May 2015 Newsletter

Contact Details

Relieving Principal  Ms E Marinis
Relieving Deputy Principal  Mrs L Pares
Relieving Deputy Principal  Mr C Campbell
P&C President  Mrs C McMillan

Address  Keyworth Drive Blacktown 2148
Telephone  9622 9944 / 9622 8926
Fax  9831 2805
Email  mitchell-h.school@det.nsw.edu.au
Website  www.mitchell-h.schools.nsw.edu.au
SMS Absences  0427 463 129

Dates to Remember

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 13th May

Athletics Carnival
Thursday 7th May

NAPLAN (Year 7 & 9)
Monday 11th May – Thursday 14th May

Year 7 & 8 Half Yearly Exams
Monday 25th May - Wednesday 3rd June

Year 9 & 10 Half Yearly Exams
Monday 27th April - Friday 8th May

Parent Teacher Interview (Year 11 & 12)
Wednesday 20th May

Public Holiday
Monday 8th June

Relieving Principal’s Report

Strategic Management Plan

Mitchell High School’s Strategic Management plan is also on our website and is the document that will provide the basis for our school’s strategic directions for the next three years. I would like to thank all the staff, students and parents involved in the consultation process.

Our three strategic Directions for 2015-2017 are:

Annual School Report

The 2014 Annual School Report has been completed and posted on our school website. We encourage families to have a look at the document that highlights the wonderful things that happened throughout last year. Thank you too all that contributed to putting this document together.

NAPLAN

Students in Years 7 and 9 will be sitting for the NAPLAN tests on Tuesday 12th, Wednesday 13th and Thursday 14th May. A great deal of publicity has surrounded this year’s NAPLAN tests.

NAPLAN, administered to Years 7 and 9, is a valuable tool for the identification of individual students’ strengths and areas for development in the areas of Literacy and Numeracy.
It is, however, only one of many assessment tools used within a school. Data gained through other measures such as assessment tasks, class tests, Half Yearly and Yearly Examinations combine to provide valuable insights into the capabilities and academic progress of all our students and enable staff to target teaching and learning programs across the whole school.

Year 7 - 2016

The first round offers for placement into Year 7 in 2016 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 200 new 2016 year 7 students and their families in the near future.

BYOD Personal Responsibility

I would like to remind all students in years 7-12 to be careful with their laptops/ electronic devices; it is their responsibility to look after their property and that has been issued to them from the school. The NSW DEC is clear in regards to damage to laptops provided by the school: “Where a loss, theft or breakage is the result of negligence, carelessness inattention or apparent disregard for the laptop or malice it is expected that the school will recoup the cost of replacement or repair from the user. Devices brought by the student such as surfaces, tablets and notebooks are the responsibility of the student and the school will not be responsible for their loss or damage.” The advice to all students is to keep their laptops or devices in a protective case.

CSU Study

Thank you to all the teachers and Mrs Maguire involved in the research project “The Climate Schools Combined Study”. The programme, aims to reduce risk taking behaviour and increased mental health wellbeing and resilience in adolescents. The study utilises an evidence based online prevention program that places educational online material within interactive classroom sessions with students 13-16years. The lessons focus’s on educating students about risky behaviours and providing them with coping skills to aid their decision making in situations involving, anxiety, depression, drug and alcohol misuse.

Youth Ambassador 2015 Finalist

On Monday 27th April I had the pleasure of being invited to the Blacktown Youth Ambassador finalist dinner. I was very impressed by the calibre of talented young people present. There were 30 applicants; Jordan Ashby-Brigandi in Year 11 was selected as one of the 5 finalist to represent Blacktown Youth. Jordan had undergone rigorous questioning to reach this level of the selection process. On the evening she had to present a speech on “How technology may be used to foster a strong relationship with youth in the Sister Cities program”. Jordan spoke with enthusiasm and confidence, she also was the only candidate to go the extra step and use technology to enhance her argument. It was wonderful to see that she had engaged with the student’s from our sister schools to embed their messages into the PowerPoint she had constructed.

Congratulations Jordan!

Ken Waddell
Mitchell High School’s first School Captain

Last term I had a lovely visit from Ken Waddell, our very first Mitchell High School Captain in 1969.

I took Ken and his brother for a tour around the school and they were amazed by the changes and the progress of the school.

I listened to them as they reminisced on their fond memories, changes to the school and how grateful they were to receive a good education.

Being inspired by his teachers and the level of education he received at Mitchell High School, Ken became a school teacher himself to inspire his students, and has now moved to the Hospitality Industry.

