Principal’s Message

Our premier awards assembly brought joy to the lives of many students, families and staff last week. It is our premier awards program because it reflects students that have embraced our school values of stepping forward to set themselves positive challenges, plan how they will achieve their personal goals and actually go ahead and achieve success. Students in all years have stepped forward to meet the requirements for a bronze, silver, gold and diamond award. Clearly it was all worth it if the joy and pride evident on parent and student faces at the presentation ceremony and morning tea was anything to go by. Achieving these awards is exactly what we use to confirm that a student has successfully achieved our desired exit outcomes of being a “Skilled Learner”, a “Skilled Citizen” and a person “Skilled for Life”. Congratulations Maree Akrm, Sarah Atkinson, Jemae Attieh-Andary, Lauren Bissett, Elise Caldew, Calla Callaghan, Teagan Charles, Mackenzie Chegwidden, Georgia Conner, William Daley, Annelle Faust, Daniel Ferlazzo, Taylani Ireland, Laura Jenkinanov, Lachie Jones, Max, Keelie, Zuriah Krautz, Lauren Lamotta, Brandyn Lucock, Meshal Mahmood, Sabrine Malas, Erin McDonagh, Hope Sestanovic, Kayla Squires, Tamara Stokes, Maddison Stone, Brayden Taylor, Robert Townsend, Lara Van Den Dolder, Victoria Wang, Isabella Wells, Kate Oliva Gaskell, Katherine Hensler, Cameron Hyde, Bradley Jarvis, Ojala, Morgan Jenkin, Megan Tang, Tori Angus, Hannah Banks, Catrina Barbuto, Simone Bosma, Maddison Boyling, Olivia Cooper, Olivia Gaskell, Katherine Hensler, Cameron Hyde, Bradley Jarvis, Shannon Jenkin, Claudia Kabic, George Viskman, Iman, Sarah Ragheb, Josh Reihana, Neha Salah, Sarah Wilson, Brianna Shahn, Maya Stempien, Laura Croan, Nick Lipscombe, Justin Brown, James Chalmers, Mark Cook, Austin Cootes, Gabrielle Cortez, Bridget Gilissen, Elizabeth Goikova, Martin Li, Jodi Morris, Jacqueline Nguyen, Deeyara Pillay, Nathan Tang and James Tooogood.

Remembrance Day was a very moving and bonding event at 11am on 11th November, 2014. Our theme “1914—A hundred years on” allowed everyone to remember and honour the many people that gave their lives and/or had their lives altered forever, so that Australians could feel safe and secure in the Australian way of life that we all value so dearly. Ms De Mello organised this very important event and she was assisted by many including Andrew Stewart, Keeley Hickey (Speech), Katrina Fahd, Jodi Morris, Daniel Owens, Shanie Woods (Audio/Sound), Jack Carroll, Ethan Macky, Loreena Wells (Last Post- Trumpets), Isabella Miletich, Catrina Barbuto (Flags), Mr Milic and Mr Bradney. Also Ms De Mello was very impressed by the outstanding behavior of all our students.

Maya Stempien has been a great singer and performer at many school events. Her skills and style have been recognized by others and recently she sang the National Anthem at several Premier’s Dinners, one celebrating the Diwali Festival and another as a representative of the Polish community performing in a Multicultural Choir. She is a great performer, great person and great ambassador for Menai High School.

Deputy Principal’s Message

It is an extremely busy time of the year as the assessment and reporting period is well under way. Year 7 2015 Orientation Day and Premier’s Day organization has commenced. Congratulations to Year 12 on the completion of the HSC exams and I am sure that the students nervously await their results. We look forward to the great results ahead. Year 11 have commenced the HSC course and should be focused on establishing good study habits, reviewing their Personalized Learning Plans (PLP) and attending seminars each Thursday to assist with consolidating their understanding of the knowledge and skills covered so far. Years 9 and 10 will embark upon their final exams in the hall which commence weeks 6 and 7 for Year 9 and weeks 7 and 8 for Year 10. Year 7 and 8 commenced final examinations which are held in class time. Students should be revising regularly at home and engaging in daily home study.

The E-Diary is an important communication tool for parents, students and staff and therefore should be used by students each day for their organization and to check homework and assessment work coming up.

Project based learning (PBL) continues to be a centerpiece to teaching pedagogy. It was a pleasure to share and celebrate student learning and student achievement at the week 5 whole school assembly when the Year 9 PBL finalists were announced and had their work showcased. It was inspiring to see the quality and skill that each of the winning teams demonstrated in their final digital pieces of Sustainability which not only informed and educated the audience but also entertained them as well.

Congratulations to Ms Graham, Ms O Donnell and Ms Liley for leading the three winning teams and to all of the teachers leading Year 9 teams. I had the pleasure of attending the Toyota and Sutherland Council for this award and look forward to receiving the director’s Get Together Principal’s Award ceremony last Wednesday, where we were awarded a $ 5000 community grant to continue the ESL Parent Café. I thank Toyota and the Sutherland Council for this award and look forward to continuing this important initiative to support the integration of families who are new to Australia and to Menai High School.

Deputy Principal’s Message

Finally, I congratulate Mrs. Mc Nally on re-ceiving the director’s Get Together Principal’s award and this is reflected in her distinguished leadership and the great school that is Menai High School. I leave you with a quote that captures the leadership that Mrs. Mc Nally has demonstrated:

“If I have seen further it is by standing on the shoulders of Giants”
Wellbeing News

A great week of student good news.

