Relieving Principal’s Message

We have had another exciting week at Menai High and the CAPA Showcase was outstanding. Congratulations to the CAPA staff and Miss Osborne who would like to thank all students involved in the mid year performances last week. It was excellent to see so many students involved in the Creative and Performing Arts at Menai High School. Your commitment during rehearsals and dedication to the evenings was very impressive. The students who made these nights successful include - Samuel Rosser, Jack Carroll, Lorena Wells, Jordan Harper, Aidan Brown, Riley Karssemeier, Megan Ship, Caitlin Brown, Kai Johnston, Jayden Montoya, Emily Chen, Joshua Johnson, Daniel Owens, Jemma Harlow, Maya Stempnien, Oliver Crowther-Miller, Harry Ellery, Joel Khoury, Jake Talakovski, Abigail Morgan-Monk, Tushan Chandra, Matthew Chandler, Matthew Dwyer, Lara Van den Dolder, Jack Carroll, Cameron Gordan, Vitoria Camporeale, Bradley Jarvis, Ethan Macky Madeleine Norris, Alexandra Shute, Sian Griffiths, Bernadette Wong, Natasha Harvey, Katrina Winter, Matthew Licastro, Alexandra Moutevlidis, Candice Durkin, Ryan Queenen, Ziah Pereira, Alyssa Oliver, Marissa Fakouri, Ethan Pawa, Jessica Julian, Dylan Moutevlidis, Benjamin Kelly, Jodi Morris, Bridget Gielissen, Katrina Fahd, Hannah Banks, Gabi Grimson, Rochelle Phan, Tiana Tannous, Dakota Bennett-Ward, Janan Codman, Georgia Dymond, Amelia Foss, Tayla Garfalakis, Megan Gibboly, Rhiannon Griffiths, Natalie Grant, Sophie Jorgenson, Hannah Jorgenson, Sophie Hunter, Brittany Langley, Josie Lukinick, Ellen Marsh, Alexandra Matruglis, Kayla Motemacchevsky, Abby Shepherd, Tianna Sherlock, Laura Umansky, Hannah Williams, Alyssa Chapman, Elise Caldwell, Anisele Faust, Taylani Ireland, Madeline Stone, Kristina Gazzo, Monica Keech, Taegan Charles, Chelsea Tasker, Laura Feranov, Pernilla Watson, Amy Allsop, Guest, Morgan Dove, Priyale Singh, Eloise Kieler, Sarah Burrows, Lara Van Den Holder, Megan Gibboly, Connor McMahon, Taylani Ireland, Katie Papakadis, Melody Lewis, Rachelle Cain, Lauren Corson, Ojana Ojala, Maggie Moran, Christina Tsafis, Sarah Wilson, Georgia Luckman, Katherine Hensler, Elena Tsakalis, Sarah Clark, Natalie Panov, Samantha Turpin, Emily Williams, Stephanie Austin, Elizabeth Golikova, , Taegan Charles, Edward Fogarty, Hayleigh Mottram, Natasha Lawson, Megan Tung, Eloise Phillips, Ashley Aldara, Prudence Wilkins-Wheat, Maya Kilic, Natasha Gladwin, Mikaela Luckman, Dale McGlynn, Jack Janos and Rachel Lee.

Also, thank you to the teachers who were involved in the creating and running of the shows, Ms Osborne, Miss Almond, Mr Bradney, Mr Kelly, Mrs Millington, Mr McCuag, Mr Skues and Miss Williams. Their hard work and dedication really shines through in providing students with high quality works and enriching performance opportunities.

Well done also to our school leaders Keeley Hickey, Zak Rowlands, Scarlett Wynn and Jason Downer who comprised the CAPA Showcase.

Congratulations to members of our dance ensembles, who performed at the Sutherland Dance Festival last Tuesday especially Banks at the Sutherland Dance Festival last Tuesday especially

Congratulations to our Year 8 students who were Exceptional and greatly appreciated the support they received. I am always encouraged to see such a great number of parents and caregivers supporting these events and partnering with us in your child’s education.

R Allen

Relieving Deputy Principal’s Message

This year Menai High School students in Years 7-10 will be undertaking project based learning. This involves students working on a project that incorporates content from all of the Key Learning areas. This week Year 8 will be designing a digital campaign to promote sustainability. Every year we have fantastic results from these projects and are looking forward to seeing the creative endeavours of our Year 8 students. This project does require them to ensure they have their technology device on them.

