



It is hard to believe we are already halfway through Term 2. So much has already been accomplished.

Strategic Management Plan

Mitchell High School's Strategic Improvement Plan is also on our website and is the document that will provide the basis for our school's strategic directions for the next three years. I would like to thank all the people involved in the consultation process. staff, students and parents. Please see Page 7 for more information regarding our three Strategic Directions for 2021-2024.

Annual Report

The 2020 Annual Report has been completed and posted on our school website. We encourage families to have a look at the document that highlights the wonderful things that happened throughout last year. Thank you too all that contributed to putting this document together.

ANZAC DAY

ANZAC Day commemoration It was with great pride I witnessed the ANZAC day commemoration at the beginning of this term. The students presented a very moving tribute to the diggers of the past and the currently serving defence force, including a very powerful historical viewpoint of the campaign that took so many lives. It certainly gave us all an understanding of how Gallipoli had a profound impact on Australians and New Zealanders and how 25 April has become such an important day in our past, present and future commemorations. The delivery of the Ode, the rendition of

Important dates to remember

P & C and Parent Forum	Wednesday 19 May
MHS Athletics Carnival	Friday 21 May
Year 7 & 8 Half Yearly Exams	Monday 31 May Friday 11 June
Public Holiday	Monday 14 June
Subject selection information night (Year 9 & 11 2022)	Tuesday 15 June
Last day of Term 2	Friday 25 June



the Last Post and Rouse was amazing and a very proud moment.

The message was clear, We should never forget these brave Australians.

***We will remember them
Lest we forget***

Mobile phones

The inappropriate use of mobile phones at school is a concern. Research has found that concerns about mobile digital device use and student wellbeing relate to a variety of issues including cyberbullying, access to inappropriate material, social interaction, and distraction from schoolwork. It is reported that 9 out of 10 Australian teens have direct use of a phone. The Australian Psychological Society found that teens predominantly use their mobile phones to access apps (89.7%), to browse the internet (88.5%) and to text (88.5%), and 79.8% use their phones to make phone calls. Thirty five percent of teens in this study reported finding the thought of being without their mobile phone distressing (Australian Psychological Society 2017). What is increasingly evident is the illegal use of mobile phone for bullying and harassment, taking and sending inappropriate pictures and access to pornography by children.

Empower children and young people to use the internet and their mobile devices safely. It's also important to educate children and young people on why it's not safe to give out any personal details online.

Increase their own knowledge and become more adept at engaging in online activities and exploring social networking sites that are being used by their children. Learning alongside children and young people can be an effective way to achieve this—parents can be encouraged to let their children be the experts and help them to understand the tools they are using online.

Use their child's mobile phone to keep track of their movements through apps such as Life360 – Family Locator. There are apps that let you lock your child's entire phone. You can also restrict internet browser use while still allowing them to access text and phone. Also, there are time control apps too, with big messages displayed once screen time is up (e.g. Mobicip, AppLock). Ensure their child's phone does NOT have apps such as Kik, Whisper, YouNow, Yubo, Monkey... These are all adult focussed social media apps that do not have appropriate safety controls for teens.

Also, Apps which hide photos which appear to be calculators or other harmless apps. Engagement and communication Parents can be encouraged to:

Discuss with children how they may recognise the difference between online information that is helpful or unhelpful, true or false, useful or not useful. For example, government or education websites may contain more accurate information than opinions that are posted on an unfamiliar person's blog.

Report If you have found any material online that you believe is prohibited or inappropriate, you should contact the eSafety Hotline.

For further information, go to the Office of the eSafety Commissioner where a range of resources is available for parents and caregivers.

Sources: O'Keeffe, Clarke-Pearson, & Council on Communications and Media, 2011; Raising Children Network, 2011; Robinson, 2012. Office of the Children's eSafety Commissioner

The Office of the Children's eSafety Commissioner is a one-stop shop for online safety. The Office provides Australians with a range of up-to-date information and resources, coupled with a comprehensive complaints system to assist children who experience serious cyberbullying. The Office also investigates complaints about, and takes action against, prohibited offensive and illegal online content as set out in Schedules 5 and 7 of the Broadcasting Services Act 1992.

