Menai High School

CARE AND COMMITMENT

Parent Newsletter
Issue 8—2022

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Welcome to Menai High School.

We are a proud comprehensive high school with a tradition of outstanding academic results. Our school values are based around ***Care and Commitment*** where we create a learning environment driven by student wellbeing. Our school vision encompasses the development of ***Skilled Learners, Skilled Citizens*** who are ***Skilled for Life***. Our wide ranging curriculum caters for the diverse learning needs of all students, with opportunities to succeed academically, creatively, socially and emotionally. We develop students who are equipped to thrive living in the twenty first century, willing and able to make valuable contributions to our society.

Coming Up

Presentation Night—7.00pm—Thursday 15th December, 2022

Reports Published—Friday 16th December, 2022

ATAR BBQ—1pm—Friday 16th December, 2022

Year 10 Clearance Day—Friday 16th December, 2022

School Development Days—Monday and Tuesday 19th & 20th December, 2022

Friday and Monday 27th & 30th January, 2023

Years 7, 11 and 12 Return to School—Tuesday 31st January, 2023

Years 8, 9 and 10 Return to school—Wednesday 1st February, 2023

School Council and P&C Annual General Meeting—Monday 13th February, 2023

Contact Us

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Relieving Principal's Message

Staff Farewell

This year we say goodbye to some wonderful long serving fulltime members of staff in Ms Allen and Ms Blanche. Both have been fantastic contributors to the life and growth of Menai HS as Deputy Principal and Head Teacher VET respectively. Ms Allen's leadership, experience and exceptional communication skills across the school will be missed. The care and support she has displayed to the cohorts under her supervision has been outstanding. Her pleasant nature gives her the ability to connect and build relationships across the school. Ms Allen is taking some well earned leave before embarking on retirement. Ms Blanche's passion for VET teaching and her work to lead and grow VET has been outstanding over many years. Her knowledge and understanding of the complex nature of delivering VET within schools has provided a strong platform for building teaching capacity and maximising student learning outcomes. Her work and expertise in managing the school reporting process has also been highly appreciated. Ms Blanche will be furthering her VET educational career from 2023 through working within the department.

Lily Johnston year 11 – 2022 Deadly Kids Award Winner

Congratulations! It gives me great pleasure to announce that Lily's nomination for the 2022 Deadly Kids Awards has been successful.

'It was a delightful process for the Aboriginal education team reviewing nominations, which highlighted the large number of amazing Aboriginal and Torres Strait Islander students demonstrating outstanding achievements in many areas of their education.

The annual awards acknowledge and celebrate the achievements of our students from nine Principal Networks across the Metropolitan South School Performance Directorate and 3 Principal Networks from the Metropolitan South and West School Performance Directorate.'
Deb Summerhayes, Executive Director.

Hannah Barrie & Laurena Kranepuhl – Texstyle 2023

Congratulations on the selection of both HSC Textiles and Design students for Texstyle 2023, the exhibition of a selection of exemplary Textile and Design projects from the 2022 Higher School Certificate. These major projects will form part of the TEXStyle exhibition which is a significant achievement for the students and the school community.

School Spectacular feedback from Matthew Fitz Floor and stage Leader…

'My name is Matthew Fitz and I had the pleasure of supervising your student **Amelia Domrow** at this year's Schools Spectacular. Amelia was a conscientious student and took numerous opportunities to ask questions and perform tasks to assist with the management of one of the tunnels at Qudos Arena without direction from myself or my colleague. It was an absolute pleasure to have Amelia on my team this year and she is a credit to your school and to the Creative and Performing Arts department. Please pass on my congratulations to her for a job well done!'

Australian ALL Schools Athletics Championships

Brooke Williams competed in the U16 Women Hammer Throw in Adelaide over the weekend and won the gold medal making her the National All Schools U16 Women champion in Hammer Throw. She qualified for the Australian All Schools after winning gold at the NSW All Schools Athletics Championships in September, competing for Menai High School. Brooke was untroubled in taking the title with a best of 49.70m, just short of her PB. Such was her authority over the filed, all of her four throws would have been sufficient to claim the National crown. Menai also had two other students compete in Adelaide with **Ben Pittman** coming 7th in 17years Discus with a throw of 43.68m. **Maximos Papacostantinou** competed in the Multi Class events finishing with two silver medals in 800m and Long Jump together with a 4th place in Shot Put.

Relieving Principal's Message

2022 at Menai HS – the year in student highlights and achievements

- 5 students in State Drama Festival
- School Spectacular band, marching band, dance and choir ensemble participation. (+ CAPA staff support).
- Aboriginal Leader in Education award
- Rubik's cube competition extravaganza
- Year 10 Peer Literacy Tutoring Program during roll call.
- Year 11 camp to Narrabeen Sport and Recreation Complex
- State music camp participation
- 2 students recognised with the Australian Olympic Change-Maker Award for the Olympic spirit in friendship, sportsmanship and striving for excellence—both on and off the playing field, through leadership and driving positive change in their school or local community.
- 16yrs boys 4x100m relay team NSWCHS bronze medallist.
- CHS KO teams – Girls Softball state finalist
- Year 9 supporting Blackdog Institutes 'Mullets for mental health' initiative.
- HSC showcase Music Encore participation
- School Music bands – Concert, Rock and stage with various performances in and outside of school.
- Science Extension student presenting their research at Macquarie University Conference.
- 3 students in HSC Dance Call back
- VET student excellence awards in all 6 courses MHS students undertook.
- Agricultural program – Expo and show participation including 'Cow Create Careers' winning school.
- Year 10 commerce class – 'Business for a day' event showing outstanding entrepreneurial skills.
- Athletics – 40 students to Region and 9 to state Championships
- Debating teams across all year groups
- Junior dance ensemble/Junior dance company/Sport dance ensemble/Senior dance company – Spotlight Dance and Sutherland Dance festivals.
- Sydney East School Sport representatives across several team sports who competed at CHS championships including softball, touch football, hockey, basketball and Gymnastics – 18 students in term 3.
- Year 11 student essay writing talents recognised in local media and DoE award winner.
- SRC colour run
- Feel good Fridays – cake stalls, dodgeball, novelty games, BBQ, disco, treasure hunt, teacher baby photo guessing competition
- State Cross Country – 6 students represented Sydney East.
- All Schools Cross Country Representation
- State Table Tennis Champs – 3 teams from Menai
- CAPA showcase night – Ignite.
- Cross Country – 31 students to Region Championships
- ANSTO STEM Challenge for year 10 Science Enrichment students
- 2 HSC textiles and Design students' major works to be displayed at Texstyle 2023 hosted by the Technology Educations Association of NSW.
- White card courses through the year allowing students to work on job sites.
- Respectful and moving ANZAC and Remembrance Day ceremonies.
- Online NAPLAN testing for years 7 and 9.
- Ongoing academic excellence and effort recognition assemblies.
- Year 8 Swim School
- Sydney East Swimming – 14 students. CHS Swimming – 6 students
- Year 10 My Strengths Program promoting positive wellbeing outcomes.
- Senior study program going from strength to strength on Thursdays during sport time.
- World's Greatest Shave supporting Cancer research and families (year 10).

