Acting Principal's Message

During last week I met with Mrs Hatz and Mr Meagher the Year Advisers of Year 12 to discuss the final weeks of Year 12. A lot of work still lays ahead of Year 12 and their teachers before the end of term. I have reprinted a letter that Year 12 was given at the start of this term. It explained the expectations and requirements of each student. Attendance at each lesson is vital. Students will be provided a lot of explicit and detailed feedback from the trial examinations. Teachers will be planning lessons that focus on practice and refining skills to gain the best results for each individual student. Year 12's attendance will be monitored and as the letter indicates any student that does not maintain the expectations consequences will be applied. Parents and carers need to continue to support and talk to their child so any issues can be either addressed at home or contact the school. I will also mention that when Year 12 graduate at the end of term all boys need to be dressed in trousers and girls will need to wear their red tie. If your child does not have these items if you may find these arrangements to have full uniform for the graduation. I was very proud of Year 12 during their trial exams. The external supervisors reported that this group of young adults approached their exams in a very mature and serious manner, displaying respect and commitment. However, students must ensure if they are ill during an examination in the HSC exams, they must inform the supervisor before the examination. If the student does not speak with the supervisor, the supervisor will not be able to complete the illness misadventure form to best support the student.

IMPORTANT NOTICE TO YEAR 12 STUDENTS

‘Term of Year 12’ – As the HSC is like the final weeks of preparation for an athlete prior to a major event. It is a time to draw everything together, to tie up loose ends and to prepare, physically and mentally. It is certainly not a time to slacken off or to lose focus. It is also not a time for an extended period of inappropriate revelry.

Unfortunately in the distant past a small number of Year 12 students at Menai High have not shared this view and so it has become necessary to make the consequences of inappropriate behaviour very clear.

Year 12 students are expected to attend all lessons up to and including Wednesday-September 16th. A ROLL CALL WILL BE CONDUCTED EVERY LESSON TO ENSURE THAT ALL STUDENTS ARE PRESENT.

Any student who is absent (even for one period) without good cause will invoke the following consequences:

• First occasion – preclusion from the year 12 celebration picnic.
• Second occasion – preclusion from the year 12 celebration picnic and Graduation Ceremony.
• Third occasion – preclusion from the year 12 celebration picnic, the Graduation Ceremony and the Formal.
• Fourth occasion – your HSC may be placed in jeopardy.

Students who have whole day unexplained absences will be investigated and those absent without satisfactory cause will also be subject to the above consequences.

Any student who is involved in any form of inappropriate behaviour or vandalism at this school or in the vicinity of any other school may also be subject to any or all of the above consequences or any other consequence the Principal sees fit to assign.

We understand that before you may find these arrangements to have full uniform for the graduation. I was very proud of Year 12 during their trial exams. The external supervisors reported that this group of young adults approached their exams in a very mature and serious manner, displaying respect and commitment. However, students must ensure if they are ill during an examination in the HSC exams, they must inform the supervisor before the examination. If the student does not speak with the supervisor, the supervisor will not be able to complete the illness misadventure form to best support the student.

Year 7 have completed their project based learning and Year 9 start planning next week. A showcase to recognise and celebrate students work in Year 7 and Year 9 will be held on 1st September in the school hall at 6pm. On the same night parents of Year 7 2016 are invited to be part of the showcase and also be part of an information night concerning the laptop requirements at Menai High School. A company called Core Technology are the guest speakers.

Congratulations to the following students who have qualified to represent Sydney Region at the NSWCCHS Athletics Carnival - Nicole Besz, Maddison Boyling, Thomas Davenport, Adam Engeler, Blake McWhirter, Renee Mihaere, Adam Ogden, and Jesse Paice. Outstanding performance. Also congratulations to Jai Anderson and Joshua Thomas who represented Menai High School at the NSW CHS Boys Softball Championships held at Manly in July. The boys were a credit to our school and their families and won the silver medal for a second place at the tournament.

