pleasure of being invited into a Year 9 maths class to battle them in algebra. The stakes were high – I had to buy the class pizza if they beat me. Well I tell you it came down to the very last question worth $100 in points for me to be able to actually win the competition. The students showed extreme skill and great team work skills to try so hard to beat me – I can’t wait for round 2 (although I really hope it is not more algebra as this is not my math strong point!!). Thank you for the invite and also thank you to Ms Clarke for preparing the competition and the students.

Year 11
Year 11 students are currently completing their final exams for their Preliminary subjects and I have spoken to them about being prepared, organised and to study hard as success does not just come with good luck. It is important that they are getting a decent sleep every night and spending quality hours revising for their exams by completing past papers and questions and making study notes.

Sign out day for Year 11 is the last day of term where they are required to attend and sign out of current subjects by returning all text books and resources, paying any subject fees they may still owe and ensuring ALL N-Awards are completed. To begin Year 12 with a clean slate would be ideal for those who have been carrying N-Awards throughout the year.

I have to say that I am very disappointed with the large number of students choosing not to complete assignments and assessments for one reason or another. It means they get a 0 for the task but still need to complete it as per the

- Careers Adviser - provides advice about a range of career options, tertiary studies and post-school training opportunities.
- School Counsellors - provide counselling for personal issues, assist students to clarify their goals and develop individual study plans, as well as assisting them with exam anxiety. They refer students to other agencies concerned with the health and welfare of students when necessary and liaise with these agencies if appropriate.
- Subject teachers who will provide individual help when needed.

If you have any concerns, please contact the school sooner rather than later.

School Fees and Contributions
These funds are set to cover the basics. All schools, including Mitchell High School relies upon the contributions from our parents towards the running of our school. Subject fees are compulsory for all elective subjects that have fees. Not all electives have fees. These fees are used to pay for items consumed in these electives such as food, paint etc. Students upon choosing electives have agreed to pay these fees. The general school contribution is used to pay for the many items used in the school that the general funding from the government does not cover. The amount of resources used on a daily basis in the education of your son or daughter is enormous. It is vital that the school community understands the importance of our school receiving these funds to enable us to provide a quality education for your children. It is indeed such a small amount per student in comparison to all other schools and yet we do so much with this money. It is only fair that all families share equally this cost and willingly contribute to the General School Contribution fund.

Concern
After so many positive stories it gives me no pleasure at all to report that in recent times I have noticed a number of students who think that it is their right to be rude and defiant to teachers. It is never acceptable to be rude, disobedient or defiant to a teacher, there will always be a negative consequence for these students. I often say to students that they must ask a simple question of themselves. Will what I say or do reflect positively on my family, my school or myself? If the answer is no then do not say or do what they know is wrong.

Mitchell High School
Respectful, Engaged & Active Learners
BOS regulations. There is a lot of time wasted on these students by the teacher, support staff, SASS staff and myself chasing them up. This cannot continue into Year 12 and if students really feel they are not able to meet the demands of the HSC then we are happy to help and support them in finding a more suitable career or study pathway.

On the other hand we also have so many support systems in our school that I feel there really is no excuse for this to keep happening. There is the Homework Centre on Wed, Thur, Fri from 3.10 – 4.10pm with a member of staff supervising. Students in Year 11/12 can remain behind on Tuesdays instead of going home at lunch and we have a Learning Centre where students can ask teachers to book them in for further assistance. First and foremost though students should be asking their teachers for extra help if they feel it is needed.

Variety Night
Wow – there are so many great things happening in our school at the moment. It was such a privilege to watch some of our most talented young people perform at the CAPA variety night in August. There were many wonderful actors, dancers and singers who really put on a great performance for the school community. Parents were as impressed as well. Congratulations and thank-you to the amazing CAPA staff who did a wonderful job of preparing the students, rehearsing in and out of school time and then helping on the night to ensure it all came together.

SASS Week
Last week we celebrated SASS week at our school. It is celebrated every year but this year we made sure we acknowledged all of the hard work that our wonderful, caring SASS staff do to ensure the school runs smoothly behind the scenes. Our SRC reps presented all of them with a flower at our weekly assembly and the whole school staff held a morning tea to celebrate with them. Thankyou to each and every one of you who support and promote Mitchell High School in everything you do – we truly value and appreciate your efforts.

