Respectful, Safe and Responsible Learners

20 February 2015

“Kick Off with Reading”!
launched for 2015

Students Making A Difference

Year 12
Olivia Brunton
Daniel Miller

for showing exceptional dedication to and
work ethic towards Agriculture
Principal’s Report

Kick off with Reading
This past week all our students would have received their copies of the book *The Light Horse Boy* which was authored by Diane Wolfer. This special book is the work that we will be using as part of our Kick Off With Reading program.

The story of *The Light Horse Boy* is based on themes and stories from World War 1, the Gallipoli campaign and the story of the Anzacs – a very important and special focus for us all this year as part of the centenary commemorations of the ANZAC and World War 1. This is a story that has meaning for us all.

The Kick Off With Reading program is focused on developing and encouraging our whole school community to read and for students to develop their comprehension and writing skills. The book will be used in a range of classes throughout the school to not only develop reading and comprehension skills but also support the development of student skills in writing. The book is a multi modal text which allows the teachers to use it to teach and support a variety of learning focus areas.

Our other exciting news with our Kick Off With Reading program is the fact that the author Diane Wolfer will be here at our school in the last week of term and will work with our staff and students to support all the learning we do as part of this unique program.

A special congratulations and thanks to Adelle Morris, Janeen Pepping and all the staff at school for getting this program off the ground and happening – it’s very special.

I encourage all our parents to access their child’s book, read it and become part of our school’s Kick Off With Reading program!

Taster Day
Last week our school was visited by 156 year 6 students who participated in our school’s ‘Taster Day’ which is part of our comprehensive and award winning transition program. This day was followed by a parent information evening where we had the opportunity to talk to parents of year 6 students about the processes around starting high school.

During the day the students had the opportunity to experience a range of subjects and classes from all areas of the school including Agriculture, Science, TAS, CAPA, HSIE and many others. The students had a fantastic day and from all reports really enjoyed the opportunity to be here at Moss Vale High School. Many of the students I spoke to were very happy and excited as they start their High School journey and are really looking forward to being part of the Moss Vale High School community.

During the course of the year there will be a number of transition events which will really help students feel very comfortable and excited about starting high school. I look forward to keeping you updated as the year progresses.

Our P & C Meeting
This past week we held our first P & C meeting for the year and it was fantastic to see such a large number of parents come along and become aspect of this important part of our school. I want to encourage even more parents to come along to our next P & C meeting which will be held on March 24. The meeting will start at 6:00pm and will be held in the school common room.

I believe that it is so important that you get involved in your child’s education and become part of our fast growing and exciting school community – I look forward to seeing you there!

Attendance
It has been great seeing so many of our students at school each and every day since the start of the year – being at school five days a week is critical for student success and something that we are really focusing on at school. This year one of our staff, Felicity Curtis, will continue her work in this area with the Home School Liaison Officer, Rhett Russell. Their goal is to support all our students and to make sure they are at school every day of the week so they can take advantage of all the wonderful opportunities at Moss Vale High School. If we can support you at all with your child’s attendance please do not hesitate to contact the school.

Have a great week!

*Peter Macbeth*
Principal
Deputy Principal’s Report

Positive Behaviour for Success (PBS)

Parent Information Evening
We are holding a Parent Information evening for our Year 7 parents on Tuesday, 24 February, and any other interested parents, who would like to come along and learn about the Positive Behaviour for Success initiative at Moss Vale High School. PBS has made a significant difference to our school culture and has enhanced all aspects of our school community. There will be a sausage sizzle and refreshments to start the evening at 5.30pm, and then we will move to the school library for a presentation on the processes and outcomes of PBS. We expect the evening to conclude at around 7.30 pm.

Please contact me on 48681717 if you have any questions regarding the information evening.

PBS Lesson
As part of our Positive Behaviour for Success program, all students engage in PBS lessons around our values of safe, respectful and responsible behaviour. Last week students across all year groups worked on a task designed to deepen their understanding of the importance of using equipment safely for learning. Students focused on how technology can be used for learning, statistics around cyber-bullying and strategies for resilience and dealing with the inappropriate use of technology on a personal level.

