August 2015 Newsletter

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Relieving Principal’s Report

Choosing the right subjects for the HSC

The process of choosing the subjects for Year 11 in 2016 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 through, 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.

Trial HSC Examinations and Term Three Attendance for Year 12

I would like to wish all of Year 12 the best in their Trial HSC examinations. I am sure all of you have been preparing for these most important exams. It is the school’s expectation that all Year 12 students attend school regularly and punctually, attend all classes and complete all work up to and including Thursday 17th September. The period leading up to the HSC examinations is vital in maximising marks in these examinations. Please remember that the HSC examination marks constitute 50% of the overall HSC results and 50% of ATAR scores. These examination results also are used to scale the school assessment marks. Therefore students may dramatically increase their final results through sustained and focused revision and practice.

Families of Year 12 students have received in the mail a letter outlining important dates and information together with a School Reference Application, they will need to complete this application and submit it to Mrs Best by Friday 15th September. Only those students who submit an application for a reference will receive one.
Success in the HSC doesn’t occur through last minute preparation, it requires sustained commitment and hard work at school, in examinations, at home and in all aspects of assessment. The time has come for the class of 2015 to reap the rewards of their effort, there is less than 6 weeks of school to go and so much to be completed.

So how does your child gain success? It isn’t something that is purchased, it doesn’t just happen, success can be determined by family, friends and the peer group, however, success can only be accurately determined by each individual in year 12. It is based on personal goals and expectations which may be realistic or in some cases unrealistic.

I have outlined some tips for success in the HSC below some are specific to those students currently underachieving at Mitchell HS.

- Complete all outstanding work, get organised
- Develop a life timetable - determine when you have blocks of time (2 hours) that can be committed to school work and revision. Ensure that you still have time to relax and do your favourite activities. You should be averaging at least 2 hours of study per day (Monday – Friday) and 3 hours per day on weekends.
- Have a space for study that is free from distractions – 2 hours of interruption free study is equal to 3 hours with distractions.
- Set goals for revision and what you want to achieve in the HSC and then break down your goals into workable and achievable minor goals.
- Study those areas that are difficult or that you are struggling with first.
- Use butchers paper posters, mind maps etc around your bedroom.
- Practice past papers, submit draft answers with your teachers, and create scaffolds for HSC answers.
- Know the key terms and how to specifically answer the key verb in each question to ensure you can achieve maximum marks.
- Get feedback from your teachers. The staff at Mitchell are experienced and willing to assist you if you are prepared to do the work.
- You will appreciate your success more if you have made a commitment to your studies.

Success requires your child to be diligent and be focused on personal goals. It is important for your child to work consistently and work smart rather than just doing the work. They should think about how to apply the information, use the on-line HSC websites and the BOSTES websites to assist their revision. Sacrifices may need to be made, casual work hours may need to be reduced. Short term financial losses may lead to long term prosperity with the right HSC mark. If your child makes the effort ensure they celebrate their success. Good luck and ensure your child has no regrets!

Building

The Learning Hub is almost finished. We are at lock up stage. This will be a valuable learning space. With three separate areas and the capability to open two of the spaces up to allow for a space that can be utilised for meetings, conferencing and group presentations. We expect that the space will be in operation at the beginning of term 4.

Elena Marinis
Relieving Principal

Relieving Deputy Principal’s Report

Over the weekend I went to the World Cup Netball at Homebush and was lucky to see 3 games on that day. Whilst I witnessed some amazing skills and talent in some of the teams, the thing that most impressed me were the teams who were not so strong and not so skilled. What I witnessed in these teams was their dedication to their sport and to their teams. At no time did any of the girls look like they wanted to give up or concede defeat. It made me think of some of the students at our school and how we all face many obstacles in our life and we need to continue to work through them until the very end. The result is not always what we desire but at the end of the day we see growth and improvement and the building of resiliency. All students need to focus on the end result or goal and continue to push through, work hard and be proud of their own efforts. The school has so many support systems in place to help and guide the students and wonderful staff who are happy to go the extra mile for each and every one of our students.

I spoke to Year 12 recently about the need for them to become independent and responsible for their own behaviours and actions. They will soon leave the hallowed halls of Mitchell High School where they are supported on every level to achieve to their best. They now need to ensure that they complete all the necessary paperwork, applications for a reference or for university or TAFE as it will no longer be something that is reinforced here at school and the consequences may not be so favourable for some students who do not do this.

The Trial HSC does not signify the end of their courses. Many teachers have units of work to complete, study briefs and
of course practice questions ready to continue on with to ensure our students are ready to meet the challenges of the HSC exams. Please support your students and the school to keep them on task and focussed right till the end.

As a school we have focussed on reducing the number of N-Awards across years 9 – 12. The number is still far too large and there are consequences for the students. The most significant one, particularly for years 11 and 12 is the fact that you receive a 0 and it will affect their overall position in the course and thus their total HSC school based assessment mark and possibly their ATAR. Students in Years 11 and 12 are also expected to attend the Library on a Tuesday afternoon when they have an N-Award as the privilege of going home early on a Tuesday is revoked. This is not a choice for students and they must attend to complete any outstanding work.

Years 9 and 10 who have N-Awards may also be removed from sport for the week to allow them to catch up the work. Again they need to understand that it is also a 0 for the task on their assessment schedule and will affect their overall grade for that year.

