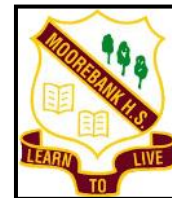


# MOOREBANK HIGH SCHOOL NEWSLETTER



September  
2018  
Issue 4

## Jason Nguyen – remembered but never forgotten

It is with a heavy heart that we farewelled Jason Nguyen on Saturday 8<sup>th</sup> September at St Luke's Evangelistic Catholic Church. He was remembered by his family as a beautiful young man who loved animals, the church, his friends and most of all his family. Jason's friends and teachers at Moorebank High School mourned the loss of such a fine young man who we lost in a senseless, tragic road accident. The family's generosity in being inclusive of the Moorebank Community was humbling. Andy Ly on behalf of his friends at Moorebank gave a heart rendering presentation and speech at Jason's viewing on Friday 7<sup>th</sup> September. I cannot tell you how honoured I am to have the calibre of students who conducted themselves in a respectful, mature and generous manner in supporting a family in their grief.

## School Fees – new process

As of Term 4 all outstanding school fees will be emailed home rather than posted. The invoice will be fully detailed. If you have updated your email address could you please ensure that you notify the school.

## Blue Tooth Speakers – banned from school

After consultation with our Community Focus Group, please be aware that blue tooth speakers have been banned from Moorebank High School. Blue tooth speakers are extremely expensive and some of our students are using them inappropriately. This is causing a major disruption to the learning environment. Students have been advised of the expectations and all parents were emailed the information regarding our decision making process. We ask that you support the school's decision in ensuring a safe and cohesive learning environment for our children.

## Uniform – Moorebank High School Uniform Policy

As parents your decision to enrol your child at Moorebank High School, also came with a commitment that your child would wear the school uniform. In the cooler climate students have worn thicker jumpers under their uniform to keep warm and the school has supported this decision. However, students are beginning to wear black tights/pants and alternate jumpers in the warmer weather. Please be aware that as of Term 4 any student that fails to abide by the school's uniform policy will have parents contacted to resolve the issue.

## Drought Partnerships – Support for Baradine Central

I have been working with the SRC and House leadership groups in raising funds to support a country school who is struggling with the drought. As part of MCOS Drought Partnership that has been established, we will be developing a long term partnership with Baradine Central. The SRC from Baradine has highlighted the struggles of students not being able to attend school due to having to support at their farms, their canteen has had to close and fresh fruit and vegetables are difficult to come by, simply feeding the farm dog has become a problem.

One of the major challenges that the school is facing is the lack of shelter in the hot summer months. As a Moorebank Community of School (MCOS), Moorebank, Newbridge Heights PS, Chipping Norton PS and Nuwarrara PS are working together to raise funds to assist in the construction of a COLA for the school. This will be a long term project and we are seeking support from our entire school community, student, staff and parents. If you are willing to add your support you can make a donation via **POP (parent online portal) under DROUGHT PARTNERSHIP**. Any donations however small or large will have a huge impact in supporting this initiative. Our wonderful students have already raised \$1700 towards this cause.

## Mobile Phones – off and away in your bags

Under Moorebank High School's Positive Behaviour for Learning guidelines and rules, **mobile phones should be off and away in your bag** during class time and in the buildings. The school community is aware of our expectations. At times students ask to be excused from class to go to the toilet, as this is still technically "class time" students will be expected to leave their phones in their bags. Students will be reminded of this expectation and will need to abide by the rules pertaining to the access and use of mobile phones.

Link to:

[MHS WEBSITE](#)



- DP report Yrs 8,10 & 12
- Online payment summary
- PDHPE
- IA & Home Ec
- Library Report

**Bangalow Ave, Moorebank**

Ph.: 9601 3999 /Fax: 9822 5096

Email to: [moorebank-h.school@det.nsw.au](mailto:moorebank-h.school@det.nsw.au)

## Year 12 Graduation – *Principal's speech*

On this, the most important occasion on the Moorebank High School calendar, I would like to extend a warm Moorebank welcome to the parents, carers and families of the 2018 graduating class. This is as much a celebration for you as it is for Year 12. You have been there for them as they have grappled with assessment tasks and submitted works. Not to mention your advice, guidance and thousands upon thousands of healthy meals and warm hugs over the years. Please enjoy today. It is a very proud moment for you, as you watch your children reach an important milestone after years of support, guidance, laughter, tantrums and tears, on both sides most likely.

Year 12, before we start to talk about how wonderful you are, I would like you to stand and turn and show your heartfelt appreciation to your parents, carers and families who have been there for you, and will always be there for you, no matter what happens.

And most importantly, I would like to welcome our graduating class. Year 7, 2013 and now Year 12, 2018. A very special group of young men and women who have shone in many ways this year. A group who typically care about one another no matter how different they may be from each other and look for the positive in every experience.

Well, here you are, with just a few short hours of 'school' left. Your journey at Moorebank High School is about to end but your smiling faces, sense of humour and bright personalities will endure. It seems impossible that just six short years ago you entered Moorebank High School for the very first time. Right from the outset your teachers set you the task of being your best self at all times and making every moment, both in and out of the classroom, count. We can see now that you accepted their challenge and even though there have been some bumps in the road, I hope you feel happy and contented with the choices you have made along the way. The school is proud of you and the risks you have taken to improve your skills, challenge your learning and step outside your comfort zone. You must continue to do this always.