Students discussed the positive aspects of safe behaviour in relation to the use of technology for learning. They also viewed short films on the negative aspects of technology and how this can impact on individuals. Finally, students were asked to complete a writing activity, ‘My Letter to a Bully’. Students wrote a respectful letter to a bully (not necessarily from the point of view of a victim – could be from the perspective of a bystander). The letter was to be a positive reflection to a bully on the preferred type of behaviour we would like to see replace their negative and bullying behaviour.

Lauren Fahey, Year 12, wrote a particularly good letter (see page 4). Well done, Lauren.

Uniform
We have made a strong start to the term regarding uniform, with students coming to school in full school uniform and following correct processes. The compliance with uniform from most students has been commendable, with only a small number of students failing to wear the correct black covered in leather shoes, pleated tartan skirt/ tartan shorts or correct socks. Socks must be white for girls, white or grey for boys and with no emblems or patterns on them. If families require assistance to ensure their child is in correct uniform, please contact the school as soon as possible.

Patricia Holmes
Deputy Principal
Dear Bully

Recently I witnessed you harassing another student in a negative manner and with inappropriate behaviour. At our school, we have implemented and constantly review values such as being safe, respectful and responsible, which obviously you haven’t acknowledged.

However, myself and the rest of the school are here to help you. We are here to talk to you about any issues you may be dealing with that make you feel angry or upset, which you then take out on your peers, teachers or family. Instead of reproducing negativity, accepting help and support from a positive network will reduce the amount of ‘victims’ and others that get hurt from this type of behaviour.

Not only will it encourage confidence again in the people around you - but also in yourself:

Using technology appropriately, getting a good night’s sleep and finding help with any issues at home can increase you own well-being and make you an all-round happier person, which, in my opinion, is much more rewarding, especially in this time of your life.

I hope that you read over this letter carefully and consider finding support so that pathetic, time wasting behaviour is eliminated from our school community.

Yours sincerely
We have “Kicked Off with Reading”!

On Tuesday morning all of our students were given their personal copy of Dianne Wolfer’s beautiful book *Light Horse Boy*. Across the school from Year 7 to Year 12, from Roll Call, to Science and into PE, students have had their noses and more importantly their minds buried in a book.

The delivery of the books to each student followed an assembly on Monday morning where students were introduced to the book. We also revisited our Sensational Seven comprehension strategies with a new video created by Mr Cisneros and our Sensational Seven logos designed by Omar Bedaoui and Jesse Dagna:

The significance of reading this book, in this the centenary of the Gallipoli Campaign, is clear. We hope that our students will share the book with their families and friends, value it as a gift of reading and have a treasured keepsake.

Ms Cripps has many more wonderful stories and histories in the Library. Albert Facey’s *A Fortunate Life*, for example, is a wonderful autobiography on a similar theme for motivated readers.

We look forward to sharing our school community’s response to this, our second “Kick Off with Reading” book, with you through coming newsletters.
Late 2014, the books arrive ..... 

..... Year 7 students enjoy the reading

This year for “Kick Off With Reading” we have been given the book, “Light Horse Boy” by Dianne Wolfer. After starting reading this book I am enjoying the letters between the characters and the way that this helps tell the story. 

Year 10

This book is simple, yet confronting and raw. The fact that it is multimodal makes it interesting, almost life-like. Thank you for the book! 

Year 10

I love the “Kick Off With Reading” program. It shows that school does actually care about our reading instead of making it a chore. Though I haven’t read the book yet, it looks absolutely stunning. The illustrations are beautiful and I can’t wait to read it. Year 10

I don’t like reading, but this book is different. I enjoy reading it. Year 10
MOSS VALE HIGH SCHOOL

CAPA CONCERT

Tuesday March 17 2015
6.30-8.30pm in the Hall

Featuring

Music, Dance, Drama Performances and Art Displays

Doors open at 6:00pm
Tickets will be sold at the door
Student $3 Adult $5 Family $15
“Save the Date”
Year 7 Parent Information Session – Cyber Safety

On Thursday, 26 February, Senior Constable Gary Mutton, our school liaison police officer, will be coming to the school to present an information session on the appropriate use of social media. He will discuss the legal ramifications of students misusing these types of technology and suggest ways that the technology can be used safely.