PRIDE Card and Service Awards
We recently held our Annual PRIDE card ceremony where we recognised those students who elected to apply for a PRIDE card (Personal respect in daily effort). These students show PRIDE through their attendance patterns, wearing of school uniform and being REAL students in all settings through out the school. A very big congratulations to all of those who received this award. Our guest speaker at this event was Mr. Vaughan Profilio, who is an ex-Mitchell High School student and now the Relieving Deputy Principal at Hawkesbury High School working with Mr. Heslop (ex DP MHS). We thank him also for his contribution to this assembly.

We also acknowledged those students who give service to the school in some way. We have many students who complete daily tasks or service every now and then such as the recycling program, hall helpers, sports helpers, gardeners, volunteers at school events etc. These students are recognised because it is really important that these jobs get done and they ensure the smooth running of our school in many different ways.

Subject Selections 2015
We are currently working on our staffing numbers and subjects for 2015. At this point it does look like some subjects will not run due to low numbers choosing them. We should be able to let students know early in Term 4 of their actual subjects they have been put into.

50th Anniversary Pavers
The school CREW began work last week on placing the pavers that were bought. They have been laid outside the hall and with further work in that area planned it will become quite a feature. Great work Mr. Stooke, Mr. Szumyn and the school work CREW – it looks great.

Stranger danger
Please continue to talk to your children about safety and stranger danger. We sent home a note early last week about some problems in our local area in relation to a stranger. It is really important that students have strategies to deal with these situations and that they know how to get to safety. Certainly walking in pairs or more helps but this is not always possible.

Screen Time
‘Screen time’ used to mean how many hours you spent watching TV and playing on the computer.

Experts around the world agreed that setting a limit of no more than two hours a day was best, and children under two shouldn’t have any screen time at all.

Today, with the growing number of tablet computer devices, students’ ready access to laptops, an ever-increasing range of mobile applications (apps) for learning, gaming, pay-TV, movies on demand, e-books, digital textbooks and more – the question of what screen time means is far more complex.

So how can parents juggle the range of digital demands to help their children find a healthy balance?

What new research reveals
The 2010 University of Bristol’s PEACH project studied more than 1,000 British children aged 10 and 11, measuring the time children spent in front of a screen, as well as their psychological wellbeing. An activity monitor recorded the children’s sedentary time and moderate physical activity. The results showed that more than two hours per day of both television viewing and recreational computer use led to lower mental health scores.

But unlike previous studies, the PEACH project showed that the time children spent on physical activity did not raise their psychological wellbeing. So irrespective of how active
a child was, more than two hours of screen time per day was more likely to have a negative effect on their psychological wellbeing.

**Screen time overload**
With new technologies the opportunities for entertainment and learning via screen-time has grown rapidly. Parents now have to juggle requests to borrow the e-reader to read a new novel, Facebook time to catch up with mates, some 'down time' gaming on the Wii or playing World of Warcraft online – and that's without including study time on the computer.

But before you throw your hands up in despair, there are ways to take control of the screen time debate in your home.

**Seven tips from the experts:**

1. You're the boss: some parents are hesitant to lay down the digital law and limit screen time, but the above research shows that it is in your child's interest to set limits.
2. The two hour screen time grab: tell your child they have two hours per day and how they use that time is up to them so long as they don't go over the time limit (or set a lesser time limit if you prefer). This is similar to financial budgeting – you have $20, spend it as you see fit.
3. Have a plan: ask your child how they are going to spend their time so they get into the habit of planning their screen time, as opposed to just letting it roll on.
4. Watch the clock: have your child get in the habit of writing down when they started, and when they ended. Logging time helps everyone to see that the rules are being followed.
5. Food and drink free zone: eliminate food and drink in front of the screen. Family time in front of a movie together can involve a bowl of popcorn or other treats, but eliminate this element during solo screen time.
6. Physical time: make sure your child is getting regular physical activity, which can include an evening walk with the dog or scheduled sporting commitments. And even if your child opts to take their screen time in one-two-hour hit, get them into the habit of getting up at the one hour mark and taking a 10-minute break.
7. Hobbies and other pursuits: busy kids are less likely to have screen time issues and, in general, report being more fulfilled and interested in the world around them.

And finally…………..

