

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

September 2020



Congratulations to the 2021 Mitchell High School Senior Leaders

Keeping things in perspective

The Year 12 cohort has just completed their trial examinations and some of them are even involved in the HSC assessment for their Major Works. It has been particularly challenging for these students who would normally get the opportunity to perform in front of an audience. An incredible amount of time and effort goes into producing major works/practical performances. The quality of the work produced are a credit to both the students and their teachers.

The final years of schooling can be stressful for parents or carers, as well as, for students. This year with COVID things took on a more challenges that we could not ever have imagined.

As we move into the school vacation there will be no relaxation for our Year 12 students who will be ramping up their preparation for their upcoming HSC exams. As parents you should be careful not to get too anxious yourself. Try to avoid putting your own anxieties about your son's or daughter's future onto them. Most young people cope well. For some, however, the pressure and expectation to do well can be harmful. For parents or carers it can be difficult to find a balance between being supportive and being over-involved. It can help to know that the HSC no longer gives results by comparing your son or daughter with other students. The HSC reports how they are achieving when compared with a set of standards. Encourage your son or daughter to concentrate on mastering the standards rather than competing with others. It can also be helpful to remember that employers look for more than academic skills. They want an employee who can communicate well, work collaboratively as part of a team and remain optimistic under pressure. These skills are developed both at school and in students' life outside school. You should

Important dates to remember

Last day of Term 3	Friday 25 September
First day of Term 4	Monday 12 October
Year 11 Yearly Exams	Monday 14 September - Thursday 24 September
Year 11 Clearance Day	Friday 25 September
HSC Exam dates	Monday 20 October - Wednesday 11 November



remind your child of all the useful skills they have already learned in this way.

How to help

You can help by encouraging your son or daughter to have realistic expectations. Help them to remain open to the wide range of options for further education and careers available after the HSC. Let them know that you have confidence in their ability. Reassure them that:

- Your affection and concern is not dependent on how well they do in an exam
- There is life after the HSC and it can be good whatever their results.

Preparing for the HSC

Preparing for the HSC is like preparing for a sports final or major performance. Plenty of sleep, healthy food, rest and recreation are essential in the period immediately before exams. Students need a balance between study, work, socialisation and sport. For these reasons, it is important for parents to discourage teenagers from doing nothing but study. They should be encouraged to avoid medications except on the advice of a doctor or pharmacist. Organisation is the key to confidence. Encourage your son or daughter to have a study plan that:

- Uses exam and assessment results to set priorities
- Reflects their teachers' advice
- Covers subjects systematically
- Includes time for work, leisure and other commitments

Remember that your 'child' is now a young adult with their own ways of studying. These may be different to how you studied when you were at school but could be just as effective.

Stress

Some stress is unavoidable and is normal for us all. Stress is part of life and some students thrive on it. It motivates them to do their best. You should nevertheless monitor your son's or daughter's stress level to see if it is rising to a level which they are no longer able to handle. No one sign by itself necessarily suggests a problem but be alert for significant changes in his or her behaviour.

Indicators may include:

- Suddenly finding it more difficult than usual to concentrate
- Extreme irritability or sensitivity
- Skipping meals
- Withdrawal from contact with others

Seeking professional help

Signs of depression should not be ignored. In addition to the above these can include:

- Continually looking sad and talking sadly
- Negative self-talk (putting themselves down)
- Talking about being unable to cope

If you think your son or daughter is becoming too stressed, raise the matter with them, discuss options and, if the problem seems significant, encourage them to seek advice from their teachers, school counsellor or other supportive professional such as your family doctor. It may be appropriate for you to go with them to this person.

What does the school do?

There are people who can help at school including the following:

- Year Advisers- assist students with choice of subjects, monitor their reports and provide a point of contact between the school and students and parents
- Careers Adviser- provides advice about a range of career options, tertiary studies and post-school training opportunities.
- School Counsellors-provide counselling for personal issues, assist students to clarify their goals and assisting them with exam anxiety.
- They refer students to other agencies concerned with the health and welfare of students when necessary and liaise with these agencies if appropriate.
- Subject teachers who will provide individual help when needed.

