

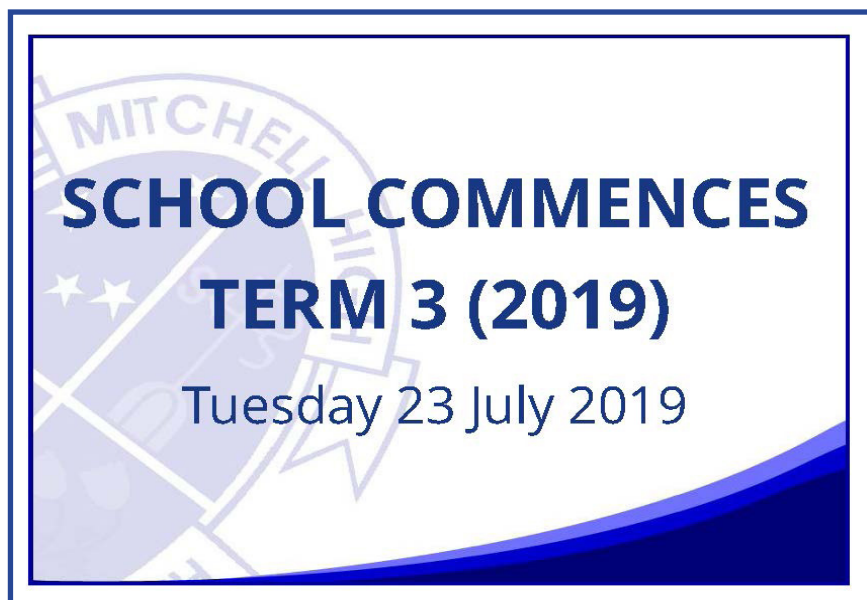
MITCHELL HIGH SCHOOL

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

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

RESPECTFUL, ENGAGED AND ACTIVE LEARNERS

July 5, 2019



The term is drawing rapidly to a close and it is hard to believe that we are almost half way through the academic year. Students are reminded to ensure they stay on task and be effective learners by taking responsibility for their learning. Staff and students have been working hard to achieve excellence and this comes from ongoing commitment. In good schools, learning is seen as the central purpose of the school and takes precedence over everything else with high expectations of success.

At Mitchell High School, there is high expectations for student learning, whether it be in the classroom, playground or other learning contexts. There is a deep belief in the ability of every student to learn and to achieve high personal standards with appropriate and effective teaching. Class time is used as learning time and students should show diligence and sustained effort. Success is recognised and celebrated with the intrinsic reward of achieving personal best. Passion for excellence is a driving force each and every day.

Mitchell High School has dedicated staff working together, pushing themselves and their students to do their best. The best teachers work to improve their teaching skills by exploring new techniques in a continuing cycle of improvement. They lead by example encouraging your child to accept responsibility for their own learning and providing them with the skills to be lifelong learners. They provide a culture of self-evaluation, reflection and informed decision making.

Parents are always encouraged to be involved in their child's learning by helping to achieve common goals that are shared across all the school community, for example, the promotion of values such as respect for others, honesty, tolerance, fairness and the pursuit of excellence.

School may not always be the best fit for students but at Mitchell High

Important dates to remember

P&C and Parent Citizen Forum	Wednesday 21 August @ 6.30pm
Staff Development Day	Monday 22 July
Year 12 Dance Showcase	Wednesday 24 July
Year 8, 9 & 10 Parent/Carer Teacher Interviews	Wednesday 31 July
Trial HSC Exams	Monday 19 August - Friday 23 August
Year 7 (2020) Self Select Information Meeting	Tuesday 27 August



School we look at providing support and opportunities for all students. This can only be successful with effective communication between all members of the school community.

Learning to learn... taking responsibility for building your own learning ability

Some of the most important curriculum in the school these days is not only the content you learn in class, but also 'learning to learn'. Students can develop their ability to learn just like they can develop their abilities in numeracy, literacy and sport. Like muscles, the brain can be trained, developed, exercised and extended. Much research has been undertaken in this area and I have attempted to capture some of this research. Students can use the following four areas, 'stick, stuck, stock, stack' to help them think about their learning and develop their learning brain.

Stick

Being able to stick at a task until its logical conclusion is a good practice to develop. It's like stamina with muscles. You can learn to stay focused by staying on task for longer periods of time. Building resilience is also important. Resilience is the ability to avoid distraction and to master your concentration and attentiveness. Students with more 'stickability' are more engaged and more able to manage their distractions to allow absorption of new thinking. As students get more resilience they build their tenacity and determination. This further builds the staying power of their 'learning muscles'.

