

# MITCHELL HIGH SCHOOL

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

RESPECTFUL, ENGAGED AND ACTIVE LEARNERS

DECEMBER 2022



Wow, what a busy time for Mitchell High School! As the school year for 2022 draws to a close. I would like to thank all of the students, staff, parent, carers for their continued supported.

On Friday 2 September MHS celebrated Heritage Day. It is one of the highlights on our school calendar and it was so great to have it return after 2 years. Heritage Day is a celebration of all the unique cultures that make up MHS. The day started with a traditonal smoking ceremony, student performances and a suprise staff performance! Students were able to try food from different cultures, Asian, Indian, Maltese just to name a few. Thank you to all who were involved for making Heritage Day a success.

Tuesday 29 November was the beginning of a new chapter for many of our Year 6 students who will be attending Mitchell High School next year. 160 students attended this day where they were provided with information on what to expect in the transition to High School including bell times, subject information, uniform expectations. Students were divided into groups, they were led by Student Leaders for a tour of the school as well as small 'taster' classes so they could get familierised with the subjects and classrooms. The day ended with a BBQ. We look forward to welcoming our new students and we hope they are excited about joining Mitchell High School in 2023.

We said our goodbyes to our Year 12 2022 cohort in September. It was so lovely to see all the students dressed in their graduation gowns and to

## Important dates to remember

Years 7 & 11 return to school	Tuesday 31 January
Years 8, 9, 10, 12	Wednesday 1 February
Swimming carnival	Friday 17 February
School Photographs	Thursday 25 February
P & C and Parent Forum	Wednesday 1 March
Year 7 (2024) Information Meeting	Tuesday 7 March
Meet the teacher Year 7, 11 & 12	Wednesday 8 March



see so many family members here to celebrate this special day with them.

I had the privilege of attending the Blacktown City Garden Competition where Mitchell High School was awarded 1st Place in Best Educational Facility! It was a proud moment for our whole school community and is a true credit to all the hard work and dedication of Mr Stooke and all the many CREW members over the years who have been apart of this amazing program.

The Mitchell High School Dance Ensemble were selected to participate in School's Spectacular: a combined showcase of NSW Public Primary and High School students. The girls worked extremely hard, attending several rehearsals over the last couple months to prepare for their performance and they were amazing. Congratulations to our talented dancers. Schools Spectacular will be broadcasted on Saturday 17 December 2022 on SEVEN network at 7:00pm.

At this time of year it is evident that most are in need of a holiday. I would like to take this opportunity to thank the dedicated staff of Mitchell High School for their hardwork throughout the year. They are a dedicated team of professionals who are committed to quality education and striving for success for all students.

To our Mitchell High School staff, students and families, we wish you a safe and happy break and look forward to working with you next year.

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

## Victor Chang Cardiac Research Institute Science Award 2022

The Victor Chang Cardiac Research Institute Science Award is one of Australia's pre-eminent research organisations with both a national and international reputation for excellence in biomedical research and training. To foster and encourage interest in science and a career in science, which requires the highest levels of educational achievement, innovation, creativity and hard work, the Institute has established a Science Award to recognise the efforts and achievements of Year 11 Australian Secondary School Students.

Victor Chang was an outstanding cardiothoracic surgeon in Australia and South-East Asia, and one of the leading heart surgeons in the world. He pioneered the future of cardiothoracic surgery and research in Australia. He was responsible for developing Australia's National Heart Transplant Programme and, at the time of his death, was working on the development of an artificial heart valve, which would be used to support seriously ill patients who were awaiting heart transplants.

Victor Chang nurtured a vision to establish an internationally-recognised cardiac research centre at St Vincent's. With his tragic and untimely death in 1991 efforts to realise Victor's dream accelerated resulting in generous donations which enabled the establishment of The Victor Chang Cardiac Research Institute (VCCRI).

It gives me great pleasure to announce that this year's recipient of the Victor Chang Award goes to – **Sam Dryden**. The presentation of the award took place on Tuesday 1/11/22 at Blacktown City Council at 4pm. School Principal Ms Elena Marinis and Mrs Ebony Larrea (Physics Teacher) attended the ceremony.

