Acting Principal's Message

Last Friday I had the pleasure of presenting many awards. I started the day presenting Merit Awards to Lauren Alden, Bradley Bulmer, Ruby Byrne, Lucy Chen, Janan Codmani, Jack Gersbach, Jessica Julian, Lauren Khoury, Jessica Mendez, Sam Rosser, James Sestanovic, Zachary Spiros, Benjamin Werner, Anna Zielinski (Year 7); Sarah Burrows, Matthew Chandler, Sarah Day, Gemma Grigg, Natasha Hitchens, Tim Edward Huang, Sarah Ireland, Oliver Jones, Alicia Mollica, Britney Symyniuk, Amy Allsop-Guest, Matthew Chandler, Taegan Charles, Mackenzie Chegwidden, Daniel Ferlazzo, Laura Fernando, Monica Keech, Zuriah Krautz, Lauren Lamotta, Brandyn Luccock, Moi Mahmodoon, Sabrine Malas, Kayla Squires, Tamara Stokes, Maddison Stone, Robert Townsend, Victoria Wang (Year 8); Georgia Turner, Maddison Archer, Iman Codmani, Alexander MacRitchie, Rochelle Phan, Luke Phillips, Kayla Winter (Year 9); Georgia Foran, Yingshi (Kiki) Li, Allen Mackie, Tori Mitchell, Emily Chen, Emilia Danek, Julian Jones, William Wong (Year 10) who had signed up at the start of the year with the goal to strive for excellent behaviour and displaying the qualities of our Exit Outcome ‘Skilled for Life’ which are: capacity to communicate, adapt to ever changing circumstances, organise, solve problems, make appropriate decisions, be confident, positively contribute to the workforce and live a healthy lifestyle. All these qualities are important. On assembly the following talented students were awarded a Gifted and Talented jacket for outstanding Sport and Academic performances. Halle Hlasiuk, Crystal Li, Mya Davies, Tayla Nisbet (Basketball), Leyton Davies, Jared Sparke, Jackson Curtis, Dylan Holdstock, Cory Bowles, Jack Karssemeyer (Softbal), Annellese Pfrengle, Jessica Barber (Gymnastics), Dakota Bennett-Ward (Rhythmic Gymnastics), Jordan Macbeth (Baseball), Lachlan Willmore (Cricket), Aaron Tannous, Andra Appenzeller (Tennis), Christie Hayward (Touch Football), Taegen Charles, Aidan McLeod (Tourament of the Minds) and Karl Stephens-Horor (Grain Judging and Alpaca Parading). Congratulations to all students.

Many of our students last week worked with some of our feeder primary schools. Nick Diwell, Sam Richardson, Jayme Thornork, Dale McGlynn, Liam Johnston and Joseph Messiter who went to Tharawal and helped to deliver the White Ribbon Awareness Program to the primary students. Blake Worsfold, Jayden Grey James Narbeshuber, Aidan Brown, Olivia Wilson, Georgia Luckman, Elena Tsakalis, Christina Tsafis and Sarah Wilson were fantastic musicians and dancers at the recent Alfords Point Public School Spring Fete.

I want to make a special note of the following students SRC students, Jacob Dol, Iman Codmani, Jack Boyling, Adalynn Cole, Michaela Newton (Year 9); Joyce Yin and Dustin Bahn (Year 10) who hosted 19 Chinese delegates connected to the International Students Program. These students were praised by the leader of the delegation who said much she enjoys reading your eDiary comments/feedback. So thank you for the lovely letter you sent home about my daughter last week. We appreciated the time you took to recognise her effort. She was right nice to me when I opened your letter and we both smiled – me out of pride, she for the recognition. She thoroughly enjoys TAFT and says how encouraging you are and how much she enjoys reading your eDiary comments/feedback. So thank you for the letter, for your encouragement and for your dedication to inspiring your students to do their best. Regards, Parents”

Deputy Principal’s Message

At Menai High School, a special Remembrance Day commemoration assembly will be held this Wednesday November, 11 at 11am. We share with the school community a deep understanding of our history and the importance of Remembrance Day to Australians.

Why is this day special to Australians?

“At 11 am on 11 November 1918 the guns of the Western Front fell silent after more than four years continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted allied terms that amounted to unconditional surrender.

The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. This first modern world conflict had brought about the mobilization of over 70 million people and left between 9 and 13 million dead, perhaps as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their war dead.