Relieving Principal's Message

2022 at Menai HS – the year in student highlights and achievements—continued

- Year 7 Camp at Stanwell Tops Adventure complex.
- Harmony Week celebrating cultural diversity and inclusiveness.
- Successful transition to the school being a student Phone Free Zone with yondr pouch implementation.
- Premier's Reading Challenging in years 7 to 9.
- Young Belvoir Club and NSW Drama Company student representation.
- NSW Resilience Arts Program extension program student representation.
- State track cycling and BMX representative completing at Nationals.
- 4 State representatives competing at Nationals in Cricket, Athletics and Multi class Athletics
- An Australian All Schools Athletics Gold medalists.

2022 HSC Results Summary

A huge congratulations to the class of 2022 and a big thank you to all the HSC teachers.

Year 12 2022-159 students

- As of this week we have 95 different students been given an Early Offer across 14 Universities.
- A further 81 students have first and 2nd round offers pending on ATAR ranking results.
- 52 band 6 results across 47% of courses examined
- 243 band 5 results across 86% of courses examined
- 63% of courses examined achieved no bands 1-2 or were below state mean
- 56% of course examined were above state mean
- 77% of courses examined achieve more bands 4-6 than bands 1-3
- 12 students achieve 10 units at band 5 or 6 level
- 3 students were placed on the allrounders list having achieved band 6 in 10 units.

Merry Christmas and Happy New Year

On behalf of the school staff I wish to thank our school community for a wonderful year despite the challenges that were presented. Students remained at the heart of all school decision making and this will remain the case in 2023.I am very privileged to lead Menai HS. I wish everyone a safe and relaxing school break and looking forward to seeing the student back at school on the following dates:

- Tuesday 31st January – Years 7/11/12
- Wednesday 1st February – Years 8/9/10

In closing, what makes Menai the place to be:

Wonderful staff, fantastic students, supportive parents and community.

John Stanley
16th December, 2022

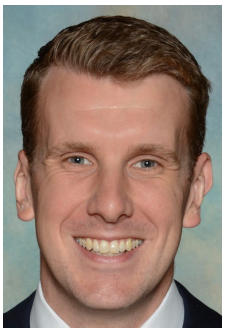
Deputy Principals

Ms E Sayed-Rich—Years 7 and 10

It has been a successful end of term with Year 7 and Year 10 engaging in a range of important programs and Year 7 has enjoyed the Jamberoo excursion. I am proud of Year 7 and Year 10 who have demonstrated great capacity and resilience this year. Year 10 are to be commended on completing a successful Work Experience program and thank you to Mr McCartney, Ms Rae, Mr Staines and Ms La Rosa for their work in supporting the implementation of the program.

Thank you also to Mr Staines and Ms La Rosa for coordinating the celebrations for the Year 10 Formal. Congratulations all students receiving awards on Presentation Night. (See program and students names later in this newsletter).

Finally, I would like to thank our parents and carers for your support of Menai High School and wish all our families a safe and happy holiday break.



Mr L Meagher—Years 9 and 12

I would like to take this opportunity to wish all our students and their families a very happy and deserved Christmas break. 2022 was certainly more settled than previous years, but it also served up enough challenges that I think we're all looking for a chance to rest and relax.

For my Year 9 cohort I just want to echo what I said to them in their final year assembly earlier this week; take this holiday time to relax, recuperate and put some time into planning your goals for Year 10. There is a significant step up in terms of expectations and effort as students move into Year 10, and we'll be hitting the ground running from our first meeting on the first day, so make sure you are rested up and ready to go!

Finally, I would like to congratulate all the award winners, especially those from presentation night.

Student News

Jamberoo

On Friday of Week 9 our Year 7, 8 and 9 students attended our annual Jamberoo excursion, accompanied by 32 of our wonderful staff. The students had a fantastic day interacting with their peers and they thoroughly enjoyed all that Jamberoo had to offer. We had almost 500 students attend the excursion; their behaviour was exemplary and they represented Menai High School to the highest of standards.

Many of our staff, including our new Relieving Principal John Stanley, braved the big rock and the many other attractions on the day. I would like to thank all staff that attended for providing our students with another wonderful wellbeing experience.

Thank You to the Welfare Team

I would like to thank our amazing and hard-working welfare team, including our wonderful year advisers, support staff and counselling team for their dedication and commitment to student wellbeing in 2022. Our team have once again gone above and beyond to support our students to provide additional wellbeing experiences such as camp, excursions, incursions and Feel-Good Friday.

I am so proud of all that the team has achieved this year and I am so pleased at the high level of expertise and professionalism that they have demonstrated.

Wishing everyone a safe and Merry Christmas.

Ms B Stone, Head Teacher Welfare

HSC Special Provisions

Year 11 students who wish to apply to NESA for HSC Special Provisions, the applications are now open. Please see Mrs La Rosa in the Library.

