

MITCHELL HIGH SCHOOL

Address: Keyworth Drive, Blacktown NSW 2148
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RESPECTFUL, ENGAGED AND ACTIVE LEARNERS

March 7

MHS SCHOOL LEADERS 2018



Congratulations to our new MHS School Leaders for 2018.

Welcome back to another school year. We have had a great start to the new year with all students coming in settled and ready for learning. We trialled a new program for the beginning of Year 7 called, the Launch Project. Students were not placed into classes for the first week and a half but instead participated in Peer Support Activities and a range of guest speakers, including talks from Police and PCYC, they then were involved in a Project Based Learning Experience in the classrooms. Students were placed in mixed groups to learn how to use Google Classrooms and all its applications to complete a group project. As a school we feel that this has been the most settled start to a year for our Year 7 cohort ever, this has also been seen by all teachers in the classrooms where the students have entered classes ready for learning. A huge thankyou to Ms Starink, Ms Barber, Ms Sands for all the organisation of the project as well as the teachers who made it happen and work.

Communication

Please make sure you are regularly checking the School Website, Facebook if you are on it and the Skoolbag App (you need to update your app if you have not used it for a while) for school updates and information. It is important that you are aware of what is going on around the school so you can best support your child/ren. We like to put community announcements on the Facebook page, as well as school information to help support you in the parenting journey.

Student Support @ MHS

We are very fortunate to have some equity funding to support our students in many ways.

Important dates to remember

P & C and Parent Forum	Wednesday 7 March
Year 6 into Year 7 2019 Information Meeting	Tuesday 6 March
MHS Cross Country Carnival	Thursday 29 March
NAPLAN practice test	Tuesday 20 March - Thursday 22 March
Public Holiday	Friday 30 March - Monday 2 April
Year 12 Half Yearly Exams	Tuesday 3 April Friday 13 April
Year 11 Half Yearly Assessment Period	Tuesday 3 April Friday 13 April



- Students in Years 7 – 12 will have workshop sessions with Elevate Education, an outside agency we engage to support students to develop good study habits and patterns through all years.
- Years 11-12 have access to Edrolo for some subjects. This is an online resource full of videos, tutorials, practice questions and quizzes designed to support learning in the classroom. Students can access this 24/7 and use it to consolidate learning across the subjects.
- Athletics and Word Flyers are online resources aimed at supporting the development of literacy and numeracy skills in the students.
- Homework Centre is open Wed, Thurs, Fri in the library for an hour after school where students can access teacher support and the library resources to get work and assessments completed.
- Maths tutoring/help on a Wednesday afternoon or Thursday afternoon to get extra support or help with anything mathematical.

HSC minimum standards update

Please visit the NESA website for updated information.
<http://educationstandards.nsw.edu.au/wps/portal/nesa/home>

From this year, Year 9 NAPLAN tests will no longer be available as an early way for students to demonstrate the standard. This change has been made to ensure NAPLAN remains focused on its diagnostic purpose and to reduce unnecessary stress on young people.

Current Year 10 students who achieved a Band 8 or above in a 2017 Year 9 NAPLAN reading, writing or numeracy test are recognised as having met the HSC minimum standard in that particular area and will not need to sit the corresponding online test. All other students will be enrolled to sit the tests this year and information will be sent home to inform parents.

Thankyou for your continued support of the staff and students and please remember to continue to communicate with us so that we can best work with your children.



Mrs Pares
Deputy Principal (Years 7, 9 & 11)

Tell Them From Me student feedback survey (Term 1, 2018)

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used Tell Them From Me to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 12 March and 13 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by Friday 16th March. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>

Parent FAQ document for the student survey:

http://surveys.cese.nsw.gov.au/images/pdf/TTFM_Student_Survey_FAQs_Parent_and_Carers_T12018.pdf

NAPLAN Practice Test

As you may be aware, NAPLAN testing is going online in 2018. In preparation for this change, schools across Australia are about to undertake Practice Tests with current Year 7 and 9 students.

During March 20th, 21st and 22nd, students will be participating in the NAPLAN Online Test. Students will sit a 45 minute online test to practise using the new system. No student results will be derived from these tests.

Students may choose to bring a mouse if they prefer this to a laptop trackpad, and they may bring their own

headphones if they do not wish to use the ones supplied.

Students will be notified regarding when they will be sitting the test. Their cooperation, support and feedback during this time will be important as we endeavour to have all school systems and procedures working effectively in preparation for the 2018 NAPLAN testing.

If you have any questions or concerns regarding the NAPLAN Online Practice Testing, please contact Miss M. Scheerhoorn at the school.

Show me the way: Journey to Freedom 2

Eight MHS students partnered with Show Me the Way, a national mentoring organisation, to create a series of short-form documentaries called Journey to Freedom 2. The series was created by high school students who are themselves from a refugee background. These documentaries tell the unique stories of Australians from a refugee background and their individual journeys to successful lives in Australia. Journey to Freedom 2 shows how these people overcame difficulties, forged pathways and found meaning in a new country.

Through Show Me the Way, our students were guided by experienced mentors to conduct interviews and to use camera skills for filming their own documentary stories. The students' work was edited and compiled into the film, Journey to Freedom 2, which was launched on 16 February, 2018, at the State Library of New South Wales. Our students were able to attend the launch and celebrate the films they had created.

"The Show Me the Way program really helped me build my confidence and really inspired me to look into the entertainment industry. The stories that I heard from various people really inspired me and made feel like I'm not alone and that there are many people that have gone through the same experience." - (Ala Abdelrahman)

"I gained inspiration as a refugee that being a refugee does not stop you from achieving great things. I loved the experience of filming and creating, and seeing the end product inspired me to want to look at a career in film-making. This program gave me some experience and new views of many things in life." - (Sevda Mahboobifard)



Ms Sequeira
EALD Teacher

Year 8 Geography

Did you know that 71% of the Earth is covered in water, yet less than 1% is accessible as drinking water?

Year 8 Geography students (8E, 8M, 8S) do, thanks to their topic this term, 'Water in the World'.

Students have been busy learning about the water cycle and where in the world water can be found. As young geographers, they not only are learning about our world and the impacts humans have on environments, but also what they can do to live sustainably and help ensure our planet is around for future generations to enjoy as well. World Water Day is coming up on March 22nd - check out <http://worldwaterday.org/> to find out more about the importance of water and what we can do to help.

Their first assessment task will be a topic test on their Water and the World topic and Geographical Skills at the end of this term.



Mrs Morris
Social Science Teacher

Mathematics

Welcome to Mitchell High students from the maths department!

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

This week Mr Hafiz tutored a group on Thursday and here's what some students had to say:

"Today we learned how to change the subject of a formula. Mr Hafiz is a great teacher who explains it thoroughly." - Dale

"Today we helped year 8 students with work and learnt maths (concepts) that we didn't understand. It (tutoring) is really good for catching up as well." - Erin



The school has purchased Mathletics for years 7-10. 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 group gets 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. Years 7 to 10 will have a small portion of their assessment mark each term from completing set tasks in the Mathletics program.

The Maths Faculty run the Australian Mathematics competition (AMC) for 7A and top math classes, the Maths Olympiad for 7A, 8M1 and 8M2 and the challenge competition for 10M1. The dates for the AMC and the Olympiad will be available in the second newsletter in week 10 this term.

Luna Park will run at the end of the year as a reward excursion for year 9 students.

The Maths STAR award morning teas will run again each term this year rewarding students recognised by their teachers to be having STAR qualities in the math classroom.

Calculators are available to purchase from the maths department for \$25. Pay the money at the front office and bring the receipt to the Maths Faculty.



