

# MITCHELL HIGH SCHOOL

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

Website: [www.mitchell-h.schools.nsw.edu.au](http://www.mitchell-h.schools.nsw.edu.au)

RESPECTFUL, ENGAGED AND ACTIVE LEARNERS

February 27, 2019



***Welcome to our new Year 7 students***

It's been a tremendous start to the year, students in class, settled and the majority willing to start the year in a positive way. I know that the 5 week holiday is very much appreciated by the teaching staff. It's a time of rest, recuperation and a matter of re-charging the batteries ready for the upcoming year. I am particularly happy to bid our new group of Year 7 students welcome, and would like to share with you what I told year 7 on their first day because it is not only relevant to them but our whole school.

I can't even begin to describe how important it is for us that you take advantage of and exploit the facilities and resources offered by Mitchell High. As much as all of this represents endless possibilities, it only points to a potential, really. Let me be more down to earth: There are lots of things you can do with this school but to a large degree defined by yourselves. The curriculum and program are predetermined. Lean back and wait for the staff to tell you what to do, what to learn and what to know, and it'll soon dry out. Use it, shape it, feed it, and it will live and grow. It's simple as that.

You're a little sad to see the summer holidays go and maybe saying good bye to your friends going to other schools, but you're also excited about the possibilities of a new year. The possibilities, of building new friendships and strengthening old ones. Of joining a new school community, making new friends. Developing into a better student, and a better person, and making your family proud.

I know some of you may also be nervous about starting a new school year and even more nervous because it's High school and worried about what that'll be like. Here is what I can tell you: nobody gets to write your destiny but you.

## Important dates to remember

P & C and Parent Forum	Wednesday 27 February 6.30pm
Year 7 (2020) Open night	Tuesday 5 March
Cross country	Friday 22 March
Last day of Term 1	Friday 12 April
School development day	Monday 29 April
Students return to school	Tuesday 30 April



Your future is in your hands. Your life is what you make of it. And nothing – absolutely nothing – is beyond your reach. So long as you're willing to dream big. So long as you're willing to work hard. So long as you're willing to stay focused on your education.

That is absolutely essential – because an education has never been more important. Nothing will have as great an impact on your success in life as your education.

No one is born being good at all things. You become good at things through hard work. You've got to practice. The same principle applies to your schoolwork. You might have to do a math problem a few times before you get it right. You might have to read something a few times before you understand it. You definitely have to do a few drafts of a paper before it is good enough to hand in.

Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. I do that every day. Asking for help isn't a sign of weakness, it's a sign of strength because it shows you have the courage to admit when you don't know something, and that then allows you to learn something new. And even when you're struggling, even when you're discouraged, and you feel like other people have given up on you, don't ever give up on yourself.

To ensure things run smoothly you have to be responsible for yourself. Be A REAL student.

School starts at 8.50am each day and you must be appropriately dressed in full school uniform with all your equipment need for that day. So your day may be successful. If you have a problem you must see the Deputy or Year Advisor.

Attendance is imperative for you to achieve success. If you are sick your family will receive an SMS indicating your absence. A medical certificate or signed letter from your parent or guardian must be presented the next day.

Mobile phones, ipods any electronic device must be used appropriately and in line with the school's mobile phone policy. Technology violation will result in your phone being taken and brought to the Deputy's office. Students or parents needing to make contact with each other during the school day must use the front office. Parents are asked not to call or SMS their child during lessons as this is a distraction during valuable teaching time.

Students will have assessment tasks through the year and it is important they meet deadlines. If you have an assignment due on a particular day, it must be handed in or you will get a zero. Don't stay home to do it and handed in a day late. If for any reason you are absent for an examination or handing in an assessment task you

must have a doctors certificate.

If you are unhappy about something you need to tell your Year Advisor or assistant Year Advisor or see me, the Deputies Mrs Pares or Mr Campbell, or the Head Teacher Wellbeing Ms Cate before school, recess and lunchtime not during lessons. Remember the hands off rule.

You have come to MHS expecting an education. You will leave with so much more.

I would like to thank all the staff, students and parents who attended our Meet the Teacher evening on Wednesday 20th February. It was wonderful to see some familiar faces and welcome our Year 7 families to our community.

