Relieving Principal’s Message
My report this week starts with a very sad event within the Sutherland Shire schools. Mr Mark Noonan, the Principal at Heathcote High School, passed away after a battle with cancer. His funeral was on Thursday 12th November. Mr Noonan was also a Deputy Principal at The Jannali High school for a number of years and was an excellent educational leader. Menai High has passed on our condolences to Mark’s family and both Heathcote High and The Jannali High staff and students. To assist the schools in attending Mark’s funeral last Thursday, Mrs Sayed-Rich, Mr Scott and I went to The Jannali High and supervised the school. I would like to say a big thank you to the Menai High school executive for looking after Menai High while the senior executive were supporting The Jannali High. We really do have a strong and supportive network for both students and staff here in the Sutherland Shire schools.

Last week the F1 Team showed me their portfolio and other promotion- al materials they prepared for the F1 Challenge. It was very impressive and demonstrates the exceptional level of work this winning team produced. I was so impressed I took the work to the P&C and School Council meetings where parents commented on the amount and the level of mathematics, science, literacy and technology the students are demonstrating. A story about the challenge is up on the school website. Congratulations!

Menai High held a truly moving Remembrance Day service last Wednesday. The assembly was led by Ms Summerfield with the following students:

MC: Prudence Wilkins-Wheat, Liam Johnstone
Trumpets: Ethan Macky, Jack Carroll
Vocalists: Ryan Queenin, Maya Stempien
Keyboard: George Hond
Flags: Shauna Lee-Walker, Mia Winchester, Tiarn Holmewood
SRC: Alex Shute, Nick Diwell, Dale McGlynn, Sarah Clark, Cody Gale, Iman Codmani, Tegan Whitfield and Maddison Stone

Thank you also to the following staff - Ms Williams, Mr Bradley and Mr McCuaig. Our Captain Prudence Wilkins-Wheat shared a personal story concerning a family member who was a past student and is currently in the ADF. This is an important event in our school’s calendar and it was an important time for us all to reflect.

On Friday we continued our White Ribbon campaign and Mr Dale Palmer, a retired teacher and past Endeavour High School Principal who now works for White Ribbon, was a guest speaker at the assembly. He passed on a very serious message about the role of good, sensible young men and their role in not accepting any talk or behaviour concerning violence towards women.

I wish Year 10 good luck with their examinations which run for the next two weeks. I know many of the students have been working very hard and will gain personal bests as they gain their results.

I am disappointed that I have to talk about the behaviour of a small number of students who are using the express buses. Teachers and parents are reporting unacceptable behaviour of Year 7 and Year 8 students in the afternoon on their way home via the Sutherland buses. I would encourage you to discuss this with your child and to remind you that staff supervise the designated school buses and would encourage you to have your child use the supervised bus bay.

R Allen

Relieving Deputy Principal’s Message
With the end of term approaching students will soon receive their grades and academic reports. Academic reports not only give great detail about your child’s progress but also recommendations on how they can improve. Part of the learning process is making mistakes and it is these mistakes that teachers can pick up on to give direction for improvement.

Next year will also see a change in the way students transport to and from school using buses. A reminder that our supervised buses are those which depart from the bus bay at the end of the school day. From next year students will carry a blue, student opal card replacing the bus passes that have been in use for some time. Any new enrolment, including those entering Year 7, 2016 will need to apply for the opal card online at transportnsw.info/school-students. Students with existing bus passes do not need to sign up but will have their bus pass replaced with an Opal Card at the beginning of 2016. The school opal card can only be used for travel to and from school meaning a child/youth opal card is still required for students wishing to travel to other destinations. Further information can be found by visiting the referenced website or calling the school.

Teachers have so far praised Year 9 in terms of their attitude and approach to examinations. Year 10 will be sitting exams during the fortnight in the first experience of an examination period. Students are given the extra time to not attend class in order to revise and study to ensure they receive the best possible results. All Year 10 students would have received information on their clearance day which is occurring on Monday December 14th. On this day students will need to ensure outstanding resources are returned to the school. A large part of this day is the sitting of the ‘All My Own Work’ examination which requires a result of 90% or greater before students can progress to Year 11 course work. ‘All My Own Work’ is a compulsory course in NSW that must be completed by all students entering stage 6.