Ms Burness-Cowan
Head Teacher Mathematics

PDHPE

The PE department has started the year with a splash. The weather has been perfect to get out and get active. Please encourage your child to limit their screen time to 2 hours per day and utilise the longer daylight hours to be active after school.

A reminder to all our students that the PE uniform is compulsory. This includes the PE shirt, shorts and joggers. We also strongly suggest that all students wear the school hat to ensure they are sun safe at all times.

A reminder to all parents if your child has a medical condition that will prevent them from participating in lessons please ensure you send them with a note clearly stating why they cannot participate. If this is an ongoing medical condition please supply the school with a medical certificate to ensure their grades are not affected.

Mitchell High School is participating in the Coles Sports for Schools program. We would really appreciate if all our families could collect the tickets and place them in the box provided outside the PE staff room and in the front office. This will benefit every child as it will enable us to buy new sporting equipment.

During stage 4 and 5 classes, students are completing the Fitness and Gymnastics Units. It is wonderful to see how talented our students are. It is important all our students are actively involved in each and every lesson to gain all they can.

Year 11 PDHPE students have been given a wonderful opportunity to gain certification in First Aid. This course is invaluable and will last for 3 years. More details to follow shortly.

With the term half way through, all classes will be receiving their assessment tasks. Many of the tasks will be utilised using Google Drive. Students will need to submit their work to their teacher by the due date stated on the task via hard copy or shared on the drive. A reminder all tasks are due by 3.05pm on their scheduled due date.

Year 7: Pictures of Me task

Year 8: What's happening to me now task

Year 9: Food Product task

Year 10: Party Safety task

PASS: Body Systems task

Dance: Performance task and journal

Year 11 SLR: Games and Sports Application 2 task

Year 11 PDHPE: Assessment period weeks 9-10

Year 11 Dance: Performance Task

Year 12 SLR: Coaching Task, Practical Task

Year 12 PDHPE: Core 1 and Core 2 Topic Test

Year 12 Dance: Work in Progress for all practical works

Dance

Term 1 is already shaping up to be a very busy term in the Dance department. Ensemble students are preparing audition pieces for School's Spectacular, Synergy Dance Festival and Celebrating The Arts, we wish them the best of luck in these auditions. The Hip-Hop Dance Group have started their lunch time rehearsals every Wednesday & Thursday. After school rehearsals commence 28th February. Year 7 and 8 Dance Group has begun and is help every Tuesday at lunch, this group is open to any student in these year groups, no audition required.

Sport

Sport Uniform

Students are to ensure that they are prepare with their full sport uniform for Tuesday Sport, this includes the correct footwear. If the uniform is misplaced, lost or in the wash they will still be allowed to participate if they bring a note and alternate sports gear. Students who do not bring their full PE uniform will be sent to Sport detention for the afternoon.

Tuesday Early Leavers and Sickness

Students who require an early leaver's pass on Tuesday are to bring their note to Mr Grozdan in the PDHPE staffroom before recess. Students will then pick up their leaver's

pass from the print room at lunch. Students who are sick or injured will also bring their note to the PDHPE staffroom by the end of Recess. These students will then go to the Library during sport time.

Swimming Carnivals

Splash! We hosted a successful swimming carnival full of colour and noise. We witnessed Ashlee Bloomfield, a Mitchell High School Star, as she smashed record after record at the School Swimming Carnival. We also observed the emergence of a new star, Charlie-Rose Collins as she set a few records of her own. Overall, it was wonderful to see so many students getting involved in either competitive events or novelty races, representing their house wearing the colours proudly. A huge thank you to teachers and students who assisted on the day of the carnivals, days like this don't happen without your support. The winning house for the swimming carnival was Mirrabooka, Congratulations!

To see photos from the day please visit our facebook page <https://www.facebook.com/MitchellHSBlacktown/>



Mrs Spadina
Head Teacher PDHPE

Year 8 Camp

Year 8 students have been invited to go on their first high school camp. This is a great time for students to socialise together and form stronger friendship groups as they enjoy a range of activities based around outdoor themes, team trust, abseiling, giant swing and vertical cluster.

When is it?

Week 9, Term 3
17th September- 19th September 2018.

Payment?

First payment is due on 15th of March (Thursday, Wk 7, Term 1)

Second payment is due on 24th of May (Thursday, Wk 4, Term 2)

VENUE / ADDRESS:	The Tops Conference Centre – 51 Bendena Gardens, Stanwell Tops NSW 2508
WHEN:	17th September 2018 – 19th September 2018
EXCURSION COST (\$): NON-REFUNDABLE	\$305
DEPARTING TIME:	Meeting in Senior Area, departing at 8:30am
DEPARTING FROM:	Bus Bay, Mitchell High School
RETURNING TIME:	Approximately 3:00pm, Wednesday 19th September 2018
DISMISSED FROM:	Mitchell High School
TRANSPORTATION:	Bus from school to Camp site (return)
DRESS:	A suggested pack list will be provided prior to camp
PAYMENT GIVEN TO:	Front Office
PAYMENT DUE:	Booking Deposit (\$150) - Thursday 15th March 2018 Full Payment – (\$305) – Thursday 24th May 2018
TEACHERS ATTENDING:	Miss Kwan and other teachers TBA
RETURN PERMISSION NOTE:	Monday 28th May 2018 to CAPA Staffroom
STUDENTS NEED TO BRING:	Students will be issued a suggested packing list.
STUDENT MEDICAL DETAILS:	If your son/daughter has a medical issue please fill in the details on the next page
EXTRA INFORMATION: (if applicable)	See attached information

For more information please refer to the camp notes provided to students. Spare copies are located in the CAPA staffroom.



Miss Kwan
Year 8 Adviser/Camp Coordinator

CAREERS @ MITCHELL

Year 10 students undertake a Careers Education Course, in which students participate in a fortnightly Career lesson. In these lessons students will be given the opportunity to reflect on their interests/goals and explore various career options. This exploration will enable students to gain an understanding of the many different career opportunities available to them and create a personalised Career Pathway. This process will highlight the various study requirements necessary and assist with subject selection for Year 11 and 12 so students can achieve their goals.

As part of the Careers Education Course, students will participate in the Work Experience Program. This program runs for one week during the year (min). Students must organise their own Work Experience and to relate it to their possible post schooling occupation to gain the most out of this time. It is mandatory for students to attend work experience. Students must return all work experience paperwork one week prior to Work Experience. All year 10s will receive a Work Experience Pack with instructions during their Careers classes. Accelerated students need to collect the pack from the Careers Office.

Work Experience is an integral part of the Careers Education Course at this school. The aim is for students to gain first-hand experience in the workforce of their chosen area.

The following is a list of steps required for the organisation of Work Experience.

1. Please discuss with your child their preference for a Work Experience placement.
2. Your child (not parents) will be required to organise his/her own Work Experience placement. It is preferred that the student does not work for or with your family, as the aim is to broaden their experience, knowledge and independence.
3. Students are to attend each day of the placement for the whole working day of the industry that they are experiencing (not school hours) and comply with the rules and regulations of that industry. Travelling to and from home and work should be by e.g. public transport, paid by the student.
4. A teacher will make an "on the job" visit from this school whenever possible; otherwise, a call to check on progress will be made to assess the suitability of the job and the progress being made.
5. The employer will not pay a wage during the time of placement as payment for the work raises legal

complications and in reality the employer is taking on the student in the capacity of a learner or volunteer.

6. REMEMBER TO CONSULT THE CAREERS ADVISER FOR HELP. The Careers Adviser will not know of your problems or difficulties, please see me sooner rather than later.