### ***Student Leaders Shine***

On Wednesday 20th February, our School Leaders launched the Bungarabee Student Voice Network. They hosted student leaders from The Hills Sports High, Evan's High School and Blacktown Girls High to discuss pertinent issues that they are passionate about and seek opportunities to raise funds to support Stewart House.



### ***Community News***

On Monday the 25th February I was very proud to attend an event at Blacktown City Council held by the Mayoress Anne Bali. Mitchell High School were thanked for their contribution and support to the Christmas Gift Appeal that was held to gather gifts for our sister cousins in Quirindi. Ms Larrea together with two of our school leaders Sarah Dennis and Christine Tint accompanied me at this heart felt presentation.





### **Student Scholarship and 2018 Merit Student Assembly**

Thursday 22nd February we held our Scholarship and 2018 Merit list students for the 2018 Higher School Certificate. Congratulations to all on the achievement of Band 6's in their HSC last year and to the current scholarship holders.



*Education is not preparation for life; education is life itself. ~John Dewey*



**Ms Marinis**  
**Principal**

Welcome back to a new school year. The beginning of a year is always exciting, particularly seeing the Year 10 students from the previous year turn up in white shirts and the new year 7's who look so fresh and excited in their high school uniforms. We have started the year strong with Year Meetings being held in the first week back outlining a number of things that are happening, distributing calendars, diaries and assessment books and grids. All students have been reminded that at Mitchell High School we set high expectations of our staff and students and students need to rise to meet them. They will not change or lower – we want all students to achieve individual success through growth in any of the areas of academia, sporting, cultural, leadership etc. We believe that all students can do this.

### **Uniform**

Congratulations to our students and a big thank you to parents who ensure their child has the correct uniform. I have heard a lot of positive feedback around the school community about the students returning to school with an outstanding uniform and maintaining the high standards of our school. It is wonderful to see the Year 11 and some Year 12 girls embrace the new senior shirt and cross tie that was designed by the students last year. These will continue to be phased in across the senior school but are not compulsory. It is timely to consider whether your child has enough warm gear for school as we will continue to see a change in the weather over the coming months. There are also a number of second hand items in the front office for sale if you would like to have spares at home. A couple of things to note in relation to uniform:

- Students are allowed to wear a white long sleeve shirt under the school shirts (no hoodies, no other colours).
- Socks can be black, grey or white but must not have any other colour on them or any designs.
- Shoes must be black hard leather for WHS purposes. (If they do practical subjects or science experiments they may be excluded if not in appropriate

footwear

- Only school jumpers, wool or fleecy lined, school zip up jackets and blazers are to be worn. Students will be asked to swap theirs with one in the office if it is incorrect.
- School scarves are available for winter in the uniform shop.



### ***School Community Charter***

The Department of Education has recently introduced a School Community Charter for all NSW public schools. Parents and carers play an important role within our school community and the charter supports parents and carers and the school to create a positive learning environment for our students. Read more about the charter towards the end of this newsletter or go to the School Community charter page on the NSW Department of Education website.

### ***Assessment Processes @ Mitchell HS***

Assessment booklets have been distributed to all students. Years 7-8 assessment booklets and assessment grids were given out at a year meeting and explained how to use them. Years 9, 10 & 11 students were given a printed copy of the guidelines and rules during a lesson that was delivered on the Non-Determination process (N-Awards). It is important your child carefully read their booklet as it provides information from NESA (not Mitchell HS rules) about the submission and completion of assessment tasks. An outline for each subject assessment, due dates of tasks can be found on the school website and now also on the parent and student millennium portal. A yearly planner was also included for your child to collate and

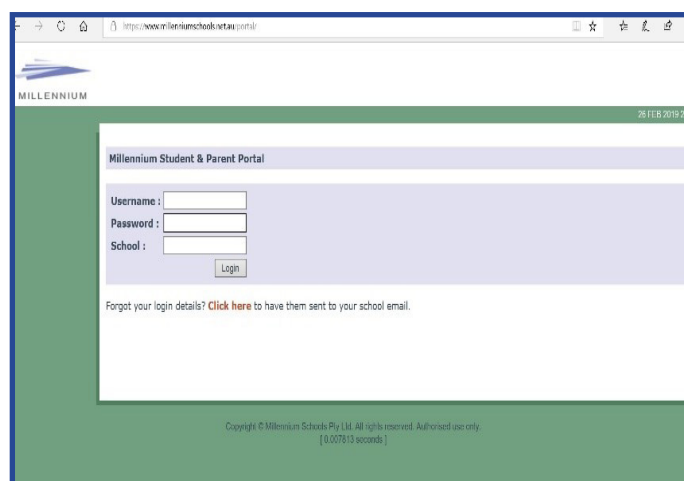
plan their time to complete assessment tasks.

