Principal's Message

As usual there is a multitude of things to be delighted about as we start another exciting term filled with fantastic opportunities. I am very proud of Alexis Condon and Laura Fermanov for handing in a substantial amount of money they came across. They gave the gift of “great relief” to the person who lost it. I was also delighted to note that 2010 graduate Sarah Boxall was recently recognized by the “Student of Excellence and Achievement” TAFE Award. This is a huge honour and has been topped off by Sarah being awarded the “Sydney Institute Medal”. She is now the 2014 Ambassador for Sydney TAFE and Regional Vocational Student of the Year. We are delighted for Sarah but even more importantly Menai High School is totally focused on ensuring that all students achieve exit outcomes of being SKILLED LEARNERS, SKILLED CITIZENS and people SKILLED FOR LIFE. Sarah’s Menai High School exit passport has clearly empowered her to pursue and claim her dreams. I know that this is in the grasp of every student supported by their family, community and school.

I have had the pleasure of welcoming five long term international exchange students this week. They include Jakob Moebus from Germany and Silvia Macedonio, Bruna Angelico, Marco Da Re and Camilla Trezzi from Italy. Another 14 Vietnamese students and their teacher joined us for a two week school visit. These are fantastic opportunities for building inter cultural awareness for everyone. It is also part of our very successful strategy to expand new income flows that enhance everyone’s learning opportunities.

Southern Cross Cultural Exchange is offering a two month December-January program for Year 9 and another for seniors. Scholarships are available and details can be found at www.sccce.com.au or by talking to Mrs Mazoudier.

Operation “Christmas Child” has been a huge success coordinated by SRE teacher Meikle Bennett and her very energetic “Audacity” team. 210 boxes of joy have been dispatched to poor countries and 8R7 students Michael Tanevski, Tiana Tannous, Alexander Teri, Tobias Tomalaris, Claudia Tonkinson, Thomas Toooodood, Maddison Traynor, Jacky Tsang, Georgia Turner, Kyra Van Winden, Jack Vimpany, Ashley Vrtkovski, Ashleigh Walsh, Connor Warhurst, Erin Weisz, Ryan Weisz, William Whiston, Kristen White, Tegan Whitfield, Georgia Wikles, Caitlin Williams, Mia Winchester, Kayla Winter, Charlotte Wiseman, Tiffany Wong, Joshua Wright, Jason Wu, Dean Xanthakis, Cynthia Xirocostas and Marcus Zongas were the most generous class followed by 7R2 William Carey, Matthew Chandler, Tussah Chandra, Brooke Chapman, Alyssa Chapman, Taegan Charles, Jamie Charlwood, Mackenzie Chegwidden, Jack Colusso, Tiana Condoleone, Alexis Condon, Georgia Conner, Ewan Costello, Lucas Cottell, Bethany Cover, Bailey Crene, Zachary Curtis, William Daley, Nicolas Daoaud, Sarah Day, Reece Dean, Eva Deng, Candice Durkin, Jacob El-Esh, Matthew Ellis, Mia Enright-Bullock, Annelise Faust, Daniel Ferlazzo, Laura Fermanov and SRC Zac Adamson, Kristen Agius, Caitlin Angus, Hannah Banks, Sara Belani, Jack Boyling, Alexandra Boyling, Iman Codmani, Adalynn Cole, Olivia Cooper, Nicholas Diwell, Jacob Dol, Thomas Gao, Elizabeth Golikova, Keeley Hickey, Brittany Jansson, Rachel Johnson, John Johnstone, Liam Johnstone, Rachael Lee, Georgia Luckman, Jordan Macbeth, Joshua Mendez, Renee Mihare, Jacob Newton, Zak Rowlands, Alexandra Shute, Sarah Willetts, Sarah Wilson and Scarlett Wyn.