Next week we will be conducting pattern of study interviews for students moving into Year 12 and wishing to reduce their study from 12 units to 10 units. By Tuesday all students must have their paperwork complete including teachers signing off that they possess the required textbooks for the subjects they are keeping in Year 12. On Thursday afternoon these students will attend the library to have Head Teachers sign students out of these subjects in preparation for discontinuation in 2016. If you, as parents and guardians, have any questions I am happy to discuss this process.

To finish I need to give commendation to students on their uniform over the past few weeks. Students are regularly briefed on the rules and importance of uniform, including the wearing of non-porous shoes. These types of shoes are important in our environment and are a WHS requirement for both students and staff in practical rooms. There are still some who can find it challenging to remember to wear the correct shoes every day and need this brought to their attention by their roll call teachers. If a student has a valid reason for not wearing correct shoes it is their responsibility to bring it to the attention of the deputy principal prior to roll call. With less and less students experiencing this issue it is reassuring to know that adhering to explicit and consistent rules such as the uniform policy is a reflection of the maturity of our students.

K Scott

IMPORTANT DATES & COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 16/11</td>
<td>Year 9 History Exam, Vaccinations, Year 10 Exams commence</td>
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<tr>
<td>Thursday 19/11</td>
<td>Year 12 Formal</td>
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<tr>
<td>Thursday 26/11</td>
<td>Yearn 10 Formal</td>
</tr>
<tr>
<td>Friday 27/11</td>
<td>Year 8 Jamberoo Reward Day</td>
</tr>
</tbody>
</table>
Welfare News!

Good News
Ms Hanna and Mr Bean would like to congratulate the Robotics team of Luke Phillips, Bernadette Wong, Rochelle Phan, Mitchell Irvine, Eden McSheffrey, Caerwyn Bartley and Tushan Chandra for their perseverance and dedication at the Robotics regional competition.

Ms Scevity and Ms Bessell would like to say well done to Year 11 on their exemplary behaviour both at the Year 11 camp and the Western Sydney University day. You all did Menai HS proud.

It Is Exam Time
Well done to Year 9 students who spent last week sitting their final examinations.

Good luck to Year 10 who will sit their yearly exams over the next two weeks, followed by two weeks of work experience.

Exam time 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. (Article attached.) If you have concerns regarding your child during this period please don’t hesitate to contact your child’s Year Adviser or myself.

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 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

Senior Seminar Program Schedule— Week 7A, Term 4, 2015

<table>
<thead>
<tr>
<th>Monday Period 3</th>
<th>English, HSIE, Physics, Visual Art</th>
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<tbody>
<tr>
<td>Tuesday Period 3</td>
<td>Chemistry, English, IPT/SDI/Business Services, HSIE</td>
</tr>
<tr>
<td>Wednesday Period 3</td>
<td>HSIE, English, ESL, Hospitality</td>
</tr>
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Wellbeing Wisdom

Anxiety and depression are, unfortunately, some of the most common mental health issues affecting young people today. Building resilience and a sense of belonging in our children is the most powerful weapon parents have in combating these issues. Teaching young people to negotiate the inevitable highs and lows of daily life is fundamental in promoting good mental health and can begin with simple changes at home. For advice and tips on building resilience you can call the Parentline on 1300 30 1300 or visit their website www.parentline.com.au.

R Hatzi and the Wellbeing Wisdom Team

Gifted & Talented Corner
Excerpts from an analogy described in an article by Stephanie Nolan are helpful in understanding the needs of a gifted student:

“The cheetah is the fastest animal on earth. When we think of cheetahs we are likely to think first of their speed. Since cheetahs are the only animals that can run 70mph, if you clock an animal running 70mph, IT’S A CHEETAH!

