

# MOOREBANK HIGH SCHOOL NEWSLETTER

MHS WEBSITE

Issue 7  
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## Principal's Report - Ms Grego

### Presentation Evening Speech

For any of you that were present at last year's presentation evening, you would remember the evening as "unforgettable" as nature decided to attempt to destroy our school hall. The show was able to go on because of the unbelievable dedication of two students who saved the day: Michael Johnston and Danny Fong. Michael is always available during school events as our official photographer and supports Danny in the running of school events. Danny – where do I start? Coordinates sound and lighting for school events and functions; supports staff in the organisation of whole school events; gives of his own time to photograph and video in-school initiatives with MCOS workshops, presenters and community initiatives; assists with software and IPAD maintenance, uploading and categorising photos and has been known to bring in his own lighting equipment (that he borrows from his church) to support school functions. Again tonight these two students are here giving of their own time to ensure that the show goes on.

Welcome to Moorebank High School's 2016 Presentation Evening where we celebrate and acknowledge the outstanding achievements of our children.

Firstly, thank you to Jay Short, Chloe Christos, Vincent Wang, Suzy Edwards, Shannon Jones and Penny Dunbar along with our SASS staff led by Joan Nicholls for organising this evening. Can I also thank our School Captains, Marco and Mimi for MCing tonight. I'd also like to acknowledge our guests, Mr Reg Corney, Principal of Nuwarra Public School, Mr Lee Edgecombe, president of MHSCFG, Mr Nick Romeo, representative of Rotary Club Liverpool Greenway and Mr Atish Jain, Vice President of the Liverpool Lions Club. Thank you for helping us celebrate this very special evening. To our parents, the executive team and the year advisers who work collectively all year for the best outcomes for our students, thank you for your ongoing support.



**Breaking news: The 99 club—congratulations to Our HSC high achievers (L-R) Emma (99.25), Karyn (99.1) and Mallika (99.2)**

I will also take this opportunity to acknowledge and thank Greg Horsley and Susan Griffin, my Deputy Principals, for their positive contributions, hard work and commitment to the values and goals that shape our wonderful school.

**SCHOOL RESUMES: 30 Jan 2017 Yr. 7 & Peer Support  
31 Jan 2017 Yrs. 8-12**

A great deal happens in a high school over a span of 12 months; tonight my job is to give you a glimpse of what happened at Moorebank in 2016.

The Senior Solar Car Team (Anne Marie Vuong, Justine Salazar, Laurena Makhoul and Zaheda Nizamuddin) participated at the NSW SunSprint event and earned themselves 2nd Place. The event hosted 32 cars from a range of private and public schools. It was unfortunate and disappointing for the girls that the National Championships fell during the girls HSC examinations. The nationals were held in Melbourne and four Year 9 girls, Jocelyn Pobert, Amy Wong, Angela Salazar stepped up to the challenge. The team placed 16th nationally. A special thank you to Mr Lee Edgecombe who mentored and coached the girls throughout the competition

Our Leadership teams continue to shine hosting whole school events including International Food Day, RU OK Day, cake stalls, excursions, networking days, fundraising for charities and whole school events during Harmony Day. We are all looking forward to tomorrow's Festival Day which the students instigated last year and was so successful that we have made it an annual event.

PacFest is a highly impactful youth initiative, which has been hugely successful at increasing the levels of social inclusion, social cohesion and achievement of Pacific, Maori and Indigenous high school students in Sydney. This year Ms Sharma led our students in performing at the event where our kids shone and were outstanding ambassadors for our school.

Jasmin Tran represented the school at the Australian School Sports Swimming Championships in Darwin. Jasmin won 2 gold medals at this event in the 100m Breaststroke and 200m Medley Relay. She also won a bronze medal in the 50m Breaststroke..

Zuo Yu was selected into the BSSSA Tennis team to represent the zone in the Regional Championships.

Thomas Hamilton is a Year 7 student who was successful in qualifying for the NSW CHS State Swimming, Cross Country and Athletics championships. He was Zone Age Champion for Athletics in addition to competing at the three state carnivals. This is a fantastic effort for his first year at high school!!

