FROM THE PRINCIPAL

Welcome to the start of yet another academic year at Moorebank High School. I wish to extend a very warm welcome to the parents of our Year 7 students, and to parents of our new enrolments. I hope that you and your child enjoy the wonderful learning environment that the staff has worked hard to create, maintain and develop. The year has begun well with students now settled in their classes. This year we commence the year with an enrolment of 1034 students across Years 7-12. I would like to acknowledge the hard work of the Deputy Principals, Mr Horsley and Ms Griffin who have worked alongside of Ms Olivia Dean and Ms Moya McCann (Curriculum Office SASS) to finalise enrolment numbers for submission to the Department of Education.

In 2015, Mr Magriplis (Principal) was successful in attaining a Director of Schools – Liverpool position. In the meantime I shall by Acting Principal, Ms Susan Griffin will continue as Relieving Deputy Principal and Ms Cassie O’Connor will continue as Relieving Head Teacher Science. Ms Diana DiCola will be relieving Head Teacher Administration while Mr Callaghan is on a year of LSL. I would like to thank these staff for accepting these leadership roles within the school.

NEW STAFF

I would like to welcome a number of new temporary teachers to the school this year: Mr George Arvanitis (Mathematics) replaces Ms Aida Nakhla who was promoted at the end of last year, until the position can be filled on a permanent basis; Margret Pascalis and Georgia Karamanos (Home Economics) who are replacing Nicole Tan and Tamara Isaia, both currently on maternity leave; Chloe Yazbeck (English) replacing Geremy Crithery; Maria Santamaria (Science) replacing Daniel Ayad; Samantha Pace (HSIE) replacing Komal Pillay who is also on maternity leave.

Including in this newsletter is some valuable information:

Andrew Fuller is a Clinical Psychologist who works extensively with adolescents and delivered professional learning to our staff last year. Research he conducted last year on 100,000 students showed high levels of distractibility, anxiety and sleep deprivation in senior school students. Attached is a brief paper on what the parents of Year 11 and Year 12 students can do to help them be effective.

Information on free dental health services for your child.- on page 14.

Opal Card information

How can parents, guardians and students apply for a School Opal card?

Parents or guardians, and students who are eligible for SSTS travel and have not already received a card, should be directed to apply online at transportnsw.info/school-students

How can parents, guardians and students update their details?

Parents or guardians, and students can also go online at transportnsw.info/school-students to update their home address, school or campus, or transport operator selection.

If a student who is part of a shared parental responsibility arrangement (’joint custody’) needs travel for a second residence, each parent/guardian will need to go online and complete a separate application which needs to be endorsed by their school. The student will receive one School Opal card sent to their nominated home address, which is coded for all selected and approved operators.

Vally Grego
Acting Principal
Welcome to 2016 and welcome to all new parents to Moorebank High School.

HSC Results 2015

I would like to begin my report by highlighting the outstanding HSC results from last year. Congratulations go to all Year 12 who completed their HSC and have begun the transition to work, TAFE or University. Special congratulations also go to the following individual students:

- Igor Buvac. Top ATAR of 99.75, 3rd in the State in PDHPE, All Round Achievers list (for students with a Band 6 result in 10 or more units).
- Aini Baharuddin 16th in the State in PDHPE.
- Simran Pun. 1st in the State in Hindi Continuers (Saturday School)

As well as impressive individual results, the following highlights the successes across the whole year group:

- 101 Band 6 Results
- 200 Band 5 Results
- The school was ranked 137th in the state
- The school’s exam mean was greater than the state exam mean in 18 subjects.
- The average results in ALL KLAS (Key Learning Areas) were greater than the state average.

The Department of Education also provides data about how schools ‘add value’ to a student’s learning by comparing their position in Year 9 NAPLAN (Reading and Numeracy) with their relative position in the HSC. Both our higher performing group of students (Bands 9 and 10 in NAPLAN) and our lower performing group of students (Bands 5, 6, 7 in NAPLAN) had average positive value-added results.

