

## NEWSLETTER


# MITCHELL HIGH SCHOOL

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

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





RESPECTFUL, ENGAGED AND ACTIVE LEARNERS

February 2020



## MITCHELL HIGH SCHOOL OPEN NIGHT

EXCELLENCE IN EDUCATION SINCE 1964



### YEAR 6 INTO YEAR 7 (2021)

Mitchell High School delivers and pursues academic excellence through quality teaching and a friendly supportive learning environment. At the open night, you will:

- Meet and mingle with our Senior Executive and enthusiastic teaching staff.
- Tour our school grounds.
- Explore our modern classrooms and technologies.
- Discover educational opportunities available for students.
- Learn about our strong record of academic, sporting and cultural achievements.
- Hear about our active Parent & Citizen Committee (P&C) and Parent Forum.
- Informed on the Department of Education Non-Local Enrolment Policy.

**Tuesday 3 March 2020 | 6.30 pm – 8.30 pm**  
**Mitchell High School Hall | Keyworth Drive Blacktown**

## Important dates to remember

P & C and Parent Forum	Wednesday 26 February
Year 6 into Year 7 (2021 Information Meeting)	Tuesday 3 March 6.30pm - 8.30pm
MHS Cross Country	Friday 20 March
HSC Minimum Standards Testing (Year 10)	Monday 23 March - Wednesday 8 April
Year 7 Vaccinations	Wednesday 8 April

## Welcome back!

It's been a great start to the year, It is hard to believe we are starting week 5, students in class, settled and the majority willing to start the year in a positive way. These holidays have been very difficult for many and we extend our thoughts to those who have been directly impacted by the fires and most recently flooding and storms. I know that the holidays are a time of rest, rejuvenation and an opportunity to recharge but some have not had that luxury and we have noticed this in our playground. It is important that we encourage our young people to seek the support of an adult when troubled. Communication is the key. Young people can often get caught up in "she said, he said" rumour mill and get involved in unnecessary conflict and drama. We encourage all to be R.E.A.L students (Respectful, Engaged, Active Learners), be good bystanders, respect other's personal space and abide by the hands off rule. Students can seek the support of their teachers, Year Advisor, Assistant Year Advisor, Head Teacher Well-Being, The Deputies, The school Counsellor or myself the



**White  
Ribbon  
SCHOOL**

Principal. Parents are encouraged to contact Year Advisors or Deputy to share pertinent information about their child to support their learning and wellbeing.

I would particularly like to welcome all new students, their families and to congratulate them on choosing to come to such a great school as Mitchell High School.

### High Achievers Assembly

On Friday 21st February, we had the opportunity to acknowledge and congratulate our high achieving HSC students of 2019. These students were recognized by NESA as a 'Top Achiever' or 'Distinguished Achiever' achieving at a band 6 in at least one subject or an E4 in one extension subject. The class of 2019 produced excellent results improving our schools in NSW ranking from 440 to 338.



Other notable highlights for HSC 2019 include:

**Akshkumar Patel** ranking in the top 10 in the State for Industrial Technology Multimedia and having his major work for Visual Arts on display as part of ArtExpress and his Multimedia project in inTECH.

**Nicholas Cutripi** asked to perform at CallBack for his exceptional performance in Stage 6 Dance Major Composition.

Congratulations to our DUX 2019 **Danny Makhoul**, who achieved an ATAR of 93.7.

The success of our Top Achiever and Distinguished Achievers could not happen without the dedication of skilled teachers who know their content and how to teach it. Their commitment, skill and expertise play a pivotal role in extending their students to their full potential and nurturing them along the way. It is also essential to recognise the support of parents and carers who have supported and encouraged their child through a very challenging and stressful year.

