



Congratulations to our new MHS Leadership Body for 2019.

Principals Report

Having the title of a leader brings with it a greater sense of responsibility and pride. A leader is not someone who takes control yet is able to delegate and use all the strengths of their team to achieve the best outcome. A leader is able to communicate effectively, take on board constructive feedback and also have the best in mind for all of their peers, striving for equality for all.

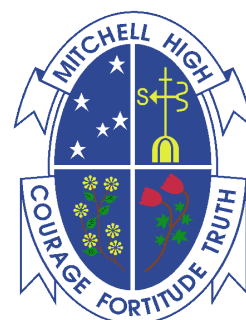
On Friday 7th September we inducted our new school leaders into their roles in a formal assembly attended by staff, students and families. It is encouraging to see the commitment these students and those of Year 7 to 10 are prepared to make for their school which they clearly feel proud to represent. I look forward to working with the new school leaders and would like to thank the outgoing representatives for their commitment over the past 12 months.

The past term of office has been a particularly successful year for the group with so many opportunities to develop leadership and to be involved in school and community events. Students audited their school environment and offered forth ideas about how they might be proactive in making improvements.

This years leadership team have worked towards building stronger links between students, teachers and the wider community. School house captains lead the Swimming and Athletics carnivals encouraging house participation and attendance at these events.

Important dates to remember

P & C and Parent Forum	Wednesday 14 November 6.30pm
Year 12 Graduation Assembly	Thursday 27 September
Year 11 Clearance	Friday 28 September
Term 4 Commences	Monday 15 October
HSC Exams	Thursday 18 October - Friday 9 November
Year 7 & 8 Yearly Exams	Monday 29 October - Friday 2 November
Year 9 & 10 Yearly Exams	Monday 5 November - Friday 16 November



School leaders also supported staff on open night to promote our school to Primary school students and their families. In this role they escorted groups around the school answering questions and performing various duties as required.

Some members of the group have also been representatives on various school committees including where their participation has ensured student opinions are represented in the decision making of the school and that information delivered to the whole school is representative of all opinions within our school community.

I would like to formally thank all students who have been involved in the School Leadership team in the last term of office and in particular the members of the senior leadership group who have been outstanding role models. I look forward to working with the students we have been inducted for 2018/2019. They have shown to be inquisitive and always willing to go above and beyond.

I would like to thank Ms Larrea, for always having the time to listen and provide constructive feedback to the Leadership team. Without her ongoing support and assistance the success of this Student Leadership Body would not be possible.

The prestigious Rotary Youth VET Award ceremony were held at the The Hills Sport High School. We were very pleased that a number of our VET students have been nominated for the awards by teachers and the employers and who facilitated the work placement component of the students' courses. Congratulations to Emma Warncken for Food and Beverage; Alisha Skinner for Retail Services; I am also delighted that one of our much loved VET Teachers, Catherine Saul received an Excellence in Vet Award. I would also like congratulate Alex Griffiths for receiving the Student Industry Placement Award for Hospitality.

Farewell Year 12

As term 3 Term 2018 draws to a close we are contemplating saying goodbye to our Year 12 students. Year 12 are feeling a slight reprieve with major works and practical examinations out of the way.

On Thursday 27th of September our school will be saying farewell to our Year 12 students and celebrating the completion of their secondary education through the auspicious graduation ceremony. It is a time filled with mixed emotions of both excitement and melancholy for the students. It is such a compliment to the staff and the school community to hear Year 12 students express sadness on their high school years coming to an end and leaving Mitchell High School. Although not wishing

our students to be too upset it is pleasing to hear the sentiment of positive relationships and belonging to their school.

As most parents would be saying, the time has flown past and it was not long ago that these students entered Year 7, wide eyed and apprehensive of the unknown future high school was to bring. Six years later they have grown into exceptional young men and women who have made significant contribution to both our school and the community. On behalf of the school community I wish our Year 12 students the best as they approach the HSC exams and pursue their post school pathway. On behalf of Year 12, I would like to thank their year advisor, Mr Adam Allam and Assistant year advisor Mr Spencer Lam who has been an immense supporters and mentors to this year group. As this is the last letter for Year 12, the staff and students Mitchell High School would like to wish every student in Year the very best in their forthcoming examinations. Teachers will be available in timetabled lessons or by appointment for those final revision questions right up until the day of each exam, so do not hesitate to seek advice.

