

NEWSLETTER

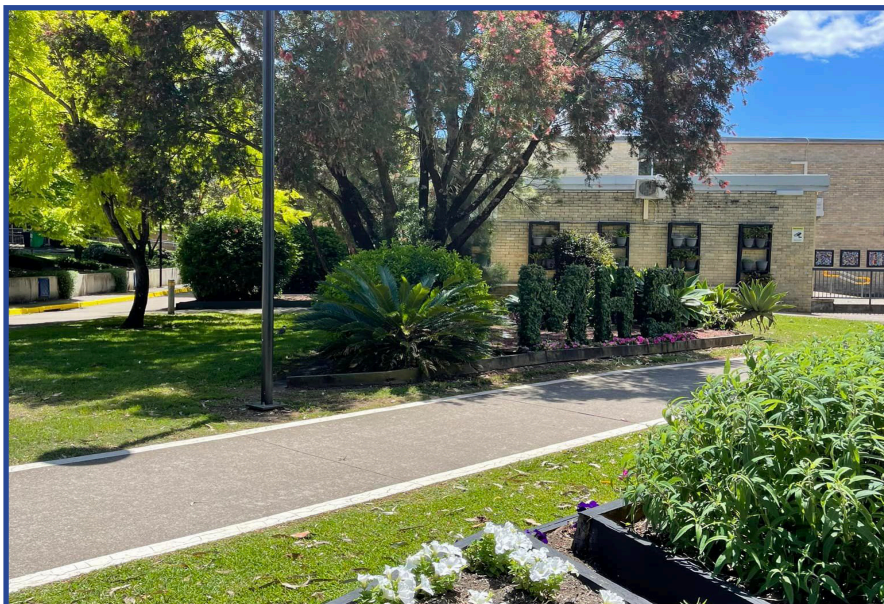
MITCHELL HIGH SCHOOL

Address: Keyworth Drive, Blacktown NSW 2148
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RESPECTFUL, ENGAGED AND ACTIVE LEARNERS

FEBRUARY 2023



Welcome to 2023 school year at Mitchell High School. It is with great pleasure that I welcome all students, staff, parents/carers to the new school year.

The energy and enthusiasm of the first days of school can never be taken for granted. The vibrancy of staff reconnecting with one another and the students joy to see their friends and teachers are memories that will stay with me. I warmly welcome our new students and their families who have joined our community this year and the new staff.

Bernadette Khouri **LaST Teacher**

Melinda Galetti **SLSO**

Tiana Davey **SLSO**

Jonah Pares **SLSO**

Jonathan Heydeman **SLSO**

We have had a great start to our school year. I would like to congratulate our new Year 7 students on their seamless entry to life in high school. I would also like to thank Ms Colleen Beardmore who organised & facilitated a successful 'LAUNCH' Program with Year 7 alongside the many staff members and the Peer Support students, assisting them to be ready to commence classes.

Congratulations students and staff on our excellent HSC 2022 results. I am pleased to see that our school is continuing to improve and produce outstanding results across all subject areas. In particular I would like to acknowledge the outstanding achievement of our Dux Ayesha Baig who

Important dates to remember

Swimming carnival	Friday 17 February
School Photographs	Thursday 23 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



achieved 5x Band 6s and achieved an ATAR of 99.55. All our Distinguished Achievers will be acknowledged at the High Achievers assembly to be held later in the year.

On behalf of our school community, I thank our 2022 Year 12 teachers who worked tirelessly with their students, most of whom achieved personal bests and were successful in entering tertiary education or employment of their choice. Lifelong learning enriches lives and I hope I successfully model this for our staff and students.

My first address to staff and students firmly emphasised our focus on high expectations in all aspects of school life for both staff and students alike. This includes academic and professional application, being prepared, uniform expectations and presentation and the implementation of the Yondr mobile phone pouch. We encourage all our students to be R.E.A.L (Respectful, Engaged, Active Learners). At Mitchell High School it is understood that we are all learners. This is modelled by staff who are collectively committed to strengthening their craft of teaching on an ongoing basis.

Mitchell High School is a place where the wellbeing of each student is central in all that is done, so that all students are enabled to thrive, excel, and achieve their very best. Students can seek support of their teachers, Year Advisor, Assistant Year Advisor, Head Teacher Wellbeing, the Deputy Principal's, The School Counsellor or myself the Principal.

YONDR pouches

Mitchell HS embarked on the Yondr pouch journey this week very successfully. All staff and students participated in learning around the use of the pouches, how to use them and the responsibilities that goes along with them.

