Respectful, Safe and Responsible Learners

20 March 2015

Off to the
State Championships

Congratulations to the U/12 Boys Relay Swimming team who are off to the State Championships on Friday, 27 March. We wish them every success.

Students Making A Difference

The whole 10E3 class

For great focus and attention to detail when 'reading around the text' to learn about Shakespeare and his world

Moss Vale High School website: www.mossvale-h.schools.nsw.edu.au
Principal’s Report

Excellence on show!

We have had a great couple of weeks at school with a number of our students showcasing their talents.

I want to congratulate Liam Hinchcliff, Mitchell Wilson, Brad Watsford and Bailey Brownlee who were selected to participate in the U/12 relay event at the State Swimming Championships in Sydney.

I also want to acknowledge Tyla Astley, Charlie Burns, Jack Donovan, Jessica Gardiner, Kyle Harrison, Joshua Heyhorn, Karinda Hickling, Samthia Lawrence-Mckibbin, Jesse Mauger, Jack McKay, Bradly Schofield, Lauren Smith, Olivia Wann, Jordan Will and Brook Roberts for their work with the sheep over the last two terms. Tyla Astley, Lauren Smith and Olivia Wann last week attended the Taralga Show and received the following awards:

Class: 26 – Ram (2-tooth and over) - 1st Place; Class: 31 – Ewe (2-tooth and over) - 1st Place and 2nd Place; Class 33 – Group (1 Ram and 2 Ewes) - 1st Place; RESERVE CHAMPION Ewe; CHAMPION Ewe; CHAMPION Ram; HIGHLY COMMENDED – Interbreed Group

We are doing some great things this year in Agriculture

I thoroughly enjoyed our Term 1 CAPA concert this week and seeing our CAPA students and staff showcase their amazing talents. Look forward to reports in upcoming newsletters.

A new school plan – what is it all about!

After a lot of work, consultation, communication and discussion across our school community, our school plan is almost completed. Our new school plan has been created to cover the next three years between 2015 – 2017.

Our new school plan has three key strategic directions:

Strategic Direction 1: Our Positive Self – Being our best!
The purpose of this strategic direction is developing resilience, sense of self, empathy, connectedness, and building a positive future for all our students and staff.

Strategic Direction 2: Innovative and relevant Quality Teaching and Learning:
Our school community is passionate about learning.

The purpose of this strategic direction is supporting teachers to facilitate deep knowledge, intellectual quality and presenting challenging learning experiences for our 21st century learners.

Fostering students who value critical learning and strive for continuous improvement in their skills and knowledge.

Encouraging parents who actively participate in the school learning community and encourage their children to be responsible and reflective learners.

Strategic Direction 3: Strong Partnerships – Unlimited Horizons
The purpose of this strategic direction is enriching our classrooms in quality teaching and learning through local, national and global partnerships which broaden and facilitate future personal success.

One of the major aspects of this new school plan is the focus we have on parent communication and engagement in our school. We look forward to implementing a range of initiatives over the course of the year which will give parents and our community lots of opportunity to share in the growth, development and success of our great school!

Let’s look forward to another busy week at Moss Vale High school!

Best Wishes

Peter Macbeth
Principal
Deputy Principal’s Report

Merit System
I would like to congratulate the following Year 7 students who have been the first six people to receive their Red Award: Brighton Badley-Layt, Claire Middleton, Sarah Zhong, Jade Zakara, Amy Webb and Caitlin Miller. These students have reached the first level in the school’s Merit System and have accumulated over 150 Vivo points for performing consistently well in all of their classes. Students are encouraged to check their Vivo accounts regularly and report to me when they have reached a new level in the Merit System, where students are automatically rewarded with 10 bonus Vivo points.

Year 9 English
I have been very impressed by the English assessment tasks that have been produced by Year 9 students on a social issue of interest. Students have researched a wide variety of issues, including ‘bullying’, ‘mental health’, ‘domestic violence’ and ‘child abuse’. In particular, I would like to commend Jordan Penfold for his outstanding presentation and film on the very confronting issue of teen suicide. Congratulations to all Year 9 and their hard working English teachers.

