Parent Newsletter

Issue 32 Published Weekly

Acting Principal's Message

This week has been a very busy week. We had the pleasure of hosting our new Principal, Mr Elleven, on Friday. He was very impressed with the friendliness of the students and staff. He is very keen to start at MHS in 2016 and I know we are all looking forward to Mr Elleven becoming part of the Menai family.

Year 11 participated in a very successful camp and many of our English as a Second Language students attended a three day excursion to Canberra. Thank you to Mr Wakeley and Ms Jock for their organisation and attending the ESL excursion. Thank you to Ms Bessell and Ms Scevity for the exceptional organising of the Year 11 camp and to the staff who attended the camp Mr Scott, Mr Colella, Ms Blaylock, Mr Oste, Ms Northover and Ms O'Donnell.

During last week I took time to visit some Year 10 classes. I was very impressed with the quality of lessons the teachers were providing and the quality of work the students were creating. Students can do amazing things if they work hard and ensure they do home study to support their learning. Please ensure as parents you are checking your child’s edيارy to help your child plan and complete assessments and homework. Not only does this assist in improving results, developing regular routines of home study, it also lays the foundation for the important skills of dedication, planning and organisation. If you have any questions about the edيارy please contact Mrs Hatzi.

We must also congratulate a number of students on their outstanding performances in their extra curricular activities. Firstly Maddison Lawrence (Year 10) for her recent gold medal in the “State Synchronised Ice Skating Championships. She will go on to compete at the National Championships in November. Also in November, James Walker (Year 10) has been selected to represent Australia at the World Karate Championships in Indonesia. In addition, on Saturday night, James was awarded Junior Male Sportsman of the Year in the Sutherland Shire presented by the Mayor and Darryl Browman from the Footy Show. As well Prudence Wilkins-Wheat and Aisha Aidara gave exceptional performances at the State Drama Festival. Congratulations to the U17 School Cricket team Brendan Cole, Steven Milliken, Lachlan Willmore, Luke Saunders, Blake Worsfold, Brayden Holdstock, Aaron Hadley, Jonah Ngaroona, Tim Brandt, Brayden Jones, Jared Sparke, Dylan Holdstock and Leroy Maure who defeated Sydney Boys’ High School to make it into the semi-final of the region to play Woorooware HS in the Davidson Shield Cricket competition. Also the U15 Girls Knockout Netball team - Annelise Faust, Taylani Ireland, Renee Allatta, Chelsea Tasker, Claire Shooter, Mia Enright-Bullock, Riahn Griffiths, Ruby Van Steinburg and Kristina Grzetic who won their first round game, defeating Lucas Heights Community School 36-23. They go on to play Port Hacking High School in the second round. Thank you to Tiar Holmewood for umpiring. Congratulations and well done to all these students.

Our Student Representative Council are really making their mark. They have been working hard promoting the

Pursuit of Happiness across the school. Also last week the Leadership team provided students with the opportunity to participate in the Pursuit of Happiness soccer games. This was a student led initiative reinforcing the importance of school being a place where students feel happy so they can thrive and grow.

I would like to recognise a long serving staff member, Mrs Janyne Walker. She has been SLSO (teachers aid) for many years and has decided to finish at the end of this week. I would like to thank Mrs Walker for her dedication to her work as do the many students and teachers who she supported during her employment at Menai High School. She has assisted many students to achieve their best and grow into confident young people. Thank you Mrs Walker and all the best with your future plans.

Next week is Gonski Week 2015. Public Education provides a vital and excellent education for all. It is inclusive not exclusive. It is very important that we take this opportunity as a school community to support this issue of equity. Please take time to look at the website and become involved. I have highlighted in my report information from the “I Give a Gonski” website. http://www.igiveagonski.com.au.

“This year National Gonski Week will be held between October 26 and November 1. It is a great opportunity to get active in the campaign and help secure the resources that will improve the education children receive across Australia. Where Gonski funding is going into schools it is making a huge difference. But too many schools are still not receiving the funding they need to lift the achievement levels of students and support those who require additional assistance. With a new Prime Minister we have a chance to convince the Federal Coalition to abandon their plan to get rid of Gonski and stop the full delivery of this vital needs-based funding.”