All Year 10 students are expected to attend the Western Sydney Careers Expo at Olympic Park Friday 29 June 2018. Permission notes will be available soon.

The school values your co-operation and involvement in the Work Experience Program.

Where can you find Careers Info? Your school email address, the Daily Communicator, MHS website, Careers Notice Boards (in Library).

YEAR 12 NOTICES:

UAC NEWS - Please visit the UAC website

University preferences will be open early mid Term 3. You should already be making choices of which Uni degrees you'd like to choose. You have 5 choices in your online UAC application. Please make sure you put them in order of your preference, no matter whether you can get the target ATAR or not. The on time applications will close 28 September, 2018.

Early entry to UNI

Universities have programs for early entry, some call it Schools Recommendation Scheme, or Principle Recommendation Scheme. This means you get a guaranteed entry to university before you sit your HSC, and the ATAR to get in to the course is lower than the one needed after the HSC exams (not all courses are included). Please check the requirements for application. The following universities have an online application through UAC, they are; ANU, CSU, GU, LTU, MQ, SCU, UC, UNE, UTS and UWS. The applications will open mid Term 3 and will close 28 September. All other Universities and colleges have their own application system; please see their website ASAP as they may close earlier.

Open days (Also a good idea for years 10 and 11).

All universities and Private colleges will start advertising their open days (check online at individual Uni or UAC) Please take the opportunity to go and experience the different campuses and get as much up to date info as possible so you can make the right choice for you. Take your friends/parents etc. It's a great day out.

Equity Scholarships (ES)

Are available at some Universities for financially disadvantaged students (this includes you if you receive Austudy, Abstudy, or any Centrelink payments). Applications online at UAC website, open early mid Term 3, close 29 September.

Educational Access Scheme (EAS)

Most of UAC's participating institutions have Educational Access Schemes (EAS) to help students who have experienced long-term educational disadvantage gain admission to tertiary study. Please check the conditions. There are seven broad categories of disadvantage:

- Disrupted schooling, financial hardship, home environment, English language difficulty, personal illness/disability, refugee status, school environment.

Please use time wisely to plan your Uni/TAFE needs.

Remember, if you need help, please see the Careers Adviser



Mrs Rumi Badger
Careers Adviser

catherine.rumibadger@det.nsw.
edu.au

MITCHELL HIGH SCHOOL

Delivering excellence in education since 1964



OPEN NIGHT

YEAR 6 INTO YEAR 7 (2019)

We invite you to explore the 21st Century learning opportunities offered at Mitchell High School

TUESDAY 6 MARCH 2018

6.30PM – 8.30PM

**MITCHELL HIGH SCHOOL HALL
KEYWORTH DRIVE BLACKTOWN**

- *Meet & talk to our Senior Executive Staff & teachers*
- *Tour our school grounds*
- *Explore our classrooms*
- *Discover educational opportunities we provide our students*



MANDATORY FOR ALL STUDENTS

MHS ATHLETICS CARNIVAL

Friday 18 May 2018



MHS CROSS COUNTRY

Thursday 29 March 2018

Student notes will be distributed closer to date

YEARS 7, 11 & 12

PARENT TEACHER INTERVIEWS

Wednesday 16 May 2018

3.30pm – 7.30pm (via appointments)

MHS Hall

Student notes will be distributed closer to date

A BIG THANK YOU

TO THE FOLLOWING BUSINESSES FOR THEIR CONTINUED SUPPORT

- **Blacktown City Council**
- **Future Air Conditioning & Refrigeration**
- **Innovative Dance Co**
- **Michelle Rowland MP**



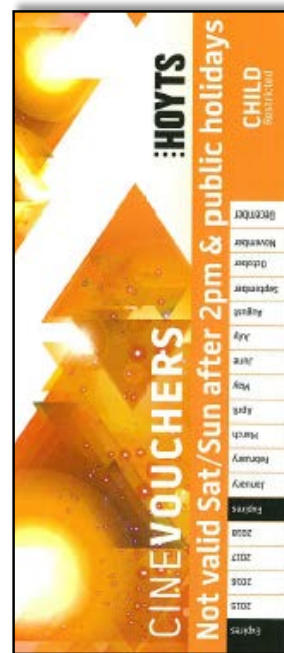
Science Encouragement Award 2018

One student from every Science Class in Yr7- 10 is nominated for this award once a Term by their Science Teacher.

- To become a recipient of this award – the student must be a **Respectful, Engaged, Active, Learner** in the classroom, show interest in the subject, has made a consistent effort with their learning, shown improvement and is willing to get involved in all activities.
- The winner of such an award will receive:
 - A Science Encouragement Award Certificate to add to their Portfolio.
 - 5 Vivo-points will go towards their Vivo account.
 - 5 points will go towards their House.
 - A McDonald's Food Voucher worth \$5.
 - As well as their names will be published in the Electronic School Newsletter

(Published on the **School Website** and on the **Skoolbag app**)

- Just to add a little more excitement to this award – **The School Principal will** select one recipient from each year group by placing all of the **Term** recipients into a hat and drawing a winner to receive a **Hoyts Movie Ticket**.



Could you be the next recipient of the Science

Encouragement Award?

Good luck!!

(HT Science – Mr Debrincat)





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MHS FEE SCHEDULE 2018

SCHOOL TECHNOLOGY FEE	Year 7 \$	Year 8 \$	Year 9 \$	Year 10 \$	Year 11 \$	Year 12 \$
School Technology Fee	50	50	50	50	70	70
Resource / Printing Fee	30	30	30	30	30	30
Sport Levy	50	15	15	15	15	15
P & C Donation (1 per family)	5	5	5	5	5	5
SUBJECT FEES	Year 7 \$	Year 8 \$	Year 9 \$	Year 10 \$	Year 11 \$	Year 12 \$
Computing						
Information and Software Technology			20	20		
Information Processes and Technology					20	20
Software Design and Development						20
Creative and Performing Arts (CAPA)						
Music		40	40	40		
Music 1					40	40
Photographic and Digital Media (includes a Visual Photography Journal)			70	70		
Photography, Video and Digital Imaging (includes a Visual Photography Journal)					80	
Visual Arts (includes a Visual Arts Process Diary)	45		55	55	75	75
Mathematics						
Scientific Calculator (Casio fx82plus)	25	25	25	25	25	25
Science						
iSTEM Robotics			60	60		
Social Science						
Business Studies						40*
Retail Services (VET)					40	
Technology and Applied Studies (TAS)						
Child Studies			30	30		
Construction (VET)					60	
Construction (VET) Uniform & White Card					80*	
Exploring Early Childhood					30	20
Food Technology			80	80	40	40
Graphics Technology			20	20		
Hospitality (VET)					70	70
Hospitality (VET) Uniform					55*	
Industrial Technology – Electronics			60	60		
Industrial Technology – Engineering			60	60		
Industrial Technology – Metal			70	70		
Industrial Technology – Multimedia			20	20		
Industrial Technology – Timber			60	60		
Multimedia Technologies					20	
Timber Products and Furniture Technologies					60	30*
Technology and Applied Studies (Mandatory)	60	60				
Textiles Technology			50	50		
Year 12 Jersey / Jacket						
Year 12 Jersey/Jacket (refer to MHS uniform regulations/sanctions/dress code)					80 – 100* (approx.)	

Please Note:

* Prices subject to change.