Stuck

Being stuck is the point of learning. You only learn something new when you have arrived at the point when you don't know. The ability to know what to do when you don't know is the most important 'new learning' skill. Being able to use your resources to figure a way out of being stuck is the key to opening up new learning. Being resourceful is a skill that can be developed. At school, teachers will always be there to guide, but when there are no teachers to call on, then good learners will have strategies that ensure they are ready and able to learn new skills. Resourcefulness also includes the creative side of learning where students question and imagine. Becoming 'unstuck' is like muscular strength and you build this by continually challenging the limits of your knowledge and skills.

Stock

Taking stock of your learning and reflecting on how you learn best is an important skill. This area includes the skill of self-assessment. Taking stock of your progress, from where you have come, and looking at your challenges. Looking ahead and working towards where you need to be is critical in school learning and preparing for examinations. Being able to plan your progress and understanding what you need to practice to improve is about taking stock of learning.

Stack

This is about the social dimensions of learning where you can develop your skills to learn independently or interdependently. That is, individual, solitary learning or stacking yourself with others to learn cooperatively. Being able to know when it is appropriate to learn alone or learn with others includes such things as coaching self and others, collaboration as well as imitating (or stacking) a skill of others or modelling a skill for others.

Professor Guy Claxton builds on these areas in his work on Building Learning Power. You can further research more ideas for improving your learning abilities by reading his work. Have a look at this link for many more ideas in improving your learning skills.

<http://www.buildinglearningpower.com/>

"Tell me and I forget. Teach me and I remember. Involve me and I learn." – Benjamin Franklin

We wish all our students a safe and restful holiday. School will resume for all year groups Tuesday 23rd July, 2019.

Elena Marinis
Principal

Year 7 Geography

This semester Year 7 Geography classes have learnt about 'Landscapes and Landforms' and 'Place and Liveability.' As part of their study of 'Landscapes and Landforms' they completed an assignment on a world heritage site of their choosing. The models and presentations were amazing and the classes all enjoyed learning about the sites from around the world that their peers presented. You can see some of their awesome work in these photos.



Enviro Club

On Wednesday the 5th of June Mitchell celebrated World Environment Day. Enviro Club saw a great opportunity to educate the students of Mitchell and organised a scavenger hunt on the day along with a lights out program for the whole week during roll call relating to the theme of Air Pollution. On Wednesday about 40 students arrived at the COLA and received the list of things to hunt for. The teams that achieved first, second and third positions received prizes that included movie tickets, a pot plant and gift cards. There was a bonus prize that was drawn by Ms Marinis.

In the end the program was a great success and we thank everyone who participated and we look forward to holding more events in the future.

By Kamran, for the Enviro Club



Mitchell High School would like to say a huge THANK YOU to all of our students, staff, families & friends for their effort in the Woolworths Earn and Learn program. Together, we have accumulated a total of 17,108 stickers!

PDHPE

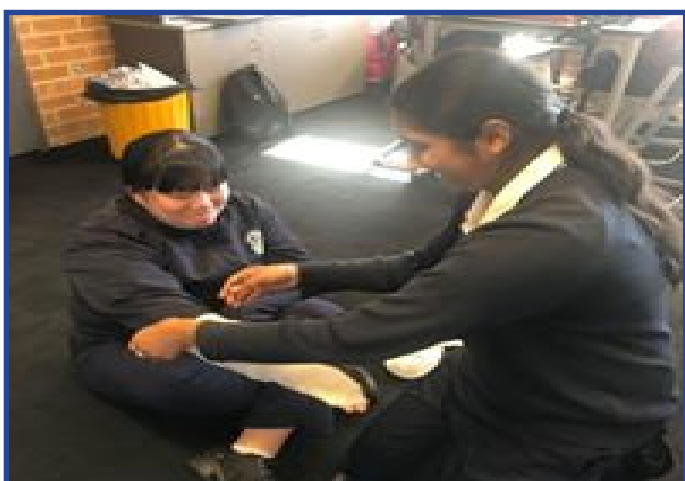
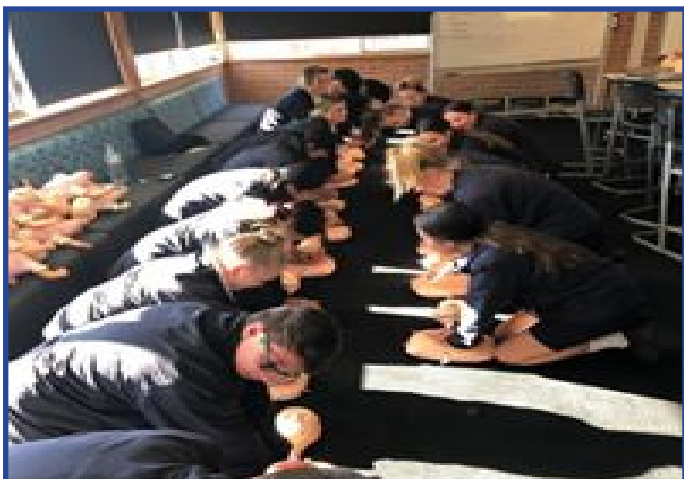
Earlier this term, Year 10 students were involved in the Blue Datto Program. It is a hands on experience where students are taught valuable road safety skills for not only themselves as drivers, but as passengers and pedestrians. Students thoroughly enjoyed the program and gained a lot from it. We were also lucky enough for the local Detective to present to the students about what can happen if they speed, drink drive, distract others, use mobile devices and over pack their cars. It was great to see the students ask questions and think about ways to minimise risk. At the end of the day, the students wrote a pledge to themselves where they will be emailed these in the coming years to remind themselves about why it is important to be safe.