A big congratulations to James Walker of Year 10 who has achieved an exceptional result recently at the National Karate Championships. He won gold in his weight division and has been selected for Junior World Championships in Indonesia in November. We wish James the best of luck. At the ski trip last week Cameron Murden, Year 11, assisted a fellow student by administering first aid assistance. Cameron was reported to be very calm and supportive when using his previous learning to comfort and keep the student safe and calm.

Riley Karssemeyer, Year 12, needs to be congratulated for his HSC Music Trial - an outstanding performance. Also to the Entertainment Industries Year 12 students, Jodi Morris and Daniel Owens who assisted during the Music trial HSC examination.

Two of our past students have recently achieved exceptional results on the world sporting stage. Congratulations to Erin Bell, member of the Australian Diamonds, who won the World Cup Championship in Sydney last weekend and Steve Smith being selected as the Australian Cricket Captain. It is a privilege to be able to write about the outstanding results of our current and past students.

Our congratulations need to be extended to Maya Stumpien for being cast in a leading role for a musical called "13-A New Musical" for Birdie productions. Maya will play the role Charlotte. The production will be showing from 25th September 2015 to 3rd October 2015 by Bryan Brown Theatre in Bankstown. What a wonderful achievement. If any parents or students want more information please see the CAPA staff for flyers.

I have been contacted by our School Director concerning the key ‘Stranger Danger’ message. It is concerning a line of inquiry that involves a white Hyundai iLoad van. I have added below advice given by the police which will be helpful when talking to your children - Safe People Safe Places.

• Make sure your parents or another adult you know knows where you are at all times.
• Always walk straight home or to the place you are walking to. Walk near busier roads and streets, or use paths where there are lots of other people.
• Know where safe places are - a shop, service station, police station, library or school. If you are ever frightened, you should go to one of these places and ask them to call the police.
• Learn about safe adults you can look for and talk to if you need help - police officers, teachers at school, adults you know and trust.
• Don’t talk to people you don’t know, and never get into a car with someone you don’t know.
• If a car stops on the side of the road and you don’t know the person inside, do not stop.
• If you are scared and can use a phone, call 000 and tell them you are scared.

R Allen
**Deputy Principal’s Message**

I would like to wish Year 12 all the best in the lead up the HSC examinations. They are indeed a fantastic cohort of young men and women who support one another and are going to continue to make significant and positive contributions to the Australian and global arena. I also wish Year 11 the best in their preparations for the yearly examinations this term.

There has been much publicity in the media about how educational institutions are supporting current disability reforms, such as the National Disability Insurance Scheme. Current topics of discussion have focused on how schools are complementing national disability reforms to ensure students with disability have the opportunity to reach their goals.

The NSW Department of Education has partnered with the Australian Council for Educational Leaders to present the Disability Reform Summit 2015. ACEL’s Chief Executive Officer, Aasha Murthy stated that “To lead exceptional practice, school leaders must recognise and promote quality in the learning experience, and measure and improve teachers’ capabilities. It’s everybody’s business.” Education Minister the Hon. Mr. Piccoli said “School education services for students with disability have grown significantly in the past four years. I am proud of what we have implemented in NSW for more than 90,000 students who need long term adjustments in their daily learning because of disability.” The Every Student, Every School initiative, which builds the capacity of schools to better respond to the learning needs of students with disability, is supported by reforms to the authority of principals, school funding, teacher training and rural and remote education.

This week at Menai High School, all teaching staff and SLSO’s have commenced part one of the Professional learning: Disability Standards for Education (2005) e-learning lessons. A package of e-learning lessons on the Disability Discrimination Act 1992 (DDA), with a focus on the Disability Standards for Education has been developed to provide professional learning for teachers. These lessons are highly recommended for all NSW Public Schools’ staff. The Standards support every student with disability to access and participate in education on the same basis as students without disability. The obligations of education providers under the DDA and the Standards apply to all principals, teachers and other employees in all school settings. This training is highly relevant to the Nationally Consistent Collection of Data – School Students with Disability (NCCD). The Disability Standards for Education underpin this important work for schools. All schools are required to participate in the national data collection annually from 2015. These e-learning lessons support schools’ ability to understand their obligations as they prepare their data for the national collection. Decisions for the collection of data are based on evidence of adjustments for the student whose learning is impacted by disability, after consultation with the student, their parents and carers.

