Acting Principal's Message

Another busy week of learning has taken place at Menai High. Year 11 have now settled into their HSC courses and I would remind all Year 11 parents that your child needs to have all their required textbooks for the HSC courses. Teachers will be monitoring this as it is essential students have the required resources to compliment the teaching and learning in the classroom. Junior classes are also working hard. All junior classes participated in a STOP lesson recently which concentrated on skills of studying and organisation.

This is a term of consolidation and preparation for final assessments and examinations. At the Year 8 year assembly on Friday teachers from English, Maths, Science and Geography spoke to the year to remind them about the efficient way to study for their upcoming examinations. To assist in your family study time at home, ensure as parents/carers that you are accessing edlary regularly and communicating with teachers when necessary. Parents need to support the practice that working hard is how a person achieves their potential. This is not just at school but in the future at work and even in future relationships. If you need support in organising your child’s study time please contact either their year advisers or Mrs Cooper, Head Teacher Support. The school has also put up on the school web site our homework scaffolds/plans - go to the school website and click on the following School years/year __/resources/organisational tools/ study scaffold/timetable/time management. Students and families can use these resources which are excellent. Students need to be doing regular homework and maintaining a balance of school, recreation, sleep and leisure.

Congratulations to our CAPA team for their successful tour to Queensland. They took off on Wednesday and returned Friday evening. The team involved the following students Rachelle Cain, Melody Lewis, Katie Papadakis, Morgan Dove, Annelise Faust, Kristina Grzetic, Taylani Ireland, Pernilla Watson, Sarah Clark, Lauren Constantine, Jacques Du Casse, Jayden Grey, Bryce Hatton, Brayden Hollock, Jack Keech, Georgia Luckman, Hayleigh Mottram, James Narbeshuber, Callum Norris, Tanya Ojala, Megan Wai Si Tang, Christina Tsafis, Elena Tsakalis, Sarah Wilson, Jordan Wisby, Jacob Wood and Blake Wosford who were excellent ambassadors of Menai High and the CAPA staff. A big thank you to the CAPA staff Mr Kelly and his team for all the work before and during the tour. This and all science classes went to Jenolan Caves which were a perfect complement to their Science studies. Sami Au and Victoria Wang in particular overcame personal barriers and met the challenge concerning the caving activity. Well done. Our agriculture team are again shining and Ms Ready and her team need to be congratulated. The team Linda Jung, Emily Cheung, Brooke Chapman, Jazmin Everitt, Travis Thorpe, Lara White, James Sestanovic, Hope Sestanovic, Imogen Boughey, Dakota Bennett-Ward and Christie Hayward gained many places at the Picton show and Ms Ready will provide details in a future newsletter.

Menai High School is also congratulating Ms Hanna who recently gained a very well deserved award. The award was from the NSW Science Teachers Association. This speaks very loudly of the quality of Ms Hanna’s work with students and the quality of teaching at Menai High.

I will finish off my report this week with another reminder about your child and social media. Unfortunately Mrs Sayed-Rich and I have had to deal with incidences that relate to the inappropriate use of mobile devices and social media. Regular conversations with your child/ren concerning this topic will support the school. A reminder to parents, students are not to use their mobile devices during class time. The devices are not to be seen or heard. Students are not to communicate to anyone in a way that is deemed to be a threat, harassment, bullying or other inappropriate messages or activities. These do result in serious consequences.

Relieving Deputy Principal’s Message

At this time of the year planning for 2016 is well advanced with subject choices mostly finalised and the school timetable coming together. This is quite a lengthy process and involves a huge amount of time along with critical thinking in certain aspects. Again, there is a diverse curriculum which will continue to see our students studied in particular areas of their interest and strengths.

