



Monaro Newsletter

Term 3 - Week 9

Key Dates

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

Friday September 22 -
Last day of term

Term 4 Week 1

Monday October 9 - All
students return

Friday October 13 -
Monaro High Trade &
Careers Expo

Term 4 Week 2

Monday October 16 - Year
10 History excursion to
National Museum

Wednesday October 18 -
ACT Boys Rugby 10s

Term 4 Week 3

Wednesday October 25 -
ACT Girls Rugby 10s

Rachel is Australian Teacher's Aide of the Year



Monaro High School is very excited to congratulate Rachel Hawkins, who has been announced the 2023 Australian Teacher's Aide of the Year.

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.

Rachel is a valuable member of the Monaro High School staff and appreciated by the whole community here. The school is very proud of her achievement, which is a well-deserved recognition of her work.

One of Ms Hawkins' biggest achievements at MHS has been developing a plan to help students become more independent.

The school identified that many students who accessed mainstream as a part of their learning program had significant reliance on SLSO support and set the goal to encourage student success through greater independence.

In collaboration with other staff, Ms Hawkins researched and developed a plan based on evidence-based strategies, targeting student agency, and high expectations, and provided professional development opportunities to SLSOs 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 MHS improved, and attendance increased, leading to an overall improvement in student learning and wellbeing.

Ms Hawkins also created a handbook that outlines the roles and responsibilities of SLSOs at MHS, which has become a valuable tool for new SLSOs entering the school.

Ms Hawkins also conducts weekly mentoring sessions for the first 10 weeks of work for new SLSOs and supports new staff to understand their role by working collaboratively with them in the classroom.

Good luck, Year 12
HSC Exams begin October 11

Student Wellbeing Matters

R U OK? Day

R U OK Day was on Thursday September 14.

R U OK? calls on all of us to let the people you care about know you're here, to really hear them.

By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help the people in our world feel supported and connected.

Let the people in your world know you're here, to really hear, because a conversation could change a life.

To recognise the event, MHS will hold a paper plane throwing competition between the faculties in Break 1 on Wednesday September 20. Planes will be launched and the furthest from each faculty will go into the final. Winner takes the prize.

When having an R U OK conversation, a good guide to follow is these four steps:

1. Ask R U OK?
2. Listen - I'm here to listen if you want to talk more. Have you been feeling this way for a while?
3. Encourage action - What do you think is a first step that would help you through this? Have you spoken to your doctor about this?
4. Check in - Just wanted to check in to see how you're going? Have things improved for you since we last spoke?

Breakfast Club

This Term our Wellbeing team commenced Breakfast Club on Thursday mornings.

Organised by our chaplaincy staff Bianca Rossetti and David Reading, the program provides free hot chocolates, toast and fruit to students on Thursday mornings in the Cola.

This program promotes healthy breakfasts, which are an important start to a day's learning.

MHS would like to thank Woolworths Cooma for their kind donations that support this valuable program.



Tips to reduce stress for your teenager

Stress reduction for teens starts with physical activity, good food and good sleep. If you're wondering how to relieve stress for teenagers, learn about the importance of each of these things and how they can build your child's ability to manage stress in their daily lives below.

Physical activity

There is plenty of evidence on the benefits of exercise in reducing stress. Exercise stimulates the release of dopamine, a feel-good hormone that helps to alleviate feelings of stress. Other benefits of exercise include improved concentration and opportunities for social interaction. Exercise doesn't need to be something your teenager dreads. Here are some stress relief activities for teens:

Plan an outing to try something that's new to you both, hang up a punching bag in the garage and encourage your child to 'let loose' when they are feeling stressed. (You might like to try it out, too!) Encourage your child to get involved in a team sport or dancing. As well as relieving stress, it can be a great way for your child to socialise, connect with others and make new friends. Being active for at least 30 minutes every day can really help your child keep on top of stress.

Good food

What your child eats plays a role in their ability to cope with stress. Eating well will help ensure your child stays healthy and has the resilience and energy they need to deal with stressful situations. Highly processed foods contribute little nutrition to the diet and deplete the body of vitamins and minerals during digestion. Encouraging your child to eat whole foods can give them the energy required for the developmental years of adolescence, boost their nutrient stores for times of stress and keep them well generally. So, wherever possible, skip the fast food and serve up family meals that are nutritious. You can have a look at a handy study food guide with your teenager and try and find some recipes you can prepare together.

