Parent Newsletter

Issue 27  Published Weekly  7th September , 2015  Week 9A

**Acting Principal's Message**

Last week was SAS staff Recognition Week. The SAS staff are all staff who support the teachers and students in the classroom, the operations in the office, the library and school grounds. All very important and vital roles in contributing to the success of the school and the students’ education. The theme for 2015 is “Our Jobs, Your Children, Their future” which expresses so well the great contribution the SAS staff play in the growth of students and the school. I would like to thank our wonderful SAS team for the individual care they show for every student they work with and for the great support they provide. Congratulations, we would not be able to achieve what we do at Menai High without your amazing efforts.

The school Vocational Education and Training faculty (VET) participated in an audit last week. The audit is held every three years to ensure the school and teachers are compliant in all areas of delivering the VET courses. The audit team provided a verbal feedback session and have indicated that Menai High is an example of “best practice” in the area of VET delivery. Congratulations to the dedicated Head Teacher Mrs Brown and her teachers, Mr Wakeley Business Services, Mr Graham Construction, Mr McCuaig Entertainment Industries, Mrs Souris and Mrs Liley Hospitality, Mrs Blanche Information Technology and Ms Ready Primary Industries.

Also to be congratulated in the newsletter is Katy Armonson-Graham on receiving the Southern Sydney Business Education Network (SSBEN) VET Excellence Award. Katy was nominated by the school for this award due to her:

- dedication and commitment to her Primary Industries studies
- tireless effort she puts into managing tasks on the farm
- outstanding industry workplacements

The following students are also congratulated for ‘Outstanding Participation in RTO VET Audit’ Corey Beare, Abu Turay, Bridget Gielissen, Yelyzaveta Gollkova, Clare Murray, Stephanie Austin, YuYing Fang, Corry Molloy, Gabrielle Cortez, Tara Arduin, Adrian Stufano: ‘Hospitality during RTO VET Audit’ James Markovic, Niki Lampropoulos, Nicole Enriquez, Alicia Naidu and Anthony Gajtanovski.

Labschool Kebayoran High School Indonesia visited Menai High school last week and the visit was a tremendous success. Students and families learnt a lot from each other about culture and lifestyles. I would like to thank the families who provided homestays for the students. It’s such a rich learning experience for all involved. Also thank you to Mrs Ferraro for her outstanding organisation and tremendous professionalism in preparing and administrating the program.

Year 9 participated in their Project Based Learning project last week. The focus was on natural disasters. Each team worked on an idea to assist or educate people concerning natural disasters. The project assists students to develop skills in technology and also working as a team to solve problems, research and analyse data. The projects were marked on Friday by a team of teachers and students also peer assessed each member using the exit outcomes as their criteria. This exceptionally successful project was led by Mr Robinson. Both Year 9 and Year 7 students will be presenting their team’s project on showcase night the 14th September. All Year 9 and 7 parents are welcome to attend. The night will start at 6pm.

We have a School Council and P&C meeting TONIGHT. At this meeting the school will be presenting the computer options that Core Technology will provide for parents to purchase. School Council starting at 6pm, P&C starting at 7pm both held in the library. All welcome.

The keen science students in Year 7 and 8 headed off last weekend for their excursion to the Space Camp/Academy in the USA. Students from Year 5 and 6 from our feeder schools also are part of the excursion. The teachers Mrs Hanna, Mr Scott, Ms Loh and Mr Colella have been in contact with me and all have arrived safe and sound.

Last week I received a letter from Daylight Sportswear concerning new prices effective as of 1st October 2015. The company has explained the price rise will be held for a minimum of three years. I have attached a copy of an updated price list for certain uniform items to this newsletter.

R Allen

**Deputy Principal’s Message**

Providing enrichment opportunities for students is something that Menai High prides itself on, whether these are welfare or curriculum based. Right now I am with a group of Year 7 and 8 students along with a few from our feeder primary schools at the United States Space and Rocket Centre in Huntsville, Alabama. Our students are receiving second to none experiences similar to the training given to astronauts before they depart into orbit. One small step in learning, one giant leap for Menai High School. Ms Hanna is to be congratulated on the planning and organisation.

