Principal’s Message

Everything we do at Menai High School is directed towards developing every student’s capacity to graduate with a passport to the future by virtue of being a:

SKILLED LEARNER
SKILLED CITIZEN and a person
SKILLED FOR LIFE

That we pursue the citizenship and life skills targets with energy, drive and enthusiasm is made clear by our history of school leaders engaging the school in a variety of social justice issues. Senior students leading the planning and delivery of our White Ribbon initiative last week was nothing short of stunning, spectacular and 100% engaging for everyone in the school as well as the broader community that couldn’t help being confronted by the massive sign on the front fence.

When they requested permission to put a sign out the front I never imagined anything quite so amazing. I couldn’t help but gasp and laugh with the delight of it all.

The Leader has taken our story and commitment throughout the Sutherland Shire and if, like me, you don’t get the Leader I am publishing your story and commitment throughout the Sutherland Shire and if, like me, you don’t get the Leader I am publishing your story and commitment throughout the Sutherland Shire and if, like me, you don’t get the Leader I am publishing your story and commitment throughout the Sutherland Shire.

Mr Meagher and Ms Hatzi have recognized the student team that has driven this very worthy and powerful initiative for good in our community. Thank you Nicholas Iles, Greta Cassady, Isabella Rolfe, Alex Caterson, Jordan Dunn, Sarah Stathis, Samantha Bermingham, Lauren Thomas, Jackson Downer, Scarlett Wynn, Andrew Stewart, Keeley Hickey, Samantha Tunpin, Claire Wilkins, Tahnee Hallworth, Caitlin Angus, Jordan Bowles, Austin Cootes, Sean Solomon, Zak Rowlands, Sara Belani, Stephanie Austin, Nour Kassir, Jacob Mataio, Jessica Braden, Bridget Gielissens, Caitlin Brown, Monica Monir, James Chalmers, Deeyara Pillay and Lia Foutsadakis.

Deputy Principal’s Message

At Menai High School, we aim for all students to be skilled for life. An important aspect of being skilled for life is resilience. Clinical psychologist, Andrew Fuller works with many schools and communities in Australia and internationally, specializing in the wellbeing of young people and their families. He is a Fellow of the Department of Psychiatry and the Department of Learning and Educational Development at the University of Melbourne. Andrew has been a principal consultant to the national drug prevention strategy REDI, the ABC on children’s television shows, is an Ambassador for Mind Matters and is a member of the National Coalition Against Bullying. I encourage parents to access his website for useful information and strategies to deal with bullying of any kind in their learning and wellbeing. Learning is a complex process and engaging in learning both at school and home requires many approaches in order to achieve successful outcomes. His website is: http://andyfuller.com.au

Professional development is a vital element of teacher success and our DELL partners have offered an opportunity for teachers across the shire to engage in professional learning and in an event called the “MHS E Learning Summit”. Thirty five teachers from across the shire participated on Monday the 17th November, 2014 in learning about teaching with technologies and ICT programs such as Google docs, social media, digital portfolios and other ICT teaching & learning strategies. Thanks to Ms Blaylock ICT Coordinator for her organization of this successful day. Similarly, the Welfare team held a planning day to ensure that the 2015 welfare programs are reviewed and in 2015 the continuation of the Mind Matters program is implemented to support mental Health and Wellbeing for all students across the school.

At the P&C meeting on the 9th February, 2015 from 7pm Head Space Community Engagement Team at Miranda will be presenting a session for all parents about supporting your child throughout assessment and examination periods. This event will be held in the school library and I encourage all parents to attend this important presentation.

Finally, I would like to welcome all of our new families to the Orientation Day held at Menai High on the 3rd December, 2014 and look forward to meeting you throughout Orientation Day.

E Sayed-Rich
Welfare News!

Ms De Mello would like to congratulate Rachael Ho and Katherine Hensler in Year 9 for being writers for the Year 12 Business Studies Assessment task.

Well done from Miss Blaylock to Catrina Barbuto, Amy Cover, Katherine Hensler, Claudia Kubic, Shania Kalan, Sarah Wilson, Emily Chen, Thomas Gao, Maggie Moran and Vitoria Camporeale from Year 9 for outstanding History examination results.