Good sleep

Poor sleep often accompanies stressful times. Teenagers experiencing stress might lie awake worrying at night and be too tired to function well the next day. This can set up a poor sleep pattern. The Sleep Health Foundation recommends these tips to help your child establish healthy sleeping patterns: Avoid screen time an hour before bed and encourage reading or listening to relaxing music instead to help wind down. Make a rule that all screens are turned off and kept out of bedrooms. Support your child to establish a routine around bed and wake-up times. Encourage them to stick to it, even on the weekends. This might not be easy, but explaining why it's important (and forgiving the occasional breach in the schedule) might help. Encourage them to get around 7.5 hours of sleep per night, which is the optimum amount of time for teenagers. To sleep well, their bedroom should be a cool 22 degrees, dark and have fresh air circulating. Without sleep, we can't function properly - especially young people, who are still growing and whose brain is still developing. Pay attention to your child's sleep patterns as an early indication of stress.

Water bug detectives



In Week 6, Mrs Marks' Year 7 and 8 science classes became water bug detectives with the help of Antia Brademann, the Cooma Region Waterwatch Coordinator. Students identified and counted water bug species using a dichotomous key and determined if the species were sensitive or tolerant to give a health rating to the Cooma Creek and the Murrumbidgee River.

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



Important - Enrolling for Year 7, 2024

Monaro High School is excited to be preparing for the 2024 school year.

If you have a child who has been offered a position for Year 7 in 2024, online enrolment is required now.

An email has been sent to all those who completed an Expression of Interest earlier in the year. Please refer to that email to complete the online enrolment form and supply supporting documentation of birth certificate, proof of address and immunisation history.

If you are unable to complete an online enrolment, the school will provide a paper enrolment option.

For any questions, or if you are unsure whether you have already submitted your enrolment, please contact the school on 6453 1500.

Congratulations, Charlie and Amy



Monaro High School's English Extension 2 has been completed for another year. In 2023, Amy Mood and Charlie Paul undertook the rigorous HSC Extension 2 course in which they planned, developed, researched, edited and submitted a Major Work. Both students chose their medium, Short Story, and submitted a 6000-word creative piece along with a 1500-word Reflection Statement.

Amy's piece delved into the concepts of ethics and exploitation. Her short story 'Life Legacy' was inspired by her passion for Ancient History and articles produced about the excavations of the archaeological sites of Pompeii and Herculaneum, in which lives of the remains were fabricated to boost tourism via unchecked and false information. Whilst Charlie's piece 'Ineffable', was a literary exploration of the human experiences that we often struggle to express and the void that we must cross to connect with others. His short story was inspired by the stylistic choices of authors such as Tim Winton, Annie Proulx and Ocean Vuong.

We thank all those who provided support to Amy and Charlie as they navigated the pressure of producing high quality pieces over the course of the year.

Orbispace Initiative



Therese Dawson, Reagan Stockl, Kiara Jacobs, Alannah Devoy and Macey Hammann in Sydney for the Orbispace Initiative.



The Orbispace Initiative's mission is to train and empower the next generation of female innovators. Monaro High School students Alannah Devoy, Macey Hammann, Reagan Stockl and Kiara Jacobs presented their pitch in a "shark tank" style competition, where they were judged by investors, startup founders and sustainability experts on September 11, 2023 in Sydney. The 20 pitches addressed the issue of reducing emissions in the dairy industry, based on a case study provided by the University of New South Wales.

"The students realised meaningful achievement requires hard work. They stepped up and were courageous on delivering their pitch to judges," teacher mentor, Mrs Therese Dawson said.

Students designed the "Farmlogic" app that provides a simple and user friendly way for farmers to calculate and access innovative solutions to reduce their carbon footprint while producing profit for the farmer and Farmlogic.

The judges said that the students' pitch was "brilliant". It was a close competition for the finals position with the students' proposal, Farmlogic placing second in their heat. They were critiqued as "Superior" and "Highly competent" in the skills category.

The Hon Courtney Houssos, minister for Finance and Natural Resources addressed the students, giving them insight into the journey of her career. Her advice was to be authentic, aim higher, follow your passion, understand that hard work and luck go hand in hand, and to train your mindset for the "jungle gym" of life with all its ups and downs.

