



PRINCIPALS MESSAGE

As we approach the final stretch of the academic year, I want to extend my heartfelt wishes to all our Trial Higher School Certificate (HSC) students. These young minds have dedicated themselves to their studies, navigating the challenges with determination and resilience. With just a few weeks remaining, I encourage our Trial HSC students to continue their hard work and give their best during this crucial phase of their education journey. Your efforts have been commendable, and we stand by you, ready to offer our support as you reach for your goals.

It is also an exciting time as we eagerly anticipate the upcoming CAPA Variety Night on Tuesday 22 August 2023. Our students possess a myriad of talents that deserve recognition and celebration. This event serves as a platform for our students to showcase their artistic, musical, and performance talents. The dedication and creativity displayed during the CAPA Variety Night are a testament to the vibrant and diverse community that we are fortunate to have here at our school. I invite all families and friends to join us and witness the incredible performances on display in the school hall doors open at 5.45pm and performances start at 6.00pm. Entry \$5.00 per ticket, purchased from the front office or at the door on the evening.

In line with our commitment to progress and innovation, I am pleased to share that we are making significant strides in enhancing our school's infrastructure. The construction of our new administration block will be starting on 15 September 2024. This new facility will not only provide a more efficient administrative hub but will also contribute to fostering stronger community engagement. As we look forward to its completion, we envision a space that will serve as a centre for collaboration, communication, and support for our students, parents, and staff alike. It is through endeavours like

Important dates to remember

P & C and Parent Forum	Wednesday 16 August
Parent/Carer Teacher Interviews (Years 8, 9,10)	Wednesday 2 August
Year 12 Trial HSC Exams	Monday 7 August Friday 18 August
CAPA Variety Night	Tuesday 22 August
Heritage Day	Monday 4 September
Year 11 Exams	Thursday 7 September Thursday 21 September
Year 12 Graduation Assembly	Wednesday 20 September
Year 11 Clearance Day	Friday 22 September



these that we ensure our school remains at the forefront of providing an exceptional educational experience.

As we celebrate achievements, talents, and progress, let us also remember the importance of unity and mutual support within our school community. Every individual plays a vital role in shaping the positive and nurturing environment that we strive to cultivate. Let us continue to uplift one another, celebrating our triumphs and supporting each other.

Thank you for your ongoing commitment to our school's values and goals. Together, we build a future that is bright and promising for all our students. Let us embrace the journey ahead with enthusiasm and dedication.

Elena Marinis
Principal

Year 7

This term in Year 7 we'd like to congratulate the following students on their participation in the maths competition: Sophie, Ana, Mani, Athithya and Victoria.

We also had our first evacuation drill which was a huge success, and we now have a good idea of what to do in the event of an evacuation.

Overall, although some students have not been following the rules, The Yondr pouches have been a success so far. Year 7s have been socialising more and enjoying each other's company without the help of a phone. We look forward to seeing what happens in the following weeks in term 3.

Year 8

In Year 8 so far it has been successful. I'm sure we are all super excited about being able to choose our subjects next year in order to do our subject selection last term as this will give us a chance to enjoy completing subjects that we love doing. This term we have also just had our parent-teacher night and we also have variety night, trivia night, and of course, our camp towards the end of this term and next term to look forward to.

Year 9

This term, year 9 has been involved in the parent teacher interviews which was a wonderful night. We received our Naplan results last week. It was exciting and scary to find out for most of us.

Two weeks ago, students nominated themselves for student leaders 2024. The voting started late last week for the year 10 SLB leaders 2024.

The Japanese exchange students arrived at MHS this week and some of the year 9's went to help and made friends with each other. The Japanese students also get to experience our school the same way students do. They are invited to classes and spend the day with their MHS buddy. It has been a wonderful start to the week and everyone seemed very excited to see them.

The Year 9's have already completed an English assessment at the start of the term and we are anxiously waiting for the results to hopefully come out this week. Other assignment and assessment notifications have been handed out for various subjects and studying has commenced.

Excitement spreads for Heritage day, 4 weeks from now! Auditions took place on the 4th of August. Hope everyone

who auditioned gets to perform! The more performances the better this year's Heritage Day will be.

Wish everyone good luck for all tasks! Term 3 has been off to a great start!

Year 10

Throughout the first few weeks of term 3, year 10 were making some very important decisions. As year 11 approaches year 10 have had to decide what subjects they would like to do for their HSC or if they even want to continue highschool at all. There have been ongoing interviews, helping to decide and cement choices. Good luck to all students whether they are staying or leaving, wish you all the best.