Subject Choices and Study Patterns

In the last month students in Years 9 to 12 have spent time evaluating their subject choices and study patterns. This can be a challenging time for students as they consider career paths, meeting requirements and maximising their ATAR. Extensive support was provided, and will continue to be provided, by classroom teachers and Head Teachers, the school’s careers adviser and transition adviser, Year Advisers and the Welfare Team, the Stage 6 Coach and from Deputy Principals. These issues can also be confusing for parents. Should you have questions about subjects, RoSA, the HSC or the ATAR, don’t hesitate to call me. You may also consider visiting the following websites that have information specifically for parents.

http://www.uac.edu.au/schoolink/

Year 11 Assessments

Recently Year 11 students received their assessment booklets that outline how your child will be assessed in each of their subjects as well as the requirements surrounding the submission of assessment tasks. The Year 10 Booklet will be issued shortly. I encourage all parents to become familiar with the information about absences and late submission of tasks to ensure your child correctly follows school assessment procedures. All assessment booklets and the forms needed to apply for an extension or other special considerations can be found on the school’s website.

Mobile Phones

I have visited classes on a regular basis over the last few weeks and it has been pleasing to see students purposefully engaged in their learning. One distraction, however, that can often occur is mobile phones. Please do not call your child during scheduled lessons as students’ phones are to be off and away during class time. If there is an emergency it is best to contact the school office.

Duke of Edinburgh Award

I will soon be holding the first information meeting for all students interested in undertaking the Duke of Edinburgh Award at our school. The Award is an enriching program that invites young people between the ages of 14 and 25 to participate in a number of activities over a set length of time. Students complete between 3 – 6 months a fitness / physical recreation; a skill; undertake volunteering and participate in an adventurous journey. If you want your child to become involved but would like more information about the Award, feel free to call me or visit the Duke of Edinburgh website.


As you can see, a busy start to the year, but one that will enhance the already high quality of teaching and support that all students receive at Moorebank High School.

Greg Horsley
Deputy Principal Later Years
Introducing the all new PDHPE/Languages Faculty

In 2016 PDHPE and Languages have combined to become the one faculty. It has been an extremely smooth transition and we are excited about how the two KLAs can unite to provide enriching and quality learning experiences for all students at Moorebank High School. The new team is:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cassie Debreczeni</td>
<td>HT PDHPE/Languages</td>
</tr>
<tr>
<td>Belinda Eathorne</td>
<td>2IC PDHPE/Languages Yr 9 Year Adviser PDHPE</td>
</tr>
<tr>
<td>Liz Dubois</td>
<td>House L2L Leadership Group PBL Committee Member Languages</td>
</tr>
<tr>
<td>Lorena Fedele</td>
<td>Sports Organiser Yr 9 Assistant Year Adviser PDHPE</td>
</tr>
<tr>
<td>Brad Mitchell</td>
<td>Year 12 Year Adviser PDHPE</td>
</tr>
<tr>
<td>Artemis Turner</td>
<td>Languages</td>
</tr>
<tr>
<td>Christie Xenakis</td>
<td>Sports Organiser Year 7 Year Adviser Literacy Committee Member PDHPE</td>
</tr>
<tr>
<td>Angela Nardo</td>
<td>Stage 6 Coach Transition Officer</td>
</tr>
<tr>
<td>Wendy Cooper</td>
<td>Returning from Maternity Leave in 2016</td>
</tr>
</tbody>
</table>

Coming up in 2016 for PDHPE

- MCOS Sports Coaching initiatives to continue. We are hoping to continue to be involved in the primary schools Friday sports programs, conduct an Athletics Coaching Clinic and host an MCOS Basketball Tournament.
- Australian Sporting Schools Program – Australia’s largest schools-based sports participation programme to help children foster a lifelong interest in sport. 1 of 40 schools nationwide selected. Potential to receive up to $12,000 to run sports programs before, during and after school. Information is still being finalised with the Government agency coordinating the programs with selected schools, however, we are excitedly brainstorming ideas on how the funds could benefit our students.
- Adidas Fun Run / X-Country returning (fundraising component optional). Students have the opportunity to win prizes and we can’t wait to see students involved in this exciting event.
2015 HSC Success Stories

2015 was the most successful year for PDHPE in the HSC. Some of our successes include:

8 x Band 6
5 x Band 5
Igor Buvac placed 3rd in the state in PDHPE
Aini Baharuddin placed 16th in the state in PDHPE
PDHPE performed above the state average in 2015

Congratulations to the students on their hard work over the two years of senior studies and a big thank you to the dedication of last year’s Year 12 teachers who created high quality learning experiences for our students. Good luck to the graduating class!