If you have any concerns, please contact the school sooner rather than later.

Currently Year 11 are sitting their end of course exams. The feedback from the exam supervisors clearly indicate that our students are conducting themselves with commitment and responsibility toward their exams. I would also like to commend the rest of the student body for their cooperation and consideration in staying away from the exam area and keeping noise level down during exams.

The school is busy planning for 2021 and our leadership team have completed our school's situational analysis over the course of Term 3. Parents and students will be asked to complete some brief surveys to help us understand how best to support our school community and continue to grow and improve in our practice. The results of the survey will help inform our planning for 2021 and beyond, as part of the Department of Education's new School Excellence

in Action scheme, whereby all schools will develop a four-year Strategic Improvement Plan in consultation with their community. If you could complete a short survey by clicking this link <https://forms.gle/fu1GTCvTpdUCEwYZ8>. It will take no longer 2 minutes and all responses will remain anonymous.

I would like to thank you all in advance.

As the term draws to a close I would like to take this opportunity to wish all our staff, students and families a relaxing and safe holiday, school resumes on Monday 12th October for Year 7-11. Our Year 12 students will not be on site but connection with their teacher via online platforms to ensure they are in no way compromised before their HSC examinations begin on Tuesday 20th October, 2020



“Believe you can and you’re halfway there.” – Theodore Roosevelt

Elena Marinis
Principal

From the Deputy’s Desk

As we continue to move through this most unusual year we still have a number of school processes that need to proceed – they just look different this year.

One such event is the 2021 Prefect Induction. The selection process has remained the same and it was a pleasure to be part of the interview process for the students to move through to presenting a speech to the Prefects elected and Executive Staff. All students conducted themselves with respect and wonderful interviewing skills. It was pleasing to see so many put themselves out there for the role of Captain and a credit to the families and students for all their hard work, commitment and preparation.

The following students have been elected into these roles for 2021:

- | | |
|--------------------------------------|--|
| School Captains: | Alessia Giglio
Rhian Lindsay |
| Vice Captains: | Tara Milivojcevic
Riley Sheens |
| Senior Leaders:
(Year 12) | William Dengate
Michael Hoang
Tyler Johnson
Isabel Longhurst
Christina Piukala
Aaron Wood |
| Senior Leaders:
(Year 11) | Ayeshah Baig
Oscar Degollacion
Annabel Lam
Bora Seckin
Eli Sumares
Brody Walker |
| Junior Leaders:
(Year 10) | Diyon Fonseka
Emerald Tint
Aadhi Senthilkumar |
| Junior Leaders:
(Year 9) | Tyler Jarman
Amy Lam
Riley Williamson |
| Junior Leaders:
(Year 8) | Jacob Bailey
Lawrence Chu
Eloise Viera |

We were able to hold a very small ceremony at lunch time a couple of weeks ago and are still hoping to do something more formal in the next term.

Year 11 sign out

Students were provided with details about the sign out process for the last day of this term. All text books, library books, novels, and subject contributions need to be finalised on this day. Students will resume on Monday 12th October and will remain in all Year 11 classes until exams are returned and decisions made if students will be removing one subject from their list.

It has been really nice to hear such positive comments from the exam supervisors about the students behaviour, respect and the amount of writing that they have been doing. Hopefully a lot of preparation will pay off with some great results.

Elective Dance Assessment

Last Friday I had the privilege of being invited to observe the Elective Dance classes assessment practical dance. It was such a wonderful task and the students demonstrated amazing skill and poise in their dancing but also such confident and well prepared speeches explaining the components of the dance and the inspiration behind it. Congratulations Ms Sands and all dance elective students.