This time of year is also seeing numerous overnight excursions occurring which has involved significant effort form the planning staff. Last week Mr Bean and Ms Bessell took 50 year 8 Science students to Jenolan Caves while Mr Kelly, Ms Osbourne and Ms Millington took selected students from across Creative and Performing Arts subjects on a tour of Queensland and were involved in numerous performances there. Both groups are to be congratulated for the way they conducted themselves while representing Menai High. This week Ms Jock and Mr Wakely are providing our ESL (English as a Second Language) students with an Aboriginal Culture program in Burrill Lake on the South Coast over two days allowing these students to build a greater appreciation of this aspect of our country. In addition Year 11 will be on camp from Wednesday through to Friday in Morisset near Newcastle. This camp will continue to build the cohesiveness of the cohort, fostering a greater sense of understanding between peers while also allowing individuals to challenge themselves. Recognition needs to go to Ms Bessell and Ms Scevity as Year 11 advisers for the planning and preparation. Overnight excursions require a significant effort in terms of organisation and over many years have seen our students enriched with many unique possibilities.

Our Year 12 students are well into their HSC examinations and so far have remained upbeat and positive towards in their approach. This is a stressful time for these students and parents are reminded of support structures which exist at school. These include their Year Advisers, the School Counsellor, the Deputy Principals and Principal along with Ms Rosevano (HT Administration) who is liaison with BOSTES throughout this period. Not every student finds the HSC as the right course for them, with some choosing to take up apprenticeships, TAFE study or progression to work. Any student wishing to take this path and obtain their RoSA (Record of School Achievement) can leave with the addition of a literacy and numeracy exam on their certificate. Friday November 13th has been scheduled as the date for testing for students looking at leaving at the conclusion of this school year. If you would like your child to participate please contact me so it can be arranged.

This time of schooling is also significant for Year 10 as they experience a curriculum structure extraordinary to their past experiences. In Week 7 and 8 the cohort will sit their final examinations for Stage 5. Following this they will transition straight into two weeks of work experience. Can I encourage all students to ensure this experience is scheduled by them immediately, with paper work returned. It is up to individual students to seek out their placement opportunities and this process requires them to take responsibility and ownership, a skill that is without a doubt required for life. Mrs Brown can be contacted for further information.

I look forward to seeing the persistence of our students through the results of their final assessments!

R Allen
K Scott
Welfare News!

Good News
Mrs Brown and Mrs Hennessy would like to congratulate the Year 11 Work Studies and English Studies classes for their successful participation in mock interviews with high profile employers.

Mrs Wearing would like to acknowledge the following students from her classes for their great work. In Year 11 Society Culture Prudence Wilkins-Wheat, Joseph Messiter and Elizabeth Faust achieved excellent results in the Yearly Examination. Prudence Wilkins-Wheat, Aisha Aidara and Nicholas Diwell for outstanding Term 3 Media Files. In 10.3 History Reilly Lynch produced an excellent Stolen Generations assessment task. In 7S History Danielle Fairall, Lauren Mitchell, Joshua Thomas-Aitken, Shannon Su’A, Lauren Umansky-Zamora, Jessica Mendez, Jude Mendez, Daniel Bosma, Lucy Chen and Lauren Khoury wrote insightful Black Death diaries.

Camp Medical Forms
Any student who will be attending the Year 9 and 11 camps or the Year 8 Jamberoo excursion will need to take a Ventolin puffer with them. They will also need to hand in an asthma plan to their Year Advisers, regardless of how often they need to use it. We urge parents to visit their GP and complete an Asthma Plan, which is located on the Asthma Australia website at http://www.asthmaaustralia.org.au. When it is complete please return it to school. We will take either the plan designed for schools or the national standard plan, both of which can be found at the Asthma Australia website above.

Y Mazoudier, Head Teacher Welfare

Wellbeing Wisdom
White Ribbon – Breaking the Silence
This year, Menai High School will be continuing our involvement with the White Ribbon Foundation’s Breaking the Silence Schools Program. With the issue of violence at our national forefront, now is the time to make the cultural shift and ensure that all forms of violence and denigration are seen as unacceptable. This year, our White Ribbon leaders will be focusing on the power of words through roll calls and school assemblies. On the 27th November, the week of White Ribbon Day, all students and staff will stand together to make a ribbon. Keep an eye on the Wellbeing Wisdom section for more information in the coming weeks.