But cheetahs are not always running. In fact, they are able to maintain top speed only for a limited time, after which they need a considerable period of rest. It’s not difficult to identify a cheetah when it isn’t running, provided we know its other characteristics. It is gold with black spots, like a leopard, but it also has unique black “tear marks” beneath its eyes. Its head is small, its body lean, its legs unusually long -- all bodily characteristics critical to a runner. This is an animal biologically designed to run.

Its chief food is the antelope, itself a prodigious runner. The antelope is not large or heavy, so the cheetah does not need strength and bulk to overpower it. Only speed. On the open plains of its natural habitat the cheetah is capable of catching an antelope simply by running it down. While body design in nature is utilitarian, it also creates a powerful internal drive. The cheetah needs to run!

However, certain conditions are necessary if it is to attain its famous 70mph top speed. It must be fully grown. It must be healthy, fit and rested. It must have plenty of room to run. Besides that, it is best motivated to run all out when it is hungry and there are antelope to chase.

If a cheetah is confined to a 10 x 12 foot cage, though it may pace or fling itself against the bars in restless frustration, it won’t run 70mph. IS IT STILL A CHEETAH?”

The answer is a resounding YES! and underpins the philosophy behind extending and enriching our students.

A Hanna
Managing exam stress

At a glance:
- Stress is a normal part of life and can aid performance.
- Try and support your child with good nutrition.
- Encourage enough sleep.
- Physical and social activity are important pressure valves for hard-working kids.
- Exams are the first of many deadlines your child will need to manage. Don't rob them of developing that crucial skill by jumping in and solving everything.

As high school students around Australia prepare for end of year exams, child psychologist Kimberley O'Brien, from Sydney's Quirky Kid Clinic, has some good advice to help families manage pre-exam stress.

"Stress isn't necessarily a bad thing – adrenalin can be useful in helping kids stay on track, study longer and finish tasks more quickly," Kimberley says. "The problems arise when it takes over and your teenager starts to feel overwhelmed and even isolated."

In a perfect world, your teenager will have organised their study and revision into manageable chunks throughout the year, balancing work with social activities, exercise and plenty of sleep.

But in the real world, most kids have some level of pre-exam anxiety and some wake up the morning of an exam convinced that they "know nothing" at all.

According to Kimberley, the best thing parents can do as exams approach is provide support with the basics, restrain the desire to jump in and fix everything, and encourage their child to see the "big picture".

Healthy body, healthy mind

"As obvious as it might seem, reminding your child to get enough sleep and exercise, and to eat properly, is vital to effective study and exam performance," Kimberley says, adding that something as simple as monitoring your child's caffeine intake and increasing their water consumption can make an impact.

Coffee, tea, chocolate, cola drinks and many energy drinks can all contain significant amounts of caffeine, which in high doses may cause anxiety, dizziness, headaches, and make it harder to concentrate.

It's recommended that teens don't exceed 400mg of caffeine a day (some coffee and energy drinks have as much as 350mg, so check the labels).

Keeping perspective

Kimberley recommends that parents help their kids create a balanced schedule during the lead-up to exams.

"We encourage parents to sit with their kids and make a plan on paper. Break study up into bite-sized pieces, according to what exams or projects are due first," she says.

"You need to be flexible with family commitments too. You may need to excuse your child from attending family functions for, say, 12 weeks leading up to the exams. You may need to put family meal-times forward or back to fit in with the study schedule. That can help your child stay connected to the family, and make sure they're getting the right nutrition and rest breaks."

And don't forget to let your child schedule social time with their friends. Time spent on social networks isn't necessarily procrastination or an unnecessary distraction.

"Many kids need to say: 'Okay, from 9:30 to 10:00, I'm going on Facebook to vent about how stressed out I am', so they can connect with their friends, and to help them realise that what they're feeling is very common," Kimberley says, "but then at 10:00, they need to get back on track with their schedule."

Exams are a learning curve

As difficult as it may be, parents need to take a step back and let their teens be responsible and learn from their mistakes.

Whether your child plans to study at TAFE or university, or head into the workforce, they'll need to learn time-management skills to meet important deadlines.

Kimberley says the perfect balance is for kids to feel supported and loved, while still being in charge of their study and performance.