NSW Health has sent an important letter to Principals concerning Whooping Cough. I have added this letter on Page 3 for parents to read.

R Allen

IMPORTANT DATES & COMING EVENTS

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<td>HSC Exams continue</td>
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<td>Monday 2/11</td>
<td>Year 7 &amp; 8 Exams (all week)</td>
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<td>Monday 9/11</td>
<td>MHS Annual Art Show (3 days)</td>
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<tr>
<td>Thursday 10/11</td>
<td>Year 9 Exams (3 days)</td>
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<td>Monday 16/11</td>
<td>Year 10 Exams (all week)</td>
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Welfare News!

Good News
Ms Wearring would like to commend Prudence Wilkins-Wheat, Tara Shepherd, Grace Dingley, Lilian Egan, Elizabeth Faust, Maya Kilic, Margaret Yeung, Vicki Milekovic, Kristi-Lyn Piccolo and Jordan Taylor from Year 11 Society and Culture for their wonderful Rites of Passage assessment tasks. Also, well done to Zena Kassir, Amelia Stokes, Kieran Caldwell, Kristy Kirovski, Daniel Crookshank, Lara Dunn and Charlotte Wiseman from 9History5 for their World War I diaries.

Mrs Waugh would like to congratulate 7G for their outstanding fantasy short stories. Also, Rachel Ho from 10E1 for her outstanding Macbeth/Gladiator essay. Emily Lu is also recognised for her hard work and dedication to English and her outstanding essay result.

Mr Mundy would like to congratulate Hannah Banks, Alessandra Camporeale, Emily Davenport, Tayla Nisbet, Sarah Ragheb and Christina Tsafis for their outstanding results in their English Theme Study assessment essays.

Health Plan Updates
For students with Health plans, they have been sent home for updating. Please read them over and make any necessary changes and sign the last page. The plans can be returned to the welfare office. If your child is anaphylactic, we will require an updated ASCIA form as well. All details have been sent home with your child. Thanks for your help in ensuring we have the most current information pertaining to your child.

Y Mazoudier, Head Teacher Welfare

Wellbeing Wisdom
Mental Health Month
October is Mental Health Month in NSW and the theme for 2015 is ‘Value Your Mind’. During October we are encouraged to prioritise our own mental health and wellbeing by actively practicing self-care. Maintaining a healthy mind allows us to make positive lifestyle choices and prevent mental illnesses that can make daily life a struggle.

In the same way that each person is unique, so are the ways we look after our mental health. For more information, fact sheets, educational events and online resources please go to www.mentalhealth.asn.au. For people of culturally or linguistically diverse backgrounds, contact the Transcultural Mental Health Centre on 99123815 or Lifeline 131114

L Ferraro and the Wellbeing Wisdom Team

Gifted & Talented Corner
All the best to Katherine Hensler, Georgia Luckman, Eloise Phillips, James Walker and William Wong of Year 10 young scientists who will be representing Menai High School at the University of Wollongong Illawarra Coal Science Fair early next month. Should be a wonderful showcase of talent.

The 2015 Menai High School Chess Tournament is due to begin next week. Thank you to the 40+ students who have signed up for this - looking forward to a great tournament!

A Hanna

Year 9 & 10 Commerce Incursion
We recently welcomed Start Smart to deliver their free, financial education workshops to our Year 9 and 10 Commerce students on Earning, Saving, Spending and Investing. It was delivered in school to students by a facilitator from the Commonwealth Bank of Australia.

Start Smart changes the way young people learn about money. By making money management interactive, engaging and fun, our students were equipped with the confidence and competence they need to make smart decisions about money. Our school has proudly joined the Commonwealth Bank’s Start Smart Program in its mission to improve the financial literacy of Australia’s young people. Overall, the program proved to be a highly beneficial experience for students and was thoroughly enjoyed by all. For more information on the program and each of the workshops we encourage you to visit www.startsmart.com.au

A Prince, Teacher

Senior Seminar Program Schedule— Week 4B, Term 4, 2015

| Monday Period 3 | 2U Maths, ESL, HSIE |
| Tuesday, Period 3 | Drama, HSIE, Maths General |
| Wednesday Period 3 | Biology, Ext1 Maths, Community & Family Studies |
**Whooping cough information for schools**

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.