Last term the Regional Dance awards were presented at a full school assembly to Annelise Faust, Taylani Ireland, Maddi Stone, Kristina Grezic, Dominique Williamson, Monica Keech, Brodie Jones, Alannah Lee, Taegan Charles, Ally Mollica, Amy Allsop-Guest, Jessica Head, Kernilla Watson, Morgan Dove, Priyale Singh, Eve Zirocostas, Eloise Kieler, Sarah Burrows, Emma Lonsdale, Melody Lewis, Katerina Papadakis, Rachelle Cain, Ashlynn Halavatzis, Kaela Shepherd, Emily Hunter, Adalynn Cole, Caitlin Williams, Amelia Stokes, Iman Codmani, Charlotte Wiseman, Emma Powell, Christine Daoud, Maggie Moran, Lauren Constantine, Tanya Ojala, Christina Tsafis, Sarah Wilson, Georgia Luckman, Katherine Georgopoulos, Katherine Hensler, Sarah Clark, Brianna Shahin, Caitlin Aucielo, Jacqueline Apter, Renee Mihare, Connor McMahon, Jessica Head, Natalie Panov, Samantha Turpin, Emily Williams, Stephanie Austin, Monique Constantine, Tram Huong Dinh and Natasha Tsafis. They are amazing for their care, commitment and dedication.

And if all of the above isn’t enough to celebrate let me add the teachers and students that came to school during the holidays to engage in holiday seminars and “major work intensives”. 25 students joined Mr McNeill’s Physics day, Extension English joined Ms Hatzi’s seminar. Dance students work-shopped with Ms Osborne, Mr Fortunato had several “Auto” days, Engineering Studies joined Mr Chalson, over 20 Art students joined Ms Almond and Mrs Vickery ran a great Extension Maths option. Mr Emerson did three days of Design & Technology workshops, Ms Wearing PIP reviews for Society & Culture students, Miss Mundy did Standard English seminars and Mr Graham ran Industrial Technology seminars. Dedicated students plus dedicated and skilled teachers adds up to a “winning mix”.

We have always promoted a culture of learning and pride through effort and achievement. No other year can rival Year 11’s impact of affirming and promoting this culture through their “Nerd Herd” awards. Boys and girls publically acclaming that they do study hard and that they are proud and public about their efforts and accomplishments. Peer pressure for good is a powerful force and I encourage parents to “get on board” and talk about it as a family. Winners of Nerd Awards are many and their photographs and thinking are found everywhere around the school. I love it and commend them for being a real and powerful “force for good”.

Thursday afternoon’s “Parent Café” is a great place to hang out from 1-3pm if you could use some help with English language or Aussie Culture. I am very appreciative of the community support from St Paul’s Anglican Church ESL support team as well as our own ESL team efforts. The coffee, food and company alone make it worth the effort so please encourage those who could benefit to join in.

A problem involving the inappropriate use of technology last term has encouraged us to remind students and parents about the need for Cyber safety and the legal consequences for not being Cyber safe and appropriate. A massive audience that filled the hall warmly received the Cyber safety message delivered by Australia Federal Police’s Melissa Sevill at July 16 curriculum nights.

E McNALLY
Deputy Principal’s Message

Welcome back to another busy and exciting term. We started the term with a very well attended subject selection and cyber safe parent information night.

The key note speaker for the night was Melissa Sevill an officer in the Australian Federal Police (AFP) Cyber Crime and Prevention unit. Her presentation was very professional, informative up to date and powerful for both parents and students. This is the second time this year that Melissa has presented to the students concerning Cyber safety. If you missed the night I strongly advise you to visit the Australian Federal Police web site http://www.thinkuknow.org.au/kids/.

Below is an example of advice and resources available on the AFP website thinkuknow site.

The internet and mobile phones provide a great way to communicate and express yourself with others, but it’s important to make sure they’re used responsibly so that everybody has an enjoyable online experience.

It’s all about respecting yourself and others.

- Use a strong password (a combination of upper and lower case letters, symbols and numbers).
- Don’t believe everything you read – make sure you know it’s coming from a reliable source.
- Don’t give out any private information over the internet or through mobile phones about you, your family, friends or other people that you know.
- Think before you send! You have to think about what you are saying and how the recipient/s may feel.
- Don’t hide behind a computer screen, if you wouldn’t say it to a person’s face, don’t say it at all!
- Don’t post inappropriate or illegal content anywhere on the internet.
- Make sure your social networking profile is set to private (check your security settings).
- Only accept friend requests from people you actually know – even if it is a friend of a friend it’s not a good idea to add them unless you actually know them.
- Tell your friends to ask for your permission before uploading and/or tagging a photo of you on their social networking profiles.
- Don’t click on any links that are embedded in emails - type the URL into the browser and go from there.