### Congratulations to all our Achievers 2019:

Student Name	Course
<b>Top Achievers</b>	
Akshkumar Alpeshkumar Patel	Industrial Technology – Multi media
<b>Distinguished Achievers</b>	
Tegan Azzopardi	Dance
Maha Baig	French Beginners
Adrian Bruzzese	Mathematic
Lachlan Bryan	Ancient History
	French Beginners
Caroline Dixon	French Beginners
Jared Fraser	Information Processes and Technology
	Investigating Science
	Mathematics Standard 2
	Music 1
Bojan Gusic	Legal Studies
	French Beginners
Tara Johnston	Investigating Science
Yee Mon Khin	English Advanced
	French Beginners
Jesse Lam	Information Processes and Technology
Cindy Xin Ling Li	Legal Studies
Danny Makhoul	Legal Studies
	Mathematics
	Physics
Yvette Ou	French Beginners
Akshkumar Alpeshkumar Patel	Industrial Technology
	Visual Arts
Alyssa Marie Pollard	French Beginners
Prakash Ram	Industrial Technology

### Plans for 2020

The International Links program will be active during 2020 with the following activities:

- USA tour in September (10 Mitchell students and 2 staff) visiting our sister schools
- Visit from our USA Sister School, Cambridge Isanti (Minnesota)
- Visit from our Sister School, Deagu Dong Middle School, Korea
- Planning for a tour to Europe for 2021
- Numerous visits from Japanese schools throughout the year.

### ***Building and resources:***

- Upgrading of existing learning spaces
- Design and construction of white ribbon garden
- Implementation of additional engagement programs to support Literacy and Numeracy.
- Programs to support Minimum standards.
- Design and construction of a Yarning Circle.
- Purchase of additional ICT technology to support Learning.
- Continued funding of programs such Edrolo, Elevate, AIME, Mathletics, Worflyer, Global leaders, Rock and Water, CREW and Homework Centre.
- Embedding of Quality Teaching Rounds for Staff
- The professional Learning of Aboriginal Pedagogy

All students have been issued with a school diary and magnetic calendar; we would appreciate if parents could refer to this diary and school calendar. Years 7-12 have been issued with an Assessment Schedules/Booklet outlining the assessment tasks for each subject, the date they are due and the percentage weighting of each task. The school Website has been updated and a new significant feature is the addition of the Assessment Schedules (Booklets) for each school year being included. Please take the time with your child to review this booklet and to record on a home calendar the dates they have assessment tasks due throughout the year.

The school Website address is: <http://www.mitchell-h.schools.nsw.edu.au>

We encourage parents to use the Parent portal on Millennium to keep abreast of their child's attendance, assessment schedule and daily notices.

Upcoming event is that of our Open Night 2020. This will be held on Thursday 3rd March 2020 from 6:30pm—8:30pm. Tea, coffee and refreshments will be served from 3:30pm. It is an essential night for prospective Year 7 students and allows parents and carers the opportunity to participate in guided tours, forums, displays and gain further insight into the extracurricular activities offered at our school. Please let friends and family know about this important event.

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love"- Lao Tzu

***Elena Marinis***  
***Principal***

### **Update Student Medical Information**

Mitchell High School is strongly committed to the health, safety and wellbeing of our students. Parents have the prime responsibility for the health of their children. Schools encourage parents to provide information about their children's health both on enrolment and an ongoing basis. When students need help with health issues at school, parents may need to consult with their medical practitioner about the implications of their child's health condition for their schooling. Parents need to convey relevant information from the medical practitioner to the school. This information means we will be able to better manage the daily and emergency health needs of your child.

Parents of students known to have a medical condition requiring an update have been contacted by the school either by letter or phone. Please return the required forms as soon as possible so the school is best able to support your children.

***Michelle Cate***  
***HT Wellbeing***

## Special Religious Education

Mitchell High School offers Special Religious Education (SRE) to Years Seven to Eleven. There are six SRE sessions throughout the year, scheduled as double-period seminars. Government-approved SRE providers offer an education in Catholic, Protestant, Orthodox and Muslim teachings. Students who do not wish to attend SRE attend Non-SRE classes, where activities focus on development of literacy, numeracy and revision, in accordance with the Special Religious Education Act. As religious preference is no longer recorded on enrolment information, parents and guardians are provided with a permission note requesting SRE or non-SRE preference. This must be returned as soon as possible to allow allocation of Year Seven (or other grade) students to their preferred SRE or non-SRE class. Students are able to change these classes, with parental or guardian permission, at any point.

Links to SRE providers, including their content, and Scope and Sequences are found on the Mitchell High School website.