Under the Enhancing Online Safety for Children Act 2015, there are key roles for the Office relating to research about online safety for children, including to:

- collect, analyse, interpret and disseminate information
- support, encourage, conduct and evaluate research publish reports and papers relating to online safety for children.

For further information go to: <https://www.esafety.gov.au/>

Uniform

Congratulations to all students and parents on the efforts made to ensure our students are looking great. Almost all students are meeting the high expectation in their uniform and wearing it with pride. It is a source of pride for all to see students entering and leaving the school looking so polished. We must ensure that, during the cooler months, an extra effort is made. Only school jumpers, jackets and trousers can be worn. Beanies and hoodies are banned and will be confiscated and returned at the end of the day.

Please make sure all uniform has your child's name on it so it can be returned to them if lost.

NAPLAN 2021

NAPLAN is the measure through which Australian Curriculum, Assessment and Reporting Authority (ACARA), schools, teachers and parents can determine the literacy and numeracy skill level of students. Literacy and numeracy involve a range of skills that provide the critical foundation for learning across all key learning areas. It enables productive and rewarding participation in the school and the community building intellectual and communication skills for life.

The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools with information about how education programs are working, and which areas need to be prioritised for improvement. NAPLAN tests are one aspect of each school's assessment and reporting process, and do not replace the extensive, ongoing assessments made by teachers about each student's learning in each subject area.

During this week our Year 7 and 9 students participated in NAPLAN assessments under formal exam conditions. All reports have indicated that our students have participated with diligence and respect demonstrating their understanding of the value of the NAPLAN process. The greatest value being the personalised information that the school and parents receive regarding the skill level of each student (at that point in time) and how this could inform future learning strategies and programs.

Many thanks to Ms Beardmore, Ms Larrea, for your impeccable organisation and smooth management of NAPLAN during the week. I look forward to delivering our results including analysis and future directions later this year when the results are released.

Mental Health

Mental fitness is not simply the absence of any mental health issues, but about developing skills of resilience, positivity and self-care to live life to the fullest.

Headspace not only supports young people with their mental health but also families and carers. The school will continue to work closely with Headspace and other community services to enrich our wellbeing programs, supporting the unique and evolving needs of students.

More information about Headspace and resources can be found at <https://headspace.org.au/>

The NSW Department of Education website also contains valuable and relevant support material and links for parents and carers. Information areas include learning and wellbeing resources, general advice, study skills,

homework help and more.

This can be accessed via the following link <https://education.nsw.gov.au/parents-and-carers>

It is important to teach our students that the focus of mental health is on wellness not illness and to learn how to care for it. It is particularly important to teach our students about the importance of mental fitness, how to look after their emotional health and seek assistance should it be required. It is acknowledged as a crucial component in the development of our students and it is now embedded in our School Strategic Plan 2021-2024.

Elena Marinis
Principal

Community Partnerships

Once again we would like to thank Abu George Supermarket at St Martins Village for their continuous support and generosity as they ensure the students and staff are provided with an abundance of fruit for Wellbeing Wednesday. Last week was apples and mandarins!



Year 7 English

Harry Potter

In class we have been reading Harry Potter. We are reading the first book 'Harry Potter and Philosopher's Stone' and are having a competition between houses. By houses I mean that we were put in the four houses of Hogwarts: Hufflepuff, Slytherin, Gryffindor and Ravenclaw. My house, Gryffindor and the house Ravenclaw are really close in points and are probably the new rivals in our Hogwarts. We read the book together and are studying the characterisation of the characters and how the author, J.K Rowling created such an interesting book.

Everyone has had fun, even if it was doing the reading and/or the fun drama literacy games. One of the drama literacy games we have done was about we had to act out a character in Harry Potter that our Hogwarts's Professor (Mrs. Stevenson) chose. It was fun because I had to use my bag to act out Hagrid. Overall, the Harry Potter theme, lessons and classes are really fun, and I look forward to class every time. It is not even halfway through the term, which means more fun, exciting lessons and cool drama literacy games are to come.