"Remember the only silly question is the one that is not asked!"

Keeping things in perspective

The Year 12 cohort has just completed their trial examinations and some of them are even involved in the HSC assessment for their Major Works in Industrial Technology, Visual Arts, Textiles, Society and Culture, Advanced English, Music and Drama.

The final years of schooling can be stressful for parents or carers, as well as, for students. As parents you should be careful not to get too anxious yourself. Try to avoid putting your own anxieties about your son's or daughter's future onto them. Most young people cope well. For some, however, the pressure and expectation to do well can be harmful. For parents or carers it can be difficult to find a balance between being supportive and being over involved. It can help to know that the HSC no longer gives results by comparing your son or daughter with other students. The HSC reports how they are achieving when compared with a set of standards. Encourage your son or daughter to concentrate on mastering the standards rather than competing with others. It can also be helpful to remember that employers look for more than academic skills. They want an employee who can communicate well, work collaboratively as part of a team and remain optimistic under pressure. These skills are developed both at school and in students' life outside school. You should remind your child of all the useful skills they have already learned in this way.

How to help

You can help by encouraging your son or daughter to have realistic expectations. Help them to remain open to the wide range of options for further education and careers available after the HSC. Let them know that you have confidence in their ability. Reassure them that:

- Your affection and concern is not dependent on how well they do in an exam
- There is life after the HSC and it can be good whatever their results.

Preparing for the HSC

Preparing for the HSC is like preparing for a sports final or major performance. Plenty of sleep, healthy food, rest and recreation are essential in the period immediately before exams. Students need a balance between study, work, socialisation and sport. For these reasons, it is important for parents to discourage teenagers from doing nothing but study. They should be encouraged to avoid medications except on the advice of a doctor or pharmacist. Organisation is the key to confidence. Encourage your son or daughter to have a study plan that:

- Uses exam and assessment results to set priorities
- Reflects their teachers' advice
- Covers subjects systematically
- Includes time for work, leisure and other commitments

Remember that your 'child' is now a young adult with their own ways of studying. These may be different to how you studied when you were at school but could be just as effective.

Stress

Some stress is unavoidable and is normal for us all. Stress is part of life and some students thrive on it. It motivates them to do their best. You should nevertheless monitor your son's or daughter's stress level to see if it is rising to a level which they are no longer able to handle. No one sign by itself necessarily suggests a problem but be alert for significant changes in his or her behaviour.

Indicators may include:

- Suddenly finding it more difficult than usual to concentrate
- Extreme irritability or sensitivity
- Skipping meals
- Withdrawal from contact with others

Seeking professional help

Signs of depression should not be ignored. In addition to the above these can include:

- Continually looking sad and talking sadly
- Negative self-talk (putting themselves down)
- Talking about being unable to cope

If you think your son or daughter is becoming too stressed, raise the matter with them, discuss options and, if the problem seems significant, encourage them to seek advice from their teachers, school counsellor or other supportive professional such as your family doctor. It may be appropriate for you to go with them to this person.

What does the school do?

There are people who can help at school including the following:

- Year Advisers - assist students with choice of subjects, monitor their reports and provide a point of contact between the school and students and parents
- Careers Adviser - provides advice about a range of career options, tertiary studies and post-school training opportunities.
- School Counsellors - provide counselling for personal issues, assist students to clarify their goals and assisting them with exam anxiety. They refer students to other agencies concerned with the health and welfare of students when necessary and liaise with these agencies if appropriate.
- Subject teachers - who will provide individual help when needed.

If you have any concerns, please contact the school sooner rather than later.

"Believe you can and you're halfway there." – Theodore Roosevelt



**Ms Marinis
Principal**

Tournament of Minds 2018

On Sunday 26th August, six teams from Mitchell High participated in the annual Tournament of Minds academic competition at Western Sydney University. Teams comprised groups of students across years 7-10. Our teams competed in the disciplines of STEM, Social Sciences, Language Literature, and The Arts. All six teams represented the school with immense skill and gracious professionalism, demonstrating the diverse capabilities of students at our school.