School Uniform

Mitchell HS has a great uniform that students, parents and staff have been involved in the choosing of over many years and has always been a very strong feature of our school. It has been unfortunate to witness an increase in the number of students who are choosing to challenge our strict uniform guidelines. If any families require assistance with uniform please contact Mrs Karabetsos, Ms Cate or myself at school and we can help. This has been a tough year on families we know and we have provided a lot of student assistance to many already and happy to do so. What we are not happy about is the choice of students not to follow the rules and both parents and teachers' instructions to wear correct items. A couple of particular items to highlight include:

- No tracksuit pants ever on a normal school day. They may be changed into on a sport day when it is cold.
- Undershirts can only be white (long or short sleeved with no logos/ words etc)
- No hoodies of any colour ever to be worn to school.
- School shoes (hard black leather only) to be worn every day. Sport shoes can be changed into for PE and sport only.
- School pants are not to be rolled up ever.
- No wearing school jumpers without a school shirt underneath.

Assessments

There have been a lot of assessment tasks due lately and it has been nice to see so many students using the homework centre on a Wednesday / Thursday / Friday. Please remember to ensure that assessment processes are followed and any problems with due dates need to be sorted out prior to an assessment being due. All years 7 - 10 will have yearly exams next term and need to start preparing for these. Reports for this semester will have marks / grades and positions as per normal reporting procedures.

Communication

As always we really appreciate communication with parents regarding any issues or concerns. Please continue to do this via email, phone calls and appointments where necessary. Please make sure your email addresses and phone numbers are up to date for this purpose as we do often use all methods to communicate with parents and carers.

The School Day

All students need to be at school prior to the first warning bell. Roll call begins at 8.50am and is a really important part of the day. There are a few students who continue to come late and are disrespecting the school processes around this. This causes work for the ladies in the office who are already very busy, work for their teachers as they need to resettle and restart class in some instances. If students are genuinely late you must provide a note or a phone call to the office to notify SASS staff of the lateness.

Holidays

I would like to take this opportunity to wish all families a very safe and relaxing holiday. Hopefully the Year 12 students also find the time to prepare themselves for the exams ahead in a confident and well-prepared manner. School resumes on Monday 12 October for Years 7 – 11.

Lee-Anne Pares
Deputy Principal (Years 7, 9, 11)

It is difficult to believe that we are in our final week of Term 3. It has been a huge term for MHS all be it quite different in the sense of not having the usual school events due to the current climate. Our students have continued to make the best of the current situation and embrace the fantastic school culture that we have at our school.

N Awards

A reminder to all students as we approach the end of term that it is imperative that students who have outstanding N Awards are endeavouring to make every effort to clear them. We have a number of support structures in place to support students in their learning and it is vital that assistance is sought, if required, to complete any outstanding work.

School Uniform

Mitchell High School is a school that strongly believes in the wearing of correct school uniform. It is an expectation that students will adhere to the uniform policy and procedures. If you need assistance with the school uniform please contact the school.

Behaviour at Local Feeder Primary Schools

I would like to remind all students to be very mindful of their behaviour in the local community and particularly when picking younger siblings up at the local feeder Public Schools. It is imperative that students are engaging in appropriate behaviours and are aware that they are representing MHS when in the school community.

Farewell Year 12

This week we farewell our Year 12 students as we move to the school holidays and the students focus attention on preparing for the HSC examinations. I would like to personally congratulate all of Year 12 in what has been a particularly trying year for them in their final year of high school. The manner in which they have conducted themselves and soldiered on during an unprecedented period which will never be forgotten is to be admired!

On a personal level I have thoroughly enjoyed guiding and supporting this wonderful group of students from Years 7-12. From my perspective they have always been a fantastic cohort and I will miss them when they leave. In saying this it is time for an exciting new chapter in their life's and I wish each and every one of them nothing but great health and happiness in whatever paths and directions that each of them take. Best wishes Year 12!

Colin Campbell
Deputy Principal (Years 8, 10 & 12)

Labscene @ MHS

Science Encouragement Award - Term 1 2020

For the first time this year at MHS, the Science Faculty will be presenting Science students with an award called the "*Science Encouragement Award*".

One student from every Science Class in Year 7-10 is nominated for this award once a Term by their Science Teacher.