Please join me in congratulating Sam Dryden. Well done!!!

## Year 11 Science Achievers List 2022

### Congratulations to the following Science students – well done!!!

Subject	1st	2nd	3rd
Biology	Sam Dryden	Parthiban Maheswaran	Ashika Perera
Physics	Sam Dryden	Parthiban Maheswaran	Jones Quinto
Chemistry	Jason Hanna (Yr10)	Madison Carabott (Yr10)	Darnia Ma (Yr10)
Investigating Science	Teodora Mitrovic	Jones Quinto	Eniola Olayiwola
EES	Lana Mulukin	Allysa Crider	Shruthi Satheeskumar

**Mr Debrincat**  
**Head Teacher Science**



## Happy Retirement Mrs Larkin!

Mrs Larkin has been teaching since 1979. She first started teaching at Penrith High School, then came to Mitchell High School in 1983. She has been teaching for the Department of Education for a total of 43 years and at Mitchell High School for 39 years. Mrs Larkin was an exceptional and experienced Language Teacher.

She taught the following subjects in her career: French Beginners and Continuers, German Beginners and Continuers, Italian and Japanese.

Mrs Larkin has also had the following roles of responsibility over the years:

- Nirimba Learning Group Coordinator for many years – providing quality workshops to support staff from 9 schools with their teaching practice.
- Founding member of the Language Teacher Network for the Blue Mountains/ Penrith area and Parramatta/ Blacktown area.
- Group Coordinator for the Western Sydney Region-Languages Network.
- Subject Coordinator at Mitchell High School for a number of years.
- HSC Marker, Judge and Senior Judge for a number of years.

Mrs Larkin was an exceptional Languages teacher at MHS. I really enjoyed (and felt privileged) observing her lessons from time to time. Her lessons were always engaging - even I learned a thing or two – I would have loved to have been a student in her class, learning a second language. She has had exceptional success in the HSC, helping many of her students achieve band 6's. Over the years, French beginners has regularly achieved band 6's, making it one of the best performing subjects at Mitchell High.

She was and has always been a great asset to the school. I always believed that Universities should model how she taught her lessons to beginning Languages teachers - to show them the teaching standard that is required when teaching Languages. We, both the staff and students were very lucky to have had such a wonderful, caring, committed and knowledgeable teacher for so many years. We will miss her.

Wishing Mrs Larkin all the best of luck and every happiness with her retirement.

Congratulations and thank you for your service to the Department of Education and to Mitchell High School.

**Mr Debrincat**  
(HT overseeing Languages)



The latest MHS Careers Newsletter is now available. It's full of useful information regarding Universities, TAFE, Private Colleges and the World of Work in general. Please contact Mr Turner in the careers office if you'd like further information on any of the topics in the newsletter.

<https://tinyurl.com/CareersNewsetter8Dec>



## Geography Excursion

On the 1st of December 2022 the Year 12 Geography class attended an excursion to Pyrmont to develop their case-study on the urban dynamics operating in a suburb, as part of the fieldwork requirements for their HSC topic Urban Places.

The class travelled into the city by train and the light rail. We started at John Street Square and set out on a walking tour of Pyrmont visiting the sites Pirrama Park, Union Square and Pyrmont Bay. The students spent the day developing their observation and mapping skills, examining how the suburb of Pyrmont has evolved since its industrial past to become the popular inner-city suburb we know today. We ended our day with a ferry ride to Circular Quay and a visit to Customs House. The class had a fantastic day and gained valuable knowledge that will help to prepare them for their HSC next year.



## Masterclass

On 22 November Senior Hospitality and Food Technology had a special guest join them for an all-day hands-on incursion - Masterclass. Chef Teone from Neil Perry's 'Margaret' Restaurant in Double Bay, presented an array of native ingredients for our students to smell and taste. The students then watched a demonstration and cooked Crispy Skinned Barramundi with Artichoke Purée & Native Currants. They also had the opportunity to cook Brown Butter & Wattle-seed Cookies. All washed down with a refreshing Rosella & Native Mint Iced Tea. It was an awesome experience for our foodie enthusiasts.