Last week our school excelled during the audit of Vocational Education and Training courses delivered on site. A huge acknowledgement of Mrs Brown’s efforts in coordinating this large yet productive aspect of our curriculum. Our education director praised the students involved in the VET courses, noting the articulate way they were able to communicate their learning and experiences, while providing constructive feedback to the audit team. Well done!

The relief on the faces of the students leaving the HSC Music and Design and Technology assessments last week is something that encourages us as educators as it signals to us that these students have applied themselves diligently in their studies. There has been great feedback from the markers and we have high hopes for the results.

Finally, last week was a week designated to recognise the support staff in public education. As the substantive Head Teacher Science/Agriculture my role would be much more difficult without the support of administration staff, in particular the lab assistant Mrs Box and the farm assistant Mr Langridge. Relieving as Deputy Principal allows me to spend my day with the skilled and friendly staff in the front office and the work they do. When you come in to the school I would encourage you to acknowledge their efforts.

I look forward to a busy yet productive end of term!

K Scott

**IMPORTANT DATES & COMING EVENTS**

| Monday 7/9 | School Council Meeting; P&C Meeting (changed date); Year 11 Exams (all week) |
| Tuesday 8/9 | Year 6 into 7 Testing |
| Monday 14/9 | Year 7 and 9 Showcase-6.30pm |
| Thursday 17/9 | Year 12 Graduation |
| Friday 18/9 | Year 12 Picnic |
Welfare News!

Good News
Ms Souris would like to thank Natalie Perin, Clare Murray, Nicole Enriquez, Niki Lampropoulos and Adrian Stufano of Year 12, and Jordan Tavita and Alexandra Xirocostas for their participation in the Year 12 Major works showcase for Food and Beverage.

Miss Kelly would like to acknowledge the following Year 10 students for consistently applying themselves to classwork and Food Technology practical lessons - Xenia Polemitis, Danielle Godden, Tayla Nisbet, Olivia Lipowski, Brooke Gault, Amy Cover, Olivia Holmewood and Rylee Jones.

Mrs Millington would like to commend Rachelle Cain, Adalynne Cole and Emily Hunter in Year 9 for assisting with the Indonesian dance workshops. They were wonderful ambassadors for Dance at Menai High School.

Cyber Safety
We are continuing our articles on Cyber Safety and how you can help your children be safe online. I hope you can take the time to have a read.

Notifiable Illness - Mumps
We have been informed that a student has had MUMPS and has been absent from school.

Y Mazoudier, Head Teacher Welfare

Wellbeing Wisdom
Keeping kids safe online
Whether in the classroom or at home, children are using technology – computers, mobile phones and the internet – more and more in their day-to-day lives. Just like in the offline world, kids need to be aware of online danger zones. ‘School A to Z’ provides advice on keeping your child safe in the online world: http://www.schoolatoz.nsw.edu.au/technology/cybersafety

R Hatz and the Wellbeing Wisdom Team

Gifted & Talented Corner
Wishing 45 of our most talented students the very best at Space Camp and Space Academy this week as they extend their horizons and their notions of what constitutes ‘possible’.

These students come from Years 5-8 and include 13 primary school students from our COSBTR enrichment program. They will be spending an unforgettable week at the US Space and Rocket Center, Huntsville Alabama in an intensive educational program across a number of KLAs.

