



"Delivering excellence, innovation and success"

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Issue 8

OCTOBER 2015

2015 EVENT CALENDAR

TERM 4

Wk 2	Mon 12 th Oct – Wed 4 th Nov	· HSC exams	Wk 4	Thur 29 th Oct	· Yr10 Senior Leaders Grip Conference Newcastle	
	Mon 12 th – Fri 16 th Oct	· Yr8 Science Valid8 testing		Wk 5	Mon 2 nd – Fri 6 th Nov	· Yr7-Yr10 Assessment & Exam Week
	Wed 14 th – Fri 16 th Oct	· Indigenous Culture Camp at Glenrock Scout Camp			Wed 4 th - Fri 6 th Nov	· F1 in Schools excursion
	Wed 14 th Oct	· P & C meeting in common room at 6.30pm			Thur 5 th Nov	· RSA/RCG course for Yr12 students at MVHS 9am
	Fri 16 th Oct	· John Larkin visit for Yr9 students at MVHS		Wk 6	Mon 9 th Nov	· 2016 Yr7 Academic Enrichment Class information session & afternoon tea
Wk 3	Mon 19 th – Wed 21 st Oct	· Yr10 Project 10 Interviews	Tue 10 th Nov		· Yr6 Jump Start program for nominated primary schools	
	Mon 19 th Oct	· AECG meeting & AGM at Cessnock High School from 4pm	Wed 11 th Nov		· Yr7 & Yr8 Netball & Cricket gala day	
	Thur 22 nd – Fri 23 rd Oct	· Yr9 Peer Support Training	Fri 13 th Nov	· Yr12 Formal at Sebel Kirkton Park 6pm		
					· Yr11 excursion to Away performance at Civic Theatre Newcastle	

FACULTY LEADERS

English Melissa Wyper
Maths Andrew Gill
Science Natalie Death
HSIE Lynne Davies
CAPA Larayne Jeffery

PD/H/PE Sue Ford
TAS Rlg Andrew Newman
Admin Rlg Jessica Schafer
Teach/Learning Leanne Triggs
Wellbeing Julie Myers & Steve Quigley

YEAR ADVISERS

Year 7 Jodie Scheffler
Year 8 Rebecca Conn
Year 9 Rebecca Bartlett
Year 10 Angela Roughan
Year 11 Sharon Curran
Year 12 Christine Bell

PRINCIPAL'S MESSAGE



Ms Desley Pfeffer

Year 12 and the HSC

Year 12 students commenced their HSC examinations on Monday 12th October. Initial reports from students and staff have indicated that the examinations completed so far have gone well with students feeling well-prepared and able to demonstrate their learning to the very best of their ability. We all wish the Year 12 students continued good luck as they progress through the examinations.

Information was received in the school this week from BOSTES (Board of Studies Teaching & Educational Standards NSW) of a **HSC Test Yourself App**. There is no cost to download the Test Yourself App from either Google Play or Apple's App Store. With the app, students can test themselves with a free set of questions and then decide which subjects they want to download. The download will indicate how many questions are available for that subject and the price for the subject pack.

Subject packs range from \$1.99 to \$3.99 and are available 24 subject areas. A flyer will be provided to all Year 11 students this week.

Satisfactory Completion of a Subject -

BOSTES is the regulatory body which issues a student with a ROSA (Record of School Achievement) and ultimately a High School Certificate (HSC). All secondary schools, public and private, must abide by the requirements set out by BOSTES. Principals are given the responsibility of determining whether a student has successfully completed a course based on the evidence available to them.

Typically, students are sent warning letters (the working of which is provided by BOSTES) when they do not complete assessment tasks or coursework. Unfortunately there are times when students do not heed the warning letters and 'redeem' the warning by submitting the required work. Then, towards the end of the Yr 10, Preliminary (Yr 11) and HSC (Yr 12) courses Principals are required to "N determine" students where they have not met the course requirements. This means that they have not satisfactorily completed the course and may impact on their ability to progress into the following year's study or achieve the HSC credential.

One of the key criteria is that principals must have sufficient evidence that a student has applied themselves with diligence and sustained effort to the set tasks and experiences provided in the course by the school. Please note the underlined sections – evidence, diligence, sustained effort, set tasks and experiences. These are crucial points in determining whether a student has successfully completed the course.

At the end of last term I interviewed Year 12 students who were being "N" determined, with their parents present. Last week I interviewed Year 11 students. In the week beginning 9 November I will be interviewing Year 10 students with their parents. Unfortunately there are a large number of Year 10 students who have not heeded their warning letters and submitted the required work. Failure to do so may place their progression into Year 11 in jeopardy.

I strongly encourage all Year 10 students to avail themselves of the many opportunities to get assistance redeeming their warning letters. More information is included later in *The View* or parents can contact the Year Adviser, Ms Angela Roughan.

Advice To 'Would-Be' Apprentices

At a Career and Transition workshop I attended earlier this week Mrs Jan Dobbie from Varley Engineering shared her thoughts on what makes a 'valuable apprentice'. When they consider applications from prospective apprentices the qualities they look for are:

- Aptitude to learn the trade
- High levels of compliance – quality, safety and work instruction
- Task-focussed and productive individuals
- Team work and cooperation skills
- Commitment to quality workmanship, process adherence and continuous improvement
- Flexibility, agility and resilience
- Leadership potential

She reinforced that, in the case of a young person, the comments on their school report which might indicate 'how' a student has worked, are very important. So too is their attendance record.

Finally ...

This is a very busy term – what some people refer to as the 'business end of the year.' I would encourage all students to 'step up' to the challenges, 'step forward' when there are opportunities, and in doing so, 'step ahead' towards a successful future.

DEPUTIES' REPORTS



Mrs Julie Smith – Deputy Yrs 8/10/12

Year 12

Good luck in your HSC examinations! I look forward to speaking with you as you progress through these and start to see the end of the journey. Remember to look after yourself and study steadily in your preparation. Your teachers are here for you, so please make sure that practice questions are given to them for feedback prior to the exam.

Please ensure that you inform Mrs Banks, your examination supervisor of any concerns or health issues that you have during the course of the examination period.

Year 10

Preparation for Project 10 is well underway thanks to Mrs Ford. Week 3 is a big week with Project 10 interviews, All My own Work (AMOW) and redeeming N warnings. Please make sure that you are aware of what your responsibilities are during this time. It is vital that students who do have outstanding work complete this to ensure that they receive their Stage 5 certificate and complete the RoSA (Record of School Achievement) requirements. Please ask your teachers, your Year Adviser or Mrs Smith for assistance.

Year 8

All students should be working towards the completion of all assessment and homework tasks to ensure that requirements are met for the award of your Stage 4 Certificate. These certificates will be presented at the Stage 4 Presentation Assembly in Week 10 this term. Any student who needs assistance to complete overdue tasks should see their teacher, Year Adviser or Mrs Smith. Remember that Wednesday afternoons is still an opportunity to work with teachers and other students in the Mathematics area.

