



[Moorebank High School](#)
2023 Newsletter

March

Principal Ms Vally Grego



Principal's Report

Dear Parents and Carers,

What a wonderful start to 2023.

Below are some teachers that we bid farewell in 2022 and welcomed in 2023.

Welcome to 2023	Farewell to in 2022
Stephan Madyski (HT PDHPE permanent) Suzana Matic (HT Administration permanent) Moncia Rafla (Maths permanent) Nikkie Burcher (PDHPE permanent) Fiona Jones (Diverse Learning permanent) Deborah Hogg (Rel. Librarian) Gemma Bell (English) Chris Tran (Maths) Nadine Ghabash (PDHPE)	Damien Clark Patricia Paring Alexander Moscovis Sophie Hancock Lorena Fedele Colin Robinson Patrick Robertson

This term has been exceptionally busy, we have run highly successful and engaging; mentoring programs with our Year 9, 10, 11 and 12 students, Mental Health First Aid courses, Year 8 camp, Top Blokes program, knockouts and excursions, Swimming and Athletics Carnivals and NAPLAN. Thank you to all the teachers involved in organising these events and activities to provide enrichment opportunities for our students.

I would like to thank all the parents and carers that joined us on Monday 13th March at the Community Focus Group Meeting (CFG) to consult on the Department's Inclusive Engaging and Respectful School's Policy with the view in supporting the new Student Management Policy for Moorebank High School. I would also like to sincerely thank all the families that replied to the google form for their feedback for the school to proceed with the development of the Student Management Policy.

The ongoing support of the CFG with the voluntary CFG contributions has resulted in the air conditioning of most classrooms. We still have 13 rooms to complete, and we are aiming to finalise these by the end of the year.

In the last weeks of this term, we will be celebrating diversity and acceptance during our World Autism Day 31st March, Multicultural Day on 5th April, Year 7 parent teacher night on 4th April and our annual Ramadan IFTAR dinner on the 6th April. I hope that parents will join us in these celebrations.

I would like to take this opportunity to wish all families that celebrate Easter a very peaceful and joyous celebration.

Please take the time during the upcoming break to reconnect with family and friends and most importantly keep safe and I look forward to continuing working with you in the best interests of your children.

Vally Grego

Youth Mental Health First Aid Parent Course

Three groups of parents have completed the youth mental health first aid training this term. It is a course to help parents learn how to support adolescents who may be experiencing a mental health problem or crisis until appropriate professional help is received or the crisis resolves. Parents will learn practical, evidence-based steps to take. The running of the courses has been supported by a NSW government grant.

We will be running one more parent course in Term 2, across 2 consecutive Saturdays. This will be advertised in the first week of next term. The total course is 14 hours, split across two days. Feedback from parents who have done the course has been very positive. There will be a limit of 20 people able to complete the course next term.

Susan Griffin

Moorebank High School

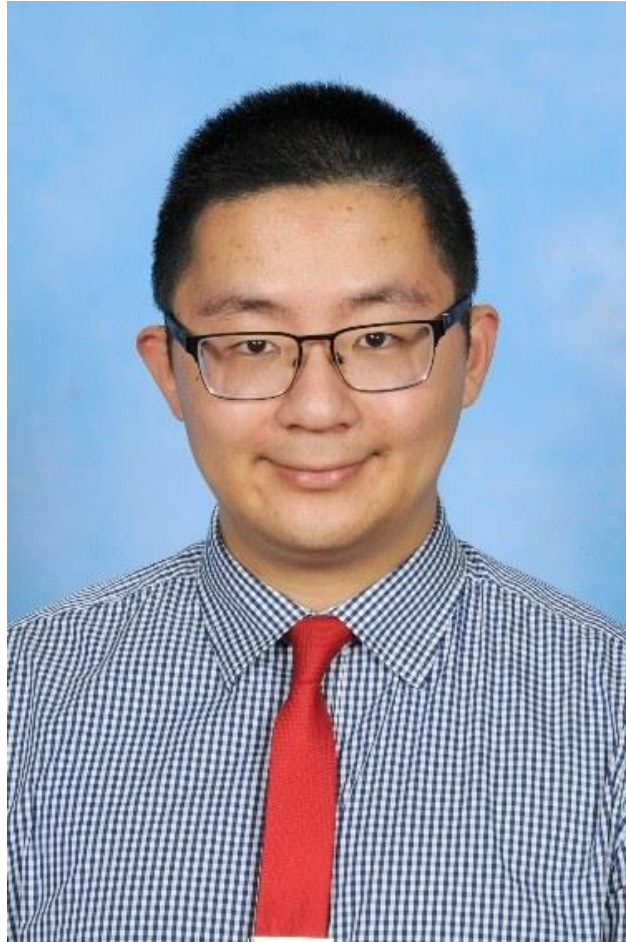
Relieving Principal (Thur -Fri)

Deputy Principal (Mon-Wed)

MATHEMATICS FACULTY



1 - The Mathematics faculty would like to welcome back Mrs Fleming and welcome our newest staff member, Mr Tran.



Ms Fleming and Mr Tran teach a range of Stage 4,5 and 6 classes. They are dedicated, enthusiastic and collaborative teachers. Both teachers regularly volunteer to assist Ms Le and Ms Rafla at our Senior Homework Centre on Monday and Thursday afternoons.

Parents and/ carers of Year 10, 11 and 12 students are reminded that students interested in attending after school lessons can pick up a permission note from the mathematics staffroom. Permission must be

granted by parents and/or carers prior to attending the first lesson. Please note, students who register are committing to these sessions and need to notify Ms. Le or Ms. Rafla if they cannot attend. Contact will be made to the parents/or carers of students who don't provide an explanation for their absence.

