

MITCHELL HIGH SCHOOL

Address: Keyworth Drive, Blacktown NSW 2148
Phone: 9622 9944

Website: www.mitchell-h.schools.nsw.gov.au

RESPECTFUL, ENGAGED AND ACTIVE LEARNERS

April 10, 2019



We are all shocked and sobered by events in New Zealand where dozens of people were killed in the mosque attacks in Christchurch. It is more important than ever that our schools provide a safe and supportive environment for all staff and students.

This week we have sent messages to all of our students and staff to reassure them that our school community will provide the structure and support for all those feeling vulnerable or distressed by this incident. We are proud that our school embraces diversity, tolerance and acceptance of all and we need to emphasis this at times like this.

We celebrate days like Diversity Day in our school that promotes diversity and acceptance and we create opportunities that make friendships. Each day here at Mitchell High School we increase our resolve to make our school one which celebrates multiculturalism and recognises that together we are so much richer for what each of us brings and contributes to our community.

In unsettling times like this, our students look to their teachers to make sense of the world and our messages from staff has been that we are united in grief. Our pastoral care role is to ensure the wellbeing of all of the students in our care and to identify those that may need additional support and give them access to this support. Our hearts go out to all of the families and communities impacted by this incident and our thoughts and prayers are with you.

***'No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love. Love comes more naturally to the human heart that its opposite.'* - Nelson Mandela**

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Important dates to remember

P & C and Parent Forum	Wednesday 29 May 6.30pm
School Development Day	Monday 22 April
First day of Term 2	Tuesday 30 April
Year 9 & 10 Half Yearly Exams	Monday 6 May - Friday 10 May
NAPLAN	Tuesday 14 May - Friday 24 May
MHS Athletics Carnival	Thursday 16 May



Mobile phones

The inappropriate use of mobile phones at school is a concern. Research has found that concerns about mobile digital device use and student wellbeing relate to a variety of issues including cyberbullying, access to inappropriate material, social interaction, and distraction from school work. It is reported that 9 out of 10 Australian teens have direct use of a phone.

The Australian Psychological Society found that teens predominantly use their mobile phones to access apps (89.7%), to browse the internet (88.5%) and to text (88.5%), and 79.8% use their phones to make phone calls. Thirty five percent of teens in this study reported finding the thought of being without their mobile phone distressing (Australian Psychological Society 2017). What is increasingly evident is the illegal use of mobile phones for bullying and harassment, taking and sending inappropriate pictures and access to pornography by children. Here are some useful tips from the Australian Government (<https://aifs.gov.au/cfca/publications/online-safety>)

Practical tips for parents to help children and young people use the internet

The following tips will help parents provide support and guidance for children and young people as they engage in online activities.

Monitoring and supervision

Monitoring a young person's online activities includes checking that websites are appropriate for a child's use and keeping an eye on the screen.

If parents are willing to provide children and young people with access to mobile phones and computers, then a responsibility to understand, model appropriate behaviour and communicate the basics of good digital citizenship should come with the access.

Advice on monitoring often focuses on keeping the device in a shared family area, yet in the age of wireless connections and internet-enabled smartphones this is increasingly difficult. Similarly, young people may control their own online details, such as passwords and web browser histories. Parents can address these difficulties in the following ways:

Develop a plan about internet use in partnership with family members. This can include:

- details of appropriate online topics;
- privacy setting checks;

- physical locations for internet use and parental monitoring (looking over the shoulder or line of sight supervision);
- limits on screen time;
- limits on when wireless internet connections and/or mobile devices will be available; and
- what may be identified as inappropriate posts on online profiles.

An internet-use agreement may be useful to develop with older children. Many schools have internet-use agreements that can be replicated and Queensland Police have produced an example

Take an active role in discussing the benefits of online activities with children and young people, and what strategies they may use to respond to cyberbullying, other negative online behaviours or if they unintentionally access adult content. Discussions can include how these rules apply wherever they are online, including at home in their bedroom and when they are outside the home, for example at a friend's place

Protection

Parents can be encouraged to:

- Find out whether their child's school has an internet policy and how online safety is maintained. Inquiries should focus on the strategies used to educate children and young people about online safety and cyberbullying, whether parents are involved in cyberbullying initiatives and developing cyberbullying policies.'
- Point out to children and young people that some websites on the internet are for adults only and are not intended for children or young people to see. Discuss what strategies a young person might adopt if they access this content.
- Use a family-friendly internet service provider (ISP) that provides proven online safety protocols. Filtering tools should not be solely relied on as a solution. Open discussion and communication with young people about monitoring and supervision is needed.
- Empower children and young people to use the internet safely by mutually exploring safe sites and explaining why they are safe. It's also important to educate children and young people on why it's not safe to give out any personal details online.