The dates for SRE in 2020 are:

Term One: 12/3/20

Term Two: 28/5/20 and 18/6/20

Term Three: 30/7/20 and 27/8/20

Term Four: 3/12/20

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

## Teaching and Learning Support

As we start a new year, Year 7 have settled into high school after participating in the LAUNCH project for the first two weeks of term. They created, in groups, a virtual robot to help students develop friendships and transition into high school. During this time students also participated in Best Start Year 7 which is a new assessment introduced to help guide planning to accommodate all students needs. In weeks 9 and 10 this term Year 7 and 9 will complete a practice NAPLAN test to familiarise them with the online testing and format. Also, Year 10 will participate in the HSC Minimum Standards online testing in preparation for completing their senior studies in Year 11 and 12.

*from the Learning Support Faculty*

## PBL

A big welcome back to everyone for the 2020 school year; and a very special welcome to all of our new students. We are already halfway through Term 1! We hope you all are having a great time so far and showing R.E.A.L values as a M.H.S student.

As you know we have PBL lessons, they will still commence on Fridays and there will be 3 PBL lessons per calendar term. The first PBL lesson that was showcased was the Emergency Procedures lesson. We always present this lesson first so that all of the new students at Mitchell High School will understand what to do and how to do it right, under the correct circumstances. We also played the new Evacuation bell and the Lockdown bell. During the bell, a recorded voice explains what is happening and what to do. This is to keep everyone safe and allow procedures to be followed in a calm manner.

The PBL team is always revamping the old topics such as Uniform PBL Lesson; and making them fun and new, we are also working on brand new topics to share with you! PBL will continue to work closely with the SLB and Enviro Club teams. Our goal is to build a positive and safe environment for everyone.

**Olivia Morrison and Riley Walker Year 8**  
**PBL roll call representatives.**



## Year 7 Geography

Year 7 Geography classes have started their first topic, Landscapes and Landforms. They have been busy learning about the processes that create landscapes and landforms and the values of landscapes and landforms so far this term. 7A wrote some poems/song lyrics to demonstrate the aesthetic value of various landform/landscapes:

### *The Jewel of the Sea*

Beauty as far as the eye can see  
The wonder that you behold  
is something that can never be sold  
Fishes swimming in schools  
enjoying their time in the pools  
Sparkling waters that shimmer and shine  
viewing this scene you can never whine  
Colours of the coral no artist can beat  
the vastness of beauty such a feat  
Up top of the coast  
the sea's perfect post  
This is the Great Barrier Reef

*by Ariana, Sophia, Eloise, Carson*

### *Australia Poem*

Arid, dry deserts  
Underwater coral  
Swaying gumtree leaves  
Towering pillars of the Harbour Bridge  
Ranges of sandy dunes  
Animals native in land, air and water  
Lovely, golden seashores  
Indigenous people tell Dreamtime pasts  
All Australian's love their vegemite.

*by Raven, Arnav, Thilan*

### *Heart Reef*

Its intricate waters  
and its plethora of fish  
make this sheet of beauty  
impossible to miss.  
Its sunken treasures  
and its briny deep,  
if it goes away  
you will want to weep.  
It's a place  
of beauty rich and rare  
It's called Heart Reef  
and you will helplessly start.

*by Nicole Meyers*

## Maths

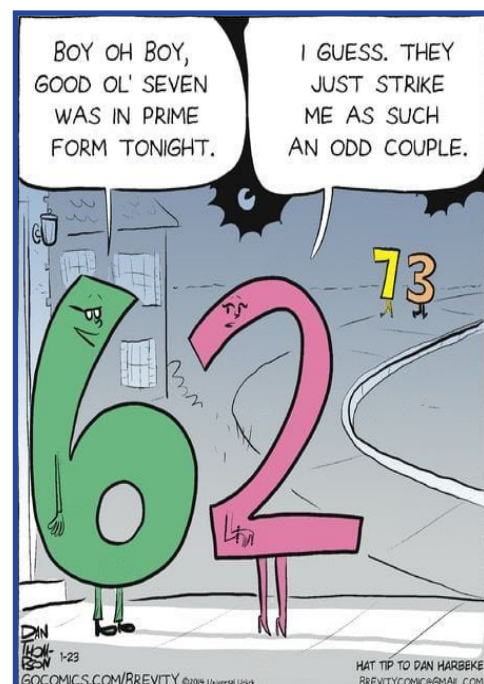
Welcome to Mitchell High students from the maths department.

