**Principal’s Message**

Our Thursday afternoon parent café is now an official success. There was a wonderful crowd last week and the buzz was dynamic and animated. Everyone was absorbed in trying to understand some of our Australian slang like ‘cobber’, “spit the dummy”, “dead meat” and many other commonly used terms which make no sense without inside knowledge. The expertise provided by the ESL coaches from St Pauls Anglican in Barden Ridge has been fantastic and made it possible to offer this great opportunity.

Our SRC did the most amazing assembly presentation on mental health recently. It was amazing for the quality and courage of the presenters to shine a light on something that touches so many life and so many adolescent lives in very dramatic and destructive ways. The scene was set, through a sensational and reinventing rap piece written by ex-student Jamie Summerfield delivered by Josh Mendez. This was followed by Sarah Willetts and Rachel Johnson highlighting the multitude of people on call to deliver help and support in our school. Consolidating this message through family discussion can be nothing but helpful and I would encourage all parents to open this conversation with their children. I am reprinting the wrap item to support your family conversations and to give everyone a taste of the unique and wonderful experiences we share at MHS.

We have all enjoyed celebrating SABS week by thanking our SAS teams in ways. At a special lunch this week year 12 Maddison Adam put the icing on the cake by making ‘coffee’s to order’ for the entire team of our wonderful school assistants. Maddison and the team are all “wonders”.

Congratulations also go to Brad McWhirter, Blake McWhirter, James Mihaere and Renee Mihaere who are all representing Sydney in the NSW CHSSA athletics carnival. We wish them well.

We also celebrated National Flag Day on Friday. This day commemorates 3 September 1901, the first occasion on which our flag was flown. On this day, Prime Minister Edmund Barton announced the winning design from a competition to select our new nation’s flag. Our flag is an important symbol of our nation both in Australia and across the world. This day is an opportunity for us to reflect on how our flag unites us as a nation and to celebrate our achievements. I encourage you to discuss our flag at home. Information about Flag Day, including support for schools can be found on the website of the Australian National Flag Association at [www.australianflag.org.au](http://www.australianflag.org.au).

The Ministry of Health has identified a need to offer a high school based catch up measles, mumps and rubella (MMR) vaccination program across all schools in NSW from 2015 to 2017. Teenagers and young adults are at high risk of measles, mumps and rubella infection because many of them missed their routine MMR vaccinations as infants and/ or the second dose of MMR vaccine was not included on the National Immunisation Schedule during their childhood. Current evidence suggests that up to 2 in 5 students are not fully vaccinated against measles, mumps and rubella, ie they have not received 2 doses of MMR vaccine. Teenagers and young adults are also likely to travel to schools or other holidays to countries where measles is more common, including Thailand, the Philippines and Indonesia (including Bali), and so ensuring they are vaccinated reduces the chance that they catch the infection and bring it home with them.

The Ministry of Health has asked all Public Health Units to deliver a MMR vaccination catch-up program over the next 3 years as below:

- **2015:** years 11 and 12
- **2016:** years 10 and 11
- **2017:** year 10

Please note the article at the end of this newsletter on the new ergonomic back packs available from the uniform shop. It is indeed a real bonus for young backs carrying heavy loads.

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**Deputy Principal’s Message**

The school is buzzing with learning and activity. Year 9 students and staff did a tremendous job on exploring the topic of Sustainability using Project Based Learning as the method of inquiry and ICT as their medium through which they could demonstrate their learning. Successful learners lead in their own learning and staff are committed to ensuring that all students develop the skills needed to be independent and successful 21st century learners. A large part of the process is teacher professional development and staff sharing professional practice. I would like to thank the following staff for their contributions to teacher development through their presentations:

- **Ms De Melo** -- Teacher accreditation,
- **Ms La Rosa and Mrs Bulai** -- English as an Additional Language or Dialect,
- **Mrs Cooper** -- Disability Standards,
- **Mrs Wakely** -- Supporting students with needs learning needs and the modification of student work,
- **Ms Hanna** -- Extension activities for students and Gifted and Talented strategies,
- **Ms Blaylock** -- ICT applications in the classroom and **Ms Mazoudier** -- Mind Matters health and wellbeing.

Congratulations to all the academic effort winners listed in last week’s newsletter. The students are to be congratulated for their hard work and dedication to their academic studies. Thank you to **Mr Scott**, Head Teacher Science, **Ms Vickery**, Head Teacher Mathematics, **Mr Mundy**, Head Teacher English and **Ms Monir** -- HSC faculty for their contribution to a successful assembly. The assembly featured celebrations for National Literacy and Numeracy Week with a Spell-a-thon, Rubics Cube and music item as a part of the recognition of the importance of these key learning areas. I also wish to extend my gratitude to **Ms Jessica Martin** and ex-Menai High student who shared her wonderful story and pathway with the school community. She is indeed a successful individual and a role model to the students at Menai High. Sharing stories still remains a powerful way to connect people and broaden understanding. In that vein, our wonderful Italian exchange students sung a beautiful Italian song at the assembly thanking and farewelling the school.