## Senior Hospitality Day

On 12 December our Senior Hospitality students participated in an all-day hands-on incursion with Frank, the CEO of Franky & Co and Pastry Chef Joyce. The students gained valuable knowledge from Frank about the day-to-day running of his cafes and received one-on-one training on using the coffee machine, perfecting their milk texturising skills. Chef Joyce demonstrated and provided information on how assorted cakes and sweets are made and decorated for the Franky & Co Cafes. The students then assembled and decorated their own three-tiered chocolate sponge cake with buttercream icing, drip ganache and piping to add an individual touch. The students were proud to take their cakes home to share with their families. At recess, the students were treated to a variety of donuts and cinnamon scrolls to sample, which were well received. It was an awesome experience for our Hospitality students and we are extremely grateful to Franky & Co for providing us with the opportunity and for their generosity in supplying the coffee beans, coffee cups, cakes, and icing/decorating supplies for the day.



## Enviro Club

Enviro Club is a student-led action group that started at MHS in 2019. After 2 disrupted years, we have had a successful 2022, promoting sustainability at MHS:

We have worked with the Mitchell Mob to plant a bush tucker and native plant garden, using funds raised from our Return and Earn recycling.

We attended a Sustainability Leadership Workshop and Expo at the Coal Loader Sustainability Centre, where we presented a recycling workshop to groups of primary school students

We promoted and celebrated World Environment Day, Threatened Species Day and National Recycling Week

We have continued to promote and administer recycling across the school, emptying the Return and Earn bins and raising funds to invest back into school projects

We are looking forward to continuing our sustainability journey at MHS in 2023!



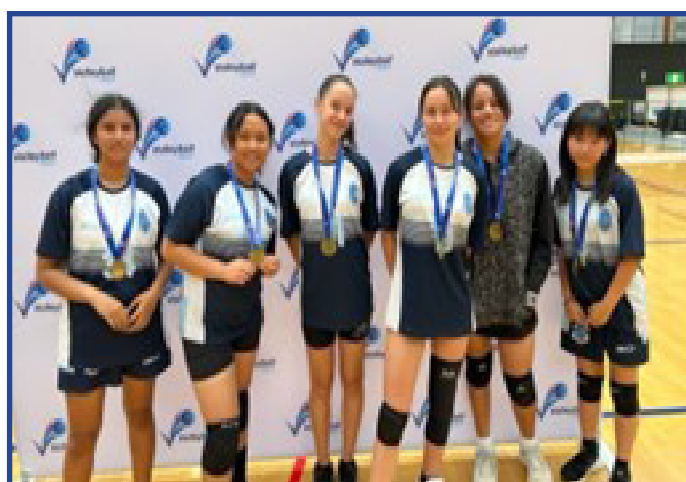
## Volleyball – wrap up for 2022

It has been a very successful and busy year for the Volleyball group, especially for the Elite Volleyball students. Mr Debrincat and Mr Chung took about 30 students in different year groups to participate in several NSW Volleyball School Cup Tournaments during the year. We had an extremely successful year with the Girls Year 10 team placing first in two tournaments, the Year 9 Girls team also placing first in one tournament and the Boys Year 9 team placing second.

A number of students also represented in the Blacktown Zone Competition this year- Annika Cvisic was selected in the NSW U16 Combined High Schools Volleyball Team.

It was also great to see the ever growing popularity of the Tuesday Volleyball Training days, with the help of Mr Ferguson and Ms Larrea, with a large number of students wanting to learn how to play volleyball.

Looking forward to 2023!