Positive Behaviour for Success (PBS)
Our PBS program continues to go from strength to strength with the support of our staff and students. We continue to reinforce our core values of ‘safe, respectful and responsible’ behaviour through the explicit teaching of our expectations around positive behaviour. Students across all Years engaged in the PBS lessons twice a term during a designated fifty minute period. I have included the last lesson that occurred in week 7 of this term. I would again like to thank Ms Virtue and Ms Lidgard for their exceptional work in creating this term’s PBS lessons.

PBS Lesson 2 - Week 7A, Term 1 2015
Staff,
Please use this lesson outline to assist in the delivery of this week’s PBS lesson. The focus of this lesson is for students to demonstrate and apply their understanding of the PBS values and classroom rules, as we have had PBS lessons focusing on each rule over the past few terms. Students will create a storyboard or script that could be used to create their OWN PBS film. Students can work individually or in small groups. Please feel free to modify the delivery of the lesson to suit your particular Roll Call’s learning needs. Prizes will be awarded to the best Roll Call(s).

1. **Review the PBS ‘Shake it Off’ film:** (approx. 10 minutes)

   ‘MVHS Shake it Off filmed by Luke Vandenbergh and Steph Lidgard’
   https://www.youtube.com/watch?v=L8iQsAgpopY
   The film is also located T:\PBS\A PBS LESSON - YOUTUBE CLIPS\Lesson 2, Term 1 2015

   Discuss the main ideas raised in the film, how they reflect the notion of being your best self and why it is important to be your best self.
   **EXAMPLE:**
   * Discuss film techniques (such as the contrasting of black and white/colour with positive and negative emotions)
   * Music choice (in terms of lyrics, pace)
   * Use of visual images and props

2. **Review and discuss the classroom rules:** (approx. 10-15 minutes)

   The purpose of this discussion is to generate ideas for the storyline of their own PBS film (similar to our ‘Shake it Off’ film) that reflects our values of safe, respectful and responsible behaviour.

   Briefly discuss each classroom rule – what each rule looks like, and how they are a reflection of being your best self.
   a) What do the rules look like when they are being followed?
   **EXAMPLE:** Follow instructions
   * Procedure (what it looks like):
     * face the teacher
     * watch, listen attentively and ask questions
     * seek clarification in a non-verbal manner
     * complete the action promptly, to the best of your ability
   b) What do the rules look like when they are being ignored?
   c) What are the benefits for staff and students in the classroom if the rules are followed?
   d) What rules do you think students need to be reminded of most in the classroom?
   e) How could you remind students of these rules in a fun and creative way through your OWN PBS film?
   If students are struggling to come up with a concept for their
storyboard, choose ONE classroom rule and think about things like:
* Past experiences in a classroom where the rule is being broken
* Contrast this with a classroom where the rule is being followed
* Develop a narrative around these scenarios, incorporating how following these rules leads to being your best self.

3. **PBS Film Storyboard and/or Script with the theme ‘Be your Best Self’: (remainder of the lesson)**
   Create a storyboard (drawings and descriptions) and/or a script for a new PBS film. The film must:
   i) Reflect our PBS values of safe, respectful and responsible
   ii) Incorporate AT LEAST ONE classroom rule
      **EXAMPLE 1:** Use equipment for learning
      Students could develop a storyboard or script on the notion of cyber bullying
      **EXAMPLE 2:** Be an attentive listener
      Students could develop a storyboard or script involving students feeling unhappy about the result of an assessment task. The poor result might have been to do with not hearing instructions about the task because they were listening to gossip instead. The film could then explore the notion that being an attentive listener is important to more than just your results.
   iii) Storyboards and/or scripts need to be completed to a high standard. The best storyboard and/or script will be used as the basis for our next PBS film. The Roll Call with the most students that complete this task with diligence and effort will receive 30 Vivos each AND a pizza lunch! Please ensure students work to the best of their ability (i.e. draw and colour, encourage more than simple stick figures and substantial descriptions of each scene. Alternatively, the script should include details such as location, characters, shot type (if they have the knowledge etc.).

Thank you for your assistance in helping to maintain the strong values and culture that is so important to us all at Moss Vale High School!