"It can be hard, but parents need to restrain themselves from becoming too involved, and from placing unrealistic expectations on their kids," she says.

Exams are the first of many important deadlines your child will need to manage. Don't rob them of developing that crucial skill by jumping in and solving everything.

Beyond stress

For some students, the pressures of being a teenager and preparing for major exams can be overwhelming.

You may want to talk to their year adviser, teacher, school counsellor or a child psychologist if you're worried about them:
- being unusually cranky and irritable
- having sleeping difficulties
- complaining of chest pains and/or nausea
- displaying low self-esteem
- losing touch with friends
- or having ongoing difficulty getting motivated.

For more suggestions for managing exam stress, including information on useful relaxation techniques, visit the Quirky Kid Clinic website.
CERTIFICATE II PRE-EMPLOYMENT PROGRAMS - Semester 1, 2016
BUILDING and CONSTRUCTION FACULTY

- These are proposed training programs for job seekers wanting to enter the Building, Construction, and Furnishing industries. The courses give an introduction to the industry as well as some specific skills in a chosen trade area that will help to build a career through further study and on-the-job experience.
- The programs will be conducted on a full-time basis, at least 20 hours per week over a period of approximately 12 weeks and are proposed to commence in February 2016.
- Qualifications and/or Units of Competence achieved articulate into higher level qualifications that support apprenticeships and traineeships.
- Applicants will be required to attend an information session and interview to determine suitability for the programs and to identify individual learning needs.
- These Certificate II programs are only offered to people who qualify under Smart and Skilled for an entitlement.

Please register your interest online for these courses. If you require further information about the course, please contact the nominated person for your preferred study area

<table>
<thead>
<tr>
<th>Location</th>
<th>Program</th>
<th>Information Session</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chullora Campus</td>
<td>Certificate II in Construction Pathways (Carpentry) CPC20211</td>
<td>Thursday 21 January 2016 9:00 am Chullora Campus Building D3 – Room DG.1</td>
<td>Kevin Meredith</td>
<td>9742 0446 or 9742 0493</td>
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<tr>
<td>Granville</td>
<td>Certificate II in Construction Pathways (Bricklaying) CPC20211</td>
<td>Tuesday 8 December 2015 and Tuesday 2 February 2016 10.00 am Granville College Building L, Level 1, Room L.1.14</td>
<td>Greg Ible</td>
<td>9682 0366</td>
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<tr>
<td>Lidcombe</td>
<td>Certificate II in Furniture Making MSF20313</td>
<td>Wednesday 20 January 2016 10:00 am Lidcombe College Building E, Reception</td>
<td>Robert Watson</td>
<td>9643 4608</td>
</tr>
<tr>
<td>Lidcombe</td>
<td>Certificate II in Construction Pathways (Shopfitting) CPC20211</td>
<td>Wednesday 20 January 2016 10:00 am Lidcombe College Building E, Reception</td>
<td>Colin Lindberg</td>
<td>9643 4620</td>
</tr>
<tr>
<td>Macquarie Fields</td>
<td>Certificate II in Construction Pathways (Wall and Floor Tiling) CPC20211</td>
<td>Monday 1 February 2016 10:00 am Macarthur Fields College Building F – Ground Floor</td>
<td>Vince Digges</td>
<td>9829 0215 or 9829 0253 or 9829 0264 or 9829 0268</td>
</tr>
<tr>
<td>Macquarie Fields (MBISC)</td>
<td>Certificate II in Construction Pathways (Carpentry) CPC20211</td>
<td>Thursday 21 January 2016 9:00 am Macarthur Building Industry Skills Centre (MBISC) Ingleburn Level 1, Room 1.03</td>
<td>Head Teacher</td>
<td>9829 9719</td>
</tr>
<tr>
<td>Miller</td>
<td>Certificate II in Construction Pathways (Carpentry) CPC20211</td>
<td>Thursday 21 January 2016 9:00 am Miller College Building J, Level 1, Room J.1.19</td>
<td>Chris Mackay</td>
<td>9825 7439</td>
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</table>