Acting Principal’s Message

Year 11 camp

I will start my report this week by congratulating Year 11 on their outstanding behaviour and engagement at their recent camp. The camp is an excellent opportunity for students to develop life long memories, challenge themselves and grow in confidence which boosts their self-esteem. The camp also helps to develop relationships between students and their teachers, which creates a culture that supports students learning. I would like to thank the Year Advisers Ms Bessell and Ms Scevity for their tireless work in organising the camp. Also to the other staff who attended the camp Mr Scott, Mr Oste, Mr Colella, Ms O'Donnell, Ms Blaylock and Ms Northover. Thank you for your commitment to the students at Menai High.

I have also received last week two emails from parents who have wanted to express their thanks and appreciation to their child’s class teachers.

“As my daughter sits her last HSC exam this morning, I just wanted to say a huge thank you for the dedication and commitment of all of the staff at Menai High School. If it wasn’t for this dedication, we would not be where we are today. A particular thank you goes to all of the Year 12 teachers, but in particular Mr Meagher who has gone out of his way, arranging to help students in his own time during the school holidays both privately and as a group, which has made such a difference to the preparation and confidence going into the HSC. The commitment and dedication of the teachers at Menai High School make it what it is today and I would like to say a huge thank you.”

“Dear Ms Souris, What a pleasant surprise to receive your lovely letter. Your very kind words are appreciated. My daughter has been working hard and clearly this is the result of an engaged student with a dedicated teacher. So thank you for the work that you are doing, we are extremely pleased that you are my daughter's teacher.”

Menai has very dedicated teachers who work hard to create students who are skilled learners, skilled citizens and skilled for life.

Year 7 and 8 have exams this week. You can support your child by helping them to revise their work, ask them the days and times of their exams, and ensure that they are eating well and also are getting regular physical activity each day. Studies have shown that regular physical activity assists students to concentrate and improve their academic results.

Good luck to our F1 Year 9 team – Tegan Whitfield, Patrick Kotsaris, Xavier Rolton, Mitchell Ship, Mason Shute and Mr Oste as they compete in the NSW competition at the University of Newcastle. We are all very proud of your hard work and achievements to date. Also congratulations to Dion Bonanno (Year 11) and Ryan Ewerlin of Year 10 who last week represented Sydney East at the NSVCHSSA Boys Tennis championships at Broadmeadow.

During Roll Call and assembly last week, student leaders and teachers worked with students on White Ribbon lessons and presentations. This is a very important education campaign and I encourage families to talk about White ribbon and what it represents. The lessons and education will continue at Menai High in the next few weeks and is also supported in your child’s PDHPE lessons. I would like to thank Ms Hatzi, Ms Bessell and Ms Overell in driving this important campaign at school.

On Friday, the current leadership team – Zac Adamson, Hannah Banks, Jack Boyle, Taegan Charles, Emily Chen, Sarah Clark, Iman Codmani, Adalyne Cole, Nicholas Diwell, Jacob Dol, Cody Gale, Natasha Gladwin, Taylani Ireland, Liam Johnstone, Zuriah Kaltz, Rachel Lee, Georgia Luckman, Dale McGlynn, Michaela Newton, Daniel Pazin, Alexandra Shute, Maya Stemple, Maddison Stone, James Waler, Tegan Whitfield and Prudence Wilkins-Wheat organised Bandana Day. Again the students and staff at Menai High support this cause with enthusiasm and helped raised vital funds to support adolescent cancer services. Well done.

I will finish my report today by thanking Mr Bruce who has been our relieving General Assistant for the past eight weeks. He has done an excellent job in maintaining this very large school and we wish him all the best in his future endeavours.

K Scott
Welfare News!

Good News
Ms Mazoudier would like to acknowledge her **10.3** and **10.8 History** class for their effort in completing the research task on key events in the Changing Rights and Freedoms of Indigenous people in Australia.

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.

Vaccinations
The final round of vaccinations for Year 7 will occur on Monday 16th November. If you have decided to withdraw your child from this, please ensure you write a letter stating this and sign and date it. Please ensure that you include a telephone number that you can be contacted on that day so the nurses from NSW Health can confirm this with you. Any student who missed a vaccination this year will have the opportunity to receive it next year during the Year 7 vaccinations in 2016.

Y Mazoudier, Head Teacher Welfare

Orthodox Scripture
Seminars will be held for Years 7, 8, 9 and 10 on Wednesday 11 November Period 3 and 4. All students who elected Greek Orthodox Scripture or have not submitted their opt out letter and are identified as Orthodox will be in the seminar.

More details will be provided to the students as the date approaches.

R Allen & K Scott

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Wellbeing Wisdom

**Should kids have computers in their bedrooms?**

Experts say kids should not keep computers in their bedroom. Former Victorian police officer and cyber-safety consultant Susan McLean says the internet can give the bully direct access to your child's bedroom; "the one place that they should be safe".

However, if for some reason the only place your child can study and access the computer is their bedroom, consider options such as:

- Leave the bedroom door open, with agreed random visits by parents
- Create a technology curfew. Disable the computer, and remove the mobile phone from the bedroom at a certain time each night.

Visit -

R Hatzi and the Wellbeing Wisdom Team

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Gifted & Talented Corner

What a wonderful start to the Chess tournament this week! We have 50 competitors and supporters meeting regularly at lunchtimes in a fun and exciting spirit of sportsmanship and comradery. A busy couple of weeks ahead:

Wishing all the best to Mr Bean and our stoic Robotics team at the regional tournament this weekend.

A Hanna

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**IMPORTANT DATES & COMING EVENTS**

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Monday 2/11</td>
<td>Year 7 &amp; 8 Exams (all week)</td>
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<tr>
<td>Monday 9/11</td>
<td>MHS Annual Art Show (3 days)</td>
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<tr>
<td>Thursday 12/11</td>
<td>Year 9 Geography, Science Exam</td>
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<tr>
<td>Friday 13/11</td>
<td>Year 9 Maths, English Exam</td>
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<tr>
<td>Monday 16/11</td>
<td>Year 9 History Exam, Vaccinations, Year 10 Exams (see attached schedule)</td>
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Senior Seminar Program Schedule—Week 5A, Term 4, 2015

<table>
<thead>
<tr>
<th>Period</th>
<th>Subject</th>
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<tbody>
<tr>
<td>3</td>
<td>English, HSIE, Physics, Music</td>
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<tr>
<td>3</td>
<td>Chemistry, English, IPT/SDD/Business Services</td>
</tr>
<tr>
<td>3</td>
<td>HSIE, English, ESL, Hospitality</td>
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MENAI HIGH SCHOOL
ANNUAL ART EXHIBITION

The Creative and Performing Arts faculty invite you to attend the 2015 annual art exhibition. The exhibition presents outstanding artworks by students in Year 7 – Year 11 who study Photographic and Digital Media, Visual Design and Visual Arts.

**Date:** 10/11/15

**Time:** 5pm – 8pm

LIVE MUSIC performed by Year 10 and Year 11 Music students. CATERING by Year 11 Hospitality students.

The awards will be presented to students at 6:30pm.