At the end of week 2, the drama, music and international studies classes went to see an exciting play titled "Les Misérables". The excursion was at Riverside Theatre in Paramatta where they watched the beautiful play, showing all aspects of their learning in class. They were able to watch actors and an orchestra perform in real time and view the culture within the play.

Year 11

The process for student leadership body has commenced and we are super excited to see who is in the team and who our captains are. A huge thank you to all the students who nominated, this year we had a large amount of students wanting to join and can't wait to see who gets in. In SLB we are taking a more leadership role as the seniors are in trials, in our proposal groups we are working towards Trivia night and being involved in the community through a Nursing home Proposal. Once again good luck to the students who are involved in the vote.

Year 12

Currently we are focusing on our trials and have been taking a back seat in SLB and looking towards the future. We look forward to being involved in the new proposals and our spin on the trivia night, the night in and nursing home. When the trials are finished we are hoping to be involved and create our legacy at MHS.

SLB NEWS

The process for 2024 Student Leaders has been completed. Each year group was sent a link to their google classroom in which they could nominate themselves for student leaders and be voted by their peers. The year groups were then sent the ballot papers through a Google Form and they could select the student they wanted to represent them. Overall, the process ran smoothly, and many students nominated themselves and we had plenty of votes come through.

Congratulations to the candidates below in becoming members of the Student Leadership Body for 2024. I look forward to working with you next year.

Junior Leaders

Year 8

- Hazal
- Athithiya
- Mani

Year 9

- Charli
- Andrew
- Hari

Year 10

- Nikola
- Arushi
- Zixin

Senior Leaders

Year 11

- Izabella
- Solomon
- Mele Evalina
- Divya
- Sebastian
- Serena

We had many great Year 12 candidates and the students should be very proud with the way they conducted themselves throughout the election process.

The following students are our Year 12 – Senior Leaders and Captains for 2024.

Senior Leaders

Year 12

Azan
Amanda
Jason
Amy
Tyler
Kyla

Mitchell High School Captains

Owen
Artina

Mitchell High School Vice Captains

Shiloh
Nehir

I look forward to working with you all and seeing what your legacy will be at Mitchell High School.

A big thank you to all students who nominated themselves and everyone that was involved in the process. I look forward to working with all the students who were successful in making the Student Leadership Body 2024.

Thank you to Carmel Lindsay for her ongoing support during and after the process in helping the new 2024 leaders feel comfortable. Thank you to Gordon Chung and Ebony Larrea for your support during the process as your experience was a great help. A big thank you to the executive staff and Year Advisors in taking time to be present in the process. Let's see what 2024 holds for Mitchell High School and our Student Leadership Body.

Patrick Ferguson
SSO
SLB Co-Ordinator

Victor Chang Cardiac Research Institute Science Award 2023



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 recipients of the Victor Chang Award goes to two well-deserving Yr11 Science students that achieved exceptionally well in multiple Science subjects – They are: **Jason and Owen**. The presentation of the award will take place on **Tuesday 29/8/23** at Blacktown City Council at 4pm.

Please join me in congratulating both Jason and Owen. Well done!!!

Mr Debrincat
Head Teacher Science

Tyler's inspiration as one in a billion

A blink then darkness.

That split-second began 16-year-old Tyler's journey with an ultra-rare brain tumour known as Parasellar Ganglioma. He is one of just 10 known cases in the world.

Shortly after Tyler's birthday in July 2022, Tyler came home from school, sat on the couch, and suddenly lost his vision. He had been suffering from migraines with vomiting and visual aura, prompting his doctor to order an MRI scan with the results coming a few days later.

Tyler and his mum, Kylie, then heard those devastating words. He had a six-centimetre tumour in his brain.

"I will never forget the day our doctor said she had bad news. We were lost for words," Kylie said.

"We were told to immediately bring him into Westmead Hospital. So, we went home, packed a bag and off we went."

The MRI scan showed a type of brain tumour with hydrocephalus, a condition where there is a build-up of fluid in the cavities deep within the brain due to the growth blocking its normal movement.

Within a week of admission Tyler went into surgery, led by neurosurgeon Dr Jun Kim at Westmead Hospital, where doctors discovered the tumour was growing out of the optic nerve.

The team called on the expertise of their colleagues, including Paediatric Oncologist Prof Stewart Kellie from The Children's Hospital at Westmead (CHW), for further specialist input.

Together, they decided to remove as much of the tumour as they could and took tissue for laboratory examination. The results of the biopsy were better than they could have hoped for.

"Thank goodness, [the tumour] was low-grade," Kylie said. Tyler was diagnosed with a rare tumour called Parasellar Ganglioma, or 'Timmy' as he named it. "Gangliogliomas are relatively mature tumours that typically don't behave like brain cancer and often surgical resection is the only treatment option required," Dr Kellie said. This type of tumour is usually found in children aged five to seven years old but in Tyler's case it was slow growing, so most of his symptoms hadn't presented until much later in life.