House Website

We would like to advertise the hard work of Ms Dubois and her House leadership group. Working tirelessly behind the scenes for carnivals and other school activities to celebrate students actively living out our BRAVE values, this group is showing great initiative in building house spirit within the school.

One key aspect of the website is to track the House points accrued by students through sports carnivals and BRAVE awards. Students can also earn points for their house by participating in lunch activities run by the house leaders.

Visit the website today at http://mhshouse.weebly.com/
On Thursday the 4th February over 600 Moorebank students packed into Birrong Swimming Pools for the annual Swimming Carnival. We were very fortunate that the rain in the morning went away as we were all excited to see many of our brilliant swimmers showcase their talents.

House competitiveness and school spirit was paramount as every house displayed their pride in one way or another. The Hulks looked fierce and mean and were out to prove that they will be the strongest team. The Tigers may have been quiet in the pool but they roared ever so loudly in the ‘war cry’ competitions. The Cookie Monsters were cheering around the pool to support their swimmers and Cookie Monster herself entertained many in the crowd. However, despite the effort that the Hulks, Tigers and Cookie Monsters put forth, it didn’t stop the Redbacks from biting and leaving a massive sting on the others as they took out the carnival with a solid win.

The Redbacks accumulated a total of 563 points. The Cookie Monsters were successful in denying the Hulks of second place with 534 points. Hulks finished on 508 points and the Tigers finished in fourth place on 209 points. It is the participation of not only the swimmers but the supporters too that make up these points.

Congratulations is extended to the following students who have been crowned as Age Champions of the school:

<table>
<thead>
<tr>
<th>Age</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>12yrs</td>
<td>Lara Britten</td>
<td>Thomas Hamilton</td>
</tr>
<tr>
<td>13yrs</td>
<td>Jasmine Tran &amp; Yenny Sun</td>
<td>Lachlan Baker &amp; Julius Bradley</td>
</tr>
<tr>
<td>14yrs</td>
<td>Elysha McCabe</td>
<td>Jamie Valois</td>
</tr>
<tr>
<td>15yrs</td>
<td>Rachael Dimond</td>
<td>Dylan Ward</td>
</tr>
<tr>
<td>16yrs</td>
<td>Brenda Keo</td>
<td>Marko Janjentovic</td>
</tr>
<tr>
<td>17+yrs</td>
<td>Aleisha Thackray</td>
<td>Ellesse Carini</td>
</tr>
</tbody>
</table>

All students should be commended on their effort as they all displayed sportsmanship and embodied the school’s BRAVE values, even when the teachers nearly came back from third place, to win in the senior relay. Additionally, it was terrific to see so many students participate in the newly introduced volleyball competition that happened on the day. A big congratulations and thanks to the House L2L Leadership for implementing the Year 12 Volleyball tournament and all their hard work behind the scenes to make the carnival a success.

It is the participation of all students and staff that makes this such an enjoyable event. We look forward to an even bigger and better swimming carnival next year. A big thank you to Ms Fedele, Mr Mitchell, Mrs Nardo and Ms Dubois for their efforts in coordinating the carnival.
Sports stars already making their mark

We have already received some exciting news regarding students’ achievements in the sports arena in the first few weeks of the year. With the first round of Zone Trials completed the following students were successful in gaining a position in Bankstown Secondary School Sports Association’s teams:

- Laith Ayari and Brendon Wood – Open Boys Basketball
- Mia Pihema-Colbran and Beatitude Ncube – Under 15 Girls Touch
- Zuo Yu – Open Boys Tennis
- Daniel Thomas – selected in the GWS AFL representative team for his age group

With Zone Trials taking place on Tuesday 23rd February, we are sure there will be more good news to come.

Outside of school, a big congratulations to:

- Ellesse Carini for being selected in the Under 18’s Australian team for Ice-Hockey. Ellesse will be travelling to Bulgaria to compete at the Ice-Hockey World Championships in March.
- Jasmine Tran won gold at the recent State Swimming Titles in the 100m and 200m Breast-stroke

We love hearing about the success of our students in sport, both in school teams and outside of school. If your child is successful in sport please feel free to let the PDHPE staffroom know.