Mrs La Rosa, EALD Teacher

Good News Reports

HSIE Faculty

Ms Wearring would like to congratulate the following students from her Year 9 and Year 10 History classes as follows -

9H2 Outstanding Results in the History Yearly Exam—**Mateo Vanovac, Chloe Flood, Ava Barnett, Lucy Green, Channary Royal, Anya Berry, Mason Broughall, Lyla Bruce-Clarke, Charlotte Morrison, Abigail Smith, Dawn Taripo, Joshua Webster, Ramsay Mahafza, Thomas Batman, Kai Hinoura, Natalie Lui, Jack Oehlman, Anastasia James, Lucy Tang.**

9H2 Exemplary Class Work—**Lucy Green, Summer Bates, Thomas Batman, Mason Broughall, Chloe Flood, Anastasia James, Charlotte Morrison, Zac Nasser, Jack Oehlman, Channary Royal, Rohan Shanahan, Dawn Taripo, Joshua Webster, Chester Xue.**

9H6 Excellent Results in the History Yearly Exam—**Bethani Auciello.**

9H6 Exemplary Class Work—**Bethani Auciello, Madison Jewiss, Jade Papworth.**

10H8 Excellent Results in the History Yearly Exam—**Oliver Krause, Emily Sofios, Aydin Unluturk.**

10H8 Exemplary Class Work—**Oliver Krause, Han Pham.**

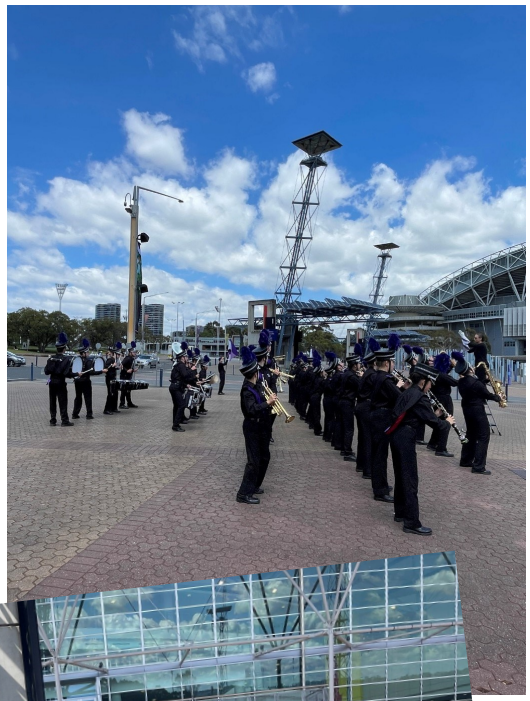
Student News

Good News Reports

Creative and Performing Arts Faculty

Ms Masi, Ms Imer, Mr Riorden and Mr Middleton are so proud of all of the students who were involved in the Schools Spectacular during Week 7 of this term. To see Menai High School represented in the Orchestra (with **Grace Nesbitt** on Double Bass), in the Classical Gas dance segment, in the combined choir, in the production team (with three of our Year 11 Entertainment students) and in the Millennium Marching Band (**Paul Nesbitt** on Double Bass) is a massive testament to our school programs.

Congratulations to all students involved and to their teachers who supported them with rehearsals at school during Term 4 and during show week.



Extra Curricula Events

Science/Agriculture Faculty

The Farm

Term 3 was lambing time and we had five lambs born—their names are Gemmy, Tiggy, Benny, Mopsy and Cottontail. Benny is our ram lamb and he has a big personality! He likes to strut around the paddock like he owns it, and he won Supreme Champion of the Show at the Camden Ag Youth Expo. Gemmy and Tiggy are twins and they are almost identical, although Gemmy is just a little taller. They are growing into very lovely sheep and we hope to take them into the Easter Show Competition next year. Mopsy and Cottontail are our poddy lambs. They had to be hand raised by the Ag teacher, Miss Ready, because their mum became very sick and couldn't look after them. They are the friendliest of all the lambs and can't wait to rush out the gate to get pats from everybody.

Students work with the lambs daily**,** teaching them to walk on halters, have their hooves trimmed, stand still for Showing and generally be handled so that they can be used for all the students to learn about sheep.

In September, a group of Year 7 and 8 students participated in the Camden Ag Youth Expo, competing against many other schools from around our region. The students had to prepare the sheep for the Show Ring by trimming around the fleece to neaten it up, washing the sheep faces and legs, and generally making sure they were looking their best for the Judging. Eight sheep were presented and we were thrilled with their results. Each sheep won more than one ribbon, and collectively they received four Champion ribbons. Benny won Supreme Champion.

All the students competed on the day in both Handling and Judging classes. Sheep Handlers competitions require students to parade and present their sheep to the Judge, who then judged them on how well they could exhibit the sheep. This is trickier than it sounds because the sheep want to keep moving around and they get very distracted while being at the Show.

In the Judging section, students were presented three groups of four sheep, and for each group they had to assess the sheep and place them in order of 1st to 4th. This is the hardest part of the competition because it is very technical. All the sheep were of such good quality it was hard to choose which was the best one! Students learnt a lot doing the Judging and it is a wonderful opportunity to practise their judging skills outside of the school sheep.

The students who attended the Camden Ag Youth Expo were **Alet Vanwyngard, Isabel Dunn, Emma Smith, Kaesha Lane, Jessica Webster, Amelie Martin,** and **Emily Traynor**.

Extra Curricula Events

Science/Agriculture Faculty

The Farm—continued

We have had lots of chicks and ducklings hatch at the farm this year. It is the first time we have bred our own hens and roosters and raised their off-spring. The favourites that we hatched were the Polish breed because they have fluffy feathers on their heads, which makes them look so cute. All the chicks and ducklings have been much fun to play with and a great learning opportunity as students have seen what care they require and how quickly they grow.

Also during Term 3 we had two dairy calves named 'Cookies' and 'Cream' living at the farm. They were only three weeks old when they arrived. This meant that we had to prepare the milk and feed them three litres of milk twice a day (morning and afternoon) 7 days a week. They also required a feed of special calf pellets. Students were fully involved in all the feeding and care of the calves, including weekends.

The calves were also used for the Year 8, 9 and 10 students to learn about the Dairy Industry. Coinciding with this was the opportunity for students to participate in the 'Cows Create Careers' Programme which is run by Dairy Australia, nationwide, with more than 1200 student participants.

As part of the program, students completed a scientific report about calf rearing and our calves growth. Each day, students had to record the amount of milk and pellets the calves consumed, measure their weight, height, and length each week and record their growth. Additionally, as part of the project, students were required to film an informative video, or create a 3D model, about the Dairy Industry, and write a letter to Dairy Australia to sum up their experiences with the two calves.

The calves were very friendly and really loved being around us. They would always want to have a scratch under their neck and get lots of pats. It was an amazing experience for the students to have, and proved to be an engaging learning opportunity.

The following students placed top in their division for the Cows Create Careers Project:-

Year 8: **Emma Smith, Alet Vanwyngard, Isabel Dunn, Caleb Tureah, Paul Nesbitt.**
Year 10: **Charlotte Buchly, Stephanie Toseski, Summer Dexter, Charli Fernandez, Steven Kouroulis, Nevaeh Foreshew, Tash Santos**.
Year 9: **Chloe Flood, Abbey Gielissen, Madison Jewiss, Vanessa Favelle, Liam Ovington, Ava Barnett, Cloe Hamwi, Lucy Tang, Mateo Vanovac, Kaidee Creeke**.