Engagement and communication

Parents can be encouraged to:



and proudly spoke about all the contributions the team has made to promote REAL values across the school. It was an enjoyable experience to network with teachers and to see how impressed they were by our school. It was a truly memorable experience, what really stood out were all the compliments we received about the school. As students we never really noticed how privileged we are with all the amazing facilities Mitchell has to offer, but after hearing things like "how do you guys keep the school grounds so clean?!" And "what a beautiful school you guys have," it highlights the things we take for granted.



Miss Kwan
PBL Coordinator

PBL Mitchell High School Network Event

On Thursday the 21st of March students from the PBL roll call participated in a PBL networking meeting, where schools from different areas came to see how Mitchell enforced Positive Behavior for Learning. MHS Teachers from the PBL Leadership team and Action Team spoke about:

- REAL language
- PBL data
- Behaviour management flowchart
- PBL lessons
- PBL rock project
- PBL mascot design
- PBL Vivo Miles rewards

As students, we guided the visitors around the school to showcase some of the work put in by the crew to improve our school environment as well as displaying our 21st century classroom. The teachers from other schools asked us questions about the reward systems Mitchell has in place as well as asking about initiatives that we have implemented. This allowed us to talk about the PBL lessons that we have created in collaboration with teachers and our future direction as participants of the PBL roll call team. As students we enjoyed talking about our school

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

Maths Tutoring is available in the library between 3:10pm and 4:10pm on Wednesdays for senior students. Please feel free to come along and take advantage of the free help.

The school has purchased Mathletics for years 7-10 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 group gets a period each fortnight 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. Senior students have access to the EDROLO program featuring a number of tutorials, topic tests and past HSC questions to help students at home and with their preparation for assessments.

The Maths Faculty run the Australian Mathematics competition (AMC) for 7A and 8A and top math classes, and the Maths Olympiad for 7A, 8A. For the AMC, students from classes 7A, 8A, 9M1 and 10M1 will be invoiced for cost of participating in the competition with the event happening on the 1st August. The school covers the cost of the Olympiad competition and the dates for this will be advised.

Mr Lam has been running the STEM project with stage 5, Year 9 and 10, below is a recount by Axell Ramos a student part of the project.

Our design for our boat is inspired by the army land ship. We had no problems with our teamwork and cooperation while solving the minor to major problems with our ship, as we needed to change thickness and height of our ships walls and base, so that we would face no problems with boat sinking due to extra weight.

Our Expectations were small as we were not expecting to go over 5 marbles, we were honestly surprised that we went over our expectation by three times.

We believe that we will be expecting better results if done again as we have seen our flaws.

By Axell Ramos



Students from the STEM project showcasing their ships.

Maths STAR Awards

The Maths STAR award morning teas happened in week 9 this term rewarding students recognised by their teachers to be having STAR qualities in the math classroom. Congratulations to this terms recipients:

Year 7:

Harietta Sale, Owen Konopka, Emily Cole, Harrison Coleman, Josephina Piukala, Aarya Pathania, Kamana Bhandari, Liam Walker, Jenica Garcia, Sife Saeed, Rishi Dass, Amy Lam, Ben Fitzjohn, Kyla Shrimpton, Zacarias Nieto

Year 8:

Nathan Fereig, Shengtao He, Anchal Sharma, Anastatia Holburn, Chantel Casipit, Ethaneal Tapa, Tutaleva Lasalo, Angus Stopp, Renae Barlogio, Shayla Waite, Heath Strickland, Saloni Patel, Bailey Sheens, Alana Hall

Year 9:

Luka Golub, Ayes Shah Baig, Shamikahha Bhandari, Thai McNeillage, Zachary Duting, Jason Wu, Rimsha Tahir, Ben Barbari, Jovan Popovic, Amber Allouche-Chaker, Gabriel Kaafi Te Ahuahu, Angelique Ibrahim, Emina Pekaric, Jihan Prasad