EXCURSIONS / INCURSIONS	Year 7 \$	Year 8 \$	Year 9 \$	Year 10 \$	Year 11 \$	Year 12 \$
Years 7 – 12 Science Competition	8	8	8	8	8	8
Year 7 – 12 Chemistry Competition	5	5	5	5	5	5
Year 7 Geography Excursion	45					
Year 7 Swim & Survive Swim School (PDHPE) Included in Year 7 Sport Levy	40					
Year 8 Medieval Day Incursion (History)		10				
Year 9 Fashion Parade Excursion (Textiles and Design)			20			
Year 9 Luna Park Excursion (Mathematics)			45			
Year 9 Jenolan Caves Camp (Science)			190			
Year 9/10 Elective History Excursion			30	30		
Year 10 Canberra Excursion – Day (History)				50		
Year 10 Canberra Excursion – Overnight (History)				150		
Year 10 CSI Incursion (Science)			15			
Year 10 Crossroad Camp (3 Days) (PDHPE)				300***		
Year 10 Fashion Parade Excursion (Textiles)			20	20	30	
Year 11 Ansto-Nuclear Reactor Excursion (Chemistry)					30**	
Year 11 Ansto-Nuclear Reactor Excursion (Physics)					30**	
Year 11 Field Study Excursion (Biology)					50**	
Year 11 First Aid Certification (PDHPE)					70**	
Year 11 First Aid Certification (SLR)					70	
Year 11 Investigating Science Excursion					30	
Year 11 Legal Studies Excursion					40	
Year 11 Outdoor Education Excursion (PDHPE)					50	
Year 11 Outdoor Education Excursion (SLR)					50	
Year 12 Study Day (Ancient History)						35
Year 12 Ansto-Nuclear Reactor Excursion (Chemistry)						30**
Year 12 Ansto-Nuclear Reactor Excursion (Physics)						30**
Year 12 Geography Excursion						40**
Year 11 Investigating Science Excursion						25
Year 12 Jenolan Caves Excursion (EES)						35**
Year 12 Marketing (Business Studies)						40**
Year 12 Study Day (Modern History)						35
Year 12 I Fly Skydiving Excursion (Physics)						
Year 12 Study Day (Society & Culture)						35
Year 12 UWS Workshops x 2 (Chemistry)						20 each

Please Note:

The above excursion price list is in the *planning stages*. This is an approximate guide for parent/carer(s).

* Prices subject to change.

** These excursions are limited to Assessment Courses.

*** Part of the Mandatory 25 hour Personal Development, Health and Physical Education (PDHPE) Course.

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INFORMATION ON MHS FEES

There are three types of fees:

Resource / Printing:

All monies received are directed through to whole school resources such as library books, reference material, periodicals and photocopying. This is a conscious effort to improve the quantity and quality of learning support materials for students.

Subject Fees:

Subject fees are mandatory and go towards paying for materials consumed during the production of student work and projects e.g. food, wood, textiles, paints, canvas and so on. All subject fees are kept to a minimal rate and any fee changes are negotiated with the Principal and the MHS Parent & Citizens Association (P & C).

All monies requested for specific subject fees are used solely for the purchase of consumable materials in those subjects. It is most important that students experience the use of a range of materials from fabrics to timbers to sheet music to provide a broad and solid foundation of learning in early secondary years. The payment of subject fees provide the school with the funds to purchase materials necessary for use by students in these subjects, taking advantage of bulk buy and GST free prices which can be obtained by the school.

Junior Fees:

- Students who are not able to pay the subject fee in one instalment must negotiate a payment plan with the school by Term 1 Week 4, or they may be asked to select a non-fee paying subject in consultation with the Deputy Principal or Principal.
- Students in Year 9 will not be able to select a fee paying subject for the following year (Year 10) if their fees remain unpaid. In consideration of this it is important to note that there are many non-fee paying electives that students can choose.
- Students will be unable to attend non-curricular excursions and international visits etc. unless they have paid their subject fees.

Preliminary and HSC Fees:

Some subjects attract additional fees as a result of their use of additional consumable materials. All costs are kept to a minimum but are necessary in order to provide the materials to meet the practical components of the subject.

- Students who elect to take these subjects are required to pay for the materials and uniforms that are required to meet the subject requirements.
- Students who have not paid their fees or negotiated a payment plan, will be required to bring in all of the necessary equipment and supplies for practical lessons.
- Students are unable to purchase the Year 12 jersey/jacket or attend non-curricular excursions such as international visits, Year 12 big day out, Year 12 formal etc. unless they have paid their subject fees.

School Technology Fee:

Technology fees help to enhance Mitchell High School provision of educational, sporting and other extra-curricular programs. The level of payment has been negotiated with the Mitchell High School community and all attempts are made to keep these at a minimum. Monies received are used to supplement the school's base financial allocation. All monies received are directed through to whole school resources such as computers, licensing fees and other technologies and software.

If your child's fees are paid in full during Term 1 of each year, your fee will be reduced by \$10.00 to act as an incentive. We understand that the costs of living today are high, but your support in early payment would be greatly appreciated, and provides an immediate means for improving the quality of education provision for your child. If you have any difficulties with your payments, please contact the school to negotiate a payment plan.

Invoices with detail information regarding payment of fees will be posted early in Term 1, then reminders throughout the year.

Ms E. Marinis
Principal

METHODS OF PAYMENT

Payments can be done in four ways:

Parents' Online Payment

Link on the school's website: www.mitchell-h.schools.nsw.edu.au. This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner and these details are not passed back to the school. Payments can be made using either a Visa, MasterCard credit or debit card. The payment page is accessed from the front page of the school's website by selecting \$ Make a payment. Payment(s) for subject fees, school contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance) can be made here. There is also a category called 'Other': this is to cover items not covered in the previous heading. 'Other' can be used to make a payment of miscellaneous items e.g. overseas tours, calculators, textbooks etc. Uniform items are **NOT** to be paid for through the online payments system as these must be bought from the uniform shop. Once your transaction is complete a receipt of payment will be emailed to you by Westpac. Please note that the school will not re-issue you a receipt.

When you access the \$ Make a payment you must enter:

- the student's name, and
- class and/or reference number **OR**
- the student's name, and
- date of birth.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed. For any enquiries regarding the Online Payment process please contact the School Administration Office.

Cash/EFTPOS

Payment(s) at Mitchell High School's Administration Office

Cheque

Payment(s) at Mitchell High School's Administration Office
Cheques made payable to Mitchell High School

Telephone

Payment(s) via telephone providing your credit card details



MITCHELL HIGH SCHOOL

Delivering excellence through innovative and unique learning opportunities for student success

Principal: Ms E. Marinis
Address: Keyworth Drive Blacktown 2148
Telephone: 9622 9944 / 9622 8926
Fax: 9831 2805
Email Address: mitchell-h.school@det.nsw.edu.au
Website: www.mitchell-h.schools.nsw.edu.au

HOMEWORK CENTRE

Dear Parent/Carer(s)

RE: MITCHELL HIGH SCHOOL'S HOMEWORK CENTRE

As part of our Equity Funding we are pleased to be able to provide a Homework Centre for students on 3 afternoons a week from Week 3. The Homework Centre will be staffed by a Mitchell High School teacher and a School Leader will also be rostered on for assistance as part of their leadership duties.

The "Homework Centre" will operate every Wednesday, Thursday and Friday afternoon from 3.10 – 4.10pm for students to work on their homework/research/photocopying and /or study.

- Students will need to sign into the Homework Centre each afternoon in the book provided. They do not need to have a prior booking to do so and this allows flexibility for parents to encourage their students to use it as the need arises.
- Students need to remain in the library till the end of the hour and sign out as they leave.
- Each student will be given a stamped card to indicate they were in the library for homework centre help.
- Students are to complete homework, assignments/assessments, study using the resources available in the library.
- Teachers are available to assist students where necessary to complete their work.
- Students should not be eating in the library – they have time prior to entry to do so.
- If a student has a note to leave earlier, they may but must still sign out.