# MHS BELL TIMES

Respectful, Engaged & Active Learners

Monday		Tuesday		Wednesday		Thursday & Friday	
8.00am	Period 0 (Year 12)	8.00am	Period 0 (Year 12)	8.00am	Period 0 (Year 12)	8.00am	Period 0 (Year 12)
8.50am	Roll call	8.50am	Roll call	8.50am	Roll call	8.50am	Roll call
9.05am	Period 1	9.00am	Period 1	9.05am	Period 1	9.00am	Period 1
10.05am	Period 2	10.00am	Period 2	9.55am	Period 2	10.00am	Period 2
11.05am	Recess	11.00am	Recess	10.45am	Recess	11.00am	Recess
11.35am	Assembly	11.30am	Period 3	11.15am	Period 3	11.30am	Period 3
11.50am	Period 3	12.30pm	Period 4	12.05pm	Period 4	12.30pm	Period 4
12.50pm	Period 4	1.30pm	Lunch	12.55pm	Lunch	1.30pm	Lunch
1.50pm	Final Bell	2.00pm	Period 5	1.25pm	Period 5	2.00pm	Period 5
1.50pm	Staff Meetings	3.00pm	Final bell	2.15pm	Final bell	3.00pm	Final bell





### Shop On Campus

Keyworth Drive, Blacktown

Contact: Janina Gale

Email: [mitchehigh@theschoollocker.com.au](mailto:mitchehigh@theschoollocker.com.au)

Phone: 0407 248 871

### Trading Hours During School Term

Tuesdays 8:00am – 12:00pm

Thursdays 12:00pm – 4:00pm

### Extended Trading Hours & Appointments

Thursday 18 January 8am – 12pm & 1pm – 4pm

Friday 20 January 8am – 12pm & 1pm – 4pm

Monday 23 January 8am – 12pm & 1pm – 4pm

Tuesday 24 January 8am – 12pm & 1pm – 4pm

Wednesday 25 January 8am – 12pm & 1pm – 4pm

Friday 27 January 8am – 12pm & 1pm – 4pm

Monday 30 January 8am – 12pm

To book an appointment during our extended trading hours in January please scan the Appointments QR code or use this link <https://www.schoolinterviews.com.au/code/zfwd>

### Shop Online

Mitchell High School uniforms are available from the School Locker website. A uniform size guide has been included on the website to help you with your size selection.

Shop online and choose to have your order shipped directly to you or collect it from the uniform shop during trading hours.

The website also stocks a great range of other items for school including stationery, technology, footwear, musical instruments and sports equipment.

Online payment options include Visa, Mastercard, PayPal, ZipPay and LatitudePay.

Scan the SHOP ONLINE QR CODE to view your school's uniform range at [theschoollocker.com.au/schools/mitchehigh-school-landing](https://theschoollocker.com.au/schools/mitchehigh-school-landing)

### Student Advantage Membership

Be sure to set up your free Student Advantage Membership. Login each time you shop online to access special pricing and ensure your school earns revenue from all your purchases.

[theschoollocker.com.au/customer/accout](https://theschoollocker.com.au/customer/accout)



## MITCHELL HIGH SCHOOL

# UNIFORM PRICE LIST

### Girls Uniform

#### Junior Year 7 - Year 10

Polo Short Sleeve Sky	\$31.00
Blouse Short Sleeve Sky	\$31.50
Blouse Long Sleeve Sky	\$33.00
Shorts Formal Navy	\$38.00
Pants Formal Navy	\$43.00
Skirt Formal Tartan	\$54.00
Jumper Fleece Navy	\$32.00
Jumper Wool Navy	\$70.00
Blazer Navy	\$105.00
Tights Navy	\$8.50
Tights Black	\$8.50
Socks White (3pk)	\$11.95

#### Senior Year 11 - Year 12

Polo Short Sleeve White	\$30.00
Blouse Short Sleeve White	\$31.00
Shorts Formal Navy	\$38.00
Pants Formal Navy	\$43.00
Jumper Wool Navy	\$70.00
Blazer Navy	\$105.00
Tie Navy with Stripes	\$22.00
Socks White (3pk)	\$11.95

### Sports Uniform

Polo White/Navy	\$38.00
Shorts Navy	\$30.00
Track Pants Navy	\$43.00
Jacket Navy with Cotton Lining	\$65.00
Jacket Navy with Fleece Lining	\$70.00
Socks White (3pk)	\$11.95