Finally, Menai High School students and staff continue to shine. At last week’s assembly, it was absolutely fantastic to see the students and staff energised by the celebration of National Science Week on stage. I thank Mr Colella, Ms Loh and Mr Wilson for their engaging TV show like demonstration of Science in action. Our public debaters did us proud as Ms Barrie acknowledged the achievements of Lauren Quattropiani, Gurinder Singh, Natasha Pracy and Bernadette Wong this week. Well done to Alison Willetts, Millie Richards, Josef Richmond, Vicki Milekovic, Chelsea Cooper, Chelsea Burgess, Talis Stubis and Ms Bessell and the fine work of the team of students’ advocacy of the 40 hour famine held this weekend. I thank all of the supporters of this worthwhile community event. The Entertainment Team under the leadership of Mr McCuaig, yet again did a top notch job in preparing the stage and technical requirements of the assembly production.

The SRC under the leadership of Ms Overell have initiated a powerful student led program aptly titled The Pursuit of Happiness. The program supports and extends upon the great work commenced in 2014 drawing awareness to Youth Mental Health. The SRC’s Rachael Lee, Liam Johnstone, Nicholas Diwell, Ethan Mackay, Joseph Messiter and Samantha Turpin have engaged staff, students and the community with education and awareness to Youth Mental Health and a focus in 2015 to spreading the word of happiness and supporting one another through discussion and reaching out for help when students need it. The students continue to make important change to culture on the school on this vitally important topic and one that I am very passionate about. The Welfare team headed by Ms Mazoudier and the Senior Executive and Executive team continue to drive the Well Being agenda and Framework across the school community in its many facets. We have held numerous presentations also at the P&C and Subject Selection evening in 2015, invited our partners from Head Space Miranda to address the parents and community on supporting mental health for young people. The Mind Matters framework is also a strong feature of the welfare team planning and implementation to support all students’ mental health within the classroom and across school life and staff wellbeing frameworks have also been presented to address and support optimum health for all staff based on Martin Seligman’s work on positive psychology and the NEF’s Five Ways to Well Being framework that was launched at the school development days in Term 4 2014.

Finally, as the busy term continues to blaze ahead I thank Synergy and Sutherland Shire Live for visiting Menai High School at last Friday’s assembly and sharing a powerful positive dance and singing performance on stage with the school and in particular the message they shared with students about the importance of trying and self-belief which was well received by students and staff.

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**Welfare News!**

**Good News**

Ms Wearing would like to acknowledge the great work of the students in the following classes - in Society and Culture, Prudence Wilkins-Wheat, Grace Dingley, Nicholas Diwell, Claire-Anne Glover and Tara Shepherd for Excellent Media Files and Vicki Milekovic, Prudence Wilkins-Wheat, Claire-Anne Glover, Grace Dingley, Aisha Aidara, Nicholas Diwell and Dylan Back for great Intercultural Communication Brochures. In History 5 Christian Devnie, Natasha Lawson and Max Gawlowski for excellent Migrants Oral/Research task and in History 5 Lauren Jerrett, Zena Kassir, Kristy Kirovski and Eden McSheffrey for exemplary History class work.

Well done to Cody Nelson, Stephanie Pfrengle, Kristi-Lyn Piccolo and Sarah Ettia in Year 11 Hospitality from Mrs Liley for accurate and efficient preparation of a lunch for visiting Principals. Miss Burrell would like to acknowledge Mina Ragheb in Year 7 for consistent effort in an Industrial Arts project work.