The ESL Parent Café continues to grow with more parents attending each session. I thank **Mrs Bulai**, **Mr Kallon** and **Ms Ramsay** for their continued work in the special initiative and thanks goes to the wonderful volunteers from the Menai Anglican Church for their support of the parents. The Parent Café aims to provide a caring environment where parents newly arrived to Australia can join in coffee and conversation around understanding the Australian Education system whilst improving their language skills. It is a busy time for our seniors as Year 11 are completing Preliminary examinations at present and Year 12 are finishing their HSC courses and preparing for the HSC examinations. I wish the senior students well in their preparations and remind parents that there is support available if your child is in Year 11 or 12 and feeling stressed at this particular time. They should see their Year advisers and the range of other support staff across the school.

This week is SABS recognition week and I would like to recognise the valuable work of all of our SAS staff who provide critical support to schools and school operations.

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**Parent Newsletter**

**Issue 27**

**Published Weekly**

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<th>8th September, 2014</th>
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<td>Year 10 parents should support their children who will all be sitting their ESSA (Science) exam on Monday 15th September. Catch up tests will be run on Tuesday 16th September. We wish them all well confident that they will maintain Menai’s tradition of achieving outstanding results.</td>
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**Important Dates & Coming Events**

- **Monday 6/9**: School Council Meeting 6pm / P&C Meeting 7pm
- **Tuesday 9/9**: Yr 11 Exams cont / Yr 9 Photography excursion
- **Thursday 11/9**: Yr 8 Transition Program

**ES SAYED-RICH**
Welfare News!

Welfare News Week 8 Term 3

Mrs Karoubas would like to congratulate Allison Boyling and Lia Ramsay from Year 12 on their outstanding achievement in the Biology trial examination. Mr Bean would like to commend Emily Chen and Isabella Mileitch in Year 9 for their great work with Climate Clever.

Congratulations to Jordan Gow, Nicole Stewart, Jasmin Stroud and Niki Lampropoulos in Year 11 Exploring Early Childhood from Ms Liley for excellent designs of children’s literacy and numeracy play activities.

Well done from Mrs Kendrick and Mr Giannoulis to Adam Douglas, Aven Yik Au, Julian Jones, Jack Keech and Amy McCabe from 9IST for an excellent group radio advert.

Mrs Frages would like to congratulate Eden McSheffrey, Jessica Pope and Kristian Michael in 8ICT for very good assessment work in ICT. The PDHPE faculty would like to acknowledge all of the Year 9 PASS students on their wonderful coaching assessment tasks.

Dental Clinic

The Dental Clinic will be running during Term 4 this year. Information and consent forms will be going out to students. Please look out for more information.

Gender Day for year 8

Notes were distributed for the Year 8 gender day last week. On this day boys and girls will be separated and specific programs run to address the unique issues facing boys and girls at this time of adolescence. The cost for both groups will be $18. Payments are to be made to the office by Week 2 of term 4 so final details can be confirmed. Notes are to be returned to Ms Hamilton (girls) in HSIE and Mr El Masri (boys) in Maths. If your child has not brought a note home please encourage them to see their Year Advisers to collect one.

Y Mazoudier, Head Teacher, Welfare

Teen Resume Writing Workshop

When: Wednesday 1st October
4:00pm-5:00pm
Where: Caringbah Library
FREE!

Bookings are essential: Call 9524 3803

Staff from Engadine District Youth Services will help you create an eye catching resume and share some job seeking tips. You can bring your laptop and current draft resume for proof reading.

Wellbeing Wisdom

Cyber Bullying

It has been estimated that 1 in 3 children were cyberbullied in 2012 -2013 with that figure estimated to have risen since then. However many cases of cyberbullying go unreported not only for fear of embarrassment or humiliation, but because adolescents worry that their device may be confiscated if they do so. However, as parents and teachers we need to understand that complete bans on technology usage are unrealistic. Instead, if we take the time to talk with our children about appropriate online behaviour, develop their skills in articulating their feelings and nurture a strong sense of treating others in the way that we would like to be treated, there will be more chance that cyberbullying will be identified and reported.


L. Ferraro and the Wellbeing Wisdom Team

Sports News

National Health and Physical Education Day

On Wednesday 10th September, all students will be encouraged to participate in the Menai High School Fun Run/Walk to celebrate National Health and Physical Education day.

The event will be held on the school oval during recess and lunch times, with students encouraged to run or walk a 500m loop as many times as possible. The aim is to have all students participate in a physical activity event with the theme “Good for Children, Good for Schools, Good for Communities”.