Year 7 and 8 Self Select classes visited the GIANTS training headquarters in Homebush. What an experience this was. The students had a behind the scenes look at what it takes to be a professional athlete. They looked at the roles that it takes to keep a business running, to the coaches, trainers and athletes. The students checked out the lockers, ice baths, the gym and the training field. Students were then taken through a range of fitness testing activities. From throwing a 3kg ball as far as they could, to a 40m sprint, vertical jump test and respiration rate. All students were

outstanding on the day and need to be commended on their behaviour. A big thank you to the WSU GIANTS for offering this wonderful program to our students.

Year 11 PDHPE and SLR students completed their First Aid Certificate. The students were given practical scenarios where they needed to apply the information they had learnt throughout the day. The students were outstanding and really enjoyed performing CPR, bandaging up their friends and learning life essential skills. The certificate lasts for 3 years before the students need to renew/update their skills. We highly recommend all students and families to complete this course.



This has been a busy term for Dance students. Year 12 students completed their Trial Examination for all practical works, each student worked hard and it was a pleasure to watch. The Yr12 Dance Showcase of practical works will be held week 1 next term, on Wednesday 24th July 6:30-7:30pm. See Miss Sands in the PE Staffroom for your ticket.



Dance Ensemble members performed at the Synergy Dance Festival on Wednesday 12th and Thursday 13th June. All dancers performed exquisitely and were fabulous to watch. We also received some outstanding feedback about one of the dance items, "River" by a member of the public, saying it was the best performance they have ever seen at Synergy.





Dance Ensemble also competed at the Penrith Eisteddfod on Thursday 27th June, held at Nepean Creative and Performing Arts High School. All students performed wonderfully. It was very stiff competition and we were lucky enough to receive 3rd place for their jazz item "Dem Beats". It was even more exciting that this item placed as it was choreographed by one of our very talented students from Yr10, Madeline.

Students traveling to Korea have continued dedicating their time on a Tuesday afternoon to prepare their dances for their trip. The dances are looking great and the students are very excited.



All the school carnivals have come and gone, but our best athletes continue to progress through to the Blacktown Zone, Sydney West, CHS and Australian All School Championships.

In Swimming, we had the continued success of Ashlee Bloomfield winning a medal at the CHS NSW championships and competing at the Australian All Schools. However, her success has not been limited to the pool, Ashlee has also qualified for CHS Cross Country. Ashlee will be joined by Jamie-Lee Cole who has also qualified for CHS Cross Country, we wish both girls the best of luck at the upcoming carnival.



Athletics saw our biggest ever team compete at the Blacktown Zone Carnival, the majority (39 students) progressing to the Sydney West Carnival to be held on the 1st and 2nd of August. Dylan Baptist qualified for five events that includes the 17-19's relay team who edged out Wyndham College to win the race. We have five other relay teams that have qualified for Sydney West which include girls 12's, 13's and 14's 4x100m relay, boys 13's and 14's 4x100m relay. Best of luck to all the students that will compete at the Sydney West Carnival.