Students are responsible for collecting all assessment tasks and if away then checking with the teachers if they missed any work or assessments. All students in years 7 – 12 have an assessment schedule and this should be used to ensure success in the school year.

Uniform

As a school we have always been very proud of the way our students look and respect their uniforms. We currently have a number of students who are not showing respect to themselves, their families or the school by wearing the uniform incorrectly or items that are not considered school uniform. All students are expected to follow the school rules about uniform and those choosing not to will have a consequence enforced. Please make sure your child leaves home with only school uniform items on, including correct jumpers and hats, shorts unrolled, no hoodies underneath and the correct pants or shorts purchased from the school uniform shop.

We appreciate that it is cold in the mornings and as such students may wear a long sleeved white shirt underneath the school uniform if they choose to. No hoodies of any description are allowed and any scarves worn must be navy, black or white. We thank you in advance for your continued support of the uniform rules and regulations.

Self-select classes 2016

Each year we get a very large number of applicants for the one class that we run in Self-select. It is important for all students and parents to note that it is not an automatic guarantee that your child will be replaced into self-select just because they were already in it. Students must ensure that they fill out the application form themselves and that they meet all of the criteria, including an added one for 2016. Self-select applications for Year 7 2016 will be handed out at the information evening from 5pm – 6pm in the school hall on Tuesday 18th August whilst years 8, 9 & 10 (2016) will be handed out Wednesday 19th August. All forms are due back to the front office by the Tuesday 1st September. Students can be put on notice if they fail to meet any of the criteria throughout the school year and parents will be contacted where necessary.

School involvement

There are lots of opportunities for students to be involved in things across the school, including academic, sporting, cultural and recreational. Students who participate in extra-curricular activities will have these shown on their school reports each semester and certainly look good to prospective employers. It is also of great benefit to students to develop skills in a range of areas to help them to become more adaptable and certainly employable.

Year 10 Subject Selections 2016

Student forms were due last week and we have begun the process of interviewing students to ensure they meet all of the BoSTES and ATAR requirements. Parents and students are reminded that not all subjects may run due to the number of students selecting each subject. This information should be available early term 4 and anyone who has a subject cancelled will be re-interviewed to make another choice to ensure it still meets requirements.

Heritage Day

This year we are celebrating Heritage Day on the 21st August and planning is well under way. A letter has gone home with your child last week outlining the details of the day. This year families are invited to join with us in celebrating during the lunch time period providing you have completed the necessary paperwork.

Mrs L Pares
Relieving Deputy Principal (8, 10 & 12)

Relieving Deputy Principal’s Report

Appropriate Behaviour on Playground

I would like to remind all students the importance of engaging in appropriate sporting activities during recess and lunch on the playground. In recent times we have had a number of sporting games taking place on the oval which is excellent however; those students that are playing touch football should not be tackling at any stage. I am personally a huge advocate for being active and it is great to see students want to engage in physical activity at break times however it must be in a safe manner. I raise this
point as in recent times there have been several situations where a staff member on playground duty has had to intervene and stop a game due to inappropriate conduct which generally has involved tackle football. It is imperative that all students follow this basic rule so that we can avoid any injuries occurring on the oval during break times. If students are a participant in a game and a tackle is made I encourage all students to report this to the teacher on playground and to remove themselves from the game. We don’t want to see a situation where a serious injury occurs due to a football tackle.

It is Also a timely reminder to adhere to the playground rules and ensure that students stay inbounds at all times for their safety. The school oval is an active playing area only. If students are going to sit and socialise with their friends during break times, the oval is not the place to do so.

Reporting Incidents

I would like to remind all students the importance of reporting incidents that include any type of bullying or harassment by another student. We pride ourselves at MHS in dealing with issues of this nature in a prompt and effective manner. It is imperative that every student comes to school each day feeling safe and prepared to learn without the feeling of being targeted by other students. We have a variety of support structures in place at our school to deal with these issues. I have provided a list below which give students a variety of support networks that they can utilise to get assistance;

- Any staff member will assist in managing issues of bullying and harassment.
- Classroom teacher
- Teachers on Playground supervision
- Head Teacher on Playground duty
- Head Teachers
- Year Advisor
- Assistant Year Advisor
- Head Teacher Welfare
- Deputy Principal’s

I encourage all students to report issues immediately to one of the many support staff that we have in place at our school. Students must understand how destructive it can be to let things build up and just hope things get better.

I encourage all students to continue to work hard and get involved in many of the wonderful programs/initiatives that we offer at our great school. It is imperative to listen on school assemblies and the daily notices so that students find out about upcoming opportunities.

Mr C Campbell
Relieving Deputy Principal (7, 9 & 11)

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Labscene Report

Science Encouragement Award Term 2 2015

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 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 2 2015 are:

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<tr>
<th>Year 7</th>
<th>Student</th>
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<td>7A</td>
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<td>McIlwain</td>
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<td>8B</td>
<td>Farhat</td>
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<td>Abdelrahman</td>
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<td>8F</td>
<td>Martinovic</td>
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<td>8G</td>
<td>Cole</td>
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Just to add a little more excitement to this award Mr Campbell 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:

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<td>Class</td>
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<th>Year 10</th>
<th>Student</th>
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<tr>
<td>Class</td>
<td>Sumame</td>
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<td>10C</td>
<td>Molla</td>
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Congratulations to all recipients - from the Science Faculty.