Written by Shahryar Ashraf 7A

Red Shield Appeal

The Salvation Army launched their Red Shield Appeal on Tuesday at Castle Hill RSL. Our two school captains represented our school at the event. It was a great opportunity to meet other students and community members. The MHS Student Leadership Body will look into ways that we can continue to support this important initiative.

Girls Night In

Mitchell High School hosted it's Annual Girls Night In on Friday 7 May. It was a huge success with a great turn out of both staff and students. Everyone enjoyed the activities; singing, dancing, sharing a meal, watching a movie all for a great cause. All money raised from the night was donated to the Parramatta Women's Shelter.

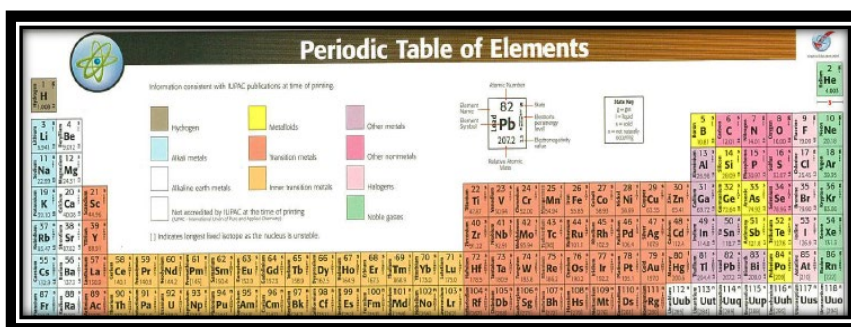
Best Yr10 Science Student Individual Research Project 2021

Yr10 this year, as part of their assessment had to conduct a Scientific Investigation – called the **'SIRP'** – Student Individual Research Project.

They had to choose a problem, design an experiment, perform an experiment and report on their findings. For example: **'Which battery brand lasts the longest'** or **'which brand of paper towel absorbs the most amount of water'** etc.

For the third time at MHS we are rewarding and recognising the **'Best Yr10 Science SIRP'** from each Science class. Students will receive a Certificate, 5 Vivo points, a McDonalds voucher and a coloured Periodic Table of Elements.

Congratulations to the students named below for producing fantastic SIRP's.



Class	Given name	Surname
M	Tamara	Brigden
H	Tyrone	Walmsley
S	Neesha	McClymont
R	Patrick	Dannaher
E	Abbey	Pinington
A	Sean	Nebres
L	Stephanie	Adomako



MITCHELL HIGH SCHOOL



Delivering excellence in education since 1964

SUBJECT SELECTION INFORMATION NIGHT

Year 8 into Year 9 (2022) and Year 10 into Year 11 (2022)

This is an invitation to current Mitchell High School Year 8 (2021) and Year 10 (2021) students and their parent/carer(s) to attend the Mitchell High School Subject Selection Information Night on Tuesday 15 June 2021.

Come and see what electives are on offer in 2022

When	Tuesday 15 June 2021
Where	Mitchell High School Hall
Time	Year 8 (2021) into Year 9 (2022) at 6.00pm Year 10 (2021) into Year 11 (2022) at 7.00pm

On the information night you will receive:

- A subject selection handbook, detailing information on courses available in 2022.
- Subject selection preference form.
- Information about requirements for the Record of School Achievement (RoSA).
- Information and requirements for the Higher School Certificate (HSC).
- Advice on how to make subject selection decisions and where to seek more detailed information if required.

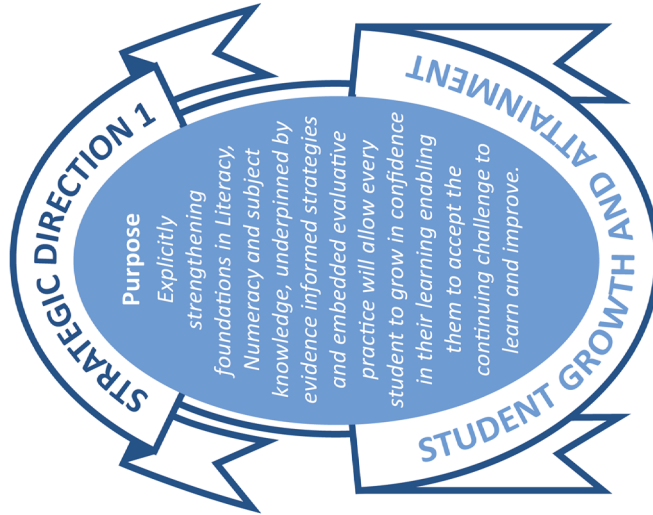
Subject selection preference forms must be completed and returned to the Mitchell High School Administration Office by **Friday 25 June 2021**. An allocated box will be provided at the MHS Administration Office counter.