On Wednesday 15th July is our subject selection night for Year 8 and 10 students. This night begins at 6pm and outlines the process of selecting a pattern of study from a range of subjects that your child can choose to sit for their year 9 elective or HSC. At this meeting the Deputy Principal Curriculum will outline the range of subjects available and the requirements for successfully completing the HSC and obtaining an ATAR (Australian Tertiary Admission Rank) for students wishing to pursue university studies. This night is essential to support your child’s progress in their learning.

I will also take this opportunity to remind our HSC students that they have access to all details related to their studies by logging on to the BOSTES student online portal. Students should make use of this facility to check their personal details and receive the latest news and information about key dates and the progression of their HSC.

It has been fantastic to see our Year 7 students imparting their knowledge at the Year 7 morning teas throughout Week 7. This is a great event that occurs every year at Menai High School and I would like to acknowledge the work of Mr Meagher and Mrs Ferraro who implemented this program. Also a big thank you to all parents who were able to attend and become involved in their child’s learning. The students were exceptional and greatly appreciated the support they received.

K Scott
Welfare News!

Good News

Well done to Mya Davies of 7H and Jamy Amytage and Jack Gershbach of 7M from Ms Basford for creating an amazing skipping video for the Year 7 Morning teas.

Ms Millington and Ms Osborne would like to say well done to the dance ensemble and senior ensemble (whose names appear in the Relieving Principal’s message) for outstanding behaviour and performances at the Sutherland Dance Festival. They are wonderful representatives of Performing Arts at Menai.

Ms Bessell would like to acknowledge Victoria Angus, Cameron Hyde and James Walker of Year 10 and Alison Willetts, Talis Stubis, Chelsea Burgess, Chelsea Cooper, Josef Richmond and Vicki Milekovic of Year 11 for their participation in the World Vision Youth Conference.

I would like to say well done to my 10.3 History class for great results in their half yearly examination, especially Tony Wang, Sarah Wilson, Claudia Kacic and Katherine Hensler. In 10.8 History I would like to congratulate Catrina Barbo, Cobi Emenemger, Allen Mackie, Tori Mitchell and Natalie Papangelis for great results in the half yearly examination, and I would like to acknowledge Megan Milekovic, Oscar Johnson and William Wong for the effort in making in class and for the examinations.

Mrs Cooper would like to congratulate Aaron Krepp, Marek Akrmam, Renee Allatta, Amy Allsop-guest, Mackenzie Chegwidden, Georgia Connor, Isabella Hockey, Tim Huang, Alexandra Moutevelidis, Jared Sparke, Maddison Stone and Caitlin Sloan who have all read more than 10 books in the 2015 Premier’s Reading Challenge. The challenge requires students from Kindergarten to Year 9 to read 20 books before the August 21st deadline.

Well done to all of the students listed above.

Headspace Winners

Well done to Mrs Overall and the SRC team Andrew Stewart, Samantha Turpin, Keeley Hickey, Jackson Downer, Zac Adamson, Alexandra Shute, Georgia Luckman, Adalynn Cole, Zuriah Krautz, Taegan Charles and Maddison Stone who won first place in the Headspace Miranda film competition. The video looked at issues surrounding mental health and where to get help. A great initiative.

Vaccinations

The next round of vaccinations will be held on Monday 15th June. Year 7 students will continue with their vaccinations and any student who was absent for the first round of vaccinations will be able to catch up. It is still possible for Year 7 students to opt into the vaccination program. They can pick up a consent package from me (MS Mazoudier) in the welfare office. Year 8 students still missing a HPV vaccination will have the last opportunity to receive their dose at school on this visit.

Students from Years 11 and 12 who opted to have the booster shot for measles/mumps/rubella will also be called on the day. Students still have the opportunity to participate they just need to pick up the consent form from the welfare office.

If you have any questions or queries please do not hesitate to contact me.

Y Mazoudier, Head Teacher Welfare

Mathematics Competition

The Mathematics Competition will be held on Tuesday 11th August, 2015 for Years 7 to 12. Entry is $9.00 payable (in an envelope) at the Front Office by 19th June, 2015.

