



Monaro Newsletter

Term 3 - Week 6

Key Dates

Term 3 Week 7

Monday August 28 - ICAS
Mathematics Test

Thursday August 31 -
Snowsports

Friday September 1 - Year 10
vaccinations

Term 3 Week 8

Wednesday September 6 -
Friday September 8 - CHS
Athletics in Homebush

Thursday September 7 -
Breakfast Club

Friday September 8 - Year 7
vaccinations part 2

Term 3 Week 9

Monday September 11 - Friday
September 15 - Year 11 Exams

Monday September 11 - The
Orbisphere Initiative, Sydney

Thursday September 14 -
Breakfast Club

Term 3 Week 10

Monday September 18 -
Backflips Against Bullying

Tuesday September 19 - SRC
Footy Colours Day

Thursday September 21 -
Breakfast Club

Friday September 22 - Year 12
Final Assembly

MHS Rugby League Tour 2023



Student Wellbeing Matters

Mental Health & Suicide Prevention Presentation

On Monday August 21, Monaro High School students in Years 10 to 12 got to hear from professional mental health advocate Nic Newling. Through honest story-telling, Nic shared his struggle from an ambitious 13-year-old scholarship student one year, to psychiatric ward patient the next. His talk also explained the highs and lows of mood disorders, the challenges of being diagnosed, his temporary efforts to 'be normal', and of course keeping it all a secret. After a lifetime of battling with mental illnesses and losing his brother to suicide, he has come through the other side not held back by his past.

Throughout the retelling of his story, Nic explored ideas surrounding diagnosis, seeking support, navigating the treatment maze, supporting loved ones, surviving suicide, recovery and thriving, and trying to be a 'normal' person in a school or workplace. His messages about how to seek support and how to be a good friend were powerful for all students and challenged everyone to consider how they think about mental illness.



Business experience



Above: Alyssa Donlan, Alannah Devoy, The Orbispace Initiative co-founder Anna Grace Millward, Macey Hammann, Reagan Stockl, Kiara Jacobs and Leah Griffis.



Students from Monaro High School have been a part of a statewide innovation program for Year 8 girls. The Orbispace Initiative aims to increase interest in STEM and entrepreneurship, sectors where women are traditionally under-represented.

The program is delivered by teacher mentors over two school terms and culminates in two visits to the Sydney Startup Hub, the largest innovation hub in the southern hemisphere.

The first of these events, The Future for Female Leadership Forum, was an opportunity for students to take part in hands-on STEM workshops and a speed mentoring lunch with an extensive network of high profile women in business, STEM fields and academia. The MHS students attended on June 22.

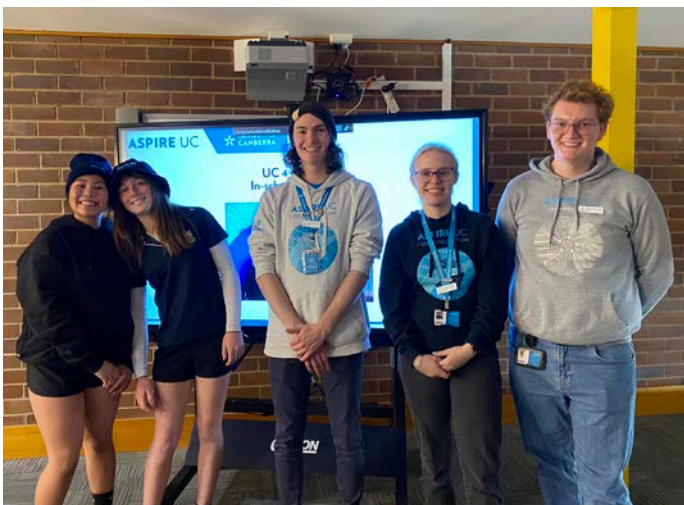
At the second event, The Pitch for the Planet, students participate in a 'shark tank' style competition judged by investors, startup founders and sustainability experts. This year students are creating an innovation that can reduce emissions in the dairy industry, in response to a case study provided by The University of New South Wales. This will take place in September, with the MHS students currently working on their pitch for the event.