Students who are not intending to return to Mitchell High School in 2022 are still required to complete these form(s) to assist us with planning.

We look forward to assisting students and parent/carer(s) to enable students to make important decisions about their future study.

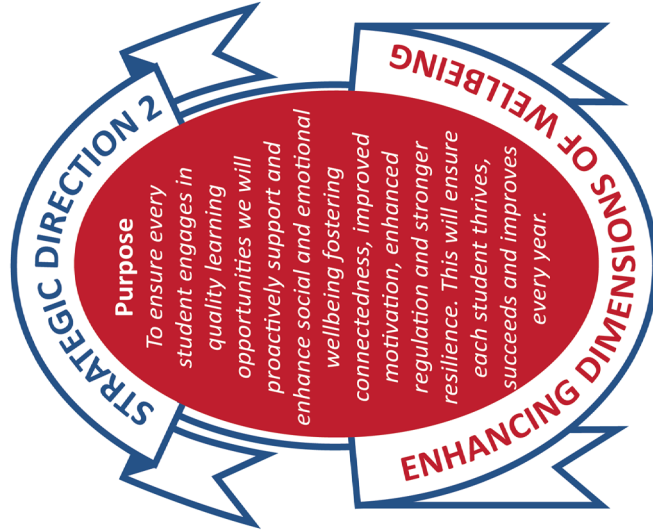
For further information on subject selection please contact Mrs Edwards on 9622 9944.

Principal: Ms E. Marinis | A: Keyworth Drive Blacktown | T: 9622 9944 | W: mitchell-h.schools.nsw.gov.au



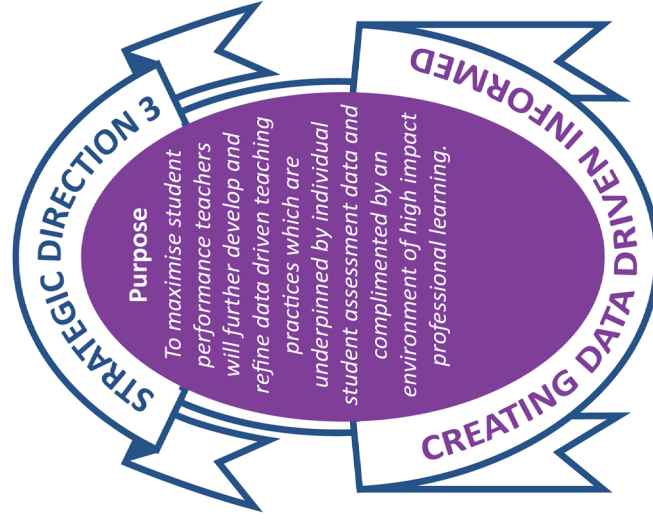
Create and embed strong foundations for learning through evidence based best practice.

Embed strong faculty planning and performance using the 8 elements of WWB.



Whole School Social and Emotional Learning (SEL) Program.

Civics and Citizenship Program.



SMART data sources and collection.

‘We aim to provide excellence in educational opportunities to meet the needs of our students’.



MITCHELL
HIGH SCHOOL

HOMework CENTRE



Every Wednesday, Thursday & Friday
During School Terms

MHS Library

3.05 - 4.05pm

MHS STUDENTS ARE RESPECTFUL, ENGAGED & ACTIVE LEARNERS

EVERY DAY COUNTS!