### Boys Uniform

#### Junior Year 7 - Year 10

Polo Short Sleeve Sky	\$31.00
Shorts Formal Grey	\$35.00
Trousers Formal Grey	\$45.00
Jumper Fleece Navy	\$32.00
Jumper Wool Navy	\$70.00
Blazer Navy	\$105.00
Socks Grey (1pk)	\$9.95

#### Senior Year 11 - Year 12

Polo Short Sleeve White	\$30.00
Shirt Short Sleeve White	\$28.00
Shirt Long Sleeve White	\$32.00
Shorts Formal Grey	\$35.00
Trousers Formal Grey	\$45.00
Jumper Wool Navy	\$70.00
Blazer Navy	\$105.00
Tie Navy	\$22.00
Socks Grey (1pk)	\$9.95

### Accessories

Cap Navy	\$15.00
Scarf Navy	\$13.00
Apron TAS Navy	\$15.00
Apron Hospitality Black	\$15.00
Chef Hat Black	\$14.00
Polo Hospitality Black	\$35.00

Prices effective 1 November 2022. Prices are subject to change.

### SCHOOL UNIFORM SHOP

Keyworth Drive, Blacktown  
mitchellhs@theschoollocker.com.au

#### Trading Hours During School Term

Tuesday 8:00am - 12:00pm  
Thursday 12:00pm - 4:00pm

Scan the QR code to find your uniform online or visit [theschoollocker.com.au](https://theschoollocker.com.au)



**SCHOOL  
LOCKER®**



**MITCHELL**  
HIGH SCHOOL



**MHS STUDENTS COME AND ENJOY**

# **FREE BREAKFAST**

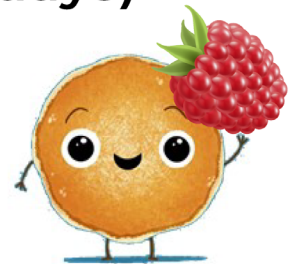
(excluding school and public holidays)

## **TUESDAY**

8.00am - 8.45am

MHS Hall Foyer

Hosted by Churches of Blacktown in Schools (COBIS)



## **THURSDAY**

8.00am - 8.45am

MHS Hall Foyer

Hosted by Churches of Blacktown in Schools (COBIS)

**\*\* Dates subject to change**





# HOMework CENTRE



**Wednesday 2.15 - 3.15pm**  
**Thursday & Friday 3.00 - 4.00pm**  
**During School Terms**  
**MHS Library**



# MITCHELL HS

Keyworth Drive Blacktown

[mitchell-h.schools.nsw.edu.au](https://mitchell-h.schools.nsw.edu.au)

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

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## STUDENT MOBILE PHONE PROCEDURES

### Purpose

Mitchell High School acknowledges the educational value of digital devices and online services in supporting and enhancing educational outcomes and student wellbeing. We also recognise they may cause harm if used inappropriately and that we need to support our students to use them in safe, responsible and respectful ways.

### Scope

Mobile phones are not to be used during school hours. At the beginning of the school year, every student will be assigned a personal **Yondr Pouch with an ID Number**, similar to being assigned a textbook. This will be recorded through the school library. While the Yondr Pouch is considered school property, it is each student's responsibility to bring their pouch with them to school every day.

### Process

#### As students enter the building for roll call, they will:

1. Turn their mobile phone off.
2. Place their mobile phone inside the pouch, place it on their desk for the roll call teacher to view the phone inside, close it securely.
3. Place the Yondr pouch into their school bag where it will remain all day.

Each student will maintain possession of their mobile phone inside their Yondr Pouch for the duration of the school day. Late students will complete this process at the Attendance Office as they sign in.

#### Exit: As students exit the school at the end of the school day, they will:

1. Unlock their pouch using an Unlocking Base at the school exits.
2. Remove their mobile phone from their pouch.
3. Close their empty pouch securely and place it in their school bag for the next day.

(Exception: excused early leavers whereby the student will unlock their pouch at the Front Office)

### Violations

Below is a list of potential student violations. Each of these violations will result in the student's device/mobile phone and/or pouch being confiscated by school staff.