Photos to follow! Over and out for this week :) A Hanna

Student Statements of Account & Payment of School Fees
Over 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.school@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 Administration Manager

NATIONAL HEALTH AND PHYSICAL EDUCATION DAY
WEDNESDAY 9TH SEPTEMBER 2015
To celebrate National HPE Day this year, the PDHPE Faculty and a number of Year 10 PE ambassadors will be running the Menai H.S Fun Run / Walkathon this coming Wednesday around the school grounds and ovals.
All students are encouraged to bring their PE uniform and/or suitable shoes to run/walk in, and complete as many laps of the 500m circuit during PE lessons, recess and lunch breaks.
Prizes such as Rebel Gift Vouchers will be provided on the day, as we as a school aim to complete as many laps as possible and celebrate the benefits of a healthy lifestyle.
For more information about National HPE Day, please visit the following website: http://hpeday.com.au/
M. Robinson (H.T PDHPE)

Daylight School Wear Sale
Tuesday 8th September
Friday 11th September
Tuesday 15th September
Friday 18th September
20% Sale off all items
No exchanges
No refunds

Senior Seminar Program Schedule— Week 8, Term 3, 2015
Year 11 Exams
Should kids have computers in their bedrooms?

**At a glance**
- Education and child safety experts recommend your child doesn't use the internet in their bedroom.
- The reality is a very small percentage of kids will come to physical harm through contact with online strangers.
- Cartoon-like avatars are a great alternative to kids posting images of themselves online.
- Teenagers in particular are prone to sleep problems which are compounded if computers or phones rob them of sleep.
- If your child has a MySpace or Facebook page ask to see it. If you can see it anyone can so there is no argument about respecting privacy.

The internet has changed the way kids socialise. It's an amazing place that allows your child to make friends with another teen living on the other side of the world, and to discover differences and similarities. Just as you'd make some inquiries about new friends that appeared at your front door to spend time with your child, you'll also need to find out about the people they're meeting online.

Of course, monitoring your child's online activities is easier said than done when your child has a computer in their bedroom, with internet access.

**Shut the door on cyber predators**
While predators are out there, the reality is a very small percentage of kids will come to physical harm through contact with online strangers.

You may have already installed filters to block pornography and inappropriate sites, but knowledge of potential dangers will help keep your child safe on other computers and their mobile phones.

*Australian researchers* have found children who don't include photographs of themselves or their email addresses in their social networking profiles are less likely to receive sexually suggestive messages.

But most kids like to have an image of themselves online – and avatars are a great solution. They're cartoon-like characters you can personalise and put on your profile. Better still, they're actually heaps of fun – and often free – to create. Visit [www.free-avatars.com](http://www.free-avatars.com).

When it comes to naming your avatar, choose something creative but non-sexual such as “Sk8trQueen”, not “Sweet Sexy 16”.

**Keeping bullying out of the bedroom**

Education and child safety experts recommend your child doesn't use the internet in their bedroom.

Former Victorian police officer and cyber-safety consultant Susan McLean says the internet can give the bully direct access to your child's bedroom; “the one place that they should be safe”.

However, if for some reason the only place your child can study and access the computer is their bedroom, consider options such as:

- Leave the bedroom door open, with agreed random visits by parents
- Create a technology curfew. Disable the computer, and remove the mobile phone from the bedroom at a certain time each night.

**Lack of sleep can be a nightmare**

Another compelling reason to make your child's bedroom technology-free is to allow adequate rest.

Jennifer Hudson, a professor of psychology at Macquarie University, says teenagers in particular are prone to sleep problems, which will only be compounded if computers or phones rob them of vital sleep.

"As soon as adolescents start to take an extra half-hour off their sleep to check their emails in bed, or just texting someone (and that's often happening throughout the night), that can lead to an accumulated sleep debt for the week," Dr Hudson says.

"We know when kids don't get enough sleep that impacts on their mental health, their functioning at school and their relationships."

**Setting cyber rules your child will keep**

Dr Hudson suggests some strategies to help you make realistic rules your child can agree to and keep.

1. **Keep the lines of communication open**
   Negotiation with your child relies on having a good relationship. The way to maintain your relationship is by regularly spending time together, such as family meal times.
   "In our busy lives it can be difficult to find time to spend together, particularly when an adolescent is resistant to that because they believe it's a 'daggy thing' to spend time with your parents," Dr Hudson says.
   By making time for your child, you're also making space for them to tell you about their life.

