Deputy Principal’s Message

Welcome back to a new school term. The ANZAC day ceremony held on Friday the 2nd May, 2014 was a moving commemoration of the meaning of ANZAC Day, and the sacrifices made by the Australian soldiers who fought during world war one and subsequent conflicts and the impact this had on their families and communities. We will remember them. Thanks to Mrs Lynne Kerr, Head Teacher HSIE, and the student leaders who organised and ran the assembly.

As we move into the cooler weather, students are expected to wear correct school uniform including the school jumper. The uniform shop is open on Tuesday morning 8am-12pm and Friday afternoon 12.30-4.30pm if you require additional garments for your child this winter.

Many students have achieved great results in a range of activities. The

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Published Weekly

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Week 2A

Principal’s Message

A fantastic group of Year 10 student volunteers attended Loftus TAFE to be trained as Peer Tutors last week. I very much appreciate the efforts of Nicole Besz, Cameron Burgess, Chelsea Burgess, Sarah Clark, Laura Croan, Sophia Ergos, Elizabeth Faust, Natasha Gladwin, Claire-Anne Glover, Reece Holmewood, Jayde Ibels, Maddison Jones, Maya Kilic, Mikaela Luckman, Vicki Milekovic, Jake Pinnock, Gabriella Quatrarponi, Millie Richards, Caitlin Tullis, Lily Van Steinburg, Blake Van Winden and Prudence Wilkins-Wheat.

Peer Tutoring has achieved consistently amazing foundation literacy and numeracy improvements over many years. It is only a possibility due to the care and commitment of our students and the guiding hands of

Marnie

Menai High School has been accredited as a “Quicksmart” school in that a team of teachers has completed a four day training course which targets accelerating the development of foundation numeracy skills for students really needing this boost. Numeracy is one of those core life skills valued by employers and required in most further training. If evidence from other challenging trial sites is any indication this accreditation will serve our year 7, 8 and 9 students well as it is applied in a variety of programs.

We have had another brilliant year at the Royal Easter Show. Ms Bourke reports the following highlights—

- Agriculture students “Blooming Horticulture” display created by Imogen Boughy, Emily Cheung, Sean Condelly, Jazmin Everitt, Emily Farquarson, Kirsty Martin, Nicoletta Renneberg, Tara Arduin, Katy Armon- Graham, Michael Pickup, Adrian Stefano, Catherine Cover, Tegan Kingham, Shyleigh Larter, Daniel Selmon, Mrs Ramsay and Mr Oliver placed third in the Schools District display.
- Emily Cheung, Sean Condelly, Emily Farquarson and Nicoletta Renneberg met HRH Kate, Duchess of Cambridge.
- Year 11 Primary Industries students Charlene Reynierse and Michael Pickup raised and prepared our Steggles chicks for the School Meat Bird Competition, Adrian Stefano placed first in the Poultry Showmanship Competition.
- In the Horticulture Judging Competition saw Katy Armon- Graham (Champion), Shyleigh Larter (Reserve), Charlene Reynierse third, Tara Arduin fourth and Adrian Stefano fifth.
- Alpaca Judging Competition-Katy Armon- Graham third and Adrian Stefano fifth. Poultry Judging Competition-Adrian Stefano (Reserve Champion), Katy Armon- Graham fourth made up of Hard Feather judging competition Katy Armon- Graham (Champion), Adrian Stefano (Reserve), Soft Feather Judging Competition Adrian Stefano (Reserve) and Waterfowl Judging Competition Adrian Stefano (Reserve Champion).
- Alpaca Showmanship—Jasmine Everitt Overall Grand Champion. Tara Arduin Senior Champion. State Finals of the Royal Agriculture Society and Agricultural Societies Council Judging competition—Tara Arduin Champion, Catherine Cover third, Michael Pickup fourth-Dairy Goat Judging; Daniel Selmon fourth-Meat Sheep Judging Competition; Tara Arduin Reserve Champion, Daniel Selmon fourth Pig Judging and Charlene Reynierse Champion- Fruit and Vegetable Judging Competition and Jake Janos Junior Champion-Exhibitor-Reptiles. Thank you to Katy Armon- Graham, Emily Cheung and Daniel Selmon who gave up their time and helped with the pack up from the show.

