



# Monaro Newsletter

Term 2 - Week 9

## Key Dates

### Term 2 Week 10

Monday 27 June - NAIDOC Mufti Day & Activities

Tuesday 28 June - Zone Athletics

Wednesday 29 June - HSC Dance Study Day

Thursday 30 - Teachers Strike  
Snowsports Safety Briefing

### FRIDAY 1 JULY

## END OF TERM 2

### Term 3 Week 1

Tuesday 19 July - First Day Term 3

Thursday 21 July - Rowan Sandercoe Awards

### Term 3 Week 2

Monday 25 July - HSC Trial Exams Begin

Thursday 28 July - Snowsports Begins

Friday 29 July - Regional Athletics AIS

### Term 3 Week 3

Monday 1 August - HSC Trial Exams Continue

Tuesday 2 August - 10 to 11 Subject Information Evening

Thursday 4 August - SnowSports Continues

Friday 5 August - U15 Girls Basketball Bombala

## MHS Past Student Kayla Fleming Follows Mum's Footsteps

Past student Kayla Fleming is following in the footsteps of her mother, Nicole Pollard-Fleming who represented the Jillaroos in 2001.

The 2023 NRLW season which will be expanded to a 10 team competition has reignited Kayla's passion to reach the highest level in womens' Rugby League.

Kayla looks up to her mum as one of her biggest inspirations. Nicole lives and breaths football and loves watching Kayla's games. Kayla played with her mum once in a Nines competition for the Jindabyne Bears.

Kayla was Best and Fairest in the Tarsha Gale competition this year. With the Raiders having a side in next years inaugural NRLW competition it has made Kayla's dream of being a professional rugby league player become a reality.

After two COVID-disrupted seasons, much of the club's Tarsha Gale squad were worried about what was going to happen next, with this expansion the girls will be able to keep playing footy at home.

Kayla is studying Sports and Exercise Science at University in Canberra and is proud to be a Raider and excited for all of the opportunities this brings.



## TRANSITION TO NEW TELEPHONE NUMBER

Monaro High School will be transitioning to a new telephone number. We will continue to use the old number for several weeks and will most likely be phased out once Administration is relocated to the new Performing Arts Centre building.

The new telephone number is 02 6453 1500 and can be used immediately.

Please update your contacts to the new telephone number at your earliest convenience.

And don't forget to press 1 for Student Services for attendance queries etc. and 2 for the Clinic if your child is in sickbay or for medical questions as this will ultimately save you time.

## Snowy Hydro Young Driver Program

Monaro High School Year 12 students were fortunate to be able to be involved in the Young Driver Education program which is sponsored by Snowy Hydro for senior students across the region.

Snowy Hydro engage a professional driving company to deliver this program. Students were given the opportunity to learn about driving safely in all conditions, driving technique and the major causes of accidents for groups their age.

The students were given hands on experience on braking in wet and dry conditions and how important having the right attitude is imperative for safe driving. Monaro High School would like to thank Snowy Hydro for their involvement and support in this program.



## RYDA Driver Safety Education

Monaro High School students participated in the 2022 RYDA road safety education day at the Sapphire Coast Kart club this term.

They worked through a number of sessions that involved Road Choices, Speed and Stopping, Crash Investigation, Mental Attitudes and Approaches and a police talk.

This was a great opportunity for students to gain advanced knowledge on road safety as they approach the age of being in control of their own vehicles.



## Society & Culture Study Days

The HSC Society & Culture class had an enriching 2 days study in Sydney last week.

They attended a comprehensive study day run by the Society & Culture Association which assisted them to prepare for the HSC exam.

To inspire them for their Personal Interest Projects( PIPs), the 5 students pored over copies of high-achieving PIPs in the Marie Bashir Reading room in the state library.

Our visit was well-timed as Sydney was in full light with the Vivid festival and we were treated to the heart of the city in a vibrant display of colour. A highlight was definitely the First Nations cultural performance that shared dancing, language and song with us at our conference.





## Year 12 Morning Tea

Nearing the end of their high school life, Year 12 enjoy morning tea prepared by Year 11 Hospitality.

Year 11 did an incredible job, preparing sausage rolls, fruit skewers, chicken tenders, bruschetta, and apple tarts.

Good luck to Year 12 as they move closer to their Trial Exams next term.



## Rotary Club Breakfast

On Wednesday 22 of June, Year 11 Hospitality did a fantastic job serving breakfast to 27 members of the Rotary Club.

The students demonstrated phenomenal preparing, cooking, and teamwork skills. The students arrived at school at 6am ready to go back to bed, to serving breakfast at 7:30am wide eyed and excited. To then cleaning whilst listening to music, feeling relieved and proud of their efforts.

There were two menu options, French toast with Greek yogurt and berry compote or eggs benedict with corn fritters, as well as serving barista made coffees. Each student had a big role to play in this event, taking their role seriously and professionally, which led to happy customers with a delicious meal.

Thank you to Carl and Jaimie for your help. A big congratulations to all students involved:

Aziah, Jennifer, Kiahna, Amelia, Ethan, Matthew, Maria, Elizabeth, Chloe, Selene, Luke, Daniel and Leah.





## UOW Discovery Day

On Monday 6 June, 20 Year 12 students headed to the coast to participate in the University of Wollongong's Discovery Day. After checking in to the Surf Leisure Resort and having dinner the group headed off to Ten Pin Bowling.

There was a variety of skill levels on show but everyone had a great time. On Tuesday the group headed to Campus for breakfast and a welcome to the UOW.

The Discovery Day gives Year 12 students the opportunity to experience first hand what a day at University is like and all of our students had signed up to classes that they may be interested in. From using liquid nitrogen in physics to engineering to climate variability to nursing. All of the students came away from the day with something to talk about.