The following Year 9 Team, "The Amoosures", took the winning place in the Cows Create Careers Project—**Vanessa Favelle, Luke Hill, Abbey Gielissen, Cloe Hamwi** and **Madison Jewiss**

Although individually the students did tremendous work in the Cows Create Careers Project, collectively, it was so impressive that Menai High School was the winning overall school for our region. A fitting result and conclusion for all their dedication and hard work. Well done!!

Ms M Ready
Agriculture Teacher

Extra Curricula Events

Presentation Night Award Recipients 2022

Special Awards – 2022

Dux Awards	Tony HU 1st Place in Year 11 Amber SOO 2nd Place in Year 11 Amelia DOMROW Equal 3rd Place in Year 11 Arwen McGLOIN Equal 3rd Place in Year 11 Cooper JONES 1st Place in Year 10 Kyan CAMERON 2nd Place in Year 10 Gemma CLARK 3rd Place in Year 10
Year 11 Academic Commitment	Brendan ALLPORT, Laura AKRMAN, Savannah ARCHER, Connor DORAN, Abigail KORCEKOVA, Noah MARIANI, Bella SMITH, Tom STRAKER, Zoe TAMBIMUTTU, Jenna TSAKIRAKIS, Marieta VAN DER MERWE, Brieanna YARDLEY
Federal Parliament Distinguished Achievement Award	Lily THOMPSON
Federal Parliament Commitment to Learning Award	Logan SMITH
Federal Parliament Merit Awards	Thomas MARSHALL, Kaia DENNIS, Noah MARIANI, Tom STRAKER, Maximos PAPACOSTANTINOU
Long Tan Youth Leadership and Teamwork Awards	Jaylen CHASLE, Taylah CALE
ADF Future Innovator Award	Sarah ARNOLD, Isaac WARWAR
Ampol Best All Rounder Award	Hannah BARRIE
ANSTO Award	Cooper JONES, Lily THOMPSON
Legal Studies Award	Joshua APOLONY, Demi McLOUGHLIN

Special Awards – 2022 (continued)

Diamond Awards	Zeyad SWADE, Tony HU, Alysha CANNON
Bronze Duke of Edinburgh Award	Zeyad SWADE
School Service Awards	Vanessa FAVELLE, Jayne FAVELLE, Chloe SHARP, Joanna YU, Isaac WARWAR, Rachel CHEN, April PHAM, Tyra OLNEY, Ellie AROS, Joshua LINQUIST, Tom STRAKER, Connor DORAN, Liam TAYLOR, Ryan O'CONNOR, Kaia DENNIS, Peta-Lee DUCHENNE-CROW
Award for Contribution to the SRC	Tahlia CATTS Nathan MADDOCK
Contribution to Agriculture	Samantha HAYWARD, Grace NESBITT
Cows Create Careers Awards	Vanessa FAVELLE, Luke HILL, Abbey GIELISSEN, Cloe HAMWI, Madison JEWISS
Contribution to Peer Mediation	Laura AKRMAN, Ella BADDER
Music Diligence Award	Kallie THOMPSON
Music Citizenship Award	Chester XUE
Junior Dance Award	Sophie MADDOCK
Senior Dance Award	Sophia STOJANOVSKI
Photomedia Team Award	Abbey CHAPMAN
Ian Black Memorial Visual Art Award	Joanna YU
Premier's Reading Challenge – Medal	Jessica ARNOLD, Kianna BRITTER, Gabriella HELWANI, Abigail HENNESSY, Julia KOSCIANSKA, Charlotte MORRISON, Prabuddhi PALLEGAMA, Abigail SMITH, Tamzin STURT
Premier's Reading Challenge – Platinum Awards	Kaesha LANE, Prabuddhi PALLEGAMA, Elyssa QUACH, Mackenzie WALKER,
Premier's Reading Challenge – Gold Awards	Hamish CARTER, Caleb CHEN, Casper DERWENT, Elise ELKINS, Ahmad HANIF, Lily KHUU, Sophie KRAUSE, Joanna YU

Sports Awards – 2022

Swimming

12 Yrs Boys Champion	Flynn McINERNEY
12 Yrs Girls Champion	Myra OEHLMAN
13 Yrs Boys Champion	Jarvis SALIBA
13 Yrs Champion	Casper DERWENT
14 Yrs Boys Champion	Ryder O'GRADEY
14 Yrs Girls Champion	Lucy TANG
15 Yrs Boys Champion	Liam LEE
15 Yrs Girls Champion	Akira SALIBA
Equal 16 Yrs Boys Champion	Pearce O'GRADEY
Equal 16 Yrs Boys Champion	Joshua WALTERS
16 Yrs Girls Champion	April PHAM
17 Yrs Boys Champion	Andre FERREIRA
17+ Yrs Girls Champion	Skye HARRIGAN

Cross Country

12 Yrs Boys Champion	Jack BATMAN
12 Yrs Girls Champion	Cyrus NIKORA
13 Yrs Boys Champion	Cooper McLEAN
13 Yrs Girls Champion	Sophie KRAUSE
14 Yrs Boys Champion	Lachlan HAMAMDJIAN
14 Yrs Girls Champion	Kwanita OLNEY
15 Yrs Boys Champion	Benjamin KHUU
15 Yrs Girls Champion	Akira SALIBA
16 Yrs Boys Champion	Thomas MARSHALL
16 Yrs Girls Champion	Joanna YU
17 Yrs Boys Champion	Liam TAYLOR
17 Yrs Girls Champion	Eloise CAREY
18 Yrs Boys Champion	Andre FERREIRA
18 Yrs Girls Champion	Sarah ARNOLD

Athletics

12 Yrs Boys Champion	Flynn McINERNEY
12 Yrs Girls Champion	Jemma KLINKERT
13 Yrs Boys Champion	Preston ESSEX
13 Yrs Girls Champion	Kenzy KHEDER
14 Yrs Boys Champion	Lachlan HAMAMDJIAN
14 Yrs Girls Champion	Kwanita OLNEY
15 Yrs Boys Champion	Alex SAVVIDES
15 Yrs Girls Champion	Akira SALIBA
Equal 16 Yrs Boys Champion	Benjamin PITTMAN
Equal 16 Yrs Boys Champion	Joshua WALTERS
16 Yrs Girls Champion	Savannah ARCHER
17+ Yrs Boys Champion	Jonah LEWIS
17+ Yrs Girls Champion	Phoebe MILLER