(continued page 2)
On the first anniversary of the armistice in 1919 two minutes’ silence was instituted as part of the main commemorative ceremony at the new Menai War Memorial in London. The silence was proposed by Australian journalist Edward Honey, who was working in Fleet Street. At about the same time, a South African statesman made a similar proposal to the British Cabinet, which was endorsed by King George V personally requested by the people of the British Empire to observe formal activities for two minutes on the hour of the armistice "which stayed the worldwide carnage of the four preceding years and marked the victory of Right and Freedom". The two minutes’ silence was popularly adopted and it became a central feature of commemorations on Armistice Day.

On the second anniversary of the armistice in 1920 the commemoration was given added significance when it became a funeral, with the return of one of an unknown soldier from the battlefields of the Western Front. Unknown soldiers were interred with full military honours in Westminster Abbey in London and at the Arc de Triomphe in Paris. The entombment in London attracted over one million people within a week to pay their respects at the Unknown Soldier’s tomb. Most other allied nations adopted the tradition of entombing unknown soldiers over the following decade.

After the end of the Second World War, the Australian and British governments changed the name to Anzac Day. Armistice Day was no longer an appropriate title for a day which would commemorate all war dead.

In Australia on the 75th anniversary of the armistice in 1993 Remembrance Day ceremonies again became the focus of national attention. The remains of an unknown Australian soldier, exhumed from a First World War military cemetery in France, were ceremonially entombed in the Memorial’s Hall of Memory. Remembrance Day ceremony November were conducted simultaneously in towns and cities all over the country, culminating at the moment of burial at 11 am and coinciding with the traditional two minutes’ silence. This ceremony, which touched a chord across the Australian nation, re-established Remembrance Day as a significant day of commemoration.

Four years later, in 1997, Governor-General Sir William Deane issued a proclamation formally declaring 11 November to be Remembrance Day, urging all Australians to observe one minute’s silence at 11 am on 11 November each year to remember those who died or suffered for Australia’s “cause in all wars and armed conflicts.” Australian War Memorial

Thank you to Mrs Summerveld, the HSIE Faculty and the student leaders Prudence Wilkins-Wheat, Liam Johnstone, Alex Shute, Nick Diwell, Dale McGlynn, Sarah Clark assisted by SRC Iman Codmani, James Walker, Cody Gale, vocalists Ryan Queenin, Maya Stempien, trumpeters Ethan Macky, Jack Carroll and flag bearers Shauna Lee-Walker, Mia Wetherchen and Taimi Holmewood for their organization of the MHS Remembrance Day ceremony.

This term has been exceptionally busy with the HSC examinations for year 12 students which ended on Tuesday and the beginning of the starting term 4. The teaching and learning cycle continues and assessment and examinations are in full swing with Year 8 commencing their examinations last week and years 9 and 10 in the next few weeks. Students are expected to commit to home study and revision to best prepare for the upcoming exams. Students in Year 7-10 have recently engaged with STOP (Study, Time, Organisation and Preparation) lessons to develop further skills in time management and organisation. These skills become key pillars to academic progress and success. Please encourage your child to plan and continue to prepare thoroughly for the upcoming exams. Your child Year Advisers are there to support each child in their year group during this busy period when sometimes children feel anxious or stressed.

At the staff morning Tea last week, I acknowledged the Menai High School year 12 teachers and in particular recognised the great teaching, support and extra commitment they have provided to the year 12 students. Many staff came into to deliver additional study sessions in the holidays and I thank the MHS teachers for their hard work with the year 12 students this year. I look forward to the HSC results and especially commend year 12 for their maturity and excellent attitude and commitment to their academic studies and schooling over the last six years at Menai High School. I look forward to the year 12 Formal and the HSC BBQ for Year 12 on the 17th December, 2015 at 1-2pm. Year 10 students have a busy end of year with two weeks of work experience following the examination period. I urge all parents to ensure that their child has completed and submitted all of the paperwork required. This is a compulsory and valuable program for year 10 students to partake in.

The Welfare Team completed their annual conference and professional learning day last week allowing them to forward plan all Welfare activities for 2016 and engage in professional learning on the School Well Being Framework, Mind Matters Framework and White Ribbon Day initiatives. This time is invaluable for the team to reflect, refine and streamline processes, practices and programs that support every student at MHS. I would like to thank Ms Y Mazoudier Head Teacher Welfare and Ms R Hatzi and Ms C. Bassell for their work with the Welfare Team in presenting the White Ribbon Program.