Year 10:

Michael Hoang, Cayla Dryden, Callahan Smith, Esra Cicek, Luke Micallef, Navneet Singh, Kenan Ferizovic, Andrew Dommett, Reinard Maralang, Aaliyah Khoury, Parth Shah, Tapaia Tonga, Welit Tunhapong, Justin Andreas



Students Harrison Coleman and Rishi Dass with their Maths Star Certificate



Students Amy Lam and Emily Cole with their Maths Star Certificates and treats



Students Alana Hall, Anastatia Holbourn and Anchal Sharma with their Maths Star Certificates and treats.

Remember ..

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

from the Maths Faculty

CAREERS @ MITCHELL

Year 10 Compulsory Work Experience Program

Students should already be getting their paperwork signed by their supervising employers.

Year 10 classes R.E.A & L will be on work experience during **Term 2 (20-24 May)**. Completed paperwork is due Term2 Week 1.

Year 10 classes M.H & S will be on work experience during **Term 4 (18-22 November)** Completed paperwork is due Term4 Week 1.

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

YEAR 12 NOTICES:

UAC NEWS - Please visit the UAC website

University preferences are now open 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 27 September, 2019.

EARLY ENTRY TO UNI is open NOW

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.

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) is open NOW

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, close 27 September.

EDUCATIONAL ACCESS SCHEME (EAS) is open NOW

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.



Mrs Catherine Rumi Badger
Careers Adviser

catherine.rumibadger@det.nsw.edu.au

Facebook:

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

VIVO Update

Congratulations to the winners of the Beyblade Turbo and Beyblade Evolution, Branden Michael (Year 10) and Jenica Garcia (Year 7).

A big thank you to all who have donated their time or items to the MHS VIVO store. A special thank you to Lea Simic (Year 9) who has generously donated several items over the last week.

An exciting new prize has been added to the VIVO store this week, teachers to wear the MHS uniform for a day! If you would like to be responsible for choosing which teachers will wear the MHS uniform, visit the VIVO store for all the details.

Keep being REAL Mitchell High School, you never know what exciting prizes could potentially be yours!



Ms John

Pulse Concert

Congratulations to the MHS Vocal Ensemble for successfully auditioning for a position in the massed choir for PULSE 2019.

PULSE is a multi-arts event featuring students in choir, music, dance, drama and public speaking. It is anticipated that a massed choir of 700 students from Years 5 -12 and their teachers will form the backbone of this dynamic performing arts event, which will play to an audience of approximately 2,600 people.

PULSE provides opportunities for students to:

- perform in a major arts event at the Sydney Opera House
- experience the discipline of a professional production
- extend and enhance their skills by working with other talented performing arts students and professional artists, directors and producers.

One performance of PULSE 2019 will be held in the Opera House Concert Hall at 7pm on 4th July, 2019. Audience tickets will be available to purchase at www.sydneyoperahouse.com



Ms van Trier
Creative and Performing Arts

News from Enviro Club @MHS

This term Enviro Club created a PBL Roll Call Presentation for all roll call classes about sustainability. The main focus for this term's presentation consisted of waste management in the school and the discussion of the 'Earth Hour' Project'.

Don't forget MHS is participating in Return and Earn! All bottles and cans can be recycled at school by placing them in the 5 Green wheelie bins located around the playground. These bottles/cans recycled earn the school money. This is an effective way of keeping the school's environment sustainable and diverting our recyclable waste from going into landfill.

If you'd like to help make MHS more sustainable or just want to find out more about what Enviro Club is about, you can join us on Thursdays, Lunch 1 in Room 1.

by the Enviro Club

Notes will be distributed at roll call closer to date

YEARS 7, 11 & 12 PARENT/CARER TEACHER INTERVIEWS

Wednesday 15 May 2019

3.30pm – 7.30pm (via appointments)

MHS Hall

MANDATORY FOR ALL STUDENTS

Notes will be distributed at roll call closer to date

MHS ATHLETICS CARNIVAL

Thursday 16 May 2019



School Opal Card

As part of our campaign against fare evasion, and our on-going commitment to provide the level of service needed to transport students to and from your school, Busways conducts regular checks of School Opal card.