Congratulations to Year 8 students who have been working with the University of Newcastle's Aim High program! Miss Conn is very proud of the manner in which you have participated in the program and we look forward to being able to offer students further opportunities to work with the University in the future. Remember to take these opportunities on board and participate to the best of your ability.

YEAR ADVISER REPORTS

Year 7 – Ms Jodie Scheffler

What another busy term we have had. Students have been involved in many activities as usual and it is great to see everyone having a go. We have had a number of students who have become actively engaged in a number of extra curricula programs. These programs ensure that our students are engaged with the wider community. These programs involve students going rock-climbing, participating in Rock and Water which extends their wellbeing and growth and many more.

During our year group meetings we have spoken about the importance of school uniform. Please ensure that your child's uniform meets the schools requirements as they are the face of our beautiful school. We have also discussed the importance of assessment tasks, the role they play in your child's education and the policies around them. It's going to be another busy term for Year 7 so keep up the good work



Lila Harmer making a cushion in textiles

Year 8 – Ms Rebecca Conn

Hello to all parents, guardians and Year 8 students. Welcome to Term 4. This is a jam packed term with lots of exciting events.

Final Assessments and Exams

This is a very important term for Year 8 Students. During this term students will sit final Assessment Tasks for their subjects. These tasks will determine student report outcomes and contribute to class placement in Year 9.

A formal exam week is held during Week 5 of this term where many subjects will hold end of year exams in the hall. All students are required to sit these exams. Students who are absent during this period of time should submit a white appeal form (obtained from the front office) to their class teacher as soon as they return to school and must arrange a time to sit the exam.

Week	1	2	3	4	5 EXAM WEEK	6	7	8 Swim School	9	10
Term 4		History: source analysis & response PDHPE: Research Task & Skills appraisal	Tech: portfolio and project submission	Geography: 3D model	Math: test PDHPE: Yearly exam Music: performance English: Speaking Task Science: Yearly exam Ag: Exam					

Please Note: Geography allocates 30% of marks to bookwork (10%), mapping & skills work (10%) and written tasks (10%). This is ongoing assessment throughout the semester.

History allocates 40% of marks to homework (10%), bookwork (10%), sources analysis (10%) and research (10%). This is ongoing assessment throughout the semester.

Agriculture allocates 25% marks to a progressive portfolio assessment which is completed throughout the semester.

These tasks are additional to those listed above.

The Science Portfolio comprises 3-7 progressively marked tasks which will be presented in a folder during Week 8 Term 3. This will mean that students complete the tasks during Term 3, submit and receive feedback and have the opportunity to make corrections and resubmit.

Courses will require additional homework completion to successfully finish the course.

Stage 4 Presentation Assembly

The Stage 4 Presentation Assembly will be held on Wednesday 9th of December at 9.15am. Parents and siblings are encouraged to attend this formal assembly to watch their student receive their Stage 4 certificate.

Students who have **outstanding assessment tasks** from the past three terms are encouraged to submit these tasks so they can feel confident of participating in the ceremony. If you are unsure if your child has outstanding tasks please contact me via phone in the Science staffroom or via email (Rebecca.Conn4@det.nsw.edu.au)

Year 8 Lifesaving Program

The Year 8 Lifesaving program will take place during Week 9 of Term 4. This is a compulsory part of Year 8. All students are expected to participate in this program. Students who are unable to swim for medical reasons will be provided with work at the pool venue. Classes will not be held for Year 8 at the school. For further information on this program please contact Jamie Grove in the PE staffroom.

Prevention and Reporting of Cyberbullying

Recently I have had to deal with a number of reports of cyberbullying amongst Year 8 students. This is a very concerning aspect of the technology and social media driven times we live in. While we as a school hope to educate and guide students involved in this issue when they are at school we are unable to stop students accessing and posting social media outside of school hours.



The Australian Government has recently launched a new website ACORN (<http://www.acorn.gov.au/>) to allow members of the public to report and educate about Cyber Crime, and cyberbullying can fall into this category.

Cyber-bullying occurs when someone engages in offensive, menacing or harassing behaviour through the use of technology. It can happen to people at any age, anytime, and often anonymously.

Examples of cyber-bullying include:

- posting hurtful messages, images or videos online
- repeatedly sending unwanted messages online
- sending abusive texts and emails
- excluding or intimidating others online
- creating fake social networking profiles or websites that are hurtful
- nasty online gossip and chat, and
- any other form of digital communication which is discriminatory, intimidating, intended to cause hurt or make someone fear for their safety.

Just like bullying in the offline world, not all online bullying is criminal. There are Australian laws which apply to serious online harassment and online bullying behaviour. Under the *Criminal Code Act 1995 (Cth)* it is an offence to use the internet, social media or a telephone to menace, harass or cause offence. The maximum penalty for this offence is three years imprisonment or a fine of more than \$30,000.

As children and young people are often online, it can be hard for them to escape cyber-bullying. Youth do not often tell their parents in fear that it will make the situation worse, or out of fear they will lose Internet access. Ongoing communication between parents and children is important to prevent and stop cyber-bullying. You may wish to consider more information about the support services available for children and cyber victims more generally (<http://www.acorn.gov.au/support/support-for-children/>).

You can report serious cyber-bullying or stalking behaviour to the ACORN if the conduct is intended to make you (or the victim you are reporting on behalf of) feel fearful, uncomfortable, offended or harassed. If you are being physically stalked or are concerned for your safety, you should report to your local police immediately.

The website also has important information on keeping yourself and your children safe in an online environment.

Beacon Prepare Workshops



8V and 8H attended a fantastic Beacon “Prepare” workshop during Week 9 of Term 3. Students had the opportunity to meet members of the business community, discussed personal presentation, interview techniques and resilience. The day culminated in students working with a mentor to set SMART (Specific, Measurable, Achievable, Realistic and Timely) goals for their future.

We were also provided with a lovely lunch and morning tea by Entice Bistro at Cessnock Leagues Club.

I attended the day with 8V and was impressed with the behaviour, maturity and insight of these students. Congratulations to both classes who were described as “a wonderful group” by the presenters.

AIM High Mentoring Program

For the last four weeks of Term 3 thirty students were selected to be part of an AIM High Mentoring project. Congratulations to them for their efforts and a special thanks to the University of Newcastle students who shared their time, insight and personal stories with our Mount View High students.



Mentor Kirsten with students Nala Crossie, Katie Roberts, Zach Shanahan-Naysmith.



