Principal’s Message

It is wonderful to be back at school sharing in the energy, drive, enthusiasm and care that is so evident in our school. I was so excited to see the progress on the 2015 Space Camp involving our brightest and best Science students from Year 7 and other COSBTR schools. I was blown away by the calendar entry “7E video conference with the NASA Director”. This is more evidence of contemporary learning at its best.

Last week’s assessment information evening was very well attended and served to inform parents and students about a multitude of assessment issues. Parents that could not attend would be well served by informing themselves via our website of the following:

- There is an assessment policy that governs all aspects of assessment tasks, from setting them to returning them marked. The policy covers adjustments for special needs, illness/missed adventure, submission requirements and marking criteria/scaffolds.
- There is an assessment schedule for every course in every year. If your children are not aware and sharing it with their family it will be very difficult for a parent to fulfil their role in the learning triangle of students, teachers and parents working together to support learning.
- Students and parents can access all information using their laptop and the website.
- Ediary is now fully operational and all staff will use it to register homework and assignments. Last week many parents registered to access their students diary so that they can monitor and support their children. Ring in and we will help you register if you are having difficulties.
- Students and parents also registered with BOSTES for “Students on Line” which is the source of all course information as well as a treasure trove of help for all students and parents.
- Year 10 parents and students were also informed about the mandatory Year 10 Work Experience program they need to prepare for in Term 4. Parents and students need to start planning and thinking about the employers they need to contact now, before the rush. Careers Adviser, Mrs Brown is available for consultation and advice.
- Everyone was also introduced to the Menai High School “Home Study” scaffold which is available on the school website under “School Year” and resources. This will help every parent and family move away from the “have you got homework” battleground and move to an orderly timetable of homework which ensures family time, fun time, chores and home duties time as well as HOMESTUDY TIME all happen. Homestudy is more than homework. It also includes:
  - Daily revision to set learning in memory;
  - Assessment preparation;
  - Assignments;
  - Exam revision and preparation and most importantly
  - Wide reading to complete a weekly homestudy commitment of approximately
    - 5-7 hours in Years 7 & 8
    - 7-10 hours in Years 9 & 10
    - 10-20 hours in Years 11 & 12

Taking the fight out of success is the best gift any parent can give their children.

We have all been well served by the entire Menai team during my absence and I wish to publically acknowledge and thank all who “stepped up” to the challenge, particularly Ms Allen, Ms Vickery and Mr El Masri all of whom did a great job.

We are still missing a few families regarding the mandatory return of the acknowledgement of the school’s code of conduct and personal technology device charter. Please ensure that your child has delivered the required documentation prior to consequences being applied.

E McNally

Deputy Principal’s Message

The swimming carnival was a fantastic day enjoyed by students, staff and parents. I’d like to congratulate the age champions who were recognised at last week’s assembly and wish them for the next phase of competition. Likewise I thank the House Captains (names) for their great leadership in organising groups and encouraging students in their house group to participate. (See Kaine for the list) I have always maintained that participation and effort is the key to achieving great outcomes and I certainly witnessed that at the carnival with the great atmosphere and spirit conveyed by the students and staff and high levels of participation by students.

Head Space Miranda presenters Brodie Clarke and CJ led the parent session on strategies to support adolescents before and during exam periods and how to minimise stress and anxiety. The session was insightful and engaging with many practical tips for parents and carers to consider. Thanks to Head Space who provide valuable support to school communities and to families and young people. I have included a summary of the handout issued from the session and will share the presentation with parents and carers via the school website.

The School Community Participation Team (names) have been organising the Year 7 Orientation Dinner and Menai High School Open Night which will be held on March 4 at 6pm -9pm. The year 7 Orientation dinner is shaping up to be a wonderful evening with maximum numbers attending, I thank the parents and carers of year 7 2015 for their support and look forward to the night’s proceedings and entertainment.

Congratulations to the Year 11 Leadership Team for 2015—Zac Admison, Cameron Burgess, Sarah Clark, Nicholas Diwell, Elizabeth Faust, Reece Holmewood, Lisa Johnston, Liam Johnston, Rachael Lee, Mikaela Luckman, Jordan Macbeth, Ethan Maky, Dale McGlynn, Joseph Messiter, Madeleine Norris, Megan Shipp, Alexandra Shute, Maya Stempn, Caitlin Tullo, Prudence Wilkins-Wheat and Alison Willetts who have been selected. These students along with the SRC are leading in their support of these two community events as they embark upon the roles of ushers, MCs, guides and volunteers. The student leaders across Menai High play an important role in ensuring the success of all school events.

I’d like to finish by recognising Rhys Griffiths of Year 9. Rhys is a prime example of the values we espouse at Menai High school such as integrity and care. I am delighted to acknowledge Reece who handed in an envelope that a student from another school dropped on the bus containing a large cheque to the value of $8000. Reece’s prompt action meant that the other school could be contacted and the student who had lost the cheque could be informed quickly. I thank Reece for his outstanding display of citizenship and congratulate him on demonstrating good will, care, honesty and responsibility.