Any feedback or suggestions are welcomed on 9622 9944.

Regards

Ms E. Marinis
Principal

MITCHELL HIGH SCHOOL UNIFORM SHOP



Mitchell High School students are Respectful, Engaged and Active Learners



Mitchell High School Uniform Shop

Address: Keyworth Drive
Blacktown NSW 2148

**Uniform Shop
Operator:** Janine Gale

Trading Hours During School Term:

Tuesday: 8:00am - 12:00pm
Thursday: 12:00pm - 4:00pm

Extended trading hours during back to school.

Contact: MitchellHS@theschoollocker.com.au

***Mitchell High School uniform
range is available online at:
www.theschoollocker.com.au***

Payment options

The School Locker accepts cash, EFTPOS, Visa, MasterCard, Latitude finance, interest free and American Express.

Online ordering

Products are available for purchase online at our website: www.theschoollocker.com.au. From our website you may choose to have your order shipped to you, or you may collect your order from the campus store.

Bring your own Device (BYOD)

School approved BYOD models are available for purchase online at our website: www.theschoollocker.com.au

School shoes

Great quality school shoes are available at Mitchell High School uniform shop and online - in styles that have been approved by the school.

The School Locker recommends that school shoes are fitted several weeks before the school year commences. It is important to allow enough time for your child to wear in, and feel comfortable in, their new school shoes before the first day of school.

**Everything for school in one store:
uniforms, footwear, technology, music,
sport and stationery!**

A wide range of technology devices, musical instruments, sports equipment and stationery is also available for purchase from the retail store in Liverpool and online.

Address: The School Locker
The Grove Homemaker Centre
2-18 Orange Grove Road
Liverpool NSW 2170

Telephone: 02 8796 2100

website www.theschoollocker.com.au
phone 1800 826 155
email service@theschoollocker.com.au

the
**School
Locker**

Price List.

Mitchell High School Compulsory Uniform // Years 7 - 12



Boys Formal Uniform

Junior Polo	APN899020	Junior Polo Short Sleeve Sky	\$27.50
Senior Polo	APN713019	Senior Polo Short Sleeve White	\$27.50
Senior Shirt	ALS010071	Senior Shirt Short Sleeve White	\$27.00
Senior Shirt	ASS010131	Senior Shirt Long Sleeve White	\$27.00
Shorts	ABS616040	Shorts Elastic Waist Grey	\$30.00
Shorts	ABS616041	Shorts Expander Waist Grey	\$30.00
Trousers	ABT616028	Trousers Expander Waist Grey	\$42.00
Tie	TIE016019	Tie Navy	\$20.00

Girls Formal Uniform

Junior Blouse	ASR908025	Junior Blouse Short Sleeve Sky	\$27.50
Junior Blouse	ALR908007	Junior Blouse Long Sleeve Sky	\$29.50
Senior Blouse	ASR010024	Senior Blouse Short Sleeve White	\$27.50
Shorts	AGS640011	Shorts Twin Pleat Navy	\$35.00
Shorts	AGS640010	Shorts Flat Front Navy	\$35.00
Pants	AGT640004	Pants Formal Navy	\$39.00
Skirt	APF604084	Skirt Formal Tartan	\$48.50
Tight	1830TNVY	Tights Navy	\$8.50
Tight	1830TLK	Tights Black	\$8.50

Boys & Girls Sports Uniform

Polo	APN781018	Sports Polo Short Sleeve White/Navy	\$33.00
Shorts	ATM618017	Sports Shorts Microfibre Navy	\$25.00
Jacket	ATJ618015	Jacket Microfibre Cotton Lining Navy	\$60.00
Jacket	618018	Jacket Microfibre Fleece Lining Navy	\$65.00
Pants	ATT618007	Track Pants Microfibre Navy	\$38.00
Cap	MHSCAP	Cap Navy	\$12.00

Boys & Girls Winter Uniform

Jumper	ACJS631001	Jumper Fleece Navy	\$28.00
Jumper	JUM082	Jumper Wool Navy	\$64.00
Scarf	MHSSCARF	Scarf Navy	\$12.00
Blazer	AGZ0010	Blazer Navy (Optional)	\$88.00

Accessories

Apron	5ABIB-NVY	TAS Apron Navy	\$10.00
Apron	5PC	Hospitality Apron Black	\$10.00
Polo	MHSHPOL	Hospitality Polo Black	\$29.50
Hat	MHSCAPC	Chef's Hat	\$12.50

Shoe Requirements

Students are required to wear black hard leather shoes with the everyday formal uniform. Lace up joggers are to be worn with sports uniform. Approved school shoes and sports shoes are available in store and online.



Prices effective 01 November 2017
Prices are subject to change

Finance:	Finance options available. Please see in store for details.
Returns & Refunds:	Please see our full returns and refunds policy online at our website www.theschoollocker.com.au/returns-policy
Special Orders:	Special order service is available for customers that are not covered by the sizing available in store.

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W: www.mitchell-h.schools.nsw.edu.au

CHANGE OF STUDENT DETAILS

Please provide **proof** if changing student's name e.g. Birth Certificate or Passport

Student's Family Name

Student's Given Names

Academic Year / Roll Call

Other Siblings Attending Mitchell High School

☐ Male

☐ Female

Student's Date of Birth _____ / _____ / _____

Student's Country of Birth

DECLARATION OF ACCURACY

I declare that the information provided in this application is the best of my knowledge and belief, accurate and complete. I recognise that, should statements in this application later prove to be false or misleading, any decision made as a result of this application may be reversed. **If applicable, copies of any relevant family law or other court orders must be provided**

Signature of Parent / Carer

Print Name

_____/_____/_____
Date

FAMILY INFORMATION

Mailing Title (Mr, Mrs, Ms, Miss)

Parent / Carer's Full Name

Address

Suburb / Postcode

Home Telephone Number

Mother's/Carer's Mobile Number

Mother's/Carer's Work Number

Mother's/Carer's Occupation

Father's/Carer's Mobile Number

Father's/Carer's Work Number

Father's/Carer's Occupation

Family Email Address (to receive newsletters and information via email)

Change of Living Arrangements of Students

☐ Mother ☐ Father ☐ Grandmother ☐ Grandfather

Domestic Status e.g. separated, divorced or deceased

Turn Page Over →

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W: www.mitchell-h.schools.nsw.edu.au

EMERGENCY CONTACT

If we cannot contact you, in the event of an emergency please provide contact details of at least two other contacts. Please nominate people who may be contacted in the event of an emergency when the parents cannot be contacted. **The contact person *MUST* be someone who can be contacted and are able to collect the student from school in the event of the illness or injury.**

FIRST EMERGENCY CONTACT

Full Name

Daytime Telephone Number

Mobile Number

Relationship to student (e.g. uncle, aunt, sister)

SECOND EMERGENCY CONTACT

Full Name

Daytime Telephone Number

Mobile Number

Relationship to student (e.g. uncle, aunt, sister)

OFFICE USE ONLY

☐ ERN

☐ Emergency Folder

☐ Travel

Administration Signature: _____

Date: ____ / ____ / ____

OTHER PARENT NOT RESIDING AT THE SAME ADDRESS AS STUDENT (not living with student)

Mailing Title (e.g. Mr, Mrs, Ms, Miss)

Full Name

Given Names

Relationship to Student

☐ Requires Report

Country of Birth of parent/carers

Home Telephone Number

Mobile Number

Work Number

Street Number

Street Name

Suburb / Town

Postcode

****If applicable, copies of any relevant family law or other court orders must be provided by parent/carers****

Please tick below attached documents provided to the school

☐ Court Order Documents

☐ Shared Custody Documents

Please notify the school of any changes. For example: parent reconciliation etc.



