



Monaro Newsletter

Term 2 - Week 3

Key Dates

Term 2 Week 3

Thursday 6 May - RYDA Driver Training Yr11 & 12 Bega

Friday 7 May - Kezi Apps Gala Day
Girls Tag/Tackle Bega
Year 10 Immunisations

Term 2 Week 4

Monday 10 May - Zone Touch

Tuesday 11 May - NAPLAN Writing
Snowy Hydro Drive Safe Yr12

Wednesday 12 May - NAPLAN Reading
Yr 12 Depth Biology Depth Study

Thursday 13 May - NAPLAN Numeracy

Term 2 Week 5

Monday 17 - 23 May - Ariss Astronaut contact

Bungarra Dance Workshop

Friday 21 May - National Zoo & Aquarium Support Classes

Long Distance Athletics

Term 2 Week 6

Tuesday 25 May - Zone Tennis

Wednesday 26 May - Act Rugby 7's
Boys

Year 12 English Adv - The Tempest

Thursday 27 May - Year 12 Biology
Depth Study Day
Zone Cross Country

Friday 28 May - Whole School
Athletics Carnival

Talk to NASA astronaut, Live!

With the help of the Snowy Mountains Radio Amateur Club (SMARC), students from Monaro High will talk live to a NASA astronaut on the International Space Station (ISS) in Week 5 this term.

Students have been submitting interesting questions to ask the astronaut and the 15 best questions will be chosen next week. Students are asked to submit their questions by Monday 3 May 2021 in the LARC. Community, family, friends and teachers are welcome to attend the evening during Week 5 this term.

Once NASA confirms the exact day and time, tickets will be issued from the Administration Office.

We would like to thank the Snowy Mountain Amateur Radio Club (SMARC) for supporting our successful application with Amateur Radio on the International Space Station (ARISS) to host this event and the MHS Parents and Citizens (P&C) Association for funding the prizes.



Can you guess which astronaut we will be talking to???



NASA astronauts Shane Kimbrough and Megan McArthur, along with JAXA (Japan Aerospace Exploration Agency) astronaut Akihiko Hoshide, and ESA (European Space Agency) astronaut Thomas Pesquet aboard the SpaceX Crew Dragon have arrived at the International Space Station.

Crew-2 joins Expedition 65 crew of Shannon Waker, Michael Hopkins, Victor Glover, and Marke Vande Hei of NASA, as well as Soichi Noguchi of JAXA and roscosmos cosmonauts Oleg Novitskiy and Pyotr Dubrov.



MEET MORE OF OUR NEW STAFF

Ms Jess Field

I became part of Monaro High School's community back in 2016 on a temporary/casual basis. I was lucky enough to work alongside staff in several different departments such as Learning Support, Humanities, PDHPE and CAPA. At the end of 2019 I went on leave to prepare myself for the toughest but greatest role I'll ever have to do... Motherhood.

I am a Cooma local, I grew up enjoying all the great things the Snowy Mountains region has to offer. I have a soft spot for the mountains so I love it when winter comes around and now I have a little bub of my own, I can't wait to strap a snowboard on his feet and send him down the hill.

I am really thrilled and excited to be back at Monaro High School, taking on a position in Learning Support. It's been great to see the students again and the new development is incredible.



Ms Kerrie James

I have taken a contract for the year in the English and Support Faculties. My training is in Visual Arts, followed by a Graduate Diploma of Education many moons ago and more recently a Law Degree. However, I have had a number of contracts and casual experience over 25 years of teaching English as well as Art in Lismore, Brisbane and Stanthorpe.

I love the school and I am enjoying that the students are from a similar rural background to Lismore. I love the collegiality of the open staff rooms and have received incredible support to find my feet in the short time I have been here. I am also excited about being a member of the team as a full-time teacher in English and Support rather than a day-to-day casual.

Having migrated from the sunny climes of the Northern Rivers, I am just a tad apprehensive about the sub-zero temperatures yet to come. My home is on five acres with seven mango trees south of Lismore, where I have lived for the past fifteen years with my husband, who teaches English and Drama at Lismore High School.