All students must be in possession of a valid Opal card or pay a fare.

Students in possession of an Opal card must also tap on/off with their card when boarding our buses.

This is important, because the Opal data collected determines the level of service we are able to provide to your school. If students don't tap on and off, the services will appear underutilised and may be considered for cancellation based on low passenger numbers.

To apply for a School Opal card or to report a lost or stolen card, go online to www.opal.com.au/en/about-opal/opal-for-school-students/

Students who are ineligible for School Opal will need to purchase a Child/Youth Opal card or pay a fare to travel on our buses.

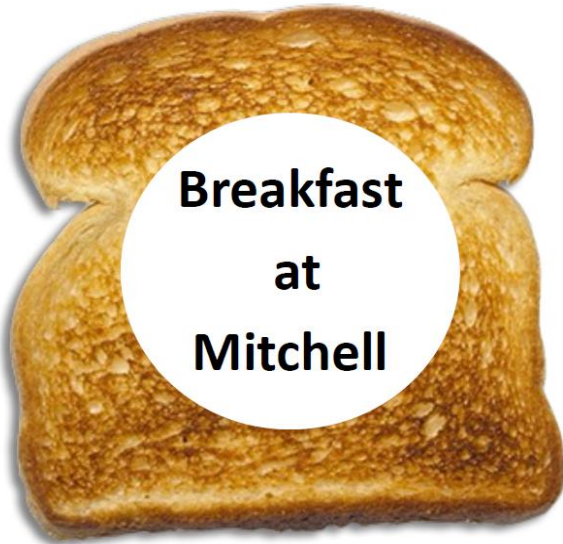
Thank you in advance for your assistance and support.



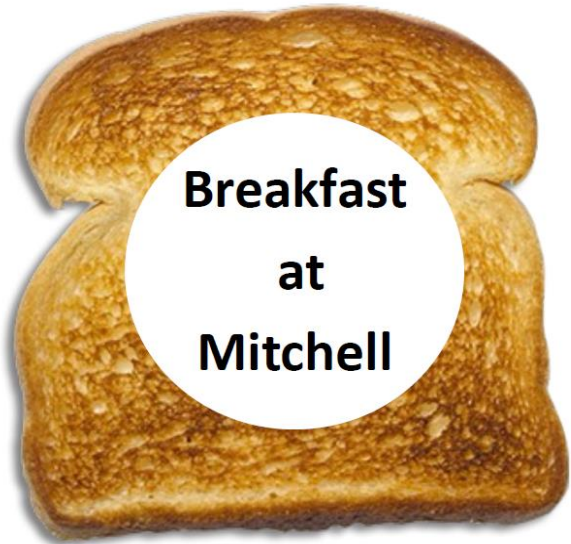
MHS BREAKFAST CLUBS

COME & ENJOY BREAKFAST WITH US EVERY WEDNESDAY AND/OR THURSDAY
EXCLUDING SCHOOL AND PUBLIC HOLIDAYS

Free Breakfast Club



Free Breakfast Club



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

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

Breakfast Club

FREE BREAKFAST

Every Thursday Morning

7:45am Start

Mitchell High School Hall

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

HOPE
CHAPEL



MITCHELL HIGH SCHOOL

RESPECTFUL, ENGAGED & ACTIVE LEARNERS

STUDENT CONCESSION CARD PICK UP FOR 2019/2020

**ARE YOU 16 YEARS OF AGE OR OVER?
THEN COLLECT YOUR CONCESSION CARD**

senior secondary student
concession card

Transport **19**

Student's name in full
Residential address
Student's signature
Name of school
Signature of school principal or authorised representative

For travel with child/concession fare on train, bus, ferry and light rail services within NSW as indicated on the reverse.

Expiry date
31.03.20

NOT VALID UNLESS FOIL SEAL IS ATTACHED
FOIL SEAL

FOR CONDITIONS SEE BACK FORM No. 202
Always carry card when travelling

Students who are 16 years of age or over are eligible to collect their **new 2019/2020 'Student Concession Card'** from the Mitchell High School Administration Office. These cards can only be collected before school, recess or lunch.

Students who misplace or lose their Student Concession Card during the year, will need to re-apply for a new one by collecting a form from the MHS Administration Office. This form will need to be lodged by the student at a railway station or emailed/faxed with a replacement cost of \$10.00. Information is provided on the replacement form.