I hope that students and parents have a wonderful holiday. It is time to recharge the batteries and take some time out to do things we enjoy. For those of you travelling overseas and within the country – please be safe and travel carefully.

*Mrs. Lee-Anne Pares*
*Relieving Deputy Principal*

**Labscene**

On the 16/6/2014 Yr12 Chemistry went on an excursion to the University of Western Sydney – North Parramatta Campus to perform 2 practical experiments. The rationale for going on this excursion was to:

1) provide an opportunity for the students to have a first-hand experience to work in a laboratory at University, and
2) to perform two experiments that we would normally not do – but only study from the textbook.

The first experiment that we did was to measure the percentage of Sulfate in lawn fertilizer and the second experiment was to determine the amount of Sodium in Blue Powerade (sports drink).

The instrument that we used to determine the amount of Sodium in Blue Powerade Sports drink was called an Atomic Absorption Spectrometer. In the Chemistry Syllabus, students need to learn about the components of such an instrument, how it works, how to prepare samples and to know how to manipulate and interpret the data (results). This excursion has taken this one step further, that is, by allowing the students to physically perform a first-hand investigation. This opportunity and experience will allow the students to retain such difficult concepts a lot more easily, especially for the Trial HSC Exam and the actual HSC exam in a couple of month’s time.

To purchase such an instrument the price ranges from $12,000 - $30,000. For that price you would want to make good use of the instrument and for us it is just not worth it, especially for only one experiment a year – there is also the running costs involved and regular maintenance. Taking the students to the University is obviously a cheaper alternative than having to purchase such an instrument and a better alternative from just having to learn about the instrument from a book.

With the second experiment – percentage of Sulfate in lawn fertilizer – students were asked to determine the amount of sulphate in a sample of lawn fertilizer and to then compare their results with what is mentioned on the packaging. We have tried in the past to do this experiment in class but have been unsuccessful due to not being able
to find filter paper to collect very fine sample. By attending this excursion, we were able to find where the University purchases their filter paper from and should be able to perform this experiment in our school laboratory in the future.

Thank you to Mr Leard for driving the school Mini bus – transporting the students to and from the University.

Mr Debrincat
Head Teacher Science

Atomic Absorption Spectrometer

Farewell Mrs Denise Armstrong

Mrs Denise Armstrong has worked for the Department of Education for 27 years. She has been a member of the School Administrative and Support Staff (SASS) and Science Staff working as a Laboratory Assistant at Mitchell High School for the past 24 years. Prior to MHS, Denise worked at Merrylands High in the same role for 3 years.

During this time she has contributed immensely to the learning and welfare of both the Staff and the Students at this school. She has been a dedicated, highly organised and energetic member of Staff. She was passionate and enthusiastic about her work and always strived to assist Staff in creating exciting lessons to engage their students. Her strong work ethic and skills of motivation have made her an extremely valuable member of the school community.

The Science Staff will definitely miss Denise’s enthusiasm, guidance and support. Her quick wit and sense of humour have made coming to work such a pleasure. She has developed many friendships around the school and the Staff are sure to miss her fun and easy going nature!

We wish to congratulate Denise for the quality service that she has given to the Department of Education and especially to MHS.

On more of a personal note, Mrs Armstrong has been a great friend who always makes the time to listen when you need a shoulder to cry on whether it be a school or personal matter. She has an infectious laugh that when she starts to laugh it makes everyone so happy that they want to laugh with her.

We wish her well in her retirement.

Good luck and best wishes!

Mr Debrincat
Head Teacher Science

Student Absences
SMS Messaging
0427 463 129

Parents are reminded that when they text the school regarding their child’s absence that they must include the name of the student in the message.

We appreciate your continued support with this.
Science Quiz – True or False

The following quiz was given to Yr7-12 Science students to test their general knowledge in Science during the Literacy and Numeracy Week which was on Mon 24/8 – Fri 29/8/2014. Have a go at trying to answer the following questions - Answers are at the back of the newsletter.