### ***Millennium Parent and Student Portal***

All students and parents have been issued with a login and unique password to access millennium, the schools tracking system. This is new to us all and we are very keen to see parents and students make use of the system. Parent letters were sent home and students received their letters in the year meetings in week 2.

Parents and students can view:

- Timetables
- Marks and assessment tasks
- School calendar
- Reports (after they are completed each semester)
- Attendance
- A diary to be organized
- Links to school websites and other resources
- Assessment books and grids



### ***Attendance***

Welcome back to all our returning students and I would especially like to welcome the many new students and families to Mitchell High School. Regular attendance is essential for your child to achieve their educational best and increase their career and life options. Staff at Mitchell HS work closely with parents to encourage and support the regular attendance of all our students. On occasion your child may need to be away from school. If this occurs, a text message will be sent to parents and carers indicating the absence. Following any absence, a reason must be provided to the school within 7 days. Replying to that text message with a justified reason for the absence is sufficient. If you require absences of 5+ days then parents must meet with the deputy principal to complete official paperwork, and provide documentation for the child's absence.

### ***Roll Call***

Arriving to school and class on time is important. Roll call starts at 8.50am and all students are required to be seated in their classrooms by 8.53am. If a student arrives late to roll call, they will still need to attend their roll call classroom and have their names marked present (with a late arrival). Teachers are able to make these changes electronically, therefore ensuring our database is kept up-to-date immediately.

### ***100% Attendance***

Every year at the first assembly Miss Scheerhoorn challenges all students to achieve this one award that all can get. Students are awarded at our presentation day at the end of the year for 100% attendance and every child has the ability to achieve this award.

### ***Changes to Year 12 examinations and assessment***

Due to the recent changes to assessment guidelines for HSC students implemented by the New South Wales Education Standards Authority, there are no half yearly exams for Year 12 students. These changes mean that HSC students will complete only 4 assessments per subject, with only one of these being a formal examination. This formal examination will be a Trial HSC later in the year. Because of these changes, it is important that HSC students incorporate exam-style questions in to their study routine and work towards enhancing their skills in answering long response questions to better prepare for their trial examinations. Many students can do this through the use of Edrolo that the school is currently paying for. The subjects that students have access to are - Business Studies, Legal Studies, Studies of Religion, Maths (not non-ATAR), English (not Eng Studies), PDHPE, Ancient and Modern History, Biology, Chemistry, Investigating Science, Physics.

### ***Communication and resolving problems***

One of the key things that Mr. Campbell and I talk to the students about at assemblies almost every week is the ability to communicate when there are problems or issues arising and to work through the problem with an adult who can support and help and follow the correct procedure. This is also the case with parents. Please contact your child's teacher, head teacher, year adviser, Head Teacher Wellbeing – Ms Cate, or Deputy Principal of the child's year and discuss what the problem is. Most things are easy to solve or resolve and we will always do it in the best interests of all students and staff. We will not discuss another child's situation with other parents but we will always follow correct policies and procedures to ensure fairness. All our staff teach and interact with

students every day and are not always available to talk to you at the time of your call. Please leave a detailed message on their message service and we will get back to you in a timely manner.

### ***Bike Safety***

We again need to remind students about some rules around bike safety to ensure they are following laws and school procedures. If students continue to do the wrong thing they will be banned from rising to school.

1. Students riding bikes and scooters must have a helmet for safety reasons
2. No bike/scooter/skateboards are to be ridden on school grounds at any time. Students must wheel the bike in and out of the school grounds
3. Obey all road rules and ride safely so as not to endanger local residents and parents picking up their children

If parents are concerned about the behavior of students on the bikes we encourage you to ring the local police and report it to them. We regularly talk to individual students as well as at assemblies about bike safety.