Many thanks to Mrs Schoo for coming along to assist with the excursion.



## Term 2 School Sports Stars

The following students were selected by sports staff for their continued awesome effort at school sport. Many of our staff had to pull names out of a hat as it was too hard to choose! Well done to all our recipients for Term 2.

Sport	Student
Anytime Fitness	Mia Crawford Heidi Seibuhr
Golf	Jacob Smith Jeremy Pearson
Gymnastics	Jenika Chotar Kent Kyra Reading
Oval and Court	Aaron Cottam Alexi Alcock
Martial Arts	Toni Devoy Rylan Halls
Tennis	Riley Nott Ammy Silva Caceres
Town Walking	Hannah Dorahy Jordyn Butterfield
Fit for Life	Continuing

Yr 8 Sport	Yr 7 Sport
Blaze Podger	Malakai Wittig
William Morris	Reagan Stockl
Tully Blyton	Isabella Peisley
Skye Adams	Leah Griffis





## Junior Sport

It has been a great term of sport for our junior students who have experienced a variety of sports and recreations both at school and utilising community resources. Thank you to all our dedicated sports staff and students for a top job throughout Term 2.

YR 7: Movement Skills, Team Sports, Gymnastics & Brumbies Rugby

YR 8: Sports Tournament, Recreation Sports, Gymnastics & Brumbies Rugby

YR 9 & 10: Anytime Fitness, Golf, Gymnastics, Oval and Court Sports, Martial Arts, Tennis, Town walking & the PCYC Fit for Life program.



## Eurobodalla Zone Netball

On Monday June 20, we took both an under 15's and Open team to Bega for Zone Netball.

In extremely slippery on-court conditions as well as going up against some challenging teams, the girls went on court every game giving it their all and holding their heads high no matter what the final score was.

The Open's team showed great initiative getting themselves on court and into position for each game, with some helping as umpires during their break. Being made up of all Year 7's, it was the under 15's first zone netball day together.

They showed great teamwork, with everyone giving multiple positions a go.

Thank you again to Mr Armitage for driving the bus, and to all students on the day, you should be proud of how you represented MHS.





## North West Equestrian Interschools

Four students, Tara, Jack and Jane Miners and Molly Norris represented Monaro High School at this five day competition from June 3 to June 7 held in Coonabarabran. Represented at the event were 112 schools, 580 riders and over 700 horses, the students all rode very well with some great results;

Tara, Jack and Jane won a team penning event, Molly, Tara and Jack came seventh in team barrels. They also reached the semi finals in polocrosse under trying conditions.

Tara, Jack and Jane all placed individually in the Warrumbungle Way which involved skills of polocrosse, whip cracking, jumping, mechanical cow and freestyle horsemanship

Jane came third in Working Stockhorse and also placed in 3 out of 5 sporting events. Flags 5th, keyhole 2nd, time trial 2nd.

Jack came 9th in his One Day Event.



### Who's in Charge Program

This program is aimed at crisis management for parents who are struggling to manage a teen who is presenting with strong or abusive behaviour.

This free 4-week interactive program provides a supportive and confidential group environment for parents to develop knowledge and skills. Follow up support is always available.



#### Goals/Outcomes:

- Help parents to feel more in control and less stressed
- Empower parents to develop individualised strategies to use with their children
- Reduce feelings of isolation, shame and guilt felt by parents
- Lessen deterministic thinking about causes – it is always multi-causal
- Reinforce a belief in the possibility of change
- Clarify boundaries of what is acceptable and unacceptable behaviour
- Examine strategies for creating meaningful and practical consequences for unacceptable behaviour, including for uncooperative children
- Explore anger and encourage assertiveness and self-care

**When -** Term 3 (Cooma)  
Term 4 (Jindabyne)

For more information or to register:

Email: [k.newman@mfss.org.au](mailto:k.newman@mfss.org.au) Phone: Kinza 0459367200

## Careers News 2022

It has been a very busy term with lots of events happening and it looks like Term 3 will be similar with events, presentations and hopefully a Uni visit or two to occur.

Year 12 have begun applying for early entry into universities. UAC applications have opened and students are looking at work options including apprenticeships and traineeships.

There is a lot of information available and most of that can be accessed through the Monaro High School Careers Website: <http://monarohighcareers.com>

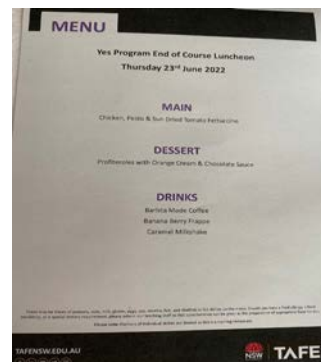
In Term 2 -

- Birdsnest representatives came to speak to Year 12 about opportunities within their organisation on Thursday 16 June. It was great to see successful ex-Monaro High students coming back to speak about their careers and experiences. They discussed the different areas of work, traineeships and their holiday program.  
<https://www.birdsnest.com.au/our-story/careers>

- Five Year 10 students have been participating in a TAFE YES program learning Café/Kitchen skills where they went along to Cooma TAFE for 1 day per week over 5 weeks. Students looked at new career opportunities, explored their potential and learned many new practical skills. This short course was a fantastic start for the students who may be interested in a career in hospitality.

In Term 3 -

- In Week 5 Term 3, Year 10 will be attending the Canberra Careers Xpo at EPIC on Thursday 17 August. This will give them a chance to explore their future pathways.
- In Week 6, the postponed Finance Program for Year 12 with Boyce Chartered Accountants will hopefully be run at school. Also, during this week we are looking into a Life Skills/Leaving Home presentation occurring.



Meal prepared and served at a luncheon on Thursday 23 June at TAFE by the five Year 10 students participating in the YES program mentioned above.