Cyber safety top ten tips for youth Australian Federal Police web site thinkuknow

The Subject selection process has now started. Year 10 and 8 had the opportunity to attend a Q&A session concerning subjects last Friday at lunchtime and another session will be held on Tuesday in the library during lunchtime. A reminder the closing date for selections is Friday 25th July. After selections have been organised Head Teachers will be interviewing Year 10 students and providing guidance in selecting subjects that suit their abilities and if they want aATAR or HSC or RoSA pathway. For some students moving into Year 11 a RoSA pathway will meet their learning needs better than selecting an ATAR or HSC pattern of study. A RoSA pathway will reduce the number of board developed courses students need to study. If any students have not received a subject selection handbook I have emailed the booklets to all Year 10 and Year 8 via student’s DEC portal. If parents have any questions concerning subjects please ring the school and talk to the head teachers or myself.

Sports Awards

Congratulations to the following students who have been outstanding representatives of Menai High in the following sports James Markovic NSW All Schools Football team and Zone Athletics Age Champions Rachelle Cain 14 Years Girls, Blake McWhirter 15 Years Boys and James Mihaere 16 Years Boys. Go Menai!!

Good News

Ms Wearring would like to acknowledge the following students in Year 10 for their amazing Holocaust Empathy Research tasks. They are Prudence Wilkins-Wheat, Caitlin Tullis, Mitchell Towart, Josef Richmond, Madeleine Norris, Vicki Milejkovic, Ethan Macky, Elizabeth Faust, Nicholas Diwell, Millie Richards, Megan Shipp, Cameron Burgess, Imogen Boughey, Laura Croan, Maya Kilic, Rachael Lee, Mikaela Luckman, Chelsea Burgess, Reece Holmwood, Allison Willett and Aisha Aidara. Ms Wearring would also like to congratulate the following students on their excellent results in the Year 10 half yearly examination Prudence Wilkins-Wheat, Caitlin Tullis, Josef Richmond, Madeleine Norris, , Ethan Macky, Elizabeth Faust, Megan Shipp, Laura Croan, Rachael Lee, Aisha Aidara, Imogen Boughey, Millie Richards and Jake Pinnock. Well done also to Rachael Lee on your exemplary classwork.

Miss Rozga would like to acknowledge the work of her year 7 TAFT6 and TAFT7 students for the collection of their outstanding bags in Technology.

Well done to Jessica Jones from Mrs Liley for an excellent ‘carry it’ design project.

Ms Hamilton would like to acknowledge Jordan Tavita, Monique Williams and Byron Dempsey on their excellent, informative and mature report on their visit to James Cook High School for Refugee Week. Congratulations, you did a wonderful job.

Well done to Jarrod Harvey, Yannick Brard and Bryce Lacy from Ms Summerfield for your outstanding Energy Assessment tasks in Geography.

Well done to all students mentioned this week.

Vaccinations Round 2

The second round of vaccinations is due to occur on Monday 28th July 2014 Week 3. All Year 7 students who are having vaccinations will be having their second round which included the varicella (Chicken Pox) vaccination and the second HPV dose. HPV and all Year 9 boys that elected to have the HPV vaccination will have their second dose.

Catch Ups – All Year 7 students, Year 8 (male and female students) and Year 9 male students who missed any vaccination in visit 1 will receive a catch up on this visit. This will be the last catch up for Year 8 HPV vaccinations. Any questions please feel free to contact me.

Y. Mazoudier, Head Teacher, Welfare

Wellbeing Wisdom

Headspace

Adolescence can be a difficult time for everyone. However, the complexities of growing up are exacerbated for those who are also faced with anxiety, depression or other mental health issues. It is often hard for parents to know how to support an adolescent who is facing these challenges, but there are a wealth of resources to support parents and teenagers at our fingertips. Headspace is the national youth mental health foundation and offers support to young people who are having a tough time. Their website (http://www.headspace.org.au/) has some excellent information on mental health in teenagers and offers advice on where you can seek help from. Their parent link is definitely worth a look for anyone who is worried about their child’s mental health.

R. Hatzi and the Wellbeing Wisdom Team

Senior Seminar Program Schedule – 24th July, 2014

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<th>Year 11</th>
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<td>Period 3</td>
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R. ALLEN
SRE News

Congratulations to ALL PARTICIPANTS in ‘Operation Christmas Child’ Mission during Weeks 5-9, Term 3. Our staff and students embraced the challenge with enthusiasm. Over a period of 4 weeks our roll call classes managed to fill 210 boxes that will be sent overseas to children in third world countries in readiness for Christmas 2014. The school community really showed a strong commitment to making a difference in a child’s life through selflessly rallying together to fill Christmas Boxes with wonderful gifts that will enrich kids lives considerably. Just imagine their faces as they open the lids on these boxes ….. Priceless!

