

# Menai High School



## Parent Newsletter Issue 3—2023

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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

**Sutherland Dance Festival 6th June**

**Public Holiday Monday 12th June**

**Sydney East Cross Country 15th June**

**In The Spotlight Dance Festival 19th June**

**Zone Athletics 23rd June**

**Parent Teacher Night (8,10,11) 29th June**

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Facebook

<https://www.facebook.com/MenaiHS/>

# Relieving Principal's Message



## School Improvement and Project Update -

The School Hall flooring and ventilation project is complete. As a result the hall is now back in action for full school use. Thank you to the PDHPE faculty for their patience and programming flexibility as they have been the most inconvenienced by this disruption.

Work on the C-Block new roof is nearing completion. All scaffolding and temporary fencing will be removed ready for outside C-block to be accessed by week 7. The school will continue operating some room changes while this project wraps up. Thank you to Ms Ferraro, Mr Sanders and Ms Ryan for ensuring the school remained functioning during this major disruption.

## School Canteen Tender

School Canteen tender process has been completed. The successful tender went to the company 'Made Fresh'. This company are very prevalent in schools across Sydney including the Shire. We are on track for Made Fresh to commence at the start of term 3. I have provided a copy of the menu in this newsletter. The current canteen operations will remain in place until the end of term 2. Thank you to Mr Meagher, Mr Wakely and Ms Wotherspoon (parent rep) for leading and managing the tender process.

## Winter Uniform Expectations and Standards

As we head into the colder months, I remind our school community that students must wear full school and sport uniform correctly they must also follow procedures if not wearing a correct item. That is, a note is provided from home to give to the roll call teacher. Sport track suits are not to be worn with school uniform and we are a no hoodie school. Deputy Principals will communicate with families if there are ongoing uniform issues. We expect the arrival of the new school jumper by the end of the term or possibly sooner.

## Covid Update

We are currently experiencing a slight spike in Covid cases in our school community. This is consistent with data across the state according to NSW Health. As a result, we have ordered an additional supply of RATs. These will be made available to students and parents to collect from the front office at any time as needed. Department of Education are still following NSW health advice and encouraging students to stay home if they are experiencing any cold/flu/covid symptoms. At school, the promotion and encouragement of covid safe measures is still in play including the employment of additional cleaners for daily cleaning of high touch surface areas.

## Assessment and Reporting

We are currently working through the semester 1 assessment and report period. Year 12 reports have been completed. The remaining year group reports are expected to be available via the parent portal by:

Year 7 – 31st July

Year 8 – 23rd June

Year 9 – 31st July

Year 10 – 23rd June

# Relieving Principal's Message

## Attendance Matters – Every Day Counts!

As we continue to get back to normal after large periods of remote learning in 2020-21 and large numbers of covid in 2022 which impacted school attendance, DoE are placing a significant emphasis on student attendance. Over the past 12 months, Menai has steadily been growing our attendance rates but are still slightly short of where we were in 2019. As a school, we will continue to build strategies to improve attendance and engagement of our students. The expectation has now shifted from 90% to 95% attendance rates to fully maximise learning time. Please refer to the poster at the end of my report in this newsletter as a reference point to days absent and percentage rates. I ask that parents/carers continue to communicate all absences to the school including covid cases. Extended student leave requests for holidays etc will generally be considered as unjustified leave unless under special circumstances. High attendance at school is critical for student learning and growth. Deputy Principals have written some further insights on why attendance matters and acknowledge our 100% attendance students.

## Front office operation times – a reminder that that front office times are:

Monday – 8.30am to 3.45pm

Tuesday – 8.30am to 3.45pm

Wednesday – 8.30am to 3.45pm

Thursday – 8.30am to 2.45pm

Friday – 8.30am to 3.30pm

**Term 2 Formal Assembly** - this was held on Friday 12th May with the focus on academic excellence. Congratulations to all students (certificate or not) who continue to apply their best efforts each and every day as this is what will bring long term success in school and life. The list of names appear in the DP reports. The number of students in each cohort who received an award was:

Year 7 12

year 8 13

year 9 29

year 10 32

year 11 44

year 12 41

## School Highlights term 2 part 1

- u/14 Boys Rugby League KO (Mr Carpenter).
- Easter and Hawkesbury Show - farm and agricultural team (Ms Ready and Ms Blackburn)
- yr12 SRL Aquatics excursion (Ms Rae)
- Bill Turner Cup Boys u/15 Soccer (Mr Staines) progressed to Round 2.
- Year 12 Investigating Science ANSTO excursion (Ms Gray)
- Open Boys Touch Football – regional quarter finalist (Mr Carpenter)
- Yr9/10 CAPA Into the Woods excursion (Mr Riorden)
- GEM girls rock climbing excursion (Ms Lehane and Ms Gardiner)
- Athletics Carnival - great day, perfect weather lead and managed by Ms Lehane and PE staff.
- Yr9 and 10 study skills (Mr Meagher)
- White card course (Ms Rae)
- Yr8 Wellbeing Day (Mr EL Marsi and Ms Gardiner)
- Zone Cross Country – 80 competitors (Ms Lehane). Age Champions: **Suriya Royal** 12yrs girls and **Nathan Maddock** 17yrs boys. 28 students through to regionals.

# Relieving Principal's Message

## Yr10 Geography Taronga Zoo excursion– (Ms Garden)

- Farm day excursion- farm and agricultural students (Ms Ready)
- Yr9 Wellbeing Day (Mr Carpenter and Ms Liley)
- Table Tennis KO – so far through to regional quarter finals (Mr Wynn)
- Boys Puma Cup soccer (Mr Staines). Progressed to Round 2.
- Yr12 Sutherland Shire Careers Information Day (Mr McCartney)
- Girls Netball KO (Ms Kasper) round 3 and still progressing.
- League in Harmony program (Mr Laris and Mr Meagher)
- Big Science Competition yr 7-10 (Mr Cole)
- Year 9 Science ANSTO excursion (Mr Carpenter)
- U15 Boys AFL and Rugby league gala days (Mr Carpenter)
- Yr 7 and 8 rewards Ten Pin Bowling rewards excursion for 10+ merit certificates (Mr Riorden)
- Open boys and girls Hockey KO (Ms Lehane) Rd 2 and still progressing.
- Lucas Heights Science and Engineering Challenge for stage 5 students (Mr Fry)
- Boys Netball Gala Day Carnival (Ms Kasper)
- School Musical rehearsals all term ready for week 10 performance schedule. (CAPA faculty)
- Feelgood Fridays led and managed by Year Advisers and student helpers

## Individual Student achievements...

**Ben Pittman yr11** - competed at the Australian u18 Athletics Championships and picked up a bronze medal in Discus and 7th place in the Decathlon.

**Milan Bradshaw yr9** -completed Australian Track Cycling u/18 Championships and won silver medal in the Team Sprint Event. Milan also is leading the state championship for the BMX junior superclass event.

**Daniel Velychko yr8** - gained 1st place at NSW Titles in Outrigger Canoeing.

**Abigail Korcekova yr12** - Selected in the NSW Acrobatic Gymnastics Team to compete at Australian Championships later this month.

**Nathan Paes yr11**- Australian Baseball team selection who will be touring the USA in June.

**Ella Barnett and Lilian Williams yr12** - competed for Sydney East at the NSWCHS Girls Basketball Championships in Albury.