Mitchell Heaslip was successful in qualifying for the NSW CHS State Athletics Championships for two events: 100m Hurdles and 3000m Walk.

Jason Perkin came 6<sup>th</sup> at the Sydney South West Region golf championships this year. A fantastic effort for this committed sportsman.

Johnnie Demertzis competed at the Regional and State Cross Country Championships.

Mia Pihema-Coleman and Beatitude Ncube; both girls were successful in being selected in the BSSSA Touch team.

Aleisha Thackray was Zone Age Champion at this year's Zone Swimming Carnival held at Roselands Swimming Centre.

Laith Ayari was selected for the BSSSA Basketball team. As a member of the zone team, Laith was then successful in gaining a position in the Sydney South West Regional Basketball team. Laith also competed at all three zone carnivals this year.

Brendan Wood was selected into the BSSSA Basketball team to represent the zone in the Regional Championships.

### **More HSC Breaking news:**

**Congratulations to William Blackmore who ranked 14th in the State in Mathematics General 2.**



Janine Fedda won a gold medal at the NSW CHS Gymnastics competition held in Newcastle.

Lachlan Hancock represented Australia overseas at an international Futsal tournament. This is the second year running that Lachlan has been selected in an Australian Futsal team.

Adam Mustow competed in the Junior World Series Baseball tournament in the USA this year, representing Australia. Hopefully this is step one for Adam in achieving his baseball dreams.

Amy Rowles and Jessica Barlow represented their dance school at an international dance conference this year in Bangkok Thailand. This is the second year in a row that both Jessica and Amy have performed overseas.

Ellesse Carini represented Australia for the second year in a row at the International Ice Hockey Championships. Ellesse was a member of the Under 18 squad. He was also awarded the prestigious “Most Valuable Player” of the tournament. He was Age Champion for all three carnivals this year. He also received the Pierre de Coubertin Award for his outstanding results in sport and his positive sportsmanship.

Justin Tran, Vanessa Van Den Braack, Amy Wong and Yashaswi Jadav competed in the Battle of the Arts Competition involving 18 different high schools and the girls won overall first place.

Lucas Vukalovich, Isabelle Hamzeh and Lilian El-Hammad competed in the Aurecon Bridge Building Competition – this was open to all government and non-government schools, targeting year 8 and year 9 students. The students achieved first place in designing the “strongest bridge” and they outperformed the professional engineers.

Tahlia Mayes and Joshua Outterside were placed 3<sup>rd</sup> in a culinary competition and alongside our other hospitality students have catered to numerous events, hosting CAPA nights and subject selection evenings.

The Year 10 Commerce Students facilitated a “Running a Business Market Day” and raised well over \$1000 for World Vision. Arthur Lim attended the Principal NSW Constitutional Convention. Our senior students have also participated in the NSW Law Society Mock Mediation and Mock Trial.

ICAS is an independent, skills-based assessment program which recognises and rewards student achievement. Over one million student entries are accepted from over 6,300 schools in Australia and New Zealand annually. In addition, students from over 20 countries including Hong Kong, India, Malaysia, Singapore, South Africa and the USA participate in ICAS each year. This year Moorebank High School had 129 students participating in the Mathematics competition and were awarded 1 High Distinction, 24 Distinctions, 58 credits and 20 merits. In English we achieved 1 High distinction, 1 Distinction, 10 credits and 6 merit awards and in Science we received 6 Distinctions, 6 credits and 4 merits.

The CAPA Faculty worked tirelessly with our performing arts students across all year groups to host numerous CAPA evenings, including a “Tributes Evening” to celebrate the life of the great musicians and several showcase evenings celebrating students work in photography, IT Timber and music. Our latest CAPA evening featured artworks from our partner primary schools. It was great to see the community sharing and celebrating the wonderful talents of our future artists.

Students participated in Operation Art where their artworks were exhibited across public hospitals and in 2016 a creative club was established.