Bena Marinis
Relieving Principal

Relieving Deputy Principal’s Report

Staff Development Day

On the first day of this term our staff all met as a Collegiate with the Nirimba Learning Community to engage in Professional Development in their own faculty areas. It was a great day of learning and gathering of resources and ideas from other like schools. I visited the TAS and LOTE staff at Wyndham College and the SASS and Support staff at Riverstone HS and was very excited to see so much engagement in the workshops across the food, textiles, ICT
and wood areas, certainly aspects of the current curriculum that is relevant to all staff. The wonderful SASS staff enjoyed a fun day that led to the development of communication and team work skills. This is done on an annual basis and the Deputy Principals and Head Teachers across the schools are already planning for the combined SDD in 2016.

I would particularly like to thank the couple of Head Teachers and the staff from our school who are involved in the planning and organising of these days. They willingly put up their hands and give up their time to ensure quality professional learning is occurring for themselves and their colleagues.

Executive Conference

On the first weekend in May the school Executive Staff participated in a conference with the theme of Leading Performance and Inspiring Others. A great two days was had with a lot of excellent workshops on 21st Century Learners, the new Performance Framework, developing the milestones for the School Strategic Plan, ALARM and Leading Performance through feedback and communication.

Again I would like to thank the guest presenters Ms Starink, Ms Marinis, Ms Witheridge, Mr Connolly and Lisa Gorman from LisaG communications. The two days of workshop presentations is now being used back in the school environment and we will continue to develop these themes across the staff.

Uniform Matters

Thank you all for your patience and understanding with the current uniform issues. As previously expressed it is a new company and we expected a few hiccups. The only remaining items not currently in stock include the fleecy lined jumpers and the tartan skirts. The jumpers were due to leave the factory on May 8th which means they should be in the shop within the next week. I still do not have a date on the tartan skirts but if you really want one now you can come to the front office and check with the ladies for second hand stock availability. I will continue to update the Facebook page as things arrive.

It is therefore the expectation that all students should be in full school uniform with the exception of the jumper if that is your preferred one. The zip up jackets and woollen jumpers are available. If your child does not have the correct uniform items then you must send a note to school with your child and they must give it to the Head Teacher of their Roll Call or the Deputy Principal.

Parent - Teacher Interviews

Year 11 and 12 parent teacher interviews will be held on Wednesday 20th May from 3.30 – 7.30pm. All parents will receive instructions for booking online with your child’s report. If you have any problems or concerns, please contact the school.

Year 9 – 10 interviews are on the 24th June, Year 7 – 8 is the 29th July and the same process will apply in relation to online bookings. This is a great opportunity to get some good feedback – both positive and negative for your child’s growth at school.

School Athletics Carnival

Last Thursday’s athletics carnival was a wonderful day. The attendance of students was fantastic but even more impressive was the participation rate in all years. It was so much fun watching the students have a go at the events and enjoy themselves in the process. Participation rate was also up in the staff events where a number of staff members reached PB’s in the shot put and skipping races – very impressive indeed!!!

Congratulations to Mrs Maguire and her team of helpers who ensured the smooth running of the day. Good luck to all those students selected to attend the Zone Carnival.

Mrs L Pare
Relieving Deputy Principal

Relieving Deputy Principal’s Report

Term 2 is moving along fast and as always time is flying at Mitchell High School. I encourage all students to continue to listen out for opportunities and programs that are promoted on a regular basis and to get involved in as much as you can. I speak with students all the time that are beginning to seek part time work and are trying to write a Resume. One of the things that prospective employers look for is a willingness of the young person to get involved in extra-curricular activities in a school setting. We are so fortunate to have such dedicated staff at our school that are willing to provide a variety of learning experiences for our students.

Pedestrian Safety

I have had a number of calls recently from concerned members of the community that have witnessed our students demonstrating unsafe road safety when travelling to and from school. It is imperative for the safety of all students that they adhere to the road rules and be courteous and respectful to others on our roads. Below I have included some tips and reminders for how all students should be behaving when travelling to and from school.
Always use pedestrian crossings

Never assume that an approaching vehicle can see you, or will stop for you – wait until all vehicles have stopped before you cross.

At intersections, check for turning vehicles before you leave the kerb, and while you are crossing the road.

Avoid crossing between parked cars or at the front or back of buses.

Avoid using a mobile phone or portable media player (so you can hear vehicles and concentrate on crossing the road).

At traffic lights, make sure that vehicles stop before you start to cross, and don’t enter the road if vehicles are moving through the crossing.