To become a recipient of this award – the student must be a **Respectful, Engaged, Active, Learner** in the classroom, show interest in the subject, has made a consistent effort with their learning, shown improvement and is willing to get involved in all activities.

The winner of such an award will receive:

- A Science Encouragement Award Certificate to add to their Portfolio
- 5 Vivo-points will go towards their Vivo account
- 5 points will go towards their House
- \$10 Officeworks gift card
- McDonald's food voucher (donated by McDonalds at St Martin's Village)
- As well as their names being announced at assembly and published in the School Newsletter.

The Recipients of the Science Encouragement Award for Term 1 2020 are:

Year 7 Students		
Class	Surname	First Name
M	Aulia	Shabri
H	Maigrot	Solomon
S	Khoury	Jayden
R	Marques	Jesse
E	Tran	Patrick
A	Meyers	Nicole
L	Pook	Georgia
I	Mahmutovic	Benjamin
V	Sleiman	Joshua

Year 8 Students		
Class	Surname	First Name
M	Deo	Amish
H	Johnson	Davelyn
S	Cvisic	Annika
R	Maralang	Sharmaine

E	Patil	Aahan
A	Chang	Shiloh
L	Abo Always	Manar

Year 10 Student		
Class	Surname	First Name
A	Gul	Irem

Year 9 Students		
Class	Surname	First Name
M	Casipit	Chantel
H	El-Rassi	Antonio
S	Tagir	Manal
R	Ibrahim	Yamama
E	Senthil Kumar	Aadhi
A	Satheeskumar	Shruthi
L	Sheens	Jordan
V	Tran	Ethan

From the Science Faculty, Congratulations to all recipients!

Mr Debrincat
Head Teacher Science

Year 10 Students		
Class	Surname	First Name
M	Schembri	Jye
H	Berry	Olivia
S	Gopala Krishnan	Kawmini Kiranya
R	Berbari	Ben
E	Kaflay	Anjana
A	Gul	Irem
L	Sleiman	Jessica

Just to add a little more excitement to this award – Mrs Pares (Deputy Principal) selected one recipient from each year group by placing all of the Term 1 recipients into a hat and drawing a winner to receive a \$10 Officeworks gift card.

The Recipients for the Officeworks gift card are:

Year 7 Student		
Class	Surname	First Name
V	Sleiman	Joshua

Year 8 Student		
Class	Surname	First Name
H	Johnson	Davelyn

Year 9 Student		
Class	Surname	First Name
A	Satheeskumar	Shruthi

Sport, Dance and PE

PE

What a term it was for the PE department. Miss Grisdale delivered her gorgeous little boy Houston on the 28th June. It is exciting to have this little guy join our team.



PE saw a big change in the way the lessons have been delivered. Our priority has been to keep the students safe, therefore, we have some classes changing and others are only changing their joggers. This has been to minimise students in change rooms and large numbers of students congregating. We would like to congratulate the students on being adaptable during this unprecedented time. Students are reminded to use the hand sanitiser provided by their teacher, before and after each lesson. At this stage, these processes will remain in place until further notice.

Students may have noticed the new scoreboard up in the canteen. It is a great way for all students to see where their house is at and who is on top of the leaderboard. Reminder, even though we have not had sports carnivals all students can gain points for their house by being a REAL student and being allocated vivos.

Year 12 PE and Dance students are reminded to be accessing the google classroom throughout the holidays and be in regular contact with their teacher with revision notes and questions. Mrs Spadina, Miss Sands and Mr Zahra would like to wish each and everyone of you the very best of luck in your upcoming HSC exams.

Year 11 PDHPE students completed their training in First Aid this term. These life essential skills are crucial for all to learn and it was great to see the students step outside their comfort zone and learn how to perform CPR and bandage one another for non-life threatening injuries.