The key points to the pouches are:

- All students have been issued with a pouch and **must** have the pouch with them every single day regardless of whether they have a phone
- Pouches are shown to roll call teachers every morning and locked in front of the teacher
- They are placed into school bags and only taken out at the end of the day and unlocked as students leave
- Any pouch that is damaged or destroyed or lost must be paid for at the office for a new one to be issued. Students must hand their phones into the DP if they do not have their pouches
- Students wishing to purchase from the canteen must bring cash or their physical card to use

We have already had many wonderful comments from the teachers who already notice how much more engaged

the students are in the classroom. Students have also commented on how much more work they believe they are doing in the classroom as they are not distracted by their phones. The playground is abuzz with students interacting with each other.

There will always be teething issues with any new processes and we already are tightening up some of the processes we put in place. We really thank the parents and students who are working with us on this and hope to see some great results in the half yearly reports as students opt to work harder in the classrooms.

A reminder that there are new bell times for 2023 with earlier finish times on Mondays and Wednesdays.

Attached to this newsletter is a copy of the new bell times, uniform opening hours and price list and 2023 Canteen menu.

I look forward to the year ahead, driven by high expectations, embracing challenge, and growing as individuals.

"What you do makes a difference, and you have to decide what kind of difference you want to make" – Jane Goodall

**Elena Marinis
Principal**



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

Uniform Shop Details

Keyworth Drive, Blacktown

Contact: Janine Gale

Email: mitchellhs@theschoollocker.com.au

Trading Hours During School Term

Tuesday 8:00am - 12:00pm

Thursday 12:00pm - 4:00pm

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/account

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/mitchell-high-school-landing



**SCHOOL
LOCKER®**

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



**SCHOOL
LOCKER.**

Breakfast Menu		
Variety of Fresh Fruit	E	\$1.00
Yogurt (92% fat free) with Muesli or Fresh Fruit	E	\$4.00
Toasted Sandwiches (Veg, Honey or Jam)	E	\$2.00
Toasted Cheese	E	\$3.00
Ham & Cheese Toasted	E	\$4.00
Croissants Plain	E	\$3.50
Croissants Ham & Cheese	E	\$4.50
Rice Pudding	E	\$4.00
Egg Roll	O	\$4.00
Bacon & Egg Roll	O	\$5.50
Raisin Toast	E	\$1.50
Hash Browns	O	\$1.50
Sandwiches (available Everyday)		
Fresh Chicken Full Breast with lettuce and mayo	E	\$5.00
Leg of Ham cheese and tomato	E	\$4.50
Roast Beef with lettuce and tomato	E	\$4.50
Roast Turkey with Cranberry Sauce	E	\$4.00
Tuna Salad	E	\$4.50
Mild or Tasty Cheese	E	\$3.00
Cheese & Tomato	E	\$3.50
Tomato	E	\$2.50
Salad	E	\$4.00
Avocado	E	\$2.80
Veganite	E	\$2.00
Honey	E	\$2.00
Buttered Bread	E	\$1.00
Egg	E	\$3.00
Egg & Lettuce	E	\$3.50
(White/Wholemeal or Lebanese Bread)		
<i>You will also be able to make your own sandwich from a variety of selections.</i>		
Sandwiches Toasted available all day		
Fresh Salad Combinations (Available Everyday)		
Freshly Cut Fruit Salad	E	Small \$4.50 Large \$6.00
Caesar Salad	E	\$4.50 \$6.00
Fresh Chicken Pasta Salad & Avocado	E	\$4.50 \$6.00
Greek Salad	E	\$4.50 \$6.00
Tuna Pasta Salad	E	\$4.50 \$6.00
Potato Salad	E	\$4.50 \$6.00
Tabouli Salad	E	\$4.50 \$6.00
Coleslaw Salad	E	\$4.50 \$6.00
Garden Salad	E	\$4.50 \$6.00
Pumpkin & Baby Spinach Salad	E	\$4.50 \$6.00