The Senior Homework Centre is designed to provide students with extra assistance in Year 10 and all Stage 6 Mathematics courses and will include modifying specific study habits to increase effectiveness. We hope to see our students take this opportunity to further develop their mathematical ability.

Newsletter Term 1 2023 (Numeracy)

This year the Numeracy Coordinator (Ms Zabakly) will be creating explicit numeracy lessons to be delivered by Mathematics teachers. The numeracy lessons align with the NSW Mathematics K-10 syllabus as students need opportunities to recognise the connection between Mathematics, numeracy and other subject areas.

During Term 1, through the designated numeracy lessons, students explore the connection between cooking and the numeracy skills required to change recipes, research nutrition and read food labels. This has provided opportunities for students to make correlations between PDHPE, Food Technology and Mathematics.

As it can be seen, students are learning about ratios in Food Technology. Specifically, students are learning how to correctly read and measure out quantities to then mix cordial and water into given ratios.





Additionally, Year 7 and 8 students have been given access to SmartLab to practice and refine their numeracy skills. SmartLab is Australia's latest literacy, mathematics and numeracy diagnostic and learning platform improving thousands of Australian students' learning through diagnostics, differentiation and multimodal learning. <https://vimeo.com/365240579>

The Numeracy team would like to remind parents that they can access the Parent Google Drive with numeracy resources. Parents are encouraged to access the drive for resources that may assist them with developing their child's numeracy skills at home. The Google drive can be accessed via the link: https://drive.google.com/drive/folders/1ZUM3rSOY4KCkxc_1xbpofQ-RNEJzXFmd?usp=sharing

Year 8 French- School Newsletter



UNE BELLE LANGUE!

I am excited to be learning French this year as France is a beautiful country to visit, and the landmarks within it are just as gorgeous. France contains many foods and places to explore, so the country itself is even more engaging when exploring.

The language of French is both simple and fun to learn. I personally love learning new languages, and the concept of French being introduced to me gave me an amazing first impression. Considering how useful it may be to learn multiple languages for different scenarios, I feel as if learning French is a great use of my time. As well as this, the simplicity of the structure in the language makes it even easier to comprehend; especially because some of the words are so similar to the English language.

Weanna Lawrence

Year 8 French

Library News Term 1 2023

Welcome back!

The mission of Moorebank High School Library is to support the learning needs of the students and teachers and to promote a positive reading culture within the school.

The School Library is available to all students for the purpose of research, reading, printing and study. The Library has an extensive collection of resources (over 10,000 items) and includes Fiction, Non-Fiction, eBooks, Manga, and Graphic novels.

eBook loans

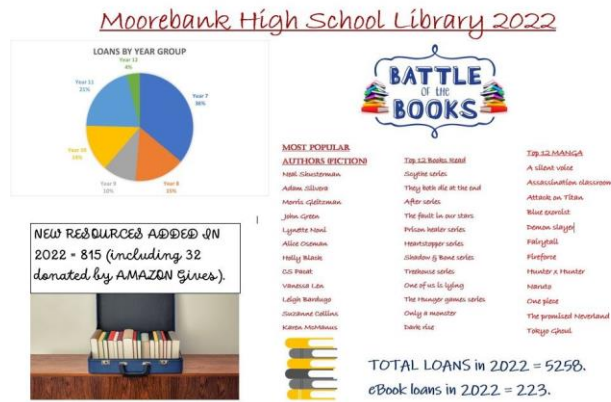
Students can also borrow eBooks using the school subscription to ePlatform by Wheelers. There is 1000+ titles available for students to borrow. Students can download the app to their device, choose our

school (Moorebank High) and login with their school username and password. Alternatively, students can borrow eBooks via the OLIVER catalogue available through the student portal.

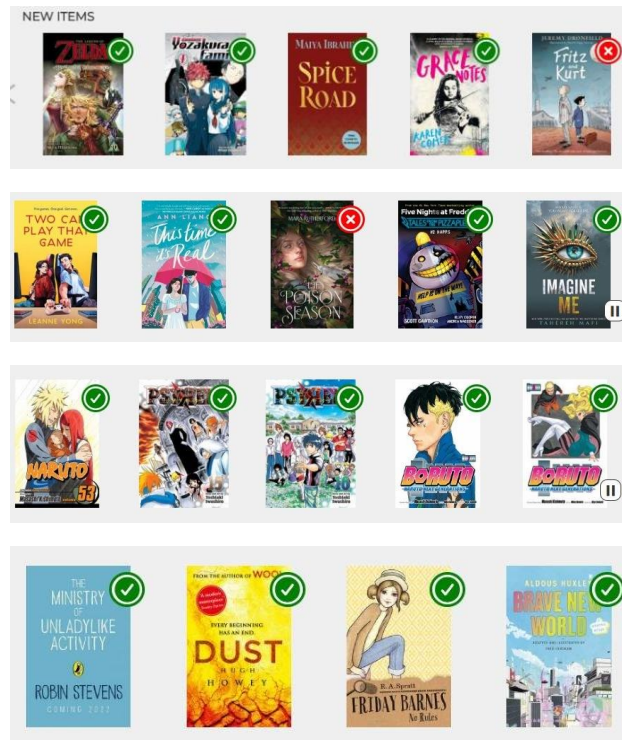
MHS Library - Request a New Item

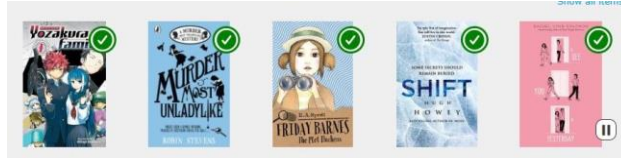
Do you have a book wish? A book or other resource that you would like to see added to the Moorebank High School Library? Use the form on the OLIVER catalogue News Page to make a request. Provide as much information as possible so that Library Staff can order it for you. Once the item arrives, an email will be sent to the student who suggested the purchase. ♥

A snapshot of Library use in 2022:



Some new titles added to the collection so far this year include:





PREMIER'S READING CHALLENGE 2023

The Premier's Reading Challenge is now open for all students from years 7-10.