Two of the six teams were successful in achieving recognition for their work. We received Tournament Honours in Social Sciences, Team #1. Team Social Sciences #2 were also awarded a Tournament Spirit Award, which rewards students who demonstrate particularly the values of TOM and who may have overcome hardship in completing their presentation. We are proud to have facilitated this result and all teams conducted themselves as strong competitors, devoting many hours over weekends and after school to complete their challenges.

Tournament of Minds is a problem-solving programme for teams of students from both primary and secondary years. TOM is one of the fastest growing international school programmes with the involvement of thousands of participants. TOM aims to enhance the potential of our youth by developing diverse skills, enterprise, time management, and the discipline to work collaboratively within a competitive environment.

Mrs Mahony, Ms Bell and Mrs Lukas have worked with teams to develop their collaborative, critical & lateral thinking, and performance skills throughout Terms 2 & 3 this year. TOM@MHS is comprised of students undertaking the Year 9 High Achievers program and is open to other students in Years 7 and 10 who nominate themselves for teams. We look forward to another spectacular year in 2019.



Miss Bell
Tournament of Minds

Rotary Youth Vocational Awards 2018

On Tuesday the 18th of September, the Rotary Clubs of Parramatta held the "Rotary Youth Vocational Awards" initiative recognising the achievements of young people attending schools in the City of the Parramatta local area. Two awards were presented to Mitchell High School on this night. The first award was presented to Emma Warncken for Hospitality Food and Beverage. Emma is a dedicated student who has excelled in all areas of Hospitality. She always works to the best of her ability and her personal qualities include cheerfulness, a composed nature and the ability to handle stressful situations with ease. She has demonstrated proficiency and professionalism at all times.

The second award was presented to Alisha Skinner for Retail Services. Alisha is a committed student who has demonstrated an aptitude for Retail Services and completes tasks to the best of her ability. She has developed good work ethics and demonstrated excellent customer service skills whilst on work placement.



School Industry Partnership Award 2018

On Tuesday the 11th of September, Year 12 Vocational Education students were awarded certificates for their outstanding performance during work placement and a consistent effort in their respective subjects over the period of two years. Alex Griffiths received an award for Hospitality Food and Beverage. Alex is a dedicated student who has always demonstrated a positive attitude in Hospitality and shown keen interest in acquiring skills

and knowledge in all components of this subject. She always strives for excellence and is a keen learner who is motivated to refine and develop skills in all aspects of Hospitality. Alex performed to the best of her ability during work placement and was commended by the supervisors for the commitment demonstrated. This award was presented at the School Industry Partnership Awards function held at Wyndham High School.



Mrs Depalo
Head Teacher Technologies

Heritage Day

Another fantastic Heritage Day took place on Friday 31st August. This annual event is held for the whole school to celebrate the vast diversity and multiculturalism within Mitchell High School. It was wonderful to see the outstanding colourful costumes worn by students and staff. The day began with fun filled activities on celebrating multiculturalism around the world and finished with a competitive game of Kahoots to test the students knowledge. After recess, the students went to the hall where they were entertained by performances from some of our very talented students.

Students later in the afternoon were able to try a wide variety of food from differing cultures. Music was played under the COLA where students could participate in a variety of cultural dances. To add to the fun and excitement, students and staff were able to take part in a colour run and inflatable obstacle course. Mr Campbell, Mrs Pares and Ms Marinis had lots of fun getting very colourful with the paint!

This year, the School Directors past and present, P&C members, Police Youth Officer, Police Officers, members from Blacktown City Council, past staff of Mitchell High School and Principals from our local primary schools were all invited to celebrate the day and enjoy the festivities.

Once again, this day was a huge success despite the impending weather. We look forward to this annual event next year to celebrate the many wonderful cultures we have here at MHS.

Labscene @ MHS

2018 R.A.C.I. Australian National Chemistry Quiz



Over 100,000 students from 1,495 schools from 20 countries took part in this year's Quiz - a truly international event in chemistry education. Out of the 1,495 schools that participated this year, 439 schools came from Australia and 119 Schools came from NSW.