Wraps (available everyday)		
Salad - Lettuce,Tomato,Carrots,Cucumber,Beetroot,Red Onion	E	\$6.00
Breast Chicken - Lettuce & Mayo.	E	\$6.00
Leg Ham & Salad	E	\$6.00
Chicken - Cheese & Tomato	E	\$6.00
Tuna - Lettuce, Tomato & Mayo	E	\$6.00
Roast Beef & Salad	E	\$6.00
Tandoori Chicken - Cucumber & Lettuce	E	\$6.00
Chicken Caesar - Cos Lettuce,Bacon,Cheese,Courants,Dressing	E	\$6.00
Falafel - Tabouli, Houmous,Lettuce	E	\$6.00
(Available) on a Turkish Roll		\$6.00
Hot Foods		
Hamburger	E	\$5.50
(Served on a large 85 gram roll, fresh beef meat made on site daily, lettuce, tomato, beetroot, cooked onions and sauce)		
Cheese Burger	E	\$6.00
(Served on a large 85 gram roll, fresh beef meat, lettuce, tomato, beetroot, cooked onions, grilled cheese and sauce)		
Chicken Burger (Hala)	E	\$5.50
(Served on a large 85gram roll, full crumbed chicken breast, lettuce and mayonnaise.)		
Caesar Burger	E	\$6.00
(Chicken breast fillet, bacon, lettuce and Caesar source)		
Portuguese Burger	E	\$6.00
(Grilled Chicken breast fillet, peri peri source, lettuce)		
Chicken Schnitzel breast roll with lettuce & mayonnaise	E	\$6.00
Sweet Chilly Tender Roll with Lettuce and Sweet Chilly Sauce	O	\$6.00
Hot Dogs (Low Fat or Hala)	O	\$4.00
Hot Dogs with Cheese	E	\$4.50
Chicken Kebab	E	\$4.00
(125 grams of skinned chicken marinated with lemon and pepper)		
Chicken Kebab (on roll with lettuce and mayonnaise)	E	\$6.00
Chicken Nuggets (4 pieces) (Hala)	O	\$3.00
Chicken Wings (each) (Hala)	E	\$1.80
Garlic Bread full roll	E	\$2.00
Hash Browns	O	\$1.50
Pizza (variety)	O	\$4.00
Vegetarian Burger	E	\$5.50
Pies / Sausage Rolls		
Meat Pie (Low Fat or Hala)	O	\$4.30
Sheppard's Pie (Low Fat or Hala)	O	\$4.30
Sausage Rolls (Low Fat or Hala)	O	\$4.00
Spinach & Ricotta Roll	O	\$4.00
Potato Wedges (oven cooked) with Sweet Chilli or Sour Cream....	O	\$5.00
Cup of Noodles	O	\$3.00

Please note that all foods are cooked in the oven or hot plate.

Hot Meals (available everyday)

2 Dishes Rotating everyday)

Butter Chicken with rice (Fresh chicken served with rice)	E	\$6.00	\$4.50
Fried Rice (Vegetarian)	E	\$6.00	\$4.50
Chicken Pasta	E	\$6.00	\$4.50
Cheese Macaroni	E	\$6.00	\$4.50
Spagetti Bolognaise	E	\$6.00	\$4.50
Cream & Cheese Potatoes	O	\$6.00	\$4.50
Home-made Lasagne (Beef) or Vegetarian	E	\$6.00	\$4.50
Chinese Noodles	E	\$6.00	\$4.50
Lasagne	E		\$4.50

Juices (available everyday)

Fresh Juice (Large)	E	\$4.00	
Fresh Juice (Small)	E	\$3.00	
Apple Juice	E	\$3.00	
Popper Juice	E	\$2.50	
Aloe Juice Watermelon, Peach or Original	E	\$4.00	
Juice Bomb	E	\$4.00	
Chil J	E	\$3.50	
Ice Tea	O	\$4.50	

Cold Beverages (available everyday)

Spring Water		\$2.50
Waterfords Flavoured Sparkling Water	E	\$4.00
Pepsi Max Cans (no sugar)	O	\$2.50
Pepsi Max Bottles (no sugar)	O	\$4.00

Milk Shakes/Milk (available everyday)

Milk Shakes (no ice-cream)	E	\$4.00
Plain Milk 300 mls	E	\$2.00
Plain Milk 600 mls	E	\$2.50
Oak small (300 mls)	E	\$3.00
Oak Large (500 mls)	E	\$4.00
Up & Go	E	\$3.00
Ice Blocks	E	RRP
Twist Frozen Yogurt GF	E	RRP
Ice Money TNT	E	RRP
Quelch Berry Ice Block	E	RRP
Snap Sticks	E	RRP
Custard Cups	E	\$2.00
Jelly Cups	E	\$2.00
Banana Bread	O	\$3.50
Muffins	O	\$3.50