Mitchell HIGH SCHOOL

2018

Principal: Ms E. Marinis

A: Keyworth Drive Blacktown NSW 2148

T: (02) 9622 9944 F: (02) 9831 2805

E: mitchell-h.school@det.nsw.edu.au

W: mitchell-h.schools.nsw.edu.au

Facebook: www.facebook.com/MitchellHSHBlacktown

Skoolbag App: Mitchell High School Blacktown

Public Holidays

School Holidays

JANUARY							FEBRUARY							MARCH						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	
APRIL							MAY							JUNE						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
30					1			1	2	3	4	5	6					1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
JULY							AUGUST							SEPTEMBER						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
30	31				1			1	2	3	4	5						1	2	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30
OCTOBER							NOVEMBER							DECEMBER						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7				1	2	3	4	31				1	2	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30

Examination Periods

Year 7	NAPLAN: 15 - 17 May & 21 - 25 May Half Yearly Exams: 4 June - 15 June Yearly Exams: 29 October - 2 November	Year 10	Half Yearly Exams: 7 May - 14 May Yearly Exams: 5 - 16 November
Year 8	Half Yearly Exams: 4 June - 15 June Yearly Exams: 29 October - 2 November	Year 11	Half Yearly Assessment Period: 3 April - 13 April Yearly Exams: 13- 26 September
Year 9	NAPLAN: 15 - 17 May & 21 - 25 May Half Yearly Exams: 7 May - 14 May Yearly Exams: 5 - 16 November	Year 12	Half Yearly Exams: 3 April - 13 April Trial HSC: 13 - 24 August HSC Commences: 18 October

Scheduled Events

Years 7 & 11 Start School	School Carnivals
Years 8, 9, 10 & 12 Start School	Swimming Carnival - 16 February
CAPA Variety Night	Athletics Carnival - 18 May
Heritage Day	Cross Country - 29 March
Meet the Teacher Evening for Years 7, 11 & 12	School Photographs
Parent / Carer Teacher Interviews for Years 8, 9 & 10	School Leaders Induction Assembly
Parent / Carer Teacher Interviews for Years 7, 11 & 12	Subject Selection Year 8 into 9
P&C and Parent Forum - 6:30pm	Subject Selection Year 10 into 11
Presentation Day	Year 12 Clearance
P.R.I.D.E. Card Assembly	Year 11 Clearance
School Development Days	Year 10 Clearance
	Year 12 Graduation Assembly
	Year 12 School Formal



Mitchell HIGH SCHOOL

School Contacts

Senior Executive Staff

Principal

Deputy Principal

Deputy Principal

Ms E. Marinis

Mrs L. Pares (Years 7, 9, 11)

Mr C. Campbell (Years 8, 10, 12)

Head Teachers

Administration/Computer Studies

Creative and Performing Arts (CAPA)

English

PDHPE

History

Mathematics

Science

Social Science

Technology and Applied Science (TAS)

Welfare

Teaching and Learning

Teacher Mentor

Miss M. Scheerhoorn

Mrs P. Young

Mrs I. Makhoul

Mrs F. Spadina

Mrs D. Ford-Davis

Ms L. Burness-Cowan

Mr S. Debrincat

Mrs C. Kreiss

Mrs J. Depalo

Ms M. Cate

Mrs J. Starink

Mrs M. Mahony

Coordinators

Industrial Technology Coordinator

Languages Coordinator

Miss A. Stavropoulos

Mrs L. Larkin

Student Advisers

Year 12

Year 11

Year 10

Year 9

Year 8

Year 7

Mr A. Allam / Mr S. Lam

Mr W. Szumyn / Miss K. Barber

Mrs A. Davey / Miss K. Bell

Mr A. Connolly / Mrs B. May

Miss C. Kwan / Mrs C. Saul

Miss D. Sands / Mr D. Grozdan

Specialist Support Staff

Bring Your Own Device (BYOD)

Careers Adviser

Counsellor

Debating

ESL Coordinator

General Assistant

International Student Coordinator

Learning and Support Teacher

Teacher Librarian

School Leaders Coordinator

School Administration Manager

Secondary Studies Officer

Sports Coordinator

Transition Adviser

VET Coordinator

Miss M. Scheerhoorn

Mrs C. Rumi Badger

Mr P. Johnson

Ms B. Beckett

Mrs C. Best

Mr C. Mathers

Mrs C. Best

Mr W. Szumyn / Ms K. Barber

Ms J. Bunt

Miss E. Larrea

Mrs D. Hobday

TBA

Mr D. Grozdan

Mr M. Turner

Mrs M. Prasad

MITCHELL HIGH SCHOOL STAFF LIST

DELIVERING EXCELLENCE THROUGH INNOVATIVE & UNIQUE LEARNING OPPORTUNITIES FOR STUDENT SUCCESS

PRINCIPAL	MATHEMATICS
MS MARINIS	MS BURNES-COWAN (Head Teacher)
DEPUTY PRINCIPALS	MR ALLAM (Year 12 Adviser)
MRS PARES (DP Years 7, 9, 11)	MR HAFIZ
MR CAMPBELL (DP Years 8, 10, 12)	MS KAUR
HT ADMINISTRATION / COMPUTING STUDIES	MR LAM
MISS SCHEERHOORN (Head Teacher) (BYOD Coordinator)	MS BEARDMORE
ADMINISTRATION STAFF	MR RANJIT
MRS HOBDAV (Administration Manager)	MRS VIGNESWARAN
MS COSSALTER (Administration)	MRS WALIA
MISS HALLS (Administration)	PDHPE
MISS MCHUGH (Administration)	MRS SPADINA (Head Teacher)
MRS LINDSAY (Administration)	MR HOCKING
MRS DE GIOVANNI (TAS Assistant)	MRS MAY
MRS GUTTEK (Attendance / Rolls)	MISS SANDS (Year 7 Adviser)
MRS JONES (Photocopying)	MRS BROOKS
MRS KLEIN (Science Assistant)	TBA
MRS SMALLWOOD (Library Assistant)	SCIENCE
MS MATHERS (Administration / Library)	MR DEBRINCAT (Head Teacher)
AUTISM CLASS TEACHER	MS CHRISTENSEN
MRS LEWIS	MR CHUNG
CAREERS ADVISER	MRS DAVEY (Year 10 Adviser)
MRS RUMI BADGER	MRS DUFFELL
COUNSELLOR	MRS HUTCHINSON
MR JOHNSON	MS LARREA
MS WALKER	MRS MAY
CREATIVE AND PERFORMING ARTS (CAPA)	MRS RA
MRS YOUNG (Head Teacher)	MRS SHAW
MR WESTON	SCHOOL LEARNING SUPPORT OFFICERS (SLSO)
MISS KWAN (Year 8 Adviser)	MS BANDERA
MR MUSCAT	MR FERGURSON
MRS VAN TRIER	MRS MANOLAKOS
ENGLISH	MRS MAUTAMA
MRS MAKHOUL (Head Teacher)	MS ROWLAND-CLARK
MS ABSALOM	MRS VANDERWAL
MS BECKETT (Debating Coordinator)	SOCIAL SCIENCE
MISS BELL	MRS KREISS (Head Teacher)
MRS BYRNE	MR CONNOLLY (Year 9 Adviser)
MRS KHAN	MR DANISHYAR
MRS KAUR	MRS EDWARDS
MRS LUKAS	MRS MORRIS
MISS JOHN	MR MURPHY
GENERAL ASSISTANT	SPORTS COORDINATOR
MR MATHERS	MR GROZDAN
HISTORY	SUPPORT STAFF
MRS FORD-DAVIS (Head Teacher)	MR CAGAI (ACLO)
MISS MICELI	MS KENNY (Student Wellbeing Officer)
MR WEEDEN	MR TAU
MR WILLIAMS	TRANSITION ADVISER
LANGUAGES	MR TURNER
MRS LARKIN (Languages Coordinator)	HT TEACHING AND LEARNING
MISS MEHIC	MRS STARINK (Head Teacher)
TEACHER LIBRARIAN	HT TEACHER MENTOR
MS BUNT	MRS MAHONY (Head Teacher)
LEARNING SUPPORT	TECHNOLOGY AND APPLIED STUDIES (TAS)
BARBER (LaST) (Peer Support/SOG)	MRS DEPALO (Head Teacher)
MRS BEST (EAL/D) (International Student Coordinator)	MRS KARABETSOS
MRS HENNESSY (Refugee Support Leader)	MRS PRASAD (VET Coordinator)
MRS SEQUEIRA (EAL/D)	MRS SAUL
MR SZUMYN (LaST) (Year 11 Adviser)	MISS STAVROPOULOS (IA Coordinator)
	MR ELLWOOD
	MISS MARACIC
	MR MIN
	MR PRASAD
	TECHNOLOGY SUPPORT OFFICER
	MR MOW
	HT WELFARE
	MS CATE (Head Teacher)