Each year Moorebank High School encourages students to participate in the Premier's Reading Challenge. The former Premier, the Hon. Bob Carr, instituted the Challenge to encourage a love of Reading. The current Premier awards a signed certificate to all students who complete the Challenge! (Students can also earn School merit certificates as they complete the challenge).

What is the Challenge?

The Challenge is to read 20 books during the year. Of those 20 books, at least 10 must be chosen from the Premier's book list. The other 10 can also be from the list or the student's own choice but they should be a similar quality to books on the list.

Challenge opens: Monday February 27, 2023

Challenge closes for students: Friday August 18, 2023 (11.59pm)

What books can I read?

Students can read books from the School Library, from the public library or any books they have at home. Students can also read eBooks. Our School Library subscribes to Wheelers eBooks and students can access these through the student portal or by downloading the Wheelers app to their device. Further instructions are available through the Year group google classroom or refer to the Library links page on the school website.

The Reading list can be viewed here: <https://online.det.nsw.edu.au/prc/home.html>

There is also a website that students can access to help them choose books to read and add books to their Reading Record here: <https://online.det.nsw.edu.au/prc/studentExperience.html#/>

Students need to complete their online reading record accessible via their DET portal page or using the link above. (The Teacher Librarian can assist any students who need help filling in their online reading record.)

Certificates will be awarded in Term 4.



POCKETALK Voice/text translator

For students studying languages the Library now has six Pocketalk translators that can be borrowed for use in the Library.

The Pocketalk is a small handheld voice text translator that gives instant translations in over 74 languages.

They can be used in conversations or text can be translated by taking a photo of the text.

Ask the Library staff if you are interested in using a Pocketalk.



PDHPE

I am excited to share with you the incredible success our students had at the recent Zone Swimming Carnival this term. Our school was well represented, and our students displayed outstanding sportsmanship, teamwork, and determination throughout the event where 18 students have qualified for the Regional Swimming Carnival.

At the Zone Carnival, our students competed fiercely and represented our school with pride. They competed well and demonstrated outstanding sportsmanship throughout the day. We would like to wish all the best to the students involved in the Reginal Swimming Carnival.

Go Moorebank High School!

Mr Youssef Dablan

https://drive.google.com/drive/folders/1XB3q9PI6-5AfIPNgxREqcUCm4P-lyD7U?usp=share_link

TERM 1 - DIVERSE LEARNING CENTRE

Community Access excursion

During Week 8 we kicked off our community access program with a visit to Liverpool Library. After becoming library members and familiarising ourselves with the services available at Liverpool Library, we enjoyed lunch at Westfields food court.



Athletics carnival

Students enjoyed participating in Moorebank's annual athletics carnival this year. Some events that our diverse learner's participated in include 100, 200 and 400m running, long jump and discus. Daniel Danial was awarded a faculty award for dedicated participation on the day. Well done Daniel!



Curriculum & Electives

Students in Jacaranda have thoroughly enjoyed their elective subjects including Timber and Music. Banksia and Wattle students have proudly received their Bunsen Burner licenses in Science. Our Wattle students are also very much enjoying practical lessons in Food Tech.



Student Representative Council

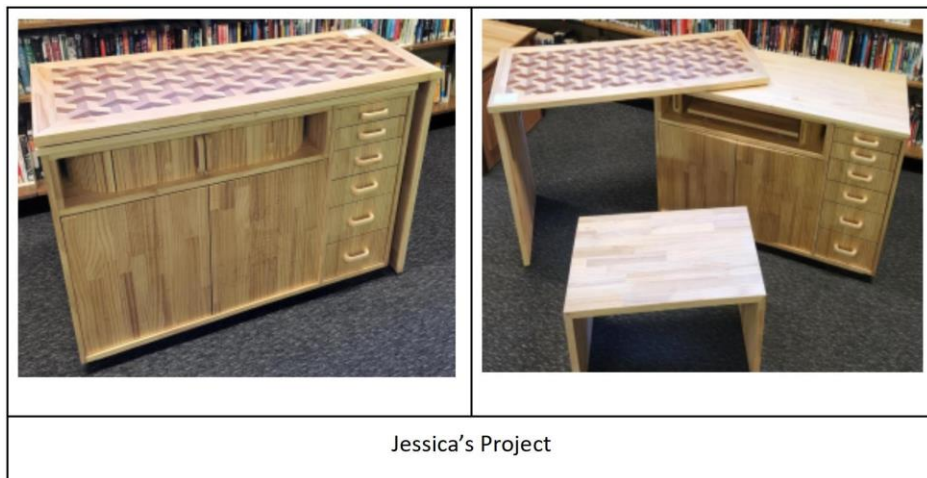
We are very proud to announce that K. McGrath from Diverse Learning's Jacaranda class has been successful in his application to join the SRC committee at Moorebank High School. We are greatly looking forward to seeing and celebrating Kai's contributions to the committee, faculty and whole school.

IA Newsletter Term 1 2023

Newsletter TAS

It is time to celebrate and congratulate the great achievements of our 2022 Y12 students in TAS.

Industrial Technology - Timber - For the second successive year we have received a band 6 in Industrial Technology - Timber & Furnishing. Congratulations to Jessica Le. Jessica's project was also shortlisted for the Intech showcase. Intech showcases the talent and creativity of HSC students Industrial Technology projects.