Next term on the 9th August the Senior Boys Football, Girls Football and Girls Netball teams will compete in the Blacktown Zone Cup. This is not only an opportunity to compete against other schools in our zone but an opportunity to be selected to play for the Blacktown Zone and beyond. Marcus Correia who captained our school team to victory in last years cup, went on to captain the Blacktown Zone team then later being selected for the Sydney West Team, playing in a three day tournament in Wollongong. This is a great achievement considering, majority of the team is made up of Hills Sports students who play for either Western Sydney Wanderers or Sydney FC.



from the PDHPE faculty

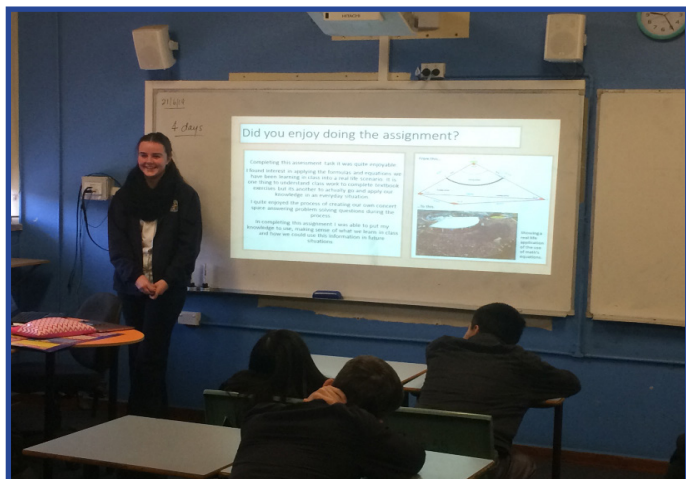
CREW news

The MHS crew have been working hard on some new and exciting projects around the school grounds. A Bocce court has been constructed outside of D Block, vertical garden and a new MHS sign near the hall. We look forward to seeing what the CREW will do next!



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

Years 11 and 12 have just completed various assignments for their math courses. The assignments look at applying the topics they are studying to practical situations. Here is Carlee Godfrey presenting her findings for her assignment on how outdoor concert spaces are designed to her Advanced Mathematics class. This assignment utilised the Geogebra and Google Earth programs and applied the students own knowledge and skills about trigonometry.



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.

Online Resources



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.

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.

The Maths Faculty run the Australian Mathematics competition (AMC) for 7A and 8A and top math classes, and the Maths Olympiad for 7A and 8A. For the AMC, 77 students have enrolled for the competition happening on the 1st August. The school covers the cost of the Olympiad competition and the dates are as follows for the remaining three: (31/7, 21/8 and 11/9).

To encourage students in Years 7-10, this year we have introduced the concept of making a summary sheet, with the aim of having students well prepared for the examinations. It will enable them to consolidate their knowledge of the units of work independently.

Maths STAR award

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. The students who were awarded the Math Stars this term are:

Year 7: Riley Walker, Nehir Seckin, Kai Jones, Diamond Stone, Marya Kandah, Sharmaine Maralang, Chelsea Beotich, Bronson Moller, Amish Deo, Lina Elakhras, Shiloh Chang, Aahan Patil, Nathan Reveley, Zuhaira Salim, Brandon Butler.

Year 8: Sam Dryden, Kaia Novati Robinson, Mohammad Mosawy, Ella Suarez, Lekayah Graham, Antonio El-Rassi, Samir Razak, Jayden Mifsud-Slack, Ethan Fagan, Christian Joukhadar, Taylah Sleiman, Arame Marshall, Abbey Pinington, Manea Maigrot.

Year 9: Wilson He, Luanne Vickery, Manal Adam, Chloe Brown, Craig Pelias, Cavyouta Younan, Saratima Tonuu, Michael McDonald, Jessica Sleiman, Blinda Akalu, Declan Griffiths, Rome Uata, Connor Williamson, Layla Elakhras.

Year 10: Venkata Kambala, Orlando Hughes-Nelisi, Sanjit Shankar, Tika Bhandari, Ukasha Ali, Danielle Dennett, Annika Sarkar, Isabella Villarino, Jaida Jones, Michael McElroy, Mauriele Mesa, Azer Nasirli, Kurt Delaqueze, Tevita Tonga.



from the Maths faculty

ART PATHWAYS

We were thrilled that students in Year 7 were able to participate in Art Pathways, an educational arts program in which the school, the Art Gallery of NSW and Blacktown Arts Centre collaborate to provide students with the opportunity to work with contemporary artists, art and ideas.

During the workshop students had to brainstorm and write in their Visual Arts Process Diary what they valued e.g. animals, music and family. They were then instructed to draft a design based on what they loved. This means thinking of an object which acts as a symbol to represent a feeling they associate with the item. With a short timeframe of 30 minutes, students used a variety of materials to create a sculpture. At the end of each session, students moved their artworks into the REAL area creating a large installation and shared their artmaking experience with the cohort. Individual students spoke about their artwork, explaining its symbolism and the emotions which the object enveloped for them.