US ATHLETICS SCHOLARSHIP AND GENERAL INFORMATION SESSIONS

23 February 2018

News story 

The National Collegiate Athletic Association (NCAA) and EducationUSA have two information sessions in March on US college athletics scholarships and programs.

Interested teachers, students, parents, careers, advisors, and counsellors are invited to attend. The sessions will cover core course requirements, amateurism, and advice and support on the application process.

Thursday 15 March

6pm – 7.30pm

Meriden School

Lecture Theatre

Entry on Margaret Street

Strathfield, NSW 2135

[Register now](#)

Friday 16 March

5pm – 6.30 pm

Freshwater Senior Campus,

Northern Beaches Secondary College

153 Harbord Road

Freshwater, NSW 2096

[Register now](#)

For more information, contact:

Michael Charlton

Director, Media

michael.charlton@nesa.nsw.edu.au

(02) 9367 8248

SCHOOL CANTEEN MITCHELL HIGH SCHOOL 2018



~ SANDWICH BAR ~		~ SUPER SALAD BAR ~		~ BREAKFAST ~	
Chicken (G)	\$4.50	Greek Salad (G) (GF)	\$5.00	Bacon & Egg Muffin/Roll/Wrap (A)	\$3.50
Avocado, lettuce & Cheese		Tomato, cucumber, Spanish onion, pitted olives & feta			
BLT Chicken (G)	\$4.50	Chicken Caesar (G)	\$5.00	Breakfast Meal Deal (A)	
Bacon, lettuce, tomato & mayo		Cos lettuce, bacon, croutons, egg, Caesar dressing		Egg & bacon roll or wrap & small flavoured milk (300ml)	\$5.50
Cheese Tomato (G)	\$3.50	Chicken Buster (G)	\$5.00	Toasted Banana bread & small flavoured milk (300ml)	\$5.00
Cheese & tomato		Grilled chicken, tabouli & hummus			
Lite Ham (G)	\$4.50	Bean Medley (G) (GF)	\$5.00		
Cheese & tomato		Mixed beans, crunchy vegetables & herbs			
Chicken Schnitzel (G)	\$4.50	Vegetarian Penne (G)	\$5.00	Toasted Sandwiches (G)	
Hummus & tabouli		Capsicum, eggplant & feta		Cheese	\$3.00
Sweet Chilli Chicken (G)	\$4.50			Ham & Cheese	\$3.20
Lettuce, sweet chilli sauce				Ham, Cheese & tomato	\$3.50
Salad (G)	\$4.00				
Lettuce, tomato, cucumber, beetroot, onion & alfalfa				French toast (1) (A) <small>Selected days</small>	\$2.00
Egg (G)	\$3.80	~ WRAP BAR (G) ~		Raisin/ Cinnamon Toast (1) (G)	\$2.00
Mayo & lettuce					
Curried Egg (G)	\$3.80	Chicken Schnitzel, lettuce & mayo		Fresh Fruit Salad (G) (GF)	\$3.50
Mayo, curry & lettuce		Sweet chilli chicken tender, salad & cheese		Yoghurt & Muesli (G) (GF)	\$3.50
Tuna (G)	\$4.00	Ham & Salad			
Mayo, cucumber, Spanish onion, sweet chilli		Chicken & Salad		Fruit (G)	\$1.00
				Fruit available daily	
Extras;					
Cucumber, Tomato, Avocado	\$0.70	~ SUSHI & HEALTH BAR (G) (GF) ~			
Breads (G) White, wholemeal or Multigrain		Thursdays Only			
Wrap	\$0.60	Tuna & Cucumber Sushi	\$4.00		
White Roll	\$0.60	Chicken Teriyaki Sushi	\$4.00	Mel's Banana Bread	\$2.00
Gluten Free Sliced	\$1.50	Rice Paper Roll (Veg or Chk)	\$4.00	Fresh or toasted	
				Muffins	\$2.00
				Cafe Muffins	\$3.50
				(Chocolate, blueberry, apple cinnamon)	
~ TURKISH BREADS ~		~ HOME-MADE PIZZA SLABS ~			
Chicken Schnitzel (G)	\$5.50	Tuesdays & Thursdays Only			
Chicken schnitzel, roast capsicum, pesto & cheese		Vegetarian	\$4.00		
Mediterranean (G)	\$5.50	Olives, eggplant, & roast capsicum			
Artichokes, roast capsicum, olives & feta cheese		BBQ Chicken	\$4.50		
Vegetarian (G)	\$5.50	Chicken, onion, capsicum & bbq sauce			
Eggplant, sundried tomatoes, roast capsicum & cheese		Margarita (G)	\$4.00		
		Cheese & tomato			

~ FOOD CODING ~	
G	Green – Healthy & Approved
A	Amber – Select carefully
GF	Gluten Free

COMBO DEAL – WHEN YOU SPEND \$3.00 OR MORE



\$2.00
(300ml)

OR



\$1.50
(600ml)

SCHOOL CANTEEN MITCHELL HIGH SCHOOL 2018



~ BURGERS & ROLLS ~

Chicken Fillet (A)	\$5.00
Chicken fillet patty, lettuce & mayo	
Sweet Chilli Chicken Tender Roll (A)	\$5.00
2 x sweet chilli chicken tenders, lettuce & mayo	
Fish (G)	\$5.00
Baked crumbed fish, lettuce & tartare sauce	
Big Beef (A)	\$5.00
Fresh beef patty, onion, bbq sauce, beetroot, tomato & lettuce	
Cheese (A)	\$5.00
Fresh beef patty, cheese & tomato & mustard sauce	
Hot Chicken Schnitzel & Gravy (G)	\$5.00
Chicken Schnitzel, lettuce & Mayo	

~ HOT BAR ~ Selected Days

Kefte & Tabouli Wrap	\$5.50
Chicken Kebab in a Wrap	\$5.50
Vegetarian Fried Rice (G)	\$4.50
Chicken Fried Rice (G)	\$5.00
Oven Baked Wedges (A)	\$5.00
(with sweet chilli sauce & sour cream)	
Baked Fish & Wedges (A)	\$5.50
Grilled Chicken Boscaiola	\$5.50
Chicken w/ Boscaiola sauce & Salad	
Kefte & Salad	\$5.50
Lamb kefte with hummus & tabouli	