Today, we also need to acknowledge the work of your dedicated teachers. Teachers who are passionate about your education and strive to give you the very best learning experiences, always. By setting such high expectations, focusing on exceptional standards and challenging the pedestrian, your teachers have prepared you well for the upcoming HSC exams. And more importantly, their insistence on your personal best at all times has prepared you for a life of success.

Remember always shoot for the moon. Even if you miss, you will land amongst the stars. And that's what you are to us – you are our stars. Today and always. You are all stars who have shone in some way. Nobody is outstanding at everything but we are all brilliant at something. You, Year 12, have strengths beyond your years. Whether it is in the Chemistry classroom, on the Performance Stage, in the sporting field, behind the debating lectern or as a caring peer mediator, student leader or supportive friend. I am truly confident that all of you will make a difference in our world and find your true calling in life or as in today's world – calling - for you can take many pathways and have many careers.

But first, you must complete the final task set for you. You must complete the HSC - striving for your personal best and we know you are more than capable of reaching such a goal. But we are not going to worry about the HSC today. Today is for celebration and remembering the joy, values and experiences you have shared with your teachers and peers at Moorebank High School.

A huge thank you must go to Dr Susan Griffin, your Deputy Principal, Ms Marlisar Budden and Ms Andrea Walters, your year advisers and Mr Daniel Ghossain and Ms Megan Rombi the Head teachers Wellbeing who have all nurtured you and wiped your tears whilst helping you to build the resilience required to sail through the rest of your lives. They have taught you that challenges are what make life interesting, and overcoming them is what makes life meaningful.

I would like to take this opportunity to acknowledge Corey Watts and Laura Blackmore our School Captains who have lead the prefect body and worked tirelessly alongside all our leadership groups to advocate strongly for student voice at Moorebank High School.

When a principal prepares a graduation speech they are expected to impart some sage advice. And I'm sure you would expect me to talk about the importance of lifelong learning, and hard work, and always doing your best. But, I know that you don't need me to repeat what you have heard many times. Instead, I'm going to share some thoughts with you that a 17 year-old-me would have benefitted from heeding:

1. Don't underestimate kindness. It is a gift you can give to others that is totally free and brings great rewards to the receiver and giver
2. Enjoy your successes, but to avoid arrogance remember that you are one of 8 billion people in an ever-expanding universe.
3. Most people are too worried about themselves to be worried about the mistakes you have made, or the embarrassing situations you have been in – so don't dwell on them.
4. Surround yourself with, and learn from, good mentors. If you can't find living ones then turn to those who have gone before us who have lived exemplary lives – history books are full of them.
5. If you can develop a love of reading your life will be enriched beyond measure.
6. Don't be too proud to apologies.
7. This one is for the boys: You can judge a man by how he treats women.
8. Positive relationships are at the heart of most success in life, so invest in them.
9. Accept that life isn't fair, there is very little you are entitled to, and that failure will usually be experienced along the pathway to success.
10. And the last one is, if you are only to remember one of these, I'd go with the first..

In conclusion, I wish you the very best with this next exciting phase of your life. Look back with fondness at the time you have spent here at Moorebank High School, and know that you will always be welcome. But don't look back, instead look out, and beyond, and do not limit yourself.

Thank you.



## *DEPUTY PRINCIPALS REPORT YEARS 8, 10 & 12*

### **Food Deliveries**

The school has perimeter fences in order to maintain a high level of safety at school so people not connected to the school can't just walk onto school grounds. Some students are using Uber Eats or pizza deliveries to order and accept food at school through the fence or some cases by jumping the fence. This practice has the potential to be dangerous, should someone pose as a delivery driver and attract students to the fence or over the fence in some cases. Please speak to your child and stress the importance of not ordering food to school that they accept through or over the fence.

### **Year 8 (Year 9 - 2019) Subject Selection**

Students made their choices for subjects and most have submitted these by the due date of Friday 17 August. Preferences are being analysed to determine which subjects will run on the two elective lines for next year. Information will be made available to students as soon as the lines are confirmed, concerning their electives for next year.



Congratulations to Lina Amoor on reaching the State Final of the Legacy Junior Public Speaking Award.

Please read her winning speech on the next page.

“Get out there son, let’s see what you’re made of. Let’s see some muscle, play like a man!”

What’s so bad about this? All I hear is a parent showing support and compassion at their son’s big game. But let’s hear it again with a little less enthusiasm: “Get out there son, let’s see what you’re made of. Let’s see some muscle, play like a man!” It now is sounding like a bunch of unrealistic expectations placed on the shoulders of a young boy. This is starting to seem less like encouragement and more like toxic masculinity. Young boys are often told to “man up” or to “be a man” but why should they? What are the rules? Who makes them? And who dictates that they must be followed?