E Sayed-Rich

IMPORTANT DATES & COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 27/2</td>
<td>Year 7 Orientation Dinner</td>
</tr>
<tr>
<td>Tuesday 3/3</td>
<td>School Photos</td>
</tr>
<tr>
<td>Wednesday 4/3</td>
<td>Open Night 6pm</td>
</tr>
<tr>
<td>Wednesday 4/3</td>
<td>Ritsumei Moriyama HS Visit</td>
</tr>
<tr>
<td>Monday 9/3</td>
<td>Vaccinations—Years 7, 11 &amp; 12</td>
</tr>
<tr>
<td>Friday 13/3</td>
<td>School Council &amp; P&amp;C Meetings</td>
</tr>
<tr>
<td></td>
<td>World’s Greatest Shave</td>
</tr>
</tbody>
</table>

Open Night 6pm

Ritsumei Moriyama HS Visit until 13/3/15

Vaccinations—Years 7, 11 & 12

School Council & P&C Meetings

World’s Greatest Shave
**Welfare News!**

**Good News**
Miss Ryan would like to acknowledge Mujahed Abdalla and Connor McMahon in year 8 for excellent results in their fitness testing. She would also like to congratulate Halle Hlasiuk, Leroy Maurer, Jordan Momircevski, Valentino Pertot, Mikey Rolfe, Mitchell Shipp and Jack Vimpany in Year 9 for excellent results in their Olympic Host City test. Ms Scevity and myself would like to thank all Year 11 Ancient History students for dealing with the travel crisis last Tuesday. Despite the chaos a good day was had by all.

**Eye Testing – Coming Soon**
The school is pleased to announce that the Student Eyecare Program will continue. An optometrist will be onsite during school hours to provide students with a comprehensive eye examination that is covered through Medicare Australia. 1 in 6 students have eye conditions that go undetected. Every attendee will receive a full report about their eye health and a prescription will be provided if glasses are required. The prescription can be taken to any optical store to get the glasses dispensed.

Permission notes will be handed out in the coming week to all Year 7 students. Any student who did not have the opportunity to have a test in Term 4 2014 can fill in a permission slip as well and participate in the program. Notes will be available next week.

**Year 7**
The Year 7 Orientation Dinner will be held on Friday 27th February. We encourage all of our Year 7 parents to attend so they can meet staff and other parents in a relaxed environment.

Camp is coming up on 16-18th March. The Year 7 camp is a fantastic way for Year 7 students to meet other people from their cohort outside of the classroom. We are hoping that all Year 7 will attend this so that they can build a wide network of friends and build a strong relationship with their Year Advisers Mrs Basford and Mr Colella. If you would like to know more or have any enquiries about the camp, please contact the Year 7 Advisers.

**Vaccinations**
Year 7 have been issued with vaccination forms. Parents are encouraged to read all the information and fill in the forms, especially the signature, Medicare number and tick the boxes of the vaccinations you would like your child to receive. Year 7 are offered the HPV vaccine, Diptheria Tetanus and Pertussis (whooping cough) vaccination and Chicken Pox vaccination. These are spread out throughout the year. If you have not filled this in and you would like your child to receive their vaccinations at school for free please return the consent form as soon as possible.

Year 11 and 12 students have also been given the opportunity to have a booster measles, mumps, rubella vaccination this year. Any late consent forms will be given to the nurses on their first visit and students will receive the vaccination when the nurses return later in the year.

Catch up vaccinations will also occur for any student in Year 8 that missed a dose in Year 7. Any male student in year 10 has missed a dose of the HPV vaccine last year must go to their local doctor to complete the course.

The first round of vaccinations will occur on Monday 9th March.

Y Mazoudier, Head Teacher Welfare
**The Tell Them From Me student feedback survey**

This term, our school, like many others in the state, will participate in a Department of Education and Communities initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by Friday 27 February. Copies of the form and FAQs are available from the website above.

K Scott, Head Teacher Science/Ag

---

**School Photos**

School Photos will be taken on Tuesday 3rd March. Students have received their order forms. Students are to return their completed order form and payment directly to the photographer when they have their photo taken. If paying by cash please ensure the correct money is enclosed as no change will be given and there will be no change available at the office. **Full school uniform must be worn.**

N Lewry, Head Teacher, Admin

---

**Software for Personal Technology Devices**

Menai High IT Support Staff have been visiting students in year 7 classes and instructing them how to set up connections to our school-wide wireless network.

NSW DEC a web-store: ([http://nsw-students.onthehub.com/WebStore/Welcome.aspx](http://nsw-students.onthehub.com/WebStore/Welcome.aspx)) where students can visit and download software to their personal devices. Students should access this site and download the Microsoft Office and Adobe software relevant to their needs—Microsoft Office 2013, Adobe Creative Suite 6, Adobe Photoshop Elements or Adobe Premiere Elements. Class teachers will tell students which software they will need to download.