A pedestrian includes “a person in or on a wheeled recreational device or wheeled toy”. This includes rollerblades, a skateboard, scooter, unicycle or similar wheeled device.

Foot scooters, skateboards and rollerblades may be ridden on footpaths unless signs specifically prohibit them, however, riders must keep to the left and give way to other pedestrians.

On separated bicycle and pedestrian paths, foot scooter, skateboard and rollerblade riders must use the section designated for bicycles, but must keep out of the path of any bicycle.

Foot scooters, skateboards and rollerblades can only be used on the road during daylight hours.

They cannot be used on roads with a distinguishing line or median strip or a speed limit greater than 50km/h, or a one-way road with more than one marked lane.

Safety Advice

On the footpath, riders of foot scooters, skateboards or rollerblades should not threaten pedestrians, especially the elderly – they may need to slow down or dismount in busy areas.

To improve safety and enjoyment, foot scooters, skateboards and rollerblades are best ridden in recreational areas designated for their use.

Foot scooter, skateboard and rollerblade riders should wear helmets and protective gear such as knee and elbow pads.

The use of foot scooters, skateboards and rollerblades on the road is not recommended for school-aged or younger children.

Cyclists – Safe Riding

Always wear an approved bicycle helmet, properly fitted and fastened.

Always obey the road rules, including traffic lights, stop signs and give way signs.

Ride in a predictable manner so that other road users do not have to react suddenly to your movements.

Give hand signals when changing lanes or turning left or right.

Make yourself visible by wearing bright, light or reflective clothing.

Plan your route using quieter streets, bicycle paths or shared paths.

Always be in control of your bike. It is an offence to ride with both hands off the handlebars, feet off the pedals or to carry anything that prevents you from having control.

As always I encourage all students to come and see me if they have any concerns or issues regarding their schooling. It always impresses me when students demonstrate the maturity to be able to come forward and voice how they are feeling. At the same time I encourage all parents to arrange a meeting with me if there are concerns or information relevant to the school being made aware of. I strongly believe in the importance of effective communication between school and home.

Colin Campbell
Relieving Deputy Principal

Sport Report

Term 2 2015 Sport

Term 2 Sport has commenced and students are enjoying the variety of sports each week. A reminder that there are no I.O.U’s given for paid sport. Students who forget their money will attend a school sport or go to the library.

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 bring this note to the AV Room at Recess. The Parent/Caregiver will be contacted by Mrs Maguire to verify the reasons for the early leavers identified in the note.

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.

Mitchell HS Athletics Carnival

The annual Mitchell High School Athletics carnival was held on Thursday 7th May out at Blacktown International Sports Park. A great day was had by staff and students. It was fantastic to see so many students participating in races. The Blacktown Zone Athletics carnival will be held on Thursday 28th May and Friday 29th May. Students who have been successful in gaining a position to represent Mitchell High school at this event will receive a permission note in roll call. Carnival champion results will feature in the next newsletter.

2015 Sydney West Swimming Carnival

Congratulations to the following students who represented Blacktown Zone at this event. Students put in stellar performances.

Cook, Alysha
Solomons, Ashley
Bloomfield, Ashlee
Bloomfield, Gavin
Bell, Jayden
Shwe, Henry
Peschke, Bevan
Bailey, Daniel
Gen, Ali

Blacktown Zone Cross Country

Congratulations to the following students who represented Mitchell High School at the Blacktown Zone Cross Country Championship on Friday 8th May at Nurranginy reserve Doonside.

Abdelrahman, Ala
Abdelrahman, Muna
Abogodah, Mazin
Akoto-Appiah, Eliatha
Ashby-Bigandi, Jordan
Atfield, Elizabeth
Atfield, Olivia
Bailey, Daniel
Baptist, Dylan
Bayraktar, Mehtap
Berbari, Anthony
Beveridge, Molly
Bhathal, Manjot

Bhuiyan, Sakir
Bloomfield, Ashlee
Bloomfield, Gavin
Brider, Ella
Canoy, Taneisha
Carter, Eden
Cetic, Alex
Cole, Jamie-Lee
Correia, Mariah
Davidson, Aisling
Davidson, Sinead
Degollacion, Cristy
Dellow, Claire
Dennis, Rebecca
Dennie, Dean
Dostovalov, Alexandra
Elbambo, Genaka
Fagan, Camryn
Fairhurst, Vienna