Community and Family Studies - Two students from our CAFS course were rewarded with band 6's, congratulations to Sophie Thoo and Lucia Guo.

VET Construction - Congratulations to Ryan Morgan earning our first band 6 in construction. We also had five band 5's and seven band 4's, zero band 3's, 2's or 1's. A truly exceptional achievement for students in a course that does not often get many accolades.

Congratulations to all of our 2022 Y12 students on completing their final year of high school. You endured, persevered and made it through a very difficult period. I hope you are as proud of them as we are.

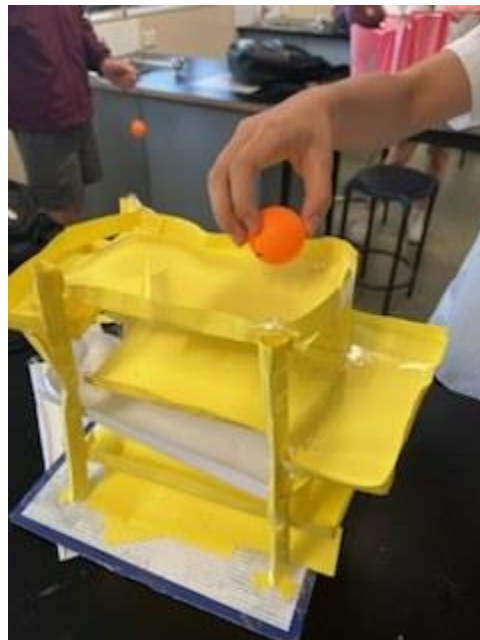
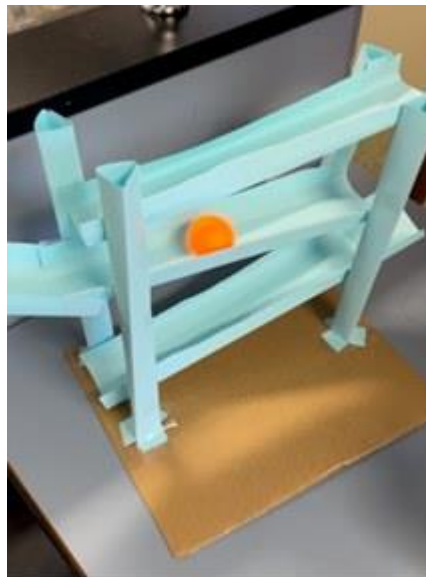
Physics Makes a Big Move In Term 1

Yr 9 Science Challenge – Following the Path to Success

Yr 9's first assessment for the year in science was not a traditional task involving an extended written exam or a single period practical task. They were provided with a fixed number of pieces of paper, an A4 corrugated cardboard base and a small roll of tape. Their challenge was to design a structure that would enable a ping pong ball to roll from a minimum height of 25cm to the bench top, taking the maximum amount of time possible.

This task was an outstanding success and the level of engagement across the classes significantly increased. With only using 6 or 8 pages of A4 paper, we had some groups manage to keep the ping pong ball in motion for up to 10 seconds!!! These were outstanding designs showing the full understanding of the integration of Newton's Laws of Motion with Experimental Design methods and lateral thinking skills.

...Perhaps try it yourself on a wet weekend!



Yr 12 Physics In a Spin!

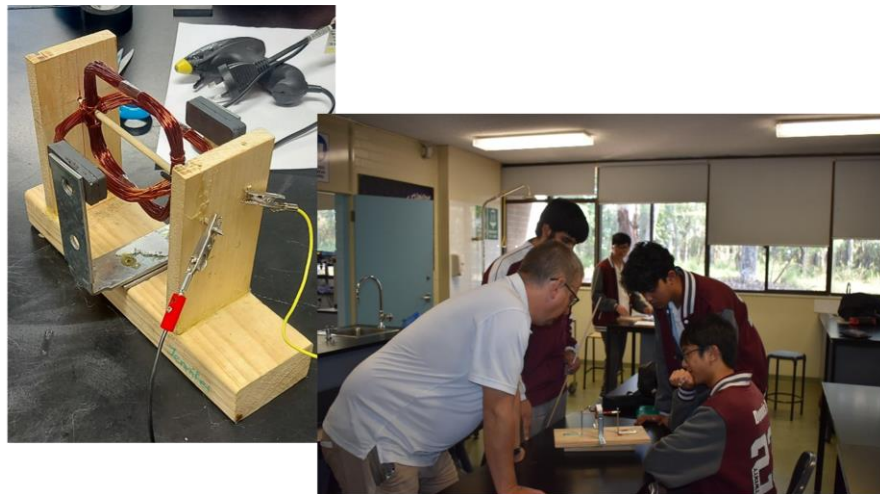
As part of their HSC Physics course, Yr 12 Physics have been completing their Depth Study. A Depth Study is a component of each of the Yr 11 and 12 Science course where students are provided an extensive period of time in class to extend their knowledge and skills beyond the scope of the regular syllabus.

For the Yr 12 Physics Depth Study for 2023, the students have been required to research, design, construct and refine their model of a functioning DC motor. Throughout this period of study, there has been an extreme level of enthusiasm and engagement from the students involved.

Due to the time pressures and the significance of the task, there have been frustrations in the designs, but these have resulted in progress and learning opportunities in the process. The students have often been reminded that the first time that they tried to walk as a toddler, they fell over, but they kept on trying and trying until they got it right. These days most of the Yr. 12 Physics class can walk without falling over because they kept trying and continually improved. This is the essential determination for success when exploring something that they didn't initially understand.

It is even fair to say that there have been occasions where there have almost been tears... but these have been happy and excited tears when the motor was actually able to spin efficiently!

