

# Menai High School

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## Principal



Mr Bernard Ellevsen

## Doors Open Day for Education Week

Last week our Department of Education celebrated Education Week. To celebrate and share quality teaching and learning, Menai High School held “Doors Open Day” on Tuesday last week. This was a day where teachers opened up their practice to their colleagues to share teaching strategies, ideas and general classroom practice. The idea being that teachers were welcome to wander in and out of each other’s classrooms to share what was going on. I had the pleasure of visiting many lessons on the day and it has been a highlight of my year.

Open Doors Day reinforced to me the variety of learning experiences, the quality of teaching and the rich array of learning opportunities students have at Menai High school, and it really is outstanding.

I saw students engaged in learning about the battles in Gallipoli and the events leading up to the campaign, others were studying Alexander the great and his campaigns, our students in the automotive workshop were learning to repair and spray paint vehicle panels. Students in Visual Arts were making short films about the conceptual material they had been studying in order to help them remember and retain what they had learned. In the kitchens students were cooking

San Choy Bau, in the Science labs they were learning about DNA, students were studying Japanese at a range of levels with learning activities tailored to suit their stage of development, our students studying Oceans Alive were battering and frying basa fish fillets which absolutely were delicious!

Thank you to all our dedicated teachers for the outstanding learning opportunities they provide for our students every day and for sharing these across the school on “Doors Open Day”

## Captain's Speeches

At our assembly on Friday, students from our Year 11 Leadership Team delivered their captain's speeches in the lead up to voting process to determine our school captains for 2019. As always the quality of the speeches was excellent, the students all displayed great leadership qualities and are a credit to their families and their school. I know we are sure to have fantastic captains for 2019. I wish all our candidates the best of luck in the process.

## Year 7 Project Based Learning

Our Year 7 students have been engaged in their project based learning activities this week. Students work in groups to research and propose solutions to real world issues to make the world a better place. Thank you to Ms Scevity, Mrs Rogers, Ms Francis, Mrs Allen and all our Year 7 teachers for running the project based learning initiative this year.

I would like to invite all our Year 7 parents and families to the Project Based Learning Showcase to be held on Wednesday 22<sup>nd</sup> August in Menai High School Library from 6:00 – 7:00pm.

## Year 12 Trial Higher School Certificate Examinations

In closing I would like to wish our Year 12 students all the very best of luck in their Trial HSC Exams which commenced this week. Good luck Year 12 I am sure you will do yourselves proud!

## Principal's Recognition

**Ryan Klem** selected to compete at the NSWCHSSA Lawn Bowls Carnival at Warilla from 21 to 23 August, 2018.

**Adam Pittman** selected to compete at the NSWCHSSA Athletics Carnival at Sydney Olympic Park from 5 to 7 September, 2018.

## Deputy Principal

### Deputy Principal's Message

### **Mrs R Allen – Deputy Principal, Years 7 and 11**

Congratulations to all of the students in Years 7 and 11 who achieved Academic Excellence Awards at the Week 2 Formal Assembly.

### **Mrs E. Sayed-Rich – Deputy Principal, Years 10 and 12**

Congratulations to all of the students in Years 10 and 12 who achieved Academic Excellence Awards at the Week 2 Formal Assembly.



### Year 12

#### Trial HSC Examinations

Year 12 HSC Trial Examinations commence this week. Year 12 students are working very hard to prepare and study for these important examinations. A year meeting was held last Friday to review examination rules and procedures including the illness and misadventure policy. Students are reminded to ensure that they check their exam schedule thoroughly and arrive at the school auditorium ahead of time. All rules regarding materials permitted and not permitted into the examination must be adhered to. Full school uniform is expected. I wish Year 12 the very best of luck for the examinations.

### Year 10

This is an important semester for Year 10 students as they work toward the completion of the ROSA for Year 10. All assessment work must be handed in on time and attendance at school is expected each day. Students who have not met attendance requirements can find that they have not met course requirements. If

your child is struggling and requires support with assessment work please contact the school and speak to your child's Year Adviser, teacher, the Learning Support Team or you could speak with me. The homework centre is open for students on Tuesday afternoons from 3.30-4.30pm and the Learning Centre is open during the week for students who may need assistance.