We urge all year 7 parents to attend this very important information session.

Parents of students in other years are also welcome to attend.

The information session will be held in the school library and will start at 6.30pm.

I hope to see you there.

Regards

Sharlene Killian
Welfare Coordinator
2015 P&C AGM Notice

We hereby give notice that the Annual General Meeting of the Moss Vale High School Parents and Citizens, will be held on **Tuesday, March 24 2015 at 6pm** in the **Staff Common Room**

Reminder: Please pay your $2 membership to the school front office enabling you to vote

ALL WELCOME

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**NETBALL GALA DAY**

SHNA Netball Gala Day on Saturday, 21 February 9.30 - 12.30 at Eridge Park.

Register with a club for the 2015 season or come and learn about netball in the Highlands.

Join in the fun with face painting, sausage sizzle, games and activities
For your Diary please note:

**2015 School Photograph Days**

Years 7-11 Wednesday February 25
Year 12 Friday March 13

Payment envelopes will be sent home end of Week 3.
N.B: Envelopes and payment are required ON THE DAY.
Students need to be in full school uniform
Uniform Requirements

FOR ALL STUDENTS: Approved Moss Vale High School - all students are required to wear this uniform as of 2015

- Mid blue shirt
- Navy blue woollen jumper
- Navy blue jacket
- Navy scarf
- Tie (optional)

GIRLS
- 2-pleated tartan skirt
- Tartan shorts (no plain blue shorts)
- Plain navy blue slacks (no track pants)
- White socks

BOYS
- Plain grey pants or shorts (no track pants)
- Grey or white socks

N.B: Straight tartan and plain navy blue skirt is NO longer part of Moss Vale High School uniform for any year group.

Year 10, 11 and 12 Year Jerseys are to be worn for the students’ Year Group only.

SPORTS UNIFORM Note: Not to be worn during student photo sessions

- Moss Vale High School red / navy blue sports polo shirt
- Moss Vale High School navy blue with red piping shorts
- Moss Vale High School navy blue with red piping track pants
- Moss Vale High School navy blue red piping tracksuit jacket
- Suitable sports shoes or joggers (no Rabens or canvas lace-ups)
- Girls white socks - Boys white or grey socks

SHOES
The Work, Health and Safety requirement of the Department of Education and Communities, for all areas of the school, is that enclosed leather shoes are to be worn. This includes solid leather top and tongue (this is requirement even on mufti days). The school colour for shoes is black, no coloured trims or logos. Leather shoes have to be brought to school on sports days.

REQUIREMENTS
1. NO LOGOS ON ANY ITEM OF CLOTHING OTHER THAN Moss Vale High School.
2. Plain means no logos or stripes.
3. No hooded tops.
MOSS VALE HIGH SCHOOL
FOOTWEAR REQUIREMENTS

When purchasing school shoes parents are asked to be mindful of NSW Department of Education and Training, Occupational Health and Safety requirements regarding footwear. This requirement states that all students involved in practical activities in subject areas including Creative Arts, Industrial Technology Metal and Timber, Construction, Food Technology, Hospitality, Textiles Technology, Junior Technology, Science, Agriculture and Primary Industries must wear “shoes with fully enclosed leather uppers, including the tongue, and a stout non-slip sole”

This requirement is satisfied through the purchase of black leather, lace up school shoes as per the school’s uniform policy. Joggers and ballet flats do not provide adequate protection and are therefore not acceptable.

Student’s who present themselves to classes without the correct footwear will not be permitted to participate in practical activities.

EXAMPLES OF ACCEPTABLE FOOTWEAR

Black leather lace up footwear with fully enclosed uppers, including the tongue and a stout non-slip sole.