Miss Rozga and Mrs Liley would like to commend Year 9 Food Technology on their outstanding effort when completing the “Let’s Celebrate” assessment task. The professional Christmas dishes that were prepared were brilliant.

Mrs Kendrick would like to congratulate Emily Davenport, Olivia Holmewood, Claudia Kabic, Caitlin Sherwin and Sarah Wilson on their outstanding practical and folio work in Textiles technology.

Year 8 Gender Day

A great day was had by all Year 8 students on Wednesday. The boys headed out of school while the girls remained at school. Programs were run on the day based on issues and themes particular the genders. A big thank you to all the Year 11 leaders—Scarlett Wynn, Keeley Hickey, Sarah Barker, Samantha Turpin, Samantha Bermingham, Jordan Dunn, Deeyara Pillay, Sarah Stathis, Brittany Janssen, Lila Fouttsadakis, Caitlin Angus, Brooke Jerrett, Sara Belani, Emily Wilmore, Rebecca Johnston, Andrew Stewart, Bryce Daniels, Jon Ryan, Jordan Bowles, Ben Murrarotto, Adrian Bogdonovski, Jackson Downer, Andrew Agius, James Mihaere, Michael Lecerf, Joseph Wong, Zac Rowlands, Josh Murrarotto, Austin Cootes, Jayden Collins and Jacob Mataeo who attended the days, you made it fun for all the students and have provided for the Year 8 a mentor within the school.

Eye Appointments

Eye appointments started this week. Thanks to all students you have arrived on time for their examination. If students are away on the day of the test they will be rescheduled.

Final Round of Vaccinations

Round of vaccination for Year 7 students and year 9 boys will be held on Monday 8th December. On that day students will receive catch up vaccinations for Year 7, and year 9 boys will receive their last dose of the HPV vaccinations.

For year 9 boys, this is the last opportunity to have the HPV vaccinations. Any missed doses will need to be followed up through their GP.

For Year 7 students, catch up’s will be made in 2015.

More information will follow closer to the date.

Ms Y Mazoudier, Head Teacher Welfare

Menai High School Robotics Program

The teachers at Menai High encapsulate what it is to be world class teacher and it was wonderful to hear the great results from the Robotics program which the Year 8 students participated in last week. The students had their design judged achieving third place out of 14 schools in total. A fantastic achievement and I thank Ms Hanna, Mr. Bean, Ms Loh and Ms Sarafik for their great efforts in coordinating and fundraising for this exciting program. Congratulations to Samuel Heskett (Captain), Luke Phillips (Vice-captain), Richard Chen, Lachlan Fairall, James Giffen, Mitchell Irvine, Christine Li, Alexander MacRitchie, Eden McSheffrey, Daniel Miletich, Rochelle Phan, Tilly Riley, Xavier Rolton and Bernadette Wong.

We would also like to take this opportunity to thank our kind and very generous sponsors without whom our students could not have had this incredible opportunity. Firstly, we extend our thanks to our platinum sponsors; Shane and Leanne of Wysiwyg 3D for their wonderful support. We would also like to thank our Gold sponsors, Club Central Menai who have also given generously to our team this year.

E Sayed-Rich/A Hanna

Wellbeing and Wisdom

Anxiety

Anxiety is more than just feeling stressed or worried. Anxious feelings are a normal reaction to a situation where a person feels under pressure – for example, meeting work deadlines, sitting exams or speaking in front of a group of people. However, for some people these feelings happen for no apparent reason or continue after the stressful event has passed. For a person experiencing anxiety, anxious feelings cannot be brought under control easily. It can be a serious condition that makes it hard for a person to cope with daily life.

Anxiety is the most common mental health condition in Australia. On average, one in four people will experience it at some stage in their life. However, parents of children with anxiety can find themselves feeling worried and confused. The Beyond Blue website provides some great information, which can help you to better understand anxiety. Use the following link to access the anxiety fact sheet - http://www.beyondblue.org.au/the-facts/anxiety.

R Hatzi and the Wellbeing Wisdom Team

Ag News

Last Saturday, Katy Arsmson-Graham, Marika Belsan, Madison Blackburn, Hope Sestanovic, Chloe Traynor and Isabella Wells represented Menai High School, showcasing our animals and agricultural program to the public at the Sans Souci Public School Biennial School Fair. Our students are to be congratulated on the impeccable way they represented the school. Many comments were made by visitors commending our students on their behaviour and professionalism. Well done to each and every one of these students.

Menai High School Performing Arts Night

Again, to celebrate Performing Arts at MHS for 2014 we are having our End of Year Dance/ Music Showcase, displaying the many talents of our students.

Date: Thursday 4th December
Time: 7pm
Venue: School Hall
Ticket Prices: Adult - $10, Child/Pensioner - $5 and Family of four - $25

Note: Tickets can be purchased at the front office and will also be sold at the door from 6pm on the night of the performance.

Senior Seminar Program Schedule – 20th November, 2014

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<th>Business Services, Design &amp; Technology, Economics, English (Standard), ESL, Industrial Technology (Timber/Auto), Information Technology, Maths (2 Unit)</th>
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<tr>
<td>Period 4</td>
<td>Chemistry, Economics</td>
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