Students Riley Kuosman, Riley Burns, Caitlin Gailbraith, Nikki Murnane, Clay Hollingshed, with mentor Jess

Year 9 – Ms Rebecca Bartlett

We have hit the ground running yet again in Year 9 with 99 students receiving acceptance letters for the Peer Support Training Days, which will be held on the 22nd and 23rd of October. Prior to that however, the entire year is heading straight into a Mental Health Program organised by Cessnock Youth Centre and Outreach Service on the 13th of October at Cessnock Leagues Club. They have also been invited to become Project 10 panellists, and for those who are selected they will be involved in interviewing Year 10 students about their achievements this year. All programs like these present a wonderful opportunity for students to develop life skills that they can apply in a variety of situations and I recommend students continue to get involved.

Just a general reminder to all that students need to work hard throughout this term to ensure they are appropriately placed in the core subjects next year. Electives have been chosen and they will soon be published so that students can ensure they have been placed in the classes they chose – noting that there was a change from three electives to two.

Other than that, we shall continue to meet every alternate Friday to celebrate the successes of the cohort, and I encourage all students to continue to prescribe to the PBL values of respect, responsibility and excellence.

I would also like to take this opportunity to remind parents that students need to be at school every day to maximise their learning potential however if they are absent, a note should be sent in at the earliest opportunity to avoid unexplained absences appearing on their report.

Year 10 – Ms Angela Roughan

In Week 3 of Term 4 Year 10 students will participate in Project 10 interviews. The interviews will run from Monday 19th October to Wednesday 21st October. All Year 10 students have currently had six sessions throughout the year with their mentor teachers addressing the criteria for their interview and spending time writing their cover letters. Students will be given a time for their interview in Week 1 of Term 4.

During these three days there will also be two other programs operating for all Year 10 students. The Lovebites Program is a whole day specifically aimed at issues relating to Domestic Violence and Sexual Assault. This program will be run on each of the three days with groups of 50 students attending each day.

Students will also be completing “All My Own Work.” This program is aimed at students understanding plagiarism issues in the senior years. This program is compulsory statewide through BOSTES (Board of Studies, Teaching and Education Standards) for all Year 10 students to complete before commencing Year 11. Each session will run for an hour and where possible this will occur on the same day as students’ Project 10 interviews.

Students who have outstanding N warning letters are expected to stay at school on the day of their interview as well as on their free day and work on redeeming their warning letters in a computer room with a teacher. There are currently 864 unredeemed N warning letters in Year 10. This is a significant concern for a number of students and may impede their progression to Year 11.

P & C NEWS

The next P & C meeting is on Wednesday 14th October 2015 in the Common Room starting at 6.30pm. The P & C invite all parents to attend.

ADMINISTRATION OFFICE

Uniform Reminders

Now that we are moving into the warmer months it is an appropriate time to remind parents and students about the correct school uniform.

The school’s colours are **RED** and **GREY** and this is reflected in our uniform. **BLACK is NOT** a school colour. However, students are permitted to wear black shorts or sports pants **ONLY** on **Thursday for sport**. These should **NOT** be worn at any other time.

Junior and senior girls have a school skirt which is worn with a white shirt. They may also wear grey shorts or trousers. Junior and senior boys wear grey shorts and the junior shirt is white while the seniors have a red shirt with the school’s logo. For work health and safety reasons and regulations, students are required to wear black leather shoes.

During winter it became a ‘trend’ for many of the girls to wear black gym pants every day to school and this has continued into this term. Black gym pants **ARE NOT** part of the school uniform and **must not be worn**.

The school is able to supply students with the correct school uniform and any family experiencing difficulty purchasing the uniform can contact the school for assistance. Please help us maintain the excellent standard set by the majority of our students and support the wearing of the correct school uniform.

Permission To Publish

The school/Department may publish information about your child for the purposes of sharing his/her experiences with other students, informing the school and broader community about school and student activities and recording student participation in noteworthy projects or community service.

This information may include your child's name, age, class and information collected at school such as photographs, sound and visual recordings of your child, your child's work and expressions of opinion such as in interactive media.

The communications in which your child's information may be published include but are not limited to:

- Public websites of the Department including the school website, the Department's intranet (staff only), blogs and wikis
- Departmental publications including the school newsletter, annual school magazine and school report, promotional material published in print and electronically including on the Department websites
- Official departmental and school social media accounts on networks such as the school's YouTube, Facebook and Twitter pages.

Parents should be aware that when information is published on public websites and social media channels it can be linked to by third parties and may be discoverable online for a number of years, if not permanently. Search engines may also cache or retain copies of published information.

If parents/caregivers **do not give their permission to publish information** as described above, please notify the school in writing. If you have any queries regarding the above please contact the Administration Office.

ATTENDANCE



Jessica Schafer – Rlg Head Teacher Administration

Attendance Questions? Phone 49902566 ext 1 or call into the Attendance Office

SMS Automated System for Absences & Notifications

Parents/carers will receive an SMS text sent from the school via our computerised attendance system if their child has been marked absent or who have arrived late to school that day without a parent note to parents nominated mobile phone number as per your child's enrolment details.

Parents can respond back to the SMS text indicating a reason for the child's absence. Please note that as this is a computerised automated system, our attendance office does not receive responses immediately. Response reports are generated first thing each morning relating to the previous days automated SMS.

If you have any immediate concerns regarding an absence please contact the school Attendance Office as soon as possible. The SMS Automated System is also used to send out notifications and reminders to year groups as well. If parents have any questions regarding the SMS Automated System please contact the Attendance Office.

Explanation of Absences

If you have not explained your child's absence within the legal 7 days, the absence is immediately converted to unexplained/unjustified. Please ensure that all absences are explained via reply SMS, phone call, email or note as soon as you know. We ask for your cooperation in providing justifiable explanations for all absences and partial absences. Unjustified absences do show up on the student's records.

Early Leavers

All requests to leave school early are to be in writing and handed to the Attendance Office before the commencement of the school day. Requests can also be processed on the days prior to the required leave.

By having your request to leave early in before the start of the school day, the Attendance Staff can ensure that each student has their official DEC pass out of school and can leave the classroom punctually. This will ensure that you make your appointment on time.

Notification of Holidays

Applications to take holidays during school term are available through the Attendance Office. Please ensure these are completed and submitted for approval **before** your holiday to avoid attracting unexplained or unjustified absences on your records.

What do you do if you are feeling sick at school?

- 1) Tell the Teacher.
- 2) Get a note to go to Sick Bay. Sick bay staff will give immediate help to make you comfortable and safe.
- 3) If you are too unwell, the Sick Bay staff will contact your family to collect you from school.

All ill and injured students need to be logged into our system so that we can provide the best possible care. Students are not permitted to contact families directly during lesson times for any reason.

Contact Details

Please ensure that the school always has your most recent contact details.

Daily SMS's and regular phone contact is often used by Mount View staff to communicate with our families. Change of contact details can be advised in writing via note, email or forms available at the main office. Please ask if you are unsure what to do.