*Patricia Holmes*
*Deputy Principal*

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**Message from School Administrative Manager**

When students sustain injuries or become suddenly ill, school staff will provide first aid only. If the student is not fit to return to class, parents or caregivers will be contacted to make arrangements to collect their child. Where parents or caregivers cannot be contacted, the emergency contacts will be telephoned. It is important that the school has an up to date list of telephone contacts for parents, caregivers and emergency contacts for all students.

Students should not call or text parents/caregivers themselves but obtain a note from their teacher to see staff at the Front Office who will contact the relevant people. For serious incidents an ambulance will be called at the school's discretion, particularly if no contact can be made with parents or caregivers.

The school does not have the capacity to care for sick and injured students for lengthy periods and staff are only trained for emergency care.

Cooperation between staff and parents/caregivers will ensure our students are cared for in the best possible way.

*Maureen Sinclair*
*SCHOOL ADMINISTRATIVE MANAGER*
Developing Good Habits:

It is important for parents to make attending school a priority.

Allowing children days off for birthdays, to look after younger children, to go shopping, to keep you company or because they were tired from a late night, not only sends the wrong message to your child, it is also against the law.

Children who get used to having days off school for these kinds of reasons develop an attitude that their attendance at school is not very important. This becomes an increasing issue as children progress further through high school.

Teach your children that being on time is important. Children who are often late to school miss the part of the school day when they hear important notices, and participate in whole-school events such as assembly and year meetings. The beginning of the day is also when many students are freshest and can concentrate better.

Students who are late on a regular basis may become the target for comment by other students and often as a result isolate themselves from their peers.

*Adapted from a publication of the Department of Education.*
STUDENTS and parents face a blitz on school attendance in a bid to arrest Australia’s slide down the international rankings of academic performance.

The Federal Government has ordered twice yearly publication of attendance figures for every school in the country in a new campaign aimed at slashing absentee rates.

Families also have been warned against pulling their children out of Naplan tests amid fears rising numbers of withdrawals could compromise the National Assessment Program _ Literacy and Numeracy.

Educators are battling on several fronts to keep students in school including parents who pull their children out to take early holidays when flights and accommodation are cheaper or skip classes to go shopping.

About 33,000 teenagers are absent from school every day in NSW, according to Education Department data, and in extreme cases parents are taken to court and prosecuted. Attendance figures for some schools can be as low at 65 per cent.

Global studies show Australian primary students are beaten by Singapore, Hong Kong, Japan and Korea in the major disciplines of maths, science and reading.

And researchers have found that a 10-day period of unauthorised absence from school in a year is sufficient for a child to drop one performance band in Naplan.

Federal Education Minister Christopher Pyne said they will use this data to keep finding ways to keep children in school.

From this year attendance data for every school will be updated twice on the My School website along with a new measure of the proportion of students attending classes more than 90 per cent of the time.

The figures collated by the Australian Curriculum, Assessment and Reporting Authority (ACARA) will separate out average attendance rates for indigenous and non-indigenous students.

Federal Education Minister Christopher Pyne said the data was part of a “stronger focus required to keep kids in schools”.

“I look forward to the use of this data over time to identify and implement effective strategies to improve student outcomes,” Mr Pyne said.

Schools are also warning families in their newsletters to take students’ attendance record more seriously.

Toronto High school near Newcastle has issued strong reminders that “attendance every school day is required under the Education Act unless formal permission is given by the principal prior to holidays or as a result of illness or misadventure”.

In its newsletter the school told parents: “This includes the last day of each term. Please ignore your child when they say, ‘But no one else is going to school’, as this is not true.
Reading Opens Doors

The Indigenous Literacy Foundation have announced that the winner of the Man Booker and co-winner of the PM’s Fiction Award in 2014, Richard Flanagan joins the Foundation as an ambassador. Richard brings a wealth of knowledge and enthusiasm to this role and we are deeply honoured that he will be part of our Foundation.

Moss Vale High School will supporting the great work of the Indigenous Literacy Foundation with a Great Book Swap in late term 3 – Stayed tuned for further details.