1. True or false? Electrons are larger than molecules.
2. True or false? The Atlantic Ocean is the biggest ocean on Earth.
3. True or false? The chemical make up in food often changes when you cook it.
4. True or false? Sharks are mammals.
5. True or false? The human body has four lungs.
6. True or false? Atoms are most stable when their outer shells are full.
7. True or false? Filtration separates mixtures based upon their particle size.
8. True or false? Venus is the closest planet to the Sun.
9. True or false? Conductors have low resistance.
10. True or false? Molecules can have atoms from more than one chemical element.
11. True or false? Water is an example of a chemical element.
12. True or false? The study of plants is known as botany.
13. True or false? Mount Kilimanjaro is the tallest mountain in the world.
14. True or false? Floatation separates mixtures based on density.
15. True or false? Herbivores eat meat.
16. True or false? Atomic bombs work by atomic fission.
17. True or false? Molecules are chemically bonded.
18. True or false? Spiders have six legs.
19. True or false? Kelvin is a measure of temperature.
20. True or false? The human skeleton is made up of less than 100 bones.


Over 107,103 students from 1,549 schools from 17 countries took part in this year’s Quiz - a truly international event in chemistry education.

We had 44 students from Mitchell High School participate in the quiz this year. (23 students participated in 2013).

The awarding of certificates of merit is described below:

- **HD Excellence** - Award of Excellence for outstanding performance
- **High Distinction** - The top 10% of students in the state
- **Distinction** - The next 15% of students in the state (10% - 25%)
- **Credit** - The next 15% of students in the state (25% - 40%)

Last year we received 3 Credits. I’m proud to announce that this year we bettered that by receiving: 1 High Distinction, 4 Distinctions and 3 Credits in the 2014 Chemistry Competition – Well done!

**Yr 7 2014**
Adrian Bruzese (Distinction)
Benjamin Bruzese (Credit)
Clayton Hahn (Credit)

**Yr 8 2014**
Leon Karagic (Distinction)
Zhihuan (Mike) Luo (Distinction)

**Yr10 2014**
Matthew Taylor (High Distinction)

**Yr11 2014**
Kirsty Vanderweide (Distinction)

**Yr12 2014**
Ebony Moller (Credit)

To top that, the average score for our Students in Years 10 and 11 was better than the average score for students in the State and in the Nation.

Congratulations to all students who participated in this year’s Chemistry Competition.

*Mr Stephen Debrincat*
Head Teacher Science
### True or False Quiz Answers

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**Yr 8D Science – Mrs Rao**
**Miranda Mortimer**
**Forces and Field Topic**
**Tournament of Minds Competition**

On Sunday August 24th, six teams of Mitchell High students in years 7, 9 and 10 competed in the annual Tournament of Minds contest at UWS Kingswood. Teams had six weeks to solve a problem in one of four disciplines, which they presented to judges in a ten-minute play. They also had to test their skills in an on-the-spot spontaneous challenge. As they do every year, our students did the school proud showing their R.E.A.L. attitudes as well as their creativity.

This year Mitchell walked away with four awards in three disciplines, our most successful result to date. One of our two Social Science teams (Kimberley Simone, Supreet Kaur, Rebekah Moore, Cassandra Taylor, Tatiana Nguyen, Dylan Baptist, Yilmaz Ersoy) earned Tournament Honours in recognition of a strong performance, just missing out on first place; Applied Technology (Jordan Ashby-Brigandi, Jasmin Li, Chantelle Lowther, Celia Tran, Mitchell Kerr, Bojan Gutic, Dale Lee-Eyles) took home the first place shield in their division; and our Language Literature team (Victoria Maltese, Zerene Catacutan, Aye Chan Khin, Jason McKenzie, Liam Dean, Natania Maltese and Raksha Kumar) also earned first place, our first ever at Mitchell in their division, as well as bringing back the coveted Kenworthy Memorial shield for the third year in a row.

Our other participating students were; Tayla Moes, Annette Creighton, Luke Nguyen, Aaron D’Hary, Kayla Boyd, Jamison Ginis, John Wu, George Dalianas, Martin Zhao, Harshmran Saini, Jun Wu, Nihal Khurshid, Hannah Hall, Amy Zhou, Rikki Libunao, Lachlan Bryan, Benjamin Bruzzese, Adrian Bruzzese, Prakash Ram, Jared McIlwain and Clayton Hahn, who all did a tremendous job in preparing their performances.

Special mention also needs to go to the facilitating students who helped our teams prepare for the competition; Jordan Cabot, Denise Clemente, Delenn Moller, Nicholas Cetrupi and Cindy Li.

We are incredibly proud of all of our teams’ performances, their inventiveness and their always commendable behaviour when representing the school. We are especially excited to take our two first place winning teams to the state competition at UNSW on Sunday September 14th and wish them the best of luck.