Students are required to wear appropriate shoes for this event.

For more information on National HPE Day please visit: https://www.achper.org.au/news/national-health-physical-education-day

M. Robinson, Relieving H.T PDHPE

Year 11

Year 11 Exams
**Performance Poem on mental illness**

*Alex Shute in Year 10 comes on stage dressed in a T-shirt that says Random Year 10 girl acts embarrassed and nervous and starts to do some self-talking*

“I can do this, what am I scared of? There are only a thousand people here”

*Josh Mendez appears dressed in a T-shirt that says Mental Illness:*

“What up A you looking kinda sad
You looking like, you cooking up some onions - real bad
why you crying all the time?
Why you lying all the time?
Why you telling all your friends, you be fine all the time.
You aint fine, you aint good, you aint right
You aint happy this morning you won't be happy tonight
You stressed out, messed up, freaked out, peed off
You squirming like a hipster that can't get his tight jeans off
Of course you aint a hipster nostalgia's not for you
You're just a goth whose forgotten it's not 1992.
You cry, you sigh, you write sad poetry
You hate your whole life, but you just don't know it's me.
I'm the reason you can't get out of bed
I'm your guilt, I'm your fear, I'm the voice inside your head
Why you cry all the time
Why you lie all the time
Why you tell all your friends you be fine all the time.
I aint good, I aint sweet, I aint right
But if you want to get rid of me prepare for a fight.
You wrong, you been wrong, You should be ashamed
Like getting coal for Christmas, you only got yourself to blame
I'm making a list and checking it twice
I'm the worst kind of Santa and a pretty weak plot device
My rhymes may be feeble but my grip is strong
I got my hands 'round your mind, do you mind if I hold
I'm the ring master of this circus of rage
“Random Year 10 girl – welcome to my stage
Zac
Mental illness, Imma let you finish, but Beyonce has actually bravely admitted to struggle with mental health problems. And she fine.
Alex stands tall takes a deep breath and forcefully counters with:
“Don't tackle me mental illness, I'll raise up my voice
You're not converting anybody, when they don't have a choice
I aint responsible for my disease
If I got the common cold no-body would blame me.
Yeah I feel sad, sometimes for no reason
But unlike you mental illness I got something I believe
I got friends, I got teachers, I got parents when I need em
I got a posse of professionals. My girl Hackett to lead em
I aint ashamed of feelings, it's ok to cry
But if you're doing it a lot, it's cool to figure out why
Look after your mind and it will look after you
Help your bro when he's low, help your girl too.
I would address other gender types, but I don't have all day
But being boy, girl or in between is totally ok.
Being gay, straight, any race is also cool too
So is being really, really white but we could have fooled you
Having mental health issues is not an embarrassment though rapping on assembly is coolness debasement
Instead of rapping to your friends just ask ARE YOU OK?
When they said battle a black dog, I didn't think he'd be this cray!!”

Written by Jamie Summerfield and presented by Joshua Mendez, Scarlet Wyn, Sarah Willetts and Alex Shute at assembly on 29/08/2014.
WH&S - SCHOOL BACKPACKS

Warning: Spinal Health and Your Students’ Future

Dear Parents and Students,

Sources confirm heavy fashion school bags are 'deforming' children, as growing numbers suffer irreversible back issues.

Non-ergonomic 'fashion' school bags, up to double the size of those carried 10 years ago, are contributing to the surge.

WE CANNOT AFFORD TO IGNORE THIS ISSUE ANY LONGER.

Back pain and school bags

Staggeringly, half of all children suffer back pain by the age of 14 and doctors are reporting a rise in cases of spinal abnormalities, such as scoliosis. Other risks include muscle strain, distortion of the natural S curve of the spine and rounding of the shoulders.

A non-ergonomic fashion bag is simply ill-equipped to carry the heavy textbooks, laptops and stationery items that high school students are expected to use.

Daylight is proud to be partnering with Harlequin School Bags.

Harlequin is Australia’s No. 1 specialist school bag supplier and we are happy to now offer parents and students an endorsed, ergonomic school bag.

With 15 year warranties, all of Harlequin’s ergonomic Tuff-Packs™ offer quality and value.

Harlequin knows good posture – they really do!

With over 20 years’ experience in school backpack research, innovation and design, Harlequin’s range of ergonomic school bags offer peace of mind and we have backpacks to suit every growing student’s spine.

For fittings, please contact the uniform shop.

Harlequin’s range of anatomically designed, ergonomic backpacks are all

INDEPENDENTLY TESTED

AND ENDORSED BY

CHIROPRACTORS,

OSTEOPATHS AND

PHYSIOTHERAPISTS.

They are modern, super comfortable and are PVC FREE!

Every Harlequin backpack is covered by a 15 YEAR WARRANTY.

ANATOMIC BACK SYSTEM™