The Legends of Moonie Jarl is one of those rare books that transforms lives. Back in 1964 it made Australian history as the first Aboriginal children’s book ever to be published. Suddenly school children across Australia could enjoy stories that had been handed down for tens of thousands of years by the Butchulla community of Fraser Island and Hervey Bay coast. But the book was in danger of being lost forever when it fell out of print and the original artwork was lost.

It was an extra special event when over 100 guests attended the book’s relaunch at the State Library of Queensland on 4 March. The honourable Quentin Bryce AD CVO, in her first official event as our Patron, spoke eloquently about the book’s significance. Stories, she told us, inform who we are, our culture and histories. Now a
whole new generation of Australians will be able to read, enjoy and learn from these classic stories.

Glen Miller, a Butchulla elder, nephew of author Wilf Reeves and son of illustrator Olga Miller, read one of his favourite stories. He later said: "Who would have thought that after 50 years we’d be here today with this book back in print. What a fantastic day".

KAREN WILLIAMS
EXECUTIVE DIRECTOR

Congratulations to Roll Call B5 and Mrs Pepping for winning the Valentine’s Day quiz. The roll call win a basket of reading material with which they will have a “blind date”.

Rather than judging a book by its cover, the books are wrapped in brown paper and a brief description is provided.

Chocolates as an accompaniment round off the experience. Enjoy!

Ms Cripps
Have you ever thought how good it would be to be able to:
Learn what it's like to live in another country?
Learn a new language and experience a different culture?
If you are in years 9, 10 or 11 now
Rotary Youth Exchange can offer this and more.
Contact; John Britton, ph 0400 702 123
www.rotaryexchange.org.au
For Activity Week in 2014, we chose Surfing. On the first day, we drove down the coast and arrived at a beach called The Farm at Killalea National Park.

We walked down to the beautiful beach with crystal clear water, where the surf instructors were waiting for us, ready to begin our surf lesson. The instructors had surfboards and wetsuits laid out on the sand. Once we were suited up, Ethan, one of the surf instructors, took us down to the water to warm up. He informed us on how to paddle out on our boards and identify which waves were suitable for surfing. We ran out into the cool water, ready to surf! We paddled further out into the larger waves and waited for the right one. A huge wave finally came and many of us struggled to catch it. Some even managed to stand up and surf all the way in. The salty water was cold but refreshing. The instructors were ready to help whenever we needed, giving us a push start to assist us to surf. We surfed all morning, some of us just splashed and swam while the others surfed.

It was a long and tiring morning but we all had heaps of fun! We began to make our way back up the long path, chatting about the exciting morning we had experienced. We loaded back into the bus, driving a short trip back into Gerroa, the place that we stayed.

Seven Mile Beach Holiday Park was a great place to stay! They had an awesome pool and a jumping pillow. The cabins were roomy and right next to the playground. They had a large tennis court and lots of room to play street cricket or ride skateboards.

We spent our afternoon in the pool, relaxing and splashing about. We all prepared delicious dinners, laughing about our surfing attempts. We had a fun evening, flipping on the jumping pillow and relaxing in front of the TVs in our air-conditioned cabins.

Soon it was time for bed. We all were looking forward to day 2! We were allowed to watch movies and relax, as long as we were quiet. Sleep came quickly because we were all so exhausted!

The next morning, we were all keen for a surf! After a quick breakfast, we loaded back up into the bus and headed off to the Farm once more.

It was a cloudy day but the wetsuits kept us warm. It was an excellent swell, perfect for surfing. Some of us spent the day swimming and playing in the water while others surfed. At one point we even saw sting-rays! They were incredible.

Soon it was time to head back to the holiday park. Once we were back, we had a late afternoon lunch, snacking and making the most of our time before we headed off for pizza and ice-cream in Kiama. We all had a great night! Once we returned home, we watched more movies and chilled out. We all crashed, sleeping heavily through the night.

On our final morning, we packed our bags, ready for our final surfing session. The swell at The Farm was so rough that we had to change beaches! We headed out to Shellharbour, where the swell was calmer. Many of us just swam while others rode body boards. We relaxed on the beach and enjoyed our last few hours of activity week.

We all headed back onto the bus for a quick trip to Maccas. After that, we drove to ten pin bowling, where we spent our afternoon.