*Mrs Mahony & Ms Bell*

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**NAPLAN Results Years 7 and 9**

All students in Years 7 and 9 received their NAPLAN result envelopes in Week 8 and should have brought them home to you. If you have any questions or concerns about your child’s results, please contact Ms Starink (Head Teacher Teaching & Learning) at the school. We are continuing to implement a number of initiatives to support students’ literacy and numeracy development in all year groups.

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**PLAN Trial**

Mitchell High School is participating in a pilot program that will extend our ability to monitor and report on students’ literacy and numeracy development. Students in 7 Jasper and 7 Sapphire will soon receive an additional report on their literacy and numeracy achievement, as measured against the K-10 Literacy & Numeracy Continuum documents. Parents and carers of these students are invited to provide feedback on these reports, generated by an online tool called PLAN (Planning Literacy and Numeracy) with a view to determining whether to extend the trial to other classes and year groups.

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**Literacy & Numeracy Week**

Students participated in a range of activities to celebrate Literacy & Numeracy Week in Week 7, including roll class A-Z challenges, individual puzzles and subject-based activities. Congratulations to the winners and all students who participated. Many thanks to the Literacy & Numeracy Team staff members who organised the week’s activities.

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**Year 11 ESL English Excursion**

At the end of July, Ms Starink’s Year 11 ESL English class visited Muru Mittigar, the Aboriginal Cultural Centre in Castlereagh. This was to help students to gain a better understanding of Aboriginal history and culture for their current unit of work “The Australian Experience” and for texts that will be studied in the HSC course.

Students listened to a cultural talk, learned about Aboriginal art, completed a painting, did a “bush tucker walk” to learn about traditional uses for plants, and learned to throw a boomerang. Some people were better at this than others… I think we all need some practice!

Mrs Edwards and Miss Edwards, our Aboriginal mentors also came along for the day. Everyone learned a lot and hopefully had a great day out! All students represented Mitchell High School with distinction.
Year 12s
Make sure you have applied for University through UAC and have also applied for scholarships to help with entering and paying for Uni eg: EAS, ES. Applications due 30 September. Please make sure you also know the application needs for Private Colleges and TAFE. Apply for everything so you have options.

Year 12s – Free Careers Advise 18-23 December
You should have received a flyer in your English class titled “Navigate your options”. This is for free Careers Advise for when you receive your HSC and ATAR results. It is there to assist you and your parents. Info included: uni advise, employment opportunities, career pathways and training options. Call 1300300687 or www.cas.det.nsw.edu.au

Apprenticeships and Traineeships:
Please make sure you are actively applying for Apprenticeships and Traineeships for next year. Check your school emails and also visit the Careers Adviser Notice Board outside the Careers Adviser’s Office. There are companies such as MTA, WPC Group etc that are happy to help if you send them a resume.

Job Jump website
Make sure you have logged in to www.jobjump.com and filled in the information to receive personalised career information based on your interests. Parents are also strongly advised to log in. The website is free to all Mitchell High School Community [yes, even the staff can use it]. The password is Lyrebird . The school has paid for use of this website, you do not pay anything, you also get emails until year 13, so use your personal email address, not your school email address. This website is packed with fantastic information for all stages and interests.

Work Experience
Students in Yr 10 and 11 are encouraged to consider completing a week of work experience while at school. This is an excellent way to help decide a career path to pursue on completion of your schooling. If you would like to take up this opportunity come and speak to the careers adviser to get an information pack.

Tax File Number Application
High school is the best time to apply for a Tax File Number. Getting a TFN is very easy and you can apply once you turn 13. Consider getting a TFN now so that you already have one when you start applying for your first job. You also need a TFN for opening a bank account, Centrelink payments and scholarships to name a few. A TFN is for life. Contact ATO on 132861 if you misplaced it.

Mrs. Rumi Badger & Mr Turner
Careers Advisers
Fire and Safety Awareness Excursion

On a cold and windy day, Wednesday, 3/9/2014, twenty-seven (27) Mitchell High Students (from Years 7, 9 and 10) accompanied by two teachers attended a Community Fire and Safety Awareness Day at Blacktown Showground. The event, organised by Syd West Multicultural Services and Fire and Rescue NSW (FRNSW) following an increase in fire related incidents in the Blacktown District, had been postponed from the previous week because of wet weather.