Mrs Hanna and Miss Loh would like to thank all space campers who helped with the chocolate fundraising, in particular the following students who put in an extra effort to sell extra boxes Amy Allsop-Guest, Taegan Charles, Gemma Grigg, Jessica Julian, Eloise Kieler, Hope Sestanovic, Chelsea Tasker. Also they would like to acknowledge the following students who helped with the fundraising even though they were not attending the camp, Alex Whitelaw, Harley Aston, Natasha Georgopoulos, Lara White, Dasha Stepanova, Paris Du Casse, Alex Suter, James Renneberg, Isabella Hockey, Lachie Jones, Zac Armatage and William Giffen.

**Parents of Girls in Years 7 and 9 – Scoliosis Check**

Scoliosis (spinal curvature) can be a health risk for adolescent girls. The Spine Society of Australia advocates a Self-Detection process to detect scoliosis early in female students in the age range of 11-13 years. For more detailed information regarding this condition go the website www.scoliosis-australia.org. Below is the link to the brochure that outlines how to carry out a check on your child’s spine.


**Y Mazoudier, Head Teacher Welfare**
**Gifted & Talented Corner**
Some of our gifted and talented Year 7 students enjoyed an inspiring video conference with the eloquent and charismatic Chris Hadfield last week.

Colonel Hadfield was an astronaut for 21 years and captained the crew of the International Space Station for six months.

Students were delighted to hear of his first hand experiences in space and to have some burning questions answered. Chris concluded the session saying to the students:

“The person you’re going to turn into is totally up to you.”

Great advice for our talented and aspiring leaders!

A Hanna

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**Wellbeing Wisdom**
**Social Media and its effect on Learning**
At the recent Parent Teacher Night at MHS, the Technology Wizards Team conducted a survey among parents. One of the questions focused on the impact of social media on their child’s learning. Over 60% of parents who took part in the survey indicated that social media is affecting their child’s learning to some extent. This is usually in the form of homework and study time being constantly interrupted by children accessing social media platforms. If this scenario sounds all too familiar, log onto the following website for useful tips and ideas for addressing the problem.

http://ikeepsafe.org/be-a-pro/balance/too-much-time-online/

L Ferraro and the Wellbeing Wisdom Team

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**IMPORTANT DATES & COMING EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 17/8</td>
<td>Year 7 Swim School (all week)</td>
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<tr>
<td>Monday 31/8</td>
<td>Year 11 Exams begin (2 weeks)</td>
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<tr>
<td>Monday 7/9</td>
<td>School Council Meeting; P&amp;C Meeting (changed date)</td>
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<tr>
<td>Tuesday 8/9</td>
<td>Year 6 into 7 Testing</td>
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**Senior Seminar Program Schedule—Week 6, Term 3, 2015**

<table>
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<tr>
<th>Period</th>
<th>Subject</th>
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<tbody>
<tr>
<td>Monday</td>
<td>2U Maths, ESL, Food Technology, Modern History</td>
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<tr>
<td>Tuesday</td>
<td>Dance, General Maths, Ancient History, PDHPE</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Biology, Extension 1 Maths, Hospitality</td>
</tr>
</tbody>
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**Free Counselling**

Are you experiencing?
Domestic Violence
Depression
Anger
Loneliness
Grief & Loss
Family Struggles
Or just need to talk to someone

Salvation Army is offering 1 hour counselling sessions Wednesday from 8:30am to 3:00pm at 6 Willock Ave Miranda.

Bookings are essential
Please contact Ali on 9540 4460

Please note counselling sessions are facilitated by a final term counselling degree student.

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Ten cybersafety tips every parent should know

Keeping your kids safe online is easy with a few simple precautions.

1. Nothing replaces parental supervision and education for kids about cybersafety.

2. Set a technology curfew.

3. Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.

4. If your child posts photos online, use privacy settings to limit access to people they know well.

5. Remind your child that people don't always tell the truth online, and they can't take anything at face value.

6. Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.