HSC next term

Like all Year 12 students across the state, Monaro High School's students are getting ready for their Higher School Certificate (HSC) exams next term.

HSC written exams will start on Wednesday October 11 with English Paper 1 and finish on Friday November 3 with Food Technology.

Students should check their NESA Students Online timetable for up-to-date times and dates.

The following is the timetable for MHS students:

- Wednesday October 11 - English (Advanced and Standard), English Studies and Japanese Beginners
- Thursday October 12 - English (Advanced and Standard)
- Friday October 13 - Modern History
- Monday October 16 - Mathematics (Advanced, Standard)
- Tuesday October 17 - Agriculture and Visual Arts
- Wednesday October 18 - Legal Studies
- Thursday October 19 - Entertainment Industry (VET) and Society and Culture
- Friday October 20 - Primary Industries and Mathematics Extension 1
- Monday October 23 - Biology
- Tuesday October 24 - Business Studies and English Extension 1
- Wednesday October 25 - Construction (VET)
- Thursday October 26 - Hospitality (VET)
- Friday October 27 - Chemistry and Industrial Technology
- Monday October 30 - PDHPE
- Tuesday October 31 - Community and Family Studies
- Thursday November 2 - Physics and Dance Section I and II
- Friday November 3 - Food Technology

Results will be released on Thursday December 14.

Good luck to all our Year 12 students.

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

Debating success



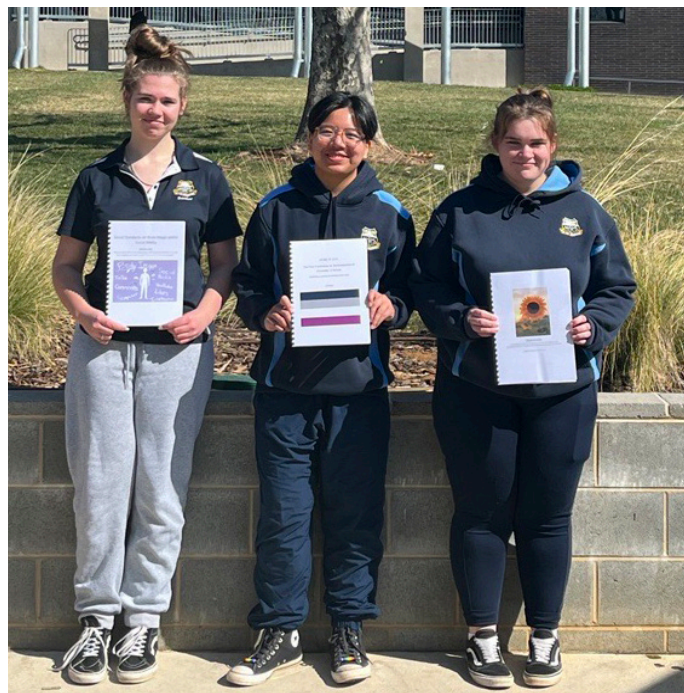
The Premier's Debating Challenge came to an exciting close at the end of Term 3. The MHS Year 9/10 team was successful in winning two out of their three debates, but missed out by only a few points in getting into the Regional Finals. After winning all of their three debates, the Year 7/8 team made it into a very tough Regional Finals debate against Karabar High School. Despite a valiant effort and an impressive case, they lost on the day. They should all be commended on their fantastic work this year in debating.

"The skills they have learnt about engaging in a public forum to address a set topic and to argue a case and create impromptu refutes is utterly impressive and will put them in great stead in the years to come," Mrs Rowling said.

"I look forward to taking on the other schools with them again next year.

"As students move through in their school life however, it means we have spaces opening up in Debating, so I encourage anyone who is interested to please see me."

Society and Culture



Monaro High School's Year 12 Society and Culture class have completed their Personal Interest Projects (PIP)- a major work involving social research into a topic of their choosing.

The PIP is externally marked by NESAs and forms part of the HSC exam mark for this subject.

"Although the PIP was challenging, it was also rewarding and I enjoyed having the choice about what I was interested in," student Chloe Perrin said.