And last but not least – yesterday I was informed that Bianca Knoechel was placed first in the WSU Young Writers competition. The prize pool included an I-PAD and a \$5,000 scholarship each year for four years when she enters into university.

I hope you all enjoy this evening of recognition and celebration of our wonderful students, your children.

**Vally Grego**

**Principal**

# Deputy Principal's Report

As 2016 draws to a close I would like to thank many of the parents of students in years 7-9 for their support this year as we have worked together to support students at Moorebank reach their education potential. For next year I will be Deputy Principal for years 7, 9 and 11. I will follow these year groups through till they are in year 12. Mr Horsley will be Deputy Principal for years 8, 10 and 12 and will also follow these year groups through to year 12.

Our **uniform policy** and procedures are changing from day 1 Term 1, next year. Any student out of uniform will be sent to change the item/s that is not correct uniform. They will change back again into their own clothes at the end of the school day. Any student who refuses to change will be withdrawn from class and the playground for the whole day. No students will enter a class room or be on the playground out of uniform. The Uniform Checking Procedures table outlines how this will be implemented.

Please ensure you child has the correct uniform for the start of the school year on the first day back.

It was not possible in the time remaining this term to fully evaluate the usefulness of our **school diaries**. We will continue with the diary in the current form for 2017 and a full evaluation will be conducted next year to enable us to make an informed choice of whether to keep our diaries for 2018.

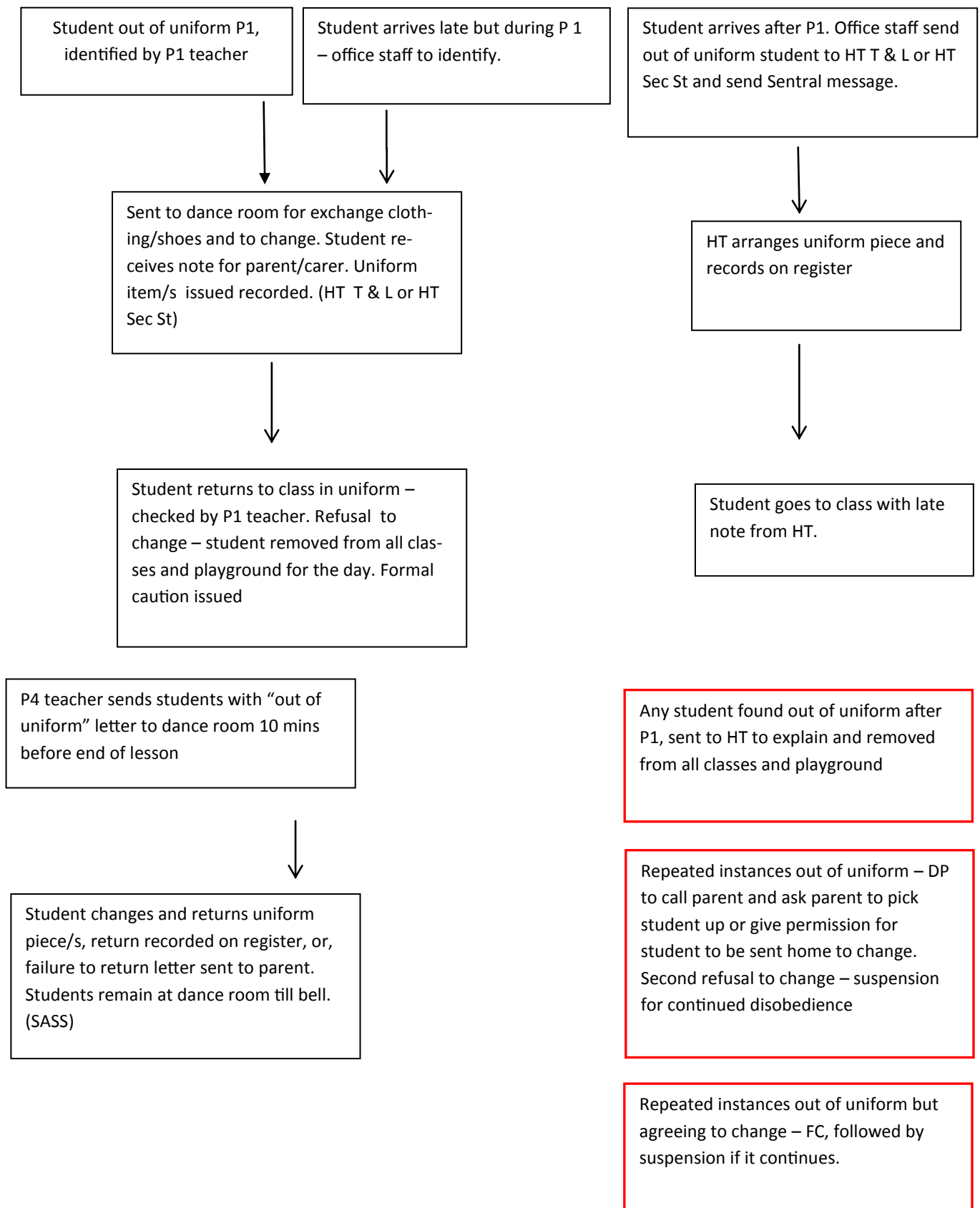
I wish you all a safe and happy holiday break and look forward to working with you in 2017.