"It is kind of like a big math equation, it just explained a lot of things that happened to me as a kid," Tyler said.

I'm still in a state of shock in I can't believe it was hidden for all those years, it is quite fascinating to me. With this whole experience, I look back on it and think 'wow' - it is truly quite amazing how it has evolved over time compared to what others can do."

A week following surgery, a shunt was inserted into the fluid-filled cavity to help relieve pressure on Tyler's brain. He was in hospital for just over a month and had to relearn how to walk, talk, and do things for himself again with the help from Westmead's physiotherapy and occupational therapy teams.

He now sees a multidisciplinary team of specialists on a regular basis at CHW, including neurology, the Eye Clinic, the Endocrine Clinic, occupational therapy and is set to start physiotherapy.

Tyler's biggest challenge is managing his vision as he lost all sight in his left eye and has difficulties with peripheral vision in his right. It has impacted his studies, ability to play his beloved sport of soccer, managing staircases, and he will never be able to drive a car.

But through it all, his optimistic nature shines through.

Tyler is an extremely positive person, especially for someone that has endured what he has been and continues to go through. He lives his life as best he can and tries to not let any of it get him down, I couldn't be prouder of him," Kylie said.

"He's excited for his future and wants to pursue a career in paediatric occupational therapy. So far, he's doing so well and hasn't fallen behind at school which is fantastic. Although he won't be able to play soccer at this stage, he's looking into the possibility of finding a parasport that interests him, so never say never."

Tyler's journey has inspired him in many ways, so much so that he hopes to become an inspirational speaker, sharing his story to help other children and adolescents in hospital.

**** Article was originally posted online from The Sydney Children's Hospital Network and can be found by clicking the link below***

<https://www.schn.health.nsw.gov.au/news/articles/2023/07/tylers-inspiration-as-one-in-a-billion>



HOMework CENTRE



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



P&C MEETING

16 August 2023
6.30pm in MHS Common Room



MHS LEADERS 2024
INDUCTION ASSEMBLY
Tuesday 29 August 2023

Respectful, Engaged & Active Learners



PARENT TEACHER INTERVIEWS

YEARS 8, 9 & 10

Wednesday 2 August 2023
Via Appointments



MITCHELL
HIGH SCHOOL



MHS LEADERS 2024

INDUCTION ASSEMBLY

Tuesday 29 August 2023

Respectful, Engaged & Active Learners



Respectful, Engaged & Active Learners

YEAR 11 CLEARANCE

Friday 22 September 2023

YEAR 11 YEARLY EXAMS

7-21 September 2023

Respectful, Engaged & Active Learners



The background of the top section is a dark blue rectangle. Overlaid on this is a large, faint, light blue circular seal of Mitchell High School. The seal features a central emblem with a book and a torch, surrounded by the words "MITCHELL HIGH SCHOOL" and "1954".

CLASS of 2023

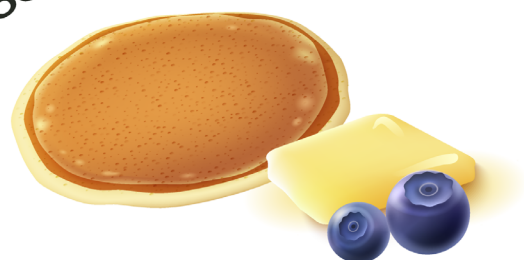
GRADUATION ASSEMBLY

Wednesday 20 September 2023



Free BREAKFAST

(excluding school and public holidays)



ALL MHS STUDENTS WELCOMED

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**

Science Week @MHS 2023

Attention all Students!!!

The Science Faculty @ MHS will be
Celebrating Science Week during Week 5
(Monday 14th – Friday 18th August 2023)

The Science Faculty will be providing Science related lessons that will be fun, interactive, hands-on and interesting everyday in Week 5 during recess and lunch – in room 12, 13 & the playground.

List of Activities:

- Monday 14/8/23 – Practical Activity: “DNA Extraction”
- Tuesday 15/8/23 – Demonstration: “The Big Bang” & “Sweet Science of Quarks”
- Wednesday 16/8/23 – Practical Activity: “Binary Bracelets” & “ISTEM Challenge”
- Thursday 17/8/23 – Practical Activity: “Ice-cream Making” (2 sessions)
- Friday 18/8/23 – Practical Activity: “Thunder Storm” and “Can Crusher”

If you are interested you will need to write your name on an “Expression of Interest” form – located outside the Science Staffroom.

Places will be limited – DON'T miss out!!!