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, 8A, 9M1 and 10M1 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.



## PDHPE

The PDHPE department started the year with a new little member of our team. Mr Grozdan welcomed a little boy, Nicolas into his family. We would like to congratulate him and his wife, and wish them all the best. To fulfil Mr Grozdan's role we have a new PE teacher, Miss Butler. She will be here in PE for the year and would be great for everyone to make her feel welcomed. In the role of Sports Coordinator, Miss Maric has taken on this important role. She is a dynamic teacher who loves sport, so if you have any questions regarding zone teams, knockout teams, or school sport, please contact her. This is exciting for the faculty as we now have two new teachers who are passionate in the field of health and education.

Year 9 were involved in an incursion where we had a global theatre in-education program visit the school to deliver the Smashed Project. The focus was on breaking the culture of underage drinking and reducing alcohol related harm amongst young people around the world. This live performance was delivered to year 9 by professional actors. It was designed to engage young people in a safe and motivational learning environment, enabling them to explore the dangers and consequences of underage drinking and binge drinking. It also equipped them with the facts, skills and confidence to make better choices and develop a responsible attitude towards alcohol. The students were thoroughly engaged and many of them felt they would make better decisions when faced with real life situations around alcohol.



## Life Ready

Life Ready is a Department of Education mandatory 25 hour program for students in Years 11 and/or 12 in NSW public schools. At Mitchell High School, students completed the Life Ready course in the first week of school 2020. Its purpose is to prepare and support senior students as they encounter situations related to health and safety as they become more independent and gain more responsibilities. Life Ready focuses on offering opportunities for students to build the functional knowledge and skills for life after school.

Through external presenters from our wider community and planned lessons based on topics such as: Mental



Health and Wellbeing, Sexuality and Sexual Health, Independence, Drug and Alcohol Education and Safe Travel. Students were able to take away life lessons, advice and inspiration to help lead healthy, safe and meaningful lives. Special thanks to our presenters, Tony Hoany, Brent Sanders, Tomorrow Man, Sydney Self Defence and the Butterfly Foundation for making our program that little bit extra special.



### **PE Uniform**

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

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

### **Dance**

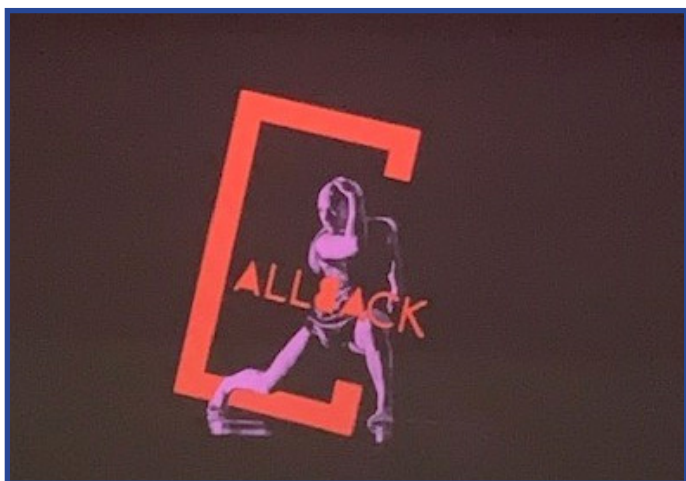
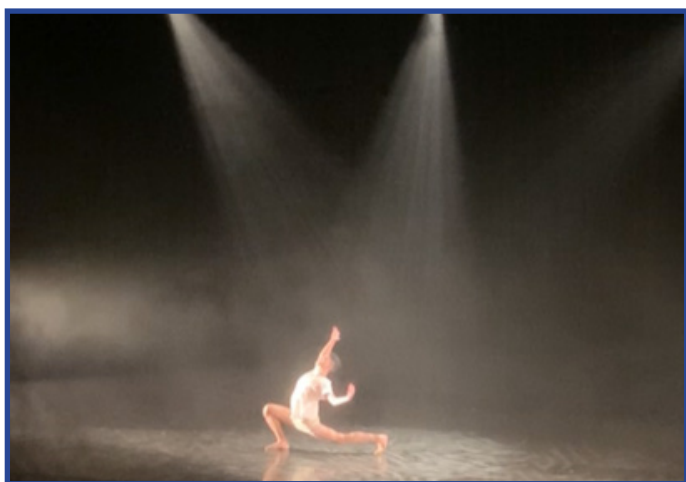
#### **Callbacks**