**Susan Griffin**

**Deputy Principal yrs 7-9**



# Uniform Checking Procedures





# FACULTY FOCUS—HOME ECONOMICS



The Tas-Home Economics Faculty have had a great year in 2016 thanks to the wonderful staff.

Mrs Isaia returned on a part time basis this year and will continue working for 2 days in term 1 in 2017. We would like to thank Ms Pascalis and Ms Karamanos for all their hard work this year and wish them well for the future as they will not be with us next year.

Students have been given lots of opportunities to develop their creative skills in our faculty from juniors making toys and cushions, to Hospitality students catering for a variety of school functions.

We look forward to another great year next year with the biggest change being that we will be working with Industrial Arts more closely and our new Head Teacher will be Mr Cleaton.

We wish all the students and parents a wonderful Christmas break and hope students come back refreshed for another great year of learning.

Relieving Head Teacher

Ms Sophie Zoras

## **Home Economics staff day out**

The Home Economics staff decided to combine some professional development with a great day out in the city on a weekend. We sampled a range of delicious desserts while learning about the history of a range of products and food manufacturers.

## **Year 10 Child Studies—What have we learnt**

In Child Studies this year we have learnt about the development of a child through all the stages they go through. This elective has shaped our perspectives on childhood while developing great appreciation for our own parents.

Vy Luu and Wendy Nguyen

This year in our Child Studies class, we have explored a variety of different topics relating to the experiences during pregnancy and childhood. The study of child behaviour at different stages from birth to school age was very interesting. These topics will definitely help us in the future and give us a better understanding of children. Child Studies has been fun and enjoyable this year. We can't wait to utilise these skills and knowledge when we are older.

Rachael Perkin, Brooke Coughlin, Jzarhena (Caya) Glariade , Caroline Potts

This year, our Child Studies class learnt about pregnancy, the development of babies and the care that a baby needs from birth. We also learnt about the safety regulations and rules for a baby with toys and baby equipment. We learnt a lot this year and even though there was a lot of theory, it was fun. Our class was engaged in all activities and everyone got along which made Child Studies enjoyable. Our teacher also made sure we had a good time throughout the year. Shout out to Mrs Su!

