Principal's Message

Two students have been selected for Sydney East representative sides in recognition of their ability and commitment to the sport. Congratulations go to Ben going to the NSWChSSA Boys' Rugby Union carnival and Caely Ford going to NSWChSSA Boys' Basketball carnival. We wish them both well. James has already achieved amazing success winning in the Australian All Schools & University Karate Championships in his weight/age division. He went on to compete in the Open division and won that as well! Over three days he competed and won 8 bouts. He will go on to represent Australia at the Youth World Cup in Croatia in early July. Wow, we have some amazing and talented kids in our school.

I have received a concerning letter from Transdev about some unsafe behaviour by some of our students. In as much as almost all students believe that they do anything that is dangerous I am sharing it with all parents because it could be your son or daughter that is engaging in unsafe practices:

"Transdev NSW would like to request your support in raising and reaffirming the awareness of your students in regard to safe behaviour at the bus stops at the intersection of Old Illawarra Road and Oriana Drive, particularly the north bound stop on Old Illawarra Road. It has been reported to me that when buses are pulling into the stop, students are rushing to get on the bus and as a result forcing other students at the front onto the roadway. As you can understand this is a safety issue and could cause a critical incident.

Further to this I have reapplied to Sutherland Council for the installation of safety fencing along the roadway to alleviate any potential hazards.

Paul Humphreys
Service Delivery Manager - Menai"

We supervise all students using the school buses. Those that elect to go off-site, i.e. catch the red express buses are reminded that they need to line up and never push in or push others. Your support through family conversation may indeed keep your son or daughter from harm.

Headspace is a fantastic adolescent counselling and support service for all youth experiencing mental health challenges. Students can access their services independently and often do in a crisis. For most young people the need for mental health help will be sporadic. We know that 1 in 4 people will experience depression at some time. We recognize that adolescents who have positive mental health and wellbeing have been shown to have greater attachment to school, better behavior and attendance outcomes, engage in less risky behavior and achieve better academic performance. Research has shown that a sense of connectedness to parents and school is the most significant protective factor for developing positive mental health in young people. Headspace and its role in promoting wellbeing and supporting students, staff and community to work together to create a protective environment that promotes emotional health and wellbeing.

Deputy Principal's Message

The School Athletics carnival was a highlight of the week and it was tremendous to see students competing in a vast array of events and set new records on the day. The House Captains did us proud as they demonstrated great leadership, team spirit and organizational skills throughout the day particularly in the relay events. Thanks goes to the PDHPE Faculty and in particular, Mr Kaine Newman, for his leadership on the day. It was great to see parents and guardians attending also to support and see their child compete.

Teacher Professional Learning during the staff development day in Term One focused on the Beyond Blue Matters Framework and recognized that adolescents who have positive mental health and wellbeing have been shown to have greater attachment to school, better behavior and attendance outcomes, engage in less risky behavior and achieve better academic performance. Research has shown that a sense of connectedness to parents and school is the most significant protective factor for developing positive mental health in young people. Headspace and its role in promoting wellbeing and supporting students, staff and community to work together to create a protective environment that promotes emotional health and wellbeing.

Staff Development Day Term Two was on Monday 4th May and involved all COSBTR staff engaging with highly respected keynote speaker on education, Mr Simon Brakespear. Staff went on to consider how his ideas fit into MHS’s school plan and the alignment of the plan with the DEC School Excellence Framework. This valuable document allowed faculties to work collaboratively to assess teaching, learning and leadership within their own faculties and across the school. The day concluded with teachers working on their new Performance Development Plans. Staff Development Days are integral to the success and implementation of key strategic directions. They provide valuable time for teachers to reflect, review and assess performance and practice in order to continue to provide the best educational outcomes for all students.

Thankyou to the STOP team - Ms Hatzl, Mr Jock, Ms Hanna and Mrs Barrie for their work in preparing the essentials kit for time management and organization which was delivered to students in roll call last week. These important support programs ensure that students continue to develop as Skilled Learners, Citizens and Skilled for Life.

NAPLAN exams commence Week 4 on May 12, 13 and 14 for Year 7 and 9. I wish all of Year 11 the very best as they partake in their half yearly exams in Weeks 4 and 5.

Quote of the day:
“The most remarkable leaders are not lovable”

E McNally
Welfare News!

Good News
Mrs Hanna would like to acknowledge Ali for demonstrating care and commitment in welcoming and supporting a new student into the 9 Science 6 class.

Mrs Ferraro would like to congratulate William, Owen, Bradley, Adam, James and Jake for excellent projects on Japan.