Please contact the MHS Administration Office if you have any questions.

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Delivering excellence through innovative & unique learning opportunities for student success



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INFORMATION ON MHS FEES

Resource/Printing Fee:

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.

Sport Levy Fee:

The Sport Levy Fee goes towards the entry and transport to the MHS Athletics and Swimming Carnivals. The Sport Levy Fee for Year 7 is higher as it includes Year 7 Water Activities.

Internet and Software Licences Fee:

Internet and Software Licences Fee received are directed towards whole school resources such as computers, internet, software licenses and other technologies. Monies received are used to supplement the school's base financial allocation. The level of payment has been negotiated with the Mitchell High School community and all attempts are made to keep these at a minimum.

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 provides the school with the funds to purchase materials necessary for use by students in these subjects.

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 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 their subject fees are paid.

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.

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 detailed 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 five 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.

What types of payments are NOT to be paid on the Parents' Online Payment system

Weekly sport payments and MHS uniform shop items are **NOT to be paid for through the online payments system**. Weekly sport payments are to be paid to the sports organiser on sport day and any items brought from the MHS uniform shop need to be paid to The School Locker.

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

Cash

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

Telephone

Payment(s) via telephone providing your credit card details



MITCHELL HS FEE SCHEDULE 2019

Please Note: *Prices subject to change

INTERNET & SOFTWARE LICENCES FEE	Year 7 \$	Year 8 \$	Year 9 \$	Year 10 \$	Year 11 \$	Year 12 \$
Internet & Software Licences Fee	50	50	50	50	70	70
Resource/Printing Fee	30	30	30	30	30	30
Sport Levy	60	20	20	20	20	20
P&C Contribution (1 per family)	15	15	15	15	15	15
SUBJECT FEES	Year 7 \$	Year 8 \$	Year 9 \$	Year 10 \$	Year 11 \$	Year 12 \$
Computing Subjects						
Information and Software Technology			20	20		
Information Processes and Technology					20	20
Software Design and Development					20	20
Creative and Performing Arts (CAPA) Subjects						
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	80
Visual Arts (includes a Visual Arts Process Diary)	50		55	55	75	75
English Subjects						
Drama			10	10		
Mathematics Subjects						
Scientific Calculator (Casio fx82plus)	25	25	25	25	25	25
Personal Development, Health and Physical Education (PDHPE) Subjects						
Dance			50	50		
Science Subjects						
STEM Robotics			60	60		
Social Science Subjects						
Business Services (VET)					15	
Retail Services (VET)					15	
Technologies Subjects						
Child Studies			30	30		
Construction (VET)					60	60
Construction (VET) White Card					80*	
Exploring Early Childhood					30	20
Engineering Studies					20	20
Food Technology			80	80	40	40
Graphics Technology			20	20		
Hospitality (VET)					80	80
Hospitality (VET) Uniform (Purchased from the MHS uniform shop)					55*	
Industrial Technology – Electronics			60	60		
Industrial Technology – Engineering			60	60		
Industrial Technology – Graphics Technologies					20	20
Industrial Technology – Metal			70	70		
Industrial Technology – Multimedia			20	20		
Industrial Technology – Timber			60	60		
Metal and Engineering (VET)					80	80
Multimedia Technologies					20	20
Technology Mandatory	60	60				
Textiles and Design					40	30
Textiles Technology			50	50		
Timber Products & Furniture Technologies					60	30*
Year 12 Jersey/Jacket (refer to MHS uniform regulations/sanctions/dress code)					100* (approx.)	