At the time of the writing of the article, we still have over a week to go in the Depth Study and a majority of the class have built their first design and are now refining their models!



Stage 4 English Report:

Year 7 English

The English faculty are happy to welcome our Year 7 cohort into our book loving community. We began the term with a focus on the importance of reading and the excitement of starting a new school by reading poetry, writing recounts and discussing our favourite fictional characters.

All year 7 students wrote personal letters to their teachers, introducing themselves by outlining their personal values, backgrounds and inspirations. Students also reflected on their confidence in English and commented on their favourite learning styles. From avid Dr Who fans, passionate manga readers to students who prefer watching YouTube and video gaming, our new cohort of English students are certainly a diverse bunch!

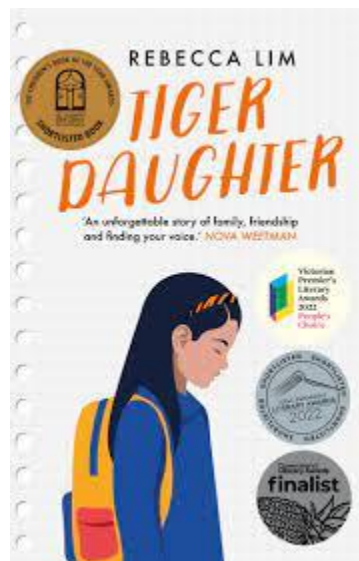
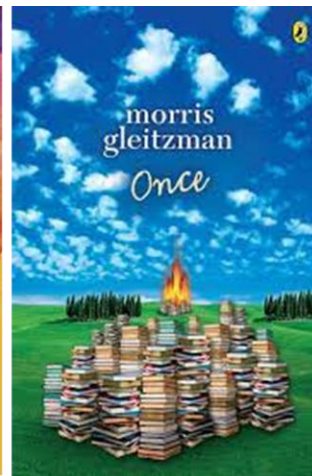
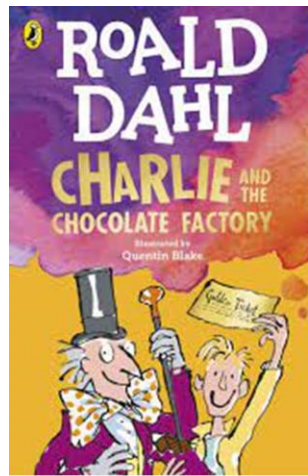
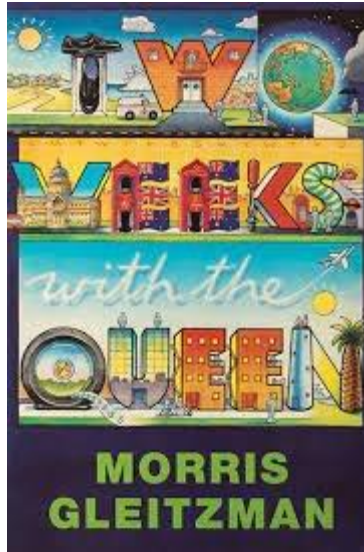
As part of our Wide Reading programs, students visited our library for a speed dating session with a collection of books, hand selected by our librarian Mrs. Tierney. In a romantic atmosphere of roses, candles and love hearts, our students picked a book based on their cover (a usual no-no!) and spent 5 minutes reading the first chapter. When the bell rang, students moved on to meet their next book. After 6 rounds, students decided which book they would borrow for a second date.



7E reflected on their own lives in a meaningful way, realising that they have an immense amount to be grateful for. In response, students filled up their jars with words of gratitude.



Students have spent most of the term conducting a close study of a novel with their class, with each class reading a different novel that focuses on an engaging character who must overcome adversity, break through barriers or complete a quest by the end of the novel. Our students are learning to write an academic persuasive essay about their novel which is a skill they will need for the rest of their time in high school.



We look forward to continuing our studies with year 7 for the rest of the year as we learn about visual literacy through picture books, the power of poetry and the theatrical world of William Shakespeare.

Year 8 English:

Year 8 were welcomed back to English this year with an invitation to journey through ancient myths and legends with their teachers as tour guides. They travelled through Greece where they met the meddling Gods of Olympus, helped Thor find his hammer and laughed with Loki as he tricked the inhabitants of Asgard. Students also developed an appreciation of the significance of the Dreaming and its associated narratives. They pondered the morals taught through these ancient stories and made connections with their own world, exploring the timelessness of topics such as greed, sacrifice, and love.

For their assessment task, students are required to modernise a favourite myth or legend to show their knowledge and understanding of their chosen text with a focus on intertextuality, narrative, and character. Students will reflect on their intertextual piece, contemplating their choices, and evaluating their efforts.

In completing this unit, students will have further developed their intercultural understanding and strengthened their reading, writing, reflective, and creative skills.



Careers News

Covid 19 has had a major impact on many careers focused activities over the past couple of years, but I'm pleased to see us emerging from the shadow of Covid with most activities resuming face to face.

Last year Moorebank High School was selected to be part of the University of NSW's Kickstart program. Presentations and workshops were held with a number of our Year 11 and 12 students. Successful completion of the program can be worth up to 10 additional ATAR points. 42 of our Year 12 students were offered courses at UNSW last year and I'm very pleased to say Moorebank High will again be involved with this program in 2023.

30 of our Year 12 students recently visited the University of Sydney for their "Future Focus" program where they learnt about study options available at the university, how and where to access information about various entry pathways to the university. Students were able to choose specific options to gain information directly related to their individual areas of interest.

Work Experience is again running for all of Year 10 students in term 3 from 21st – 25th August 2023. Students need to arrange their own work placements. I will shortly be explaining the procedures for work experience at an upcoming year meeting. All relevant documentation will be emailed to both students and parents later this term. Students wishing to complete work experience in a trade or construction environment will need to obtain a white card prior to the placement. Please be aware, white cards must be completed "face to face" as online white cards are NOT valid in NSW.