EXAMPLES OF UNACCEPTABLE FOOTWEAR
Ballet flats, Raben’s and Gym boots are examples of unacceptable footwear.
Expectation One: Students will attend at least 85% of the school year

Positive Consequences:
1. High attendance is rewarded with Vivo Miles Awards
2. Recognition in the school newsletter
3. Excellent attendance receives an end-of-year award and special treat

Negative consequences:
1. Attendance Officer investigates
2. Year Adviser letter & interview
3. Deputy Principal letter
4. Formal interview with Attendance Officer
5. Parent interview
6. External interventions

Expectation Two: Students will bring notes for absences within 7 school days

Positive consequences:
1. Roll call rewards
2. Vivo Miles Awards
3. Endless appreciation of all staff!

Negative consequences:
1. 3+ notes missing: warning from roll teacher
2. 5+ notes missing: B5 detention
3. 8+ notes missing: 3 x B5 detentions
4. Call home
5. Student interview

Expectation Three: Students will be on time every day

Positive consequences:
1. Full participation in roll call activities
2. Roll call rewards
3. Vivo Miles Awards

Negative consequences:
1. Attendance in Late Gate roll call group
2. 3 unjustified late arrivals results in a B5 detention
3. Attendance blitz interview
Skipping school for just one day affects NAPLAN results, study finds

Amy McNelis
Published: August 3, 2014 - 8:34AM

- Like SMH Student on Facebook
- Education: full coverage

Missing just one day of school has negative consequences for a student’s academic achievement, the first major study linking poor attendance to lower NAPLAN results has found.

And school attendance patterns established as early as year 1 can predict how often a student will show up to class right through high school, according to the research.

The average public school student in NSW misses almost three weeks of school each year. Australia is alarmingly slack when it comes to school attendance, with high school students skipping more days of school than almost any other developed country.

On Monday, the harmful effects of that absenteeism will be exposed by the results of a study to be presented at the Australian Council for Educational Research’s annual conference.

An analysis of the attendance records and NAPLAN results of more than 400,000 students from Western Australia found any absence from school leads to a decline in academic performance.

The study dispels the belief there is a safe level of absence students can get away with before their grades will suffer.

“We were able to show that actually every day counts and days that you’re missing in year 3 and year 5, we can detect that all the way through to year 9,” the report’s co-author, Stephen Zubrick, from the University of Western Australia, said.

“A 10-day period of unauthorised absence in a year is sufficient to drop a child about a band in the NAPLAN testing.”

Year 3 numeracy achievement in 2012 declined by 1.6 NAPLAN points for every unauthorised day of absence in the first two terms of that year.

The most startling finding. Professor Zubrick said, was that students arrive in year 1 “with their school attendance careers already in their pockets”.

“For most children, year 1 sets the pattern for what school attendance will look like in the future,” Professor Zubrick said. “You’re learning more than reading and writing. You’re learning to show up.”

Absence was found to have a greater impact on writing than it did on numeracy and reading.

While poor attendance is a problem across the socio-economic spectrum, families in affluent areas often interrupt schooling for overseas holidays.

Professor Zubrick insists his message is not about finger wagging or guilt trips, but says “we do need to recognise that when a child is standing on the Eiffel Tower, so to speak, they may be learning a lot about the world but they’re not necessarily learning everything they’d be learning at school.”
The average attendance rate for NSW public school students in 2013 was 92.6 per cent - about 14 days off per year - and has been relatively consistent over the past decade. Attendance is much poorer among high school students with the average student missing 20 days per year.

Julie Townsend, the headmistress of St Catherine’s School in Waverley, said the girls’ school had a “very strict” attendance policy and did not consider a family holiday to be an appropriate reason for missing school.

“We [tell parents] that we only teach for about 185 days a year and we expect that they take their holidays during the very generous holiday period,” she said. “If the parents go - and that’s just happened this week - we call them in and we talk about the breakdown of our relationship and that our values aren’t aligned. We take a very hard line on it.”