Science Teachers at MHS are now looking for new recipients for Term 3 2015 so keep on trying and goodluck!

**ANSTO**

On Friday 24/7/2015, Year 11 and Year 12 Chemistry and Physics classes went on an excursion to ANSTO – Australian Nuclear Science and Technology Organisation. **Australia’s Nuclear Reactor** ANSTO is a public research organisation responsible for delivering specialised advice, scientific services and products for both industry and medical use. (ANSTO does not produce electricity – like what Chernobyl did in 1986).

The rationale for going on this excursion was to provide the students with the opportunity to witness the work done at ANSTO – emphasising the importance of the work done and the role of the Scientist in society. Nuclear Chemistry is a component taught in the HSC - in both Physics and Chemistry.

While we were there, the nuclear scientists were working on a new invention that we may see in the near future. They were looking at the surface of human skin and how they can produce an anti-venom spray that would be sprayed on a snake bite wound site; to obviously save someone’s life. In other words – you will no longer need to go to hospital to receive the anti-venom, have to immobilise and pressure bandage the limb. The victim could also be at risk if the hospital is too far away to travel to and if the hospital runs out of anti-venom – what a disaster. Instead, you can carry a little spray bottle containing the anti-venom with you when you go out on a bushwalk, you could also carry it in the car etc – how cool is that!

**kNOw waste**

On the 12/6/15, all of Year 9 Science attended a free incursion, facilitated by Blacktown City Council. The incursion was held in the School Hall and went for 2 periods. The incursion was called **kNOw waste**

The aim of the kNOw waste Education Program is designed to improve students’ knowledge in relation to waste issues, develop environmental values and encourage positive long-term environmental behaviours.

Students at MHS are encouraged by the Deputies and the school principal during assembly to keep their school clean.
grounds clean by placing their rubbish in the bins. Earlier this year, the students were provided with a PBL power-point presentation/lesson during Roll Call to emphasise good rubbish disposal practices. Some Science classes also participated in ‘Clean Up Australia Day’. In Yr 9 Science, students study the impacts of improper rubbish disposal on the environment and also look at the differences between Recycling and Reusing waste materials.

Students at MHS should continue to care and encourage others to do the right thing for their school, their community and their environment especially when it comes to rubbish disposal. Don’t forget to keep Australia beautiful 😊

Mr Debrincat
Head Teacher Science

Mitchell HS Streamwatch and Environmental Group– Term 3

The Mitchell HS Streamwatch and Environmental Group have enjoyed the good weather that we have encountered this term on Tuesday afternoons. We have continued to build our list of bird species in the area. Of particular interest has been a Spoonbill, which we think is a young Royal Spoonbill (see Figure 1) as it hasn’t got the yellow and pink colouring that you would expect in mature birds. The colouring may also not be obvious as it is not the breeding season. This particular bird does not have a visible “nuchal crest” (feathers from the back of its head, up to 20 cm long), which these birds have during breeding season. They are monogamous birds and we have not spotted its pair.

Figure 1 Royal Spoonbill; image from www.australianbushbirds.info/infp/platelia_regia.html

The group has also been active in retrieving shopping trolleys from the creek at Captain Cook Memorial Park, Blacktown (see Figures 2 and 3). All of the trolleys were from Coles and the students contacted them to let them know that they could come and collect them. A job well done.

Figure 2 Jordan Grover and Skylan Tabone, Captain Cook Memorial Park.

Dr Munro-Smith
Streamwatch Coordinator

Figure 3 Skylan Tabone and Jordan Grover, Captain Cook Memorial Park, Blacktown.

Figure 4 Bradley Hill testing water quality, Mitchell Reserve, Blacktown.
**Science week is coming!**

**SCIENCE WEEK**

**Week 6: 17th – 20th August**

If you want to be involved in any of these activities during lunchtime, make sure you sign up at the Science staffroom.

**MONDAY 17TH**

Room 12

Candies under pressure

Come and see what happens when we mix science and candy.

**TUESDAY 18TH**

Room 13

No Ice cream

Come along for some tasty Science.

**WEDNESDAY 19TH**

Room 13

Can rustle

Come and see some rusting Science.

**THURSDAY 20TH**

Grass Area

Farm Yard Animals

Come and meet the animals.

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**Sport Report**

**Term 3 2015 Sport**

Term 3 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 need to attend a school sport or go to detention.

**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/carer/giver contactable phone number on it. Students bring this note to the AV ROOM at Recess. The Parent/Carer/giver 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.

**Knockout Competitions**

Under 15 Girls netball team will be versing Arthur Phillip High school on Thursday 13th August.

**Sydney West Athletics**

Congratulations to Deyana Trikaliotis, 16yr old Sydney West Athletics champion. Congratulations to the following students who represented Blacktown Zone at the Sydney West Athletics Championships.

- Jasmin Bucher
- Olivia Schembri
- Mariah Coreia
- Aisling Davidson
- Celina Tran
- Bismark Anokye
- Jordan Ashby-Brigandi
- Deyana Trikaliotis
- Anthony Bebardi
- Cryste Degollacion
- Danny Makhoul
- Kaitlyn Hulley

**Sydney West Representatives**

Congratulations to the following students who have represented Sydney West at a CHS/All schools competition.