ENGLISH FACULTY



Melissa Wyper – Head Teacher

Year 12 and Karen Yager

Immediately after the Trial Exams, all Year 12 Advanced and Standard had the opportunity to gain advice and feedback from the highly recognised English specialist, Mrs Karen Yager. Mrs Yager presented a whole day of workshops at MVHS that targeted the Area of Study and the Modules. During the Modules workshops Mrs Yager offered feedback on individual students' Trial essay responses. Essay writing and course content are always areas for revision. With the HSC Examinations starting this week, we wish

Year 12 all the best in their final exams.

Year 7 and Year 8 Experience Shakespeare's *A Midsummer Nights Dream*

Year 7 and Year 8 attended the performance of Shakespeare's *A Midsummer Nights Dream* presented at MVHS by the theatre company 'Bard on the Beach.'

Two performances were held, with Year 7 enjoying the morning performance followed by Year 8 enjoying the midday performance. Performers used props and costume to perform multiple roles in the three groups of characters: the people, mechanicals and fairies. The play and characters were studied last term by Year 8 as part of their work on an Introduction to Shakespeare. Year 7 enjoyed this live theatre experience as a relevant finale to their study of Drama from last term. All students of Drama and future students of Drama were able to see the way performance style and the elements of Drama contributed to a successful theatre experience. The play and performance were comical and entertaining. With 'fingers-crossed' we hope to provide this experience with a new play for next year's Year 7 and 8.



SCIENCE/AG FACULTY



Natalie Death – Head Teacher

Term 4 will be a busy term for staff and students alike.

We are glad to have Mr Bragato, Mrs Wells and Ms Groves continuing with our Science/Ag staff this term. All are relieving in unfilled positions for the rest of the year.

In Science and Agriculture we will be spending the first few weeks of term preparing for our yearly exams scheduled for Week 5 for all junior students. All teachers will be encouraging students to work extremely hard to maximise their results in these upcoming exams and will begin revising the year's work closer to the exam.

Our Year 12 students have worked so hard in class and during school holidays with our staff to put themselves in the best possible position to tackle their HSC exams. We wish all of our Year 12 students the best of luck for their pending exams.

In class this term:

Year 7 classes are discovering some of the most important aspects of ecosystems and living together.

Year 8 classes will be investigating how we use different resources for different purposes.

Year 9 classes will move from looking at infectious diseases to considering ecosystems and our human impact on our environment.

Year 9 Elective Applied Science will be launching into Astronomy and investigating our place in our universe and whether the discovery of water on Mars means we may yet find Martians!!

Year 10 classes will be studying our Universe topic, examining theories describing how we have arrived at the universe we see around us today.

Special mention needs to be made of some spectacular efforts in the classroom:

7Morrisey – some excellent reports are making their way to me about their fantastic attitudes towards learning.

8M – I'm hearing about some fantastic discussion lessons and some well considered questions are being asked by these students.

9B1 – working particularly well with Mr O'Connor.

9B2 – have settled extremely well for Ms Groves and are working cooperatively together.

10A2 – PBL encouragement awards for this class who are asking probing questions and keeping Ms Conn on her toes!!

All our Year 12 students – diligently worked so hard; good luck!

It's All Happening On The Farm – Mrs Jarrett

Last term saw our steer parading team (now known as our heifer team as the steer has departed the farm) go to show for the first time this year. The students involved have been working for a term and a half before school and during their recesses and lunches to learn how to lead and prepare cattle for show. Team members range from Year 9 through to Year 11 and were selected on their consistent approach to Ag, turning up most days and general interest in the topic.

After a small accident on the way to the show that caused one of our heifers to go lame, we were down to one, but to the students' credit, they got on with the job, prepared the Angus heifer to parade and cared for our Charolais during the day. We would like to send a very big thankyou to Cessnock High School for sharing their steer during the day so that all of our students were able to compete in their divisions. The partnership between Cessnock High Ag and Mount View High Ag has continued to grow over the last few years through friendly competition at different events and shared resources between the two schools.



This term on the farm is known in our staff room as “Tractor Term”. Year 8 and 9 will be learning tractor safety and skills throughout the term. All students learning to drive must have enclosed leather shoes with decent soles. This is for both the safety of the student driving and the teacher who is instructing. We take tractor safety very seriously at Mount View and students will not be able to drive if they are not wearing appropriate clothing or shoes, or are behaving inappropriately.

Year 10 will be continuing to work with the sheep for the beginning of the term and we are all now on baby alert with the pending arrival of a lamb from one of our dorper ewes. Fingers crossed for a safe delivery of one (secretly hoping for twins) healthy lamb by the next View article. Assessment tasks on sheep farm portfolios are being handed back this week ready for Project 10. The quality of submissions this year was exceptional. Thankyou Year 10 for putting in the hard work. If you have not handed in your task please make sure it is in to me ASAP for marking and to redeem your N-award. Extra copies of the task have been sent home this week.

Year 11 move onto Year 12 this term and are continuing with livestock units. They also will be watching for lambing signs in the paddock and keeping our pregnant ewe happy and healthy.

Year 12 have officially finished lessons in Primary Industries and should be at home studying hard for their exams. As always, we encourage any Year 12 student who would like some extra help studying one on one with us, or in a study group to contact us to set up a time. We are here every step of the way. Good luck with your exams.

That just about wraps up what’s happening in Ag this term. Finally, this month’s Ag stars are three standout students Liam Whiteley, Grace Philips and Sarah Passfield from Year 10 for their Sheep Business Portfolio. Congratulations to all three, I was blown away by the effort that you each put in.

HSIE FACULTY



Lynne Davies – Head Teacher

Congratulations!!!

I would like to take this opportunity to congratulate 2 members of our Faculty. Firstly Rachael Curran who was married on the second Tuesday of the school holiday. As a staff we would like to wish Rachael all the best for her future.

Secondly Drew Daniels welcomed his first child, a baby boy, into the world during the holidays. Mum, dad and baby are all doing well and on behalf of the faculty we wish them all the joy that comes with such an occasion.

Term 4 and Completing Tasks

As we move into the last term of the year, I would like to remind all students and parents of the importance of completing all tasks and homework by the due dates. As you are all aware History homework tasks can be found online at <http://mvhshistoryonline.weebly.com/>

The site can be accessed by both students and parents which makes it easy for everyone to stay up to date.

Europe Study Trip 2016.

Mrs Jodie Scheffler and I will be accompanying 4 of our students to Europe in the April school holidays in 2016. We will be part of a group of 5 high schools which includes Mount View High, Dungog High, Francis Greenaway High, Singleton High and Bulahdelah High. This experience will take us to the battle fields of the Western Front and students have been invited to provide details of relatives who may be buried on the Western Front so that they may have the opportunity to visit the cemetery where they are buried or commemorated.