~ MEXICAN BAR ~

Beef & Bean Nachos (G) (GF)	\$5.00
Corn chips, seasoned beef & beans, lettuce, cheese, tomato, sour cream & avocado	
Beef Burrito (G)	\$5.00
Lettuce, Seasoned beef, cheese, tomato & sour cream in a wrap	

MEL'S TASTY BITES HEALTHY CANTEEN OPERATORS & CATERING CO

All Food is made Fresh on the Premises!
Eftpos is Available!
Lunch Orders are to be in by 9.30am

~ COLD DRINKS ~

Harvey Fresh Juice 450ml (G)	\$3.50
Orange, apple, orange & mango, orange & passionfruit	
Harvey Juice 250ml (G)	\$2.50
Water (G)	
Spring Water 600ml	\$2.00
Flavoured Mineral Water 500ml	\$3.50

~ FROZEN TREATS ~

Frozen Yoghurt (G)	\$2.50
Flavoured Sundae	\$2.00
Home Ice-Cream from	
Slushie Sml \$2.50 / Lge	\$4.50
Moosies or Juicies	\$2.00

~ MILK ~

Oak - 300ml	\$2.50
Chocolate, Strawberry & Banana	
Oak - 600ml	\$4.00
Chocolate, Strawberry & Iced Coffee	
Up n Go 250ml	\$2.50

~ SNACKS ~

Eucalyptus Drops (A)	\$1.50
Cheese & Crackers (G)	\$2.00
Yoghurt & Fruit (G)	\$3.50
Custard & Fruit Bowl (A)	\$2.50
Chip (A) from	\$2.00
Chocolate Bars from	\$2.00
Choc Chip Cookie	\$2.50

COMBO DEAL – WHEN YOU SPEND \$3.00 OR MORE



\$2.00
(300ml)

OR



\$1.50
(600ml)

MTB WEEKLY SPECIALS

MONDAY

Macaroni Cheese Bake	\$5.00 AH
Ham, cheese & pasta baked to perfection	

TUESDAY

Lasagne (Beef)	\$5.50 GH
Homemade – beef, cheese & Italian sauce layered in pasta sheets	
H&S Wings	\$5.00 G
Honey & Soy Chicken Wings served on a bed of steamed rice	

WEDNESDAY

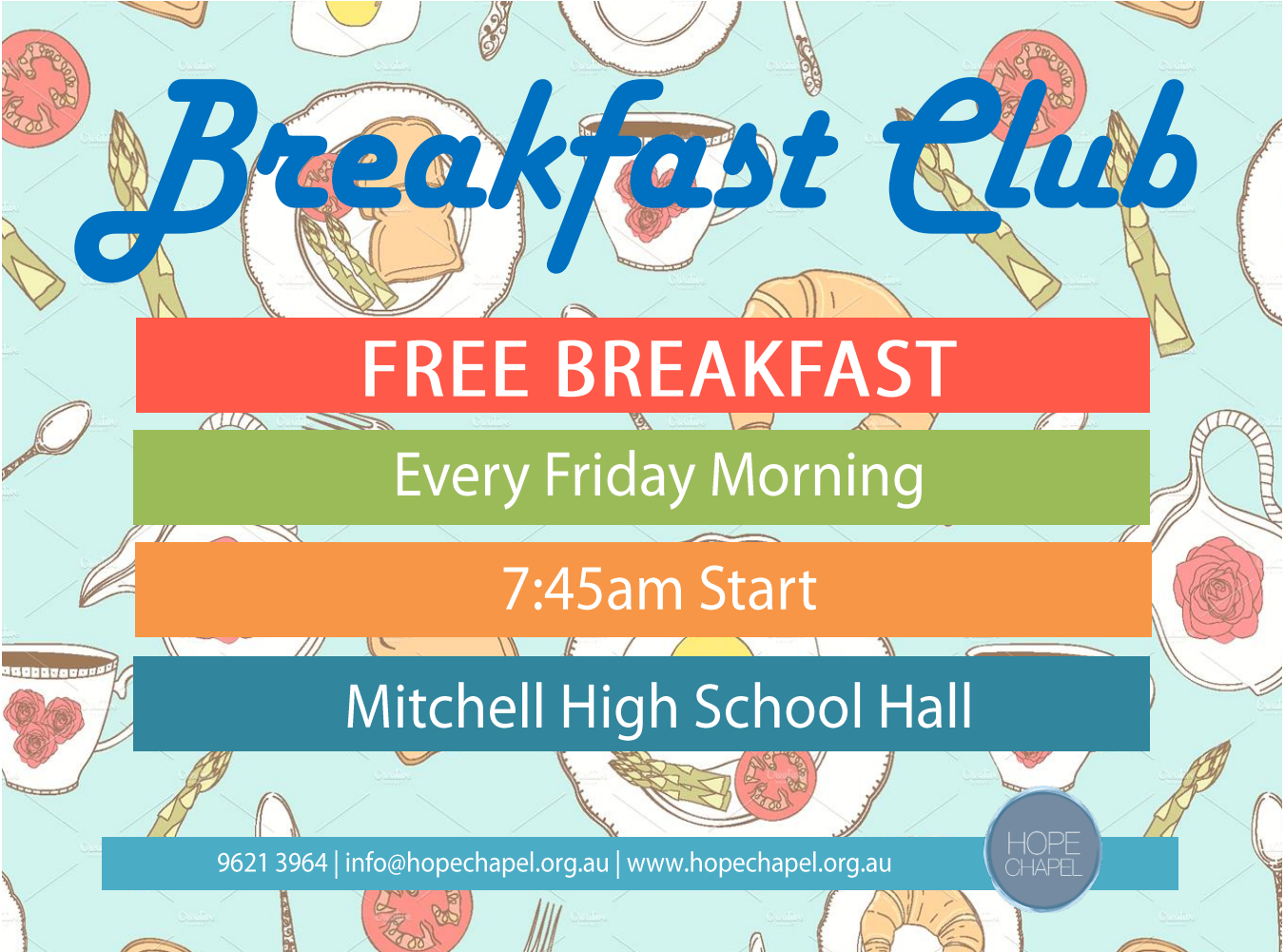
Chicken Schnitzel, Mash & Gravy or Vegetables	\$5.50 GH
choice of mash & gravy or seasoned vegetables w/ homemade chicken schnitzel	

THURSDAY

Chicken Mushroom Boscaiola	\$5.50 G
Chicken, cream, mushrooms tossed in penne pasta	

FRIDAY

Gourmet Pies	\$3.50 A
Lean Beef, Chicken & mushroom, Lean Potato & Beef)	
Lean Beef Sausage Roll	\$3.50 A
Hot Dog	\$3.80 A
w/ Cheese	\$4.30 A
Ravioli Napolitano	\$5.50 G
Beef Ravioli served with fresh Italian sauce & cheese	

The background of the poster is a light blue surface covered with various food-related illustrations in a whimsical, hand-drawn style. These include plates with toast and asparagus, a cup of coffee with a rose on it, a tomato slice, a croissant, a spoon, and a fork. The text is overlaid on this background.

Breakfast Club

FREE BREAKFAST

Every Friday Morning

7:45am Start

Mitchell High School Hall

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

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Night flying

Jets and fixed wing RC **plane** flying.

Giveaways!

Refreshments available!

Fun day for **all** the family!

A **great** day out!

24th March, 2018

HMAS Field

End of Bandon Road, Vineyard

Starts 10.00 am

<http://www.hmasinc.com.au/>

Questions? Email onegiantleap@bigpond.com

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