**Julian Lee and Patrick Richards yr7**- competed for Sydney East at the NSWCHS Swimming Championships in Homebush.

## What's coming up in the coming weeks...

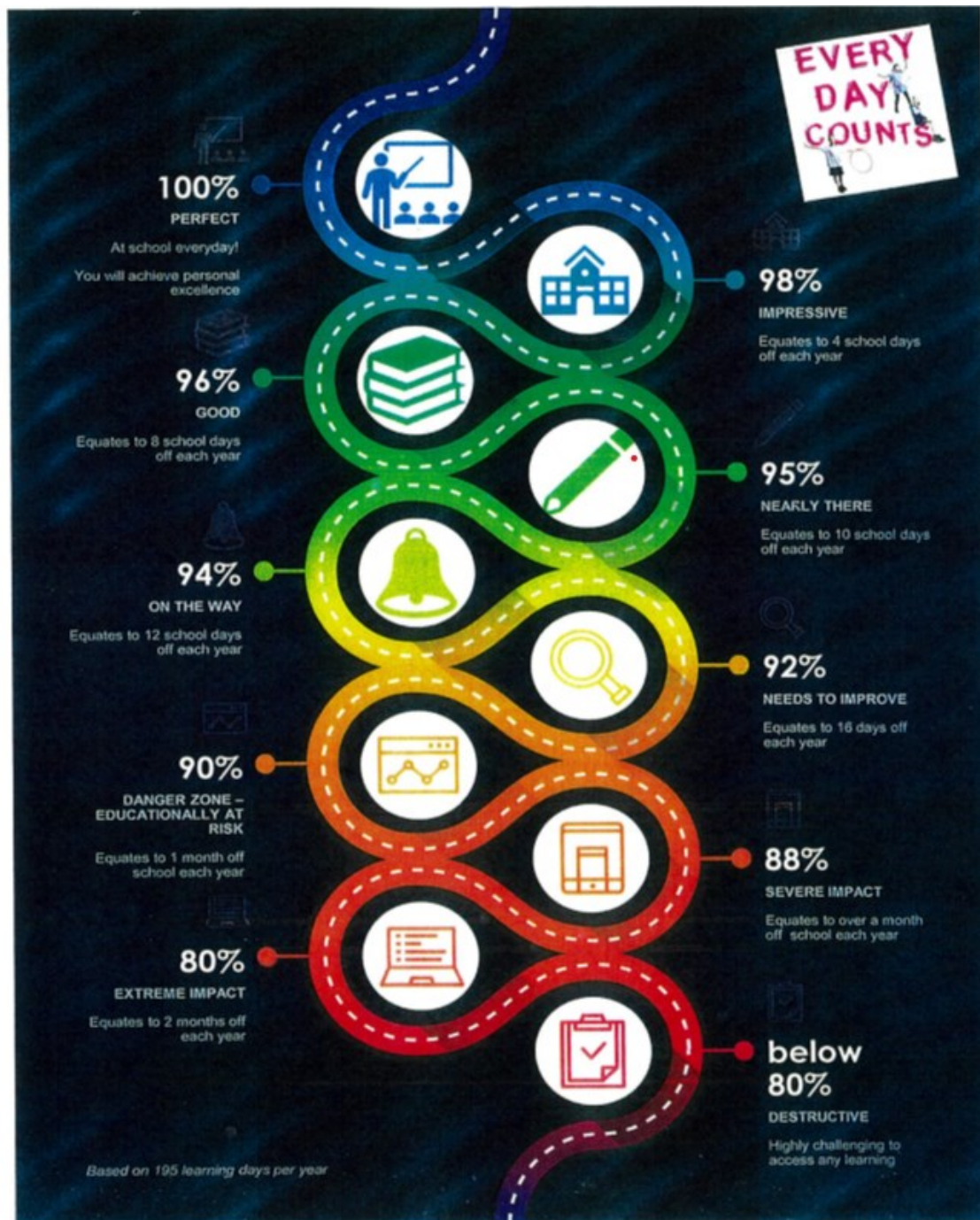
- Sutherland Dance Festival – 6th June
- Menai's Got Talent – 9th June
- Year 7 reptiles incursion-13th June
- Sydney East Cross Country – 28 competitors (15th June)
- In The Spotlight Dance Festival – 19th June
- Zone Athletics – 80 plus competitors (23rd June)
- School Musical – 29th to 30th June
- Year 7 Mornings Teas – 26th to 30th June
- Years 8/10/11 Parent Teacher Evening – 27th June
- Year 7 Morning Teas- Week 10
- Years 7/9 parent teacher Evening – 1st August
- Senior Geography excursion to Great Barrier Reef – 3rd to 6th July
- Ski Trip – 13th to 16th August



# Relieving Principal's Message

In closing, what makes Menai the place to be wonderful.....  
Staff, fantastic students, supportive parents and community.  
Regards,

Mr J Stanley  
Relieving Principal



# Deputy Principals



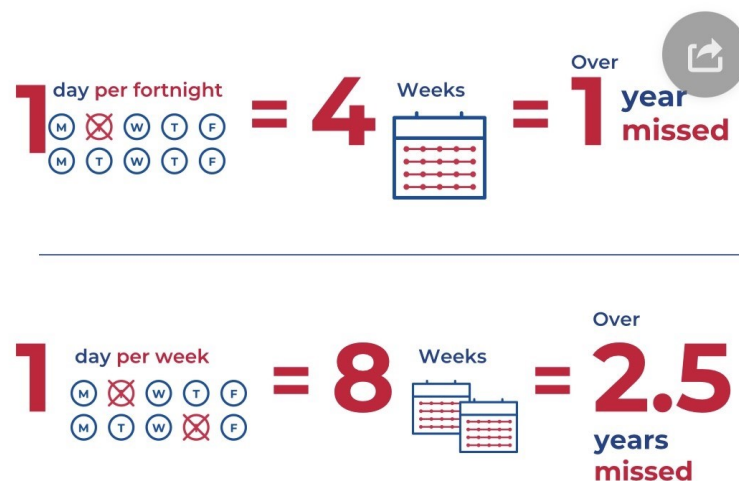
**Ms E Sayed-Rich—Years 8 and 11**

## **Every Day Matters.**

Consistent attendance improves student outcomes, increases career options, and helps students build relationships and confidence.

Why attendance matters - Let's do the maths

Missing a day here or there may not seem like much but absences add up. This can impact your learning more than you think. When you miss one day a week over a year, that's 40 days of school, 8 weeks of lessons, and 2.5 years over your school life lost.



Attendance is a vital aspect of secondary education and plays a crucial role in the academic achievement and social development of students. In the Australian education system, attendance is mandatory and non-attendance can result in negative consequences for a student's overall academic performance.

Attendance in school ensures that students are actively engaged in the learning process and that they can participate in classroom discussions and ask questions of teachers. Regular attendance also enables students to establish healthy routines, develop good habits, and learn the importance of punctuality and time management skills.

Attending school regularly is also essential for building a student's confidence, self-discipline, and sense of responsibility. Students who attend regularly are more likely to form positive relationships with their peers and teachers, become involved in extracurricular activities, and improve their overall academic success.

Furthermore, attendance is one of the key factors that contribute to school funding, which is essential for the provision of resources, infrastructure, and staff training. Regular attendance is therefore critical to support schools to provide quality education and to provide sufficient resources for students to reach their full potential.

# Deputy Principals

## Ms E Sayed-Rich—Years 8 and 11

Our vision for every student at Menai HS is for every student to exit high school with the skills they need to be able to go on and have a successful life. To be skilled at learning, skilled as an Australian citizen, and skilled for their life. It's starts by turning up and participating fully in life (whether that be school ,work, or further education).