Many of you may be aware that the school proudly displays the Mount View **PRIMARY** school World War I memorial in our foyer. The names of the men who had been past students and teachers of the primary school and who served in the war are commemorated there. Some of these men did not return. I would like our students to visit their graves when we are in France.

CAN YOU HELP? The following list gives the names of each of the men, their service number, and other details relevant to each soldier. I am searching for any additional information that someone in the community may have. I am particularly interested in copies of photos that we may be able to



leave at their grave along with a tribute from the staff and students of our school. If you have any information or photos of these men could you please contact me at the school so that I can arrange to have the information included in the tribute in France.

Thomas Jackson

Service Number: 5650

Unit: 19th Australian Infantry Battalion

Date of death: 27 February 1917

Cemetery: MARTINPUICH BRITISH CEMETERY

Additional Information: Son of Richard and Anne Jackson, of Mount View, Cessnock, New South Wales

Frank McGann

Service Number: 2366

Unit: 37th Australian Infantry Battalion

Date of death: 08 June 1917

Cemetery: STRAND MILITARY CEMETERY

Walter Frederick Woodland

Service Number: 5781

Date of death: 05 May 1917

Additional Information: Son of Joseph and Mary Ann Woodland. Born at Millfield, New South Wales.

Cemetery or memorial details: Villers-Bretonneux Memorial. No known grave.

James O'Neill

Service No. 3439

Date of death: 03 September 1916

Cemetery or memorial details: Villers-Bretonneux Memorial, Villers-Bretonneux, Picardie, France

An Amazing Opportunity For Students In Years 9 & 10

In July 2016 the Premier's Anzac Memorial Scholarship will fund a study tour for up to 20 students from schools across NSW to travel to the Western Front, in France and Belgium. Students will visit the battlefields where the Anzacs fought, discover their experiences and commemorate their memory.

Students who are selected for a 2016 Premier's Anzac Memorial Scholarship will complete a guided tour of significant battlefields. Beginning in Paris, students will travel to historical landmarks and museums in France and Belgium, learn about the history of the Western Front from experts in the field and commemorate the Anzacs. Details of the 2016 scholarship tour are currently being finalised, however the duration of the tour will be approximately 12 days. NSW secondary school teachers and a tour historian will accompany the tour party and supervise students.

Selection Criteria

Ms Pfeffer and a selection panel will look for applicants who:

- display a genuine interest in Australian history, including the role that participation in wars has played in the development of Australia
- demonstrate involvement in the commemoration of Anzac Day and related events or a deep interest in the Anzac tradition

An advertisement for the Premier's Anzac Memorial Scholarship. It features a black and white photograph of a young soldier in a wide-brimmed hat and uniform, holding a rifle. The background is a solid blue color. The text 'WALK IN THE FOOTSTEPS OF THE ANZACS' is written in large, white, bold letters. Below this, smaller white text reads: 'Apply for the 2016 Premier's Anzac Memorial Scholarship for the opportunity of a lifetime - see where the Australian soldiers fought in France and Belgium, discover their experiences on the Western Front and commemorate their memory.' At the bottom left, there are logos for the NSW Government and '100 YEARS OF ANZAC THE SPIRIT LIVES'. At the bottom right, it says 'Image courtesy of the State Library of NSW'. Below the main text, it states: 'The Premier's Anzac Memorial Scholarship is open to students currently in years 9 and 10. Apply now and you could be touring significant wartime sites along the Western Front for two weeks in July 2016.' Further information and application forms are available at veterans.nsw.gov.au/education/premiers-anzac-memorial-scholarship. At the bottom left, there is a small logo for the 'PREMIER'S ANZAC MEMORIAL SCHOLARSHIP'. At the bottom right, it says 'Applications close on 11 December 2015.'

- show they have made a positive contribution to the school community
- can follow very high standards of behaviour, dress and protocol and be independent, trustworthy and able to complete tasks by specified deadlines.

What does the Premier's Anzac Memorial Scholarship provide?

The scholarship provides for **all costs associated with the tour**: airfares, travel, accommodation, meals, official clothing, travel insurance and a small amount of money for out-of-pocket expenses. Rural recipients may seek support for the expenses incurred in travelling to and from Sydney.

Who is eligible to apply?

To be eligible to apply you must be:

- enrolled in Year 9 or 10 in 2015 at a NSW government or non-government secondary school or college
- currently studying history and intend to continue studying history into Year 12
- an Australian Citizen or a permanent resident of Australia.

How do you apply for the scholarship?

An application form can be downloaded from veterans.nsw.gov.au/education/premiers-anzac-memorial-scholarship. It can also be obtained from Ms Davies. This should be completed and then submitted to Ms Davies by **30 November 2015**. Ms Pfeffer or her representative will select one outstanding application to submit by **11 December 2015**.

What are the conditions?

1. Students must have parental/caregiver permission to participate. This must be both parents in cases where parents are divorced or separated.
2. Each student application must contain comments from two referees:
 - a. the first referee must be the applicant's history teacher
 - b. the second referee must be the school principal.
3. Students must agree that relevant information on their application form may be used in media releases. (Note: the NSW Department of Education and Veterans' Affairs, Department of Premier and Cabinet, will carefully monitor information that is made public)
4. Successful applicants must produce a report on their experiences of the scholarship study tour. (This may be in the form of an essay, artwork, musical composition, tour blog or digital presentation and is to be submitted in a digital format).

What happens after you submit your application?

Ms Pfeffer will be responsible for endorsing the successful application and lodging it with Veterans' Affairs, Department of Premier and Cabinet. The state selection panel, which includes representatives from Veterans' Affairs, the NSW RSL and the Department of Education, will identify up to 20 scholars to participate in the tour.

Year 9 Commerce Market Day a huge success!

This was a huge success for both the classes and Mr Cameron Daniels and Mrs Lisa Hunt. It was also an activity from which each group of students learnt valuable lessons as reported by them.

Students in Year 9 have proven their skills as young entrepreneurs. As part of their course work students have been able to operate a small business at school. The pictures below show some of the hard work and fun they had on the day. Mr Daniels and Mrs Hunt would like to thank the staff, students and parents for your support. We would also like to congratulate the students who all managed to make a profit and gain valuable skills in planning, organising and operating a small business.

Snow in Cessnock

Our commerce stall sold snow cones and meringues on the sale day of September 4th. We made an amazing profit of \$184.59 and are all extremely proud of our efforts.

These stalls have taught our group (Georgia Bailey, Hemdah Moore & Tahlia Hughes) many skills including; how to communicate with customers, concentrating on getting orders perfect, working efficiently under pressure and working efficiently with money.