Our students were transported by Community buses to Blacktown Showground where they were given an initial talk about fire safety in the home. They received an information package, had the opportunity to sit in a fire truck, examine the equipment used for fire and rescue and question fire fighters (both male and female) about the use of the equipment.

Much to the disappointment of the students, the proposed fire fighting display was cancelled because of the windy conditions.

The highlight of the day came with the demonstration of the capability of a fire investigation dog, Sheba. One of our students (Wura Olayiwola) volunteered to assist in the demonstration in which a few drops of a very diluted substance (petrol) were put on her shoe. She wound her way through the crowd stopping some distance from her starting point. Sheba was brought out on a lead. When released, she sniffed around following the scent of the petrol until she found Wura, much to the amazement of the crowd. The dog was then rewarded by its trainer and handler, Tim Garret (lots of pats and a tug of war with a toy) who explained the need for such a reward.

After a sausage sizzle cooked and served by other fire fighters and a short play in the park the students returned to school.

The dog-handler, with his volunteer, Wura, explains the petrol-tracking process.

Sheba finds the petrol on Wura’s shoe.
Thank You!
P.R.I.D.E. Card Sponsors for your support

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ROAD SAFETY FACT SHEET
Penalties from 1 July 2014

Double Parked

Stopping includes when the vehicle is not moving but the engine is still running

School Zone
Fine from $311 + 2 demerit points
All other roads
Fine from $242

For more information contact the Blacktown City Council on 9839 6000

RSOFS312.14
ROAD SAFETY FACT SHEET
Penalties from 1 July 2014

This Fact Sheet provides an overview of some of the penalties that apply to illegal parking on all roads in School Zones.

If you stop in a ‘No Stopping’ area
- Fine from $311 + 2 demerit points

You must not stop your vehicle on a length of road or in an area in which a No Stopping sign applies.

No Stopping includes when the vehicle is not moving but the engine is still running.

If you disobey a ‘No Parking’ sign
- Fine from $173 + 2 demerit points

You are allowed to stop your vehicle only to set down or pick up passengers, or goods.

Your vehicle must not stop for more than 2 minutes. The driver must not be more than 3 metres from the vehicle.

If you stop on or near a ‘Pedestrian Crossing’ - Fine from $415 + 2 demerit points

You must not stop or park your vehicle on or near a pedestrian crossing to drop people off or pick them up.

If you are Double Parked – Fine from $311 + 2 demerit points

You must not stop your vehicle or park in the middle of the road to drop people off or pick them up. Always stop or park legally and safely at the edge of the road or in a parking area.

If you stop in a ‘Bus Zone’
- Fine from $311 + 2 demerit points

You must not stop or park your vehicle in a bus zone for any reason.

This includes when the vehicle is not moving but the engine is still running.

A ‘Kiss & Ride’ area is always within a ‘No Parking’ zone. The ‘No Parking’ rules apply to all ‘Kiss & Ride’ areas.
- Fine from $173 + 2 demerit points

You are allowed to stop your vehicle only to set down or pick up passengers, or goods.

Your vehicle must not stop for more than 2 minutes. The driver must not be more than 3 metres from the vehicle.

When you obey the parking rules, it makes it easier to see what pedestrians are doing.

More information over the page

For more information contact the Blacktown City Council on 9839 6000

RSOFS302-14
If you block access to a ramp, path or passageway - Fine from $104

You must not stop or park your vehicle where it stops people using a pram ramp, footpath or passageway. This includes when you are queuing around a corner while waiting to pick up someone from the school.

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If you stop on or across a driveway or block access to a property - Fine from $173 + 2 demerit points

You must not stop or park your vehicle on or across a driveway, or block access to a property.

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If you stop on a footpath or nature strip
- Fine from $173 + 2 demerit points

You must not stop or park your vehicle on a footpath or nature strip in a built up area. This includes stopping with two wheels on the road and two on the path or nature strip.

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If you park too close to the road dividing line or strip - Fine from $242

You must not stop or park your vehicle within 3 metres of the continuous dividing line or dividing strip unless a sign allows you to park there.

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There are many more parking rules that could affect you.
For more information see the RMS website
www.myrta.com

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For more information contact the Blacktown City Council on 9839 6000

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