R Hatzi and the Wellbeing Wisdom Team

Gifted & Talented Corner
ANSTO is running a free ‘Science - Fact or Fiction?’ presentation at Sutherland Entertainment Centre.
Date: Thursday 29th October at 7pm
Age: Suitability is 8 years and above

Bookings and details at: www.factorfiction2sutherland.eventbrite.com.au
Enquiries: 02 9717 3090

Fact or Fiction 2.0 is a 90 minute show where the World Wide Web collides with cutting edge science the fact and the fiction behind popular activities on the internet are explored. The audience vote what is fact or fiction using their phone, tablet or laptop and a panel of ANSTO experts will explain the often surprising science of topics including online shopping, Facebook, selfies and Navman.

This great family show is FREE but bookings are essential

A Hanna

IMPORTANT DATES & COMING EVENTS

Monday 19/10 Year 9 & 10 ESL Camp (3 days), HSC Exams continue
Wednesday 21/10 Year 11 Camp (3 days)

Senior Seminar Program Schedule— Week 3A, Term 4, 2015

Monday Period 3 English, Physics, HSIE, Visual Arts
Tuesday, Period 3 HSIE, Chemistry, English, IPT/SDD/Business Studies
JANNALI PUBLIC SCHOOL proudly presents

MARKET DAY

Plenty of good food, market stalls & carnival rides for a perfect family day out.

SUNDAY 1 NOVEMBER 2015
9AM TO 3PM

$21 Student Offer

Any Student who attends our Wednesday night performance (21 Oct) can receive a ticket for only $21!
PLUS, if that Student is under 18, one accompanying adult is entitled to a $21 ticket too – that’s saving $19 for the 2 tickets!
Students must show ID
CODEWORD: BLUE

16-25 October
www.engadinemusicalsociety.com.au

SENSORY SCREENING
FOR FAMILIES WITH SPECIAL NEEDS

EVERY LEGEND HAS A BEGINNING.

PAN

Sunday 18th October @ 11am

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 dim) and sound is lowered. Fire exit doors are monitored by volunteers for those escape artists.

Tickets $8 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.

Cronulla Cinemas 2 - 6 Cronulla St, Cronulla NSW 2230
sensorymovieday.cronulla@hotmail.com
https://www.facebook.com/SensoryMovieDayCronulla
Circle of Security Parenting Teens Program

Date: Tuesday, 20 October 2015
Time: 10:30am—12:30pm
Venue: Cronulla Central
38-60 Croydon Street
Cronulla
Contact: 9528 2933 ext 101
Duration: 8 Week Program

Circle of Security an 8 week relationship based early intervention program designed to enhance attachment security between parents and children. The program uses a DVD and a graphic design to show the needs on the circle, and help parents understand the importance of Secure Base for a child to help with ‘exploring their world’ and the Safe Haven to which they return.

- Program hopes to challenge parents to increase awareness of children’s needs
- It asks parents to shift from mind blindness to seeing what is in plain sight
- Provide you with relationship tools to understand your teen’s needs
- Help you to see cues so you can read and respond to behaviours to support emotional regulation

Decades of research confirms that secure children display increased empathy, greater self-esteem, better relationships between parents and peers and an increase capacity to handle emotions more effectively compared to children who are not secured.