Ms Scevity and Ms Mazoudier would like to say well done to Year 12 Ancient History students for completing their first HSC assessment task for the subject.

Mr Constance would like to congratulate the following students for their outstanding work in Science this year. They are Mia Enright-Bullock, Mitchell Brandt, Matthew Chandler and Andrew Rourke from 7M. Taylani Ireland, Isabella Wells, Tyler Johnson and Jemae Attieh Andary from 7H and Jordan Momircevski, Stephanie Acevski and Monique Ormsby from 8M.

Well done to Tamara Stokes, Georgia Conner and Riahn Griffith in Year 7 from Mrs Frages for excellent “Party Business” assignments.

NSW Health Survey Year 11
The survey will be taking place next Friday during Period 2 and will only take 1 hour at the most. The information is used to determine health services and priority areas for NSW health. Please encourage your child to hand in their notes and participate in the survey. Notes can be given to their roll call teachers.

Ms Y Mazoudier, Head Teacher Welfare

SENSORY MOVIE DAY
Maya the Bee

Sensory Movie Day is an inclusive, monthly event for families with special needs or sensory processing disorders.

Children are free to roam around the cinema, flap or stim, talk and generally be themselves. This is a non-judgmental session and there is no need for families to feel uncomfortable.

Lighting stays on dim (not dark) and sound is lowered. Fire exit doors are monitored by volunteers for those escape artists.

This month, there will also be free balloon sculpting and temporary tattoos on offer in the foyer from 12:30pm.

For more details visit https://www.facebook.com/SensoryMovieDayCronulla

Next screening:
Maya the Bee (the movie)
1pm Sunday 7th December
Entertainment from 12:30pm
Cronulla Cinemas

All Tickets: $5 each (You will need a membership card to purchase tickets at the cinema, but these are available in the foyer on the day). Children 2 years and under are free. Companion ID cards accepted.

Any questions contact Jo at sensorymovie-day.cronulla@hotmail.com

Wellbeing and Wisdom
Guide to Technology Tools

The holidays are traditionally the time for the big gifts that kids have been begging for all year. However, this can sometimes pose a challenge for parents trying to meet their child’s best interest. Here’s what to watch out for when choosing technology toys for your kids:

Find out more:

R Hatzi and the Wellbeing Wisdom Team

Seeking Hosts/Careers for our High School International Students

Homestay Opportunity – Register as a homestay and enjoy the fantastic experience of hosting an international student.

There is a growing interest among both the teaching staff and non-teaching staff in NSW government schools to register with one of our Homestay Providers to host international students and become a homestay carer.

Teachers may previously have been unaware that this opportunity was available to Departmental employees. We endorse and encourage any and all interested in this opportunity to visit any one of three Homestay Providers.

Let others in your local school community also know about this fantastic opportunity. Homestay hosts often report in testimonials on the many benefits of being a host family. These include positive cultural exchange experiences for all family members and friends as well as establishing caring and ongoing friendships with students from all over the world.

So if you would like to be part of the program and the caring families who really enjoy hosting students in their local communities, register now and place this advertisement in your school newsletter and staff bulletin.

- ENJOY SHARING the ‘Australian lifestyle’ with visiting students.
- EXPERIENCE THE REWARDS of close cultural relationships.
- MAKE NEW FRIENDS from around the globe that can last a lifetime.
- If you would like to host an international student attending our school, then please contact one of the registered Homestay Providers listed below or visit their websites for details on how to apply today!

All Homestay Providers offer 24 hour friendly service and support to students and their registered host families.