This experience inspired students to take risks and to realise that the best way to get things done is to simply begin. All the artworks looked incredible and everyone had fun. Students were inspired, motivated and engaged in a meaningful and collective activity. The artmaking process in which students participated opened the door for the limitless opportunities available within the arts for self-expression without limits. Students also gained an appreciated that artworks can be more than just paintings and drawings.

The fun will continue, as the Year 7 cohort will participate in the second component of the Art Pathways program on Wednesday 18th September at the Art Gallery of NSW. They have been invited to engage directly with artworks from the AGNSW collections and exhibitions while continuing to work with a number of contemporary artists. The schools will receive transport from the school to the AGNSW. Look out for the excursion permission note next term and the opportunity to engage with amazing artwork and education resources from the AGNSW archives.



from the CAPA faculty

CAREERS @ MITCHELL

Mandatory Work Experience for Year 10 M.H.S students 18-22 November 2019

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 (not parents) and to relate it to their possible post schooling occupation to gain the most out of this time. It is mandatory for students to attend work experience. Students must return all work experience paperwork to Mrs Rumi Badger by Term 4, Week 1. All year 10 have been given a Work experience Pack with instructions.

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

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

1. Please discuss with your child their preference for a Work Experience placement.
2. Your child (not parents) will be required to organise his/her own Work Experience placement. It is preferred that the student does not work for or with your family, as the aim is to broaden their experience and knowledge.
3. Students are to attend each day of the placement for the whole working day of the industry that they are experiencing (not school hours) and comply with the rules and regulations of that industry. Cost of travel to and from work should be by the usual method of transport for employees with the cost of fares and incidental expenses such as lunches met by the student. (Parents please allow your student to gain confidence by catching public transport).
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.
6. **REMEMBER TO CONSULT THE CAREERS ADVISER FOR HELP.** The Careers Adviser will not know of your problems or difficulties if you do not inform her and may not be able to help if queries are left to the last minute.

Mitchell High School values your co-operation and involvement in the Work Experience Program.

Careers Excursions & Events

Terms 1 & 2 have been very busy for our students (that includes me). We've had the Year 12 Scholarship Workshop in February, Master Builders Guest Speaker in March. The Year 10 Appearance and Presentation for Work Experience Workshop, the Defence Force Talk and the Year 10 REAL classes went to work experience in May. In June we had the Western Sydney U Day excursion and the Western Sydney Careers Expo.

Please make sure you follow the MHS Facebook page for permission notes and hand them in by the due date to avoid disappointment.

Mrs Catherine Rumi Badger

Careers Adviser

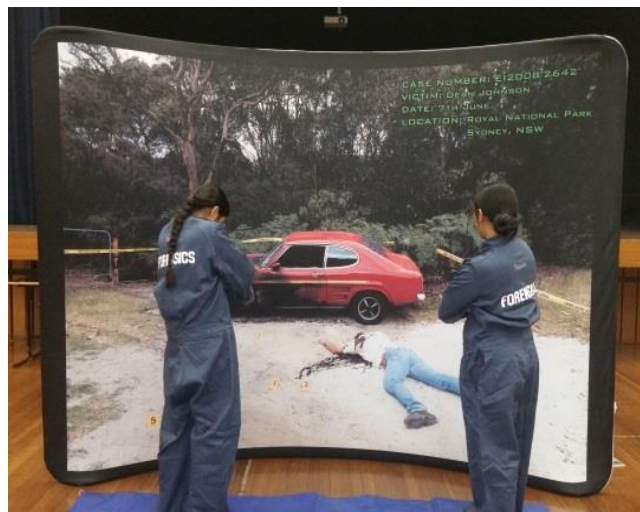
catherine.rumibadger@det.nsw.edu.au

ATTENTION: Year 9 and 10 Science Students







- On Wednesday 11th September (Week 8 in Term 3) during period 3 and 4 there is the opportunity to get involved in a Forensic Science – Crime Scene Investigation Workshop. It will cost \$18.
- Please pay by Wednesday 4th September (Week 7 term 3) at the front Office.
- Collect a permission note from your Science teacher and or from the Science Staffroom.
- There are only 60 spots available – first in best dressed.

Please note that this incursion was originally set for Thursday 13th June - it has now been postponed to Wednesday 11th September.