Moorebank High has been successful in having RIEP (Regional Industry Education Partnerships) stage a "Try a Trade" day at Moorebank High in term 4. This will give up to 40 girls a chance to try their hand at up to 6 different trades on the day. In May, there will be a preliminary event at Club Liverpool where women who are successful in trades will speak to the girls and a range of employers who will meet the girls as well to discuss opportunities.

CREATIVE & PERFORMING ARTS

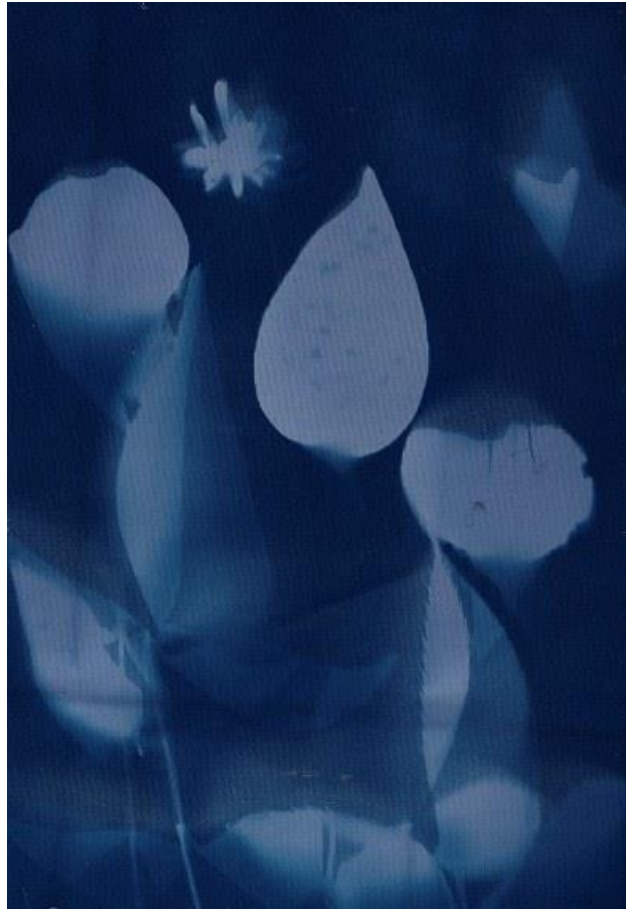
YEAR 9 PHOTOGRAPHY & DIGITAL MEDIA

Anna Atkins (1799-1871) was a British botanist and photographer who is considered the world's first female photographer. She is remembered for her book "Photographs of British Algae: Cyanotype Impressions," which was published in 1843 and contained cyanotype images of various algae species. Atkins' work has been praised for its scientific accuracy and aesthetic beauty. Her cyanotypes have been exhibited in museums and galleries around the world, and her legacy continues to inspire artists and scientists today.

To celebrate Atkins' pioneering work, Ms Bet Dashto's students have been experimenting with cyanotype printing themselves. They began by collecting a range of plants and flowers from the school garden and surrounding areas. They then laid these items carefully onto cyanotype paper and exposed them to sunlight for several minutes. After rinsing off the chemicals, stunning blue and white prints emerged, each one unique in its composition and detail.

Students have been amazed by the results of their experiments and have gained a deeper appreciation for the skill and creativity required to produce photographic images in the 1800s. They have also discussed how Atkins' work has influenced contemporary artists working in photography and digital media.

Overall, the project has provided students with a valuable opportunity to explore the history of photography and experiment with different techniques and materials. It has also encouraged them to look at the natural world around them with fresh eyes, seeing beauty and inspiration where they may not have noticed it before.









YEAR 8 COMPOSITION

Students in year 8 are venturing into the skill of composing music. The task requires them to go through several stages of composing, exploring rhythm and various melodies. The process involves experimenting on the keyboard to create something that is unique and captivating.

Composing in music is a creative process that requires a combination of theoretical knowledge and artistic ability. In the beginning, students learn about the different elements of music such as melody, harmony, and rhythm. They also learn about the various musical instruments and their capabilities. Armed with this knowledge, they begin to experiment with different melodies and chords on the keyboard.

Draft handwritten scores created by the students will not just remain on paper. They will be uploaded onto music notation software, which will enable them to play their compositions on the program. The software will also allow them to save their arrangements as a printed score and audio recording. This will be beneficial in helping the students to hear how their music sounds in real life and share their creations with others.

Through the process of composing music, students develop creativity, critical thinking, and problem-solving skills. They also learn about the importance of perseverance and hard work in achieving their goals. Overall, learning to compose music is an enriching experience for students and a valuable addition to their education.








MOOREBANK HIGH SCHOOL YOUNG ARCHIE – ART COMPETITION

Based on the famous Archibald Prize, Moorebank High arrange our own Young Archies competition open to all students. CAPA promoted this competition, requesting any budding artists to participate. The task was to create a portrait of a person who is special to you. The chosen person is someone who knows you and plays a significant role in your life.

Moorebank High School's talented students, Elissar Year 9 and Sissy Year 8 were the successful winners at Moorebank High School. The portraits were then entered into the Art Gallery of NSW Young Archie Competition, our fingers are crossed for our two winners for the next stage.

Moorebank High School's
2023 Young Archie Artist



Moorebank High School invites emerging student artists to submit a portrait for the...

'Moorebank Young Archie Art Competition'

The portrait must be of a person who is special to you. The chosen person is someone who knows you and plays a significant role in your life.

See Ms Edwards in the CAPA staffroom for more information and to submit your artworks.