Sarah Ngo

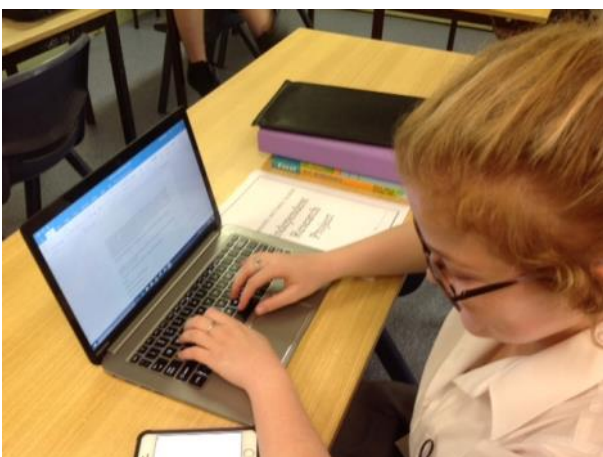
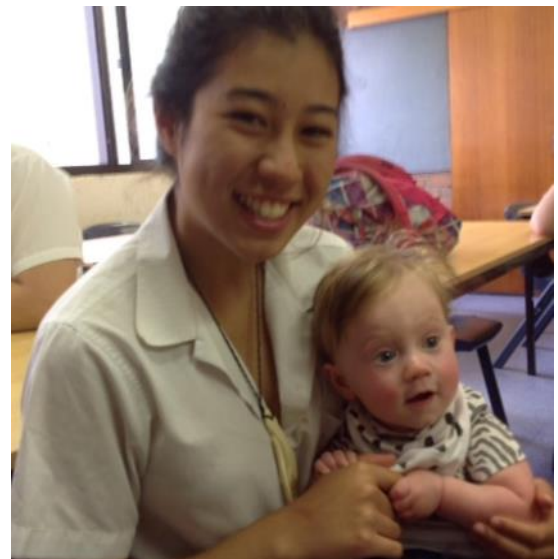
# HOME ECONOMICS

## Year 11 Community and Family Studies

Year 11 Community and Family Studies have been busy starting their Independent Research Project. It is due next year however, the task requires many new skills that students may not have acquired previously. The project prepares students for tertiary study as they are required to complete in depth research tasks that rely on data collection and analysis. Students can choose their own question or hypothesis that must relate to the core subjects within our syllabus. It is very challenging as it is totally student driven, with only guidance from their teacher. Examples of topics that have been researched have included discussion of gender stereotypes, challenges for those with a disability, access to services in our community, youth and generational change and the impact of this on society, social media and its effect on youth to name a few.

Students studying Community and Family Studies often go into careers such as psychology, social justice systems, government community services, non-profit organisations, family law, and mental health services to name just a few. This project and our subject matter therefore prepare them well for the future. Societal change and its impact on parenting has also been a topic this term. The legal and social implications of fostering, surrogacy, adoption and step-parenting have been discussed. The photo to your right was taken during a talk by a parent that could relay experiences for this topic.

Ms Penny Dunbar



# HOME ECONOMICS

## Year 8 Technology



Students have been having fun in Technology Food this semester. The theme for our work has been Café Foods. Some of our community think that our subject is 'just cooking'! Yes, our students do learn valuable food preparation skills, but they learn so much more!

In this unit students hypothesise about what it would be like to own a business and all that it entails. They have to look at running the business and developing floor plans, marketing strategies and promotional materials. Literacy tasks include creating an article for the local newspaper encouraging others to come to their café. This is a persuasive task. In practical lessons they do prepare food but there are other invaluable skills learnt. Time management is a key skill. Students also have to cooperate with others, regularly working together in groups for a common goal. Here are a few of our students learning these skills and products that have been created!

Ms Penny Dunbar





# HOME ECONOMICS

## Year 10 Food Technology

### Food Technology excursion

Year 10 Food Technology students attended Sydney Tower restaurant on the 28 November for a wonderful day out experiencing a behind the scenes look of the kitchens and a discussion about the planning, ordering and management that goes into the running of a large business. Students then enjoyed a buffet lunch overlooking the beautiful sites of Sydney in the revolving restaurant.