G Low/C O’Donnell, ICAS Coordinators

Student Statements of Account

The next few weeks we will be mailing out Student Statements of Account. We have been notified by many families that they did not receive a Statement earlier in the year and have found there are still some glitches in the new finance system. If you do not receive a Statement in this mail out and you believe you still have outstanding amounts could you please make contact with the school by phone on 9543 7000 or email menai-h.schools@det.nsw.edu.au so we can investigate.

Also please note that you may have made payments for items that appear on the Statement of Account in the period between the day the letters are mailed out and you receiving them at home. You will need to delete these items from the total amount owing. Thank you for your cooperation.

J Partridge, School Admin Manager

Wellbeing Wisdom

Depression

Depression is a significant concern for many parents of teenagers. It can be hard to diagnose in young people as they often have mood swings and may be more irritable and sensitive than usual. This means it is sometimes mistaken for normal adolescent moods. Whilst we all feel down from time to time, depression means that feelings of sadness last longer than normal, affect most part of a person’s life and can stop people from enjoying the things they used to. Headspace, the national youth mental health foundation, is an excellent resource for parents and teenagers alike. Their website (http://www.headspace.org.au/) has information on all types of mental health concerns, including depression. It is definitely worth a look for any parent whose child is having a tough time.

R Hatzi and the Wellbeing Wisdom Team

Gifted & Talented Corner

Paper planes may seem a simple amusement but in fact they are firmly grounded (or is that not good for a plane?) in Science with angle, speed and design contributing to the perfect flight.

Think you know what it takes for a paper plane to travel the furthest distance and/or have the longest airtime? Then come along to our -

PAPER PLANE FLYING COMPETITION Week 8, Tuesday and Friday lunchtime in the Hall!

A Hanna

CAPA News

The first Menai High School Brass/Woodwind Music Scholarship was awarded last week at the Music Mid Year Showcase. The 2015 Year 7 recipient is Sam Rosser and he demonstrated outstanding musicianship and performance skills during his audition. Sam performed an excellent rendition of Edith Piaf's iconic song “La vie en Rose.” Menai High School is very fortunate to have such an enthusiastic musician performing in the Concert Band, Stage Band and Rock Band. The scholarship is $1000 and Year 7 students for 2016 can apply in early February.

Mitchell Kelly, Head Teacher, CAPA

Parent/Teacher Night

Our first Parent/Teacher Night this year will be for Years 7, 10 and 12. It will be held on Tuesday 23rd June in the School Library and nearby corridors, from 4pm to 7pm. Appointments will be booked online and students will receive information regarding booking procedures soon.

We encourage all parents/caregivers to take advantage of this valuable opportunity to meet their child’s teachers to discuss any issues of concern or to discuss processes which will further enhance learning.

L Meagher/N Lewry, Head Teachers Admin
In support of:
Menai High School's Space Camp Excursion & The Menai High School Farm

Dave Williams
- Edinburgh, Melbourne and Sydney Comedy Festivals.
- Rove, Headliners, David Williams Live
- 4.5 stars - Adelaide Advertiser

“brings the house down” - USA Today
“Williams is the Best Live Stand up Working… Accept No Substitutes” - Rip It Up

Al De Bene
- Comedian of the Year - L.A. Comedy Awards
- Comics Unleashed, NESN Comedy All-Stars, Jon Lovitz Presents
- Opening act for Bill Burr and Dane Cook
- Regular at the world famous Laugh Factory in L.A.

“Genius of Stand-Up” - The Daily Mail

Gary Bradbury
- Sydney & Melbourne International Comedy Festival
- TGIF, Triple J, Triple M
- Rove Live, Stand Up Australia

“Bradbury Stole the Show” - The Herald

Andrew Barnett
- One of Australia’s best and most sought after Emcees.
- Opening act on Akmal’s 2015 tour.
- NSW RAW Comedy Finalist
- ‘There Blokes Telling Jokes’ - Adelaide Fringe Festival

6:30pm - June 27
Menai High School Hall - 40 Gerald Rd Illawong
Tickets: Adults $30 / Students $20 - www.trybooking.com/HXEU
comedycause@gmail.com - 0421 244 288
Parents As Career Transition Support

Careers and Transition Workshop for Parents of Young People with a Disability

Learn about the career options for your teenager
Help them choose subjects for Year 9 and beyond
Learn how to help them if they –
- Decide not to stay at school, TAFE, University or in employment
- Have difficulty getting a job
- Don't get into University or TAFE
- Want to learn about Apprenticeships, traineeships, the Job Services Australia system, Disability Employment Services, VET, TAFE, University and employment pathways.