She said acceptable grounds for leave could include compassionate reasons, health complications or the commitments of elite athletes.

In a major international survey of 15 year olds, conducted by the OECD in 2012, almost one-third of Australian students said they had skipped at least one day of school in the previous two weeks.

That means Australian students skip school more frequently than any other developed country except Turkey and Italy. In high-performing countries such as Japan and Korea that figure was less than two per cent.

The NSW Education Department’s school attendance policy states principals have the authority to grant students exemptions from school for up to 100 days per year. Reasons can include family holidays if they are “in the best educational interests of the child”, employment in the entertainment industry or participation in elite sporting events.

Ross Tarlinton, the headmaster of St Joseph’s College, said it was always his priority to maximise a student’s attendance but he would make exceptions for ill-health, family or sporting commitments and occasionally travel.

“[I] had a boy who went with his father who was doing some pro bono medical work in a Third World country for a short period of time to have that experience and I let him go,” he said. “That boy came back so rich for the experience.”

The head of SCEGGS Darlington, Jenny Alhm, said understanding that you have to show up even when something else might be more desirable is an important life lesson.

“School isn’t something you normally or mostly do. It’s something you always do,” she said.

“If you’re making a commitment to something else over school, boy that better be important.”

This story was found at: http://www.smh.com.au/education/skipping-school-for-just-one-day-affects-naplan-results-study-finds-20140802-3jme.html
Dear Parent/Guardian,

NSW Health offer Year 7 students immunisations for Varicella Zoster (chicken pox), dTpa (diphtheria, tetanus, pertussis) and HPV (human papillomavirus).

Your child has a single consent form from NSW Health which will provide you with all the necessary information for these immunisations. Please ensure that you tick the coloured boxes for the vaccines you wish your child to have. If you have any queries about the immunisations please contact your family Doctor.

The immunisation schedule for Year 7 is as follows:
Visit 1 – 30 March - HPV, dTpa,
Visit 2 – 9 June - HPV
Visit 3 – 14 October – HPV, Varicella

Forms are a ‘once only’ form and therefore the forms signed by parents now will cover all immunisations for the immunisation schedule.

If you would like your child to be immunised please fill in the relevant information, tick the required boxes and sign where required on the forms provided by NSW Health.

Can parents please discuss immunisations with your child and the fact that you want them to be immunised. At previous immunisations students have refused to be immunised which results in phone calls needing to be made to parents by NSW Health nurses. Some students still refuse, this results in nurses and staff spending an inordinate amount of time with these students.

Please note if your child continues to refuse immunisation a letter will be sent to you by NSW Health and you will need to meet the cost of immunisations at your local doctors.

Your child will need to return the forms to their roll call teacher.

Regards
Sharlene Killian
WELFARE CO-ORDINATOR
The *Tell Them From Me* student feedback survey

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education and Communities initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **Friday, 27 February**. Copies of the form and FAQs are available from the website above.

**Students will be chosen from Years 7 to 11 at random to participate in this survey.**

*Mr P Macbeth*
*Principal*

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**Message from School Administrative Manager**

Pay all your student fees, excursions and other costs the safe and secure way through Parent Online Payments

From our school website

[www.mossvale-h.schools.nsw.edu.au](http://www.mossvale-h.schools.nsw.edu.au)

Click on $ Make a Payment

Follow the prompts and pay with your credit or debit Visa or Mastercard.

Don’t forget to return any signed permission notes to the front office
2015 BERRIMA CARPATHON
FISH FOR YOUR SCHOOL and
CLEAN OUT OUR RIVER

This year Berrima Public School is organising the annual carpathon.
We need to get rid of the carp from the river that flows through our village. We are issuing a challenge to all schools in the Highlands to see which school can catch the most carp. Our senior classes are fishing on Friday afternoon from 12pm until school finishes then our school families are fishing over the weekend. When you register for the carpathon be sure to include your school name on the registration form. On Sunday at the final weigh in we will announce which Southern Highlands school has caught the most carp. If you would like to fish with us on Friday 20 or any other time over the weekend please contact the carp hotline on 0473148192 or email berrimacarpathon@gmail.com.