Sport

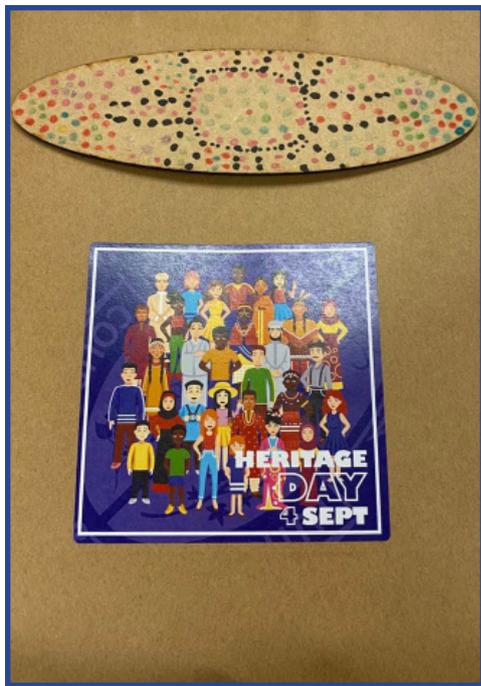
Sport this semester has been very quiet. All Knockout sports and school carnivals were cancelled as a result of COVID and students were confined to doing sport and physical activity on a restricted basis, however, this didn't stop us. We modified some sports and brought back some classics like Handball and Volleyball squares. In terms of Tuesday Sport in the afternoons, it was full steam ahead and we managed to continue without too much disruption. Students managed to attend outside school sports and represented the school well.

We still had some exciting student achievements despite the lack of representation. Two of our students were successful in their nominations for the Olympic Changemaker program. Riley Sheens and Lochlan Oliver highlighted the 'Discover Tomorrow' theme through their previous sport presentation and have been awarded with those two very exciting awards. We have had to make adjustments to physical activity at Mitchell High School this year but we look forward to getting back into the swings of things next year with dates for Swimming, Cross Country and Athletics already locked in.

Heritage Day

Heritage Day this year was held very differently to other years. Unfortunately, due to COVID-19 we could not hold the regular stalls and student performances. However, that didn't stop the celebration of the various cultures we have here at Mitchell High School. Instead, students were in classes for a double period where they completed various activities. This included identity message sticks, a cultural quiz, poem writing and learning about the

Aboriginal smoking ceremonies. Students thoroughly enjoyed the activities and were also provided with a loot bag with various lollies from around the world. We are hoping once again that next year we get to enjoy student performances on this wonderful day of celebration.



From the PE Faculty

The poem below was written by Ella Suarez who described her thoughts and feelings during isolation away from school and friends and COVID-19 being referred to as a *'big wave of emotion'*.

This Big Wave

This wave of emotion
crashing down on me,
I am but small and helpless
But this wave does not care,
It only sees what it wants to see.

This wave of emotion
is like bricks on my chest,
but no one can see them nor do they care
I fall to the ground, over and over
I get up and try my best again.

This wave of emotion
is washing my friends away
pushing them further, further from me,
I am surrounded by high tides
So helpless, I stay holding my breath

This wave of emotion
put an iron ball and chain on my ankle,
it's hard to get up,
it's hard to breath
And my heart strings feel tangled.

The waves turn to glass
and people walk over me,
Unaware of what's underneath them,
no one can hear me scream,
Why can't I be seen?
They walk over me filled with glee.

This glass of emotion
so thick and strong,
Everyone has their heads held high
pride and joy devouring them,
Where has all those times gone.

As I start to drown in my thoughts
someone pulls me up,
people help me up,
I am no longer alone,
I can be me
And I can finally be seen and be free.

By Ella Suarez Year 9



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 BLACKTOWN CITY COUNCIL PLANT ALLOCATION TO MITCHELL HIGH SCHOOL 1 JULY 2020 – 30 JUNE 2021

We are seeking parent/carer(s) and community support to donate their Blacktown City Council plant allocation to our school. Donated plants will be used by the MHS C.R.E.W. for planting 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, thank you.

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 (1 July 2020 – 30 June 2021) and would like to donate them to Mitchell High School for planting on school grounds.