AUFFZIE FAMILIES Homestay Care
www.auffziefamilies.com/info@auffziefamilies.com/(02) 9301 0900

OZ HOMESTAY
www.ozhomestay.com.au/info@ozhomestay.com.au/(02) 8765 9063

STAY DOWN UNDER

Senior Seminar Program Schedule – 4th December, 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 1/12</td>
<td>Year 10 Work Experience—2 weeks; Year 9 Camp (3 days)</td>
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<tr>
<td>Tuesday 2/12</td>
<td>Year 7 to Jamberoo</td>
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<tr>
<td>Wednesday 3/12</td>
<td>Orientation Day for Year 7; 2015 students</td>
</tr>
<tr>
<td>Thursday 4/12</td>
<td>CAPA Showcase 7:00</td>
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<tr>
<td>Tuesday 16/12</td>
<td>Presentation Night 7:30pm</td>
</tr>
<tr>
<td>Wednesday 17/12</td>
<td>LAST DAY FOR STUDENTS</td>
</tr>
<tr>
<td>Thursday 18/12</td>
<td>Staff Development Day</td>
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<tr>
<td>Friday 19/12</td>
<td>Staff Development Day</td>
</tr>
<tr>
<td>Tuesday 27/1/2015</td>
<td>Staff Development Day</td>
</tr>
<tr>
<td>Wednesday 28/1</td>
<td>Years 7-11.8-12 Return (Week A)</td>
</tr>
<tr>
<td>Thursday 29/1</td>
<td>Years 8, 9 &amp; 10 Return</td>
</tr>
</tbody>
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Period 2 Business Services, Design & Technology, English (Standard), ESL, Industrial Technology (Timber/Auto), Information Technology, Legal Studies, Maths (2 Unit)

Period 4 Chemistry, Legal Studies
Menai Primary School presents:
Carols under the stars

Sunday, 7th December 2014
(Hall Drive, Menai)

5.30pm Sausage sizzle, gelato,
jumping castle & obstacle
course, raffles, & more

7.30pm Carols supported by
Urban Life Band
(including performances
by Menai Primary School)

Join our school community in
celebrating Christmas.
Bring your picnic and blanket for
a fun night ‘Under the Stars’.

Gold coin entry fee
* Alcohol free event

Proudly sponsored by:

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WE WOULD APPRECIATE
Your Help!

Volunteers are needed to assist us on Christmas Eve to help prepare the venue for our guests on Christmas Day.

On Christmas eve
24TH DECEMBER FROM 9AM
AT SUTHERLAND ENTERTAINMENT CENTRE
ETON STREET, SUTHERLAND

Donations are always welcome
Donations of the following items are always appreciated and needed:

• NEW GIFTS FOR MALE AND
FEMALE OF ALL AGES
• TINNED FOODS SUCH AS ASPARAGUS,
PINEAPPLE, BEETROOT, BISCUITS,
CAKES AND OTHER CHRISTMAS FARE
• CASH DONATIONS
(100% TAX DEDUCTIBLE OVER $2)

Contact us on 9545 0408 or go to www.johnfranklincristmaslunch.com.au
for more information, to find out how you can volunteer your time on
Christmas day or Christmas eve, or where you can donate items.

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THE JOHN FRANKLIN
Christmas Lunch

We would like you to join us for traditional Christmas fare and great company at the John Franklin Christmas Lunch

On Christmas Day
25TH DECEMBER - 11:30AM - 2:30PM
AT SUTHERLAND ENTERTAINMENT CENTRE
ETON STREET, SUTHERLAND
COST: FREE

The venue is located a short, easy flat walk from Sutherland Railway Station and has wheelchair access.

Do you have someone who would appreciate hearing about this day? Tell them about it, or tell us and we will send a personal invitation to them.

for more information contact 9545 0408
Email JFL2011@yahoo.com.au
www.johnfranklincristmaslunch.com.au
Parent & Carer Information Evening

headspace Miranda in consultation with local DEC and CEO offices

Topic: A conversation around youth suicide

The session aims to provide:

- Factual information about youth mental health
- Factual information about youth suicide
- A space for parents to ask questions and voice concerns
- Information and skills for caring and supporting young people
- Awareness of headspace services and school wellbeing aims
- Collaboration with families, mental health services and schools to support young people in our area

**When**
Wednesday 11th March, 2015 OR
Wednesday 25th March, 2015
6:30pm - 8:30pm

**Where**
headspace Miranda
Suite 5/522 Kingsway, Miranda, NSW

**Contact**
To RSVP for this event please contact
headspace Miranda 95751500

**Other information:**
Additional sessions may be organized based on interest and demand. Please contact headspace soon if you would like to attend, as spaces are limited.

Tea & coffee will be provided.