1. Physical damage to the pouch in an attempt to circumvent its intended purpose. (Examples: discoloration, pen marks, bent pin or stripped lock inside the pouch).
2. Forgetting or losing the pouch – student will need to bring mobile phone to the Deputy Principal's Office.
3. Using their mobile phone during school hours.
4. Other devices, such as laptops, tablets, headphones and smartwatches, pose similar challenges and opportunities. These devices can be linked to mobile phones and therefore the same policy applies to these actions.





### **Disciplinary Action if a Yondr Pouch is Damaged**

5. Mobile phone and Pouch will be confiscated and parent/carer will be notified immediately.
6. Student's parent/carer must come to the school to pick up their child's mobile phone and a replacement pouch may be assigned.
7. Formal Caution to Suspend for damage to school property.
8. Deputy Principal will notify the library. The library will invoice student and parents via email and/or phone call for replacement Yondr Pouch.
9. The student will only be allowed to bring a mobile phone back to school if they or their parent/carer pay a \$20 fee to replace the damaged school property.

### **Contact Between Students and Parent/Carer(s) During the School Day**

Should a student need to make a phone call during the school day, they must:

- approach the Front Office and ask for permission to use the school's phone; or
- ask SASS staff for permission to unlock their mobile phone, make a phone call and then lock the Yondr Pouch again. Storing the mobile phone again must be supervised by SASS staff.

During school hours, parents/ carers are expected to only contact their children via the school front office. A message will then be sent to the student.

### **Responsibilities and Obligations**

#### **For students**

- Be safe, responsible and respectful users of mobile phones and online services, and support their peers to be the same.
- Respect and follow school rules and procedures and the decisions made by staff, knowing that other schools may have different arrangements.
- Communicate respectfully and collaboratively with peers, school staff and the school community and behave in the ways described in the Behaviour Code for Students.

#### **For parents/carers**

- Recognise the role they play in educating their children and modelling the behaviours that underpin the safe, responsible and respectful use of digital devices and online services.
- Support implementation of the school procedure, including its approach to resolving issues.
- Take responsibility for their child's use of digital devices and online services at home, such as use of online services with age and content restrictions.
- Communicate with school staff and the school community respectfully and collaboratively as outlined in the School Community Charter.
- Switch off or put their digital devices on silent when at official school functions and during meetings.
- Provide digital devices that meet school specifications where a school is participating in a Bring Your Own Device program and complete any related paperwork consistent with the agreement.

### **Communicating this Procedure to the School Community**

**Recommended inclusions are listed below.**

Students will be informed about this procedure through email, the School Website, and School Facebook page.

Parent/carer(s) will be advised via email and the School Facebook page. This procedure can be accessed electronically via the School's Website.



# Reminder to parents and carers to apply now for 2023 School Opal cards

## Getting to school by bus in 2023

Will your child be catching the bus to school in 2023? Applications are now open for a School Opal cards. As it's a busy time of year, we highly recommend you make this application before the end of Term 4. It's also good to check the bus timetable to make your child's journey to school as easy as possible.

### Here is how it works:

#### School Opal cards

All students catching the bus in 2023 will need a School Opal card.

Under the School Student Transport Scheme, eligible students can apply for free or subsidised travel between home and school.

For more information about the School Student Transport Scheme and how to apply for a School Opal Card, visit <https://apps.transport.nsw.gov.au/ssts/#/> from a desktop computer, and click 'apply for a school travel pass'. Applications for 2023 opened at the start of Term 4.

#### Bus timetables

Busways is the school bus operator that runs your schools' bus services. To find your child's school bus timetable visit the Busways website by using the following steps:

1. Go to [busways.com.au/nsw](https://busways.com.au/nsw)
2. Click on 'school services' in the navigation bar and then proceed to 'school timetables'
3. Enter the school's name in the field that says 'enter a school name'
4. Select the school's name and the timetable should open on your device.  
(If you are unable to find or search for the school's name, use the drop-down menus on the same web page to find the school).
5. Once the timetable is opened, you will be able to identify which school bus services are available in your area for your child to use.