_____/_____/_____
Parent/Carer Signature Date



MITCHELL HIGH SCHOOL

Keyworth Drive Blacktown

mitchell-h.schools.nsw.gov.au

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

9622 9944

HOW TO VIEW AND PRINT STUDENT REPORTS USING YOUR MILLENNIUM PARENT PORTAL

Open **Internet Explorer**

Log into your **Millennium Parent Portal**: <https://www.millenniumschoools.net.au/portal/>

If you have **forgotten your password**, click here in your Millennium portal and your username and password will be emailed to you providing your email address is current with our school.

MILLENNIUM 25 MAR 2020 15:51

Millennium Student & Parent Portal

Username :

Password :

School :

Forgot your login details? [Click here](#) to have them sent to your school email.

How to view and print a school report

Before printing student reports, you will need to **set up your margins** to ensure your report is printed correctly

File (top left hand side)

Page Setup (margins should read 10 left, right, top and bottom)

Make sure all your **headers and footers read empty**

Then click **ok**

Next, on the left hand side click on the tab named **Reports**

Page Setup

Paper Options

Page Size: A4

Portrait Landscape

Print Background Colors and Images

Enable Shrink-to-Fit

Margins (millimeters)

Left: 10

Right: 10

Top: 10

Bottom: 10

Headers and Footers

Header: -Empty-

Footer: -Empty-

Change font

OK Cancel

My Account
Log Out

Classes
Lessons
Timetable
Diary

Markbook
Reports

Register
Attendance

Resources
Notices

Calendar
Website
Facebook

Variety of Information

PORTAL RESOURCES HOMEPAGE

Popular

Latest News

Variety of Information » MHS Assessment Handb...

Variety of Information » MHS Bell Times

Variety of Information

Variety of Information » MHS Staff List

Variety of Information » Latest News

Variety of Information » MHS Classroom Plan

Variety of Information » BYOD

Variety of Information » MHS Annual School Rep...

Variety of Information » MHS Information Handb...

Variety of Information » MHS Uniform Shop

BYOD

Concession Card Pick Up

General Permission to Publish and Disclosure Form

MHS Administration Office Hours

MHS Annual School Report

MHS Assessment Handbooks and Relevant Information

MHS Bell Times

MHS Breakfast Clubs

MHS Canteen Menu

MHS Classroom Plan

MHS Code of Conduct

MHS Contacts

MHS Facebook

MHS Fees Schedule and Methods of Paying Fees

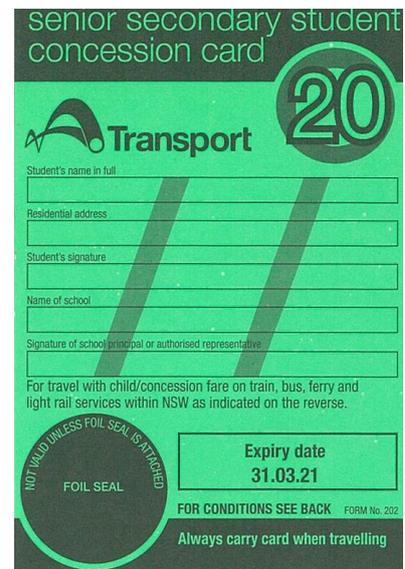
How to view and print a previous student report

On the right hand side, click on the **drop down key** and **select your year**.

Year: 2020

STUDENT CONCESSION CARDS

2020/2021



ARE YOU 16 YEARS OF AGE OR OVER

THEN COLLECT YOUR STUDENT CONCESSION CARD FROM THE MHS ADMINISTRATION OFFICE



Students who are 16 years of age or over are eligible to collect their **new 2020/2021 'Student Concession Card'** from the Mitchell High School administration office, **before school, recess or lunch.**

Students who have misplaced or lost their Student Concession Card during the year or have any questions, need to see the MHS administration office staff.



MITCHELL HIGH SCHOOL

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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/carer(s). In an effort to achieve this, we are seeking assistance from parent/carer(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: _____
<input type="checkbox"/> I do not have an email address.
Parent/Carer Signature: _____ Date: ____ / ____ / ____

We appreciate your support in this matter.

Regards,

Ms E. Marinis
Principal