### ***School Activities and Programs***

Finally – Mitchell HS has soooooo many activities, programs, sporting events and social things going on that it is impossible for a child to not get involved. We are a community and pride ourselves on it. So please encourage your child to listen in roll call, attend excursions and events organized by staff and the School Student Leadership Body and make the most of their time at school. Don't forget to like our Facebook page so that you can keep up to date with the many things happening at school as well as see lots of photos of your students involved in the activities and programs across the school.



***Mrs Pares***  
***Deputy Principal (Years 8,10 &12)***



## **CAPA**

### **'The Voice' Excursion**

Year 9 and 10 elective Music students visited Fox Studios on Wednesday 6th February to attend The Voice Blind Auditions. The Voice is one of Australia's biggest TV shows and our students saw the start of the quest to find The Voice of 2019. Our students sat up close with superstar coaches Boy George, Delta Goodrem, Kelly Rowland and Guy Sebastian as they chose their teams to progress to the Knockouts and Battles. On top of seeing a spectacular show, our students got to have an insight into how a TV show is created. The Voice Arena also let them see a lot of the behind the scenes happenings. Thank you to Mr Weston and Mr Muscat for accompanying the students on the day.

### **In Concert**

Congratulations to the Mitchell High School Vocal Ensemble who were accepted into the massed choir for 'In Concert - Secondary Choral Festival'. 'In Concert' is a dazzling choral and instrumental music showcase featuring Australia's premier Public Schools Music Ensembles and the Combined Secondary Schools Choir at the beautiful Sydney Town Hall. It is a wonderful festival that involves a large secondary combined choir, the fantastic Arts Unit music ensembles and a secret high-profile guest artist. Participating students have already started attending rehearsals in the city and are super excited to be learning the new and exciting repertoire. Students will be performing at Sydney Town Hall on Monday 20th May at 7pm.

### **Blacktown Seniors Day Celebration**

Mr Weston accompanied a group of students to the Blacktown Seniors Day Celebration on the 19th February at Blacktown Leisure Centre Stanhope Gardens. The Vocal Ensemble and Dance group performed as part of the morning celebration. Charles Mata (Yr11) prepared a speech as guest speaker and spoke about 'how have older people in your life inspired you to love your life?'. All students enjoyed a morning tea with local community members and some were lucky enough to met the Mayor.

### **State Solo Vocal Camp**

A huge congratulations to Annabella Grogan-Fsadni (Yr9) for being accepted into the State Solo Vocal Camp! The camp gives participants the opportunity to work alongside students from all over the state with similar interests on their vocal technique and performance quality. Students work in a group and individual setting and receive expert tuition throughout the week from industry and

professional tutors. The camp will conclude with a showcase performance at Parramatta Riverside Theatre on Saturday 16th March. Tickets are now available for the Solo Vocal Camp 2019 concert. You can buy tickets online at <https://riversideparramatta.com.au/show/2019-solo-vocal-camp-concert/> We are very proud of Annabella's achievement and look forward to seeing her perform on stage!



**Mrs Van trier**  
***Creative and Performing Arts***

## VIVO

Mitchell High School students have a great year to look forward to regarding VIVOS. Many new items and services have recently been added to the store, but what exactly? You must login and check the store to find out! Keep being REAL and earning those VIVOS, as you never know what exciting things could potentially be yours.

We are also looking for donations as purchases and prizes for the MHS VIVO store. If you have any new or pre-loved (but still in good condition) items, vouchers or services you would like donate as prizes please give them to Ms John in the English Staffroom. A warm thank you to all the teachers who have recently donated and local businesses for their generous contributions; McDonald's, St Martins Village and Silver Spur, Penrith.



**Miss John**

## Maths

Welcome to Mitchell High students from 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 top math classes, and the Maths Olympiad for 7A, 8A. The dates for the AMC and the Olympiad will be available in the second newsletter later this term.

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 to the front office and bring the receipt to the Maths Faculty.



**Ms Beardmore  
Mathematics**

## CAREERS @ MITCHELL

Year 10 students participate in a fortnightly Career lesson. 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 11/12 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 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. 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.**

***Year 10 classes R.E.A & L*** will be on work experience during Term 2 ***(20-24 May)***

***Year 10 classes M.H & S*** will be on work experience during Term 4 ***(18-22 November)***

NB: The students can do more than one work experience week in the year (must liaise with Careers Adviser)

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 e.g. 6am-4pm **(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 28 June 2019. 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, Careers Notice Boards and TV monitor (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 27 September, 2019.