LIVE MUSIC! LUNCH TIME PERFORMANCES IN MUSIC ROOMS

The fortnightly lunchtime band performances at our school have been a massive success. Students from all years are given the opportunity to showcase their musical talents to an audience of their peers in a supportive and comfortable setting.

The performances have not only showcased the incredible talent of our students but have also provided a great platform for confidence building. Performances are an essential aspect of any musician's growth and having the opportunity to perform during lunchtime has allowed students to do so without the pressure of a formal event.

Not only is this a fantastic way to showcase student talent, but it also adds vibrancy and excitement to the daily school routine. The lunchtime performances create a fun and relaxed atmosphere, providing some much-needed respite from the academic demands of the day.

Over the past few weeks, we have seen an array of musical genres being performed, from fierce rock performances to beautiful acoustic ballads. It's heartening to see the variety of musical interests that our students possess, and the lunchtime performances provide an avenue for them to share this interest with their peers.







Moorebank High School
Bangalow Avenue Moorebank 2170

Our Ref: 097547.2023
Contact: Alyson Infanti
Ph: 8711 7680
Date: 27 March 2023

Dear Principal,

Re: Liverpool 2023 Anzac Day Commemorative Service and Community Event

On behalf of Liverpool City Council and the Liverpool RSL Sub Branch I am extending an invitation to your students, their parents and teachers to Liverpool's annual Anzac Day Commemoration on 25 April to honour the service and sacrifice of those men and women who have served our Nation in the Australian Defence Force.

This year will be the first extended Anzac Day Commemoration in Liverpool since 2019 and it is an ideal opportunity to invite future generations to take part in this national day of remembrance.

The Anzac Day March will begin at 5.15am from John Edmondson VC Memorial Club on George Street and move along Moore Street to Bigge Park for a 5.30am Commemoration Service.

This will be followed by Council's Anzac Day Commemoration Community Event that is free and open for all to attend in Bigge Park from 10am – 12pm.

It would mean so much to the veterans participating in the march and Commemoration Service to see another generation of young Australians in attendance to reinforce the Anzac legend of Lest We Forget.

For all enquiries related to the Commemoration Service, please contact Catherine Cranny, Secretary Liverpool RSL sub branch on 0415 823 842.

Yours sincerely

Ned Mannoun
Mayor



ANZAC DAY

Tuesday 25 April 2023
Bigge Park, Liverpool

5.15am

ANZAC Day March from John Edmondson Club, George Street

5.30am

ANZAC Day Commemoration Service with wreath laying, Bigge Park

10am – 12pm

ANZAC Day Commemoration Community Event



For enquiries contact Catherine Cranny,
RSL Sub-Branch Secretary on 0415 823 842

Lest We Forget

ANZAC DAY MARCH

Tuesday 25 April 2023



For enquiries contact Catherine Cranny,
RSL Sub-Branch Secretary on 0415 823 842

Lest We Forget

MHS ADMIN STAFF

Dear Parents, Carers and Guardians,

When the need arises from time to time to pick up a student early, please provide them with a note with a brief description, what time you will require to pick them up and your contact details. This ensures a far quicker process as the student can simply provide the note to the teacher and proceed to the office to sign out. In the event the class is on an outdoor activity such as PE or has moved from their timetabled room this prevents possible delays when you may already be short of time. If attending a medical appointment, it is best practice especially, for senior students, to obtain a doctor's certificate which can be dropped into the front office the following day.

We understand there are times when you will not have advance notice and therefore unable to provide written authorization and we will always try to assist you as quickly as possible. Thank you for your help and understanding with this matter.

Voicemail Messages

When leaving voicemail messages please say the students name clearly & repeat at the end of the message.

Student Engagement Report

This term, we've added a range of exciting new activities for students at Moorebank High School to increase student engagement! These include the formation of a range of student-led interest groups, such as Volleyball Club, Henna Club, and STEM Club, and many more. Student-led interest groups allow students to form new friendships with students in other year groups with similar interests, as well as providing opportunities for leadership amongst our student body.

MTOR, a peer mentoring program has also been introduced, encouraging a better sense of belonging and increased support for students across all year groups, with some students having already been matched with their mentors. These students have been working on goal setting and making action plans to get to where they want to go.

Goal Setting

This is mostly for the mentee - what do they want to achieve?

- Brainstorm some things that you'd like to work on
- Set a SMART Goal - fill out each row in the table below

S	M	A	R	T
				
SPECIFIC	MEASURABLE	ACTIONABLE	REALISTIC	TIMEBOUND
Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!	Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.	Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.	Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.	A date helps us stay focused and motivated, inspiring us and providing something to work towards.

S	
M	
A	
R	

Meeting 1: Introductions and goal-setting

mTOR Meeting Guide

Welcome to your first meeting! At this meeting, you will:

- Introduce yourselves to each other
- Set *some* guidelines for your mentoring relationship
- Identify goals

Introduce yourselves

Some questions to get you started...

- What is your favourite animal and why?
- Do you have a pet? If not, what pet would you get?
- What is your greatest fear?
- What is currently your favourite class?
- What's the coolest place you've ever been?

Take as much as time as you'd like with this - getting to know each other well is important for a healthy mentee/mentor relationship!

Guidelines

You should discuss appropriate and suitable meeting times, as well as how you can contact each other!

Three good meeting times:

- 1.
- 2.
- 3.

How will you contact each other? Circle the ones that apply.

Email Social media In person Phone Snail mail Other

Set some boundaries - we don't want this to get overwhelming!

Next term, we will be targeting lateness to school through an intervention program that will allow us to identify students struggling to attend school on time in the mornings. We will then be able to provide targeted and individual support to ensure that students are in class and ready to learn. More information will be forthcoming, and we are looking forward to family and community support to give our students the best chance at success. Every minute counts!