Soon it was time to head back to the Southern Highlands. We had an incredible time and we recommend you choose Surfing for activity week in 2015!
The activity ‘Survivor’ has been a feature of Activity Week on and off for the past 15 years. After a few years break, it was resurrected for 2014. In this year’s version, students on Survivor participated in high adrenalin sports such as Indoor Go Carting, Indoor Skydiving and Outdoor Laser Skirmish.

The first day saw Moss Vale High School students have a crack at Indoor Go Carting at the brand new facility at Albion Park Rail called C1 Speed. The carts were electric and could be remotely slowed down. Students learnt very quickly, if they crashed into the barriers or each other, a slow lap would follow. Hence, after a while, students became skilful in the art of avoidance with their lap speeds increasing throughout the day. Included in the day was a great spread of food which kept their energy levels up throughout their time at C1 Speed. At the end of the day, experience counted with the two supervising teachers (Mr Nash and Mr Deitz) setting the fastest times. All students received a computer printout of their lap times, how their times compared to others throughout the week and of all time.

The next day was what students had been waiting for. Once again, we visited a brand new facility costing millions to establish. I Fly indoor skydiving had been attracting much media attention so the students of Moss Vale High School were keen to check out the hype. They certainly weren’t let down either. Even though your time in the wind tunnel wasn’t long, the thrill of flying was incredible and brought smiles and excitement to all. The highlight was definitely being taken up to the very top of the tunnel at speed and brought down again. This was repeated a few times. After McDonalds, students were very keen to relive their experience in the tunnel on the way back home.

The last day saw students participate in outdoor laser skirmish at Appin scout camp. After students were divided up, they were asked to select their guns with each one having positive and negative characteristics. Students had to select wisely. From here, students participated in a range of games which built teamwork and cooperation amongst students but most of all, was thoroughly enjoyable. After running through the bush for three to four hours, most students were feeling tired which made for a quiet bus ride home.

The entire group consisted of 24 students, both boys and girls. The behaviour and attitude of the group was excellent and they were a pleasure to be with on Activity Week. Thank you to all!
An early, excitement filled flight for teachers and students alike kicked off Go for Gold 2014, the annual Gold Coast Adventure/Theme Park activity. This year the group was given new Souvenir Tees and Singlets which really added to our Summer Loving vibe and besides a few hiccups, all were rocking these to represent the Go For Gold 2014 Team.

When we arrived on the Goldy, we made our way to Tallebudgera Recreation centre where we got to know our surroundings, accommodation and chefs (who we made best friends with on our stay, for obvious reasons). We departed Tallebudgera and continued on our day which was filled with plenty of shopping for students and allowed us to kick back and relax in many of the cafes and shops around Pacific Fair and also for some catch up Christmas shopping to occur. Upon return to Tallebudgera, we had a pool party and hit the hay ready for the next day of tubes and tunnels at Wet'n Wild Water World.

Wet n Wild is one of the many theme parks we visit on “Go for Gold.” We also visit Movie World and Dreamworld, which were our favourites. Highlights of these include the Scooby Doo rollercoaster, The Superman ride, that reaches 100km/h in two seconds and, believe it or not, a whole group session on the Dodgem Cars ! The new Moss Vale High School Dreamworld Special combo of The Claw, the brand new Tailspin ride followed by the Buzzsaw roller-coaster was a hit with all and this eventually brought Mr Vandenbergh undone for the first time in fours years on this trip. It would be an understatement to say he was quite green for the next few hours and needed a few bathroom breaks in order to keep going. Lucky we finish up at Dreamworld’s White Water World where we were all able to cool off and relax in the Wave Pool and try to beat some previous Moss Vale High School records set in previous years.

Plenty of shopping, Water Slides, Roller coasters and great food, set right on the beautiful coastline of Burleigh Heads enables students to step out of their comfort zone a little and experience some amazing Gold Coast scenery, all during a fully catered, busy four days.

Go for Gold 2014 gave us a perfect setting to bid farewell to each other for the year and welcome in the Summer holidays. Bring on Go for Gold 2015! We can't wait
Channel your inner Reggie Watts for Crazy Hair Day on Friday, 27 March.