Mr Debrincat
Head Teacher Science

We had 14 students from Mitchell High School (in Years 8, 9, 10 and 11) participate in the quiz this year.

The awarding of certificates of merit is described below:

- HD Excellence - Award of Excellence for outstanding performance
- High Distinction - The top 10% of students in the state
- Distinction - The next 15% of students in the state (10% - 25%)
- Credit - The next 15% of students in the state (25% - 40%)

I'm proud to announce that this year we received: 2 Distinctions and 2 Credits in the 2018 Chemistry Comp

Well done to the following students:

Year 8 2018

Wilson He (Credit) Positioned in the top 33% of all Australian participants in Year 8.

Adam Torralba (Credit) Positioned in the top 25% of all Australian participants in Year 8.

Year 9 2018

Pujya Maharaj (Distinction) Positioned in the top 12% of all Australian participants in Year 9.

Year 11 2018

Christine Tint (Distinction) Positioned in the top 18% of all Australian participants in Year 11.

Students from MHS in Year 8 and Year 11 scored above the State and Australian Average – Well done!! Congratulations to all students who participated in this year's Chemistry Competition.

If you are interested in participating in the 2019 Chemistry Competition – it will be run in Term 3 – date and time to be advised closer to the event - will cost \$5.00

Variety Night

On Wednesday 5th September the Creative and Performing Arts Faculty hosted Variety Night in the school hall. The students involved in this concert showcased some of the work which they had been creating during Dance, Drama and Music lessons this year. Students worked extremely hard on perfecting their performances for the night which contributed to a fantastic, smoothly presented program. We had a great support crew made up of teachers and students who worked tirelessly during preparations.

Thank you to all the students who performed and to the teachers and students who assisted in the organisation and preparation for the wonderful evening and our senior executive for their support.



The Circus has come to Mitchell

On Friday 17th August 2018, as part of the Play and the Developing Child Assessment Task, the Year 11 Exploring Early Childhood students took on the challenge to transform room 11 into a "Circus" theme Child Care Centre. Some staff and parents from our local community volunteered to send their 3-5 year olds to the centre for the day.

The day was filled with fun filled activities where the young children could get their picture taken with a colourful clown, participate in numerous carnival activities such as pin the tail on the elephant, ping pong toss, knock down cans, fishing for ducks, numerous craft activities, a game of memory, a treasure hunt and an outdoor obstacle course. The children thoroughly enjoyed the day and the Year 11 students had the opportunity to experience what it would be like to work in the childcare industry.



Careers @ Mitchell

Green Light Day-8 August

The Green Light Day 2018 took place at the Woolworths Distribution Centre at Minchinbury. This excursion highlighted the different job opportunities in the Transport & Logistics Industry. The students had a presentation of diverse people in all types of jobs, toured the Distribution Centre and got to try their hand at the truck simulator. Thank you to all the students that attended.

HIA Trade Expo 13 September

The HIA Trade expo took place at the Novotel Olympic Park. This excursion was for students interested in the Building and Construction Industry. There were information booths from different GTOs (Group Training Organisations) and apprenticeship boards. There was a presentation from HIA, the students got to ask questions to a panel of employers and apprentices as well as hear from Eels player David Gower and his journey not only in Rugby League but as an Electrician.

Visual Trade Expo & Try-A-Trade 14 September

The Visual Trade Expo took place in Hall 4 & 5 at Sydney Olympic Park. This excursion was for students interested in the Visual Industry, students that are creative, have an eye for detail and are looking for a hands-on trade that isn't widely known about. The students got to try their hand at wrapping a car in what we would call decorative stickers (called wraps, in the industry), wrap a motor cycle tank, print on a t-shirt, attach a vinyl wrap to a board and add lettering. We also saw the awesome gigantic printers that produce all kinds of print on different materials. Come and have a look at some of the photos on the Careers TV in the Library.

Please make sure you listen out during roll call for other Careers Excursions and events, don't miss out.

Year 10

Compulsory Work Experience

During the holidays is a great time to organise your work experience if you have not yet. Please make sure you check your assessment booklet for available weeks and get the paperwork completed employers and by parents before we start Term 4.