On Thursday 13th February a range of dance students from Years 9-12 attended Callbacks, a showcase of exemplary HSC Dance works from the 2019 HSC, at the Seymour Center. Students were inspired by the talented performers and motivated for their own dance works.

The highlight of the evening for our dance students was Nicholas Cutrupi performing.



Nicholas was one of our Year 12 students in 2019 and was selected to perform both his Core Performance and Major Study Performance works at Callbacks. This is a huge achievement for Nicholas and a great Honor for MHS as this is our first time being involved in Callbacks.



## Sport

Term 1 has been a busy one for us in the PE staffroom and our students. We started the term off with our Swimming Carnival on the 14th of February (Valentines Day) where for the first time in a long time Cooramyn won the house championship, with the difference between 2nd and 3rd being only 1 point. Congratulations to all participants and well done Cooramyn. Then, on Wednesday the 19th of February, we took a team of our best swimmers to Zone Swimming where several of our students broke records including Charlie-Rose Collins, Riley Sheens and Ashley Bloomfield. We also won every relay we entered and our 12x50 Freestyle team has made it to Regional Swimming which has made us extremely proud and we wish those students, and the others who have made it to Regionals, the best of luck.



Term 1 means that a lot of our Knockout sports are starting to take shape including Volleyball, Rugby League, Cricket, Baseball, Basketball and Soccer. We wish all of our students the best of luck as they begin their first round matches and we hope they represent our school with integrity and pride. We also thank our Knockout coaches who have very generously taken time away from their no doubt busy schedules to take on sporting teams this year.



Our knockout sports are not compulsory and we thank our teachers for taking time to coach, train and escort students to events, tournaments and championships. Further, this year, we have decided to try Mitchell High School at Futsal and European Handball Championships, as well as some special Gala Days which may be happening a little bit later in the year with the Western Sydney Wanderers. We hope to find new talent amongst our student group as we seek new ways to represent the school and increase our profile within the community.

Moving forward, we have our Cross Country Carnival on the 20th of March. This will be a whole school event and another event our faculty is busily organising. We hope all of our students will be involved and hope to take a large team to the Zone Carnival shortly afterwards. We have a lot of exciting events occurring at Mitchell High School in terms of sport and we invite our new and existing students to get as involved as possible.