I was thrilled to the core when the Gifted and Talented Program students from MHS were awarded their Jackets and trophies at the last Friday. These students (See previous report for list) have achieved outstanding results and have represented MHS as not only great ambassadors but also outstanding young sports men and woman and in various areas of academia. Congratulations to these students who demonstrate what a skilled learner, skilled citizen and learner for life are and how this can be achieved through hard work and commitment.

I had the privilege to attend the Special Award ceremony for the Bronze, Silver and Gold Award recipients last Friday and I would like to congratulate every student (See list on previous page) who achieved an award. These awards are earned over a sustained period of time and show the high values, work and commitment of the students. I especially thank the parents and guardians who attended this special ceremony. It is wonderful to have so many families supporting such wonderful achievements. Thanks to Ms H Barrie for her leadership of the MHS Awards scheme in 2015.

An outstanding achievement from another group of dedicated students involved in the F1 in School Challenge. The Year 9 Graphics Technology F1 Racing Team - Tegan Whitfield, Mason Shute, Patrick Kotsaris, Mitchell Shipp and Xavier Rolton - won the State Championship held in Newcastle last week. They will now go on to the National Championships in Sydney held in March 2016. Thank you their teacher Mr M Osté.

The Primary Linkages Program has been a great success as MHS connects with our partner primary schools through engagement in literacy. At the COSBTR (Community of Schools Between the Rivers meeting) Primary Principals have reported great feedback about the program and its effectiveness in providing quality transition education between primary and MHS high school. Thanks to Mr Mundy English Head Teacher and Ms Hatzi for their work in coordinating the program.

At MHS opportunities abound and the number of extra-curricular educational programs provides the landscape for growth and development outside the classroom. I thank Mr S Wakely and Ms R Jock for supervising a fantastic group of Year 9 and 10 ESL students attending an ESL Camp at Nuragunyu Aboriginal Experience at Burrill Pinewoods on Monday 19th October to Wednesday 21st October 2015. The camp provided students an insight into authentic learning about Aboriginal Culture (See photo below- making a fire with sticks) These students will be sharing their new knowledge with the school community at assembly early in 2016. Congratulations to these students and thanks to Tradies at Miranda for supporting this opportunity for newly arrived ESL students to learn about Australia’s rich history and culture. Year 9: Adel Alhasan, Ben Do, Hailey Hwang; Year 10: Othman Al-Bairmains, Dustin Banh, Joshua De Leon, Kiki Li, Byron Liao, Muslim Musailem, Gavin Nguyen, Phi Nguyen and Joyce Yin.

Volunteering – Mercy Connect and Gymea Community Centre

A special thank you to the kind volunteers who have committed this year to supporting students from a refugee and ESL/D and curriculum needs. Thanks to: Ron, M Tweedie, J Whaite, L Gyton, A Heycox, L Bova, J Pinto, B Iferd, E Noorian, G Minto and R Lindsay.

Our parent ESL Café has thrived this year and I would like to thank the Margaret Ickle and the Volunteers from the Menai Community Church who have worked in partnership with the newly arrived parents and families of students at MHS. I would also like to thank Ms R. Jock EAL/D Teacher and Parent Café Coordinator who has done a great job planning the ESL lessons and meeting for parents as well as the excursions to inform and educate newly arrived families about the NSW education system, Australian culture and improve levels of conversational English. Thanks to Toyota who has provided a community grant in order for this parent engagement program to be...
implemented in 2015. The ESL Parent Café members attended an cultural studies experience with an excursion to the Wild Life Sydney Zoo.

On Thursday 5th November, Ms Jock and the volunteers from Menai Anglican Church battled the elements to take our ESL Parent Café class to Wild Life Sydney Zoo at Darling Harbour. After a train ride together from Padstow, they walked with umbrellas from Town Hall. Students and volunteers alike enjoyed meeting and learning about all the Australian animals. Highlights included catching photographs with Rex the 5 metre crocodile and admiring the sleepy, cuddly koalas. There were frogs with silky, glistening skin and the deadliest spiders and snakes in the world – all of which call Australia home! After lunching on soup and sandwiches we caught the train home, with phones full of photographs and memories of a special day!

We welcome the Year 7 student 2016 at the Orientation Day for Year 6 - 7 on December, 3 at MHS. I would like to thank Ms Almond and Ms O’ Donnell, Year 7 Year Advisers in 2016, for the transition program they are delivering as they visit each of the primary partner schools at the moment.

Values education is a significant part of the curriculum at MHS and following the success of last year’s White Ribbon Day Initiative this important whole school education program continues to be embedded into the welfare curriculum. Currently, all students are engaging with key White Ribbon messages with respect being the core feature of our discussions.