I congratulate all of the students who were acknowledged at last Friday's assembly. A large number of Menai High school students have achieved 100 percent attendance. They demonstrate a commitment and excellence in attendance at school. Whilst 100 percent cannot always be achieved (if for example your child can is sick), a high attendance rate is achievable and should be a goal we all strive for and set our sights upon.

### Year 8

Megan Aryal  
Baylin Johns  
Grace Butler  
Emily Chen  
Vivian Charis  
Bianca Debbage  
Kendall Debbage

Holly Green  
Jake Grinham  
Lachlan Hayes  
Mia Hocking  
Mikolaj Koscianski

Myra Oehlman  
Sean Pham  
Natasha Schenko  
Levi Soper  
Bella Spink  
Alexandra Stojcevski  
Anna Tian  
Ryan Truong  
Austin Tyler  
Jessica Webster  
Elisha Wong

### Year 11

Adam Arjah  
Matthew Bertolisso  
Charlotte Buchly  
Lachlan Camp  
Gemma Clark  
Jessica Giannaklis  
Thanay Gowda  
Michael Habkouk  
Oliver Krause  
Felix Lee  
Liam Lee  
Nathan Maddock  
Adam Martignago  
Pearce O'Gradey  
April Pham  
Han Pham  
Benjamin Phillips  
Joshua Riches  
Stephanie Toseski

# Deputy Principals

## Ms E Sayed-Rich—Years 8 and 11

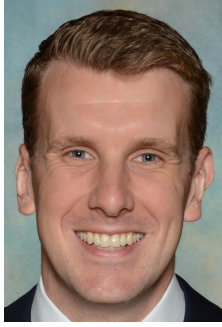
Congratulations to Year 8 and Year 11 Academic Excellence award winners. A great start to the term.

First Name	Surname	Year
Heidi	Collins	Year 8
Rhys	Cremona	Year 8
Casper	Derwent	Year 8
Lily	Khuu	Year 8
Caitlyn	Ong	Year 8
Riva	Shrestha	Year 8
Bella	Spink	Year 8
Kobe	Tang	Year 8
Emily	Traynor	Year 8
William	Tselikas	Year 8
Zachary	Walters	Year 8
Nathan	Walker	Year 8
Zarah	Zreik	Year 8

First Name	Surname	Year
Adam	Arjah	Year 11
Dylan	Atie	Year 11
Emily	Boyd	Year 11
Eric	Broekhuis	Year 11
Aliyah	Caltabiano	Year 11
Arielle	Chau	Year 11
Gemma	Clark	Year 11
Nevaeh	Foreshew	Year 11
Jessica	Giannaklis	Year 11
Michael	Habkook	Year 11
Ethan	Hider	Year 11
Ray	Jiang	Year 11
Gemma	Kingsnorth	Year 11
Oliver	Krause	Year 11
Dalia	Libman	Year 11
Ruby	Lindsay	Year 11
Nathan	Maddock	Year 11
Zein	Malas	Year 11
Thomas	Marshall	Year 11
Adam	Martignago	Year 11
Liliana	Monte	Year 11
Laney	Mulianas	Year 11
Kalani	O'Brien	Year 11
Regan	O'Brien-Smillie	Year 11
Pearce	O'Grady	Year 11
Nathan	Paes	Year 11
Anton	Petrovski	Year 11
Han	Pham	Year 11
Kevin	Pham	Year 11
Ben	Phillips	Year 11
Jemma	Richardson	Year 11
Talena	Saumaitoga	Year 11
Chris	Sebalj	Year 11
Nikita	Stojanovski	Year 11
Lara	Talakovski	Year 11
Kayla	Tapp	Year 11
Kallie	Thompson	Year 11
Madison	Toms	Year 11
Stephanie	Toseski	Year 11
Isaac	Warwar	Year 11
Savannah	White	Year 11
Joanna	Yu	Year 11
Rhiana	Zreik	Year 11



## Deputy Principals



### Mr L Meagher—Years 7 and 10

Two weeks ago we had our first Academic Excellence assembly and the students viewed a video of past students giving interviews about their time at Menai High. I'm hoping that I will soon release this video online for parents to view, but I do want to write about one ex-student's quote that has stuck with me since. Dr Nathan Williams, a graduate from 2013, was asked in the video what he would say to his Year 7 self. His response was simple and so pertinent to every student at Menai High: "I don't think I would say anything to my Year 7 self.

I think a big part of high school and growing up is making mistakes and so it's a huge opportunity to learn, so go ahead and make all those mistakes but just be in the mindset that you can learn from them." A significant part of my job as Deputy Principal is dealing with students when they make mistakes; often for Year 7 students these mistakes will be about the way that they interact with other students and don't consider the impact of their words and actions, and for Year 10 these mistakes are so often ones that harm themselves, ranging from not focusing on their study, to disrespecting their teachers and peers. As always, our message at Menai High is very clear; we are dedicated to ensuring that every student is not simply a skilled learner in the classroom, but also skilled citizens in the world and skilled for life as they move out of our community and into their own futures. No one is born perfect and the best lessons in life that make us stronger as people are borne out of hardship and mistakes. I don't think I'd ever welcome students into my office rejoicing in their mistakes, but when students at Menai make mistakes our staff will always deal with them with compassion, empathy and a determination to ensure that they learn from them and move forward stronger.

We are now close to half way through the year and both my cohorts, Year 7 and Year 10, have important dates and events coming up; for Year 7 their first high school reports and parents teacher interviews are just around the corner, and Year 10 will soon be deciding their subjects for next year (if they are continuing to Year 11). Both cohorts will be receiving information about this soon.

Finally, I would like to comment the following students on having an attendance rate of 100% for the year so far:

#### Year 7:

Nate Wongin  
Jackson Browne  
Hannah Chen  
Sienna Connor  
Samuel Daramola  
Nathan Doan  
Koby Hellyer  
Tasha Lorangi-Paulo  
James Khuu  
Jakub Koscianski  
Julian Lee  
Eddie Liang  
Sienna Marle  
William Mestre  
Patrick Moore  
Curtis Morrison  
Anisa Nanic  
Nathan Parker  
Michael Snigurov  
Samuel Sturt

#### Year 10

Gabby Helwani  
Jack Oehlman  
Verena Sahertian  
Lucy Tang  
Cyan Taripo  
Oliver Wiltshire  
Mark Feltaous  
Kai Hinoura  
Aiden Hubbard  
Julia Koscianska  
Briony Phan  
Jacob Schenko  
Chester Hao Qi Xue  
Tamzin Sturt  
Liam Orvington  
Joshua Webster

# Deputy Principals

## Mr L Meagher—Years 7 and 10

I would like to commend the Year 7 and Year 10 students who received Academic Excellence Awards at our Formal assembly in week 3. Their dedication to their studies is outstanding and it made me proud to see their efforts acknowledged and celebrated at this assembly.