ANZAC Day March 2021

Sunday 25 April saw students and staff from Monaro High School participate in the 106th Anniversary of the Anzac Day March. Students met at Mack's Auto and followed the parade of marchers up Sharp Street to the Cenotaph. School leaders Abby Sopniewski and Kaia Chatterton took part in the ceremony with Abby doing a reading and Kaia lighting a Deployment Candle in remembrance of those currently serving overseas. Both girls laid the wreath for the school.



FUN WITH SCIENCE

No Leak Zip-Lock Bags

7X Science with Mrs Marks recently experimented with water filled ziplock bags to see how many pencils they could pierce the zip-lock bag with before it leaked. They were surprised to see that initially the bags did not leak! Can you guess the winning number? Students then hypothesised why the bags did not leak.



Leo Club Mufti Day

On Thursday 1 April last day of Term 1, an awesome mufti day and cake stall was held to raise funds and awareness for Haemophilia and blood disorders.

The Haemophilia Foundation kindly gave the Leo Club pens to be distributed to students and staff.

Monaro High School raised \$450 for the Foundation.



Monaro High School



SPACE TERM

Week	Activity	
1	Make a 'planisphere' to identify constellations in the night sky.	
2	'Ready, Set, Blast-off!' Code the Arduino's LED lights for take-off!	
3	Make a model of the International Space Station (winners of 'ask an astronaut' announced)	
4 & 5	Prepare for 'Talk to an Astronaut' in wk 5 & make space stuff with Lego.	
6	Rocket catapult: Will your rocket travel the furthest?	
7	Cosmic colouring in competition	
8	Space themed cake/cookie decorating	
9&10	Wrap up SPACE TERM with STAR WARS (winners of the colour in competition announced)	

LUNCH 2 FRIDAYS IN THE LARC

Making Planisphere's



Bill Turner Cup

A wonderful day was had by all 17 participants of the U15 Bill Turner Cup squad who played their first round against Braidwood HS at Braidwood on the last day of Term 1, 2021. With a squad of that size there were many interchanges and the team played awesome together. After a number of unsuccessful shots for goal by both teams, Braidwood HS scored first and towards the end of the second half Monaro HS levelled the score at 1 all. We then went into Extra Time Golden Point and after 20 minutes, where a player from each team is removed after each 5 minutes there was not further score. Braidwood HS and Monaro HS then went into a Penalty Shoot-out where no goals were scored. The teams then went into a second Penalty Shoot-out with Michael Pevere scoring the winning goal.

Congratulations Monaro HS and good luck in Round 2 against Karabar HS in Queanbeyan on Monday 3 May 2021.



Snowy Hydro Presentation

For more than 30 years Snowy Hydro has provided traineeships to local school-leavers of the Snowy Mountains including Monaro High School. On Tuesday 28th April Snowy Hydro provided a presentation on the Entry Level Program recruitment process to all Year 11 and 12 students and there was an opportunity for Year 10 students to attend if they were interested.

The presentation was given by a mix of past trainees, current trainees and apprentices and five of the six were Monaro High School graduates; Pierre Wall, Brenna Clayton, Ella Davis, Jason Kelly and Sophie Williams.

The presentation included:

- the opportunities for school leavers at Snowy Hydro in 2022
- a brief overview of careers in STEM
- career pathways at Snowy Hydro
- interview and recruitment hints and tips.

Snowy trainees undertake a Certificate 3 and 4 in Business Administration or a Certificate 2 in Information Technology through TAFE NSW. Snowy Hydro are the biggest employer in our local region and provide excellent employment opportunities, skills training and insight into STEM careers for local young people and we would like to thank Carolyn Ewart and her team for taking the time to speak to our students.

Open Basketball 2021

Boys

Well done to the Boys basketball team who travelled to Bateman's Bay last term. In a very strong pool that contained the two finalists from last year's competition, the boys competed strongly but unfortunately just missed out on the semi-finals. Given they are a young team, all bodes well for next year and they are to be commended for their excellent behaviour both on and off the court.

Girls

Well done to the Girls Basketball who hosted and played in the Eurobodalla Championships held in Cooma last term. The girls played really well, coming away with wins against Jindabyne and Eden! Big thanks to our helpers Sam Pevere and Lilly Janota.



What is Bullying?

How to identify bullying, and signs your child might be involved in bullying at school.