Toxic masculinity is a loose term broadly describing a subset of masculine behavior, actions and beliefs which are deemed harmful, not only to the males themselves, but also to the wider community. Although, it is imperative to point out that toxic masculinity is **NOT** a condemnation of all types of masculinity; rather a criticism of the actions of some.

Now, toxic masculinity didn’t emerge from nothing; it all began to unfold in 10,200 BCE with the inception of the treacherous patriarchy. This patriarchy sparked the treatment of women as commodities rather than human beings and at a young age they were accustomed to this identification. The oppression of women due to the still existing patriarchy has been addressed on multiple occasions through many feminist movements, however, we are yet to address the negative impact of the patriarchy on men. The pressure to display ideological masculinity often goes unnoticed since it is almost instantaneously absorbed into the minds of young males, however, the long and short-term effects of this are exceptionally conspicuous.

Such expectations like always being the “macho man” have been both directly and indirectly communicated to young boys through many generations. This is why millennials utilise euphemisms like “grow a pair” or to be more explicit, “crying is for girls”. Euphemisms such as these build a solid wall between being a “man” and being human; the establishment of these superficial assumptions placed on boys do not allow them to feel whole as they take a bite out of what it means to be human. This factor further contributes to mental illness experienced by men such as muscle dysmorphia, depression, anxiety and suicidal tendencies. Men dominate in categories such as suicide and anti-social behaviour. In 2017, Mindframe reported that 75.3% of suicides were men aged 15-40. I ask you, how many more lives must be lost until we realise that our definition of a man is completely and utterly distorted? These statistics are only scratching the surface; we must confront this heartbreaking truth head first in order to completely understand the daily pressure men experience.

Toxic masculinity encourages the suppression of a man’s emotions. It is fueling an epidemic of loneliness amongst young and old men alike. At a young age, boys are taught to keep their emotions in check; not being completely emotionless and not being too expressive of emotions. That is the basis of masculinity and this is an acceptable way of raising young men. Toxic masculinity is embedded into our thought process before we may even be able to read or write- Crying is for little girls, be a big boy, don’t cry. Emotions begin to be gendered and a fraction will then belong to a man and others to a woman. This suppressing of emotion leads to the exertion of one emotion- anger. Anger can be a very dangerous emotion to display because it may lead to harmful actions against others and it is the start of the spiral into domestic violence and the perpetuation of rape culture. Statistics show that 1/3 women have reportedly been assaulted by a man; this is only the women who have gathered the courage to stand up for themselves. Therefore, toxic masculinity affects all of us on a large scale as it further contributes to the misogyny already entwined within our minds.

“I’ve been pretending to be a man I’m not my entire life; pretending to be strong when I felt weak, confident when I felt insecure and tough when really I was hurting.” Justin Baldoni, a well-known male actor and model fought through his fear of emasculation and presented a talk about why he’s done trying to be man enough, done risking valuable relationships to just to meet the masculine standards set for himself and other men alike by our society.

Young men brag about sexual conquests, demean those who have denied them and dehumanize their opponents. Fear precipitates this chatter — a fear of pain, a fear of mortality, a fear of inadequacy and, most of all, a fear of rejection. As a boy, to be accepted into the male culture, men are expected to reject any traits and morals that embody femininity or face rejection themselves. This dichotomy of masculine and feminine social expectations sets impractical boundaries for both genders that limit our boundless potential as a society.

It is now time to shed light on this global crisis and it’s been long overdue. To resolve this undervalued problem, we must maintain a safe environment in which men feel comfortable to express their feelings without being judged by others; this matter that is seldom talked about must become an appropriate and common conversation to have amongst many. We must mend our disfigured vision of what it means to be a man. Boys are allowed to show emotions. Boys can like pink. Boys can cry too.

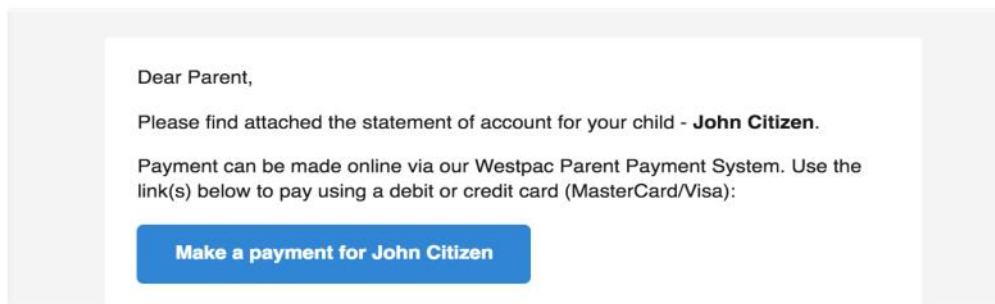


## Statements of Account - Online Payment Guide

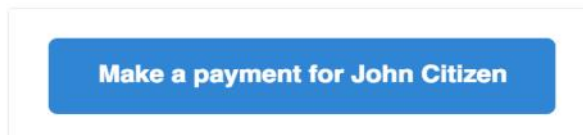
Moorebank High School will be sending student statements of account & fee reminders directly to parents via email using a system called School Bytes. These statements will include a link to make secure payment online through the Westpac Parent Online Payment (POP) system (Visa & Mastercard credit/debit cards accepted).