The students thoroughly enjoyed the experience, represented the school well and are working hard on their pitch for the next event.

Careers news



Lachlan and Riley, Mia and Leanne at the Canberra Xpo.



Ava and Abby at UC 4 Yourself Program in the library.

As part of the UC 4 Yourself Program run by the University of Canberra, students from Years 9 and 10 participated in a workshop in the LARC at school. The presenters conducted activities with the students about TAFE vs University; Creative Thinking - creative courses and careers; Communication Challenge (soft skills and their importance); Careers in the Local Community as well as Future and emerging careers. These students will now attend an on-campus tour of UC next term at the end of November.

On Wednesday August 9, 50 Year 10 students and a couple of Year 11s travelled to Canberra to attend the Canberra Careers Xpo at Exhibition Park. The day provided students with the opportunity to speak to over 100 local and national exhibitors, including universities, businesses and career placement organisations with a variety of hands-on experiences.

In Term 4, Monaro High School is hosting the Inaugural Monaro High Trade and Career Expo on Friday October 14, 2023. The day is designed to be an interactive and immersive opportunity for students in Years 9-11 of the Snowy Mountains area with schools across the Monaro invited to attend. A variety of exhibitors have already confirmed their attendance with interactive activities as well as information for students.

Elora in Cambridge



In August, for two weeks I attended a summer school program at Cambridge, London. I had to apply, by writing a personal statement essay, provide a short introduction video of myself and demonstrate academic performance with my school results in order to be accepted.

I found this program, because I had started to look into university courses and university life, as I am now in Year 11 and starting to think about future study. This program appealed to me because it offered subjects in creative writing and literature, subjects I am very interested in.

During the two weeks, I lived on campus with students from other countries, at Trinity College. It was very old, with beautiful architecture and very historical, which backed on to the river "Cam", bit like in the movies. I would attend classes, tutorials and various excursions on and off campus. We even got to go "punting" on the river "Cam" and visit places like Warwick castle, Stratford upon Avon and see a Shakespeare play at the Globe theatre.

The classes were really small, and not what I was expecting. I thought it was going to be really strict, head down and hard working, but they were much more discussion based and very collaborative. It was a very comfortable atmosphere and it was interesting listening to the other students.

I was one of two Australians and so we became good friends as we were in the same classes. I also made some other good friends from places such as New York, The Netherlands, Canada, Ireland and many more... who I am keeping in touch with and would like to maybe visit one day. It was amazing to meet so many interesting people, with similar interests to me, from all different countries and attend classes with them.

Having never been overseas before, it was an incredible, once-in-a-lifetime experience.

Congratulations Charlie and Anouk



Monaro High School's HSC Dance students, Anouk Litchfield and Charlie Paul, have completed their practical HSC examination.

The examination, which took place on Tuesday August 15, involves the performance of three dance works per student: including a core performance dance, core composition dance and a major work in either of these components of the course.

In total the exam is worth 80% of their total HSC mark. Eva Burke (pictured far left) and Kyra Reading (pictured far right) danced the composition pieces, and we thank them for their dedication in supporting our HSC students.

Do you have a Food Handling Certificate? Would you like to get one?

Come along and volunteer at Monaro High School Canteen for two hours between 9 – 11am once a week or once a term.

Call KerriLee on 0449 540 329



Rachel is NSW finalist



Monaro High School would like to congratulate Rachel Hawkins, who has been announced as a state finalist in the 2023 Australian Teacher Aide of the Year Awards.

The 2023 finalists have been recognised for their positive impact on student learning and wellbeing, collaboration with teachers and colleagues, and improved practice through professional development and training, in their schools. There have been only six individual finalists selected across NSW. The winner will be announced on August 31.

Rachel has been with Monaro High School for five and a half years as a Student Learning Support Officer (SLSO), but has more than 18 years of experience.