Many students have achieved great results in a range of activities. The

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IMPORTANT DATES & COMING EVENTS

Tuesday 6/5 School Athletics Carnival
Tuesday 13/5 NAPLAN Tests—all week
Monday 19/5 Year 7 Morning Teas (all week)
Monday 26/5 Staff Development Day—student free
It has been a busy first week at Menai High School.

Good News

Mrs Wearing would like to thank Tayla Nisbet for providing Technical support for students’ speeches in 9H1. Congratulations also to the following students in 9H1 for their excellent Movement of People Speech: Eloise Phillips, Hannah Banks, Shannon Jenkins, Tayla Nisbet, James Walker, Adam Douglas, Julian Jones, Isabella Miletich, Christina Tsafis, Maddison Boyley, Olivia Cooper, Samuel Hesket, Lloyd Hamilton, Sarah Ragheb, Sam Nagi, Courtney Bryant, Emily Davenport and Georgia Raptis. The following students in 9H4 are also commended for their excellent Movement of People Speech: Victoria Camporeale, Lauren Constantine, Jemma Harlow and Bryce Hatton. Ms Mason would like to acknowledge the following 8H students for their exceptional visual representations of “The Boy in the Striped Pyjamas”, Stephanie Acevska, Jordan Momircevski, Maddison Traynor, Kobi Campbell, Caitlin Sloan and Courtney Hogan. Well done to Jack Keech, Eric Lam and Julian Jones in Mrs Kendrick’s 9IST class for excellent results in the Artificial Intelligence assessment task.

Year 9 Risk tasking Performance

The ‘Risk taking’ performance is a compulsory activity for students in Year 9. It deals with how students can place themselves into situations of harm and how to recognise these situations and make decisions that will help them from becoming involved in situations that could lead to harm. The cost for the performance is $37 and we are asking all families with students in Year 9 to ensure their child has paid for the performance by week 3 (starting 12/5-16/5). A note has been sent home with all students. If you have not yet received a note your child can collect one from Mrs Ferraro. It can also be located on the school website under Year 9.

Headspace at Miranda

An office of headspace (National Youth Mental Health Foundation) has recently opened at Miranda. This organisation is recognised Australia wide for its work with individuals aged 12-25 who are dealing with mental health concerns. They offer a wide variety of services that include doctors, psychologists, social workers, counsellors, youth workers and drug and alcohol counsellors. For more information regarding contact details and services offered at Miranda you can access their webpage at www.headspace.org.au/miranda, or you can phone them on 02 9575 1500.

Y Mazoudier, Head Teacher, Welfare

Free Graduated Licensing Scheme Workshops for Learner Driver Parents in the Sutherland Shire

Young drivers are three times more likely to be involved in casualty crashes. That’s why the Roads and Maritime Services has introduced a new licensing scheme, with more supervised driving practice for learner drivers. To help parents in supervising learner drivers, the Roads and Maritime Services has set up a FREE 2 hour workshop for parents that offers practical advice on how to help learner drivers become safer drivers. A FREE parents’ workshop will be conducted by David Riches and hosted by Sutherland Shire Council on Thursday June 12 at Sutherland Shire Council Offices in Eton Street from 7.00 pm – 9.00 pm. Early bookings are essential, by phoning Council on 9710 0341 now to reserve your place, or email mstuart@ssc.nsw.gov.au

Public Education Foundation—Annual Awards Night—Tuesday 20 May

The Public Education Foundation’s Annual Awards night is fast approaching. A night celebrating the achievements of our students, teachers and public school communities. Come along and enjoy performances by some of our most talented students and applaud students receiving the prestigious and highly competitive Public Education Foundation scholarships. The event will be held at Syndey Town Hall, Tuesday 20 May, at 7pm. With the Hon Adrian Piccoli MP, Minister for Education, and Keynote Speaker the Hon Michael Kirby AC CMG. Hosted by Angela Catteneo. Everyone who is passionate about public education is warmly invited to attend. We look forward to seeing you there!