Year 10 have been reminded to plan and prepare ahead of time for their Work Experience weeks during Term 4. It is expected that all of the relevant documentation be handed in to Mrs Brown - Careers Adviser ahead of time.

### **HSC National Minimum Standards Test Results**

If your child sat the online tests last term, they are able to view their results via their students online accounts. See link: <https://studentsonline.nesa.nsw.edu.au/>  
Please contact the school if you have any questions.

### **Second Hand Uniform Shop**

Please consider donating any school uniform items which are in good condition that your child has outgrown to the second hand uniform shop. Your donation will be warmly received.

### **Breakfast - The Most Important Meal**

Sometimes students arrive to school and have not eaten breakfast. The school canteen is open, however, as this is an important habit for adolescents to practice, we remind students to make sure they eat appropriate foods for breakfast. Sometimes in the rush of the morning students may miss breakfast altogether and this affects concentration levels and sometimes impacts behavior.

Some helpful suggestions can assist parents struggling to get their teenage kids to eat breakfast in the morning rush can be found here:  
<https://www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking/importance-of-breakfast.aspx>

Have a great week.

## **Mr L Meagher - Deputy Principal, Years 8 and 9**

Year 8 and Year 9 have returned to school this semester with a renewed sense of purpose and focus; the majority of students see the end of year approaching quickly and have started their study early, which is fantastic. We recommend that each and every Year 8 and Year 9 student is studying or revising for a minimum of one to two hours each night. It is important to not simply work on upcoming assessment tasks and revise for upcoming tests, but to also revise content and skills learnt in class each day.

There are initiatives and events occurring in the school at the moment that parents of Year 8 and Year 9 should be aware of:

- Subject selection for Year 8 students is now closed. We are exploring different class options for 2019 and students will be made aware in the coming weeks what subjects they have been placed in. A reminder - at Menai High we design our line structure based on student choice which allows the majority of students to study all their chosen subjects. In the case of a student missing out on a particular subject we will endeavour to give that student as many choices and as much support as possible in finding another appropriate and challenging subject.
- The rejuvenation of Ann's Place is underway. Ann's Place is a treasured area in the school dedicated to the memory of Ann Gacitua, the school's Deputy Principal, who passed away a number of years ago. A core group of Year 8 and Year 9 students are currently clearing fallen trees, overgrowth and excess leaves and dirt ahead of replanting, repainting and some structural repair.
- The trial Report Reflection process is underway with Enrichment Year 9 classes. Mrs Rogers, our Head Teacher Teaching and Learning, and myself are currently leading these classes through the process of pre- and post- report reflection; allowing students to more deeply engage in the learning process. This practice will likely be rolled out across the school in 2019.

Finally, congratulations to the students in Year 8 and Year 9 who received awards at our recent Academic Excellence Assembly.

## Good News and Wellbeing

### Student Good News

Ms Ready from the Science/Ag Faculty would like to congratulate **Jack Vimpany** (Year 12 Science) on achieving 100% in his assessment task. Ms Ready also commends **Amber Soo** (Year 7), **Sophie Greenwood** (Year 8), **Mitchell Cooper**, **Nicholas Mai**, **Fraser McGloin**, **Lillian Pavett**, **Mikayla Rolton**, **Amy Stokes** (Year 9) and **Samuel Rosser** (Year 10) on gaining a Distinction in the recent ICAS Science Competition.

Also Ms Ready would like to thank **McKayla Stewart-Riley**, **Zoe Tambimuttu**, **Sarah Loughlin**, **Isabella Hockey**, **Scarlett Hockey** and **Rebekah Wood** for helping at the Flower Power BBQ to raise funds for Agriculture.

Mrs Liley and Ms Burrell from the TAS Faculty congratulate their **Year 12 Hospitality** class on the awesome service periods they have participate in.

Well done everyone.

### Eye Care Program

The Student Eyecare Program will be running this year. Their last visit to the school was two years ago. An optometrist will be onsite during school hours to provide students with a **free comprehensive eye examination** which is covered through **Medicare Australia. 1 in 6** students have eye conditions that go undetected. This is due to the high level of visual demand on their eyes from books, laptops, tablets and smartphones. 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 made. A note has been sent home regarding this. The program commenced in Week 3. Spare copies of the note can be found at the sign in desk in the school office and notes can now be returned to the red eyecare box at the sign in desk. All appointments take approximately 20 minutes.