MONARO HIGH SCHOOL



Year 12 Farewell Assembly

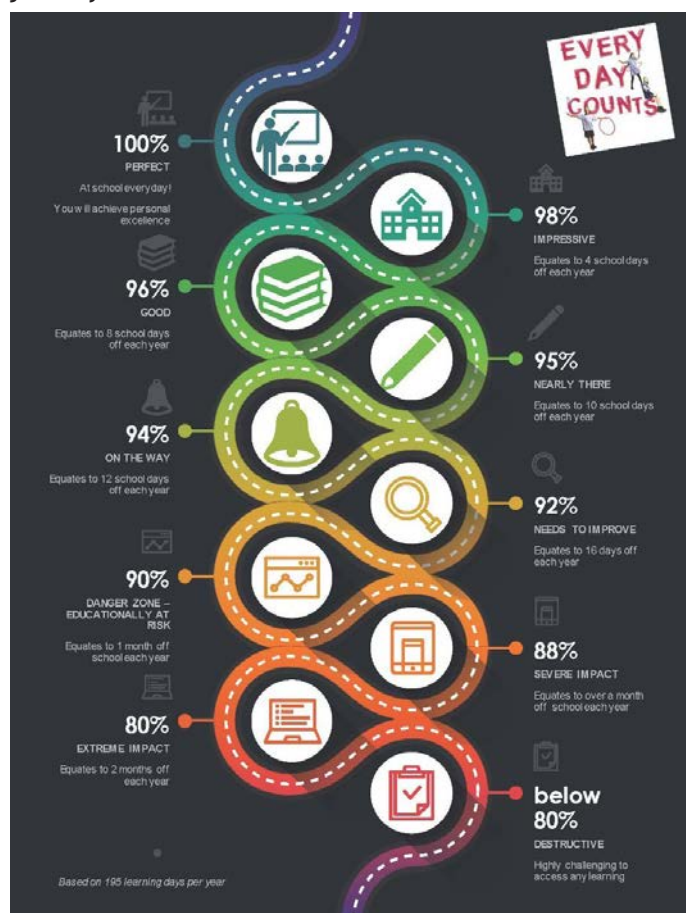
22 September 2023

Performing Arts Centre

Commencing 10.00am - 11.30am

Attendance is key

As we close out Term 3 and look towards a successful finish to the 2023 school year, Monaro High School's Wellbeing team would like to remind students and parents that every day at school counts in their learning journey.



CIT Performance

The Monaro High School music students had the opportunity to watch a live music performance by the Canberra Institute of Technology band who were touring in the area.

The band worked with the Year 11 Live Production class to set up the instruments and sound equipment in the Performing Arts Centre. The students enjoyed being a part of the process and learning about live sound.



Trade and Career Expo

On Friday October 13, 2023 the inaugural Monaro High Trade and Career Expo will take place. The day is designed to be an interactive and immersive opportunity for students of the Snowy Mountains area. The day will run from 9am - 2pm with over 400 students from all of the surrounding schools, spending approximately an hour learning from and engaging with local, regional and state industry representatives.

The Expo will be held in the Monaro High School PE Shed and grounds directly around it. Students will be given a sausage sandwich and drink as part of the day with the Lions Club volunteering their services on the BBQ. Exhibitors who have currently confirmed their attendance are:

ANU
Association of Wall and Ceiling Industries
Bindaree Food
Birdsnest
Coffee2630
Cooma School of Early Learning
Cooma TAFE
Country Universities Centre Snowy Monaro
Currawarna Assisted Living
Defence ADF Careers
Disability Trust
Forestry
Future Gen
Henley Property
JJs Donuts
Leah Redden Fitness
Lions Club of Cooma
Local Jobs Program
NSW Fire and Rescue
NSW Police Force Recruitment
Reece Plumbing
Salvestro Developments
Snow FM
Snowy Hydro
Snowy Monaro Regional Council
Snowy Vets
Southern NSW Local Area Health
SSI Home Care Workforce
Teach NSW
University of Canberra
Verto

P&C Meetings

Upcoming Monaro High School Parent and Citizens (P&C) meetings are:

Tuesday October 31 (Week 4, Term 4) 5.15pm
Tuesday November 28 (Week 8, Term 4) 5.15pm