Lee, Harin
Lee-Eyles, Patrick
Li, Cindy
Lide, Christopher
Mahmood, Aashir
McCole-Olah, Peter
McIlwain, Jared
McNeilage, Dean
Nguyen, Calissa
Nguyen, Tahir
Ocleslew, Adin
Oo, Daniel
Pollard, Chloë
Schembri, Olivia
Seymour, Daniel
Sharma, Kris
Smith, Nicholas
Solomons, Ashley
Tran, Celina
Tikialotis, Deven
Zammit, David
Zhao, Ke
Zhao, Yunfei Peng

Knockout Competitions

Congratulations to the Open Boys Touch Football team who played Girraween High School in round 2 of the knockout competition. It was a tough game and unfortunately we were defeated.

Edmunds, Vaughan
Filipe-Otai, Dante
Pue, Kanawa
Talakai, Kanavale
Vosaicke, Solomons
Davis, Lachlan

BZSSA Representatives

Congratulations to the following students who were selected into Blacktown Zone Teams

Open Boys Touch Football
Lide, Christopher
Davis, Lachlan
Talakai, Kanavale

Sydney West Swimming
Cook, Alysha
Solomons, Ashley
Bloomfield, Ashlee
Bloomfield, Gavin
Bell, Jayden
Shwe, Henry
Peschke, Bevan
Bailey, Daniel
Gen, Ali

Lide-Eyles, Patrick
Lide, Christopher
Lee-Eyles, Patrick
Lide, Christopher
Sydney West Representatives

Congratulations to the following students who have represented Mitchell High School at a Sydney West competition.

**CHS Swimming**  
Bloomfield, Gavin

**Secondary Golf**  
Davidson, Aisling  
Davidson, Sinead  
Shong, Brandon

Duke of Edinburgh

Congratulations to the following students who completed a 3 day Duke of Edinburgh hike from Macquarie Park to Cowan in the school holidays. The students had to hike more than 15km a day carrying hiking bags weighing 15kg or more and navigate their way to different campsites. If any student is interested in joining the Duke of Edinburgh program please see Mrs Maguire in the PE staffroom for more information.

Madison Lockley  
Jared Finch  
Matthew Taylor  
Eden Carter  
Tori Robinson  
Jordan Ashby-Brigandi (Silver)  
Caitlin Buckley Rich (Gold)

Mrs Maguire  
Sports Co-ordinator

PDHPE Report

**PE Uniform Policy**

As it comes into winter, we would like to remind everyone of the PE and Sport Uniform Policy for all practical lessons and sport sessions. This year we have seen a change to the Uniform Policy which has resulted in vast improvements in student participation rates. For a reminder the Uniform Policy is as follows:

- All students must be prepared for practical lessons with the Mitchell High School sports top, shorts or tracksuit pants (all available from the uniform shop)
- All students must be prepared for practical lessons with the correct sporting footwear (not converse, football boots or rabens).
- If a student is unable to participate, the teacher requires a written and signed note from the parent/caregiver or a medical certificate for extended periods of nil participation.
- If a student is unable to wear the correct Mitchell High School sports uniform, a written and signed note from the parent/caregiver must be provided with the student wearing appropriate sporting attire for the specific lesson.

We would like to thank you for your support in this beneficial PE Uniform Policy change. If you have any queries please do not hesitate to contact the PDHPE staffroom.

**PDHPE: Dance at Mitchell High School**

The Mitchell High dance ensemble has been selected to represent the school in the Synergy Dance Festival. They have been working hard last term and so far this term on their item and are looking forward to showcasing their talents in June.

The year 9/10 elective dance class and members of the dance ensemble will be participating in a dance workshop on the Friday 22nd May. Students will get to experience two different dance styles from teachers Emma Jarman; “Little Eva” in Opera Australia’s King 7 I 2014, Featured dancer in ABC’s Dance Academy, and Jay Johns currently rehearsing in “Hot Shoe Shuffle”, Top 2 So You Think You Can Dance, and Samantha Jade Australian Tour. All the dancers are looking forward to the experience and extending their dance technique.

Just a reminder to the MHS Community to join our MHS PDHPE Facebook Page to keep up to date with our Faculty and what is happening in regards to PE programs.

Maths Report

**The Math STAR Awards - Term 1**

Term 1 saw the launch of the Math STAR awards for years 7 & 8. This award recognises students with a Tentific Attitude in their Mathematics classes. Each teacher of year 7 and 8 chose two students to receive the award, which was presented to them at a morning tea in week 9 last term.