Sports Awards – 2022 (continued)

Female Swimmer of the Year
Skye HARRIGAN

Male Swimmer of the Year
Andre FERREIRA

Female Athlete of the Year
Akira SALIBA

Male Athlete of the Year
Connor DORAN

NSW All Schools and Combined High Schools Representatives
Nathan PAES
Tom STRAKER
Benjamin PITTMAN
Maximos PAPACOSTANTINOU
Brooke WILLIAMS

Outstanding Performance in State Knockout Competition
Heather OBERG
Sophie MORRISON
Bella SMITH
Chloe ROBERTSON
Jenna TSAKIRAKIS
Brieanna YARDLEY
Ezara SMITH
Racquel ROBERTS
Ebony HATTON
Trinity GUEIT
Cara ROBERTS

Australian Olympic Game-Maker Award
Andre FERREIRA
Sarah ARNOLD

Premier's Sporting Challenge Medal
Maximos PAPACOSTANTINOU

Hulme/Westwood Medal for Excellence in the Sutherland Zone
Flynn MCINERNEY

Junior Sportswoman of the Year
Kwanita OLNEY

Junior Sportsman of the Year
Kostas SAINSANAS

Senior Sportswoman of the Year
Akira SALIBA

Senior Sportsman of the Year
Jonah LEWIS

Steve Smith Sports Scholarship
Milan BRADSHAW

Year 11 Academic Awards

Brendan	Allport	First Place	Standard 1 Mathematics
		First Place	English Studies
Ella	Barnett	Equal First Place	Primary Industries-VET
Allen James	Bolina	First Place	Information, Processes and Technology
Lachlan	Cameron	First Place	Music
		First Place	English Standard
Alysha	Cannon	First Place	Hospitality-VET
Ruby	Dao	First Place	Business Services-VET
Amelia	Domrow	First Place	PDHPE
		First Place	Entertainment Industry-VET
Connor	Doran	First Place	Extension 1 Mathematics
Peta-Lee	Duchenne-Crow	Equal First Place	Primary Industries-VET
Madeleine	Grant	First Place	Visual Arts
Jonathon	Habkouk	First Place	Standard 2 Mathematics
Joshua	Hewitt	First Place	Economics
Tony	Hu	First Place	Legal Studies
		First Place	Japanese Continuers
		First Place	Advanced Mathematics
Jessica	Jones	First Place	Society and Culture
Abigail	Korcekova	First Place	Investigating Science
		First Place	Community and Family Studies
Anna	Kotlobayeva	Equal First Place	Physics
Isabella	Liang	Equal First Place	English Extension
Noah	Mariani	First Place	Engineering Studies
Arwen	McGloin	Equal First Place	Physics
		First Place	Biology
		First Place	Chemistry
Ryan	O'Connor	First Place	Sport, Lifestyle and Recreation
YiFei	Pan	First Place	English Extension
Bella	Smith	Equal First Place	Modern History
		First Place	Food Technology
Amber	Soo	First Place	Japanese Beginners
		First Place	Drama
Sophia	Stojanovski	First Place	Dance
Tom	Straker	First Place	Business Studies
Ray	Sun	First Place	EAL/D
Zoe	Tambimuttu	First Place	Textiles Design
Jay	Towner	Equal First Place	Primary Industries-VET
Marieta	Van der Merwe	First Place	English Advanced
Joshua	Walters	First Place	Geography
Lillian	Williams	First Place	Industrial Technology
Hamish	Woolley	First Place	Construction-VET
Brienna	Yardley	First Place	Ancient History
		First Place	English Extension

Year 10 Academic Awards

Hannah	Al Koudmani	First Place	Work Education
Emily	Boyd	Second Place	Geography
		First Place	Visual Design
Taylah	Cale	Second Place	Studies of the Ancient and Modern Worlds
Kyan	Cameron	Second Place	P.A.S.S.
		First Place	Commerce
		First Place	Industrial Technology-Engineering
		Second Place	English
		Equal First Place	Mathematics
Lachlan	Camp	Second Place	Information and Software Technology
Rachel	Chen	Second Place	Visual Design
		Second Place	Photography Video Digital Media
Gemma	Clark	First Place	P.A.S.S.
		First Place	History
		First Place	Industrial Technology-Timber
		Second Place	Mathematics
Charli	Fernandez	Second Place	Agriculture
Jessica	Giannaklis	First Place	Dance
Paige	Holmes	Second Place	Textiles Technology
Cooper	Jones	Second Place	PDHPE
		Second Place	History
		First Place	Studies of the Ancient and Modern Worlds
		Equal First Place	Mathematics
		First Place	Science
Hana	Kheder	Second Place	Visual Arts
James	Kida	First Place	Japanese
Oliver	Krause	Second Place	Design and Technology
Isabella	Lauria	Equal Second Place	Work Education
Dalia	Libman	Second Place	Music
Nathan	Maddock	First Place	PDHPE
		First Place	Information and Software Technology
Zein	Malas	Equal Second Place	Work Education
Thomas	Marshall	First Place	Industrial Technology-Metal
Maeghan	McGrath	Second Place	Commerce
Liliana	Monte	Second Place	Oceans Alive
Allegra	Montoya	Second Place	Industrial Technology-Timber
Laney	Mulianas	Second Place	Japanese
Kalani	O'Brien	First Place	Oceans Alive
Maria-Zoe	Panagis	First Place	Photography Video Digital Media
Kevin	Pham	Second Place	Industrial Technology-Metal
Jemma	Richardson	Second Place	Drama
Emily	Sofios	First Place	Food Technology
Nikita	Stojanovski	First Place	English
		Second Place	Dance
Lara	Talakovski	First Place	Textiles Technology

Year 10 Academic Awards (cont)

Kallie	Thompson	Second Place	Food Technology
		First Place	Music
		First Place	Drama
Lily	Thompson	First Place	Geography
		Second Place	Industrial Technology-Engineering
		Second Place	Science
Stephanie	Toseski	First Place	Agriculture
Joanna	Yu	First Place	Visual Arts
Rhiana	Zreik	First Place	Design and Technology