The **sprinkle spiders'** market day experience was a mix of emotions. We were all really excited for our upcoming market day experience. The night before we had organised our signs, foods, cupcake stands, eskys and all our required equipment to have a successful market day. On the day we were ready to sell our products as best we could. Unfortunately we didn't make as many sales as we would have liked during recces. Luckily our wonderful teachers gave us another chance to make more sales in the lunch break. Overall our day was very successful with all of our team very happy with our efforts on market day. We'd also like to say a big thankyou to anyone who bought any products from any of the commerce stalls as it made our market day that much more enjoyable.



Cessy
Burger
Co.



Hot
Chips!



Triple C
Cupcakes/
Cans/
Chocolates



Slice of
life
Pizza



BBQ and
Brownies!



CAPA – STATE OF THE ARTS



Larayne Jeffery – Head Teacher

Sound Team Training

In the last week of term, our Hall Sound and Stage Crew travelled to Muso's Corner with Mrs Jeffery and Mrs Howells.

The boys from Years 7 & 9 first learnt about the history of recording music and were then treated to a real live recording session with local Newcastle musician Jack Dawson.

The boys were Jordan Herring, Ethan Robertson, Kyle Piper, Cody Lawson, Briggs Reilly, Darryl Foster, Nicholas Newstead and Ben Galvin.

All boys are now looking forward to training on the new lighting console installed in the LEAP centre in the holidays and are proudly wearing their new team shirts which will be worn at every event.



TAS FACULTY



Andrew Newman – Rlg Head Teacher

Child Studies

The babies have arrived. We have three brand new additions to our faculty. Jarli, Matilda and Nullah. Nullah is Indigenous.

Not only are they gorgeous and beautiful to touch the students are really looking forward to learning invaluable skills on how to care for a new born baby.





Susan Ford – Head Teacher

MVHS Fit Club – by Mr Grove

A successful 7-a-side touch football competition was played in Term 3. Twelve teams registered to play and contested for the four semi-final positions.

After an excellent competition and semi final series it came down to two teams, the Shrib Squad and Garth.

A hard fought final was still 0-0 with 5 minutes to go. After a drop off, the grand final ended at 1-1. This led to a touch football version of a penalty shoot out. Congratulations must go to both teams however the eventual winners were Shrib Squad pictured below consisting of Jesse Cagney, Matt Clarkson, James Crouch, Will Hurn, Kurt Lomas, Jye Nightingale, Matt Schreiber and Mitchell Thomson.



Keep training!

Year 7 and 8 Lifesaving Program

As we move into Term 4 and the end of the year it is nearing time for the Mount View High School Lifesaving program. The Lifesaving Program is a compulsory part of PDHPE curriculum. School for the week will be held at the pool. If students are unable to participate there will be dry land activities organised that relate to lifesaving. The students in Year 7 and 8 will receive all the information in Week 2 during their year meeting. Money and notes will need to be returned by the end of Week 6.

The Lifesaving Program is not a learn to swim class, it is an opportunity to achieve Royal Lifesaving Society Swim and Survive and Bronze awards. The students will learn excellent life skills that will help prepare them to handle potential difficult and stressful situations in the future.

Year 7 – Monday 23rd Nov to Fri 27th Nov

Year 8 – Monday 30th Nov to Fri 4th Dec

CAREERS



Mavis Godber – Careers Adviser

Attention students - Do you need advice about choosing a pathway? Come and talk to me anytime as I can provide you with information, advice and guidance to help students make realistic choices about education, training and work. Students can find information on various job opportunities and courses on the noticeboard located outside the Careers Office, currently there is information about UNSW and the engineering summer school.


Job Jump

How to get the most out of using www.jobjump.com.au Find a listing of the Menu Items that appear across the screen from left to right. This is how you use each item.

Login You can now **Register** to receive the latest Careers News when you enter your email address from the front page of the website. This will be emailed to your home email address if you wish. It only takes a minute or two. You will receive Careers News on your chosen careers from now through to an extra year after your HSC. If you change your mind, you can unsubscribe at any time. You can select new careers at any time too. You can have as many as you want.

My Career - Click on the name of a career that interests you. The 4 coloured buttons now become active for you.

If you now click on '[Read the News](#)' all of the current news is ready for you to act on with the active links.



www.jobjump.com.au

PARENT INFORMATION

When you register on JobJump you will receive the News on the Careers your son/daughter likes sent to your home email address. Plus you will be able to use all parts of the JobJump website to help you plan and assist your son/daughter in achieving their Career dreams.

To register with JobJump, go to the front screen of the website at www.jobjump.com.au

STEP 1. Enter into the first white box the first letters of your school's name and when the full name appears in blue just below, click on your school name and it will enter automatically into the first white box.

STEP 2. In the second white box, enter your email address and then click the Login button.

STEP 3. A new screen will appear which asks you to type in lower case letters your school's password.
mount

There are a few more quick questions and then you are underway to access the site and utilise all of the features listed below. When Careers news does occur related to your son/daughter's interests, it will be emailed to you all the way through their high school years **plus an extra year after their Year 12.**

You can select as many careers as you like from the listing of 110 careers. If your son/daughter changes their mind, you can alter the choices using the top right hand side white torso.

If you can't find the career they like from the list, select a career which is in the field they like. For example, they may like the field of Tourism because they like travelling and the idea of having a career in the Tourism industry is not a bad idea. In the listing select 'Travel Agent' because all Tourism careers news will come to you.

Once you have registered, you can also use all parts of the website to enjoy all of the following:

- Year 10 subject selection advice across 110 careers.
- Writing letters, resumes, what to say to an employer, where to find your future employer.
- A comprehensive digital ATAR and University Course sorter that works hand in hand with the **UAC Handbook making life now a breeze** for you to search for your chosen courses.
- JobJump finds the relevant **TAFE courses**
- **Job vacancies** based on your area location.
- University scholarships and their direct links
- Bonus points, Overseas Exchange, Accommodation across Universities in NSW and their direct links.
- Earnings across 300 careers.
- EAS information.
- Find my Career quizzes.
- Hobby projects across 110 careers to inspire and engage students in their career.
- Interactive yearly calendar across all news items which can be personalised to your careers of interest.
- Universities Open Days listing and links.
- Videos across 110 careers.
- Gap Year and Volunteering opportunities.
- Alternative entry to University sorter and links across NSW Universities.
- Interstate University admissions centres' links.
- How to obtain your own son/daughter's independent work experience.
- and much more.

We trust you will enjoy using www.jobjump.com.au

Click on '[Watch a Video](#)' and you can enjoy a tour of your chosen career.

Click on '[Check I'm Suited?](#)' and you can complete the chart to show you have the personal qualities desired by a future employer.