EVERY MINUTE COUNTS...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

Check the time your school starts. DON'T BE LATE!



Chemistry 2023 Newsletter Articles

Newsletter Articles – Science Week 10 – 2023

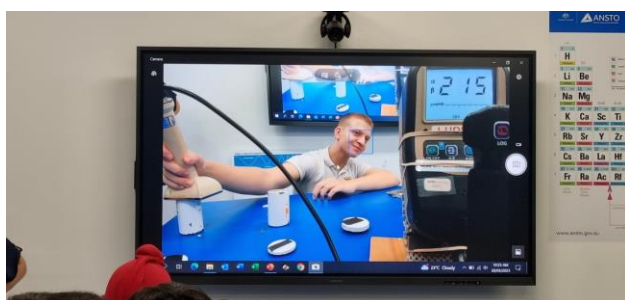
MHS Chemistry students go to ANSTO!

On March 20th, 2023, Moorebank High School's Year 11 Chemistry classes embarked on an exciting excursion to the Australian Nuclear Science and Technology Organisation (ANSTO) at Lucas Heights. This excursion allowed students to gain a deeper understanding of chemical, materials, and environmental research.

The excursion began with an interactive presentation in ANSTO's Discovery Centre theatre and display area, where students learned about the nuclear radiation, radiation detection and performed an investigation into the effect of distance on gamma radiation intensity. After a 15-minute break, students went on a tour of ANSTO's research facilities, including the OPAL research reactor, the ANSTO Nuclear Medicine production facility, the Australian Centre for Neutron Scattering, and the Centre for Accelerator Science.

Throughout the excursion, students were engaged and excited to learn about ANSTO's role in producing many of Australia's medical radiopharmaceuticals. They also completed an excursion workbook, all of which formed part of their Chemistry depth study.

Overall, the ANSTO Chemistry excursion was a fantastic educational opportunity for Moorebank High School's Year 11 Chemistry students. It allowed them to deepen their understanding of chemical research, develop important scientific skills, and gain a valuable perspective on the role of ANSTO in the production of medical radiopharmaceuticals. We would like to thank Sarah and Robin from ANSTO for providing such a valuable experience for our students and look forward to continuing our partnership with them in the future.



Very Cool Liquid Nitrogen Show Engages Year 7 at Moorebank High School

On Tuesday 28 March, the students of 7O and 7E were treated to an exciting and interactive demonstration of the properties of liquid nitrogen by Mr. Galea with help from Ms. Jones and the MHS lab technician Lilian Flower.

During the Liquid Nitrogen Show, the students were able to observe firsthand how different materials behave when exposed to liquid nitrogen. They inflated frozen balloons by blowing on them from the outside, shattered frozen flowers and lettuce like glass and performed an experiment on the effect of liquid nitrogen on high bounce balls.

Through this exciting demonstration students were able to learn about the properties of liquid nitrogen and its practical applications in various industries such as food, medicine, and materials science.

Mr. Galea kept the students engaged and involved throughout the show, encouraging them to volunteer and ask questions & make predictions about what would happen next. The show was a great opportunity for students to learn about science in a fun and interactive way, and to see the relevance of science in the world around them.

We would like to thank Lilian Flower for organising the liquid nitrogen which provided students with an unforgettable learning experience.





A New Kitchen Garden at Moorebank High School

Moorebank High School is excited to announce the development of a new kitchen garden on our school grounds. The garden is set to provide a wealth of benefits to our students.

The kitchen garden will be a space where students can learn about the process of growing and harvesting fresh produce. It will also provide an opportunity for students to develop valuable life skills such as teamwork, problem-solving and responsibility.

The garden will feature a range of vegetables, fruits and herbs, including tomatoes, cucumbers, carrots, strawberries, and basil. Students will have the chance to get their hands dirty and learn about sustainable practices, such as composting and water conservation.

The kitchen garden will also provide a space for students to connect with nature, promoting a sense of well-being and mental health. Additionally, we hope that the garden will inspire students to make healthier food choices, encouraging them to incorporate fresh produce into their diets.

We look forward to seeing the garden flourish and watching our students grow and learn as they tend to it.

In addition to the benefits for the school's community, the kitchen garden project has also provided a unique opportunity for students to engage in STEM learning through the use of a cutting-edge technology called the FarmBot. The FarmBot is an automated system that uses sensors, software, and

robotics to manage and maintain the garden. Students will have the chance to learn about programming, engineering, and agriculture as they work with this innovative technology. This hands-on experience with the FarmBot will not only teach students about the technical aspects of automation and robotics but also give them the opportunity to develop a deeper understanding of sustainable farming practices. By incorporating the FarmBot into the kitchen garden project, Moorebank High School is creating a new generation of environmentally-conscious and technologically-savvy students.

Moorebank High School is able to fund some of the construction of the kitchen garden through the Sustainable Schools Grant. This grant program is designed to support schools across Australia to implement sustainable practices in their operations and curriculum. By providing funding for projects such as kitchen gardens, solar panels, and water conservation systems, the program helps schools reduce their environmental impact and promote sustainability in their communities.

The kitchen garden is being developed by staff and students and hopes to gain the support of parents and local businesses soon. We look forward to seeing the garden flourish and watching our students grow and learn as they tend to it.

If you would like to offer your support for the MHS Kitchen Garden, you can do so by completing this google form:

<https://forms.gle/VshK9mrQhbeUDSpL7>



2 - Construction in Progress March 2023

FACT SHEET FOR PARENTS, GUARDIANS AND CARERS regarding the NCCD - Please click on the link below.



[nccd_parent_fact_sheet_english_0.pdf](#)