First Name	Surname	Year
Jackson	Browne	Year 7
Nathan	Parker	Year 7
Charlotte	Cale	Year 7
Cyrine	Nasrallah	Year 7
Jessica	Hatton	Year 7
Koby	Hellyer	Year 7
Patrick	Richards	Year 7
James	Khuu	Year 7
Nina	Green	Year 7
Abdul	Dannaoui	Year 7
Elise	Chau	Year 7
Curtis	Morrison	Year 7

First Name	Surname	Year
Jessica	Arnold	Year 10
Joshua	Arnold	Year 10
Meenal	Aryal	Year 10
Ava	Barnett	Year 10
Anyia	Berry	Year 10
Amielle	Bolina	Year 10
Lily	Bricknell	Year 10
Sam	Brugmans	Year 10
Charlie	Carter	Year 10
Talia	Catts	Year 10
Imogen	Conlan-Bullock	Year 10
Montana	Connon	Year 10
Jorja	Coots	Year 10
Liam	Elwing	Year 10
Olive	Ernst	Year 10
Vanessa	Farelle	Year 10
Jayne	Favelle	Year 10
Levi	Green	Year 10
Gabby	Helwani	Year 10
Kai	Hinoura	Year 10
Natalie	Lui	Year 10
Ramsey	Mahafza	Year 10
Liam	Orvington	Year 10
Prabhuddi	Pallegama	Year 10
Christopher	Shepard	Year 10
Evie	Shepard	Year 10
Abbey	Straker	Year 10
Lucy	Tang	Year 10
Dawn	Taripo	Year 10
Rehan	Tun	Year 10
Joshua	Webster	Year 10
Jayden	Zhou	Year 10



## Deputy Principals

**Mrs L Ferraro—Years 9 and 12**

Both Year 9 and Year 12 have had a great start to Term 2. Student attendance rates are good and I am pleased to see students following correct procedures when they are sick by bringing in a doctors Certificate (when they return to school )or when they need an Early Leave pass (bringing the note in the day before the early leave and following up with a doctor's Certificate the next day).

Maintaining a high attendance rate at school is vitally important not only to progress student learning but also for student wellbeing. Regular attendance helps students develop a sense of belonging as it allows them to develop and maintain friendships and be more engaged in school life.

Here is a useful link for parents about School Attendance.

[https://education.nsw.gov.au/content/dam/main-education/student-wellbeing/attendance-behaviour-and-engagement/media/documents/attendance\\_parents.pdf](https://education.nsw.gov.au/content/dam/main-education/student-wellbeing/attendance-behaviour-and-engagement/media/documents/attendance_parents.pdf)

Another initiative to support student wellbeing at Menai High are our Feel-Good Fridays.

Year 9 hosted Feel-Good Friday last week by holding a whole school bingo game and Heads and Tails competition. The great weather and the fun atmosphere made for a spectacular end to Week 4. I would like to acknowledge the Year 9 Advisers Mr Carpenter and Ms Liley for coordinating the event.

Year 12 have begun what is shaping up to be a busy Term 2 in a very settled and mature manner. With University Open Day excursions, Career Expos, the HSC Timetable release, and the start of Early Entry applications, the importance of these final terms of their schooling is being realized by our Year 12 students. Students have been encouraged to review their NESA Rules and Procedures Guides to stay up to date with HSC requirements and review their Year 12 Assessment Book to ensure they are compliant with assessment task processes.

Link to 2023 HSC Rules and Procedure Guide:

<https://educationstandards.nsw.edu.au/wps/wcm/connect/4fc2ae35-363a-4bc8-9edb-2eecd1a8d7fb/2023+HSC+Rules+and+Procedures.pdf?MOD=AJPERES&CVID=>

Link to 2023 HSC Key Dates and exam timetables:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/key-dates-exam-timetables>

# Deputy Principals

## Mrs L Ferraro—Years 9 and 12

I would like to commend the Year 9 and Year 12 students who received Academic Excellence Awards at our formal assembly in week 3. Their dedication to their studies is outstanding and it made me proud to see their efforts acknowledged and celebrated at this assembly.

First Name	Surname	Year
Harry	Ambler	Year 9
Ali	Ayoubi	Year 9
Sophie	Cale	Year 9
Caleb	Chen	Year 9
Leila	Connor	Year 9
Isabel	Dunne	Year 9
Elise	Elkins	Year 9
Lualis	Faulks	Year 9
Jesse	Holliman-Williamson	Year 9
Vicky	Huang	Year 9
Gurleen	Kaur	Year 9
Leila	Kavazovic	Year 9
Kenzy	Kheder	Year 9
Lachlan	Marshall	Year 9
Charlie	McCollin	Year 9
Sienna	McGrath	Year 9
Paul	Nesbitt	Year 9
Maximos	Papacostantinou	Year 9
Yousuf	Riad	Year 9
Alannah	Sebalj	Year 9
Isaac	Sest	Year 9
Ezara	Smith	Year 9
Emma	Smith	Year 9
Olivia	Sofios	Year 9
Olivia	Stojanovski	Year 9
Riley	Toms	Year 9
Caleb	Tuerah	Year 9
Jonas	Van Den Dolder	Year 9
Alex	Wright	Year 9

First Name	Surname	Year
Emily	Acevski	Year 12
Laura	Akrman	Year 12
Brendan	Allport	Year 12
Savannah	Archer	Year 12
Madelyne	Assaly	Year 12
Damien	Barber	Year 12
Allen	Bolina	Year 12
Lachlan	Cameron	Year 12
Bree	Clark	Year 12
Aaron	Crawley	Year 12
Ruby	Dao	Year 12
Kaia	Dennis	Year 12
Connor	Doran	Year 12
Tegan	Dunn	Year 12
Sahar	EL-ALI	Year 12
Christian	Gouveia	Year 12
Madeleine	Grant	Year 12
Jonathon	Habkhouk	Year 12
Joshua	Hewitt	Year 12
Tony	Hu	Year 12
Jessica	Jones	Year 12
Natasha	Krep	Year 12
Halle	Lum	Year 12
Tanaya	Mani	Year 12
Noah	Mariani	Year 12
Arwen	McGloin	Year 12
Demi	McLoughlin	Year 12
Jacob	Nguyen	Year 12
George	Papacostantinou	Year 12
Jataliah	Pritchard	Year 12
Alexandra	Rumjahn	Year 12
Arnika	Short	Year 12
Bella	Smith	Year 12
Logan	Smith	Year 12
Amber	Soo	Year 12
Sophia	Stojanovski	Year 12
Zoe	Tambimuttu	Year 12
Liam	Taylor	Year 12
Isabella	Urrutia	Year 12
Lily	Vimpany	Year 12
Brianna	Yardley	Year 12



# Deputy Principals

## Mrs L Ferraro—Years 9 and 12

I would like to commend the Year 9 and Year 12 students who received 100% Attendance Awards

### Year 9

Caleb Chen  
Erin Clark  
Omar El-Ali  
Liam Jarjoura  
Elijah Karajayli  
Cooper Morante  
Jonas Van Den Dolder  
Alex Wright  
Ryder O'Gradey

### Year 12

Ella Barnett  
Brodie Burgess  
Alysha Cannon  
Makayla Dang  
Connor Doran  
Christian Gouveia  
Tony Hu  
Abigail Korcekova  
Natasha Krepp  
Marcus Lai  
John Linakis  
Noah Mariani  
Arwen McGloin  
Darrel Nguyen  
Tyra Olney  
Alexandra Rumjahn  
Amber Soo  
Sophia Stojanovski  
Alicia Stojcevski  
Cooper Sutton  
Zoe Tambimuttu  
Liam Taylor  
Erin Tkalec  
Tatiana Toseski  
Cooper Tran  
Jenna Tsakirakis

## Deputy Principals

### Mrs L Ferraro—Years 9 and 12

Milan Bradshaw Yr 9 was selected to represent NSW at the Auscycling junior track cycling championships held at Anna Meares Velo Brisbane, commencing 11th April 2023. She won a silver medal in a very competitive age group with the second fastest lap of the tournament after some bike setup changes. It was difficult without having her coach around leading up to the Titles but she overcame some adversity and raced well

Milan has the 4th round of the NSW BMX State Series this weekend in Newcastle where she will be racing Junior Superclass. Milan is currently leading the state series for this long season and is hoping to add another win under her belt.



This week Lillian Williams and Ella Barnett are representing Menai High School at the Sydney East Combined High School Basketball competition in Albury this week. Both girls were made Team Captain! We look forward to hearing how they go at the end of the week.