# HOME ECONOMICS

Year 10 Food Technology



## Food for Special Occasions - Cake decoration





# Churros with caramel and chocolate sauce

## INGREDIENTS (makes 15)

250ml (1 cup) water  
80g unsalted butter  
1 tablespoon caster sugar  
150g (1 cup) plain flour  
Large pinch salt  
2 eggs, at room temperature  
100g (1/2 cup) caster sugar, extra, to roll  
Vegetable oil, to deep fry

### Burnt caramel sauce

100g (1/2 cup) caster sugar  
60ml (1/4 cup) water  
80ml (1/3 cup) double cream

### Dark chocolate sauce

200g dark chocolate, coarsely chopped  
250ml (1 cup) thickened cream



## Method

### Step 1

For the caramel, stir sugar and water in a saucepan over low heat, brushing down the side of pan occasionally with a wet pastry brush for 5 minutes or until the sugar dissolves. Increase heat to high. Bring to the boil.

### Step 2

Boil the caramel, without stirring, for 5 minutes or until deep golden. Remove from the heat and carefully stir in the cream (mixture may spit). Set caramel sauce aside for 15 minutes to thicken slightly.

### Step 3

For the chocolate sauce, combine the chocolate and cream in a saucepan over medium heat. Cook, stirring, for 5 minutes or until chocolate melts and the mixture is smooth. Set aside and keep warm.

### Step 4

Stir the water, butter and sugar in a saucepan over medium heat until mixture comes to the boil. Add flour and salt and stir with a wooden spoon for 1 minute or until the dough comes away from the side of the pan. Set aside for 5 minutes.

### Step 5

Transfer dough to a large bowl. Use electric beaters to beat eggs into dough, 1 at a time, beating well after each addition, until well combined. Spoon into a large piping bag fitted with a 1.5cm fluted nozzle. Place the extra sugar on a plate.

### Step 6

Pour oil into saucepan to reach a depth of 6cm. Heat to 180°C over medium heat. Pipe four 12cm lengths into oil, cutting dough with a knife. Cook for 2-3 minutes or until golden. Drain on paper towel. Toss in sugar. Repeat with remaining dough, reheating oil

# HOME ECONOMICS

## VET Hospitality



It has been another great year in VET Hospitality during 2016, in both year 11 and year 12. The students have enjoyed building on their industry skills and taking part in a wide range of practical classes, where they are able to put their creativity and skill on display.

The Hospitality students have also enjoyed catering for their teachers in the student run "Moore Café". The teachers enjoyed items such as Prawn Laksa, Chicken Kiev and a High Tea all made fresh and served by the students.

The Year 11 students have recently taken part in their first work placement. These positions are thoroughly enjoyed by the students as they are able to take part in an authentic learning experience. This gives them a chance to apply the industry skills they have learnt in class in a real work setting. As a bonus many of the students who take part in VET work placement gain part-time employment as the Workplace providers are so impressed with our student's skills and work ethic.

The Home Economics staff would also like to wish the 2016 VET Hospitality students the best of luck in the future and hope they use the skills they have learnt in class and on work placement to help them gain future employment.





# HOME ECONOMICS

## Hospitality

### Hospitality Work Placement

Throughout the year, year 11 hospitality students had the privilege to go on work placement which is a requirement of the Vet Hospitality course. I had the opportunity to go to the Harborview Hotel in North Sydney. During work placement, I met great chefs that were passionate about their job. I could ask them for assistance even though they were busy preparing their meals. The chefs there were from different cultural backgrounds but also had different experiences. This created a cohesive team.

The skills I learnt during work placement included; establishing a good work ethic, communication skills, teamwork skills and precision cut skills. The main reason I enjoyed work placement was that I met people that inspired me and encouraged me to follow my passion which is to become a chef. I look forward to my next work placement next year.

Justin Cakovski

# SPORT

## Special mention



Congratulations to Year 12 student, Ellesse Carini, for being awarded the prestigious Pierre de Coubertin Award by the Australian Olympic Committee. Ellesse is a talented sportsman who has excelled in a variety of sports whilst being a student at Moorebank High School. He has always represented the school in an exemplary manner in both individual and team events. Ellesse is an extremely talented ice hockey player, having represented Australia these past two years in the Under 18s National Team for ice hockey. We wish Ellesse all the best for his future sport and academic endeavours".