To make an online payment for your child(ren)'s school fees, please follow the steps below:

1. You will receive an email from the school's email address ([moorebank-h.school@det.nsw.edu.au](mailto:moorebank-h.school@det.nsw.edu.au)) with the subject 'Student Statement of Account' or 'Student Fee Reminder'.



2. To make an online credit card payment, click the secure payment button in the email.



3. Once this button is clicked, you will be taken to a webpage on [www.parentpayments.com.au](http://www.parentpayments.com.au). On this page, you will see a list of all currently outstanding school fees for your child. **By default, all fees are selected/ticked for payment.**

Parent Online Payment Portal  
Sample High School

Student Details  
Name: CITIZEN, John  
Number: 4444444444

Family Details  
Opening Balance: \$0.00  
Unallocated Credit: \$0.00

School Details

Downloads  
Invoice Letter  
Online Payment Instructions

Grand Total: \$463.00

Statement of Account for John Citizen  
Current as of: 18/08/2017 04:31pm

Listed in the table below are the items currently owing on the statement of account for your child. Use the checkboxes to select what items you wish to pay at this time.

Once completed, fill out the 'Payer Details' and press 'Next' at the bottom of the page.

N.B. Payments made online can take up to 48 hours to be processed by the school and reflected on this payment page.

<input checked="" type="checkbox"/>	Date	Due	Fee Name	Amount	Paid	Balance Owing (\$)
<input checked="" type="checkbox"/>	05/04/2017		Gymnastics for Gymnastics	\$40.00	\$0.00	40.00
<input checked="" type="checkbox"/>	05/04/2017		Japanese Drum for Japanese Drumming	\$5.00	\$0.00	5.00
<input checked="" type="checkbox"/>	05/04/2017		LiteratLevy for Yr 6 Literature levy Not OC	\$18.75	\$0.00	18.75
<input checked="" type="checkbox"/>	05/04/2017		Paper for Paper Levy 2017	\$18.75	\$0.00	18.75
<input checked="" type="checkbox"/>	05/04/2017		Science-Levy for Science Levy	\$5.00	\$0.00	5.00
<input checked="" type="checkbox"/>	05/04/2017		TecLevy for Technology	\$22.50	\$0.00	22.50

4. If you wish to change the amount you would like to pay for an item, enter the desired amount in the number field under the 'Balance Owing' column.

To not pay for a certain item, untick the checkbox in the left-hand column of the table next to the fee you wish to remove.

<input checked="" type="checkbox"/>	27/01/2017	Yr10 Technology Support	\$30.00	\$0.00	30.00
<input checked="" type="checkbox"/>	01/02/2017	Yr10 Maths - online programs	\$24.00	\$0.00	24.00

5. Once you have selected what fees you wish to pay, enter **your** name, phone number and email address under 'Payer Details'. This allows the school to identify which parent/caregiver is making the payment.

Now, press the 'Next' button to be redirected to a secure Westpac site to finalise your online payment.

The screenshot shows a payment summary table with the following items:

<input checked="" type="checkbox"/>	09/02/2017	Yr10 Info & Software Tech - Consumables	\$130.00	\$0.00	130.00
<input checked="" type="checkbox"/>	16/05/2017	Mathematics Competition 27/7/17	\$6.00	\$0.00	6.00

Buttons:

Grand Total: \$1028.00

**Payer Details**

Your Name:  Contact Phone Number:  Contact Email:

You will be redirected to a secure Westpac site to make your online payment.

6. Once redirected to Westpac, you will see the following screen. Enter your credit card details into the appropriate text fields on this screen. Once completed, press the 'Proceed to Confirmation' button.

## Make a Payment

Enter your payment details below. Fields marked with an asterisk ( \* ) are mandatory.

**Card Details**

\* Cardholder Name

\* Credit Card Number

\* Expiry Date  /

\* Card Verification Number (CVN)  [What is the CVN?](#)

**IF YOU REALISE YOU HAVE MADE A MISTAKE IN SELECTING WHAT ITEMS YOU WISH TO PAY ON THE PREVIOUS PAYMENT PORTAL SCREEN, PLEASE CLICK THE 'Cancel Payment' BUTTON.**

You will then see a payment summary screen where you can confirm your details. When ready, press the button at the bottom of the page to confirm and make your online payment.

NOTE: To pay for another child in the family, return to the original email you received and click the payment button with the other child's name on it.

For information relating to the security & privacy of this service, please refer to the following link:

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/media/all-files/School-Bytes-Student-Privacy-Information.pdf>

Moorebank High

Dear Parents/carers,

**Re: Bluetooth speakers at  
School**

Earlier this term students were addressed about the appropriate use of Bluetooth speakers at school. Students were clearly notified through the Monday Morning Muster and daily notices.

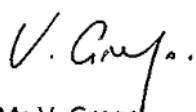
The students were informed where and when speakers could be used, the need to follow teacher instructions regarding the use of speakers and to not play music which may cause offense to members of the school community. Students were also advised failure to comply with these conditions would result in speakers being banned from the school.