## Deputy Principals

### Mrs L Ferraro—Years 9 and 12

Over the last few weeks, your school captains, Kaia Dennis and Noah Mariani attended two Prefect Afternoon Teas at Hurlstone Agricultural High School (10/05/2023) and Caringbah High School (18/05/2023). It was great connecting and building relationships with other student leaders from local shire and other Sydney-based schools. Together, school leadership representatives were able to collaborate and share ideas with other schools in regards to previous and future fundraisers and events. They stated that it was a privilege representing our school and they look forward to connecting more with these inspiring leaders in the future





**Year 9** found their number calling this week for their BINGO Feel Good Friday. Students and teachers put their BINGO skills to the test over seven rounds. Despite a few false starts, there were happy BINGO winners across a variety of year groups, with a few extra lucky individuals scoring two BINGO wins. The Heads and Tails competition also proved to be a fierce contest. Congratulations to all of the day's winners.





## Student News

### Good News Reports

#### Olivia Sofios Yr 9



Olivia Sofios was successful in getting through to the live audition round as Featured Dancer Girls Hip Hop Ensemble for the Schools Spectacular. Olivia will find out in June if she has been selected for this ensemble.

Ms Masi and Ms Hunter

#### Kallie Thompson Yr 11



The CAPA faculty would like to congratulate Kallie Thompson for making it through to the first round of Featured Artist auditions for Schools Spectacular. This is a highly competitive process and making through the first round is a huge achievement. Well done Kallie

Ms Masi

Special mention to the following students : Kaden Britter, Harrison Borg, Ella Fitzgerald, Tiffany Jiang, Zali Ireland, Joshua Sanna and Ryan Truong of 8H for always being on task and

completing set maths classwork within the class time.

Ms Ghosh



Year 11 Hospitality Students

Congratulations on successfully completing their first Work Placement in the industry

Ms Rozga Mrs Liley

## Student News

**Special mention to the following students for their outstanding work:**

### **12 Society and Culture - Outstanding HSC Media File 2**

Savannah Archer

### **11 Society and Culture - Outstanding Media Files**

Charlotte Buchly

Taylah Cale

Ruby Lindsay

Kayla Tapp

Stephanie Taylor-Tyler

Stephanie Toseski

Kayla Tran

Chloe Vickery

Ashlee Wood

Abbey Chapman

Mischa Davies

Talena Saumaitoga

Rhiana Zreik

### **11 Society and Culture - Outstanding Family Assessment Tasks**

Nikita Stojanovski

Kayla Tapp

Ruby Lindsay

Taylah Cale

Stephanie Toseski

Rhiana Zreik

Talena Saumaitoga

Stephanie Taylor-Tyler

Kayla Tran

### **7H History – Outstanding Research Ancient Historical Site Assessment Tasks**

Yusuf El-Ali

Zac Linguist

Patrick Richards

Indiana Hamilton

Julian Lee

Marley Toko-Turner

Angelina Vilches

Olivia Schmidt

Charlie Hogg

Tyson Watt

### **Ms Wearing**

**Congratulations** to Daniel Velychko of Year 8 whose team came first in the NSW State Titles for outrigger canoeing. Daniels team will move on to compete at Nationals in October.



## Student News

Menai High has been very busy smashing sporting events out of the park! Late last term we held our school X Country Carnival. Congratulations to the following students who were awarded our school X Country Age Champions:

**12 Years Boys & Girls:**

Koby Hellyer & Suriya Royal

**13 Years Boys & Girls:**

Max Farrugia & Indiana Hamilton

**14 Years Boys & Girls:**

Phoenix West & Sophie Krause

**15 Years Boys & Girls:**

Ryder O'Gradey & Kwanita Olney

**16 Years Boys & Girls:**

Benjamin Khuu & Akira Saliba

**17 Years Boys & Girls:**

Nathan Maddock & Lily Thompson

**18 Years Boys & Girls:**

Connor Doran & Bella Smith



Menai High had 98 students compete at the Zone X Country Carnival at Heathcote High School on Monday the 8th of May. A further congratulations to Nathan Maddock & Suriya Royal who were awarded Zone X Country Age Champions. From Zone we have 29 students moving onto compete at the Sydney East Championships on the 15th of June. Goodluck to all our competitors. Menai High School held our Athletics Carnival on Wednesday the 3rd of May. We had record numbers of attendance, and the sun was shining for us! This was Year 12's last school carnival and they went out with a bang.



Could we please congratulate our Athletics Carnival Age Champions and the 80 students we have competing the Zone Athletics Carnival:

**12 Years Boys & Girls:**

Koby Hellyer & Kira Close

**13 Years Boys & Girls:**

Max Farrugia & Reghan Olney and Jemma Klinkert

**14 Years Boys & Girls:**

Matiu Faulkner & Kenzy Kheder

**15 Years Boys & Girls:**

Ryder O'Gradey & Kwanita Olney

**16 Years Boys & Girls:**

Benjamin Khuu & Akira Saliba

**17 Years Boys & Girls:**

Ben Pittman & Tyra Olney





## Student News

### SCIENCE NEWS

We are so proud of Menai High School's Sarah Arnold who has just returned from representing our school and the whole of Australia as one of the nine students in the AUSSEF nations team at the International Science and Engineering Fair in Dallas, Texas.

The super talented Sarah (Class of 2022), was selected to join the national delegation for her HSC Science Extension Project titled 'Running Away from Cancer- An investigation into the Dynamic Metabolism of Cancer Cells under increasing Extracellular Lactate Concentration'.

Sarah's experiences at ISEF included a rigorous judging process speaking to eight international judges to explain her research, and being able to attend a panel of Nobel Prize Laureates, all while building up a global network with young scientists from all around the world.

To have the Menai High School uniform represented at what are the Olympic Games of Science is incredible and we could not be prouder of Sarah Arnold - a name to look out for in the future for sure!

You can find Sarah's online project board, including her video summary at:

<https://projectboard.world/isef/project/bmed050-metabolism-of-cancer-cells-under-increased-lactate>

AUSSEF updates are available at:

<https://www.facebook.com/AUSSEFTeam>





## Extra Curricula Events

### CAPA Faculty

Last Wednesday 26th of April after school, the Year 9 & 10 Drama students, Year 10 Dance, Year 9 Music students and selected year 11 CAPA students attended 'Into The Woods' at the Belvoir St Theatre! We met at Sutherland Station at 4:30pm and caught the train into the city to Central station. We stopped along the walk to get some kebabs and dinner and then walked into the theatre. The brilliantly original, dark, funny, absorbing and utterly entertaining production, "Into the Woods" is a hit Broadway musical which shares the power of storytelling with the well-known fantasies of Jack and the Beanstalk, Little Red Riding Hood, Cinderella and Rapunzel. It tells the story of a baker and his wife who have come across a witch who demands

quests in order for them to have a child. The message from this production is to be careful about what you wish for as it may follow with consequences. The production gave students professional examples of what our elective subjects aim to achieve and gave us students the opportunity to expose ourselves to different actors, allowing us to analyse skills and techniques. These skills then will be taken back to the classroom to assist us in our studies. My fellow peers and I enjoyed and benefited from this excursion greatly, and we are looking forward to taking what we learnt from this experience into our future assessments. Thank you so much Mr Riorden, Mr Bradney and Mr Warner for taking the time to organize such an incredible night.