Year 9 Academic Awards

Jessica	Arnold	Second Place	Food Technology
		First Place	Textiles Technology
		First Place	Geography
		First Place	Visual Arts
		First Place	Science
Joshua	Arnold	Second Place	Industrial Technology-Metal
Ava	Barnett	Second Place	Geography
		Second Place	History
		Frist Place	English
Anya	Berry	Second Place	Japanese
Lily	Bricknell	Second Place	Photography Video Digital Media
Lyla	Bruce-Clarke	First Place	Industrial Technology-Metal
		Equal First Place	Studies of the Ancient and Modern Worlds
Sam	Brugmans	First Place	Photography Video Digital Media
		Second Place	Music
Tahlia	Catts	Second Place	Drama
Montana	Connon	Second Place	Visual Design
Liam	Elwing	First Place	Drama
Georgia	Farrell	Equal Second Place	Oceans Alive
Jayne	Favelle	First Place	Dance
Vanessa	Favelle	Equal First Place	Studies of the Ancient and Modern Worlds
		Second Place	Agriculture
Jack	Fletcher	First Place	PDHPE
Chloe	Flood	First Place	Agriculture
Caitlin	Giovenco	Second Place	Dance
Lucy	Green	Second Place	Textiles Technology
		First Place	History
Lara	Grimaldi	First Place	Industrial Technology-Timber
Gabriella	Helwani	First Place	Industrial Technology-Engineering
		Equal First Place	Mathematics
		Second Place	Commerce
Kai	Hinoura	Equal Second Place	Oceans Alive
Madeline	Kearns	Equal First Place	Studies of the Ancient and Modern Worlds
Benjamin	Khuu	Equal Second Place	PASS
Natalie	Lui	First Place	Food Technology
		First Place	Design and Technology
		Second Place	Science

Year 9 Academic Awards (cont)

Charlotte	Morrison	First Place	Music
Tia	Myring	First Place	Japanese
Jack	Oehlman	Second Place	Information, Software Technology
Prabuddhi	Pallegama	First Place	Commerce
		Second Place	Visual Arts
Jessica	Parsons	Second Place	Design and Technology
Joshua	Peters	Second Place	PDHPE
Samuel	Roberts	First Place	Oceans Alive
Verena	Sahertian	Second Place	English
		First Place	Visual Design
Samuel	Soper	Second Place	Industrial Technology-Engineering
Abbey	Straker	First Place	PASS
Aryan	Suvarna	Second Place	Mathematics
Rehan	Tun	Second Place	Industrial Technology-Timber
Amelia	Vandy	Equal First Place	Studies of the Ancient and Modern Worlds
Bree	Whitehall	Equal Second Place	PASS
Jayden	Zhou	First Place	Information, Software Technology

Year 8 Academic Awards

Hayley	Adioski	Outstanding Achievement	Year 8
Harrison	Amble	Outstanding Achievement	Year 8
Graeme	Butcher	Outstanding Achievement	Year 8
Avelyn	Chau	Outstanding Achievement	Year 8
Caleb	Chen	Outstanding Achievement	Year 8
Leila	Connor	Outstanding Achievement	Year 8
Eliana	Domrow	Outstanding Achievement	Year 8
Mikayla	Fitz-Gibbon	Outstanding Achievement	Year 8
Jessica	Goldsmith	Outstanding Achievement	Year 8
Madison	Habkouk	Outstanding Achievement	Year 8
Vicky	Huang	Outstanding Achievement	Year 8
Elijah	Karajayli	Outstanding Achievement	Year 8
Kenzy	Kheder	Outstanding Achievement	Year 8
Kaesha	Lane	Outstanding Achievement	Year 8
Joshua	Lynch	Outstanding Achievement	Year 8
Anastasia	Meggos	Outstanding Achievement	Year 8
Maximos	Papacostantinou	Outstanding Achievement	Year 8
Martin	Priestley	Outstanding Achievement	Year 8
Gemma	Raven	Outstanding Achievement	Year 8
Isaac	Sest	Outstanding Achievement	Year 8
Emma	Smith	Outstanding Achievement	Year 8
Ezara	Smith	Outstanding Achievement	Year 8
Olivia	Watkins	Outstanding Achievement	Year 8
Luca	Wildeboer	Outstanding Achievement	Year 8
Alexander	Wright	Outstanding Achievement	Year 8
Aleyah	Zreik	Outstanding Achievement	Year 8

Year 7 Academic Awards

Aid	Al Koudmani	Outstanding Achievement	Year 7
Rachel	Brooker	Outstanding Achievement	Year 7
Grace	Butler	Outstanding Achievement	Year 7
Francoise	Closuit	Outstanding Achievement	Year 7
Rhys	Creomona	Outstanding Achievement	Year 7
Casper	Derwent	Outstanding Achievement	Year 7
Jake	Grinham	Outstanding Achievement	Year 7
Charlotte	Guy	Outstanding Achievement	Year 7
Mia	Hocking	Outstanding Achievement	Year 7
Hadlee	James	Outstanding Achievement	Year 7
Lily	Khuu	Outstanding Achievement	Year 7
Sophie	Krause	Outstanding Achievement	Year 7
Rosy	Lu	Outstanding Achievement	Year 7
Myra	Oehlman	Outstanding Achievement	Year 7
Caitlyn	Ong	Outstanding Achievement	Year 7
Abigail	Pachuau	Outstanding Achievement	Year 7
Lincoln	Riddell	Outstanding Achievement	Year 7
Luke	Roberts	Outstanding Achievement	Year 7
Brodie	Santos	Outstanding Achievement	Year 7
Isabella	Savvides	Outstanding Achievement	Year 7
Riva	Shrestha	Outstanding Achievement	Year 7
Gabriella	Spink	Outstanding Achievement	Year 7
Emily	Tuerah	Outstanding Achievement	Year 7
Austin	Tyler	Outstanding Achievement	Year 7
Boyd	Verus	Outstanding Achievement	Year 7
Nathan	Walker	Outstanding Achievement	Year 7
Charlise	Webb	Outstanding Achievement	Year 7
Zarah	Zreik	Outstanding Achievement	Year 7

Events and Organisation

Administration

Year 12 2023 HSC Rules and Procedures

In week 3, Year 12 2023 students were issued with the MHS Assessment booklet and the NESA 2023 HSC Rules and Procedures Guide.

The main rules and requirements for the HSC are set out in this guide and I encourage both students and parents to read it thoroughly. It is also available online.

https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/rules-and-processes/2023-rules-and-procedures-guide

On page 4 of the booklet there is a term-by-term checklist which is a valuable tool for students to use to ensure they don't miss any key dates or information.