### **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.



### **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, SEE THE CAREERS ADVISER.**



**Mrs Catherine Rumi Badger**  
**Careers Adviser**  
**catherine.rumibadger@det.nsw.edu.au**

### **SRE**

Mitchell High School offers Special Religious Education (SRE) to Years Seven to Eleven. There are six Scripture sessions throughout the year, scheduled as double-period seminars. Government-approved Scripture providers offer an education in Catholic, Protestant, Orthodox and Muslim teachings. Students who do not wish to attend Scripture attend Non-Scripture classes, where activities focusing on the development of literacy, numeracy and problem-solving are provided, in accordance with the Special Religious Education Act. As religious preference is no longer recorded on enrolment information, Year Seven parents and caregivers have been contacted directly through a mailed permission note. This must be returned as soon as possible so that we can allocate Year Seven students to their preferred Scripture or Non-Scripture class. Students are able to change these classes, with parental or guardian permission, at any point. The dates for Scripture in 2019 are:

Term One: 14/3/19

Term Two: 29/5/19 and 27/6/19

Term Three: 8/8/19 and 29/8/19

Term Four: 5/12/19

**Ms. Beckett**  
**SRE Co-ordinator**



# MITCHELL HIGH SCHOOL



## YEAR 6 INTO YEAR 7 (2020) **OPEN NIGHT**

Invitation to Year 6 students and their parent/carer(s)

Come and explore the 21st century learning opportunities offered at Mitchell High School

TUESDAY 5 MARCH 2019

6.30PM – 8.30PM

MITCHELL HIGH SCHOOL HALL

KEYWORTH DRIVE BLACKTOWN

- Meet and talk to our Executive Staff and teachers
- Tour our school grounds
- Explore our classrooms
- Discover our educational opportunities

EXCELLENCE IN EDUCATION SINCE 1964



## HSC (2018) DISTINGUISHED ACHIEVERS & MHS SCHOLARSHIP AWARDS

Mitchell High School would like to acknowledge and thank **BLACKTOWN CITY COUNCIL** and **BLACKTOWN WORKERS CLUB** for their continued support and donations towards the MHS Scholarships in 2019.

### BLACKTOWN CITY COUNCIL SCHOLARSHIP RECIPIENTS

Blacktown City Council Year 10 Food Technology Scholarship - Monique Polinar  
Blacktown City Council Year 10 Visual Arts Scholarship - Shantell Morgan  
Blacktown City Council Year 11 Visual Arts Scholarship - Sarah Ferguson  
Blacktown City Council Year 11 Hospitality Scholarship - Maddison Stuart  
Blacktown City Council Year 12 Hospitality Scholarship - Christine Tint  
Blacktown City Council Year 12 Visual Arts Scholarship - Jessica Nguyen

### BLACKTOWN WORKERS CLUB SCHOLARSHIP RECIPIENTS

Blacktown Workers Club Year 9 Photography and Digital Media Scholarship - Jay Hanna  
Blacktown Workers Club Year 9 Physical Activity Sports Studies Scholarship - Log Niang  
Blacktown Workers Club Year 9 Visual Arts Scholarship - Kaitlyn Stopp

### BLACKTOWN WORKERS CLUB SCHOLARSHIP RECIPIENTS

Blacktown Workers Club Year 11 Software Design and Development Scholarship - Natalie Kwok  
Blacktown Workers Club Year 11 Software Design and Development Scholarship - Jay Upadhyay  
Blacktown Workers Club Year 12 Food Technology Scholarship - Akeen Akeen

### HSC (2018) DISTINGUISHED ACHIEVERS RECIPIENTS

Mariah Correia - Senior Science  
Pauline Deliso - Music 1 and French Beginners  
Emily Jakimovski - Community and Family Studies  
Amy Kelleher - Community and Family Studies  
Zhihuan Luo - Mathematics and Mathematics Extension 1  
Logan Paske - Senior Science  
Sehaj Walia - Ancient History and Mathematics  
Jackie Zhou - Biology and Mathematics