EXCURSIONS/INCURSIONS/CAMPS WORKSHOPS/COMPETITIONS ETC.	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	6	6	6	6	6	6
Year 7 Geography Excursion	45					
Year 7 Water Activities (PDHPE) Included in Year 7 Sport Levy Fee	40					
Year 7 Zoo Excursion (Science)	30					
Year 8 Medieval Day Incursion (History)		15				
Year 9 Fashion Parade Excursion (Textiles and Design)			20			
Year 9 Luna Park Excursion (Mathematics)			45			
Years 9/10 Elective History Excursion			50	50		
Years 9/10 Surfing Excursion (Physical Activity & Sports Studies)			50	50		
Year 10 Canberra Excursion – Day (History)				70		
Year 10 Canberra Excursion – Overnight (History)				180		
Year 10 CSI Incursion (Science)			15	15		
Year 10 Fashion Parade Excursion (Textiles)			20	20	30	
Year 10 Retreat Camp (3 Days) (PDHPE)					30**	
Year 10 Western Sydney Careers Expo				20*		
Year 11 Ansto-Nuclear Reactor Excursion (Physics)					30**	
Year 11 Field Study Excursion (Biology)					50**	
Year 11 First Aid Certification (PDHPE)					100**	
Year 11 First Aid Certification (SLR)					100**	
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 Human Disease Excursion (Biology)						30
Year 12 Geography Excursion						40**
Year 12 Marketing Excursion (Business Studies)						40**
Year 12 Study Day (Modern History)						35
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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MHS UNIFORM INFORMATION AND REQUIREMENTS

Dear Parent/Carer(s) and MHS students,

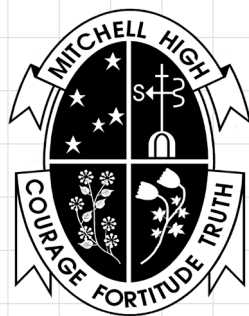
All students are expected to be aware of uniform requirements and to wear the correct uniform every day to follow the Mitchell High School Code of Dress as ratified by the Mitchell High School (MHS) P&C and MHS Uniform Committee.

The School Locker is our official uniform supplier and students are only allowed to wear items purchased from this supplier at school. The only items exempt from this are socks, tights and shoes. The school pants and shorts for boys and girls have an embroidered MHS on the side pocket for identification. Please remember that these styles have been decided upon by the MHS P&C, student representatives and staff.

In relation to the wearing of the uniform please note the following:

- School shoes **MUST** be black hard leather lace-up (including a leather tongue) for Work Health & Safety reasons. No soft leather or canvas shoes are acceptable. School shoes can be purchased from the School Locker at very reasonable prices.
- Socks may be black, grey or white for boys and girls but **MUST NOT** have any logos on them. Our uniform shop, The School Locker, sells socks and tights.
- Ties may be worn with the white business shirt by senior boys or the appropriate shirt by senior girls.
- No sleeves or shorts are to be rolled up or taken up. As a general guide the shorts for both boys and girls should be no more than 5cm above the knee.
- Girls' winter skirts are also to be no more than 5cm above the knee.
- Only plain white undershirts (short or long sleeved) may be worn for additional warmth. These must be worn under the polo shirt and tucked in. These will be available through the School Locker.
- If you have any problems with purchasing school uniform items because of sizing, please discuss this with the ladies in the uniform shop as they are able to provide special sized items.
- The school has a clothing pool of items available for purchases from the school administration office.
- If you are experiencing financial difficulty the school does have a Student Assistance Scheme. Please ring and discuss this with the Deputy Principal of your child's year. Not all items are available through this scheme.
- There is an option for a warmer zip up jacket with fleecy lining available from the School Locker now. These are slightly more expensive than the other one, but definitely warmer for those students who feel the cold.

For more information, please visit our school website: www.mitchell-h.schools.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

SCHOOL CANTEEN MITCHELL HIGH SCHOOL



Term 4 & 1

~ SANDWICH BAR ~

Chicken (G)	\$4.50	Greek Salad (G) (GF)	\$5.00
Avocado, lettuce & Cheese		Tomato, cucumber, Spanish onion, pitted olives & feta	
BLT Chicken (G)	\$4.50	Chicken Caesar (G)	\$5.00
Bacon, lettuce, tomato & mayo		Cos lettuce, bacon, croutons, egg, Cheese & Caesar dressing	
Cheese Tomato (G)	\$3.50	Chicken Buster (G)	\$5.00
Cheese & tomato		Grilled chicken, tabouli & hummus	
Ham (G)	\$4.50	Bean Medley (G) (GF)	\$5.00
Cheese & tomato		Mixed beans, crunchy vegetables & fresh herbs	
Chicken Schnitzel (G)	\$4.50	Vegetarian Penne (G)	\$5.00
Hummus & tabouli		Capsicum, eggplant olives & feta	
Sweet Chili Chicken (G)	\$4.50		
Lettuce, sweet chilli sauce			
Salad (G)	\$4.00		
Lettuce, tomato, cucumber, beetroot & onion			
Egg (G)	\$3.80		
Mayo & lettuce			
Curried Egg (G)	\$3.80		
Mayo, curry & lettuce			