To register please fill in the form and send it to: Sutherland Shire Family Services 90 Soldiers Road, Jannali or email to ysf@ssfs.org.au. Or contact us on 9528 2933 ext: 101

Name: ____________________________________________
Address: __________________________________________
Contact Number: ____________________________________
Age of Children: ____________________________________
THE COOLKIDS & ADOLESCENT HEALTH PROGRAM

Information and Consent Form

About the Emotional Health Clinic
The Emotional Health Clinic (EHC) is a specialist research clinic aimed at furthering our understanding of child and adult emotional disorders and improving our methods of treatment. The Clinic is part of the Centre for Emotional Health, at Macquarie University. Families who seek help at the EHC will receive state of the art assessment and treatment based on research that has been conducted by our team over the past 20 years. The Centre for Emotional Health is a world leader in research in child and adolescent emotional health, has won numerous international awards for its treatment programs and is considered an international centre of expertise in the assessment and treatment of child and adolescent anxiety. Assessment and treatment services at the EHC are provided by a range of qualified personnel. We also function as a training clinic for psychologists who are completing postgraduate clinical psychology degrees. All staff at the EHC also complete specialised training in child and adolescent anxiety and receive supervision from senior clinical psychologists who have expertise in this area.

What is the purpose of the current treatment study for children and adolescents?
Some children and adolescents suffer from recurring physical (somatic) symptoms which can be quite distressing, although no organic cause has been identified. The most common somatic-health complaints experienced by children include recurring abdominal (stomach) pain, gastrointestinal symptoms, recurring headaches, dizziness, chest pain and nausea. The purpose of this study is to evaluate a psychological therapy program for children and adolescents aged between 7 to 17 years who have been experiencing recurring somatic-health complaints for at least 3-months and who are also experiencing some anxiety or depression.

Who is the CoolKids and Adolescent Health Program Study designed for?
For your child to be offered a place in the CoolKids and Adolescent Health Program he or she must meet a list of criteria, including:

- Children must be at least 7 years old and in grades 1 through 12.
- Your child has reported experiencing repeated somatic-health complaints (e.g., recurring headaches, stomach-aches, chest pain) for at least 3-months and the doctor has not identified any organic cause.
- The somatic complaints are significantly affecting your child’s day-to-day life.
- Your child is experiencing some anxiety and/or depression.
- Your child must not be receiving other psychological treatment.
- We suggest that children on medication should be on a stable dosage before starting treatment (and we advise to keep this stable during treatment).

Centre for Emotional Health
CoolKids and Adolescent Health Program - Chief Investigator: Assoc. Professor Maria Kangas
Email: maria.kangas@mq.edu.au [Phone (02) 98508599].

The CoolKids and Adolescent Health Program:
Helping distressed children & adolescents suffering from somatic health complaints (including recurring headaches, stomach-aches etc).

About 40% of children and adolescents may experience functional somatic health complaints, which are medically benign (that is, they have no identified organic cause). The most common somatic-health complaints experienced by children and adolescents include recurring abdominal pain, gastro-intestinal symptoms, recurring headaches, chest pains, dizziness and nausea. Research has shown that these children are prone to have increased rates of school absenteeism, and this may also have an impact on their learning, peer relations and overall quality of life. Studies have also indicated that up to 80% of children and adolescents struggling to cope with these recurring functional somatic health complaints may also be experiencing anxiety and/or depressive problems.

Our new, CoolKids and Adolescent Health Program is designed to specifically help children learn how to concurrently cope and manage their somatic symptoms as well as learn stress management skills. This program is specifically designed for children aged 7 to 17 years who are experiencing recurring somatic health complaints for at least 3 months (and which a GP or medical specialist has confirmed that the symptoms are medically benign). The program is individually based and involves 10 x 1 hour weekly therapy sessions held at the Emotional Health Clinic at Macquarie University. Interested families will be invited to attend a screening assessment to determine eligibility.

Organisation: Centre for Emotional Health, Macquarie University.

Researchers: Associate Professor Maria Kangas, Prof Ron Rapee, & Prof Mike Jones.

Who is eligible? Children and adolescents aged 7-17 years who are experiencing recurring somatic health complaints for a minimum of 3-months.

Contact: For more information, please contact Assoc. Professor Kangas (email: maria.kangas@mq.edu.au) or telephone (02) 9850 4082.