Students with Kirsty Murray

## Sydney Writer's Festival Children's Festival of Moving Stories

On the 22<sup>nd</sup> of November 2016 eight year 8 students had the opportunity to meet four different authors and participate in workshops and talks at Liverpool Library. The authors involved included: Leanne Hall, Kirsty Murray, Michael Adams and Erin Gough. Teacher Librarian, Mrs Tierney, had booked and planned the trip, successfully booking out Leanne and Kirsty's workshops and talks. (Unfortunately, we were unable to attend Martin and Erin's activities due to other schools being booked.)

The students learnt about characterisation and were able to question authors on various writing tips. The two authors addressed writing problems from unfinished work to story structure. The girls that came on the trip were overall thrilled to have such an opportunity to take professional advice that would help improve their own writing skills.

In the talks, the students listened as the authors spoke about their struggles in writing and how they came to publish a book. Kirsty Murray used the symbol of the Oroboros, stating that every event was connected and that stories are always being retold, recreated to be something new. Leanne Hall showed us her difficult path to becoming a writer and the various obstacles that were in her way. She told us that we had to know when it was the right time to take advice and when to ignore a person's criticism.

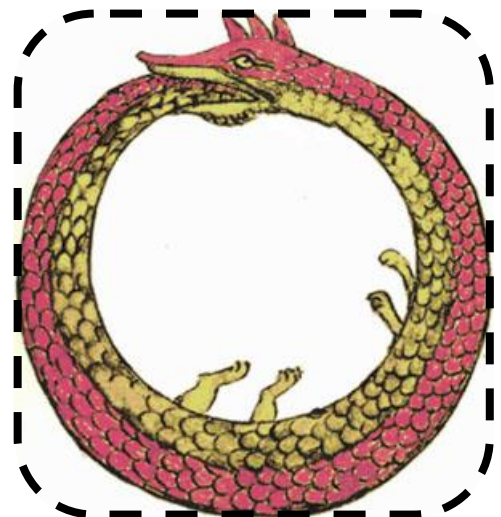
Kirsty Murray, who had experience in judging books, had drawn up some basic criteria when writing a story. It had to be somewhat original with good use of language and in depth characters as well as a good structure. These criteria, as well as the tips on making the things around you your inspiration, and using a character's body language to show their mood and personal traits, had been fairly useful in terms of story writing.

Leanne Hall helped the students brainstorm a basic outline when creating characters, for instance: their age, gender, appearance and name to more in depth things such as their backstory, personality traits and mentality. This exercise has widened the girls' thoughts when creating a character.

This trip to the Sydney's Writer's Festival was not only an enjoyable experience with the playful attitude of the authors but also a learning experience. We hope to see more opportunities similar to these arise in the future. We thank everyone involved in giving us this wonderful experience that many of us will take to heart.



Students with Leanne Hall



**Oroboros:** The creature is eating its own tail, symbolising the cyclic nature of the universe.

Lisa Year 8



**Age and Children In Gym Policy**

**8 years old to 13 years old**

- Must only attend the gym with a qualified Personal Trainer

**14 years old to 15 years old**

- Must only access the gym during staffed hours
- No access card will be issued
- Parent or Guardian must complete and sign a Parent/Guardian Consent Form and Membership Agreement on site or, if these are to be signed remote of the gym then they must be accompanied by a copy of the parent or guardians photo identification
- The member must attend a complimentary Fitness Assessment and Program session prior to commencing exercising
- The member must be accompanied by a Parent/Guardian when using the Gym

**16 years old to 17 years old**

- Access card will be issued allowing 24/7 access
- Parent or Guardian must complete and sign a Parent/Guardian Consent Form and Membership Agreement on site or, if these are to be signed remote of the gym then they must be accompanied by a copy of the parent or guardians photo identification
- The member must attend a complimentary Fitness Assessment and Program session prior to commencing exercising

Under no circumstances should be Children be brought to the gym outside of the above policies.

Under no circumstances are Children to be left unsupervised in the gym while their parent, care giver or guardian exercise, regardless of them potentially being within line of sight of the, care giver or guardian.

**Your Local Gym**