Extras;

Cucumber, Tomato, Avocado	\$0.80
Breads (G) White, wholemeal or Multigrain	
Wrap	\$0.70
White Roll	\$0.70
Gluten Free Sliced	\$1.50

~ BREAKFAST ~

Bacon & Egg Roll or Wrap (A)	\$4.00
Breakfast Meal Deal (A)	
Egg & bacon roll & small flavoured milk (300ml)	\$5.50
Banana bread & small flavoured milk (300ml)	\$4.00
Toasted Sandwiches (G)	
Cheese	\$2.50
Ham & Cheese	\$3.00
Ham, Cheese & tomato	\$3.30
Banana Bread (G)	\$2.00
Raisin Toast (2) (G)	\$2.00
Yoghurt & Muesli (G) (GF)	\$3.50
Fruit (G)	
Fresh Fruit Salad (G) (GF)	\$3.50
Seasonal Fruit available daily	

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

~ SUSHI & HEALTH BAR (G) (GF) ~

Wednesdays Only – Term 1 only

Tuna & Cucumber Sushi	\$4.00
Chicken Teriyaki Sushi	\$4.00
Rice Paper Roll (Veg or Chk)	\$4.00

**MEL'S TASTY BITES
HEALTHY CANTEN
OPERATORS & CATERING CO**

COMBO DEAL –

WHEN YOU SPEND \$3.00 OR MORE



\$2.00
(300ml)

OR



\$1.50
(600ml)

SCHOOL CANTEEN MITCHELL HIGH SCHOOL Term 4 & 1



~ BURGERS & ROLLS ~

Chicken Fillet (A)	\$5.00
Chicken fillet patty, lettuce & mayo	
Chicken Schnitzel & Gravy (G)	\$5.00
Homemade Chicken Schnitzel & gravy in a long roll	
Fish (G)	\$5.00
Baked crumbed fish, lettuce & tartare sauce	
Big Beef (A)	\$5.00
Homemade beef patty, onion, bbq sauce, beetroot, tomato & lettuce	

~ HOT BAR ~ Selected Days

Beef & Bean Nachos (G) (GF)	\$5.00
Corn chips, seasoned beef & beans, lettuce, cheese, tomato, sour cream & avocado	
Vegetarian Fried Rice (G)	\$4.00
Chicken Fried Rice (G)	\$4.50
Baked Fish & Salad (G)	\$5.00

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

~ MILK ~

Oak - 300ml	\$2.50
Chocolate, Strawberry & Vanilla Malt	

~ FROZEN TREATS ~

Zooper Doopers	\$1.00
Flavoured Sundae's	\$2.00
Peters Ice-Cream from	\$1.50
Slushie 5ml \$2.50 / Lge	\$4.00

~ SNACKS ~

Yoghurt & Fruit (G)	\$3.50
Cheese & Crackers (G)	\$2.00

COMBO DEAL – WHEN YOU SPEND \$3.00 OR MORE



\$2.00
(300ml)

OR



\$1.50
(600ml)

MTB WEEKLY SPECIALS

MONDAY

Oven Baked Wedges	\$5.00 A
Baked wedges served w/ Sour cream & Sweet Chilli	

TUESDAY

Spaghetti Bolognese	\$5.00 G
Homemade Bolognese sauce	

WEDNESDAY

Chicken Schnitzel, Mash & Gravy	\$5.50 G
mash & gravy w/ homemade chicken schnitzel	

THURSDAY

Homemade Pizza	\$5.50 G
Vegetarian, Bbq Chicken or Margarita	

FRIDAY

Gourmet Pies	\$4.00 A
Lean Beef or Lean Mushroom & Beef	
Lean Beef Sausage Roll	\$3.50 A

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.



School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat
each other
with
respect

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We
prioritise
the wellbeing
of all students
and staff

**Unsafe
behaviour**
is not acceptable
in our schools

We work
together
with the
school

Ensuring respectful learning environments for all members of NSW Public Schools communities.



We create
collaborative
learning
environments

We
all play
a part

We work
in partnership
to promote
student
learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.



Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.