When you click on '[Go For It](#)', 5 choices appear:

- '[Can I prove to a boss I'm the right person?](#)' gives you valuable and quick information on how to improve your chances for an employer to hire you in this career.
- '[What subjects should I study?](#)' gives you the subject advice on subjects in NSW you could consider.
- '[What courses should I study after school?](#)' gives you the quick advice and the direct links to many of your Tertiary options at University, TAFE and private colleges.
- '[Where can I find the jobs?](#)' gives you the real job vacancies, employer organisations and exactly how to find the names, addresses and phone numbers of companies you can contact yourself from the Yellow Pages.
- '[How do I present to an employer?](#)' gives you all you need to be able to call an employer with an easy script on what to say and a Directory Sheet to list all of your companies names and contact details. There is a Sample Letter and a Resume that guides you line by line what you need to write to an employer. There are handy quick tips on what you should do and what to take with you whenever you visit an employer.

Calendar allows you to see all the news month by month. If you want to find only the news for the careers you like firstly click on the top left button, 'None'. Then select the careers you like and the news month by month appears only for those careers you chose.

Find My Career. This is useful if you are wondering what career might best suit you. You can gain a better understanding of a career by watching a video about it. There are 4 handy quizzes you can also try, all of which will provide new career possibilities for you.

HSC Subjects has a great slide show explaining all about the HSC and matters like Units and the HSC rules. When you click on a career you like on the left hand side, the subject advice appears on subjects in NSW you could consider.

ATAR. This is great to use in conjunction with your UAC Handbook. Most people start with the UAC Handbook Index to see all of their options. Here on the jobjump website, you will find this Index listing on the left hand side. Click your favourite Index field. A listing appears just like the hard copy of the Index in the Handbook. By clicking on the Title Headings at the top, you can sort this listing in ATAR order, in Campus location order, in University order or by the name of the course. If you click on any blue UAC Course Code, you will be able to read a full description of the course you selected. You can also do a search for degrees by typing in the search box a key word in this field.

Courses. Simply select the first letter of your career name. When you find your career field of interest, there will be a listing and links to the NSW universities and colleges and phone numbers. Call them to get more information.

Uni. This has the following drop down menu options:

- **Open Days.** A full listing for not only NSW and ACT but across Australia with links about going to them.
- **Scholarships.** Each Uni has an explanation about their scholarships and how to apply for them. Many have the listing of their Undergraduate Scholarships they have on offer.

- **Bonus Points.** Many universities offer Bonus Points which can help you gain entry to your chosen degree at their Uni. This is often based on how well you have done in particular HSC subjects and/or on your location. Some Unis even have a handy Bonus Points calculator.
- **Alternative Entry.** Unis have various ways to allow you to gain entry. Each Uni's options are found here.
- **Educational Access Scheme.** If you faced some type of hardship over your HSC years, then you may be considered for entry to your degree by completing an E.A.S. application. Speak to your Careers Advisor.
- **Deferment.** Some people need to have a break before entering Uni for half a year or a full year. The table given here summarises what each Uni considers and what you may need to do. Deferment allows you to bank the degree for which you were accepted and to start it at the end of this break.
- **Accommodation.** Check each University to find the most suitable accommodation to fit your needs.
- **Overseas Exchange.** Select a university of your choice and find out how you can study part of your chosen degree in one of your favourite countries.
- **Interstate.** Each State in Australia has its own version of our NSW UAC (Universities Admission Centre). If you wish to consider studying in another State, click on the State which interests you and follow their instructions. Each State has their own course search area.

Apprenticeships. At the top you can find a simple to read explanation all about how Apprenticeships and Traineeships work. This is followed by an interesting short video about Apprenticeships and Traineeships. If you click on the bottom option you will see a listing of Apprenticeship and Traineeship career areas with easy to do quizzes.

Earnings. There are 300 careers listed on the left hand side with their earnings in weekly and annual amounts. To select any career you must first read and consider the short advice in the bubbles and then click 'OK'.

Jobs. When you click on the drop down word **Jobs**, you will see a listing of all of the careers on the left hand side. When you click on any career you will find the real job vacancies, employer organisations and exactly how to find the names, addresses and phone numbers of companies you can contact from the Yellow Pages.

On the main body of the screen are 5 other options:

- The first gives you all you need to be able to call an employer with an easy script on what to say and a Directory Sheet to list all of your companies names and contact details.
- The second is a great video to watch on making phone calls to an employer.
- Then there is a Sample Letter and Resume that guides you line by line what to write to an employer.
- The fourth is a Resume Builder where you can enter your details. Make sure you inform your parents if you are under 18 that you are doing this.
- Then there are handy tips on what you should do and what to take with you when you visit an employer.
- Lastly there is an interesting video on going to a job interview and how to handle the interview questions.

Work Experience provides the main documents that you use with your Careers Advisor's guidance to arrange Work Experience. Make sure you speak to your Careers Advisor before arranging any work experience.

Gap. Many students feel that they would like to have a gap year, go as an exchange student overseas or seek a new experience. There are a wide range of options here to select and investigate.

Where is? is a handy directory of over 140 links you may need on all the major topics such as HSC and UAC.

HSC Test Yourself App

The HSC test yourself app helps students make the most of their study time and test themselves using information straight from the Board of Studies, Teaching and Educational Standards NSW (BOSTES). Students will find the 2014 HSC exam workbooks a useful resource. They contain real exam questions and samples of top scoring student responses. The HSC test yourself app can be accessed from Google Play or Apple's App Store.

Following is information about the funded pre-apprenticeship courses offered through HVTC. For further information contact HVTC on 49324184.



PRE-APPRENTICESHIP

ELECTROTECHNOLOGY

This introductory program assists with gaining skills to allow further opportunity to be selected for an apprenticeship in the Electrotechnology trades area.

- UEENEEE101A Apply Occupational Health and Safety regulations, codes and practices in the workplace.
 - UEENEEE104A Solve problems in d.c. circuits.
 - UEENEEE141A Use routine work activities in an energy sector environment.
 - UEENEEE148A Carry out routine activities in an energy sector environment.
 - UEENEEE179A Identify and select components, accessories and materials for energy sector work activities.
 - UEENEEK142A Apply environmentally and sustainable procedures in the energy sector.
 - FSKNUM03 Use whole numbers and money up to one thousand for work.
 - FSKNUM08 Identify and use whole numbers and simple fractions, decimals and percentages for work.
- Plus 15 days work placement.
Students will require a laptop, iPad or notebook as resources and assessments will be delivered online.

COST
The course is funded under the 2015 Pre-Apprenticeship Training Program through State Training Services, the NSW Department of Industry. No administration fee will apply to participants.

DELIVERY
Training will be delivered at HVTC's Skills Centre in Rutherford commencing 26 October 2015 for 6 weeks. Training will be 4 days a week.

ENQUIRIES
Call Dominique Kay at HVTC on 02 4932 4184.