Year 11 Crossroads RoadWhyz excursion

Year 11 will be attending the RoadWhyz presentation at Bankstown Sports Club on Thursday 10/3/16. The excursion has been organised as a component of the compulsory Crossroads program that the Department of Education mandates all Stage 6 students engage in. The presentation involves guest speakers from the Police, Ambulance and Fire Departments talking about the impact motor vehicle accidents have on individuals and the wider community. Parents who have lost teenage and young adult children also speak to encourage young people to make responsible decisions behind the wheel, so they may save their parents the pain they experience on a daily basis. Ms Eathorne has been attempting to organise a spot for our students to the presentation for over four years and her persistence has paid off this year. So Year 11 please return your money and permission notes to the Front Office as soon as possible. It could be one of the most rewarding excursions you ever experience! Visit the website at [http://www.roadwhyz.com/](http://www.roadwhyz.com/) for more information.
New PDHPE Year 7 teaching programs – the opportunities we are creating for Year 7 and Senior Sports Coaching students

Year 11 and 12 Sports Coaching students have been assisting PDHPE teachers in coordinating the fitness testing activities that Year 7 students have been completing in their practical lessons. The Year 11 and 12 students are working alongside Year 7 classes to conduct the activities and have been doing an outstanding job. The Sports Coaching students are able to develop their coaching skills in a hands-on approach. It also allows the senior students to gain mandatory work placement hours required in all VET courses. It’s been encouraging to watch the senior students show care and support to our younger students, engage them in physical activity and be a positive role model.

The fitness testing activities are a part of the newly designed Year 7 teaching program. In the new unit titled “FITT for life”, students are learning about the importance and value of leading a physically active lifestyle. Students are provided with the opportunity to assess their fitness levels whilst developing a deep understanding of the components of fitness. The unit has a strong numeracy focus, which we as PDHPE teachers, hope will assist students in developing not only their health knowledge but also their ability to graph data, interpret graphical information and promote higher order thinking skills in analysing a variety of data sources. It is our objective to play our part in preparing students for the upcoming NAPLAN tests. PDHPE has begun consultations with the Maths Faculty to explore opportunities to engage students in cross KLA teaching initiatives.
Learning to Live by Learning Languages at Moorebank High School

2016 shall be a wonderful year as the learning of languages has commenced in an impressive manner with Year 8 French and elective French classes participating in a most enthusiastic manner. Senior Modern Greek students in Years 11 & 12 are also enjoying their Greek studies so far and look forward to the year ahead.

A number of activities are being planned for our students:

**Term 1** - The Little Snail French Restaurant Excursion

**Term 2** - Theatre LOTE (French Theatrical Performance)

**Late Term 2/ Early Term 3** - Diethnes Greek Restaurant Excursion.

In addition to the above, the French and Greek students will be provided with opportunities to enhance their language learning through cultural activities that are appropriate to their area of study which may involve film, e-pals, food tasting as well as arts & crafts. Students will be advised by their language teacher when various events will take place throughout the year closer to the date planned for that particular activity.
During Week 2, Drew Percy and Teagan Sanders of Year 11 were invited to attend the NRL Youth Summit in Brisbane. Whilst in Brisbane the two students participated in a variety of activities including meeting the NRL All-star and Indigenous All-star players. For Drew meeting Matty Kapow and discussing how he used goal setting to achieve his dream of being a NRL player was a key highlight. Drew said this has allowed him to use goal setting in order to “achieve greater standards for his life”.

Drew and Teagan were able to dine with the two teams for breakfast, lunch and dinner. Another highlight was hearing from guest speaker Jessica Mauboy. Ms Mauboy talked about how she first became involved in music and her experiences pre and post Australian Idol. She too spoke about how important goal setting and hard work is in achieving your dreams. Meeting Jessica Mauboy was a favourite moment for Teagan, as well as meeting James Graham from the Bulldogs.