***from the PDHPE Faculty***



**THANK YOU TO THE FOLLOWING BUSINESSES FOR THEIR  
SUPPORT TOWARDS OUR MHS SCHOLARSHIP PROGRAM**



Blacktown City Council



Blacktown RSL Club



Blacktown Workers Club



XENONTECH



WorldStrides



## HSC (2019) TOP ACHIEVER AWARD

*Industrial Technology*

*Akshkumar Patel*

## HSC (2019) DISTINGUISHED ACHIEVERS AWARDS

<i>Dance</i>	<i>Tegan Azzopardi</i>
<i>French Beginners</i>	<i>Maha Baig</i>
<i>Mathematics</i>	<i>Adrian Bruzzese</i>
<i>Ancient History</i>	<i>Lachlan Bryan</i>
<i>French Beginners</i>	<i>Lachlan Bryan</i>
<i>French Beginners</i>	<i>Caroline Dixon</i>
<i>Information Processes and Technology</i>	<i>Jared Fraser</i>
<i>Investigation Science</i>	<i>Jared Fraser</i>
<i>Mathematics Standard 2</i>	<i>Jared Fraser</i>
<i>Music 1</i>	<i>Jared Fraser</i>
<i>Legal Studies</i>	<i>Bojan Gutic</i>
<i>French Beginners</i>	<i>Bojan Gutic</i>
<i>Investigating Science</i>	<i>Tara Johnston</i>
<i>English Advanced</i>	<i>Yee Mon Khin</i>
<i>French Beginners</i>	<i>Yee Mon Khi</i>
<i>Information Processes and Technology</i>	<i>Jesse Lam</i>
<i>Legal Studies</i>	<i>Cindy Li</i>
<i>Legal Studies</i>	<i>Danny Makhoul</i>
<i>Mathematics</i>	<i>Danny Makhoul</i>
<i>Physics</i>	<i>Danny Makhoul</i>
<i>French Beginners</i>	<i>Yvette ou</i>
<i>Visual Arts</i>	<i>Akshkumar Patel</i>
<i>French Beginners</i>	<i>Alyssa Pollard</i>
<i>Industrial Technology</i>	<i>Prakash Ram</i>

## DUX OF YEAR 12 (2019)

*Dux of Year 12 (2019)*

*Danny Makhoul*

## BLACKTOWN CITY COUNCIL SCHOLARSHIPS (2020)

<i>Blacktown City Council Stage 5 Visual Arts Scholarship</i>	<i>Yun Chen</i>
<i>Blacktown City Council Stage 5 Visual Arts Scholarship</i>	<i>Miles Dixon</i>
<i>Blacktown City Council Stage 5 Photographic and Digital Media Scholarship</i>	<i>Mackenzie Fyfe</i>
<i>Blacktown City Council Stage 5 Food Technology Scholarship</i>	<i>Faith Lemafa</i>
<i>Blacktown City Council Stage 5 Food Technology Scholarship</i>	<i>Nyssa Lyons</i>
<i>Blacktown City Council Year 12 Hospitality Scholarship</i>	<i>Hala Makhoul</i>
<i>Blacktown City Council Year 11 Hospitality Scholarship</i>	<i>Bronte Weyham</i>
<i>Blacktown City Council Stage 5 Photographic and Digital Media Scholarship</i>	<i>Connor Williamson</i>

## **BLACKTOWN RSL CLUB SCHOLARSHIPS (2020)**

<i>Blacktown RSL Club Stage 5 Industrial Technology - Electronics Scholarship</i>	<i>Augustus Amedume</i>
<i>Blacktown RSL Club Stage 5 Dance Scholarship</i>	<i>Angelina Demillo</i>
<i>Blacktown RSL Club Stage 5 Dance Scholarship</i>	<i>Mackenzie Fyfe</i>
<i>Blacktown RSL Club Stage 5 Industrial Technology - Engineering Scholarship</i>	<i>Shengtao He</i>
<i>Blacktown RSL Club Year 12 Construction (VET) Scholarship</i>	<i>Peter McCole-Olah</i>
<i>Blacktown RSL Club Stage 5 Industrial Technology - Metal Scholarship</i>	<i>Lana Mulukin</i>
<i>Blacktown RSL Club Year 11 Construction (VET) Scholarship</i>	<i>Lochlan Oliver</i>
<i>Blacktown RSL Club Stage 5 Industrial Technology - Multimedia Scholarship</i>	<i>Charlene Sho</i>
<i>Blacktown RSL Club Year 11 Multimedia/Photography</i>	<i>Gurkirat Singh</i>
<i>Blacktown RSL Club Year 11 Timber Products and Furniture Technologies Scholarship</i>	<i>Callahan Smith</i>
<i>Blacktown RSL Club Stage 5 Industrial Technology - Timber Scholarship</i>	<i>Connor Williamson</i>