REGISTRATION will take place from 7.00am on Friday, Saturday and Sunday mornings at the ‘carp tent’ in the Marketplace Park, Berrima. You must be registered to have your entries recorded and weighed.

WEIGH IN will take place at the end of every fishing session at the Marketplace Park, Berrima. Daily prizes will be awarded at this time. Major prizes for the 2015 Berrima Carpathon will be awarded on Sunday at the Weigh In at 12pm.

FISHING SESSIONS:
Friday 20 February 12pm-4pm
Saturday 21 February 8am – 4pm (BBQ lunch in park)
Sunday 22 February 8am – 12pm (BBQ lunch in park)
Cost of entry is: $10 PER CHILD $15 PER ADULT $25 PER FAMILY

ONE OFF ENTRY FEE ALLOWS YOU TO FISH ALL WEEKEND!

BERRIMA SCHOOLYARD MARKET
4th Sunday of the month 9-2PM

It’s the hottest market in the cool of the Southern Highlands!
New management, new look!
45+ wonderful stalls
Fresh produce (Pheasants Nest Produce), Artisan Bread Basket, Istanbul Gozleme
Artisan, handmade, fashion, home wares, jewellery, garden, food stalls and more
Kids motorised cars, face painting, jumping castle, playground, Kids Art Quest Art classes (bookings made at http://www.kidsartquest.com/berrima-markets/)
Schools ‘Kitchen Café’ serving café quality coffee and cakes
Live music
So come along with family and friends and join us for a fun hour or two or more!
WWW.THE SCHOOLYARDMARKETS.ORG
www.facebook.com/berimaschoolyardmarkets

Moss Vale Soccer Club
Registration 2015 for Juniors & Seniors
Go to www.mvsc.org.au for details or contact Cammie Ewen on 0435 259 526

LEARN TO LINEDANCE

When: Thursday 26th February @7pm
Our NEW beginners course means we start with the basics. No need for dancing experience and suitable for all ages.

Cost: 810 Adults
85 Child U7/U8
1st class is free

Boots ‘N’ Scoots Linedancing
Where: Bargo Community Hall (Bargo Showgrounds)
Redcoat Road, Bargo NSW 2574
Contact: Phone: 0410 102 604 – Daniel
Email: djakehan@optusnet.com

For more information visit
Website: www.facebook.com/BootsNScootsLinedancing
Activity Week 2014

PS Adventure

The adventure began on a Sunday. Two buses loaded up and headed off to the sun, sea, sand and more sand of Port Stephens. First stop was a fishy affair with a visit to the Shark and Ray Centre where students enjoyed an up close and personal encounter with a wide variety of Australia’s ray and shark population. Despite an initial response of squeals and screams, first impressions gave way to laughs and smiles as the students ventured into the water where they were able to pat, feed and share a hug with the friendly sea creatures. After learning more about these unique animals and conquering their fears, students left the pools smelling a little fishy, but excited for the three days of adventure to follow.

It was then time for a quick trip to the supermarket for supplies before checking in to the cabin park, where everyone made themselves comfortable in the peaceful surrounds before firing up the barbecue, and enjoying a swim and games. The next day everyone was up early and after some bacon and eggs, were ready for more adventure beginning with a dolphin cruise. It didn’t disappoint, with large pods of dolphins playing next to the boat. Students then made their way to the boom net and enjoyed the slide on board the boat and a quick dip in the lovely blue waters of the bay.

Returning to shore after a few fun hours of cruising and sunshine, students took a little wander around Nelson Bay and refuelled with ice creams and hamburgers. After a busy morning students returned to the cabin park where they enjoyed a relaxing afternoon, playing in the pool and challenging each other on the games room tables.