Each student is entitled to download 1 copy of each application to a personally owned device. Instructions on how to download and install Microsoft Office can be found on our school website: [http://www.menai-h.schools.nsw.edu.au/our-school/how-to-install-office](http://www.menai-h.schools.nsw.edu.au/our-school/how-to-install-office)

Students should also ensure that they have an up-to-date anti-virus software program installed on their devices. We recommend Microsoft Security Essentials—available for free from [http://bit.ly/1a5w1ig](http://bit.ly/1a5w1ig) or AVG Free—available from [www.avgfree.com.au](http://www.avgfree.com.au)

D Cooper, Head Teacher Learning Support

---

**World’s Greatest Shave**

Shave for a Cure is fast approaching and so far students have done such an outstanding job of raising money for the Leukemia Foundation that we have raised our goal from $1000 to $5000. I would like to specifically mention the efforts of Kaitlyn Seretis in Year 9 who will be shaving her head and has already raised $1000. Luke Adamson in Year 9 has raised over $500 and Jacob Dol in Year 9 has raised $470. This is an outstanding effort. If you would like to sponsor any of our shavers in this cause you can visit [http://my.leukaemiafoundation.org.au/menaihigh](http://my.leukaemiafoundation.org.au/menaihigh).

K Blaylock, Year 10 Adviser

---

**Clean Up Australia Day**

Menai High School’s Student Environmental Committee would like to encourage our local community to support and participate in Clean up Australia Day 2015 which is on Sunday the 1st of March.

The SEC and students at Menai High will be cracking down on litter by cleaning the school on Friday 27th of February.

We will have fun games with prizes to celebrate and boost our school pride and hope to spread the message of keeping the environment pollution free.

D Proctor, SEC Coordinator
Exam Survival

Exams and studying for exams can be a really stressful period in your life.

To help reduce stress and ensure that you're as organised as you can be, learn more about planning and looking after yourself and about staying focused in order to be as ready for the exam as you can be.

Take the time to plan
- Prepare a study plan and goals for each day / week. Make sure it's balanced with other important things in your life - that way it will be easier to stick to.
- Talk to your employers early to let them know you need to limit your shifts / hours while studying.
- Create a study space that is comfortable, quiet, well lit, organised, and has no distractions nearby, such as a TV, phone, people talking, etc.
- Make sure you have everything you need for each study session as this helps to feel more confident and organised.

Look after yourself
- Self care is especially important when you have a big demand in your life - that way you have the energy to commit to what you need to accomplish.
- Build activities you enjoy and that bring your stress levels down into your study plan, such as sport, spending time with friends, internet, etc.
- Don't get hungry before or while studying. Grab nutritional snacks that keep you going, such as fruit/nuts/dairy, etc.
- Remember to get some exercise every day as this helps you to keep focused and energetic.

Rest when you need to
- Work out what times of day you have the most energy and plan to study then.
- Don't study more than 40-60 mins without a short break. Even a 5 minute break will help. A glass of water helps too!
- When you have a break do something physical or fun, such as go for a short run or play with a pet.
- Try to keep your focus on school and exams rather than other stuff happening in your life; you don't need this extra worry around relationships, friendships etc. right now.
- Relaxation is important, especially before bed, to slow the brain activity down. Try some slow, deep breathing, a shower or a bath, herbal tea etc.
- Learn more about sleeping well

Stay focused
- Say "no" to parties during the weeks close to the exams. This will help to keep you refreshed and energised.
- When studying, switch your phone and email off to stop the distractions.
- Try to keep a focus on your health and wellbeing by not using things like drugs or alcohol; they can make it much harder to study.
Ask for help

- Stay at school until your last day so you don’t miss any important info about exams, or fun events with your colleagues.
- Practice writing essays and show your teachers for feedback for improvement.
- Ask teachers the best way to study for each subject; they have many year’s experience they can share with you.
- Some teachers are happy to be contacted during the time leading up to the exams. Find out which ones you can contact and make use of this if you need to.
- If you have trouble approaching your own teacher for advice, talk to one of the other ones who teach the same subject.
- Group study sessions with classmates can be a helpful and entertaining way of studying, but keep your focus on what you want to achieve with these sessions.
- Talk about what you are studying with family members and friends as this helps to retain the info more, especially names and dates, etc.

Be prepared

- Read/ write everything three times as this also helps to commit the info to memory.
- Use your trial exam results to focus in on what you need study.
- Use previous exam papers to get a feel for what to expect.
- Ask friends what they are doing that is helping with their study or friends who did it last year.
- You need to study within 24 hours of the exam on that subject to retain more info.
- Write things in coloured texta that you have trouble remembering (such as names and dates) and blu-tak to your toilet wall/door. Sounds funny, but it really works!

Day of the exam

- Do your usual routine, for example, have what you normally eat for breakfast.
- Take some water and a healthy snack (if allowed) to the exam.

And finally...

If the stress is getting to you it will prevent you from studying effectively and confidently - so ask for help from headspace, a counsellor, professional, or help line.

For more information, and to find out how to get help, visit the getting help section of the headspace website http://www.headspace.org.au/is-it-just-me/getting-help/how-headspace-can-help