Bullying is defined by three key features:

- it involves a misuse of power in a relationship
- it is intentional, ongoing and repeated
- it involves behaviours that can cause harm

Having a disagreement with a friend, or a single incident or argument is not defined as bullying. These behaviours may be upsetting, and should be resolved, but they are not bullying.

Bullying can also happen online using technology such as the internet or mobile devices. This is also called cyberbullying.

How can I tell if my child is involved in bullying?

Children who are bullied or are bullying others may respond and act differently.

Your child's behaviour and mood can change for a variety of reasons. Be alert to the possibility that the change may be related to bullying.

You may notice your child:

- doesn't want to go to school or participate in school activities
- changes their route to school or becomes frightened of walking to school
- drops in academic performance
- changes sleeping or eating patterns
- has frequent tears, anger, mood swings or anxiety
- takes money from home
- has unexplained bruises, cuts or scratches
- loses or brings home damaged belongings or clothes
- asks for extra pocket money for food

The signs of online bullying can be the same as signs of other bullying but may include other behaviours with phones and computers. For example, your child may:

- be hesitant about going online
- seem nervous when an instant message, text message or email appears
- be visibly upset after using the computer or mobile phone, or suddenly avoid it
- close a laptop or hid a mobile phone when others enter the room
- spend unusually long hours online

Often children do not report bullying to their parents. This may be because they are afraid of upsetting their parents, feeling ashamed, afraid of making things worse, or worried that they may lose privileges such as access to the internet.

The next newsletter will outline some resources to assist with bullying.

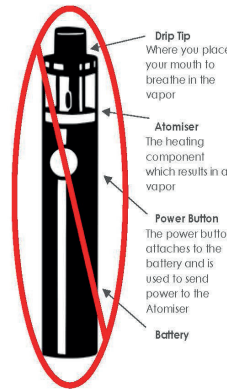
The 101 on

e-Cigarettes and Vaping

Vaping is an increasing epidemic among teens. In Australia, around 14% of 12 to 17-year-olds have tried an e-cigarette, with around 32% of these students having used one in the past month.

What is vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke but aerosol, often mistaken for water vapor, that actually consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory disease and cancer.



Parents, guardians, teachers and health care providers **CAN HELP PREVENT** young people from using e-cigarettes

HAVE THE CONVERSATION WITH YOUR CHILD TODAY

What is an e-cigarette?

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver an aerosol ('vapour') and contain nicotine or flavouring. The liquid used in e-cigarettes can have chemicals and toxins such as formaldehyde and heavy metals.

The research into effects of e-cigarettes and vaping lags well behind their increasing popularity and so the long-term effects are unknown. E-cigarettes are not 'risk free' and there are many potentially harmful side effects to e-cigarettes or vaping.

WHY ARE E-CIGARETTES DANGEROUS FOR KIDS, TEENS AND YOUNG ADULTS?

- Nicotine is addictive, toxic and can harm the developing adolescent brain
- Products contained in e-cigarettes are not regulated – there is no way of knowing what is being inhaled. One study found that the devices have more formaldehyde and carcinogens than traditional cigarettes
- Vaping is likely to lead to eventual smoking of traditional cigarettes
- Vaping associated damage and disease - EVALI is a lung disease that has been identified in patients who vape. Symptoms include a cough, chest pain, shortness of breath and fatigue, ranging from minor illness to death.

Year 9 & Year 10 Camps 2021

Year 9 and 10 both have the wonderful opportunity to attend school camp this year due to restrictions last year.

Permission notes have been distributed to students and are due back by 31.5.21. A deposit of \$100 is required to secure a place.

Details	Year 9	Year 10
Where	Sydney Academy of Sport Narrabeen	
When	Term 4 Week 3 18 to 22 October 2021	Term 4 Week 5 1 to 5 November 2021
Cost	\$490	\$490
Activities	Swimming & pool games, Archery, Abseiling, Climbing Wall, Ropes Course, Flying Fox, Leap of Faith, Kayaking/Canoeing, Sailing, Bushwalking, Cookout, Team Building Activities etc.	

'Life Ready' Program Years 11 & 12

Life Ready is a mandatory 25-hour course designed to prepare and support senior students as they encounter situations related to health and safety as they become more independent and gain more responsibilities.