2. **Make it safe to tell**
   Your child needs to know from the outset that if they are contacted by a predator or are being bullied, they can tell you without fear of losing their internet or laptop access.
   The fear of being 'cut off' from the online world could prevent your child from speaking up.

3. **Decide together where and when technology can be used**
   Dr Hudson suggests shared problem-solving techniques to get kids onboard with your rules – especially when they hit the teen years.
   Tell your child you're concerned about their sleep and their safety, and ask them to help you write down as many solutions as possible.
   "When you've both come up with a list, decide which ones you can toss out and which ones you can both live with," Dr Hudson says.

4. **Be consistent with rules**
   "It's necessary for parents to set boundaries for their child," Dr Hudson says.
   She suggests consequences for breaking rules could be loss of recreational screen time or other privileges.

5. **Get involved and stay in touch**
   If your child has a Facebook or MySpace page, ask to see it. Google their name to see what they've posted that's publicly available. (If you can see it, anyone can, so there's no argument about respecting privacy.)
   Discuss anything you're not comfortable with and suggest how it can be changed.
Menai High School Uniform Shop

Proposed Uniform Prices Increases

From 1st October 2015

These Prices Are Firm For 3 Years

<table>
<thead>
<tr>
<th>ITEM</th>
<th>PRICE</th>
<th>SIZE</th>
<th>QTY</th>
<th>TOTAL INCL GST</th>
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</thead>
</table>
| Girls
| Snr S/S White Blouse | +$2.00 |      |     |                |
| Jnr S/S White Blouse | +$2.00 |      |     |                |
| Jnr Skirt           | +$0.50 |      |     |                |
| Snr Skirt           | +$2.00 |      |     |                |
| Black Stretch Slack | +$2.00 |      |     |                |
| S/S White Button Shirt | +$2.00 |      |     |                |
| Grey Boys Shorts    | +$2.50 |      |     |                |
| Elastic Waist Trousers | +$2.00 |      |     |                |
| Sports Shorts Std   | +$2.50 |      |     |                |
| Sports Shorts Sup   | +$2.50 |      |     |                |
| Trackpant           | +$2.00 |      |     |                |
| Sports Polo         | +$2.00 |      |     |                |
| Boys
| Tailored Trousers  | 40.00  |      |     |                |
| Grey Boys Shorts    | 34.50  |      |     |                |
| Elastic Waist Trousers | 37.00 |      |     |                |
| S/S White Button Shirt | 31.00 |      |     |                |
| Jumpers
| Jnr Bottle Acrylic Cardigan | 50.00 |      |     |                |
| Snr Red Acrylic Cardigan | 50.00 |      |     |                |
| Jnr Bottle Wool Jumper | 72.00 |      |     |                |
| Snr Red Wool Jumper | 72.00  |      |     |                |
| Jnr Acrylic Jumpers | 50.00  |      |     |                |
| Snr Acrylic Jumper  | 50.00  |      |     |                |
| Sports
| Sports Jacket       | 65.00  |      |     |                |
| Trackpants          | 40.00  |      |     |                |
| Sports Shorts Std   | 27.50  |      |     |                |
| Sports Polo         | 38.00  |      |     |                |
| Others
| Grey Tie            | 20.00  |      |     |                |
| Red Apron           | 10.00  |      |     |                |
| Red Tie             | 10.00  |      |     |                |
| Jacket In A Pocket  | 18.00  |      |     |                |
| School Back Pack    | 65.00  |      |     |                |

All Other Prices Unchanged

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UNIFORM SHOP IS LOCATED IN THE COMMUNITY HALL. ACCESS VIA THE MAIN CAR PARK.
OPENING HOURS: TUESDAY 8.00AM - 12.00PM AND FRIDAY 12.30PM - 4.30PM
PAYMENT BY ETPOS, MASTERCARD AND VISA CARD ACCEPTED
ALSO AVAILABLE ONLINE SHOPPING VIA THE MENAI HIGH SCHOOL WEBSITE