Students can wear casual clothes, but make sure you wear enclosed leather shoes. SRC will be collecting money to reach our fundraising target of $1200.00. All funds raised will go to support PBS at Moss Vale High School, Stewart House Charity and The Big Shave for Cancer. There will be prizes awarded for the craziest hairstyles – so get into the spirit and raise money for these great causes.
Primary Industries Students Take the School’s Stud Suffolk Sheep Back in the Show-ring.

Over Term 4 of 2014, the Christmas holiday period and Term 1 of this year, the Year 12 P.I. students have been busily preparing their “charges” for showing.

The students involved have included: Tyla Astley, Charlie Burns, Jack Donovan, Jessica Gardiner, Kyle Harrison, Joshua Heyhorn, Karinda Hickling, Samthia Lawrence-McKibbin, Jesse Mauger, Jack McKay, Bradly Schofield, Lauren Smith, Olivia Wann and Jordan Will.

Unfortunately, many people do not understand how much effort and time goes into the preparation of show animals so the steps need have been outlined below:

1. SELECTING THE SHOW-SHEEP
Selections are based on the “Breed Standard” which is set by the Australian Stud Sheep Breeders Association. It is then usual to select sheep that show high growth rates and muscle development compared to others within the group.

2. FEEDING
Supplementary feeding ensures that the animals are in optimum condition for showing. It is important to remember that we are showing a meat-breed and therefore, good carcase development is crucial in order to obtain a placing in the show line-up. Feeding close to, or in the yards, ensures that animals are familiar with the yard-setting.

3. QUIETENING
Feeding is the first step to getting show-sheep quiet. The more contact made with the sheep, the quieter they become. Start by bringing them to the yards on a regular basis and moving around quietly amongst them. Practise catching the sheep and holding them for a few minutes, then letting them go.

4. HALTER – TRAINING
This is started by putting a halter on the sheep and then tying it/them to a rail/fence for approx. 1 hr each morning and afternoon. It requires students to stay with the sheep, talk to them and run their hands over them as a judge would in order to get them used to being touched. It also requires trying to get the sheep used to “normal noise”.
As the sheep adjust to these practices, their legs should then be placed squarely below their shoulders and hips.
When it is thought that they are ready (approx. 2-3 weeks), the animals should be led, one by one, around the holding yard. At first the sheep will try to pull away but will gradually get used to the leading process. REMEMBER: - PATIENCE IS REQUIRED!

5. HEALTH
It is important that routine management practices such as drenching, foot-paring and vaccinating are carried out for the show-sheep (as they are for the general flock).
6. COSMETICS!
Presentation of show-sheep (like any animal) also involves cosmetics - but this can become critical if the judge cannot make up his/her mind about two sheep in a “line-up” based on judging criteria. This is why show-sheep are generally washed, trimmed, and oiled (especially for wool-less, black-pointed sheep). Careful attention to hooves is also needed to ensure that the sheep stands evenly on all four feet and also so that it is balanced when walking.

7. IT’S SHOWTIME!
PRESENTATION OF THE HANDLER’S
Make sure that show attire is clean, neat and appropriate for the show-ring:
Clean jeans/trousers, a collared cotton dress- shirt, a tie or scarf (based on gender), polished boots, a blazer and clean, neat hair (last but not least – good manners and a smile).

8. SHOW-RING DECORUM
Remember that no one has bred the perfect sheep and opinion differs between breeders and judges alike. So if you don’t win today, remember to congratulate the breeder who did and be pleased with your efforts. Pay attention to the judges’ justifications of the decisions he/she made – these help you to know what else you need to do next time.

Thank the judge at the end of each class.

THE FRUITS OF YOUR LABOURS!
TARALGA SHOW RESULTS - 7/3/2015
* Class: 26 - Ram (2-tooth and over)…………………………….1st Place
* Class: 31 - Ewe (2-tooth and over)…………………………….1st Place
* ………………………………….….2nd Place
* Class 33 – Group (1 Ram and 2 Ewes)……………………………..1st Place
* Reserve Champion Ewe
* Champion Ewe
* Champion Ram
* Highly Recommended – Interbreed group

All of these students are to be commended for their dedication and determination in the preparation of the selected animals for showing. Whilst at Taralga Show, the representative students, Tyla Astley, Lauren Smith and Olivia Wann, were commended by the Chief Steward, the Judge and the Show President on their demeanour and representation of both themselves and their sheep exhibits.