It focuses on offering opportunities for students to build the functional knowledge and skills for life post school.

Upcoming 'Life Ready' Events

Year 11 & 12 Rotary Youth Driver Awareness

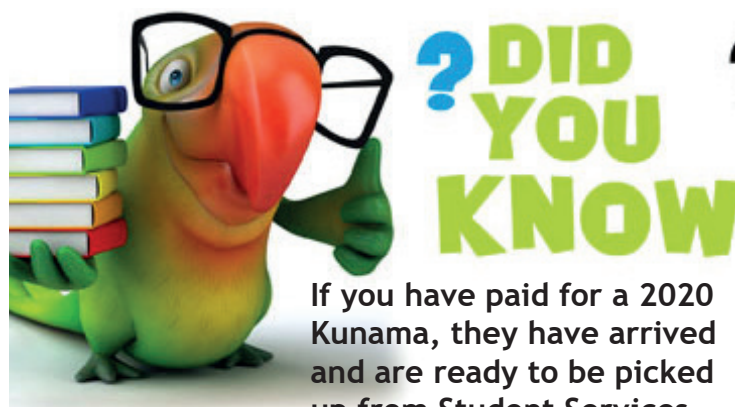
RYDA is a road safety education program for senior secondary school students which includes a workshop day held at Sapphire Kart Club Bega on May 6th. Students are divided into class-sized groups and moved through six sessions - five sessions occur in a classroom environment and one session occurs on, and along the side of a race track. The RYDA Workshop is inclusive and interactive; all students who attend are given the opportunity to participate. The local RYDA Workshop is coordinated by the Bega Rotary Club. This excursion is normally held for Year 11, however, due to being cancelled last year both years have been included.

Year 11 & 12 Rotary Youth Driver Awareness

Snowy Hydro Young Driver Training is provided by Snowy Hydro to all local students and Monaro High School is extremely grateful for this opportunity for our students.

This fantastic initiative is aimed at improving the attitude and driving behaviours of young people. It focuses on the unique road conditions of the Snowy Mountains.

This event will be conducted by Driving Solutions and will be held at the Cooma Airport on Tuesday 11th May. Monaro High School would like to thank Snowy Hydro for providing this experience for our students at no cost to the student.



If you have paid for a 2020 Kunama, they have arrived and are ready to be picked up from Student Services.

Parent Portal is now up and running. If you did not receive a letter and do not have a digital key to access the portal please call the school office on 6452 4611.

The world would be a better place if everyone went out of their way to be kind to at least one person a day!



Staffing - Class Changes

Staffing at Monaro High School in the 2021 school year has proven to be somewhat problematic. However, we start Term 2 in a better overall position... only having two vacancies, one of which is a Mathematics position. This vacancy has forced some considerable class shuffles across Year 7 to 10 to ensure that students have access to Mathematics trained staff.

I would like to thank the Mathematics staff at Monaro High School for their willingness to take on considerably increased class sizes to ensure that students have ongoing access to Mathematics trained teachers. We hope we will be able to fill this role soon and allow classes to return back to the way they were earlier in the year.

Student Illness

Please continue to ensure students are NOT sent to school if they are ill. If there is anything we have learnt from the Pandemic, it is the importance of staying at home, away from others when we are ill. If students are sick please ensure that the school is notified through a reply text message or a written note upon return to school. It is essential that this correspondence states that you child was away from school 'ill/sick'.

Unacceptable Language

I ask that parent's support the school in our ongoing stance against poor language. It is offensive to others and most importantly is not something that staff in their workplace should be forced to put up with. I am a realist and understand that its something that young people do but I am also conscious of the fact that it is incumbent upon all of us to ensure they learn, as soon as possible, that there is a time and a place, and school is not it!

Looking after the new buildings

It has been a little disappointing that I have had to speak to the student body on a few occasions already about respecting the spaces that we are privileged to be getting as a result of the upgrade.

Parents, it would be wonderful if you could support us in ensuring your children understand how lucky they are to be getting such wonderful facilities and that it is critical that:

1. They are looked after for future student cohorts.
2. They call out misuse and vandalism by letting someone at school know if this occurs.

James