The following students received the awards in Term 1:

**Year 7**

Niamh Appleby (7A)
The Math STAR awards will run again in Term 2 for years 7, 8, 9 and 10 for students who are displaying a terrific attitude in their Mathematics classroom.

Australian Mathematics Competition 2015

The Australian Mathematics Competition (AMC) is internationally renowned and has been held annually since 1978. There is an emphasis on problem solving, a valuable life skill, and the questions are designed to be fun. The competition aims to be accessible to all students, not just the mathematically gifted. Although it is aimed at the average student, the AMC also identifies gifted students.

Positions in Mathematics classes at Mitchell High School are competitive. As part of enriching gifted students' learning the following classes will be participating in the competition in 2015.

7 A   8M1   9M1   10M1   11M1

The AMC is open to all Mitchell High School to participate and any interested students from another class should ask their teacher for more information.

Australian Problem Solving Mathematical Olympiads (APSMO)

Mathematics Teacher

TAS Report

Year 9/10 Food Technology students had the pleasure of meeting representative from Gibberagong who came to speak to them about ‘Australian Bushfoods’.

They had the opportunity to taste seeds, leaves, jams and smoked kangaroo meat. This was a great opportunity for the students as they were able to enhance their knowledge about the Aboriginal Culture and link it to the Food in Australia unit which is being taught in class.
Science Report
Science Encouragement Award - Term 1 2015

For the first 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 Year 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 Electronic School Newsletter.

The Recipients of the Science Encouragement Award for Term 1 2015 are:

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
<td>Surname</td>
</tr>
<tr>
<td>7A</td>
<td>Bailey</td>
</tr>
<tr>
<td>7S</td>
<td>Fearne</td>
</tr>
<tr>
<td>7Q</td>
<td>Rados</td>
</tr>
<tr>
<td>7G</td>
<td>Guerin</td>
</tr>
<tr>
<td>7E</td>
<td>Smith</td>
</tr>
<tr>
<td>7J</td>
<td>Ferguson</td>
</tr>
<tr>
<td>7C</td>
<td>Skinner</td>
</tr>
</tbody>
</table>

Just to add a little more excitement to this award – Mrs Pares selected one recipient from each year group by placing all of the Term 1 recipients into a hat and drawing a winner to receive a Hoyts Movie Ticket.

The recipients for the Movie Ticket are:

<table>
<thead>
<tr>
<th>Year 10</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
<td>Surname</td>
</tr>
<tr>
<td>10A</td>
<td>Zhou</td>
</tr>
<tr>
<td>10B</td>
<td>Saeed</td>
</tr>
<tr>
<td>10C</td>
<td>Salas</td>
</tr>
<tr>
<td>10D</td>
<td>Dougherty</td>
</tr>
<tr>
<td>10E</td>
<td>Pollard</td>
</tr>
<tr>
<td>10F</td>
<td>Kollie</td>
</tr>
<tr>
<td>10G</td>
<td>Moes</td>
</tr>
<tr>
<td>10H</td>
<td>Sloan</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 9</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
<td>Surname</td>
</tr>
<tr>
<td>9A</td>
<td>Atfield</td>
</tr>
<tr>
<td>9B</td>
<td>Singh</td>
</tr>
<tr>
<td>9C</td>
<td>Rodgers</td>
</tr>
<tr>
<td>9D</td>
<td>Hanna</td>
</tr>
<tr>
<td>9E</td>
<td>Parmar</td>
</tr>
<tr>
<td>9F</td>
<td>Sharma</td>
</tr>
<tr>
<td>9G</td>
<td>Neskes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 8</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
<td>Surname</td>
</tr>
<tr>
<td>8A</td>
<td>Hahn</td>
</tr>
<tr>
<td>8B</td>
<td>Clark</td>
</tr>
<tr>
<td>8C</td>
<td>Pollard</td>
</tr>
<tr>
<td>8D</td>
<td>Dafter</td>
</tr>
<tr>
<td>8E</td>
<td>Patel</td>
</tr>
<tr>
<td>8F</td>
<td>Cetinic</td>
</tr>
<tr>
<td>8G</td>
<td>Kaya</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
<td>Surname</td>
</tr>
<tr>
<td>7A</td>
<td>Bailey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 8</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
<td>Surname</td>
</tr>
<tr>
<td>8F</td>
<td>Cetinic</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 9</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
<td>Surname</td>
</tr>
<tr>
<td>9F</td>
<td>Sharma</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 10</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
<td>Surname</td>
</tr>
<tr>
<td>10E</td>
<td>Pollard</td>
</tr>
</tbody>
</table>