Ms Wearring would like to commend Isabella and Ebony on excellent results in their half yearly examination for Extension History. Well done also to Aisha, Prudence, Grace, Chelsea,Nicholas, Claire-Ann, Chelsea, Kristi-Lyn, Mikaela and Tara on outstanding Family Speeches in Year 11 Society and Culture. Also from Society and Culture, great work Aisha, Vicki and Prudence on wonderful media files.

Girls Night New date
Wednesday 6th May is the new date for the Girls Night at Menai High School. The Year 12 girls have organised a night at school in the hall for the Year 9 girls that will focus on positive image as part of the “Plate up the Positives” initiative founded by the Butterfly foundation. This connection between Year 9 and Year 12 girls was begun with the Year 8 gender day in 2014. Female staff from MHS have also been invited. The night will run from 6pm – 8:30pm and will include a guest speaker.

Motivational Media
A great motivational media presentation occurred this week that engaged all students in year 7-10 in social issues such as the overuse of social media, looking at positive body image and overcoming obstacles to achieve your goals. The students were all well behaved and enjoyed the presentation.

Y Mazoudier, Head Teacher Welfare

Sports News

Congratulations to these students who won Age Champions at our recent carnivals.

Cross Country Age Champions

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<td>Zac</td>
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<td>13 yrs</td>
<td>Travis</td>
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<tr>
<td>14 yrs</td>
<td>Jack</td>
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<td>15 yrs</td>
<td>Dylan</td>
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<td>16 yrs</td>
<td>Coen</td>
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<tr>
<td>17 yrs</td>
<td>Jesse</td>
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<tr>
<td>18 yrs</td>
<td>Nic</td>
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Athletics Age Champions

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K Newman, Sports Organiser

Wellbeing and Wisdom

Study Skills – Utilising Class Time

With Year 11 exams starting on May 11th and the junior exams in Week 6, it is timely to discuss useful study habits and techniques. Most of us acknowledge the benefits of dedicated study time, but what about making the most of your class time? By making a few simple changes to the way you conduct yourself in class, you can improve your results dramatically and perhaps decrease the amount of time you need to spend revising.

To make effective use of your class time you should aim to sit with likeminded students so you are not distracted by friends. Clarify your understanding of the work with the teacher during the lesson by asking questions and contributing to class discussions. Bring all books, equipment and devices to class and most importantly stay focused on the task you are completing.

These simple, yet effective ideas can improve your overall understanding of your coursework and have a huge impact on your results at reporting time.


L. Ferraro and the Wellbeing Wisdom Team

Menai High School
Second Hand Uniform Shop
The Second Hand Uniform Shop will operate on Tuesdays from 8.30-9.00am

LOST PROPERTY

There is a large amount of lost property in the Front Office – calculators, reading glasses, sun glasses, phones, usb’s, keys, jewellery, watches, pencil case etc. Please come and have a look through the items. We will be throwing them out on Friday 8th May.

Senior Seminar Program Schedule— Week 3, Term 2, 2015

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<thead>
<tr>
<th>Day</th>
<th>Period 3</th>
<th>Subject</th>
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<tr>
<td>Monday</td>
<td>Staff Development Day</td>
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<tr>
<td>Tuesday</td>
<td>Ancient History, Chemistry, English, IPT/SDD/ Business Services</td>
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<tr>
<td>Wednesday</td>
<td>English, ESL, Geography, Hospitality</td>
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Become a Volunteer Host Family this July!

World Education Program (WEP) Australia is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2015. Our exchange students from Belgium, Denmark, Ecuador, Chile, Italy and the USA are young people like Estelle and Riccardo, who look forward to experiencing a different culture and becoming a member of an Australian family soon.

Estelle (18) from French-speaking Belgium tells us that she loves music. She plays the guitar and loves to sing! Estelle also likes skiing, traveling and photography, and can’t wait to discover and learn about the Australian culture and environment.

Riccardo D (16) from Italy describes himself as always being cheerful and happy. He loves sport in general but in particular basketball, in Italy he plays for a team called the ‘Dukes’. Riccardo is passionate about seeing the world and feels very lucky to spend a semester in Australia. He tells us that he is looking forward to living like an Aussie guy!

Request a Full Information Pack Now!

Contact WEP Australia to request detailed program information and student profiles.

Sylvia Kelly
www.wep.org.au
info@wep.org.au
1300 884 733

A not-for-profit student exchange organisation registered with the Education Departments in QLD, NSW and VIC.