In recent months there has been continued concerns raised by teachers, students and members of the local community regarding the use of Bluetooth speakers. The concerns relate to the disruption these speakers are causing in the learning environment and failure to follow reasonable teacher instructions resulting in potential safety issues arising due to the misuse of the devices. It is for this reason that as of the commencement of Term 4 2018, Bluetooth speakers will be banned from being used on school premises and during school excursions/activities (including grade and recreation sport).

We ask for your support in implementing this policy at the school, which we believe is in the best interest of the students in regards to their learning and wellbeing. Students will be asked to comply with the new policy. Students who choose not to comply will be deemed as not following the school's BRAVE values of being "respectful and responsible" and "act(ing) safely". This behaviour will be dealt with under the school's discipline policy.

If you require further clarification regarding this announcement please do not hesitate to contact myself or one of the deputy principals during school hours on 9601 3999.

Yours sincerely,



Ms V. Grego  
Principal

21<sup>st</sup> September, 2018



# Parent Portal to Access Student Information

Our school has undertaken a new initiative, the Student and Parent Portal, to provide both parents and students discreet information about each student's progress in our school.

**Please log on to the Internet and register for access to our Parent Portal here:**

<https://web3.moorebankh.schools.nsw.edu.au/portal/register>

**You must use a valid email address to create your username.**

Once successfully registered you will be prompted to enter your username (email address) and the password you created.

To see information from the school and to link to your enrolled children, enter the access key provided by the school. An email was sent to you with the access keys during parent/teacher interviews. Please contact school if you do not know the access key.

Please note that the access key is case sensitive so copy it into the box provided on screen, exactly as it appears in this letter.

The URL for continued access to the portal is: <https://web3.moorebank-h.schools.nsw.edu.au/portal>

I am confident that you will see the benefits of your registration immediately and be part of our journey in providing this facility to you.

As we progress this initiative, I am confident that the Parent Portal will become more and more significant in your day to day management of your child's enrolment at our school.

Should you experience difficulties please do not hesitate to contact me for assistance. I also look forward to hearing from you about your experience with our Parent Portal, and any feedback will be gratefully received with a view to adding further functionality and improvement.

Kind Regards

Ms Vally Grego

# PDHPE

## BSSSA ZONE CARNIVALS

Our students have had a very successful year at our BSSSA Zone carnivals this year!

### Swimming:

Zone swimming was held at Max Parker Leisure and Aquatic Centre.

Our Zone age champions from this carnival include:

- Hika Betar- 13 years girls champion
- Anne Donaire- 14 years girls champion
- Yenny Sun- 15 years girls champion

Moorebank came a close third this year at the swimming carnival!

### Cross Country:

Our annual Zone cross-country carnival was again held at Flinders Slopes with some modifications to the track. It was amazing to see the school spirit demonstrated by our students as they waited at the finish line and cheered each other on.

Our Zone age champions for this carnival are:

- Thomas Hamilton- 14 years boys champion
- Anne Donaire- 14 years girls champion
- Nathan Mudie- 16 years boys champion
- Daniel Russell- 17 years boys champion



### Athletics:

The weather was beautiful over our two successful days at The Crest for the Zone athletics carnival. Our students achieved great results in both track and field events! As a school we placed fourth!

Our Zone age champions for this carnival are:

- Kaiser Tat- 12 years male champion
- Taya Truman- 16 years female champion



# PDHPE

## 2018 Sport Achievements so far

- Benjamin York- US Open World ISKA tournament division winner
- Janine Fedda- State Gymnastics
- Taya Truman- Sydney South West Touch Football
- Ryan Bannerman- Sydney South West Hockey
- Laith Ayari- Sydney South West Basketball
- Brendon Wood- Sydney South West Basketball
- Joshua Pearl- NSW All Schools Baseball, National Baseball Team
- Barbara Garipoli- CHS Tennis
- Sharon Britto- CHS Tennis
- Adam Mustow- NSW CHS Baseball
- Quinn Johnson- NSW CHS Baseball, National Baseball Team
- Thomas Hamilton- NSW All Schools Triathlon

## PDHPE in Action

### BSSSA Oztag Gala Day:

On Monday 6<sup>th</sup> August we competed at the BSSSA Oztag Gala day. We entered Two 7/8 teams, two 9/10 teams and a 11/12 mixed team. Our teams played very well, with our 9/10 girls team making it all the way to the grand final, unfortunately going down to Strathfield South.



## MCOS Basketball Competition

On Thursday 2 August Moorebank High School Sports Coaching students hosted a fantastic MCOS Basketball Tournament. It was a big turn out, with teams representing Nuwarra PS, Newbridge PS and Chipping Norton PS. A very animated grand final saw the defending champions Chipping Norton PS, win the tournament. Overall, it was an excellent display of participation and sportsmanship from all involved. This would not have been possible without the positive energy and contribution from Moorebank's Sports Coaching students.



## MCOS Concert

For the past two terms 13 talented students have been training together twice a week to form the Moorebank HS Dance Ensemble. Following their great performance at the schools CAPA night, the troupe continued to work hard with Ms Fedele and Ms Paulson to complete and perfect their amazing routine, which on the 8<sup>th</sup> of August they performed at the MCOS Concert at Revesby Workers Club.