Congratulations to all recipients - from the Science Faculty.
Science Teachers at MHS are now looking for new recipients for Term 2 2015 - so keep on trying and goodluck!
2015 HSC Science Timetable

Thursday 15 October HSC Day 4 Earth and Environmental Science 1.55pm – 5.00pm

Monday 19 October HSC Day 6 Biology 9.25am – 12.30pm

Thursday 22 October HSC Day 9 Senior Science 1.55pm – 5.00pm

Friday 23 October HSC Day 10 Chemistry 9.25am – 12.30pm

Tuesday 27 October HSC Day 12 Physics 9.25am – 12.30pm

Mr Debrincat
Head Teacher Science

Term 2 Vivo Update

Congratulations to Sarah Cupitt of Year 9 on her purchase of the iPod (1000 vivo’s) and Ethan Whipple of Year 12 on his purchase of the stereo system (700 vivo’s). Keep saving your vivo’s as we will purchase some more BIG point prizes in the future.

Congratulations to the top five vivo earners in each year group so far for Term 2:

<table>
<thead>
<tr>
<th>Year Group</th>
<th>Canoy, Taneisha</th>
<th>Cole, Jamie-Lee</th>
<th>Godfrey, Carlee</th>
<th>Chen, Andy</th>
<th>Goddard, Wiley</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7</td>
<td>Canoy, Taneisha</td>
<td>Cole, Jamie-Lee</td>
<td>Godfrey, Carlee</td>
<td>Chen, Andy</td>
<td>Goddard, Wiley</td>
</tr>
<tr>
<td>Year 8</td>
<td>Cole, Jamie-Lee</td>
<td>Godfrey, Carlee</td>
<td>Chen, Andy</td>
<td>Goddard, Wiley</td>
<td></td>
</tr>
</tbody>
</table>

The following table lists the number of Vivo’s each House has received so far this term.

<table>
<thead>
<tr>
<th>House</th>
<th>Year Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mirrabooka</td>
<td>2597</td>
</tr>
<tr>
<td>Brigalow</td>
<td>2568</td>
</tr>
<tr>
<td>Cooramyn</td>
<td>2495</td>
</tr>
<tr>
<td>Kareela</td>
<td>2277</td>
</tr>
</tbody>
</table>

The following students have also recently qualified for a Bronze Award (250 Vivo’s), Well done and continue being R.E.A.L. students.

<table>
<thead>
<tr>
<th>Name</th>
<th>House</th>
<th>Year Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rachelle Avery</td>
<td>Mirrabooka</td>
<td>8</td>
</tr>
<tr>
<td>Marcus Coreia</td>
<td>Mirrabooka</td>
<td>8</td>
</tr>
<tr>
<td>Kayla Crider</td>
<td>Mirrabooka</td>
<td>8</td>
</tr>
<tr>
<td>Jared Fraser</td>
<td>Brigalow</td>
<td>8</td>
</tr>
<tr>
<td>Priya Goundar</td>
<td>Brigalow</td>
<td>8</td>
</tr>
<tr>
<td>Jordan Grover</td>
<td>Brigalow</td>
<td>8</td>
</tr>
<tr>
<td>Zara Gundogdu</td>
<td>Brigalow</td>
<td>8</td>
</tr>
<tr>
<td>Aaron Kalkhoven</td>
<td>Brigalow</td>
<td>8</td>
</tr>
<tr>
<td>Natania Maltese</td>
<td>Cooramyn</td>
<td>8</td>
</tr>
<tr>
<td>Daniel Niskic</td>
<td>Cooramyn</td>
<td>8</td>
</tr>
<tr>
<td>Chloe Pollard</td>
<td>Kareela</td>
<td>8</td>
</tr>
<tr>
<td>Jordan Shillingsworth</td>
<td>Kareela</td>
<td>8</td>
</tr>
<tr>
<td>Vanessa Simone</td>
<td>Kareela</td>
<td>8</td>
</tr>
<tr>
<td>Andrew Noman</td>
<td>Cooramyn</td>
<td>10</td>
</tr>
<tr>
<td>Yogish Shama</td>
<td>Kareela</td>
<td>10</td>
</tr>
<tr>
<td>Gabrielle Pedrigal</td>
<td>Cooramyn</td>
<td>12</td>
</tr>
</tbody>
</table>

PBL News (Positive Behaviour for Learning)

PBL lessons continue in Roll Call each fortnight. The first session for Term 2 was timely with Half-Yearly Exams happening as it addressed the importance of students developing and practising Study Skills.