## **BLACKTOWN WORKERS CLUB SCHOLARSHIPS (2020)**

<i>Blacktown Workers Club Stage 5 Textiles Technology Scholarship</i>	<i>Manal Adam</i>
<i>Blacktown Workers Club Stage 5 Stage 5 Information and Software Technology Scholarship</i>	<i>Brandon Butler</i>
<i>Blacktown Workers Club Stage 5 Year 12 Hospitality Scholarship</i>	<i>Achyut Giri</i>
<i>Blacktown Workers Club Stage 5 Information and Software Technology Scholarship</i>	<i>Wilson He</i>
<i>Blacktown Workers Club Stage 5 Information and Software Technology Scholarship</i>	<i>Briohny Kromohardjo</i>
<i>Blacktown Workers Club Year 12 Multimedia Scholarship</i>	<i>Jesse Lam</i>
<i>Blacktown Workers Club Stage Food Technology Scholarship</i>	<i>Michelle Piukala</i>
<i>Blacktown Workers Club Stage 5 Photography and Digital Media Scholarship</i>	<i>Dhwani Shukla</i>
<i>Blacktown Workers Club Stage 5 Information and Software Technology Scholarship</i>	<i>Jake Smith</i>
<i>Blacktown Workers Club Year 12 Timber Products and Furnishing Technologies Scholarship</i>	<i>Skytan Tabone</i>
<i>Blacktown Workers Club Year 12 Visual Arts Scholarship</i>	<i>Aleya Tufanoglu</i>

## **XENONTECH SCHOLARSHIPS (2020)**

<i>XENONTECH Stage 5 STEM Robotics Scholarship</i>	<i>Blade Collins-Reilly</i>
<i>XENONTECH Stage 5 STEM Robotics Scholarship</i>	<i>Brandon Butler</i>
<i>XENONTECH Year 11 Information Processes and Technology Scholarship</i>	<i>Samuel Sita</i>
<i>XENONTECH Year 11 Software Design and Development Scholarship</i>	<i>Parth Shah</i>
<i>XENONTECH Year 11 Information Processes and Technology Scholarship</i>	<i>Andrew Dommett</i>
<i>XENONTECH Year 12 Software Design and Development Scholarship</i>	<i>Isabel Longhurst</i>

## **WORLDSTRIDES SCHOLARSHIPS (2020)**

<i>WorldStrides Scholarship</i>	<i>Paris Darbin</i>
<i>WorldStrides Scholarship</i>	<i>Carlee Godfrey</i>
<i>WorldStrides Scholarship</i>	<i>Samuel Scheerhoorn-Davis</i>



## YEAR 8 CAMP!

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

### When is it?

Week 8, Term 3, 2020

9<sup>th</sup> September- 11<sup>th</sup> September 2020.

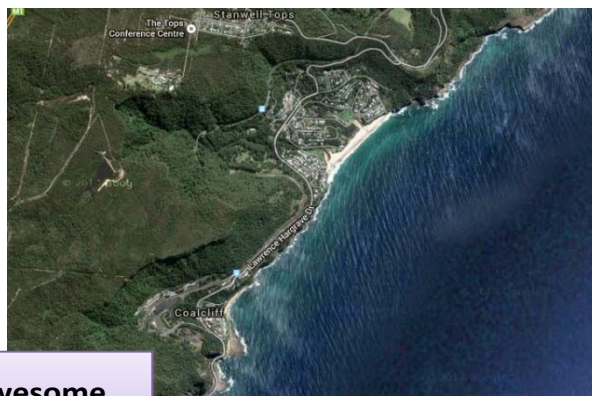
### Payment information:

First payment is due on or before March 13th (Friday, Wk 7, Term 1)

Second payment is due on or before May 29th (Friday, Wk 5, Term 2)

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

**Ms John** - Year 8 Adviser



**Camp is awesome  
(ask the seniors!)**





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[mitchell-h.schools.nsw.gov.au](http://mitchell-h.schools.nsw.gov.au)

[mitchell-h.school@det.nsw.edu.au](mailto:mitchell-h.school@det.nsw.edu.au)

9622 9944

Dear Parent/Carer(s),

### STUDENT REPORTS ARE ACCESSIBLE ONLINE THROUGH MILLENNIUM PARENT/STUDENT PORTAL

This year the decision has been made to no longer print student reports in hard copy, starting with the Semester Two reports for Years 7-10. This decision has been made in an effort to reduce the environmental impact of Mitchell High School as we move into a greener, more sustainable future.

Year 12 students are the exception to this rule where they will always be provided with a printed copy of their yearly report as part of their Graduation Portfolio.