Learning Without Limits in partnership with NDCO, Sutherland Dyslexia Support Group and Southern Sydney SEN is running a workshop for parents called PACTS (Parents As Career Transition Support). This PACTS workshop is specifically developed for parents of secondary school students with disabilities (Years 7 – 10) to bring them up to date with current career transition information.

Monday 15th June 2015 7.00pm – 9.00pm
Venue: Southern Sydney Business Education Network
Sutherland Public School Cnr of President Ave and Eton St, Sutherland
Cost: FREE

Workshop is limited to 15 parents so registration is essential
To register contact Paula Goulden, Sutherland Dyslexia Support Group on 9528 4638 or by email paulagoulden@nre.com.au

*The PACTS workshops have really helped us to learn about all the other options and to keep exploring, don’t just give up*, Parents of Year 9 student

*It’s just blown my mind how much information there is. Things are so different to when I left school!*, Parent of Year 9 and Year 10 student

*The workshops were very relaxed and lots of fun, and we learnt so much!*, Parents of Year 8 student

School Based Apprenticeships & Traineeships
Years 9 & 10 Students & Parents

Get an early start on your career

Attend an information night to find out how you can combine paid part-time work with formal training (TAFE or other RTO) whilst you are still at school! You gain valuable work skills and experience which can only be achieved by this fabulous ‘hands on’ option!

Wednesday 16th June 2015 - 6:30pm for 7pm to 9pm
Tradies, Gymea - 57 Manchester Rd, Gymea, NSW, 2227

Light Supper will be provided! For catering purposes please register your intent to attend online through this link: https://register.eventbrite.com/30000/school-based-apprenticeships-and-traineeships-information-event-gymea-tradies OR Phone: 9521 1826

Can you see yourself encouraging a Mum with a new baby?

We are looking for volunteer home visitors for the Sutherland Shire. Volunteers support mothers by visiting for a few hours once per week, lending an extra hand to help with a baby or older child, being a good listener, helping with shopping/appointments/outings, providing company, assisting with information on parenting or other community supports.

Our next 4 day training program for 2015 will be held in August.
For more information please call
Jenny at Oranga Early Support
Ph. 9521-0260
Seasons for Growth

This is an eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.

Children will learn:
- to understand and talk about the normal range of emotions experienced during major change, grief and loss
- how to build positive relationships with family and friends
- how they can participate in a caring and confidential network of peers and adults
- about resiliency
- how to plan for a realistic and hope-filled future

Monday afternoons, 4:00pm to 5:00pm
20 July – 14 September 2015
(includes party week)
Venue: Interrelate, Shop 1C
383-385 Port Hacking Road, Caringbah NSW
Cost: $50 per child

Bookings essential - Phone 8522 4450

Interrelate
relationship experts since 1926

---

NSW Teacher of the Year 2015

FIND . NOMINATE . RECOGNISE .

We are searching for NSW’s best high school teachers to be part of an exciting new project that will change the face of teaching resources.

To nominate your teacher fill out the entry form at www.nswteacheroftheyear.com.au and answer in 100 words or less why you believe your teacher should win the title of NSW Teacher of the Year.

Every Nominee receives a Certificate

iPad mini
3 x 16GB WIFI TO BE WON

Competition closes: Friday 19 June 2015 at 23:59 AEST. Our ABN: 261 939 077 91. Full terms and conditions can be found at www.nswteacheroftheyear.com.au/competition.tcs
**Engadine District Youth Services Inc.**

**Important Notice:**
There will now be an opening date to book a spot for an activity. All bookings will be taken as of 4pm on Monday 15th June.

Together with this please note the procedures below when booking to ensure your spot is safely booked; permission note & payment must be in to EDYS 1 week prior to the activity.