Are you interested in an apprenticeship for 2019?

You should already be applying for jobs. I send emails to your school accounts, please read them and act immediately so you don't miss out. Remember, there

are very few people that get their first job out of just one application. Apply, apply and apply again until you get what you want.

Careers at Mitchell high School Facebook page:

Parents and students are welcome to follow the schools official Careers Facebook page. Please keep up to date with information

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

Choose a job you LOVE, and you will never have to work a day in your life - Confucius



Mrs Rumi Badger
Careers Advisor

What's going on in the maths department...

Math tutoring

Maths Tutoring is available in room 54 between 3:15pm and 4:15pm on Wednesday for senior students and Thursday for any student from years 7-12. Please feel free to come along and take advantage of the extra help in term 3.

Online Resources

The school has purchased Mathletics for years 7 to 10 and Edrolo for years 11 and 12. Students have been given their own login from their teachers, which can be used at school and at home. Tasks have been aligned with what the students are doing in class and each year group (7-10) get a period each cycle to complete these. Students should also access the program from home to assist them to revise and consolidate what they are doing in class. The Edrolo program is an excellent resource for senior students to not only consolidate what they are learning in class but also as a resource when preparing for assessment tasks.

Math STAR Awards Term 3:

Congratulations to the Math STARS this Term. Keep up the good work.

Year 7: Prem Desai, Emma Bailey, Christina Tokic, Rod Pasiona, Amberskye Ramos, Aadhi Senthil Kumar, Paea Finau, Basma Mohamed, Shengtao He, Ethan Fagan, Parthiban Maheswaran, Abbey Pinington, Amish Krishna, Caitlin Clinghan, Ethan Tran.

Year 8: Augustus Amedume, Annabel Lam, Jennifer Stanley, Sarah Wood, Hajar Ata, Corey Flindt, Igor Obucina, Joshua Mares, Anjana Kaflay, Atishay Sharma, Giorgina Modica, Atilla Turedi, Jeramyer Ruaporo, Layla Elakhras.

Year 9: Tyler Johnson, Venkata Kambala, Paige Akhurst, Bonnie Lee-Eyles, Ukasha Ali, Navneet Singh, Kenan Ferizovic, Annika Giglio, Zack Santos, Jaida Jones, Tapaia Tonga, Arthur Niko Lesa, Najibah Wakili, Wairingiringi Kohu.

Year 10: Elvan Uzal, Carlee Godfrey, Daniel Rivers, Angela Smith, Sarah Ferguson, Thanaphat Korpornprasert, Bianca King, Luke Ervin, Jasmyn Bucher, Allira Anecchini, Omid Rahmani, Will Cordina.



Year 12 GMN

Year 12 Non-Atar students have been using balloons as a tool and mathematics involved to find their Lung Capacities, using normal and deep breathing. The activity was a lot of fun and a great learning experience to them

Good luck to Year 12 for their HSC Examinations and their future endeavours from the Maths Faculty.



THANK YOU TO THE BELOW BUSINESSES FOR THEIR SUPPORT TOWARDS OUR P.R.I.D.E. CARD INCENTIVE

The staff and students of Mitchell High School would like to 'THANK' the below businesses for their continued support towards our P.R.I.D.E. (Personal Responsibility In Daily Effort) in Blacktown Card.

We rely and need businesses support for this school incentive, as it enables our school to offer discounts to students as a reward. The P.R.I.D.E. Card discounts provided to students have a greater significance and status, and we thank them for their ongoing support in recognising student achievement. We couldn't do this without their help.

COMPANY	DISCOUNT
BCF (Mega Centre Blacktown)	10% discount of RRP
Bing Lee (Mega Centre Blacktown)	Visit the store for special offer
Cake it Away (Blacktown)	10% discount off RRP (excluding Mothers/Fathers/Christmas Eve)
Gametradars (Westpoint Blacktown)	10% discount off RRP
Gloria Jean's (Westpoint Blacktown)	10% discount off individual purchases only
Mel's Tasty Bites (MHS Canteen)	10% discount off individual purchases only
LTRENT Driving School	20% off first lesson using the code "mitch20"
McDonalds (Mega Centre Blacktown)	20% discount off individual purchases only
OPSM (Westpoint Blacktown)	15% discount off lenses (Code: MGR) (exclusions apply, see OPSM staff)
Rebel Sport (Westpoint Blacktown)	10% discount off RRP (exclusions apply, see Rebel Sport staff)
State Wide Jewellers (Westpoint Blacktown)	15% discount off full price items
The School Locker (MHS Uniform Shop)	10% discount off the RRP (excluding technology, see The School Locker staff)