The ensemble dazzled the audience with their choreography in lyrical jazz and tap, costumes, gold striped hair and of course their smiles. They showcased their hard work, dedication and passion. A special mention to senior member Rachael Dimond for her nforgettable last performance as a participant in the MCOS concerts.

## Upcoming Events

### Year 11 Crossroads

*Crossroads* is a program that enables students to address issues of health, safety and wellbeing at a poignant time in their lives. Students will develop the knowledge and skills to make informed choices in relation to identity, independence and their changing responsibilities as they approach adulthood. The objective of the *Crossroads* program is to allow students to build their sense of empowerment and respect for themselves and others.

Throughout the week, students will be engaged in interactive lessons from Monday to Thursday that will be facilitated by teachers at Moorebank High School and guest speakers. On Friday, the students will have a picnic off site of the school premises.

### Year 7 Swim School Program

The Year 7 Water Safety Program is a fun and exciting program for Year 7 students. It has been created to comply with The Board of Studies NSW teaching requirements as per the PDHPE Syllabus for Stage 4 students. Therefore the students will learn to "demonstrate movement skills through a range of experiences including: aquatics activities such as water safety skills, water games and sports".

# CAREERS REPORT

Year 10 have just returned from a week's work experience where many students took the chance to experience employment in a wide variety of vocations. Students were placed with employers such as Hawker Pacific, Cronulla Sharks Rugby League Football Club, Calmsley Hill City Farm, Gilbert and Tobin law (Bangaroo), Fire and Rescue NSW, Cinemedia (Ultimo), as well as numerous placements with Veterinary Clinics, Physiotherapists and across a wide range of trades.

The feedback was overwhelmingly positive with many students stating it had been a most valuable experience. Year 10 students must now focus on selecting appropriate subjects for the HSC. Students are most welcome to call in to see me anytime to discuss subject selections.

One of our Year 9 students, Ruby Walker, was successful in gaining a week's work placement at the Sydney Opera House. This experience is highly sought after and Ruby was selected from a competitive field to gain this placement.

A number of lunch time talks were organised for our Year 12 students. Talks were given by the University of Sydney, University of NSW, University of Technology (UTS), Western Sydney University and the University of Wollongong. These talks were very well attended and student feedback indicated these were most worthwhile. Year 12 students aiming for University study post school should now be giving considerable thought to their 5 UAC preferences, particularly the priority order of these. Remember the UAC Early bird processing fee of \$70 increases to \$200 from Friday 28<sup>th</sup> September, 2018.

Students are encouraged to drop in (or schedule an appointment) to speak with me regarding their post school plans.

Peter Lewis  
Careers Adviser



# INDUSTRIAL ARTS & HOME EC

The Technologies faculty in 2018 continues to provide a diverse range of learning experiences for the students of Moorebank High School. Despite the broad diversity of subjects made available to students in all years additional demands are being made of the faculty in the coming year. A new syllabus for years 7 and 8 will see students engaged in coding and programming and learning real world applications of this technology. Students have been enjoying seeing their ideas coming to life through the use of 3D printing.



Mr Clark has been introducing students from Chipping Norton Public School to the possibilities of modern technologies in special classes being run on Tuesday afternoons. They have been enjoying utilising modern design software applications and the 3D printers. Special thanks to Mr Clark for taking the time to develop this program and for making it so engaging for these students.

In addition for the first time in 2018 the Technologies Faculty will run a Design and Technology course based on the subject areas offered in the Home Economics wing of the faculty. This will provide students with the opportunity to use the new computerised sewing machines and computerised Scan n Cut machines in their project work.



It is anticipated that students will much enjoy this course with the first design brief being a Food Product Development task with the theme of chocolate.

A team of three **year 8** students successfully competed in the annual Aurecon bridge building challenge again this year. This is an excellent example of STEM education at Moorebank High School.

Although we did not win again this year we competed admirably and the students pictured, Sarah, Salena and Aiden really enjoyed the opportunity.

To enhance the project capabilities of the timber classes a new table saw with a tilting arbour has been installed this year. In addition a new mortising machine and portable Domino jointer have enhanced students work in 2018.

The IT Timber students are completing some lovely furniture pieces. Something to keep for years to come even after leaving home. We know so many of our students finish their projects with such pride and with the rare opportunity to say "I made that."



**VET Construction** remains a very popular course for **year 11 and 12 students**. The faculty endeavours to provide as realistic as possible practical experiences for students. Picnic tables were constructed by the year 11 Construction students and were installed with a covering roof earlier this year. They are arranged so as to also provide an outdoor classroom facility for the PDHPE faculty when the weather permits. They have proved to be very popular with students providing them a comfortable and covered area at recess and lunch. The class also began installing long aluminium seats between the playing courts. The remainder of these seats will be installed by the current year 11 class before the end of the year. These too will provide PDHPE classes a place to sit and receive instruction and also additional seating for recess and lunch use.

**Year 12 Industrial Technology students** finished their Major Independent Projects and the next group have already begun planning theirs. Mr Akkoumi and Ms Patel led the year 12 classes through the process of project completion extremely well. Ms Patel and Mr Akkoumi have worked enthusiastically with the Graphics and Timber students and some of their Major Projects look very promising for high results

These projects from 2018 have maintained the high standard of past years.