MITCHELL HIGH SCHOOL

Keyworth Drive Blacktown 
mitchell-h.schools.nsw.gov.au 
mitchell-h.school@det.nsw.edu.au 
9622 9944 

Dear Parent/Carer(s),

DONATE YOUR ANNUAL 2019-2020 BLACKTOWN CITY COUNCIL PLANT ALLOCATION TO MITCHELL HIGH SCHOOL

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

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

Regards



Ms E. Marinis
Principal

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

reside at _____
House Number / Street Name on Blacktown City Council Rate Notice

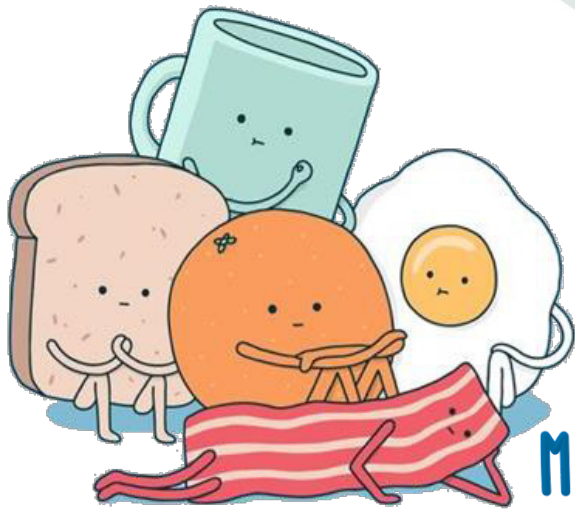
Suburb

Postcode

have NOT collected my 2 free plants from Blacktown City Council this financial year (2019-2020) and would like to donate them to Mitchell High School for planting on school grounds.

Parent/Carer Signature

Date



MHS BREAKFAST CLUBS

MHS STUDENTS COME AND ENJOY

FREE BREAKY

(excluding school and public holidays)

WEDNESDAY

8.00am – 8.40am

MHS Library

Hosted by New Life Christian Church

THURSDAY

7.45am – 8.45am

MHS Hall Foyer

Hosted by Hope Chapel

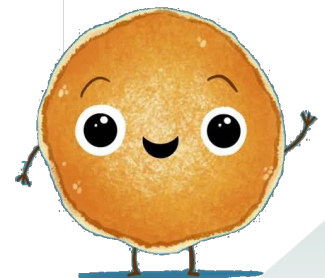
FRIDAY

8.00am – 8.45am

Pancake Friday

MHS Hall Foyer

Hosted by Kara (Wellbeing Officer) & Bernie (Youth Worker)



PANCAKE FRIDAY!



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.

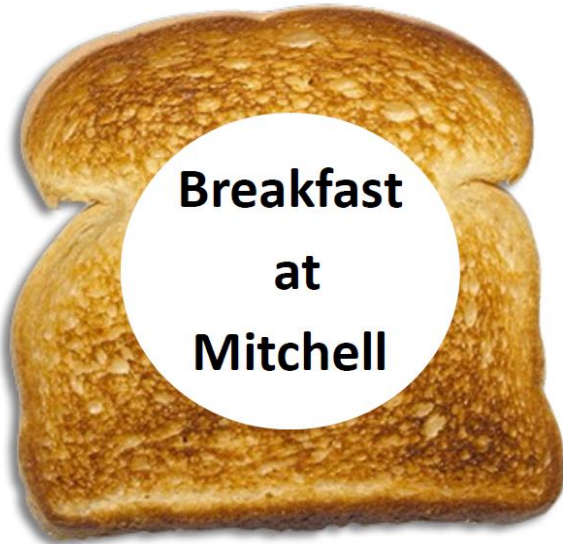
Thank you in advance for your assistance and support.



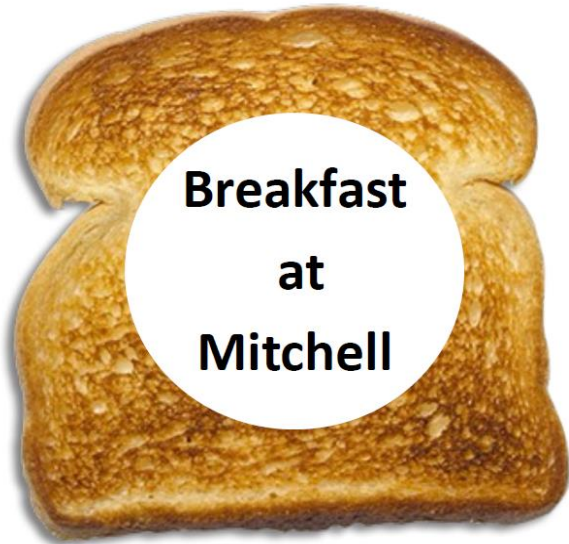
MHS BREAKFAST CLUBS

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**

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.