MITCHELL HIGH SCHOOL

Delivering excellence through innovative & unique learning opportunities for student success

A: Keyworth Drive Blacktown NSW 2148
T: 9622 9944 / 9622 8926
F: 9831 2805
E: mitchell-h.school@det.nsw.edu.au
W: www.mitchell-h.schools.nsw.edu.au



2 July 2018

Dear Parent/Carer(s)

DONATE YOUR ANNUAL 2018-2019 BLACKTOWN CITY COUNCIL PLANT ALLOCATION TO MITCHELL HIGH SCHOOL

We are seeking parent/carers and community support to donate their Blacktown City Council plant allocation to our school. These plants will be planted on school grounds. So if you pay Blacktown City Council rates and would like to donate your annual free allocation of 2 plants to our school, please fill in the below and return this form back to the Mitchell High School Administration Office as soon as possible. Alternatively, you can email your signed form to: mitchell-h.school@det.nsw.edu.au and attention the email to Ms Lindsay.

These donated plants will be used for planting on school grounds and your donation will be appreciated by students and staff of Mitchell High School.

Regards

Ms E. Marinis
Principal

I/We _____

Parent/Carer(s) Full Name on Blacktown City Council Rate Notice

reside at _____

House Number / Street Name on Blacktown City Council Rate Notice

Suburb

Postcode

have NOT collected my 2 free plants from Blacktown City Council this financial year (2018-2019) and would like to donate them to Mitchell High School for planting on school grounds.

_____/____/____ 2018
Parent/Carer Signature Date



MITCHELL HS

CONCESSION CARDS

2018 / 2019

Delivering excellence through innovative & unique learning opportunities for student success

ARE YOU 16 YEARS OF AGE OR OVER

If you are, then you need to collect your new 'Student Concession Card' from the MHS Administration Office

Students who are 16 years of age or over are now eligible to collect their **2018/2019 Student Concession Cards** from the Mitchell High School Administration Office. These cards can only be collected during **lunch**.

Any student, who misplaces their Student Concession Card during the year, will need to re-apply for a new one by collecting a form from the Administration Office. This form is lodged by the student at their nearest railway station, emailed or faxed, with a replacement cost of \$28.00.

Please contact the Administration Office on the above number if you have any queries. Thank you.

Ms Halls

School Administration Officer

Principal: Ms E. Marinis
A: Keyworth Drive Blacktown
T: (02) 9622 9944
F: (02) 9831 2805
W: www.mitchell-h.schools.nsw.edu.au
E: mitchell-h.school@det.nsw.edu.au



HOMework CENTRE

ON EVERY WEDNESDAY,
THURSDAY AND FRIDAY
IN THE LIBRARY

- TEACHERS AND SENIOR PREFECTS
ASSIST WITH HOMEWORK AND
ASSIGNMENT ENQUIRIES
- USEFUL STUDY TIPS PROVIDED
- COMPUTERS AND BOOKS AVAILABLE

FROM 3:10 - 4:10 PM

When riding a **push-bike / skateboard or scooter** to MHS – you need to wear a **helmet!**

Reasons for wearing a helmet:

- To protect you from a head injury in an accident that could lead to a permanent disability or even death.
- Avoid an on the spot fine of **\$319** by the police, regardless of your age.



Breakfast Club

FREE BREAKFAST

Every Friday Morning

7:45am Start

Mitchell High School Hall

9621 3964 | info@hopechapel.org.au | www.hopechapel.org.au

HOPE
CHAPEL

Free Breakfast Club

Free Breakfast Club

**Breakfast
at
Mitchell**

**Breakfast
at
Mitchell**

**Wednesday mornings 8:00am — 8:40am
In the library**

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In the library**