## Tomorrow Man Program

Following on from the school visit by Steve Smith and the Gotcha4life foundation, on the 4<sup>th</sup> and 5<sup>th</sup> September Year 10 boys will be participating in the Tomorrow Man Workshops. Boys will be split into 4 groups and each group will run through a two hour workshop dealing with themes to do with what it is to be a man in today's society and issues surrounding mental health, relationships etc. There will be no cost for the program. Notes will be sent home over the coming week with more detail.

## Keep Your Details Up To Date

Just a reminder that if you changed living circumstances, new phone numbers, change in family circumstances or even new health issues that have arisen, please let the school know either through contacting the office, Year Advisers, Head Teacher Welfare or Deputy Principals of the year group your child/ren are in. The more we are informed the better we can support them at school.

**Ms Mazoudier**

**Head Teacher, Welfare**

## Extra Curricular

### The Arts Unit – 2019 Instrumental Ensemble



## Applications are now open for 2019 Weekly Instrumental Ensembles!

The orchestras, symphonic bands and jazz ensembles at The Arts Unit are some of the finest youth instrumental music ensembles in the country. On a weekly basis our young musicians are nurtured and inspired by some of Australia's finest professional conductors, instrumentalists and educators.

We provide amazing performance and touring opportunities for students and staff to achieve musical excellence in the areas of orchestral, jazz and wind ensemble performance. Many of our TAU alumni are now occupying significant positions in Australian and international professional orchestras, bands and jazz ensembles or are now some of Australia's best teachers and conductors.

Our six weekly instrumental music ensembles consist of the following:

- Two symphonic bands
- Symphony Orchestra
- String Sinfonia
- Two large jazz ensembles (big bands)

Check out our interactive information pack here: [https://www.artsunit.nsw.edu.au/sites/default/files/scorm/music\\_ens\\_webinar/story\\_html5.html](https://www.artsunit.nsw.edu.au/sites/default/files/scorm/music_ens_webinar/story_html5.html)

For more information and to apply visit our website: <https://www.artsunit.nsw.edu.au/nsw-public-schools-weekly-instrumental-ensembles>

I would encourage all talented young instrumentalists to apply to be part of this exciting and unique musical organisation for NSW Public School students.

**Ms A Masi**

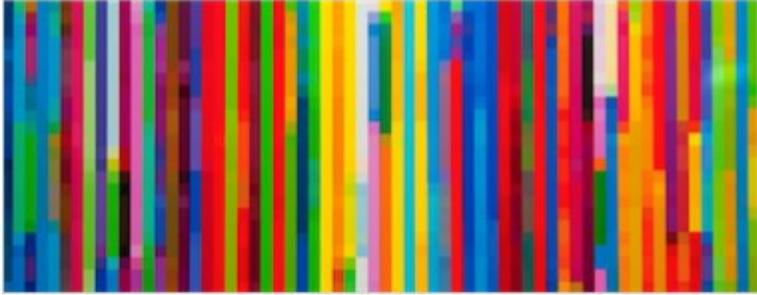
**Music Teacher**

## Science Meets Art

The implementation of a cross-disciplinary practice seeks to facilitate deep enquiry and investigation across multiple learning areas to heighten conceptual understanding for the learner. Using a range of skills and strategies, from a multilayered learning experience, learners create a myriad of connections to the subject matter and therefore strengthen conceptual understandings. More recently, STEM (Science, Technology, Engineering, Mathematics) or STEAM (Science, Technology, Engineering, Arts, Mathematics) teaching strategies occupies the space known as cross-disciplinary practice.

STEM and STEAM is not a new phenomenon when viewed through the lens of cross-disciplinary practice. Visual Arts investigates our relationship to the world in which we live and questions existing understandings to seek truth. Therefore, the role of the artist is to use a multifaceted approach to develop enriched understandings about our world. Throughout art history there are numerous examples documenting the existence of a cross-disciplinary practice.

