



Monaro Newsletter

Term 4 - Week 9

Key Dates

2023 Term 1 Week 1

Friday January 27 - Staff
Development Day

Week 2

Monday January 30 - Staff
Development Day

Tuesday January 31 - Year 7, 11 &
12 students return

Wednesday February 1 - Year 8, 9 &
10 students return

Week 3

Monday February 6 - Whole School
Swimming Carnival

Week 4

Thursday February 16 - Zone
Swimming Carnival

Week 5

Tuesday February 21 - Zone
Basketball

TERM 4 REWARDS EXCURSION

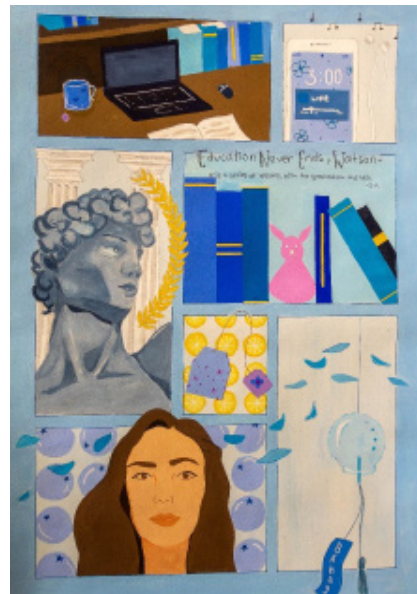
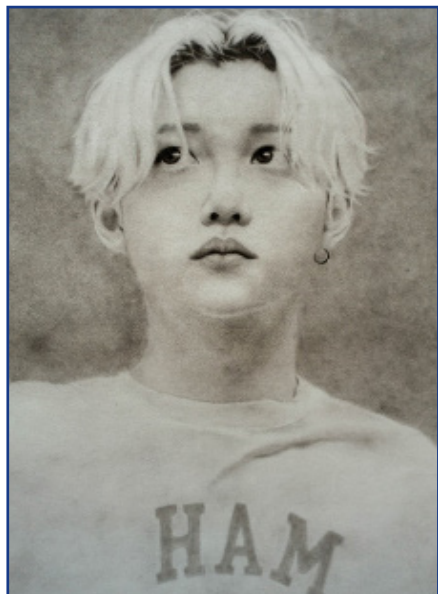
Monaro High School students travelled to Kingpin Bowling in Canberra, on Monday 5th December for the Term 4 Rewards Excursion. Students that achieved a 95% or above attendance at school during Term 4 were acknowledged for their efforts. This is in line with the Departments Every Day Matters strategy. Please see the information at the end of this newsletter regarding this program.

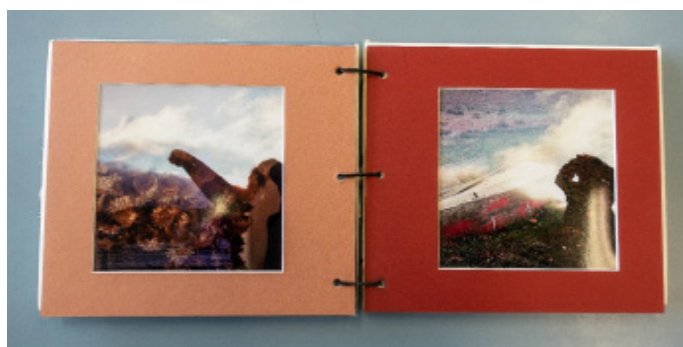


CAPA HSC WORKS OF ART

In Visual Arts, HSC students submit a Body of Work which demonstrates their understanding of artmaking as a practice and represents their ideas and interests through the interpretation of subject matter and use of expressive forms.

The 2022 HSC students created artworks in a range of forms which displayed their diverse skills and creative talents.





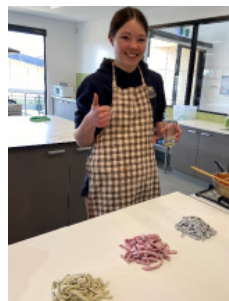
SRC MUFTI DAY

Monaro High School held a mufti day on Friday 4 November 2022 to raise money for the Red Cross Flood Appeal. Students raised \$235 on the day. The SRC would like to thank all the students who assisted in raising this money. It has now been donated and we hope that it can help someone in their time of need. Our thoughts go out to all flood victims.