The Study Skills lesson focused on approaches that can be applied to learning. Study Skills are generally critical to success in school, considered essential for acquiring good grades, and useful for learning throughout one’s life. Students were encouraged to consider how they study and the benefits of trying different strategies to help them prepare for assessment and exam tasks.

The following website can be used to get more information on how best to study.


Other topics to be addressed in Term 2 PBL lessons include:

1. Staying ‘in bounds’ in the playground
2. Manners and engaging with people in a positive way
3. BYOD (Bring Your Own Device) policy

Distribution of Vivo’s by Year Group in Term 2

<table>
<thead>
<tr>
<th>Year Group</th>
<th>Vivo's</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7</td>
<td>12</td>
</tr>
<tr>
<td>Year 8</td>
<td>6</td>
</tr>
<tr>
<td>Year 9</td>
<td>6</td>
</tr>
<tr>
<td>Year 10</td>
<td>10</td>
</tr>
<tr>
<td>Year 11</td>
<td>8</td>
</tr>
<tr>
<td>Year 12</td>
<td>4</td>
</tr>
</tbody>
</table>

Mitchell High School
Respectful, Engaged & Active Learners
Be on the lookout for Vivo raffles and new prizes!

Stay REAL!

The PBL Team

WELFARE NEWS

Student Eyecare Program

Permission notes for the Student Eyecare Program have been handed out to all students. Completed notes need to be placed in the box outside the Head Teacher Welfare’s office. The program involves an optometrist who will be onsite during school hours to provide students with a free comprehensive eye examination that is covered through Medicare Australia. 1 in 6 students have eye conditions that go undetected. This is due to the high level of visual demand on their eyes from books, laptops, tablets and smartphones. Every attendee will receive a full report about their eye health and a prescription will be provided if glasses are required. The prescription can be taken to any optical store to get the glasses made. Don’t let your child miss out on this worthwhile health program! If your child still requires a note, they can get one from Ms Cate.

Student Wellbeing Officer

Rachael Vicary has been appointed as the Student Wellbeing Officer at the school for 2015. She joins the team caring for students and any issues they encounter socially, emotionally and spiritually. Students are welcome to speak to Rachael on Mondays and Fridays in the Learning Centre office. Blue appointment slips are available on the Learning Centre office door to request to see her. Students can also find Rachael in the playground at recess and lunch times where she is always ready for a chat and at the Friday morning breakfast program.

iTrack Program

Ten Year 10 students will be involved in the iTrack Program, beginning on the 14th May. This involves the students participating in an online mentoring program that supports students who are beginning to develop their post-school employment and education plans. It provides students with the unique opportunity to receive one-on-one support from a person in the business community. It has been an extremely successful program in the past with students enjoying the opportunity to share experiences and engage in educational dialogue with a mentor in the corporate sector. The students will also experience two face to face meetings in the city with their mentors, one at the beginning and one at the conclusion of the program. This opportunity is provided through our partnership with The Smith Family.

Year 10 Study Skills

Year 10 students have been provided with an opportunity to participate in the Sydney University Study Skills Day which will be run by members of Compass, a partnership link through The Smith Family. Students have the opportunity to take part in hands on tutorials, presentations and practical sessions and to speak to current university students about their experiences and paths of study. The excursion is an opportunity for students to gain insight into best practice when preparing for English, Mathematics and general study skills.

A follow-up session will be held at school in August for the students that attend the study day at the University of Sydney. This session will consist of small group activities facilitated by University of Sydney, pre-service Bachelor of Education students. Students have been offered notes and can also get one from Ms Cate.

A number of other excursions and Welfare programs will be running in Term 2 and I look forward to being able to share information about these in upcoming newsletters.

Michelle Cate
Relieving HT Welfare

LET’S GET READY TO RUMBLE!!
COMPUTING FACULTY UPDATE

Year 9 and 10 IST classes are working hard on finalising their robot designs and are strategizing how they might get the most points in the upcoming ROBOT WARS. On Wednesday 27 May 2015 all will be decided on who is the better class when it comes to programming a robot. Will it be Miss Bell’s X elective class? Perhaps Mr Connolly’s all boy Y elective class? Surely it would have to be the Z elective class led by the Head Teacher Miss Scheerhoorn. Watch this space for the results.

On Friday 15 May all computing classes in Year 9, 10 and 11 have been invited by the Smith Family to attend a Microsoft “We Speak Code” event. The Smith Family have kindly offered transport and lunch for 95 students so that they have the opportunity to see the latest developments from Microsoft at no cost.