Charli Carter & Tahlia Catts  
Written by: Mr Bradney, Ms Masi, Mr Warner  
and Mr Riorden  
**CAPA Teachers**



## Wellbeing Team News:

On the 26th of May students in Yr7 and Yr8 were invited to take part in the Rewards Excursion. This initiative is to support excellence and encourage students to achieve their individual best. Students in Yr7 and Yr8 who had received 10 merit certificates or were recognised by their teachers for Excellence or Effort at our Term 1 & 2 assembly were invited to go ten pin bowling. The students selected enjoyed two games of bowling and some lunch for their hard work.

All students in Years 7-12 are encouraged to strive to achieve their best for future initiatives and recognition for their efforts in all aspects of their schooling.

Mr Riorden & Ms Fenemore (Year 7 Advisors)

Mr El Masri & Ms Gardiner ( Year 8 Advisors)



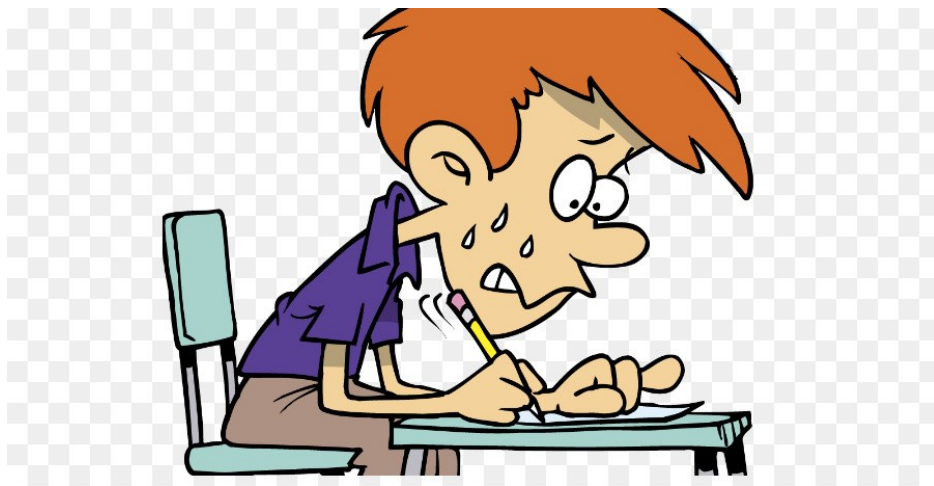


## Extra Curricula Events

# Thursday Senior Study in the Library

The library is open for **Year 11 and 12 students only** every Thursday afternoon from the start of lunch until 2.30pm. This is offered specifically for our senior students to access extra support, tuition and study time.

**Don't let this be you the night before assessments are due or near exam time!**



We are very fortunate to be able to offer the assistance of a number of teachers during this time such as **Mr. Redman**, a former MHS Maths head teacher; **Mrs Summerfield**, a Business Studies, Economics and Geography teacher; **Mrs Dounas**, an English, History and Learning Support teacher; and **Mr. Bean** to assist in Chemistry and other sciences.

So effectively, **FREE TUTORING!!**

We also offer help with organisational planning and summarising of your syllabus dot points.

To make the study time more welcoming, we offer **light refreshments** such as tea, coffee, Milo and biscuits.

We strongly urge all our Year 11 and 12 students to make use of this wonderful opportunity on **Thursday afternoons**.



## P&C News

The second P&C meeting for the year was held on Monday 8th May 2023. It was great to have some new parents join the meeting. We would like to encourage everyone to come along hear, and be a part of the discussions regarding the Menai High School community. It has been a busy term so far with plenty of school activities, athletics carnival, zone cross country, Harmony Day, World's Greatest Shave, Australian Army Band, and students participating in agricultural shows including the Royal Easter Show to name a few.

There is some good news regarding the school canteen with the tender process now complete. Made Fresh will commence at the beginning of Term 3. They currently provide canteen services for more than 20 High Schools including other schools in the Sutherland Shire. We look forward to receiving feedback later in the year.

With winter almost upon us, a new black winter school jumper has been approved and will be available in mid-June. There is also a second-hand school uniform shop that would appreciate any donations you may have. 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.

There has been a lot of maintenance and construction happening this year with the new flooring in the school hall now complete and the hall back in use. Additional ventilation in the form of whirly birds are still to be installed. These are to assist with the maintenance of the new flooring. Replacement of the C Block roof is ongoing and nearing completion. A new fence is to be installed on the oval by the end of the year. The fence will cut a path that will allow public access and use of the cricket nets as well as the car park to the northwest of the school at Oriana Drive. The Aquinas Rugby League Club house will be Council land for community use.

**The School Captains** presented their report and were as impressive and informative as always. The SRC fundraising activity for this term is 'Menai's Got Talent' with the event being hosted in the school hall with everyone encouraged to attend. The School Captains will also be attending several Leadership Team sessions hosted by Hurlstone Park and Caringbah High Schools. We look forward to hearing what they got out of the sessions and the information and skills they can pass on to others.

There is a new initiative regrading well-being that is currently on offer to all NSW schools. Open Parachute is a preventative and proactive program designed to build resilience. The pilot project will be kicked-off by the program advisers for year 8.

There are currently a lot of outstanding school and excursion fee payments. We would like to take this opportunity to encourage you to check if your payments are up to date. All fees paid to the school community go back into providing better facilities and programs for Menai High School. Without these funds these projects and programs can't be maintained. Please don't hesitate to reach out to the school office should you wish to discuss. Meetings take place on the second Monday of each month during school term. The next meeting commences at 6.30pm on the 14th August, 2023 in the school library. All welcome to come along!

**Lisa Chapman**

**MHS P&C President**

Email: [mhs.pandc.president@gmail.com](mailto:mhs.pandc.president@gmail.com)

## School Leadership Team—2023

### Captains

Kaia Dennis

Noah Mariani

### Vice Captains

Savannah Archer

Amber Soo

Ethan Butcher

Tom Straker







# Made Fresh Canteen Menu



**If Gluten Free food is required please order before 8.30am**

**GFA=Gluten Free options available GF=Gluten Free V=Vegetarian LF=Lactose Free**

## BREAKFAST

- GFA V LF** \$2.00
- V** \$2.00
- V** \$3.00
- \$3.50
- \$4.00



### Toasted sandwiches & wraps

- GFA V** \$3.00
- GFA LF** \$3.00
- GFA V** \$3.50
- GFA** \$3.50
- GFA** \$4.00

Prices listed are for a  
toasted sandwich.  
Upgrade to a toasted  
wrap for \$1

Choose one item from the breakfast menu and

- extra **GFA V LF** \$1.50
- extra **GFA V LF** \$2.00
- extra **GFA V LF** \$2.00
- extra **GFA V LF** \$2.00

## SANDWICHES

- GFA V** \$3.00
- GFA V** \$3.50
- GFA** \$3.50
- GFA** \$4.00
- GFA** \$4.00
- GFA** \$4.00
- GFA V LF** \$4.00
- \$4.50



## WRAPS

- GFA V** \$3.50
- GFA V** \$4.00
- GFA** \$4.00
- GFA** \$4.50
- GFA** \$4.50
- GFA** \$4.50
- GFA V LF** \$4.50
- \$5.00



## SALADS (All Salads served in 12oz bowl)

- GF V LF** \$5.00
- GF V** \$5.00
- GF** \$5.00
- GF** \$5.00
- GF V** \$5.50
- GF** \$5.50
- GF** \$5.50
- GFA** \$5.50
- GFA** \$5.50
- GFA LF** \$5.50