# INDUSTRIAL ARTS & HOME EC

## Year 9 Food Technology students on excursion to a commercial premises in Sydney



Year 9 Design and Engineering students were challenged with the construction of a scale model bridge. After weeks of building it was time to test. Unfortunately this meant test to destruction. The students were amazed at how their ultra lightweight bridges handled so much load.

Year 9 has been studying the impact of multiculturalism on our food. It was only fitting that we head into Sydney to share in an Italian food experience. It was a perfect warm and sunny day so we also got to take in the sights of our beautiful city.



## Sydney Tower Excursion- Year 10 Food Technology

The Sydney Tower excursion for food tech this year was a very interesting and enjoyable day. The day started off with everyone meeting at Holsworthy station where we then took the train to St James station. From St James we went walked straight to the Sydney tower. Once we got there the workers that were showing us around split us I to two groups, my group went underground first to where the kitchen is and where the food is prepped to be sent upstairs. When we were down there we got see all the different workers with the different work spaces and how things happen behind the scenes. It was actually quite amazing to see all the work that gets put into this restaurant and how many staff is actually needed. We then were sent upstairs to the events level where our guide told us about the kinds of people, companies and events they hold at the venue, also a little about the tower itself. After our guide was finished we got to have our buffet lunch. The lunch was very nice with a range of cuisines.

Ilir Rrjollj year 10





## Year 10 Cake Decorating



Year 10 Design and Engineering students are busily working on designing a fully off-the-grid modern home.

They are experimenting with solar energy and how this can be captured to power the home and to heat water. They are here pictured building solar water heaters.

## Spinach Gozleme

### **Ingredients**

#### **Dough**

100 gm Greek style yoghurt  
125 gms self-raising flour  
2 T olive oil

#### **Spinach Filling**

50 gms baby spinach  
100 gms feta cheese

#### **Method**

Dough : 1. Combine yoghurt and self raising flour and mix with a fork until a ball is formed in the bowl.

2. Knead dough on a floured board for 2-3 minutes

3. Cut into 2-4 portions. Cover with a damp tea towel until ready to use.

Filling: 1. Pour boiling water into the spinach and then drain

2. Crumble feta up and stir through the spinach

Cooking 1. Roll each dough ball into a 25cm round and place 4 T of the filling on one half.

2. Fold each dough round in half and press the edges together.

3. Heat an electric frying pan to a medium temperature and brush each gozleme with olive oil

4. Cook on each side until golden brown.



# WELFARE REPORT

## How can a parent support a child who is being bullied?

In line with the DoE Anti-bullying Policy (<https://education.nsw.gov.au/policy-library/policies/bullying-preventing-and-responding-to-student-bullying-in-schools-policy>), Moorebank High School rejects all forms of bullying behaviour and works towards providing a safe, inclusive and respectful environment in keeping with the school's BRAVE values.

The staff in the Wellbeing Team, students of Peer Support and parents of the Community Focus Group have collaborated to give parents/carers information about identifying bullying in students and the school's reporting procedure.

### **Definition: Bullying**

Bullying is **repeated** verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies.

Bullying behaviour can be:

**verbal** eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats

**physical** eg hitting, punching, kicking, scratching, tripping, spitting

**social** eg ignoring, excluding, ostracising, alienating, making inappropriate gestures

**psychological** eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

Conflict or fights between equals and single incidents are not defined as bullying. Bullying behaviour is not:  
children not getting along well  
a situation of mutual conflict  
single episodes of nastiness or random acts of aggression or intimidation.

### **Definition: Serious risk of harm**

Immediate danger of physical harm, e.g. your child has been physically threatened or is likely to self-harm.

### **Signs of a child who may be experiencing bullying:**

Be observant. Look out for tell-tale signs such as:

- not wanting to go to school
- have falling school grades
- changing their route to school or become frightened of walking to school
- changes in sleeping or eating patterns
- frequent tears, anger, mood swings and anxiety
- having unexplained bruises, cuts and scratches
- missing or damaged belongings or clothes
- asking for extra pocket money or food

**If you believe your child is being bullied, please refer to the following Parent Reporting Procedure.**

Further information about bullying will be published in future newsletters.

Megan Rombi

Head Teacher Student Wellbeing

## Parent Reporting Procedure

### What do I do if I believe my child is being bullied?

#### Have a conversation with your child

- Establish if your child is being bullied, or have they experienced a one off incident
- Find out what steps your child has taken at school to deal with the issue? E.g. reported to a staff member

#### If your child has not taken steps to resolve the issue:

- Encourage your child to access support at school – classroom teacher, Faculty Head Teacher, Year Adviser
- Encourage your child to respond assertively (without aggression) to the bullying by asking the person to stop the behaviour causing distress. Remember it is important that your child continues to follow the school's BRAVE values.
- Do not directly approach any other student or their family.