**All Schools Cross Country**

- Eden Carter
- Deyana Trikaliotis

**CHS Athletics**

- Deyana Trikaliotis

**CHS Gymnastics**

- Teigan Azzopardi

**Year 7/8 Blacktown Zone Gala Day- Monday 7th September 2015**

Year 7 and 8 have been provided the opportunity to attend a gala day for netball and soccer on Monday 7th September 2015. Students have been issued permission notes. Notes are due Monday 31st August 2015.

**Duke of Edinburgh Award**

Congratulations to Matthew Taylor (year 11), Jordan Ashby-Brigandi (year 11) and Jared Finch (year 10) who have all achieved their Silver Award. Students will be presented with their awards at an upcoming assembly.

**Mrs Maguire**

Sport Co-ordinator

**PDHPE**

This term has seen the implementation of a Dance Assessment task to all Year 7, 8, 9 and 10 students. Students in each grade have been given a different stimulus to include within their 2 minute dance presentation and we are excited to see the final results due in Week 5. Year 7 are required to create a dance in relation to a chosen sport and so far the creations are extremely imaginative. Year 8 has been asked to create a dance in relation to Cheerleading (no dangerous stunts allowed) and Year 9...
has been asked to create a dance in relation to a movie. Progress has demonstrated we will be seeing a lot of Footloose and Grease moves in action and finally Year 10 have been asked to create a dance routine in relation to Michael Jackson and we are already hearing a lot of Thriller and Billy Jean.

We encourage everyone to keep up the fantastic work and are looking forward to assessing the final products.

A reminder to all that uniform is an important aspect of all PE, PASS and SLR lessons. Students are required to bring and get changed into the following:

- MHS sports polo shirt (white with navy blue side panels)
- MHS sports shorts or MHS tracksuit pants
- Appropriate sporting footwear (Converse, Vans etc are not supportive footwear for sport)
- MHS jumper or jacket for the cooler winter days

All of the above are available at the school uniform shop open Tuesdays from 8am – 12pm and Thursdays 12pm – 4pm. If for some reason students are not able to bring the required PE uniform, they MUST bring a signed note from home explaining the circumstance to excuse them from equitable consequences.

We hope any Senior PE or SLR students are not afraid of heights! This semester they will be attending Treetops Adventure Park High Ropes Course in relation to physical activity and outdoor recreation opportunities available in our community. Such students will also be completing the Apply First Aid (Senior First Aid) Course which is a valuable certification for all. This will allow students to gain information in regards to assessing first aid or emergency situations and is valuable knowledge to have when applying for jobs.

Year 7 have received their Water Activities Excursion permission note for December. This is a 3 day excursion in which students will learn vital safety information in relation to water activities, as well as participating in swimming groups and a variety of fun water activities. We urge all Year 7 students to return their permission note as soon as possible, and fill in the note correctly according to their swimming ability.

Mark Friday 21st August on your calendar!

Mitchell High School is holding their Bi-Annual Heritage Day. It is a celebratory day held to highlight the cultural diversity within the Mitchell High School community. The day will consist of a variety of performances by specialised cultural groups, as well as our own talented students. Following performances there will be a cultural feast available with roughly 20 foods and drink stalls to tease the eye. To help celebrate with Mitchell High School on the day, each family is allowed to bring two extra family members. As the day is a celebration, there will also be rides available. Students are encouraged to pre-purchase tickets for an unlimited wrist band for $25.

And lastly, keep watching this space for exciting news to come very soon! We will be introducing an exciting new space to the school community.

Mrs Spadina
Head Teacher PDHPE

Maths Report

World of mathematics incursion 1st September

Students from year 7 are to be invited to attend an exciting incursion at school on the 1st of September. Students are provided with fun, colourful, hands-on problem solving activities. To take advantage of this opportunity and, attend the incursion students need to hand in their permission note with a payment of $6.60 to the front office by 24th August.

Australian Mathematics Competition

Congratulations to the 109 students from years 7-10 who participated in the Australian Mathematics Competition on Thursday 30th July. 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 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.

Mathematics tutoring

Free tutoring for year 12 students in General Mathematics will resume in room 55 on Wednesday afternoons from 3:15 to 4:15 in week 6, after the Trials. Thursday tutoring for years 7-12 is continuing in room 54 from 3:15 to 4:15. 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

Olympiads Dates

Olympiad 4: 19th August
Olympiad 5: 9th September
MathsOnline Website

MathsOnline website is available to years 10 stage 5.3, 11 and 12 this year. All students are encouraged to use this program for revision and to consolidate their class work.

Mathletics Website

This website is available for years 7 to 10. Students need to use their individual username and password to access the online homework set by their maths teachers.

Maths STAR

This year Mathematics Department has introduced Maths Star Reward Program to recognise and reward students in years 7 to 10. Students are selected from each class who have demonstrated REAL Mitchell High School values in maths classes. These students were invited to a special morning tea towards the end of the term where they are presented with a Maths Star Certificate.