All salads are  
available  
every day  
if you  
pre order  
before  
8.30am

## SUSHI

- GF LF** \$4.00
- GF V LF** \$4.00
- GF** \$4.00
- GF LF** \$4.00



## HOT FOOD

- V** \$1.50
- \$2.00
- GF LF** \$2.00
- V** \$2.50
- V** \$2.50
- \$3.30
- \$3.30
- \$3.50
- \$3.50
- \$4.50
- \$4.50
- V** \$2.50
- V** \$3.00
- V** \$5.00
- \$5.50
- \$5.50
- \$5.50
- V** \$5.00
- V** \$5.00
- \$5.00
- \$5.30
- \$5.50
- \$5.50
- V** \$5.50
- LF** \$5.50
- \$5.50
- LF** \$5.50
- V** \$5.50
- \$5.50
- \$5.00
- LF** \$5.50
- \$6.00



## HOMEMADE MEALS (TWO cooked each day)

### Australian, European, Asian & Mexican Meals

- V** \$5.00
- \$5.00
- \$5.00
- GFA LF** \$5.00
- GFA** \$5.00
- \$5.00
- GFA V LF** \$5.00
- \$5.00
- \$5.00
- GF V LF** \$5.00
- GF LF** \$5.00
- \$5.00
- GF LF** \$5.00
- \$5.00
- LF** \$5.00
- V LF** \$5.00



## FRESH FRUIT & YOGHURT

- GF V LF** \$1.50
- GF V LF** \$2.00
- GF V LF** \$2.50
- GF V LF** \$2.50
- GF V LF** \$3.00
- GF V** \$3.00
- V** \$3.50
- GF V LF** \$4.00
- GF V LF** \$4.50
- GF V** \$5.00



## MILK - JUICES - DRINKS

- GF V LF** \$1.80
- GF V LF** \$2.00
- GF V LF** \$2.50
- V LF** \$2.50
- V** \$3.00
- GF V** \$3.00
- GF V** \$3.50
- GF V** \$4.00
- GF V LF** \$2.50
- V LF** \$4.00
- GF V LF** \$4.50



## SNACKS & FROZEN ITEMS

- V LF** \$1.00
- V** \$1.00
- V** \$2.50
- GF V LF** \$1.00
- \$1.30
- V** \$1.50
- V** \$2.00
- GF V** \$2.30
- GF V** \$2.30
- V LF** \$1.00
- GF V LF** \$1.00
- GF V LF** \$1.50
- GF V LF** \$2.00
- V** \$1.50
- V** \$2.00
- GF V** \$2.50
- LF** \$1.50
- \$2.00
- \$2.50
- GF V** \$2.50
- V** \$3.00
- \$3.50
- \$3.50



**PROMOTE "HEALTHY & NUTRITIOUS FOOD"**  
**AT A LOW COST + FREE BOTTLE OF WATER 600ml**

We have all types of bread: White, Wholemeal or Multigrain, Wraps, White Roll or Focaccia

Gluten Free sliced bread extra \$1.00 - Upsize Salad to 20oz extra \$1.50

Extra fillings 0.50c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum

Extra fillings 0.80c each: cheese, ham, chicken, egg, pineapple, avocado

Sauce each 50c - Cutlery each 30c

**OUR FOOD IS MADE IN THE CANTEN DAILY FROM FRESH INGREDIENTS**





# Made Fresh Canteen Menu



## TASTY TREATS

HEALTHY OPTIONS		COLD FOOD		SNACKS & FROZEN TREATS	
Whole fresh fruit each	\$1.50	Cheese Sandwich	\$3.00	Homemade cookies x1 (made fresh daily)	\$1.00
Vegemite toast	\$2.00	Lean Ham	\$3.00	Popcorn	\$1.00
Strawberry Jam toast	\$2.00	<b>HOT FOOD</b>		Bread Sticks x4	\$1.00
Blueberry Jam toast	\$2.00			Frozen 99% juice cup	\$1.50
Honey toast	\$2.00			Frozen 99% quelch fruit juice sticks	\$1.00
Hot chocolate cup	\$2.00			Monster noodle snacks ( chicken or bbq)	\$1.30
Carrot sticks	\$2.00	Chicken nugget x1	0.80c	Sour snap stix	\$1.00
Celery sticks	\$2.00	Chicken goujonettes x1	0.90c	Frozen milk cup (vanilla, chocolate, strawberry)	\$1.50
Fresh cut veggie cup	\$2.00	Hash brown	\$1.50	Jelly cup	\$1.50
Fresh grapes cup (seasonal)	\$2.50	Chicken corn roll	\$2.00	Frozen 99% nippy's juice cup	\$2.00
Fresh cut watermelon cup	\$2.50	Chicken wings x1	\$2.00	Ice many freeze pops	\$2.00
Fresh diced Fruit cup	\$3.00	Potato gems x10	\$2.50	Rice sticks cheese	\$1.50
Garden salad cup	\$3.00	Potato wedges bag (100g)	\$2.50	Custard cup	\$2.00
Vanilla yoghurt cup	\$3.00	Garlic bread	\$2.50	Homemade fresh muffins	\$2.50
Popper 99% juice 250ml	\$2.50	Garlic & cheese bread	\$3.00	Vanilla ice cream cup	\$2.50
UP & GO 250ml	\$3.00	Half pizza with cheese	\$2.50	Red rock deli chips 28g	\$2.30
Flavoured milk 300ml	\$3.00	Veggie fried rice cup	\$2.50	Grain waves 22g	\$2.00
		Spaghetti napolitana	\$2.50		
		Pasta carbonara	\$2.50		

**Recess & Lunch**  
**AVAILABLE AT THE COUNTER ONLY**  
**Prices are \$3.00 and less**  
**Food, Drinks, Fruit & Snacks**



**OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS**



# Salad & Hot Food Bar

*Create Your own Burger,  
Wrap, Salad bowl or Roll*



Cheeseburger	\$5.00
Grilled chicken souvlaki on a roll	\$5.50
Chicken burger with L/T	\$5.50
Sweet chilli chicken tender wrap	\$5.50
Veggie pattie burger	\$5.50
Aussie lean beef burger with L/T	\$5.50
Hot & spicy beef burger	\$6.00
Peri Peri chicken filled burger	\$6.00
Fillet-O-fish burger, lettuce & mayo	\$6.00
Crumbed chicken Caesar burger	\$6.00





## Extra fillings

cheese, ham, egg, pineapple, avocado add 0.80c  
tomato, cucumber, carrot, beetroot, olives, onion,  
capsicum add 0.50c each





# Breakfast




Hash Brown		\$1.50
Vegemite or jam or honey toast		\$2.00
Hot chocolate		\$2.00
Muffin		\$2.50
Pancakes x3 with honey		\$3.00
Cheese & egg roll		\$3.50
Lean ham & egg roll		\$4.00
Lean ham, cheese & egg roll		\$4.50

## TOASTED SANDWICHES & WRAPS

Prices listed are for  
a toasted sandwich.  
upgrade to a toasted wrap for \$1

Cheese		\$3.00
Ham		\$3.00
Cheese & tomato		\$3.50
Lean ham & cheese		\$3.50
Lean ham, cheese & tomato		\$4.00

## CHOOSE ONE ITEM FROM BREAKFAST MENU AND GET

a bottle of water	600 ml		extra \$1.50
or add a popper juice	250ml		extra \$2.00
or add a flavoured milk	300ml		extra \$2.00
or add an UP & GO	250ml		extra \$2.00