The next day students made their way to a mountainous desert of sand, where they were going to take on the famed sand dunes - that was, if they could climb them. After a long way to the top, students lined up and raced each other down the slopes amid screams and shrieks that echoed the visit to the Shark and Ray Centre. But as adrenalin took over students braved the heights and took on the dunes with increased gusto and excitement.
After washing sand out of their pants, students scrubbed up for a seafood dinner cruise. All enjoyed a lovely meal and an evening cruise on the bay and students delighted in the fresh ocean breeze after a hot day in the sand. After a good night’s sleep, a quick dip in the pool helped students refresh before it was time to return home. The good times had come to an end, but luckily there’ll be a chance to do it all again in 2015.

Drum Kit Lessons Available Mondays- at school
All styles.
Contact Michael Griffiths 0429391957
Sport

Sport is back and bigger than ever for 2015 with all new activities, carnivals, athletes and sporting legends.

Each newsletter we will be highlighting one of the many amazing athletes we have at our wonderful school.

This week, we profile Tirawa Gristwood of Year 11 who has been Scooting up a “storm” (which is also his competition name), as he takes on the world’s top Scooter riders to become the world’s best. Below is some info about Tirawa and his favourite sport.

Name: Tirawa “Storm” Gristwood
Year: 11
Favourite sport: Scootering
Favourite sport person: Ben Thomas, currently ranked number 3 in the world for Scootering
Highest achievement: Qualified for the Pro World Champs in England for 2014
Highest ranking: 14th in Australia and Currently number 1 in the state!!!
Next big event: The Australian Champs in May
Big goal for the future: Top 20 at the next world champs

If you ask me, Tirawa is kind of a big deal! Good luck to him at the Aussie champs and beyond! This year we welcome a new teacher to the sporting arena, ME! Mr Adam Dubois. I have taken on the role of Sport Organiser for 2015 and beyond. I’m very excited by the athletes at this school and can’t wait to tell you all about them. Good luck to our superfish who travel to Queanbeyan on Friday with Mrs. Rossi and Mr Dubois to compete at the zone swimming championship. We have some super human speed in the pool and I can’t wait to let you know all about it, in our next newsletter.

School sport continues each Tuesday for Years 9, 10 and 11. We have a raft of activities going on at the new trampoline centre “Bounce out”, a group of athletes working on their biceps down at the gym, groups jumping on the bus and checking out the best sporting activities the Highlands has to offer and as always a bunch of legends playing sport at school. A reminder to all students to make sure their sport uniform always meets school expectations and to make sure you bring your money for activities that have an entry fee.

Mr DB’s fun, fit, fact: The journal of the American college of Cardiology has released a study suggesting that men and women who eat healthily, exercise regularly, keep away from fatty foods and maintain a moderate level of physical activity are 80% less likely to suffer a heart attack. You don’t say!

That’s all the highlights from the sports reel this week and remember, good things come to those who sweat.

Mr Adam Dubois
PDHPE Teacher and Sports Organiser

Tirawa Gristwood busting a move on his scooter
**TO : MOSS VALE HIGH  NOTE OF ABSENCE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Address</th>
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<table>
<thead>
<tr>
<th>Roll Class</th>
<th>Year</th>
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Please excuse the absence of my son/daughter: ________________________________

on (dates) ____________________________________

Total number of days absent: ______________

The reason for the absence/s *(this reason must be specific, not just "he/she was sick")*: _________________

Parent Name: ______________________________

Parent Signature: ________________________  Date sent: __________

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**CHANGE OF ADDRESS / CONTACT DETAILS**

- **NAME**: ..........................................................  Roll Class: ........  Year: ........
- **NEW ADDRESS**: ..........................................................  PO BOX: ........
- **New Phone No's**: Home: .........................  Work (M): .........................
- **Mobile (M)**: .........................  Work (F): .........................  Mobile (F): .........................
- **Email**: ..........................................................
- **DATE YOU CHANGED ADDRESS**: ..........................................................
- **PARENTS / GUARDIANS NAMES YOU ARE LIVING WITH**: ..........................................................

Do you currently have a bus pass? .............................................................

**NOTE**: A new bus pass application must be completed when a student has: a change of address, a change of name, change of school, change of details or comes under joint custody.