In collaboration with other staff, Rachel researched and developed a plan based on evidence-based strategies, targeting student agency, and high expectations, and provided professional development opportunities to SLSO's to build an understanding of what independence looked like.

The plan provided the faculty with a clear framework, and within one school term, student independence and behaviour at Monaro High School improved, and attendance increased, leading to an overall improvement in student learning and wellbeing.

Rachel has also contributed significantly to improved collaboration with teachers and colleagues.

Head Teacher of Supported Education, Nathan Schubert explained, "Previously there was very little support for SLSOs at Monaro High School. Rachel identified issues with induction, training, and support for SLSOs, and developed a handbook that outlined the roles and responsibilities of SLSOs at the school."

The handbook was reviewed by staff, and now underpins Monaro High School's philosophy for SLSOs and is used by Rachel to conduct induction programs, provide training opportunities, and importantly provide a framework for ongoing mentoring to staff.

Check out...

THE FACTS ABOUT VAPING

...at the end of this newsletter.

AIM go bowling



On Wednesday August 9, the AIM class went ten pin bowling at Tuggeranong. They competed against four other schools and had a most enjoyable day.

Our students showed great sportsmanship, cheering on others who had great shots. All of the AIM class had so much fun bowling some strikes and extras and even the occasional gutter ball was no problem. A great day was had by all.

Vietnam Veterans Day



Senior students Samuel Pevere and Mia Crawford attended the Cooma Monaro RSL Sub Branch commemoration of Vietnam Veterans Day on Friday August 18. Paying their respects and remembrance, Samuel and Mia lay a wreath at the cenotaph during the ceremony. This year's Vietnam Veterans Day was particularly significant, marking 50 years since Australia withdrew from the conflict. More than 60,000 Australians served in Vietnam, over 3,000 wounded and 523 gave their lives. Lest we forget.

HOMework CLUB

CUC Snowy Monaro has an exclusive study and quiet hang out space for Grade 9-12 students!

Mon and Wed
3pm - 5.30pm

38 Bombala Street



Subject selection evening



'Prince of Afghanistan' Year 10 book study



Year 7 create new cover for 'Blueback'



U15 Girls Basketball



On August 17, Monaro High School's under 15 girls basketball team travelled to Goulburn to compete for a spot at the state finals.

The girls had a tough draw coming up against a very competent Moss Vale losing by 20 points.

Well done to Skye Adams who top scored and lead the team with her basketball expertise.

The girls were successful in their second game against Bomaderry winning by 11 points.

A fantastic defensive effort was showcased by Monaro.

Unfortunately the girls didn't progress to finals but played and represented Monaro extremely well.

Thank you to Samuel Pervere who also travelled to Goulburn to help with referee duties.

A big thank you to parents Joanne Miners and Clare Fallins for helping to transport the team to Goulburn.

Save the date



Monaro High School's 2023 Sports Awards Presentation Evening

Held in Week 10

Monday September 18

More details to come

SELLING VAPES TO YOUNG PEOPLE IS ILLEGAL

It is illegal to sell any vape to anyone under 18 years of age. Many young people purchase their vapes at school from friends and contacts using social media.

It is illegal to sell nicotine vapes to anyone, unless they are prescribed by a doctor to someone over 18 years for smoking cessation purposes, and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people. This is a crime.

If you suspect someone is selling vapes to minors, you can report it to NSW Health via its website or by calling the Tobacco Information Line on 1800 357 412.



IS YOUR CHILD VAPING?

You may not know your child is vaping as vapes are small and resemble common items like highlighters, pens and USB drives. They are also not easy to smell.

Tell-tale **signs that your child might be vaping include the symptoms of nicotine addiction** such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them. Stopping vaping can sometimes be hard and your child may need advice from a GP.

It also helps to set a good example by being tobacco and vape-free yourself.



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

The labels may state that vapes are nicotine free, but **many of these products contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.



THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

As vaping is often common in schools, they may see it as a normal or safe thing to do, but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.