Year 10: Ke Zhao, Jun Wu, Emily Comish, Yang-Hsio Chen, Reign Dagothoy, Winfred Ou, Lateesha Molchanov, Chauntellie Notley, Lisa Nogueiro, Mikayla Hawthorne, Melba Fatseas, Analiese Lisle, Katie Hamilton, Marwa Safa, Laura Robertson, Manisha Krishna

Year 9: Sarah Cupitt, Leon Karagic, Amy Hardie, Logan Paske, Emma Warncken, Josephine Lado, Mazin Abogodah, Jacob Duting, Kristy Sharma, Crystal Ferguson, Lee Harin, Deon Carro, Kasey Yarrington

Year 8: Yee Mon Khin, Alyssa Pollard, Jessie Ng, Wuraola Olayiwola, Eliatha Akoto-Appiah, Laura Kettle, Akshkumar Patel, Kevin Hoang, Dersim Kaya, Jordan Kastrounis, Daniel Casajo, Maddison Hamilton, Jade Rea, Aaron Pollard

Year 7: Samuel Constantine, Mikayla Warncken, Daniel Rivers, Shandyl Vema, Annie Wang, Benjamin Galliani, Paris Darbin, Ethan Melinz, Sarvpreet Singh, Rebekah Cruz, Sakir Bhuiyan, Nikita Tiwari, Matthew Ferguson, Rhiannon Avery

Congratulations to all the Maths Stars for Terms 1 and 2 for their great effort. Term 3 Maths Star morning tea will be held in weeks 8 and 9.

Problem Solving

1. How many different coloured towers (5 blocks high) is it possible to make using six blocks of different colours?

2. Two roads intersect at right angles. Two drivers Bill and Dev leave the intersection at the same time. Bill drives down one road at an average speed of 60km/h while Dev drives down the other road at an average speed of 80km/h.

Find how far each person has driven in half an hour and how far apart are they at that time.

(Check your answers with Mr Ranjit and receive 2 vivos).

Mrs Burness-Cowan
Head Teacher Mathematics

PBL News (Positive Behaviour for Learning)

Congratulations to the following Semester One Vivo winners:

Year 7 - Brooke Cupitt 258 points
Year 8 - Jamie-Lee Cole 273 points
Year 9 - Arooba Mohiuddin 252 points
Year 10 - Jared Finch 194 points
Year 11 - Rebekah Moore 159 points
Year 12 - Ethan Whipple 252 points

PBL sessions in Term 3 have focused on the BYOD (Bring Your Own Device policy) and Emergency Procedures.

During the BYOD and Technology Policy lesson, students reviewed the process of approval for the use of a laptop at school and the Mobile Phone Policy. Roll classes discussed the acceptable and unacceptable uses of mobile phones and the consequences of not following school policy.

Emergency Procedures was the focus of the next PBL lesson. The school has two emergency procedures – Evacuation and Lockdown. These procedures are taken very seriously and require students to follow teacher instructions for their safety and that of others. The school uses a bell ringtone system to help inform the teacher and students of the type of emergency procedure in place. During the PBL lesson, students engaged in activities to remind them of the expectations during emergency procedures.

Stay REAL!
The PBL Team
WELFARE NEWS

Microsoft – We Speak Code Deep Dive Program

The Smith Family and Microsoft Australia partnered to deliver an extension of the May coding event to help students learn more about coding and how it can enhance ICT skills. The day offered a unique experience for some Year 11 and Year 10 students to focus on building relevant career skills such as creating an app, building websites and creating graphics. This event coincided with the launch of Microsoft 10, of which our students were among the first in the world to use before it was made available in 190 countries. The students enjoyed an amazing day working with the Microsoft team in our school library. Media coverage included Channel 7 News, The Australian and The Sydney Morning Herald newspapers.

Indigenous Art Workshop Success

Congratulations to Alajah Wright, Year 12 and Crystal Ferguson, Year 9 who participated in an Indigenous Art Workshop hosted by AIME at Blacktown Arts Centre. The girls went on a walking tour of Blacktown, taking photographs in order to capture the beauty within the urban surroundings. The program culminated in the girls' work being exhibited at the art centre. Members of the community purchased some of the works showing how impressed they were with Alajah and Crystal's talent. We look forward to displaying examples of the girls' compositions at school.

Student Eyecare Program

The Student Eyecare Program with optometrist Christina Dinh, was completed earlier in Term 3. Almost 40% of students were tested and all received an individual report. Some students that were tested were provided with a prescription report for glasses while for others it was recommended that they have their current prescription updated. For those parents/carers who may not be able to afford glasses, you can obtain them through Vision Australia as part of the NSW Spectacles Program. There are vendors in Blacktown that support this program. For more information please visit: www.visionaustralia.org/eye-healthy/nsw-spectacles-program or contact Ms Cate at school.

YourTutor – Online Tutoring Program

Stuck during study? YourTutor is a free online homework help site provided through our partnership with The University of Sydney. It is a live, one-to-one, anonymous online help program. The online tutors are teachers or university experts, thoroughly trained and monitored. Student information is confidential and protected. No appointments or travel are necessary. Tutors are available from 3.00 – 10.00pm, Sunday to Friday to help students get unstuck. Students can log in through: a-star.tv/yourtutor

Find out more at - sydney.edu.au/compass/programs/parents/yourtutor

The Smith Family – Learning for Life Scholarships

Due to our school's partnership with The Smith Family, we have been offered some Learning for Life Scholarships. These scholarships help to provide financial support for a student's educational expenses such as excursions, stationery and uniforms. A parent must have either a pension or health card in order to put in an application for their child. If interested, please contact Ms Cate for details.

Michelle Cate
Relieving HT Welfare

Excursion to ABC Television Studio - Ultimo

On Wednesday 22nd July students participating in the Curriculum Access Program 2015 (CAP), travelled into Ultimo for a backstage tour of the ABC news and television studio. Students are studying news and current affairs, and this excursion allowed them to see firsthand how the news is produced and presented to an audience.