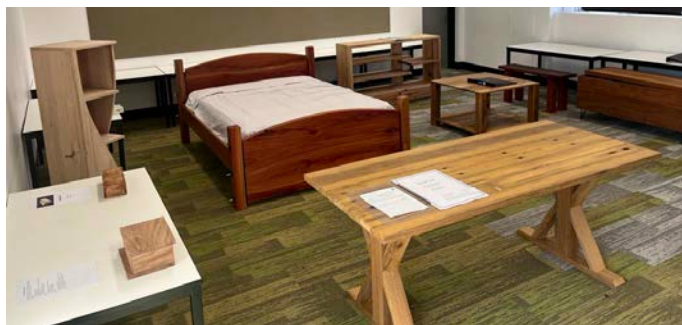
Contact Amanda Bickerdike at the school for more information.

Performing Arts Fest

Recently MHS students performed in the first Snowy Monaro Performing Arts Festival at the MHS PAC. It was a great success with a sell out crowd. With tickets selling out so fast, MHS is having a free encore performance night on Monday September 18 at 5pm in the PAC. Come along to see three of the MHS performances that were in the festival, plus the wonderful HSC dance performances and the work of the Year 9/10 Drama class.



Year 12 timber work



Congratulations to the Industrial Technology Timber Year 12 students for their magnificent major work creations.

Japanese classes



Year 9 and 10 Elective Japanese students recently enjoyed making food from countries around the world. The activity was a culmination of study in Japanese on Harmony Day and a great adjunct to current study on the topic 'Let's eat at a restaurant.'

Week 8 was SASS Appreciation Week



Sports Committee vs Year 12



In the Sports Committee vs Year 12 competition, Year 12 won the basketball 16-15, touch footy was also won by Year 12, 4-3 and the Sports Committee won volleyball.

ESCAPE THE VAPE

1200 PUFFS

6 PACKETS OF CIGARETTES
(120 CIGARETTES)

*Figures are approximate and may vary depending on vape salt

State athletics



Six Monaro High School students attended the state athletics competition.

While results are not in yet, Monaro High School would like to congratulate the students for competing and thank parents for accompanying them.

Well done, Leanne Adams, Skye Adams, Matilda Wilson, Ashton Jamieson, Kyra Reading and Abby Griffis.

Change of date



Monaro High School's 2023 Sports Awards Presentation Evening

Will now be held in Term 4, Week 6

Tuesday November 14

More details to come

Free Webinar for Parents/Carers

Tuesday 17th October 2023 1-2pm

Helping Our Youth See Through the Haze

Well known vaping/smoking cessation trainer and Psychologist, James McLennan, is offering a short, sharp 1 hour webinar session for parents/carers on how to support our youth “Escape the Vape”. The webinar will cover up-to-date evidence-based information on vaping and how parents/carers can best support our youth to tackle the issue of e-cigarettes.

Places are limited, register by scanning the QR Code



This webinar is supported by funding from

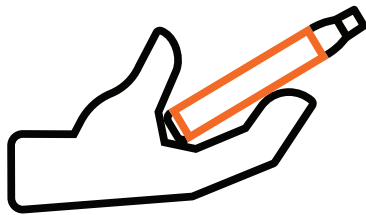
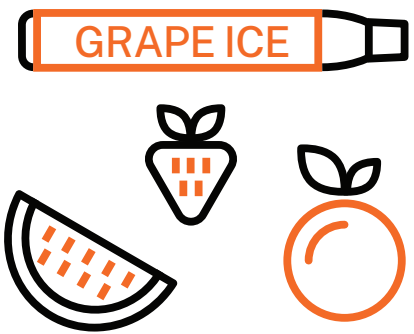


Southern NSW
Local Health District

VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.

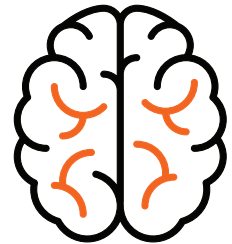


HOW BIG IS THE PROBLEM?

The take-up of vaping by young people is increasing. Research shows that **1 in 5 young people have vaped** and nearly **80% of them say it is easy to get a vape illegally** at a shop or online.

In a recent survey, 64% of teachers reported being aware of the sale of vapes at school. The consequences of vaping are starting to emerge, and any uptake of vaping by young people is a concern.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often in vapes and is highly addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown. The liquid in vapes and the vapour is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.