Year 11 and 12 students have completed their Half-Yearly exams and there were some outstanding results. We encourage all our students to revise regularly and to seek help as soon as possible.

Miss M Scheerhoorn
Head Teacher Computing
Take 5 @ MHS

The Take Five Program is a program aimed at working with 12 students from years 7, 8, 9 and 10 on their life skills. The students had the opportunity to participate in a 5 week program for 2 days a week, followed by a 4 day camp to Kangaroo Valley.

The students participated in a number of activities such as creating an Aboriginal Garden, Canoeing, work experience at Café Horizons, drug and alcohol workshops and workshops on anger and self-esteem.

Throughout the program each participant grew and developed and strengths in each student were evident. Students demonstrated positive leadership skills, teamwork skills, self-worth and confidence to achieve their goals. Each student bought something unique to the group and have some fond memories of their time in the program. Especially the wombats which chased us when on the camp! Each student should be proud of their efforts and the commitment they put into the program to achieve such great results.

Stacey Gibbons

Camp Gallipoli

A group of 22 students, teachers and family members left school at lunchtime on Friday 24th April to head into the Moore Park Entertainment Complex for Camp Gallipoli. We set up our camp in the Hall of Industries before taking a look around the site and going into the Hordem Pavilion for the afternoon’s activities. We had more family and teachers join us for the evening after school had finished.

A variety of artists performed, interspersed with interviews and mini documentaries, leading up to dinner in the evening. After dinner (and some ballroom dancing lessons for our students), Jon Stevens led the live performances before everyone settled into their sleeping bags to watch “The Water Diviner” on the big screens.

The bugle sounded at 5am the next morning, although we were all awake by then anyway. We made our way over to the Hordem Pavilion for a very moving Dawn Service to commemorate the 100th Anniversary of the landing at Gallipoli and I am sure the entire experience is one that will live with those who attended for a lifetime.

Thank you to all those students, staff and families who made this such a special event.

Mrs Maree Mahony
Drumming Tutorial
Drums hurt your hands; trust me I would know. On Monday the 18th of March, around 20 people gathered in the Hall of Mitchell High School to take part in an African drumming lesson. Our coaches Yacou and Adrian welcomed us all with open arms.

We began our lesson with a quick warm up of our hands; Yacou showed us the best ways to flex our fingers and wrist to prevent injury further on in the lesson. Everyone then picked out a Djembe and we finally began drumming. Yacou showed us a simple rhythm to begin with, everyone caught on very quickly and soon we were all drumming like professionals (or so we thought).

A while later we had a quick break and all met back up at the hall. Everyone sat down laughing and smiling excited to get back into drumming. Our smiles soon faded when we found out there was another part to learn and it was ten times harder than the first. Although we were all eager to learn, it was quite difficult. One of the students; Princess Pawa was a sensation on the other type of drum called the dun dun.

All in all it was a fantastic experience and for all those who attended it was a day we can never forget.

By Wura Olayiwola
INVITATION AND SUPPORT NEEDED
YEAR 12 FUNDRAISER - BUNNINGS SAUSAGE SIZZLE

Dear Parents/Carer(s)

As part of our fundraising, Year 12 will be running a ‘Bunnings Sausage Sizzle’ to raise money for the Year 12 Formal on Sunday 17th May 2015 and need your support.

Event: Bunnings Sausage Sizzle Fundraiser
When: Sunday 17th May 2015
Where: Bunnings Blacktown (Cnr Great Western Highway & Reservoir Road)
Time: 9.00am – 4.00pm

We hope to see you all there!
Concession Cards
Are you 16 Years of age or over?
If so, you need to collect your Concession Card

Students who are 16 years of age or over are now eligible to collect their 2015 Concession Cards from the Administration Office. These cards can only be collected before roll call, recess or lunch time.

Students who misplace their Concession Cards during the year, will need to re-apply for a new one at the cost of $28.00 at Pitt Street Sydney.

Please contact the Administration Office, during the times listed above if you have any queries.

Thank you.

Ms Halls
School Administration Officer

Relieving Principal: Ms E Marinis
Relieving Deputy Principal: Mrs L Pares
Relieving Deputy Principal: Mr C Campbell
Address: Keyworth Drive Blacktown 2148
Telephone: 9622 9944 / 9622 8926
Fax: 9831 2805
Email Address: mitchell-h.school@det.nsw.edu
Website: www.mitchell-h.schools.nsw.edu.au