The students learnt many fascinating “secrets” of the business, and were taken into the news studio where the 7:00 News and 7:30 Report are filmed. It was amazing to learn that all 6 cameras in the studio (which are worth about $600,000 each), are controlled remotely and not by ‘cameramen’.

Students were also shown the radio station and watched James Valentine do his show. One student said: “the radio station was my favourite because I always listen to the radio and it was fun to find out how it all works, and how they delay words in case someone on the line decides to swear, so it can be cut out with a button”. Students also enjoyed seeing the larger television studio, with all the lights and sets. The make-up room was also a big hit!

Students also had the opportunity to visit the Powerhouse Museum, which was the first time most students had ever visited a museum. The definite favourite was the ‘Space’ section, with lots of fun being had on the anti-gravity simulator.
ABCN Future Influence-Her Summit

Eight Year 11 and 12 female students from Mitchell HS attended the ABCN Future Influence-Her Summit. There were approximately 60 girls in total from a number of different schools. It was held at the Museum of Contemporary Art in the city. The seminar started with some activities run by Dr Denise Meyerson, Managing Director of Management Consultancy International (MCI). Some of the activities helped the students to identify their strengths. Some students found this challenging, but with help from fellow students, they realised some of their strengths. Other aspects such as branding were looked into as well.

For the second part of the seminar, there were some 28 women mentors attending, including CEOs, Senior Partners and Directors from different companies such as MCI, Ernst & Young, Navitas, TATA Consultancy Services, Department of Defence, Microsoft, Genworth and Norton Rose Fulbright Lawyers. These women willingly shared their knowledge and experience with our students. They truly were inspirational women. Topics such as interview skills and presentation were discussed. The seminar included a lunch where attendees had some time to get to know each other better.

Our students enjoyed meeting students from other schools and they found the day fun and inspiring. As Shakilah Khan of Year 12 commented, “it was a great experience and we learnt a lot from very inspiring women. It made you realise that you can achieve your dreams”.

Figure 1 Mitchell HS attendees at the ABCN Future Influence-Her Summit; L to R: Dr Munro-Smith, Aye Chan Khin, Zerene Catacutan, Shakilah Khan, Kaitlyn Leverton, Erin Horder, Renee Booth, Isabella Griffiths, Abbey Barnes.
UBS Young Women’s Leadership Academy

One of our Year 11 students, Abbey Barnes, who applied for the UBS Young Women’s Leadership Academy, was lucky enough to be accepted this year. Students had to submit their CV’s and put forward a written application. Places were limited and only a certain number of girls were successful in their applications.

This is what Abbey had to say of her experience:

“From the 13th to the 17th of April this year, I was privileged enough to of been accepted into the UBS Young Women’s Leadership Academy run by the Women’s College of The University of Sydney. Along with 49 other girls from NSW, VIC and ACT, I stayed on campus with a student of the Women’s College.

The aim of the program was to inspire young women by offering a range of different workshops, networking experiences and overall opportunities surrounding leadership. In addition, we were also visited by a number of successful women from a range of different professions and were lucky enough to leave campus and attend UBS functions, visit art galleries and even partake in a self-defence class.

Overall, this week is one that I will not forget. I made many new friends and have gained extensive knowledge and experience that I will always cherish.”

Congratulations Abbey, we wish you every success in your future.

Dr Munro-Smith
Supervisor of Girls

English: Shellshock Theatre Excursion

On Monday 3rd August, fifty one Mitchell High School Students from years 9 and 10 visited Riverside Theatre in Parramatta to see the World War 1 play ‘Shellshock’. The play, commemorating one hundred years since Gallipoli, explores the experience of the Lindsays; whose ancestor returned from Turkey with a small tortoise named Herman. Over one hundred years old, Herman lives on as a symbol of hope for the characters who explore their connection with the past, and with each other.

Our students enjoyed the production greatly and represented the school admirably. The theatre has commended our students on their behaviour and enthusiasm and was happy to hear about what they had explored in their English and History classes this year.
After the performance, they participated in ‘The Letters Project’. In Term 2, our school was invited to explore the lives and letters of two nurses and three soldiers who served for Australia in World War 1. They were asked to write their own letters in response to what they had learned. More than fifteen of our students had their letters selected to be read as a part of ‘The Letters Project’ performance at Riverside. The actors enjoyed talking with our students about the lives of these extraordinary people. Tatiana Nguyen (Yr10) took on the task of getting onstage and reading a letter from a Turkish soldier, she gave an emotive and thoughtful performance.

Our next theatre adventure: Students from Years 8 and 9 will attend ‘Romeo and Juliet’ at the Opera House, Friday 14th August.

Ms Bell

Australian Geography Competition

In March three students from years 9 and 10 participated in the 21st annual Australian Geography Competition. Over 75,000 students from 770 schools across Australia entered this competition to test their geographical knowledge.

Congratulations to Mazin Abogodah, Harsimran Saini and Rikki Libunao for participating. Well done to Harsimran for obtaining a Credit in her age category!