School success starts with ATTENDANCE



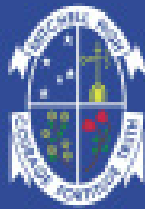
MHS BELL TIMES

Respectful, Engaged & Active Learners

Monday	
8.00am	Period 0 (Year 12)
8.55am	Roll call
9.00am	Period 1
10.00am	Period 2
11.00am	Recess
11.30am	Assembly
11.45am	Period 3
12.45pm	Lunch
1.15pm	Period 4
2.15pm	Final bell
2.20pm	Staff Meetings

Tuesday	
8.00am	Period 0 (Year 12)
8.55am	Roll call
9.00am	Period 1
10.00am	Period 2
11.00am	Recess
11.30am	Period 3
12.30pm	Period 4
1.30pm	Lunch
2.00pm	Period 5
3.00pm	Final bell

Wednesday, Thursday, Friday	
8.00am	Period 0 (Year 12)
8.55am	Roll call
9.00am	Period 1
10.00am	Period 2
11.00am	Recess
11.30am	Period 3
12.30pm	Period 4
1.30pm	Lunch
2.00pm	Period 5
3.00pm	Final bell



MITCHELL HIGH SCHOOL UNIFORM REGULATIONS



MHS SENIOR UNIFORM



MHS JUNIOR UNIFORM

MHS SHOE REGULATIONS

BOYS



GIRLS



SPORTS



ACCEPTABLE SHOES:

- Black leather with leather tongue
- Laced
- Leather upper providing protection to upper foot
- Non-slip sole

ACCEPTABLE SPORT SHOES:

- Laced up/velcro (no slip ons)
- Covers all of the top of the foot
- Provides arch and ankle support
- Flexible and sole protection

ACCESSORIES





MITCHELL HIGH SCHOOL

Keyworth Drive Blacktown

mitchell-h.schools.nsw.gov.au

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

9622 9944



MHS MOBILE PHONE REGULATIONS

It is strongly recommended that students at Mitchell High School do not bring mobile phones to school. The school is unable to ensure that such items are secure and we cannot be held responsible for their loss or damage. If a parent decides that their son/daughter needs a mobile phone for safety purposes it is permitted at school under the following conditions.

RULES:

- ☐ The mobile phone is switched off at all times during lessons or while participating in school excursions or activities where mobile phones could distract students from the learning experiences provided.
- ☐ During Physical Education (PDHPE) the mobile phone must be put into the teachers backpack provided for this purpose.
- ☐ The mobile phone is to be kept in the student's bag at all times.
- ☐ There may be times when, with the permission of the teacher, students may be allowed to use their mobile phone for educational purposes. Students **must** follow the directions of their class teacher and turn their mobile phone off at the end of the lesson as per the mobile phone regulations.
- ☐ If the phone is used during breaks, students must be respectful of others around them and be aware of privacy and safety issues related to the use of mobile phones.
- ☐ During periods of examinations all students must hand their mobile phones in if they are not left in their school bag.

CONSEQUENCES IF RULES ARE NOT OBSERVED:

- ☐ Any teacher is entitled to confiscate a mobile phone from any student who is not observing the rules. The teacher may at their own discretion on the first occasion return the mobile phone at the end of the lesson.
- ☐ On the next occasion the teacher will place the mobile phone into a labelled envelope for secure storage in the school safe.
- ☐ Mobile phones placed in the school safe will only be returned to students who bring a letter from home signed by a parent/carer, indicating that inappropriate use is being discouraged. This will occur at the end of the day from the Deputy Principals' offices.
- ☐ On the second occasion, the mobile phone will be held in the school safe until a parent/carer can collect it.
- ☐ Students who persistently misuse mobile phones will incur normal discipline procedures and parent/carer(s) may be contacted.

PLEASE NOTE:

Students do not need their mobile phone switched on to receive urgent messages or calls. Messages can be taken at the Administration Office on 9622 9944 / 9622 8926 and will be delivered promptly to students.



THANK YOU FROM MHS

Mitchell High School would like to sincerely thank the below business for their support towards our scholarship program



BLACKTOWN CITY COUNCIL



BLACKTOWN WORKERS CLUB



FullCircle

FULL CIRCLE



Mel's Tasty Bites
Healthy Canteen Operators & Catering Services

MEL'S TASTY BITES