For Teagan the workshop on “Pain and Pleasure” was a memorable moment. The key message was talking about how sometimes to get to where we want to go we have to do the hard yards. For the football players, this meant training hard, overcoming challenges and eventually seeing themselves realise their dreams. For students today, the “pain and pleasure” can be looked at in relation to school as working hard to get your best grades so that you can get into the university/college/TAFE course that will allow you to get your dream job. Teagan has said this has inspired her to work hard to achieve her best results as she commences her senior studies.

As a part of the summit, Drew and Teagan met with other indigenous students from Australia and New Zealand and were able to go on a ferry ride along the Brisbane River, played ten pin bowling and engaged in a painting workshop with up and coming Indigenous artist, Chern’ee Sutton. This has allowed new friendships to form and has been very encouraging for Teagan.

Drew said it is definitely an experience he would love to repeat again. Teagan also stated she would love to do this again. The NRL is currently looking for sponsors to allow this program to continue in 2017 and beyond.
Moorebank High School has enrolled in the **Premier's Reading Challenge** and your child is encouraged to participate. The former Premier, the Hon. Bob Carr, instituted the Challenge to encourage a love of Reading. The current Premier will award a signed certificate to all students who complete the Challenge! (Students can also earn School Merit Certificates as they complete the challenge.)

**What is the Challenge?**

The Challenge is to read **20** books between 7th March 2016 and 19th August 2016. Of those **20** books, at least **15** must be chosen from the Premier’s book list. The other **5** can also be from the list or the student’s own choice but they should be a similar quality to books on the list.

The Reading list can be viewed at [http://www.schools.nsw.edu.au/premiersreadingchallenge](http://www.schools.nsw.edu.au/premiersreadingchallenge)

The school library also has a printed copy of the list.

**What else do students need to do?**

Students need to complete an **online reading record** accessible via their DET portal page. (Mrs Tierney can assist any students who need help filling in their online reading record.) **Students must complete their online Student Reading Record by 19th August 2016 (11:59 pm) to complete the Challenge.**

**What do parents/caregivers need to do?**

It is a condition of entry that all students entering and successfully completing the Premier’s Reading Challenge will receive an official **PRC certificate and their names will appear on the PRC Honour Roll.** Please sign the permission slip issued to your child to indicate that you accept these conditions of entry. Premier’s Reading Challenge Certificates will be awarded in December 2016.

If you have any further questions about the **Premier's Reading Challenge** please contact me in the School Library on 9601 3999.

Mrs L. Tierney
Teacher Librarian, Moorebank High School
How parents can help students in the senior years of school

Andrew Fuller

When you have a student completing the senior years of school, everyone in the family is doing Year 11 or 12. Here are a few ideas for coming through these years flourishing, and having everyone’s dignity intact.

Parents have a vital role in helping students:
Manage time
Manage energy
Manage stress
Manage to get everything in at the right time and in the right place.

In addition to this you have to manage yourself.

Developing the System

Regular planned times for study throughout the year creates better results. Short regular sprints of learning are more effective than long study marathons. To create this you need to work out a system.

Sit down with your student and map out an ideal week including:
Times for sleeping (at least 8 hours a night) Times for unwinding and relaxing
Best breakfast foods
The best times for study
The best time of the week for consolidating notes and extending memory
Time to catch up with friends
Required school hours
Time for part time work (less than 10 hours a week)
How to handle invitations around exam times.

Without a plan, you are simply left with doing what you like when you feel like it and often feeling like studying is not probably the most likely emotion in teenagers’ lives.

Study sprints should be ideally 20 minutes long and never longer than 50 minutes with a ten-minute break between study sessions.

Usually on the weekend, have some time set aside for organising information and testing memory of new information.

Patiently, talk through the system until you all feel that you have the best plan. Ask them how often you should remind them of the system when they don’t seem to be following it.

You may also need to discuss minimizing distractions—excessive social media use, listening to music while studying, multi-tasking or chatting with friends online is not compatible with studying. Multi-tasking is just splitting your attention and means you’ll need to study four times longer than you need to.

As a parent of a senior school student, keep yourself informed. Come to information sessions and parent-teacher meetings yourself. Stressed students don’t always store detailed information well so take notes of key dates and requirements.
Steering students back to the system

It is hard to get through Year 11 or 12 without some meltdowns. When a melt down occurs rather than starting a long conversation about it or providing a motivational pep talk, think about what your student needs- Food? Rest? Exercise? Some social time? Try to quietly arrange for this to occur.