Blue Mountains Excursion

On June 26th, 50 year 7 students, 3 Geography teachers (Mr Connolly, Mr Danishyar and Miss Edwards) and 1 SSLO officer embarked on a full day excursion to the Blue Mountains. The excursion consisted of a bus ride which required the active participation of students in regards to noting down the differing elevation levels along the 1 hour journey. Once arrived at the destination students had morning tea to boost their energy levels for the hike ahead. Students then went down the scenic railway, which was an exhilarating yet horrifying ride. Succeeding this activity the students then hiked across various walking paths of the Blue Mountains until lunch time. Lunch was consumed at the main Café of the site. Following lunch students had the joy of riding along the cable cars in the mountains which providing a panoramic view of the beautiful landscape. All in all it was an adventurous and enjoyable day for both staff and students.

Mrs Witheridge
Relieving Head Teacher Social Science

Woolworths Eam & Learn

The Woolworths Eam & Learn promotion is happening again at Mitchell High, this program gives schools the chance to earn new educational resources. There are Books, Electronics, Stationary, Lego, Puzzles and more. Please support the school by collecting stickers and dropping them into the collection box. You will find the collection box in the Front Office or alternatively there is a box in store at Prospect Woolworths. Visit woolworths.com.au/eamandlearn for more information.

We have registered in this year’s “Support your School 2015 - Fundraising with Karl” program offered by The Good Guys, Prospect, as part of their Local Businesses Partnering for our Local Community initiative. The program gives our school the opportunity to earn Reward Vouchers through purchases made by members of the school community (such as students, parents, extended family and friends, teachers and support staff).

**HOW DOES IT WORK?** Every time a member of the school community makes a purchase of $35 or more at The Good Guys Prospect, they will earn rewards for our school. Each $35 spent will earn a $1 Reward Voucher.

**All you need to do is mention that you would like Mitchell High School to receive the reward points for your purchase at the time of payment for your goods.** Please note that only schools/groups registered for this program are eligible for the reward benefits. At the end of each month the school will receive the reward vouchers earned and are then able to use these for future purchases to benefit the School. Participation in this program is at no cost to you or the school.

A HUGE THANKYOU to the following people for mentioning “Mitchell High School” when making a purchase from “The Good Guys” at Prospect already this year: P Crampton, E Piscopo, S Debrincat, P Punch, D Leverton, S Simone, F
Armstrong, S Keayes, J Manda, V Hutchinson, P Mahony, M Collette, M Smallwood, J Dostovalou, E Utterson, J Booth

If you have any queries or any staff member has a request for resources, please do not hesitate to contact the Coordinator of this programme, Karen Klein, School Administrative Officer (Science).

‘TELL THEM FROM ME’ SURVEYS

In Term 1, Mitchell High School participated in the Tell Them From Me student surveys which collected information about students’ learning experiences at Mitchell HS. This term, we will be joining many other public schools across the state in undertaking the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents’ and carers’ perspectives on their child’s experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school’s support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey typically takes 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 17 August and 16 October. Participating in the survey is entirely voluntary, however, your responses are very much appreciated.

More information about the survey is available at: http://surveys.cese.nsw.gov.au/information-for-parents. The Mitchell HS survey link can be found on the flyer attached to this Newsletter or via the Mitchell HS website or Facebook page after August 17th.

Mrs Starink
Teacher and Learning
You’re invited to participate in the Tell Them From Me (TTFM) Partners in Learning survey designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose.

Why should I participate?
Parents and carers are an important and valued part of the school community. Schools can use survey feedback to make practical improvements and inform school planning.

What does it involve?
This online survey takes about 15 minutes to complete. It is anonymous and voluntary. If you have more than one child at this school, and feel that your children’s experiences differ, you can complete the survey more than once.

How can I participate?
You can access the survey in your own time, between 17 August and 16 October 2015. Follow the link below on your computer or tablet (this can be accessed directly from the school website and Facebook page from August 17th):

https://nsw.tellthemfromme.com/j_acregi_security_check?j_username=parent17_1378&j_password=Mit8403

More information on the Partners in Learning survey can be found on the NSW Department of Educations’ TTFM website: http://surveys.cese.nsw.gov.au/
Science Week @MHS 2015

Attention all Students!!!

The Science Faculty @ MHS will be

Celebrating Science Week during Week 6
(Monday 17th – Thursday 20th August 2015)

The Science Faculty will be providing Science related lessons that will be fun, interactive, hands-on and interesting everyday in Week 6 (except on Friday) during lunch 1 and 2.

List of Activities:

- **Monday 17/8 in Room 12** – Practical Activity: Using candles to create a vacuum that can suck up water.
- **Tuesday 18/8 in Room 13** – Practical Activity: Making Ice-cream using Liquid Nitrogen.
- **Wednesday 19/8 in Room 13** – Practical Activity: Crushing an Al can using heat & water.
- **Thursday 20/8 on the ‘Yr7 Grass Area’** – Interactive Activity: A selection of farm animals will be on display for you to pat, nurse, feed and take a photo with.

If you are interested you will need to write your name on an “Expression of Interest” form – located outside the Science Staffroom. These forms will be available in Week 5.

**Places will be limited – DON’T miss out!!!**
PLEASE NOTE THE 722 BUS TIMETABLE HAS CHANGED. SEE BELOW TIMETABLE FOR
CHANGES. STUDENTS CAN ALSO PICK UP A COPY FROM THE FRONT OFFICE.