The SRC have done a tremendous job in organising a feel good fun soccer series that students from all years have participated voluntarily into the welfare curriculum. Currently, all students are engaging with key White Ribbon messages with respect being the core feature of our discussions.

The Pursuit of Happiness is indeed spreading across the school. I thank the SRC, Zac Adamson, Hannah Banks, Jack Boyling, Taegan Charles, Emily Chen, Sarah Clark, Iman Codmani, Adalynn Cole, Nicholas Diwell, Jacob Dol, Cody Gale, Natasa Gladwin, Taylani Ireland, Liam Johnston, Zuriah Krautz, Rachael Lee, Georgia Luckman, Dale McGlynn, Michaela Newton, Daniel Pazin, Alexandra Shute, Maya Stempidian, Maddison Stone, James Walker, Tegan Whitfield and Prudence Wilkins - Wheatley, for their brilliance and creativity in approaching this initiative with such heart, dedication and enthusiasm. Thanks to Ms Overell the SRC coordinator for work with the SRC.

Finally, I would like to welcome our new Principal, Mr Barney Elleven, to the school. Barney is an outstanding educational leader and will provide vast leadership density and expertise to Menai High School.

E Sayed-Rich

CAPA News

Congratulations go to Aidan Brown, Jayden Grey, James Narbeshuber, Blake Worsfold, Georgia Luckman, Elena Tsakalis, Christina Tsafis and Sarah Wilson, all from Year 10, on a fantastic performance at the Alfrords Point Public School Fete held on Saturday 31st October. These students performed extremely well. Congratulations and well done.

E Osborne

Welfare News!

Good News

Ms Liley would like to acknowledge her 7TAFT8 class on their amazing and impressive party set up. Ms Souris would commend her 8TAFT 3 class on their wonderful Multicultural practical.

Congratulations to Gemma Grigg, Lauren Horsnell, Zuriah Krautz, Lauren Lamotta and Maddison Stone in Year 8 from Ms Ryan for their impressive table setting and multicultural meal.

It is Exam Time

It is that time of the Year when students are sitting their final round of exams. This can often be a stressful time of the year that can make some students more prone to panic attacks. Sites such as the Schools A-Z run by the Department of Education that we have shown pages of throughout the year, offer lots of advice to parents and students on how to deal with the stresses that come from sitting exams and studying.

Health Plan Updates

For students with Health plans, they have been sent home for updating. Please read over and make any necessary changes and sign the last page. The plans can be returned to 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

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.
**Gifted & Talented Corner**

Congratulations to Katherine Hensler, Georgia Luckman, Eloise Phillips, James Walker and William Wong on the marvellous job they did representing our school at the University of Wollongong Illawarra Coal Science Fair last week. Though we did not bring back any wins this year, the students gained valuable experience responding to several rounds of questions by judges and explaining the processes underlying their scientific investigations.

Following the fair, students (and teachers!) were treated to a talk by Warwick Holmes, the Sydney-born Engineer responsible for the Rosetta mission. This mission successfully put the Philae lander on Comet 67P, 500 million km from Earth last year. Warwick reiterated that at one point he was ‘just a Sydney school boy’ and that anything was possible with passion and determination.

With NASA once more accepting applications for prospective astronauts next month, a timely reminder of the (literal!) heights our students can reach.

A Hanna

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**Wellbeing Wisdom**

**White Ribbon Campaign at MHS**

**Strengthening the culture of respectful relationships through Australian schools**

Last Friday, our Year 11 White Ribbon ambassadors spoke on assembly about the power of language. The aim is to raise awareness of how the words we use influence our perceptions of gender and can create violence supportive attitudes.

To enhance the message, students have also watched a number of videos during roll call. Please take the time to watch them via the following links and open a dialogue with your child about how simple phrases and throw away lines can have a significant and long lasting impact on their perception of themselves.

- [https://www.youtube.com/watch?v=8z7EOG8z_e0](https://www.youtube.com/watch?v=8z7EOG8z_e0) (Designed to address the use of anti-gay language among teens)
- [https://www.youtube.com/watch?v=XjJQBjWYDTs](https://www.youtube.com/watch?v=XjJQBjWYDTs)

(Using #LikeAGirl as an insult. We're kicking off an epic battle to make sure that girls everywhere keep their confidence throughout puberty and beyond, and making a start by showing them that doing it #LikeAGirl is an awesome thing.)

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*L Ferraro and the Wellbeing Wisdom Team*
Sensory Movie Day is an inclusive monthly event for families with special needs or sensory processing disorders.

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 dark) 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