MITCHELL HIGH SCHOOL

Delivering excellence through innovative & unique learning opportunities for student success



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

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.



MITCHELL HIGH SCHOOL

Delivering excellence through innovative and unique learning opportunities for student success

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

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 2019



~ SANDWICH BAR ~	
Vegemite, Jam or Honey (E)	\$2.50
Margarine spread	
Chicken (E)	\$4.50
Grilled Chicken, Lettuce & mayo	
Cheese Tomato (E)	\$3.50
Cheese & tomato	
Ham (E)	\$4.00
Cheese & tomato	
Tuna (E)	\$4.00
Mayo, cucumber, Spanish onion, sweet chilli	
Cheese (E)	\$2.80
Sliced tasty cheese	
Salad (E)	\$4.00
Lettuce, carrot, tomato, cucumber, beetroot, onion	
Egg (E)	\$4.00
Mayo & lettuce	
Curried Egg (E)	\$4.00
Mayo, curry & lettuce	
Breads (E) White or wholemeal	
White Roll	\$0.60
Gluten Free Sliced	\$1.50
Extras	
Cucumber, tomato or lettuce (E)	\$0.60
Ham (O)	\$0.70
Avocado (E)	\$1.00
Sauce Portions	\$0.30
Lunch Bag	\$0.20
Spoon or Fork (without a lunch order)	\$0.10

~ SUPER SALAD BAR ~	
Greek Salad (E) (GF)	\$6.00
Tomato, cucumber, Spanish onion, pitted olives & feta	
Chicken Caesar (E)	\$6.00
Grilled Chicken, Cos lettuce, croutons, egg, Caesar dressing	
Chicken Buster (E)	\$6.00
Grilled chicken, tabouli & hummus	
Garden Salad (E)	\$5.50
Lettuce, tomatoes, cucumber, carrot, capsicum & sprouts	
Health Pack (E)	\$6.00
Tasty Cheese Fingers, carrot sticks, rice crackers, hummus & Tzakiki Dip	
* All Salads are Served with Lebanese Bread	
~ WRAP BAR ~ (E)	
Served in Lebanese bread	1/2 Full
Grilled Chicken & Salad	\$3.50 \$6.00
Ham & Salad	\$3.50 \$6.00
Tuna & Salad	\$3.50 \$6.00
Falafel & Salad	\$3.50 \$6.00
~ TURKISH BREADS/FOCACCIAS (E) - \$7.00	
Chicken – Grilled Chicken breast, roasted capsicum, pesto & tasty cheese	
Mediterranean – Ham, Artichokes, roasted capsicum, olives & feta cheese	
Vegetarian – Eggplant, sun-dried tomatoes, roasted capsicum, olives & feta cheese	

~ BREAKFAST ~	
Scrambled eggs on Toast (E) (1)	\$2.50
Egg & Cheese Roll (E)	\$3.00
Bacon & Egg Roll (O)	\$3.50
Hash Brown (O)	\$1.50
Toasted Sandwiches (E)	
Cheese 1/2	\$1.00
Raisin Toast (2) (E)	\$2.00
Toast (2) (E) Jam or Honey	\$2.00
Fruit (E)	
Fruit available daily from	\$1.00
Fresh Fruit Salad (E) (GF)	\$5.00
Yoghurt & Muesli (E) (GF)	\$5.50
~ SWEET TREATS ~	
Custard & Fresh Fruit (E)	\$3.50
Pikelets w/ Jam (3) (E)	\$3.00
Warm Banana & Custard (E)	\$3.00
Homemade Muffins (O) 80gr	\$2.00
(Banana or Blueberries)	

Look out for our
Weekly Specials!