At this stage students are encouraged to

- read the Rules and Procedures Guide
- go to their **students online account** and check their personal and course details are correct especially if they have recently dropped a subject or changed their level of Maths/ English. If they believe there is an error they should notify me immediately.
- familiarize themselves with their course and assessment requirements
- organise **disability provisions** if they are eligible. Disability provision applications are due to be submitted to NESA at the end of Term 1. Students will need to see Mrs La Rosa in the library to access the necessary paperwork ASAP.
- check their **ATAR eligibility** (this information is printed on their Confirmation of Entry which they can access on their students online account).

Students online accounts are accessed at https://studentsonline.nesa.nsw.edu.au/

Mrs L Ferraro

Head Teacher, Administration

Events and Organisation

P&C News

The last P&C meeting for the year was held on Monday 5th December. It was another unusual start to the year thanks to Covid however as the year progressed so too has the return to something closer to normal for students and the school community as a whole. As we reflect on the year that has passed the P&C would like to take the opportunity to thank Ms Allen her for dedication to the school and the P&C during the past 12 years and wish her well in her retirement. We would also like to thank Con Dasaklis for his time and commitment to the P&C over the last 8 years having held both secretary and treasurer roles.

The P&C would also like to thank all those that have paid the voluntary school fees. From the fees the P&C has been able to provide the end of year awards and fund the student lead Feel Good Fridays initiative. The fees are also used to fund larger projects around the school to the benefit of the students. It has been a goal for the last couple of years to build a bus shelter at the front of the school to provide weather protection for the students when they are waiting for their buses to go home or to go on excursions. Unfortunately we were unable to raise the funds needed through the voluntary fees this year so it remains our aim to try to deliver this in 2024.

The school uniform shop will be open additional days in January and early February for anyone looking to purchase new school uniforms, however, for those looking to buy or pass on old ones the school has a second-hand school uniform shop. All donations can be dropped to the office and will be received with a warm thank you. Should you be looking to purchase a second-hand school uniform item please contact the school office on 9543 7000 to find out what is in stock.

It's with great joy that we look forward to starting 2023 with a return of the Year 7 dinner to welcome both students and families into the Menai High School community, something that we haven't been able to do for the last 3 years. Hopefully this will only be the start of a great year where students can once again attend the camps and excursions that their peers were able to experience and enjoy previously.

We would like to invite and encourage you consider joining us at the next P&C meeting. It's a great way to find out what is going on in and around the Menai High School community, all members of the school community are welcome. The P&C **Annual General Meeting** will be held on **Monday 13th February 2023 at 6.30pm** in the school Library at which all positions will be announced open and elections will take place. This will be directly followed by an ordinary meeting.

On behalf of the Menai High School P&C we would like to wish you all a safe and happy holidays and we look forward to welcoming you in 2023.

Lisa Chapman
MHS P&C President
Email: mhs.pandc.president@gmail.com

School Leadership Team—2023

Captains

Kaia Dennis
Noah Mariani

Vice Captains

Savannah Archer
Amber Soo
Ethan Butcher
Tom Straker

Attachments

DAYLIGHT SCHOOLWEAR | COMPLETE UNIFORM SOLUTIONS

Menai High School UNIFORM SHOP
Order Sheet

ITEM	*PRICE*	*SIZE*	*QUANTITY*	*TOTAL*
Girls				
Junior Girls Blouse	35.00			
Senior Girls Blouse	42.00			
Junior Girls Blouse Long Sleeve	35.00			
Senior Girls Blouse Long Sleeve	42.00			
Junior Girls Shorts	55.00			
Senior Girls Shorts	40.00			
Junior Skirt	55.00			
Senior Skirt	44.00			
Girls Slacks	41.00			
Boys				
Boys Shirt	35.00			
Boys Shorts	36.00			
Boys Trousers Elastic Waist	39.00			
Unisex				
Softshell Jacket	72.00			
Junior Knit Fleece	65.00			
Senior Knit Fleece	65.00			
Jumpers				
Junior Wool Jumper	72.00			
Senior Wool Jumper	72.00			
Junior Cardigan	50.00			
Senior Cardigan	50.00			
Senior Jumper	50.00			
Sports				
Microfibre Jacket	68.00			
Sports Shorts Std	33.00			
Trackpants	45.00			
Sports Polo	39.00			
Accessories				
Jacket In A Pocket	18.00			
Red Apron	10.00			
Eco Sprint Bag	24.00			
School Backpack	85.00			
Grey Senior Boys Tie	20.00			
Red Senior Girls Tie	10.00			
			TOTAL AMOUNT $	

Tuesday 8:00am-12:00pm & Friday 12:30pm-4:30pm closed school holidays
Purchase online: daylightsportswear.com/menai - pick up all orders from uniform shop
Ph: (02) 4648 1066 Email: menai@daylightcorp.com
WE ACCEPT MASTERCARD, VISA, AND EFTPOS
NO CHEQUE PAYMENTS
** Prices are subject to change without notice*

MENAI HIGH SCHOOL CLOTHING MEASUREMENTS (cm)

Junior Blouse													
SIZE	4	6	8	10	12	14	16	18	20	22	24	26	28
Waist	39	42	45	48	51	54	57	60	63	66	70	74	77
Bust	82	88	94	100	106	112	118	124	130	136	144	152	158
Length	56	58	60	62	64	66	68	69	70	71	73	75	76

Senior Blouse	Size	4	6	8	10	12	14	16	18	20	22	24	26	28
Waist		78	84	90	96	102	108	114	120	126	132	140	148	154
Bust		82	88	94	100	106	112	118	124	130	136	142	152	158
Length		56	58	60	62	64	66	68	69	70	71	73	75	76

Girls Skirts	Size	4	6	8	10	12	14	16	18	20	22	24	26	28
Waist		56	61	66	71	76	81	86	91	96.5	101.5	106.5	111.5	117
Length		35	36	38	40	41	42	42	43	44	44	45	45	46

Girls Shorts	Size	4	6	8	10	12	14	16	18	20	22
Waist		61	66	71	76	81	86	91	96	101	106
Length		39	40.5	42	43	44.5	46	47	48	49	50

Girls Slacks	Size	4	6	8	10	12	14	16	18	20	22
Waist		61	66	71	76	81	86	91	96.5	101.5	106.5
Length		96	100	104	107	109	111	112	113	114	114

Boys Shirt	Size	8	10	12	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest		96	100	104	108	113	118	123	128	133	138	144	150	156
Length		64.5	66.5	69	72	74	76.5	79	81.5	84	86.5	89	91	92