<table>
<thead>
<tr>
<th>Monday 29th June</th>
<th>Wednesday 1st July</th>
<th>Thursday 2nd July</th>
<th>Friday 3rd July</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Studio Y Sessions @ Project Youth Medal Free</strong></td>
<td><strong>Movie @ Cronulla</strong></td>
<td><strong>Cruisy Day @ EDYS - Free</strong></td>
<td><strong>Zone 3 Laser Tag $25</strong></td>
</tr>
<tr>
<td>Studio Y is a free recording studio for young people. Professional Recording Engineer on site to help you get your tracks banging! For beginners and pros, never too early to start recording!</td>
<td>Join in to our trip to Cronulla Cinemas to see a new release movie! Movie will be G, PG, or M rated. Meeting @ Cronulla Station 11am</td>
<td>Come and hang out @ EDYS! Youth Cafe / Pool table / Studio / Football table / Craft / Nintendo Wii / Xbox 360 / Internet / Netflix / Spotify. 12pm - 4pm</td>
<td>Can you beat the EDYS Staff? Challenge accepted! Includes 2 games of tag. Meeting @ Mainah/Bunderra 9.55am/10am</td>
</tr>
<tr>
<td>3pm - 6pm</td>
<td>Booking required. 2 sessions available</td>
<td>No booking required</td>
<td>Back @ Mainah/Bunderra 8.45-9.50am</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Booking, permission slip required</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 6th July</th>
<th>Wednesday 8th July</th>
<th>Thursday 9th July</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Studio Y Sessions @ Project Youth Medal Free</strong></td>
<td><strong>Cruisy Day @ EDYS - Free</strong></td>
<td><strong>Cooking @ EDYS</strong></td>
</tr>
<tr>
<td>Studio Y is a free recording studio for young people. Professional Recording Engineer on site to help you get your tracks banging! For beginners and pros, never too early to start recording!</td>
<td>Come and hang out @ EDYS! Youth Cafe / Pool table / Studio / Football table / Craft / Nintendo Wii / Xbox 360 / Internet / Netflix / Spotify. 12pm - 4pm</td>
<td>Cook up a fancy cuisine &amp; get a free feed</td>
</tr>
<tr>
<td>3pm - 6pm</td>
<td>No booking required</td>
<td>11.30am - 2pm</td>
</tr>
<tr>
<td>Booking required. 2 sessions available</td>
<td>Studio sessions 12pm - 4pm</td>
<td>Please wear closed shoes</td>
</tr>
<tr>
<td></td>
<td>Booking required</td>
<td>Booking &amp; permission slip required</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday 10th July</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Flip Out Trampoline Park $20</strong></td>
</tr>
<tr>
<td>Flip Out™ Trampoline Arena is Australia’s first &amp; largest trampoline playground. We, at Flip Out™, aim to give you healthy &amp; awesome fun through our massive trampolines, ball games, events, and more surprises to everyone’s enjoyment. Meeting @ Mainah/Bunderra 9.55am/10am</td>
</tr>
<tr>
<td>Back @ Mainah/Bunderra 8.45-9.50am</td>
</tr>
<tr>
<td>Booking, permission slip required</td>
</tr>
</tbody>
</table>

**Due to an increased demand in our School Holiday Program; please note the following procedures. These procedures are used by EDYS to ensure that the booking process is fair and accessible to all young people and to minimise the likelihood of confusion.**

- A position is not secure until it has been confirmed by an EDYS staff member.
- In the event that there is a cancellation for a Young Persons spot, then the waiting list will be given priority.
- No replacements will be accepted if there is a waiting list.
- If a Young Person is not returning with EDYS from an activity then a permission slip must be received from a parent/guardian.
- All participants must be aged between 11 and 18 years inclusive.
- No initial bookings will be accepted via fax, email or voicemail messages.
- If a message to book a spot is left on EDYS answering machine, please be aware that this does not guarantee a spot.
- Only a parent/guardian can book a spot for their child, or the young person themselves – no bookings will be accepted on behalf of others.
- If a young person or their parent cannot contact EDYS themselves, the person calling on their behalf must be able to provide a name of the parent/carer in which they are booking. The Parent/Carer must contact EDYS by the close of business the following day (6pm); or the spot becomes available to others.
- All payments, permission slips and waiver forms (if applicable) must be received by EDYS at the latest one week prior to the activity, signed by Parent or legal guardian.
- Cancellations must be made at the latest by 10am; 2 business days prior to the activity. Failure to do so may result in loss of payment.
- Please ensure Young people arrive at the times requested. Due to a closely timed schedule; EDYS Staff will wait maximum 5 minutes.
- Parents must ensure Sunscreen, Hats & proper sun protection be worn on all outdoor activities/EDYS does not take responsibility for this.

**Ph: 9548 2734 Email: pat@edys.com.au Web: www.edys.com.au Visit: 16-20 Station St, Engadine 2233**