**COMBO DEAL – WHEN YOU SPEND
\$4.00 OR MORE**



\$1.50

600ml

MTB are NSW Healthy School Canteen
Approved Operators

FOOD CODING

E Everyday / O Occasionally
GF Gluten Free

SCHOOL CANTEEN MITCHELL HIGH SCHOOL 2019



~ BURGERS & ROLLS ~

Grilled Chicken Burger (E)	\$5.00
<i>Marinated chicken breast, lettuce & Aloli mayo</i>	
Veggie Burger (E)	\$5.00
<i>Veggie pattie, lettuce and tomato</i>	
Chicken Pattie (O)	\$5.00
<i>Breast Fillet Pattie, lettuce & mayo</i>	
Big Beef (E)	\$5.00
<i>Homemade beef patty, fried onion, beetroot, tomato & lettuce (Choice of sauce)</i>	

EXTRAS

<i>Sauce Portions (Tomato or Bbq)</i>	\$0.50
<i>Shredded Cheese</i>	\$0.60
<i>Tomato, cheese, onion</i>	\$0.60

~ COLD DRINKS ~

Harvey Juice 250ml (E)	\$2.50
<i>Orange, apple, orange & mango</i>	
Water 600ml	\$2.00
<i>Spring Water (E)</i>	
Chill J Sparkling Water 250ml (E)	\$2.50
<i>Blackcurrant, Raspberry, Grape, Orange Passio, Watermelon</i>	

~MILK ~

Oak Lite - 250ml (E)	\$2.50
<i>Chocolate or Strawberry</i>	

~ MEXICAN BAR ~

Beef Nachos (O)	\$5.50
<i>Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado</i>	
Na'ed Vegetarian Nachos (E)	\$5.50
<i>Steamed Rice, seasoned beans, lettuce, cheese, tomato, sour cream & avocado</i>	
Naked Nachos (E)	\$5.50
<i>Rice, beef or Chicken, lettuce, cheese, tomato, sour cream & avocado</i>	
Fully Loaded Wedges (O)	\$5.50
<i>Baked wedges covered with beef or Chicken, cheese, sour cream & avocado</i>	

~ FROZEN TREATS ~

Queich 99% Fruit Stick 70ml (E)	\$1.00
Frozen Fruit Sticks (E)	\$1.50
Frozen Orange Qtr (E)	\$0.50
Mony (E)	\$1.50
<i>(Lemon Ice, Red Berry Blast)</i>	

HOMIE MADE PIZZA – (E)

Cheese	\$5.00
Vegetarian	\$5.00
Bbq Chicken	\$5.00

~HOT BAR~

Lite Beef Pies (O)	\$4.00
Beef Sausage Roll (O) 120gr	\$3.80
<i>Oven Baked Wedges (O)</i>	\$5.00
<i>served with sour cream & sweet chilli</i>	
Hot Cheese Roll (E)	\$3.00
<i>Crusty roll with melted tasty cheese</i>	
Mamee Cup Noodles (O)	\$3.00
<i>(Beef or Chicken)</i>	
Sliced Watermelon (E)	\$2.00
Yoghurt & Fruit (E)	\$5.00
Fruit Salad (E)	\$5.00
Cheese & Rice Crackers (E)	\$2.50
Fruit (Seasonal) (E)	\$1.00
Red Rock 28gr (Sea Salt) (O)	\$2.00
Grain Waves 22gr (Sr Crm) (O)	\$2.00

MTB are NSW Healthy School Canteen
Approved Operators

FOOD CODING

E	Everyday
O	Occasional
GF	Gluten Free

~PASTA, RICE & MORE ~

Butter Chicken & Rice (E)	Sml \$4.00 Lge \$6.00
Curry Chicken & Rice (E)	Sml \$4.00 Lge \$6.00
Beef Ravioli Napolitano (E)	Sml \$4.00 Lge \$6.00
Chicken Snit, Mash & Gravy (O)	Sml \$4.00 Lge \$6.00 (Tuesday Only)
Macaroni Cheese (E)	Sml \$4.00 Lge \$6.00 (Thursday Only)
Fettuccine Boscailola (E)	Sml \$4.00 Lge \$6.00 (Thursday Only)

HOME-MADE WEEKLY SPECIALS

MONDAY

Chicken Stir-fry w/ Hokkien Noodles (E)	\$6.00
<i>Asian vegetables tossed with Chinese sauce & noodles</i>	

WEDNESDAY

Spaghetti Bolognese (E)	\$6.00
<i>Homemade Bolognese sauce tossed with spaghetti</i>	

TUESDAY

Burrito (E)	\$6.00
<i>Beef (Lettuce, Shredded cheese, tomato & sour cream</i>	

Chicken (Lettuce, Shredded Cheese, tomato & sour cream)

THURSDAY

Vegetarian Fried Rice (E)	\$5.00
<i>Steamed rice tossed with fresh vegetables & soy sauce</i>	

**ADD A 600ML WATER FOR AN EXTRA \$1.00 WHEN
PURCHASING A WEEKLY SPECIAL ONLY!**



600ml

\$1.50

**COMBO DEAL – WHEN YOU SPEND
\$4.00 OR MORE**

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.