SCIENCE ROCKS!!!



We're excited to announce Mitchell High School uniforms will be available in the new School Locker Blacktown Superstore from 25 August 2023.

School Locker Blacktown

The School Locker Blacktown Superstore is located in the Blacktown Mega Centre on St Martins Crescent. You'll find everything you need for school including uniforms, school shoes, stationery, technology, musical instruments, sports equipment and more, in this convenient new location.

Other features and benefits include:

- Spacious shop design
- Plenty of fitting rooms
- Trained staff to assist with school uniform and footwear fitting
- Free parking
- Trading hours 7 days a week, even during the school holidays.

Online Uniform Shop

The online uniform shop also remains a one-stop-shop for your uniforms and student resources. Scan the code below to view your school uniform online.

Your online orders will be home delivered unless you prefer to click-and-collect from School Locker Blacktown Superstore.

Student Advantage Membership

Sign-up for your FREE Student Advantage Membership and log-in when you shop to access student prices on the technology range. Opt-in to the mailing list and receive updates about other special offers. Visit theschoollocker.com.au/customer/account to set up your membership today!



SCHOOL LOCKER BLACKTOWN

VISIT Blacktown Mega Centre, St Martins Crescent, Blacktown
EMAIL tsl.blacktown@theschoollocker.com.au

OPEN Monday to Wednesday and Friday 9:00am-5:00pm,
 Thursday 9:00am-7:00pm, Saturday 9:00am-3:00pm
 and Sunday 10:00am-3:00pm

SCAN THE CODE TO SHOP ONLINE AT [THESCHOOLLOCKER.COM.AU](https://theschoollocker.com.au)

**SCHOOL
LOCKER_o**

MITCHELL HIGH SCHOOL

UNIFORM PRICE LIST

Girls Uniform

Junior Year 7 - Year 10

Polo Short Sleeve Sky	\$28.00
Blouse Short Sleeve Sky	\$28.50
Blouse Long Sleeve Sky	\$30.50
Shorts Formal Navy	\$35.00
Pants Formal Navy	\$40.00
Skirt Formal Tartan	\$50.00
Jumper Fleece Navy	\$30.00
Jumper Wool Navy	\$65.00
Blazer Navy	\$95.00
Tights Navy	\$8.50
Tights Black	\$8.50
Socks White (3pk)	\$11.95

Senior Year 11 - Year 12

Polo Short Sleeve White	\$28.00
Blouse Short Sleeve White	\$28.50
Shorts Formal Navy	\$35.00
Pants Formal Navy	\$40.00
Jumper Wool Navy	\$65.00
Blazer Navy	\$95.00
Tie Navy with Stripes	\$20.00
Socks White (3pk)	\$11.95

Sports Uniform

Polo White/Navy	\$35.00
Shorts Navy	\$28.00
Track Pants Navy	\$40.00
Jacket Navy with Cotton Lining	\$60.00
Jacket Navy with Fleece Lining	\$65.00
Socks White (3pk)	\$11.95

Prices effective 1st January 2022. Prices are subject to change.

Boys Uniform

Junior Year 7 - Year 10

Polo Short Sleeve Sky	\$28.50
Shorts Formal Grey	\$32.00
Trousers Formal Grey	\$42.00
Jumper Fleece Navy	\$30.00
Jumper Wool Navy	\$65.00
Blazer Navy	\$95.00
Socks Grey (1pk)	\$9.95

Senior Year 11 - Year 12

Polo Short Sleeve White	\$28.00
Shirt Short Sleeve White	\$28.00
Shirt Long Sleeve White	\$30.00
Shorts Formal Grey	\$32.00
Trousers Formal Grey	\$42.00
Jumper Wool Navy	\$65.00
Blazer Navy	\$95.00
Tie Navy	\$20.00
Socks Grey (1pk)	\$9.95

Accessories

Cap Navy	\$14.00
Scarf Navy	\$12.00
Beanie	\$18.00
Apron TAS Navy	\$15.00
Apron Hospitality Black	\$15.00
Chef Hat Black	\$12.50
Polo Hospitality Black	\$32.00



SCHOOL LOCKER BLACKTOWN

VISIT Blacktown Mega Centre, St Martins Crescent, Blacktown
EMAIL tsl.blacktown@theschoollocker.com.au

OPEN Monday to Wednesday and Friday 9:00am-5:00pm,
 Thursday 9:00am-7:00pm, Saturday 9:00am-3:00pm
 and Sunday 10:00am-3:00pm

SCAN QR CODE TO SHOP ONLINE AT [THESCHOOLLOCKER.COM.AU](https://theschoollocker.com.au)

**SCHOOL
LOCKER_o**