## 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/](http://www.opal.com.au/en/about-opal/opal-for-school-students/)

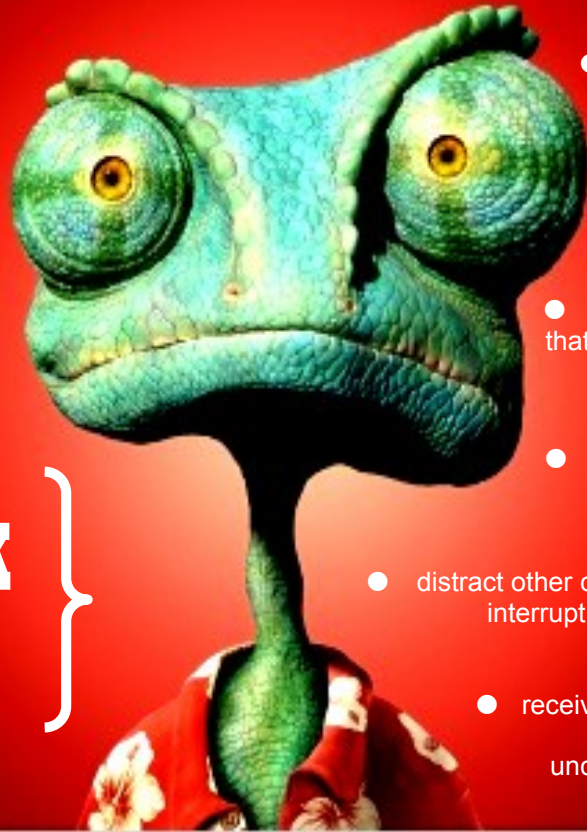
Students who are ineligible for School Opal will need to purchase a Child/Youth Opal card or pay a fare to travel on our buses.

Thank you in advance for your assistance and support.



## STUDENTS WHO ARE LATE WILL -

**{ It's not OK  
to be late! }**



- MISS the important social interactions with friends before the bell that can relax them and set them up positively for the work day ahead.
- MISS the start of lessons so that learning becomes disjointed and difficult.
- MISS the morning greetings, messages, roll call
- distract other children when they arrive and interrupt the momentum of the group.
- receive unnecessary attention that may make them feel uncomfortable or embarrassed.

# MHS CROSS COUNTRY

**Friday 22 March 2019**

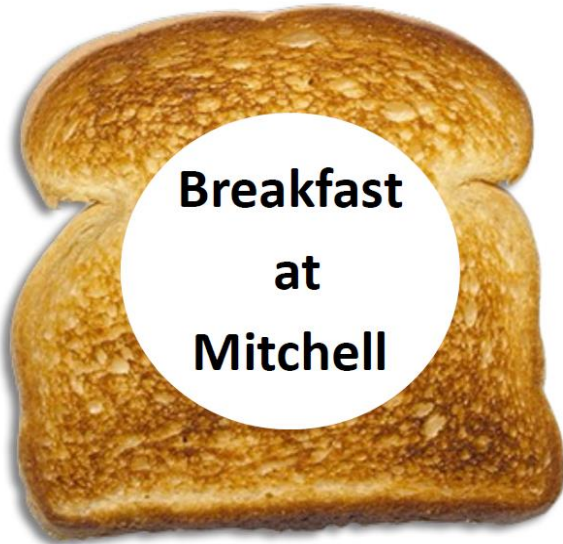
**Student notes will be distributed closer to date**



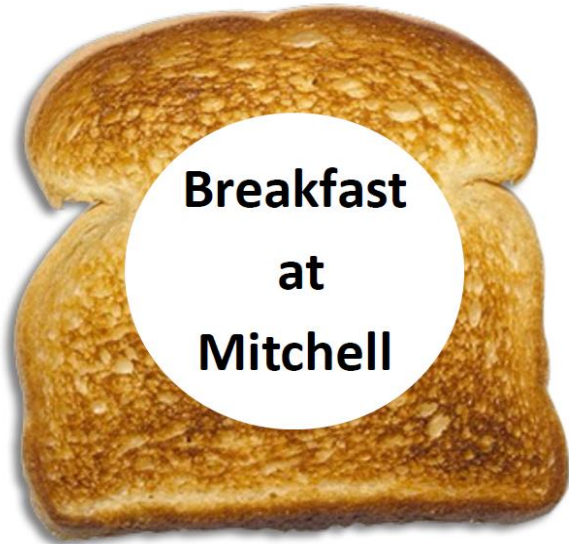
# MHS BREAKFAST CLUBS

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](mailto:info@hopechapel.org.au) | [www.hopechapel.org.au](http://www.hopechapel.org.au)