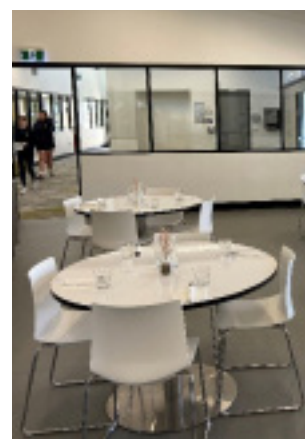
YEAR 9/10 FOOD TECHNOLOGY

Year 9/10 Food Technology have been making red, blue, and green pasta in class. They used spinach, beetroot, and blue spirulina to colour the pasta. They are currently working on an assignment where they need to design their own pizza shop and create their own pizza, which they made in class in Week 9. Well done year 9 and 10 Food Technology.



YEAR 11 HOSPITALITY

Year 11 Hospitality have been doing amazing things this year. They have already hosted breakfast for the Rotary Club in June, lunch for several staff functions and a wellbeing lunch for the Year 12. All students have excelled dramatically from the start of the year and produce professional outcomes. They are all to be congratulated. In the images shown, the students are preparing a caramel basket filled with cream and berries, and an antipasto tart with ricotta cheese. Which was served to 20 staff members for morning tea on the 10 November. In week 7 the students again hosted breakfast for the Rotary Club, students were at school at 5:30am. Thank you for all of your hard work and dedication Year 11 Hospitality!



STAND TALL



STAND TALL

On Thursday 10 November 2022, Year 9 and 10 students, as well as Year 7 and 8 SRC representatives attended the Stand Tall youth event in Pambula. The day saw a large group of students from the South Coast and Monaro regions come together to experience a youth event targeting mental health and wellbeing. Guest speakers told their stories of bravery, determination, and commitment, and also gave great ideas to encourage young people to set their own goals to succeed. We were also dazzled by musical performances from Timomatic and Bella Taylor Smith, as well as, watching a tricks session from Lance Russell and Ryley Davis who are professional motocross riders with Freestyle Kings and X-Games winners.



YEAR 9 CAMP



TERM 1, 2023

YEAR 7, 11 & 12 return Tuesday 31 January 2023

YEAR 8, 9 & 10 return Wednesday 1 February 2023

INFORMATION FOR FAMILIES - SEXTORTION

The Australian Federal Police through the Australian Centre to Counter Child Exploitation is seeing a concerning global trend of teenage males being targeted to send explicit images of themselves and then blackmailed. This is called sexual extortion, or sextortion.

The AFP is urging families to have important safety conversations ahead of the school holidays to prevent young people from becoming victim. This crime can have serious wellbeing and psychological impacts.

How does sextortion start?

- Unsolicited friend and follow requests on social media
- Direct messages on one app and then being asked to keep chatting on a secondary app
- Conversations suddenly and quickly becoming sexualised
- Requests for sexualised images or content.

What can families do?

- Have open and regular conversations about your child's online activities and interactions
- Know what platforms, apps and games they are using and who they are interacting with
- Remain open and approachable, victims will be reluctant to come forward if they feel they will be punished or blamed
- Ensure your child knows that it is okay to leave conversations if they feel uncomfortable or unsafe
- Support your child and know how to respond. The Online blackmail and sexual extortion response kit has been created to recognise sextortion and get help.

The Australian Centre to Counter Child Exploitation is here to keep young people safe from online sexual exploitation and abuse.

You can make a report via accce.gov.au/report.

For further information, resources and advice visit thinkuknow.org.au

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This is sextortion.
It's a scam.
And it's trending.
You can make it stop.

✓ Do stop the chat
✓ Do take screenshots of the text and profile
✓ Do block the account and report it to the platform
✓ Do report to the ACCCE
✓ Do get support

✗ Don't send more images
✗ Don't pay
✗ Don't respond to demands
✗ Don't enter into further communication
✗ Don't think you're alone

If you're under 18, we can help.
The Australian Centre to Counter Child Exploitation is here to keep children and young people safe from online sexual exploitation and abuse.

If you're in a life-threatening situation, call Triple Zero (000).

To report or get help:
accce.gov.au

The eSafety Commissioner can help to remove naked or sexual images shared online without your consent: [eSafety.gov.au](https://esafety.gov.au)