Thank you to ALL the roll call teachers and Year Advisers for motivating their students to bring in items and helping the students to have fun through the friendly competition between roll classes. Thank you to the families who donated goods and cash to assist our mission. Collectively from staff, students and parents we have raised $604.30 to date, towards the postage of the boxes.

Thank you to the Menai Area Committee for Christian Education for supplying 200 boxes and funding the BBQ lunch for the winning Roll Call. A big thank you to Sarah Willets our School Captain and all the Audacity and SRC helpers for their tireless efforts, making sure this initiative reached its potential. These students will share in the free BBQ with the winning roll call.

SO WHO WON?

Congratulations to 8R7 who filled 22 boxes, closely followed by 7R2 with 20 boxes and the SRC roll call with 19 boxes. AWESOME EFFORT EVERYONE!

Audacity continues to meet every Wednesday Lunch in the common room. We are journeying through the foundation of our faith. The, who, what, where, when and why … We believe what we do. Be encouraged to join us.

M Bennett, SRE Coordinator

2014|2015 Entertainment™ Membership

The 2013|2014 Sydney and Sydney North Entertainment™ Books have just expired. If you haven't already purchased a new 2014|2015 Entertainment™ Membership, now is the time to do so. Use just a few of the hundreds of 50% off and 2-for-1 offers, and you'll more than cover the cost of your Entertainment™ Membership. Plus, you can take advantage of additional, valuable Member-only benefits until 1 June 2015!

Plus, 20% from every Entertainment™ Membership we sell contributes towards our Agriculture fundraising! The more Entertainment™ Memberships we sell, the more we raise — so please contact school or Ms Bourke for more details.

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 Wednesday August 13 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

CAPA Faculty News

Menai High School Dance Company were successful in gaining a position in this year’s State Dance Festival ‘Essence’ held at The Seymour Centre during Week 10 this term. They, alongside other schools across the state, were chosen to participate in the festival, which showcases the best Dance works from Public Schools in NSW. Miss Osborne and Mrs Millington would like to congratulate the following students from Years 7-12 on this amazing achievement—Jessica Head, Katerina Papadakis, Melody Lewis, Lauren Constantine, Tanya Ojala, Maggie Moran, Christina Tsafis, Brianna Shahn, Sarah Clark, Natalie Panov, Stephanie Austin, Samantha Turpin, Emily Williams, Monique Constantine, Tram Huong Dinh and Natasha Tsafis.

Also I would like to congratulate Year 12 Dance on the completion of their HSC Dance Trial Practical Examination last term, achieving exceptional results in all three components—Monique Constantine, Tram Huong Dinh, Tegan Kingham, Shyleigh Larter, Louisa Polson, Ashley Power and Natasha Tsafis. Their Composition Dancers from years 8-11 are also to be congratulated on their continued hard work and effort—Katerina Papadakis, Melody Lewis, Lauren Constantine, Christina Tsafis, Maggie Moran, Sarah Clark and Samantha Turpin. We wish them good luck for their final practical examination held Week 5 Monday 11th and Tuesday 12th August.

E Osborne/E Millington

Illawong Softball Club—Registration Dates

Saturday 26th July, 2014—Menai Marketplace

Competitions start Saturday 10th August—10am—Heritage Oval, Illawong

Contact Ian Burrough 0408 448 952

www.illawongsoftball.org.au

Email: illawongsoftball@hotmail.com

Parenting Adolescents

Where: - Engadine Community Health Centre, 116D Caldera Avenue Engadine

When: Tuesday 5th August to 2nd September

Cost: $20 per person or couple

Time: 10am to 12 noon

Please phone 9520 4644 (Tues, Thurs, Fri) or 9522 1055 (Mon, Tues) for bookings

ADHD

Attention Behaviour Cognition

Let’s Move—the award winning National Health Service (NHS) endorsed program for the remediation of learning difficulties, is now available in Australia and are hosting a FREE one hour presentation to demonstrate how this program builds the neural pathways to create your child’s learning platform...naturally.

You will hear:

• The background, history and science underpinning the natural remediation of learning difficulties.

• The success of the program to date in remediating without the use of drugs.

• Options on how you can immediately change your child’s processing capability...with or without joining the Let’s Move Program

There are limited seats available. Please call 1300 LETS MOVE (1300 5387 6683) for more information and to register.