The charting and documenting methodology used by the Bureau of Meteorology inspired contemporary artist Robert Owen to create *Cadence #1* (A short span of time). Owen developed a personal response to the imprecise science of predicting atmospheric weather conditions. Over a time lapse of 80 days, Owen recorded his emotions at thirty-minute intervals. He used computer programs to document the selected colour, thus, record his changing emotional state. Owen also collaborated with colour specialists to build a bank of 2500 tonnes to symbolise different emotions. In doing so, Owen's art making practice embodies a cross-disciplinary approach by drawing upon science and technology to communicate changing emotional states.



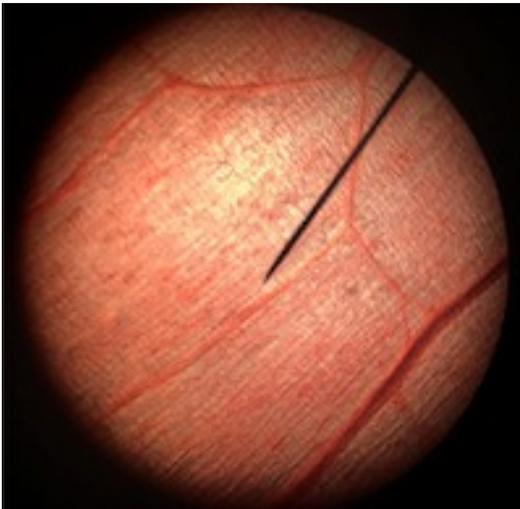
### **Robert Owen**

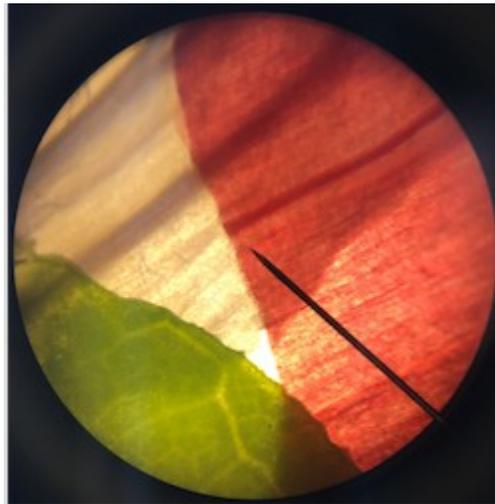
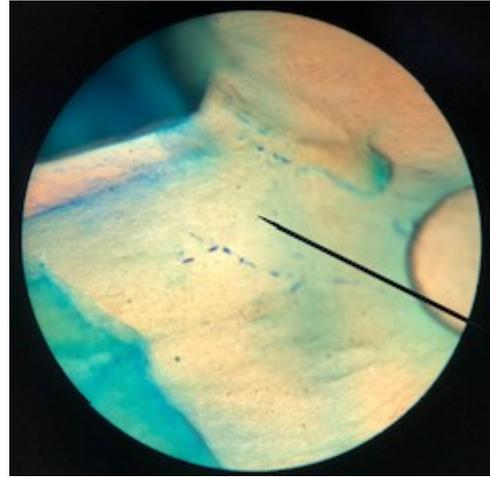
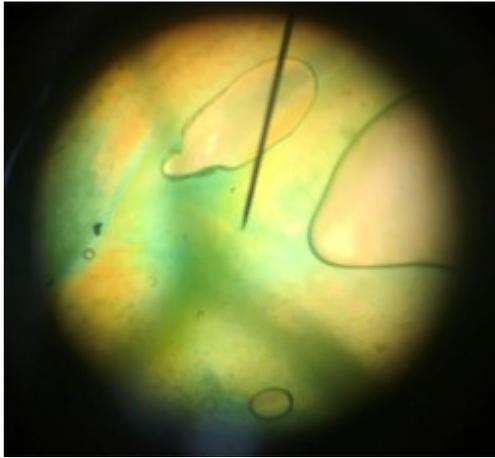
*Cadence #1* (a short span of time)

Synthetic polymer paint on canvas, 5 panels

259.0 x 838.0cm overall

Last week, Miss Almond led her Visual Arts class to investigate the cellular structure of onion cells by examining onion skins under microscopes in the science labs. Students created exquisite images demonstrating highly engaging use of line, shape and colour. Like Robert Owen, students will use these images as a departure point for further art making. The cross-disciplinary practice employed by Miss Almond enables students to make connections beyond the visual arts room. As a result, students are encouraged to build a rich conceptual practice that investigates their world.