Made Fresh Canteen Menu

## Helpful resources and Numbers:

	Early psychosis 14+ years	<b>OnTrack Get Real</b> Free
Online Game	Resilience Yr 9 -10	<b>Reachout orb game</b> A positive psychology game, in a visually stunning world, with an easy-to-use curriculum mapped resource to engage Year 9 and 10 students. Available in multiple formats for iPad and Desktop. Free
Online and Telephone Counselling	Kids Helpline 5-25 years	24/7 phone and online counselling for youth Free
	13YARN	Indigenous-led crisis <u>helping</u> providing 24/7 telephone support for Aboriginal and Torres Strait Islander people
	Living with impact of cancer 12-25yrs	<b>Online, email and phone counselling and forums</b> Psychoeducation Free
	Drug & alcohol use ( <u>self</u> and others) All ages	<b>Online, email and phone counselling, forums and self-help material</b> Psychoeducation Free
	LGBTI issues All ages	<b>QLife</b> Online and telephone support Psychoeducation Free
	Eating disorders and negative body image All ages	<b>The Butterfly Foundation</b> Online, email and phone counselling Psychoeducation Free
	Sexual, domestic or family violence All ages	<b>1800Respect</b> Online and telephone counselling Psychoeducation Free
	Suicide All ages	<b>Suicide Call Back Service</b> Online and telephone counselling Psychoeducation Free  <b>Mental health access line</b> 1800 011 511 Triage and referral to local mental health services
	Crisis All ages	<b>Lifeline</b> Online and telephone counselling Psychoeducation Free



## Helpful resources and Numbers:

	Topic	Resource
Online	Resilience and Wellbeing 12-25 years	<b>Biteback</b> Online activities, <a href="#">psychoeducation</a> and positive psychology program for 12 to 25 years olds. Includes the Mental Fitness Challenge, a six-week program that introduces practices of gratitude, mindfulness, social connections, strengths, and meaning and purpose. <b>Free</b>
		<b>ReachOut</b> Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough <a href="#">times</a> <b>Free</b>
		<b>WellMob</b> Online social, <a href="#">emotional</a> and cultural wellbeing resources for Aboriginal and Torres Strait Islander people
Apps	Mental, <a href="#">social</a> and emotional wellbeing 12-25 years	<b>Niggle</b> Self-help toolkit to help young people manage their 'niggles'. Features videos, podcasts, <a href="#">quizzes</a> and tips.
		<b>Smiling Mind</b> A free website and app teaching mindfulness meditation to young people and adults <b>Free</b>
Online Treatment	Anxiety 8 -12yrs and 12 -17yrs with adjunct parent modules	<b>The Brave <a href="#">self help program</a></b> Can be used working 1:1, small group or at home. <b>Free</b>
	Anxiety 7 -12yrs and 13 -17yrs with adjunct parent modules	<b>Cool Kids online and Chill Out online Centre for Emotional Health Clinic</b> <b>Fee</b>
	Worry and <a href="#">sadness</a> 12 – 17 <a href="#">yrs</a>	<b>TeenStrong</b> Developed as part of the suite available through This Way Up with 6 lessons. Requires parent/career supervision & referral by clinician. <b>Low fee</b>
	Depression and anxiety 16+	<b>Mood Gym</b> Used for prevention and management of anxiety and depression. <b>Free</b>
	Obsessive compulsive disorder 12-18yrs	<b>OCD? Not me!</b> Developed by Curtin University. 8-week program include resources for parents/carers. Self-guided or own therapist assisted. <b>Free</b>

**Be You / Beyond Blue suicide prevention resources**

[beyou.edu.au/resources/suicide-prevention-and-response](https://beyou.edu.au/resources/suicide-prevention-and-response)

**Your local general practitioner (GP)**

**Your local Aboriginal medical service**

**Your local CALD service**

**Mental Health Line**

NSW Health 24 hr mental health referral  
and advice 1800 011 511

**Lifeline**

[www.lifeline.org.au](https://www.lifeline.org.au)  
131114

**Kids Helpline**

[kidshelpline.com.au](https://kidshelpline.com.au)  
1800 55 1800

**Parent Line**

[www.parentline.org.au](https://www.parentline.org.au)  
1300 1300 52

**New Access**

[www.beyondblue.org.au/get-support/newaccess](https://www.beyondblue.org.au/get-support/newaccess)

**Qlife**

[www qlife.org.au](https://www qlife.org.au)  
1800184527

**headspace**

[headspace.org.au](https://headspace.org.au)

**The Translating and Interpreting Service  
(TIS National)**

[www.tisnational.gov.au](https://www.tisnational.gov.au)  
131 450

## Supporting literacy learning in high school

In high school, students will develop and use literacy skills in all their subjects. Strong literacy skills, including good vocabulary knowledge, can influence success in all areas of learning throughout high school.

You can support your child to develop their literacy skills through a range of speaking, listening, reading and writing activities.



### Speaking and listening

Developing speaking and listening skills is important for children to socialise, make friends and actively participate in learning activities.

- Encourage your child to share what they are learning at school. Listen, ask questions, and discuss these topics with them.
- Share stories from your world. Sharing memories, family traditions and history can support students in understanding their place in the broader world.
- Introduce new words relevant to your child's culture, experience and interests.
- Listen to your child and encourage them to tell stories, retell favourite events or create new stories based on their surroundings.
- Encourage creativity—use visual cues such as family photographs or people you see on a walk to create new 'characters', situations and events.
- Encourage your child to listen to audio books, podcasts or stories from friends and family.

### Reading

Encourage your child to read widely on subjects that interest them, both fiction and non-fiction, and share their reading with others. This will support your child to build a love of reading.

- Encourage your child to read a range of reading materials, including books, magazines and online texts. Some of these may be about topics studied at school.
- Talk about and share your favourite stories or books from your childhood. Young people learn to love and value reading by watching, copying and interacting with others.
- Encourage your child to borrow books or e-books from school, local or online libraries. Browse the library collection online with your child, talking about the books and covers that interest them.
- Ask your child for reading recommendations. After reading, talk about and compare your favourite parts, characters, events and/or writing.
- Encourage your child to read print versions of their favourite film or TV shows. Talk about how the story or character may differ and which they prefer.
- Model reading at home, discussing news, sport or topics that interest you and your child.

## Tips for healthy screen use

Help your child balance screen use for entertainment with other activities to support their physical and mental health.

- Encourage your child to break up watching TV, playing games or scrolling social media with other activities like exercise, social activities and hobbies.
- Get involved in offline activities with your child and make it part of the family routine.
- Encourage your child to use an alarm clock or app to track or limit the time they spend on social media or playing games.
- Limit your own use of screens for entertainment and show how much fun your child can have without a device.
- Work with your child to create family rules for screen use, like no TV after a certain time.

### Avoid using screens before bedtime

Screen time in the bedroom can lead to adolescents not getting enough sleep. Screens stimulate the brain and make you more alert – the opposite of what you want to do when you're trying to go to sleep! The blue light from electronic devices can affect the quality of your child's sleep and disrupts REM (rapid eye movement) and circadian rhythms, causing your child to be tired and moody during the day.

So how to avoid this? The best way is to encourage your child to turn off screens in the hours before bedtime. If your child really needs to use a device before bedtime make sure it's on night time mode. Studies show that night time mode reduces the blue light emissions that are harmful to your brain and your sleep.





The Back to School vouchers will be expiring soon! Now is the time to utilize these vouchers and make the most of every dollar.

These vouchers can only be redeemed for IN STORE purchases only.



# BACK-TO-SCHOOL NSW VOUCHERS

Redeemable in-store **ONLY**

*Don't forget to  
use your  
vouchers!!*

find out more on:



[service.nsw.gov.au/back-to-school-vouchers#related-information](https://service.nsw.gov.au/back-to-school-vouchers#related-information)



**EXP**  
**JUN 30 2023**



**Service  
NSW**