**Student reports will be available in a digital format through the school's Millennium Parent/Student Portal. Parent/Carer/Student(s) will still be able to print hard copies of report through their portal.** Digital copies of the student school reports have been available throughout the year through the portal, using either the student or parent login details.

All Millennium Parent Portal passwords with instructions were posted mid-February 2019. If you have misplaced your login details, please contact the Mitchell High School Administration Office on 9622 9944.

#### Below are instruction on how to access and view student's reports.

Use Google Chrome

Millennium Parent Portal link: <https://www.millenniumschoools.net.au/portal/>

- Login using your unique password and code.
- If you have forgotten your password and code, click here and an email will be sent to your email address you have provided the school.
- If your email address is not current, or you have not provided one to the school, please complete the next page and return the form to the MHS Administration Office by Friday 23 November 2019.

Student's name.

Click here to view Half Yearly and Yearly student reports.

We appreciate your support in our endeavours to become a more environmentally sustainable school for both our students and our greater community and if you have any queries please do not hesitate to contact the school.

Regards,

Ms E. Marinis  
Principal

Mrs C. Kreiss  
Head Teacher Social Science  
Reporting Team Coordinator





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[mitchell-h.schools.nsw.gov.au](http://mitchell-h.schools.nsw.gov.au)

[mitchell-h.school@det.nsw.edu.au](mailto:mitchell-h.school@det.nsw.edu.au)

9622 9944

Thursday 7 November 2019

Dear Parent/Carer(s),

### PARENT/CARER(S) EMAIL ADDRESS UPDATE FORM

Mitchell High School is striving to provide the most effective and efficient method of written communication and collaboration between the school and parent/carers(s). In an effort to achieve this, we are seeking assistance from parent/carers(s) to provide the school with their current email address.

Parent/Carer email addresses will be stored securely and will not be shared with third-party organisations.

**RETURN THIS FORM COMPLETED TO THE MHS ADMINISTRATION OFFICE BY FRIDAY 23 NOVEMBER 2019**

Student first name: \_\_\_\_\_

Student surname: \_\_\_\_\_

Year: \_\_\_\_\_ Roll call: \_\_\_\_\_

Parent /Carer name: \_\_\_\_\_

Parent /Carer email address: \_\_\_\_\_

☐ I do not have an email address.

Parent/Carer Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

We appreciate your support in this matter.












Regards,

Ms E. Marinis  
Principal

## Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<b>Bronchitis</b>	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
<b>Chickenpox</b> (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
<b>Conjunctivitis</b>	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
<b>Diarrhoea</b> (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
<b>Fever</b>	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
<b>Gastroenteritis</b>	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
<b>German measles</b> (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
<b>Glandular Fever</b> (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
<b>Hand, Foot and Mouth Disease</b> (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
<b>Hayfever</b> (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
<b>Head lice or nits*</b> (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

<b>Hepatitis A</b>	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
<b>Hepatitis B</b>	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	 ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms.
<b>Impetigo</b> (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
<b>Influenza</b>	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
<b>Measles</b>	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
<b>Meningococcal Disease</b>	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	<b>Seek medical attention immediately.</b> Patient will need hospital treatment. Close contacts receive antibiotics.
<b>Molluscum Contagiosum</b>	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
<b>Mumps</b>	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
<b>Ringworm*</b> (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
<b>Runny nose or common cold</b>		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
<b>Scabies*</b>	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
<b>Shigella</b>	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
<b>Slapped Cheek Syndrome</b> (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
<b>Whooping Cough</b> (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
<b>Worms</b> (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

\*It is important that the rest of the family is checked for head lice, scabies and ringworm

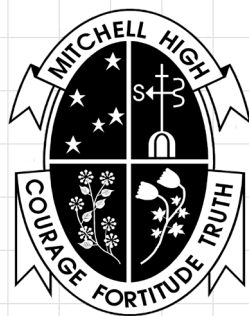


Information provided by NSW Health.

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# HOMework CENTRE

ON EVERY WEDNESDAY,  
THURSDAY AND FRIDAY  
IN THE LIBRARY

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

FROM 3:10 - 4:10 PM

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

**Reasons for wearing a helmet:**

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