#### If your child has taken steps or is not willing to and the issue is not resolved:

- Contact the teacher involved in the attempted resolution

#### If you believe your child is at risk of serious harm:

- Contact the relevant Deputy Principal

## What do I do if my child has been involved in cyberbullying?

Definition: Cyberbullying refers to **bullying** through information and communication technologies, e.g. social media, texting, phone calls, etc.

1. Keep evidence of the cyberbullying, e.g. screen shots or photos

2. Encourage your child to block the person/delete their account and not engage in negative behaviour

3. As a parent/caregiver, do not respond to the situation, online or in person, in an attempt to defend your child as this may have legal ramifications for you and your child.

4a. Report material to the social media site where the bullying has occurred. Visit this website and select the appropriate social media platform to make a report:  
<https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres>  
4b. If the cyberbullying is having a significant impact on your child's wellbeing at school, follow the school parent reporting flowchart

5. If you believe your child or others are at serious risk of harm also contact the relevant Deputy Principal ASAP.

6. After 48 hours, you can make a complaint to the e-Safety Commissioner via:  
<https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres>

### Helpful websites:

To report cyberbullying to the social media platform

<https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres>

e-Safety Commissioner:

<https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres>

DoE Anti-bullying Plan

<https://education.nsw.gov.au/wellbeing-and-learning/attendance-behaviour-and-engagement/anti-bullying>

# LIBRARY REPORT



To celebrate Children's Bookweek all year 7 and years 3-6 from Nuwarra Public School were entertained by author D C Green. He spoke about the writing process and gave lots of tips and ideas for the students to use in their own writing. The students also collaborated with D C to create a fun story on the spot! Copies of his books are now available in the School Library for students who may wish to borrow them. In addition, students can still order DC's books through the school. Students simply have to bring an envelope to the Library with money inside and, on the front, their names plus which books they wish to purchase. They will then be sent a personally signed book!

All DC's books cost \$15 except for Three Little Surfer Pigs which has been slashed to \$10 and the two City of Monsters Books (\$19 each).

Students who buy more than one book will receive a free signed poster!!

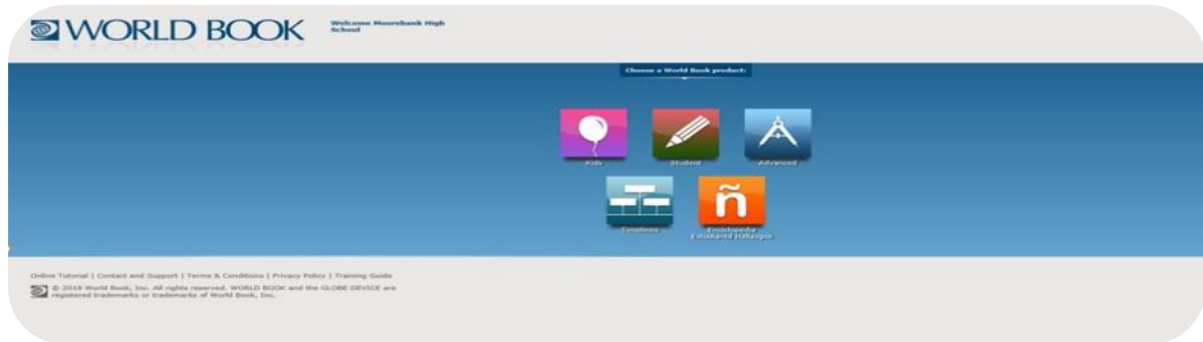
Buy all three Erasmus James books for just \$35, the two monsters books for \$35, or all seven DC books for a mere \$95!!!

Simply bring in an envelope to the school with money inside and the title(s) of DC's books on the front of the envelope. Please order by September 14 2018.

See Mrs Tierney for more information.

# LIBRARY REPORT

## WORLD BOOK ONLINE – SCHOOL SUBSCRIPTION for STUDENT USE AT SCHOOL OR AT HOME



Our School Library subscribes to the following award winning World Book Web products:

- World Book Kids—is based on World Book’s award winning Discovery Encyclopaedia and is designed to give younger students, ESL students and reluctant readers a rewarding online learning experience. The site illustrations, diagrams and maps enrich more than 2,000 articles selected for appeal and relevance.
- World Book Student—forms the foundation of an expansive reference database that includes over 40,000 encyclopaedia and reference articles and thousands of links to outside web sites selected by World Book editors and contributors. It also includes an extensive Dictionary and Atlas plus audios, visuals and animations.
- World Book Advanced—tailored for the needs of older students, it includes encyclopaedic content, integrates primary and secondary source databases plus more than 5,500 e-books in a single search, over 700 e-books can be downloaded to e-readers and iPads, and a wealth of research tools that allow students to customise and save their work.

Our World Book subscription allows us to give you and your family access to this valuable reference source on your home computers 365 days a year, 24 hours a day.

We are providing this service to you at no charge! We hope that your whole family will use the World Book sites often to help with homework, special projects, at-home learning and information seeking.

**To access the World Book Web, follow these simply -**

**Go to the World Book web site: <http://www.worldbookonline.com>**

**Type in the user Login ID and Password (available from the School Library staff)**

**Please remember that login and password information is for our students and their families only, and extending this information to people who do not live within the school district could result in loss of at-home access for our students.**