Mitchell High School
Timetable effective from Monday 27 July 2015
Amended 17/07/2015

MORNING

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<td>722</td>
<td>8:14 AM</td>
<td>Blacktown</td>
<td>Departs Blacktown Station via Patrick St (L)Bungarribee Rd (R)Lock St (L)Tress St (R)Pendan Ave.</td>
</tr>
<tr>
<td>-</td>
<td>722</td>
<td>8:18 AM</td>
<td>Prospect</td>
<td>Departs Lancelot &amp; Merlin via Lancelot St (R)Ernth St (R)Etham St (L)Dinton St (R)Myrtle St (L)Rydal St (R)Ollier Cr (R)Ashby St (R)Flushcombe Rd (R)Fullam Rd to Lock St. SETS DOWN AT THE CORNER OF Lock St &amp; Fullam Rd</td>
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<tr>
<td>2</td>
<td>-</td>
<td>8:18 AM</td>
<td>Blacktown</td>
<td>Departs Blacktown Station (Rank 7) via Patrick St (L)Bungarribee Rd (R)Lock St (L)Tress St (R)Pendan Ave.</td>
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AFTERNOON

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<tr>
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<td>3:14 PM</td>
<td>Blacktown</td>
<td>Departs School via Pendant Ave (R)Keyworth Dr (R)Lock St (L)Bungarribee Rd (R)Patrick St to Blacktown Station.</td>
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<tr>
<td>-</td>
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<td>3:17 PM</td>
<td>Prospect</td>
<td>Departs Lock St &amp; Fullam Rd via Fullam Rd (L)Flushcombe Rd (L)Lancelot St (R)Ernth St (R)Etham St (L)Dinton St (R)Myrtle St (L)Rydal St (R)Ollier Cr (R)Ashby St (R)Flushcombe Rd to Lancelot St.</td>
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<td>-</td>
<td>3:30 PM</td>
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<td>Departs School via Pendant Ave (L)Tress St (R)Lock St (L)Bungarribee Rd (R)Patrick St to Blacktown Station.</td>
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Mitchell High School presents

Heritage Day 2015

Unlimited Rides for $25

Cup and Saucer
Dodgem Cars
Jumping Castle
Swinging Cars

Special Guests: Beatty Clan and Peter Morgan

Friday 21st August

Food Stalls from all around the world

Cultural Performances
Thank You!
P.R.I.D.E. Card Sponsors for your support

Delivering excellence through innovative and unique learning opportunities for student success

On behalf of Mitchell High School students and staff we would like to thank the following businesses for their support towards our P.R.I.D.E. Card (Personal Responsibility In Daily Effort) incentive programme in 2015/2016.

BCF (Mega Centre Blacktown)       10% discount off RRP
Bing Lee (Mega Centre Blacktown)  10% discount off RRP (exclusions apply)
Cake it Away (Blacktown)          10% discount off RRP
Gloria Jean's (Westpoint Blacktown) 10% discount off individual purchases
Hairhouse Warehouse               12% off retail products (exclusions apply)
KFC (Mega Centre Blacktown)       10% discount off individual purchases
JB Hi Fi (Westpoint Blacktown)    10% discount off RRP (exclusions apply)
Just Cuts (Westpoint Blacktown)   Style cut $20.00
McDonalds (Mega Centre Blacktown) 20% discount off individual purchases
Mitchell High School Healthy Canteen 10% discount off individual purchases
Rebel Sport                      10% discount off RRP
Robbos Spare Parts (Mega Centre Blacktown) 10% discount off RRP
The School Locker (MHS Uniform Shop) 15% discount off RRP
We accept...

Layby & Finance
Layby: Minimum 10% deposit, balance payable within 8 weeks. Finance options available - see in store for details.

Returns & Refunds
Please see our full policy online at our website: www.theschoollocker.com.au/returns-policy

Custom Orders
The School Locker offers custom made garments that may incur an additional, one-off cost for pattern making. Please talk to a staff member to discuss.

Mitchell High School
uniform booklet.

CAMPUS STORE OPENING HOURS
Open during school term:
Tuesday: 8.00am - 12.00pm
Thursday: 12.00pm - 4.00pm

Shop online at www.theschoollocker.com.au or call 07 3440 5701.

Compulsory Items

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<td>Shorts</td>
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<td>Senior shirt S/S white</td>
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<td>Tartan skirt</td>
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<td>Navy girls shorts</td>
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<tr>
<td>Navy girls pants</td>
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Unisex Sports Uniform

| Sports polo white/navy panels     | $33.00  | Grades 7-10, 11-12 S/S only. |
| Sport shorts                      | $25.00  |                            |
| Cap                                | $12.00  |                            |

Winter Uniform

| Blazer                            | $86.00  | Grades 11-12, Optional     |
| Boys pants                        | $42.00  |                            |
| Microfibre jacket                 | $50.00  |                            |
| Microfibre pants                  | $39.00  |                            |
| Sweats/sweat/Glumpy Joe           | $25.00  |                            |
| Wooden jumper                     | $64.00  |                            |
| Microfibre tights navy            | $8.50   |                            |
| Microfibre tights black           | $8.50   |                            |

Hospitality Uniform

| Polo                               | $29.50  |                            |
| Chef's hat                        | $12.50  |                            |
| Apron - black                     | $10.00  |                            |

TAS (Technical and Applied Studies) Uniform

| Apron - navy                      | $10.00  |                            |

Prices effective June 2015. Prices are subject to change without notice.