Wellbeing Wisdom

Students who achieve strong results would agree that time management and regular study are crucial factors in their success. Students will be undergoing their Half Yearly Examinations this term and now is the time to prepare. The Study Timetable is an excellent way to allocate time for regular revision and exam preparation. The Study Scaffolds will ensure the development for effective self-reflection skills and can assist in the identification of areas for improvement. Students and parents can access these resources through the Menai High School Ediary in the coming weeks. Additionally, students requiring additional help should access the Learning Support Centre or the Homework Club. Remember, the classroom teacher should be the first stop in requesting help. They are the experts in their field and will be able to provide the best guidance and strategies to assist. Parents, please forward your email account to the school and request access to the Ediary. This will empower you to track homework and assessment tasks, sent to your child’s Ediary.

M Kelly and the Welfare Wisdom Team

SRE News

This term AUDACITY, our Wednesday lunch time fellowship, will be exploring the theme of ‘MISSION POSSIBLE’ - How can we be intentional about making a difference in our world look different? In other words, are there are so many ways we can be Missional—combine that with a willingness to step out with purpose, we can ALL impact the lives of those who are less fortunate than ourselves. This term we aim to implement a project the WHOLE SCHOOL can be a part of, that will change lives through the simplest acts of kindness. To us these acts may be miniscule—to the receiver they can be life changing. Audacity, the SRC, our visiting Youth Worker and I will be initiating a Missional project that Menai High School can embrace. Stay tuned to hear more about this initiative in the coming weeks. SRE classes are openly available to anyone in Years 7 and 8. Over the next week your child will be bringing home a note re-offering them an opportunity to join the existing SRE classes. Currently we have approximately 120 students attending. The classes are fun, relevant and purposeful. Like any area of learning, kids need an opportunity to explore, discover, ask questions and make wise decisions. SRE offers this and more. If you would like to allow your child this opportunity, simply sign and return the note and your child will join a class. Please call if you have any questions.

M Bennett

Energy Costs

This financial year the Family energy rebate is $125 (eligibility criteria apply). To take advantage of this rebate, family households, including those whose children attend your school, must submit an application before 5pm Friday 13th June, 2014 (see last page of newsletter for full details).

Fire and Rescue NSW Open Day 2014

Fire & Rescue NSW is hosting its annual Open Day on Saturday 17 May 2014 between 10:00am and 2:00pm. You are invited to watch fire crews in action and up vehicles) hop aboard a fire truck, learn about becoming a fire fighter and get an information bag while chatting with fire fighters about fire safety and what they do. Winter is just around the corner and it’s the worst time of the year for house fires, so come along and learn as much as you can. This is a fantastic opportunity for young people and their parents to meet their local fire fighters and learn as much as you can about home fire safety. Don’t leave fire safety to chance this winter – click on this link - 2014 Open Day Participating Stations to find your local Fire Station and join us on Saturday 17 May 2014.

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Senior Seminar Program Schedule—8th May, 2014

Year 11

Period 2

- Ancient History, Business Services, Design & Technology, English (Standard), ESL, Industrial Technology (Timber/Auto), Information Technology, Maths 2 Unit, SLR/PDHPE

Period 3

- SLR/PDHPE, Ancient History, Visual Arts

Period 4

- SLR/PDHPE, Ancient History, Visual Arts

Ediary

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Building Stronger Families—A 20 minute Presentation by Guest Speaker Melissa Honour
Melissa Honor has been working with families for 25 years. She is committed to equipping parents to raise children in an informed and respectful way, is passionate about giving children skills to live a full and satisfying life, and enjoys teaching couples how to communicate effectively, manage anger and resolve conflict.

Date: 21st of May 2014
Time: 12:00pm for Nibbles, Presentation to begin at 12:30pm followed by a Sausage sizzle, drinks and music
Location: The Hub - Shop 38, 52 President Ave, Caringbah NSW 2229

RSVP by 16th of May to Jo Love to joannehub@bigpond.com or 9525 4971

Seasons For Growth
A six week program for Children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change – such as death, separation of parents or change in location.