## Musical

Congratulations to Ms Atalya Masi and Mr Sebastian Riorden for leading an amazing cast of students for production of The Little Mermaid Jr. The students performed brilliantly over the three days and a stellar stage crew and entertainment team ensured everything on stage was perfect. Ms Masi's expert vocal skills certainly shaped the outstanding performance of our students. Each student has developed their personal performance skills, resulting from the weekly rehearsals, holiday rehearsals and weekend rehearsals provided by Ms Masi and Mr Riorden.

The success of the musical is the result of a dedicated team of teachers who united to provide an outstanding learning opportunity for our students. Thank you to Miss Almond, Mr Bradney, Mrs Burrell, Mrs Colliss, Mrs Hough, Mr Kelly, Mrs Liley, Mr McCuaig, Ms Masi, Mrs Millington, Mr Proctor, Mr Riorden and Mr Sanders.

The musical brought together students from a range of subject areas, including: Dance, Drama, Entertainment Industries, Hospitality, Music, Photographic and Digital Imaging, Visual Arts and Visual Design. Congratulations to all.

**Mr M Kelly**

**Head Teacher, Creative & Performing Arts**

## **Administration**

Year 12 trial exams are well and truly underway and I would like to take this opportunity to commend Year 12 on the polite and courteous manner in which they have conducted themselves during the exams so far. This year we have a new Presiding Officer appointed by NESA overseeing the Trial and HSC exams, Theresia Zadkovich. Theresia is a former school principal, and together with her team of supervisors, will work closely with Year 12 and see them through these important exam periods.

The formal exam period for Year 11 will occur in weeks 8-9 (10th – 21st Sept) of this term. The exam timetable will be distributed in the coming weeks but preparation and revision for these exams should be happening now. I would like to remind Year 11 students and parents that it is of the utmost importance that students sit their exams during the timetabled period and holidays and appointments are not to be made during this time.

**Mrs L Ferraro**

**Head Teacher, Administration**

## **G & T Corner**

### **Science Week 2018**

Happy Science Week all! Menai High School will be celebrating National Science Week during Week 5 this year through a variety of different activities and presentations including an Escape Room, augmented reality displays and robotic showdowns. The inspiring theme this year is “Game Changers and Change Makers” – look out for notices of what is happening next week!



**Ms A Hanna**

**Relieving Head Teacher, Science**

## **Other**

### **New Canteen Menu**

[click here](#) to download Menai High School's new Canteen Menu.

### **Lost Property**

- 1 pair of Nike black and orange soccer boots – size 8.5 and 1 shin guard in a black and orange Mercurial black and orange bag.
- 1 pair of Aerosport white and navy blue sports shoes – size 8

If these items are not collected by Wednesday 22<sup>nd</sup> August they will be donated to charity.

### **Outward Bound Australia – School Holiday Programs**

Follow the link to find out more about these programs.

<https://mailchi.mp/94f0eb51bff5/school-holiday-ideas-for-parents-1353721>

## **MyCareSpace**

MyCareSpace is presenting a free webinar to help parents who have children that have been diagnosed with ADHD and are struggling to understand how to deal with it and what their options are. Please find information here - <https://mycarespace.com.au/adhd-navigating-your-way-through-the-maze>

They also had a wonderful school therapist write an article to help parents who have just received a diagnosis and feel completely shell shocked and don't know where to start:

<https://mycarespace.com.au/resources/my-child-has-been-diagnosed-with-adhd-now-what>

## **3Bridges Community**

In partnership; with the Australian Tax Office, 3Bridges are offering a Free Tax Help Program to the community during Tax Time from July-October. Trained and accredited volunteers by the ATO can assist people in the community earning \$60,000 or less with simple tax affairs to complete their tax return online.

[Click here](#) to find out more.

## **Taren Point Touch Association**

TPTA is a small not-for-profit sporting association that is trying to get more kids active and involved in playing the game of Touch Footy. The club is totally run by volunteers. Touch is also in partnership with the National Rugby League and Cronulla Sharks, so for those looking to further their development, this is a great pathway. To find out more about TPTA's Summer Competition [click here](#).