7. If they get a message or email that's threatening or rude, they should 'STOP, BLOCK, TELL'. First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.

8. Never click on any links that are contained in emails from people they don't know. As well as sexual content, they could contain a computer virus.

9. If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call Crime Stoppers, 24-hour line 1800 333 000 to make a formal complaint.

0. Your child will be using computers and the technology for the rest of their lives – you're in the great position of being able to get them off to a safe, positive start.
Opportunities

- Explore the theme of humanitarian engineering
- Participate in interesting lectures and workshops on health, aerospace engineering, natural resources, energy systems and the digital future
- Meet like-minded students and work in teams on engineering design challenges
- Not to mention Sydney that showcase engineering attractions
- Attend an official government function to recognize your participation in the camp
- Expand career and study opportunities both in Australia and internationally
- Meet engineering students and graduates keen to share their experiences
- Enjoy a number of social events and make new friends
- Live on campus for a week

Eligibility

Young women with a genuine interest in finding out about careers in Engineering are encouraged to apply.

To be eligible you must be an Australian citizen or permanent Australian resident, and be 5 years or older on 16 January 2016.

How to Apply

Visit women@engineersaustralia.org for the application form and additional information. Online applications open Tuesday 4 August 2015 and close 9:00pm Sunday 27 September 2015.

Available places in the camp are limited. Applicants will be selected on the basis of aptitude for engineering, including performance in maths and science subjects at school. Select places are reserved for students from rural areas.

The 2016 UNSW Women in Engineering Camp will be held from Monday 11 to Friday 15 January 2016.

Taste of Electrical Engineering 2015

Do you love solving problems?

The University of New South Wales are offering a Year 10 and a Year 11 workshop (with 24 places in each), for high school students with an aptitude for mathematics, to pass on their skills and a love of problem solving. If you participate in 5 day workshop at the School of Electrical Engineering and Telecommunications.

The workshops will include:

- Engineering design challenges and an introduction to the basics of several electrical engineering disciplines: such as signal processing, electronic design, computer programming, and power, control and telecommunications systems.
- Tours of the school facilities, including the laboratory, high college and educational laboratories, and a field trip to an industrial organisation, providing insight into the importance of complex electrical and electronic systems in everyday life.

When: A three day exploration of electrical engineering.

Where: 21-23 September 2015

Where: School of Electrical Engineering and Telecommunications, UNSW.

Cost: $165


Online application form: www.ee.unsw.edu.au/apply.. Applications close 5th August.
WEP Student Exchange

A WEP student exchange allows teenagers to exchange their school, culture, family and possibly language for a selected time period in another country. It is far more rewarding than simply being a tourist, as students live like locals and acquire knowledge not available to the general traveller. It is a once-in-a-lifetime opportunity to travel and study at an overseas school with the support of a volunteer host family.

Hear from one of our returned students:

"Honestly, choosing to go on exchange is one of the best decisions I have ever made. You experience so many different aspects living in a different culture for a couple of months that you would never experience any other way. I have made so many memories with my host family, friends and improved my French so much that I wouldn’t change this experience for anything. I will truly miss everyone I have met!"

-Sophie, France

Find out more on WEP's social media pages!

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WEP Student Hosting

We are now looking for volunteer host families for our exchange students arriving in February. Open your hearts and home to an overseas student and benefit from the following:

- Gain long lasting friendships
- Rediscover your backyard
- Experience another culture
- Most importantly, loads of fun!

"Our hosting experience exceeded expectations. Sab was an absolute delight to have in our home for three short months."

-Kaye, Melbourne

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Illawong Menai Kookaburras
Cricket Club

25% Discount for registration in U14 & U16

Our club supports Menai High School

In 2 Cricket and Saturday Junior Club Cricket

Register Now!

online now at: www.imcc.com.au
Contact Ails on 0438 135 483

Authorized by: R. Miletich

Valid: 15/16 Season Only

Not redeemable for cash.

Playing time for Under 8's and 10's is only 90 minutes