When: Monday afternoons 12th of May to 23rd of June
Time: 4pm to 5pm
Venue: Interrelate Family Centre—383 Port Hacking Road South Caringbah
Cost: $50 per child

The program is held in small groups and assists young people to:
⇒ Understand and talk about the normal range of emotions experienced during major change, grief and loss.
⇒ Build positive relationships with family and friends.
⇒ Participate in a caring and confidential network of peers and adults.
⇒ Explore the skills needed for resiliency.
⇒ Revise current beliefs and plan for a realistic and hope-filled future.

Limited places apply, to reserve your spot please phone Interrelate Family Centre 8522 4450

Talking Together & Fighting Fair
How to enjoy talking together and avoid misunderstanding (even about difficult topics!) Develop skills to…

• Express concerns in a helpful and constructive way
• Reach an understanding of each other
• Communicate clearly about important issues
• Make handling of differences of opinion easier and more effective
• Manage conflict constructively
• Resolve conflict when emotions are running high
• Identify differences which cause conflict
• Make decisions and negotiate outcomes which are satisfactory to both partners

Dates: Thursday nights for 6 weeks beginning the 15th of May 2014 to 19th of June
Time: 6:30pm to 9:30pm Cost: $150 per couple

… Arguing is a normal part of relationships, but it’s how you do it that counts
Family Relationship Centre—383 Port Hacking Road South Caringbah NSW 2229—8522 4450—BOOKINGS ESSENTIALS

Parenting Teenagers—A course to assist you to parent teenagers through adolescence—7 week course—Wednesdays at 7pm—7th May-18th June, 2014. Cost is $30 which includes all workbooks and refreshments. Venue—S.C.S. 3a Stpletone Ave, Sutherland. Spots are limited so BOOK YOURS NOW! - Phone 9548 2734 or email info@edys.com.au

Affordable Coaching College = Maximum Success
Hurstville & Jannali Centre Locations
Term started week of April 28 – Flexible Payment Plans
Years 7-10
• English - Spelling, Grammar, Punctuation, Reading Comprehension
• Essay Writing Skills
• Public Speaking
• Maths
Specialist HSC Classes
English - Standard, Advanced & Extension
Maths- General, Advanced & Extension 1 & 2
For more details please ring Tel: 9528-3344 or visit our website www.sgscc.edu.au

St. George & Sutherland Community College
Tuning in to Teens
Emotionally Intelligent Parenting
A six-session parenting program for parents of adolescents aged 11 years and over

Where: Community Health Caringbah, The Sutherland Hospital
When: Tuesdays 6.30-8.30pm (6 sessions) 13 May to 17 June, 2014
Cost: $30 per individual; $40 per couple (registration and payment required to secure place in the group)
Enquiries: Vee Jin Dumiao or Lisa Lustica Phone 9522 1000
2013-2014 Family energy rebate

Don’t miss the Deadline! apply before 5pm Friday 13 June 2014

What is the Family energy rebate?
The Family Energy Rebate helps to cover the costs of energy bills for NSW households with dependent children. In 2013 – 2014 the rebate gives:

- A $125 credit against electricity bills for eligible applicants who receive electricity from an electricity retailer.
- A $137.50 direct payment to nominated bank accounts for eligible applicants who live in a caravan or mobile home park and receive electricity from the park operator.

am i eligible For the Family energy rebate?
To be eligible you MUST:

- Be eligible for Family Tax Benefit A or B during 2012-2013 and have received a relevant payment; and
- Be the primary account holder of an electricity retailer, OR a long-term resident of a caravan or mobile park home, whose name appears on the electricity bills supplied by the park operator.

you choose hoW you Want to apply For the Family energy rebate

- online – it takes a few minutes to submit and processing starts immediately.
- paper – download a form from the website, complete and submit by email, fax or post.

For more inFormation & assistance
phone Service NSW 13 77 88
email for.program@trade.nsw.gov.au