Boys Shorts	Size	8	10	12	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Waist		52	56	60	62	66	68	72	76	78	81	85	88
Length		40	42	45	48	50	53	56	58	59	60	62	62

Attachments

Boys Trousers	Size	8	10	12	14	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Waist		52	56	60	60	62	66	68	72	76	78	81	85	88
Length		90	94	97	100	103	106	109	113	115	118	120	122	122

Sport Shorts	Size	8	10	12	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Waist		56	60	64	66	70	72	76	80	82	85	88	91
Length		35	36.5	38	40	42	43.5	45	46.5	48	49.5	51	52.5

Trackpants	Size	8	10	12	14	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Waist		52	56	60	60	62	66	68	72	76	78	81	85	88
Length		90	94	97	100	103	106	109	113	115	118	120	122	124

Sport Polo	Size	8	10	12	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest		82	87	92	97	102	107	112	115	122	133	137	141	144
Length		58	62	65	68	71	73	75	77	79	81	82.5	84	85

Wool Jumper	Size	8	10	12	14	16	18	20	22	24	26	28
Chest		70	80	85	90	95	100	105	110	115	120	125
Length		54.5	60	62	64	66	68	70	72	74	76	78

Softshell Jacket	Size	8	10	12	XS	S	M	L	XL	2XL	3XL
Chest		88	94	100	106	110	116	122	128	134	140
Length		56	60	63	66	70	73	75	77	79	81

Knit Fleece	Size	8	10	12	XS	S	M	L	XL	2XL	3XL
Chest		84	88	94	100	106	112	118	124	130	136
Length		55	59	62	66	70	73	75	77	79	81

Attachments

Attachments

DAYLIGHT SCHOOLWEAR | COMPLETE UNIFORM SOLUTIONS

Menai High School

The Uniform Shop is located within our school

Ways to Order:

Simply come in and visit our Uniform Shop

Access during January 2023 will be via the staff car park

or

Online Ordering https://daylightsportswear.com/menai

Ready for click and collect from the Uniform Shop

Orders placed online can be collected once notified

via text message or email

January 2023 School Holidays Trading Hours

By Appointment only

Please check the available times via link below

https://calendly.com/menai

Attachments

Community Messages

UNSW SYDNEY

GERRIC

GERRIC for Gifted Students Program

Helping bright young minds thrive

January 2023

Online & on-campus

9-13 January 2023

Online

UNSW Campus, Kensington

9:00am - 3:00pm

We are excited to announce that our GERRIC Student Programs will return in January 2023! Our Scientia programs will be run both online and on-campus to provide students with the choice of what works best for them. This is a school holiday program that expands the minds of bright, inquisitive individuals looking for an intellectual challenge that is more demanding and more fun than they may sometimes experience at school.

All courses are 3-day workshops. Registration will be available from 10 November 2022.

Junior Scientia: Years 3 - 6

The Junior Scientia program is designed for gifted and talented primary school students in Years 3-6. To participate in the program, students will select one three-day workshop from a range of options.

All workshops are developed and presented by experienced teachers who are qualified or experienced in gifted education. They possess the expertise and skills to encourage the interests and pique the curiosity of gifted children.

Scientia Challenge: Years 7 - 10

The Scientia Challenge program features a range of exciting workshops taught over three days designed for gifted and talented high school students in Years 7-10.

Developed and led by practising experts, the workshops follow a university-style investigative structure with intellectually-stimulating content. With the level of study aimed two years higher than the students' grade level, these dynamic workshops offer gifted students a rigorous and challenging program.

Follow the QR code for more information about our program

Scholarships Available!

Contact us: gerric@unsw.edu.au

Community Messages

supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care

Where:

Online webinars.

When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AEDT or 6 - 7pm AEDT.

Session dates will be listed on Eventbrite.

How do I register?

Click the link to register for a session via Eventbrite: bit.ly/3UVkYQM, or copy the URL into your web browser. Alternatively you can scan the QR code:

After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

Need more information?

Email us: programsupport@headspace.org.au.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Community Messages

WITH THANKS TO OUR SPONSORS

SUTHERLAND SHIRE COUNCIL

SUTHERLANDSHIRE LIBRARIES

James Bennett
YOUR SOLUTIONS PARTNER

INFLATABLE WORLD

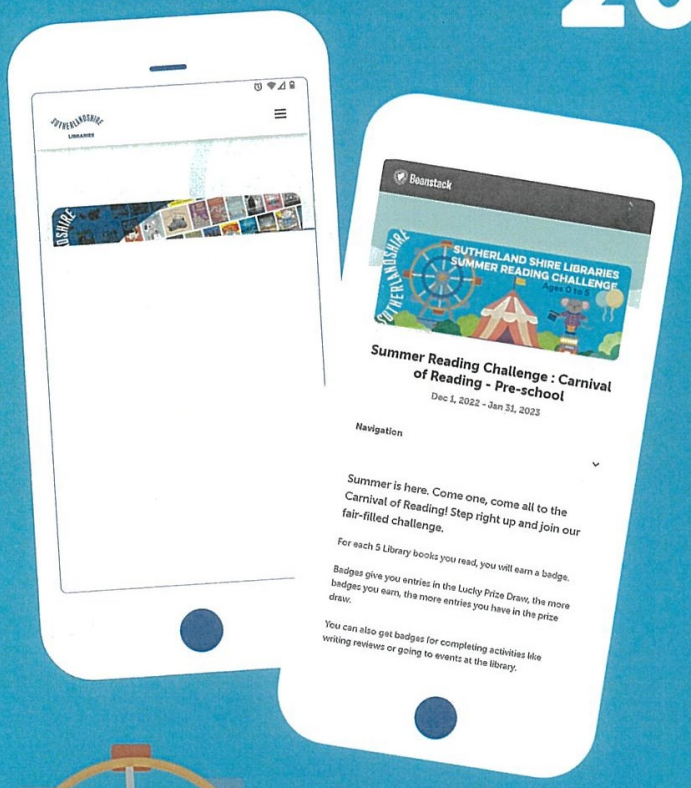
FLIP OUT CARINGBAH

SUTHERLANDSHIRE LEISURE CENTRES

Community Messages

Kids SUMMER READING CHALLENGE 2022

Win books for your school!



Introducing BEANSTACK

A fun new reading challenge platform

To join this year's challenge:

1. Visit our website
2. Sign up for Beanstack
3. Download the app
4. Start reading
5. Log your books

Sign up here

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