HOPE  
CHAPEL





# MITCHELL HS

## CONCESSION CARDS

### 2018 / 2019

*Delivering excellence through innovative & unique learning opportunities for student success*

## ARE YOU 16 YEARS OF AGE OR OVER

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

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

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

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

Ms Halls

School Administration Officer

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

# MITCHELL HIGH SCHOOL

Delivering excellence through innovative & unique learning opportunities for student success



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

## 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](http://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

<b>INTERNET &amp; SOFTWARE LICENCES FEE</b>	<b>Year 7 \$</b>	<b>Year 8 \$</b>	<b>Year 9 \$</b>	<b>Year 10 \$</b>	<b>Year 11 \$</b>	<b>Year 12 \$</b>
Internet & Software Licences Fee	50	50	50	50	70	70
<b>Resource/Printing Fee</b>	30	30	30	30	30	30
<b>Sport Levy</b>	60	20	20	20	20	20
<b>P&amp;C Contribution (1 per family)</b>	15	15	15	15	15	15
<b>SUBJECT FEES</b>	<b>Year 7 \$</b>	<b>Year 8 \$</b>	<b>Year 9 \$</b>	<b>Year 10 \$</b>	<b>Year 11 \$</b>	<b>Year 12 \$</b>
<b>Computing Subjects</b>						
Information and Software Technology			20	20		
Information Processes and Technology					20	20
Software Design and Development					20	20
<b>Creative and Performing Arts (CAPA) Subjects</b>						
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
<b>English Subjects</b>						
Drama			10	10		
<b>Mathematics Subjects</b>						
Scientific Calculator (Casio fx82plus)	25	25	25	25	25	25
<b>Personal Development, Health and Physical Education (PDHPE) Subjects</b>						
Dance			50	50		
<b>Science Subjects</b>						
STEM Robotics			60	60		
<b>Social Science Subjects</b>						
Business Services (VET)					15	
Retail Services (VET)					15	
<b>Technologies Subjects</b>						
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*
<b>Year 12 Jersey/Jacket (refer to MHS uniform regulations/sanctions/dress code)</b>					100* (approx.)	

<b>EXCURSIONS/INCURSIONS/CAMPS WORKSHOPS/COMPETITIONS ETC.</b>	<b>Year 7 \$</b>	<b>Year 8 \$</b>	<b>Year 9 \$</b>	<b>Year 10 \$</b>	<b>Year 11 \$</b>	<b>Year 12 \$</b>
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.



# 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](mailto:mitchell-h.school@det.nsw.edu.au)  
Website: [www.mitchell-h.schools.nsw.edu.au](http://www.mitchell-h.schools.nsw.edu.au)

## 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.

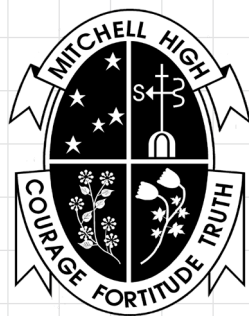
The School Locker is our official uniform supplier and students are only allowed to wear items purchased from this supplier at school. The only items exempt from this are socks, tights and shoes. The school pants and shorts for boys and girls have an embroidered MHS on the side pocket for identification. 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](http://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 ~

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

## Extras;

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

## ~ 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

## ~ BREAKFAST ~

<b>Bacon &amp; Egg Roll or Wrap (A)</b>	\$4.00
<b>Breakfast Meal Deal (A)</b> Egg & bacon roll & small flavoured milk (300ml) Banana bread & small flavoured milk (300ml)	\$5.50 \$4.00
<b>Toasted Sandwiches (G)</b>	
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
<b>Fruit (G)</b> Fresh Fruit Salad (G) (GF) Seasonal Fruit available daily	\$3.50

## ~ FOOD CODING ~

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

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](https://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.