How to deal with the catastrophic thinking Pacifying or reassuring the unsettled senior school student is a fine art. Acknowledge to yourself in advance that anything you are likely to say is probably going to be heard as the “wrong thing”.

Generally what you do is more important than what you say. Providing meals, comfort and for some, reassuring hugs is often more powerful than words.

Some teens “freeze up with fear” and want to avoid schoolwork completely. Try to avoid getting into lengthy debates about the merits of the current educational system or their own intellectual ability. Instead, go back to basics. Feed them. Hydrate them. Rest them. Then gently bring them back to the topic. Ask them to tell you what they do understand about an issue. I they will initially with, “I know nothing” say, “Well, tell me what you think you know”. Slowly rebuild confidence.

What to do when the system breaks down.

When you are planning the system develop a rule of “never miss twice”. We know there are days when even the most well thought through system falls into tatters. Accept this but also plan never to miss twice. For example, I can take a complete break from my study routine for one day but not for two days in a row.

Around August is the most common time for students to become disheartened and lose motivation. However the work done in August and September probably adds more to the final results that any other stage of the year. The reason is that by this time most of the basics have been covered and we are now able to add the higher order thinking and deepen understanding.

If taking on new information seems too much at this time, go through the process with them of organising information, drawing up flow charts, making memory aids and consolidating notes.

What if my teenager won’t listen to me? Have a confidential chat with one of their key teachers so that they can have a conversation with your student directly about their progress and study strategies.

How to deal with the build up to exams Here is the time to trust the system. Keep things as calm and consistent as you possibly can. Ensure that your student has enough sleep, good food, exercise and social time.

Consider ceasing part time work in the lead up to exams. Also discuss not using or at least lessening the use of social media sites.

If your family has major birthdays during this period it may be worth delaying celebrations until after the exam period.

It is not the end of the world

Your student’s Year 12 result is not their future. There are many other more important determinants of success and happiness in life.

Many people who did not get the Year 12 results they wanted find careers where they thrive.

Above all, remain calm and believe in your student. Adding an anxious parent to a panicking teenager is always a recipe for disaster.

Andrew’s most recent book is “Unlocking Your Child’s Genius” (Finch Publishing, 2015).
ORAL HEALTH SERVICES
FOR CHILDREN UNDER 18 YEARS

IT’S FREE!

We accept Medicare Child Dental Benefits

Dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics.

Clinic Locations:
BANKSTOWN NORTH | FAIRFIELD | INGLEBURN
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PHONE (02) 9293 3333

BOWRAL AND TAHMOOR - PHONE 1300 559 393
NSW School Vaccination Program 2016

Each year NSW Health works in partnership with schools to offer the vaccines recommended for adolescents by the National Health and Medical Research Council (NHMRC) in a school-based vaccination program. Parent Information Kits were sent home to parents/guardians late last year during our Moorebank High School Orientation Day. Please ensure your child does not miss out on this vital vaccination program. To consent to vaccination, parents/guardians are advised to read all the information provided in the Kit, complete and sign the Consent Form and return it to school front office by Wednesday 16th March 2016.

Some benefits to consider:

- Free vaccine is only available to students who have a signed consent form and who commence the vaccine course whilst they are in Year 7.
- Students who miss vaccine doses due to absence on the day of the nurses’ visit will be offered catch-up vaccination at subsequent school clinics visits throughout the year. Where this is not possible, parents will be advised of the free catch-up vaccination available at their local GP during the school year only.
- Parents who choose to wait for their child to be older before consenting to vaccination will be required to pay for the vaccines privately.

Students in high schools in 2016 will be offered the following vaccines:

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Number of Doses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varicella (chicken pox)</td>
<td>1 dose</td>
</tr>
<tr>
<td>Diphtheria-Tetanus-Pertussis (dTpa)</td>
<td>1 dose</td>
</tr>
<tr>
<td>Human Papillomavirus (HPV)</td>
<td>3 doses</td>
</tr>
</tbody>
</table>

Please ensure the child eats breakfast on the day of the school vaccination clinic.