The Year 12 Primary Industries Class would like to sincerely thank Mr Brook Roberts for his involvement in the transportation of both students and sheep to the show on his day off.

Thank you
Mrs Finlayson
Immunisations

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
This term has been a massive one for all the superstar athletes at Moss Vale High School, seeing some wonderful achievements across an array of sporting arenas.

Congratulations to our under 12’s 50 metre freestyle team, consisting of Liam Hinchcliff, Mitchell Wilson, Brad Watsford and Bailey Brownlee who will be representing our school and region at the swimming state championships in Sydney at the end of the month.

Congratulations also to Josh Conquest who has made the South Coast basketball team. I’m sure he’s going to light up the court and show some the skills we’ve see down on the courts this term, including that big slam dunk of his!

In recent weeks we have seen girls and boys from across the school compete in and win a range of cricket games against some very worthy opponents. All cricket teams have advanced to their 2nd round fixtures in their knockout competitions and will continue to do us proud.

Rugby league is in full swing with under 13’s, 15’s and opens boys teams will soon lining up against the region’s toughest teams. Boys are reminded to make sure they have all their permission notes into their coaches: Under 13’s Mr. Dubois, Under 15’s Mr Gannon, Opens Mr Carlyon.

We have students trialling for representative sport all over the place at the moment. Hockey, soccer, rugby league, cricket, basketball AND THE LIST GOES ON! Please make sure you are on top of all of your school work before attending any sports trials, carnivals or gala days. Athletes need brains too so don’t let your school work slip!

A big congratulation to the boys and girls who attended the zone touch football day in Goulburn this month, it was a tough competition and the students all performed very well and a number of our students will be heading to the south coast trials to add to our growing unit of representative sports stars.

In Term 2, Tuesday school sport will continue for Years 9, 10 and 11. Again we will have a range of different sports activities that will take place and students will be making their selections at the end of this term. All students in Year 9, 10 and 11 need to have a conversation with their banks (mums, dads and carers) about the cost involved in sport before they commit to a particular sport group. On average, a group leaving school grounds by bus will be spending $7-$10 a week as well as a one off fee of $15-$20 per term for the use of the bus. There are of course cheaper options and a host of free options so please have a conversation about what you would like to do for sport before the end of term.

Mr. DB’s fun, fit, fact: According to an NRL survey, 9 out of 10 people admit to supporting whatever team is playing Manly that day. You can’t make this stuff up!

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

Some snap shots from our “Suns out, guns out” gym junkies during Tuesday Sport
**Moss Vale High Newsletter**

**Issue 4 Term 1 2015**

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**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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**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


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 SCHOOLYARD MARKETS.ORG](http://WWW.THE SCHOOLYARD MARKETS.ORG)

www.facebook.com/berimaschoolyardmarkets

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**Drum Kit Lessons Available**

Mondays - at school

All styles.

Contact Michael Griffiths 04 29 391 957

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**Moss Vale Subway**

proud sponsors of

Moss Vale High School’s Merit Reward System

**SUBWAY**

eat fresh.
Dear Parents

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:
1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.

3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child’s safety.

6. **Check-in** regularly with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make our school a great school for everyone.

*Sharlene Killian*
*Welfare Coordinator*
<table>
<thead>
<tr>
<th>TO: MOSS VALE HIGH</th>
<th>NOTE OF ABSENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date: _____________</td>
<td>Address: ________________</td>
</tr>
<tr>
<td>Roll Class: __________</td>
<td>Year: __________</td>
</tr>
</tbody>
</table>

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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<table>
<thead>
<tr>
<th>CHANGE OF ADDRESS / CONTACT DETAILS</th>
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<tbody>
<tr>
<td><strong>NAME</strong>: ..................................</td>
</tr>
<tr>
<td><strong>NEW ADDRESS</strong>: ____________________</td>
</tr>
</tbody>
</table>

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.