NATIONALLY RECOGNISED TRAINING

NC: 80179

Apply or register an expression of interest at hvtc.com.au/jobs



PRE-APPRENTICESHIP

MANUFACTURING - MECHANICAL AND FABRICATION

This introductory program assists with gaining skills to allow further opportunity to be selected for an apprenticeship in the Mechanical and Fabrication trades.

- MEM13014A Apply principles of occupational health and safety in the work environment.
 - MEM16006A Organise and communicate information.
 - MEM05005B Carry out mechanical cutting.
 - MEM09002B Interpret technical drawing
 - MEM18001C Use hand tools.
 - MEM18002B Use power tools/hand held operations.
 - MEM16007A Work with others in a manufacturing, engineering or related environment.
 - MEM16008A Interact with computing technology.
 - MEM14004A Plan to undertake a routine task.
- Plus 20 days work placement.

COST
The course is funded under the 2015 Pre-Apprenticeship Training Program through State Training Services, the NSW Department of Industry. No administration fee will apply to participants.

DELIVERY
Training will be delivered at HVTC's Skills Centre in Rutherford commencing 26 October 2015 for 6 weeks. Training delivery will be 4 days a week.

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Call Dominique Kay at HVTC on 02 4932 4184.



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STUDENT WELLBEING



Julie Myers – Head Teacher Wellbeing
Yrs 7/9/11



Steve Quigley – Head Teacher Wellbeing
Yrs 8/10/12

What Does It Take To Live Well?

Tuesday's 6th October edition of the Newcastle Morning Herald contained a magazine called Aurora. Within the magazine were two great articles relating to living well and symptoms of anxiety and depression.

October is mental health month around Australia. During this time our school is taking part in raising awareness of living well'.

The following information is taken from both these Aurora articles. Take the time to read through them.

"We know that 4 million Australians will experience mental illness this year alone. Many more of us will be affected as family members, friends, colleagues or school mates. No longer can we consider mental illness to be a fringe issue affecting only a few. In fact, it affects us all.

Being mentally healthy and living well is important to each one of us – whether we are living with a mental illness or not. It's about enjoying life and fulfilling our potential. It's having the ability to cope with stresses and sadness, and it's about being connected to those around us.

We all know that to keep a car going, we have to fill it with petrol, check the oil and water regularly and give the tyres some air. To see a bank balance grow, we need to make steady deposits. But how often do we take the time to reflect on whether we are giving ourselves what we need to flourish and live well?

It can be so easy for us to take our mental health for granted; to prioritise other things; to put it off until next week. It can also seem too big and too hard. But it's not. There are some things everyone can do. What better time than Mental Health Month to give them a go?

1. Get enough sleep and rest. Sleep affects our physical and mental health, but can be the first thing we trade in when we get busy or stressed.
2. Take time out for things you enjoy. Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel.
3. Be active and eat well. Our physical and mental health is closely linked, so exercise and nutritious food every day can make us feel better.
4. Nurture relationships and connect with others. Our connection to other is what builds us up and keeps us strong.
5. Learn to manage stress. If you have trouble winding down or managing thoughts you may find relaxation, yoga or recording your feelings in writing, helpful.
6. Get involved and join in. Being part of a group with common interests provides a sense of belonging so find out about local sporting, music, volunteer or community groups.
7. Build your confidence. Learning improves your mental fitness and taking on a new challenge can build confidence and give you a sense of achievement.
8. Be comfortable in your own skin. Everyone is unique and should be celebrated. Know who you are and what makes you happy.
9. Set realistic goals and deal with tasks one at a time. It is good to be specific when you set a goal to help keep on track.
10. Reach out for help when you need it. Everyone needs support from time to time. Talking to a family member, a friend, your doctor or one of the many services available can make all the difference.

Mental health and wellbeing are important to individuals, families, schools, workplaces and communities. There is a role for each of us. So, what will you do differently this month? For further information about mental health and wellbeing, please visit:

www.himh.org.au

www.headspace.org.au

www.sane.org.au

www.beyondblue.org.au

Symptoms Of Anxiety and Depression

Anxiety and depression do have similarities, particularly in relation to thought processes. It is common to have worrying thoughts with both anxiety and depression but the ways in which these worrying thoughts express themselves may differ.

If you relate to one or both sets of symptoms below, consider seeking additional support so you can identify strategies to suit your needs and goals. Support is available through counselling, from your GP and a multitude of online resources.

Signs of depression include:

- A persistent low mood: sadness, feeling flat, being overwhelmed and for some people, irritable and aggressive.
- Reduced or no interest in previously enjoyed activities.
- Inability to concentrate, which may include forgetfulness and difficulty making decisions.
- Withdrawing from family, friends and work colleagues.
- Negative change in sleep patterns.
- Physical exhaustion.
- Lack of motivation for many activities (housework, self-care, attending events, shopping etc)
- Change in appetite.
- Thoughts relating to worthlessness, helplessness, failure, excessive guilt, burden on others, questioning the value of life.

Signs of anxiety include:

- Tightness in the chest, with or without heart palpitations.
- Difficulty breathing at times.
- Feeling like there is a lump in your throat or difficulty swallowing.
- Hot or cold flushes; sweating in the absence of physical exertion.

- Nausea or repeated trips to the toilet.
- Headaches or muscle aches and pains.
- Increased illness (eg colds and other viruses)
- Difficulty thinking clearly during times of high anxiety or stress.
- Feelings of fear in general or in specific situations.
- Avoidance of feared situations or interactions with people.
- Inability to relax.
- Ruminating thoughts or obsessive thinking.
- Difficulty in falling/staying asleep due to racing thoughts.

As you can see, there are similarities between anxiety and depression. You will also notice that the symptoms of anxiety appear to be more physical than those of depression. However, the above lists are guides only and formal diagnosis requires more exploration. There is effective treatment for anxiety and depression; the treatment centres around what is important to you.

Often, depression and anxiety go hand in hand with up to 50 per cent of people with depression also experiencing anxiety. This is understandable as it can be so overwhelming dealing with depression. We know that approximately 3 million Australians are living with depression and anxiety; learning more about their symptoms and about yourself is a proactive step to discovering new ways of living well and moving towards a healthier state of mind and body.” For more support visit:

www.beyondblue.org.au
www.mantherapy.org.au
www.sane.org.au
www.blackdoginstitute.org.au



Up and coming wellbeing events:

Yr9 Mental Health Program – Tuesday 13th October 2015, Cessnock Leagues Club
 Yr10 Love Bites Program – Monday 19th, Tuesday 20th, Wednesday 21st October 2015, Mount View High School
 Community Event Brainstorm Productions ‘Wired’ see brochure below.

October is Mental Health Month. The aim is to actively, educate and engage Australians about Mental Health. For the youth of Australia it is crucial in breaking down the stigma attached to mental health. The statistics from *youth BeyondBlue* say it all. **One in 16** young Australians are currently experiencing depression. **One in six** young Australians is currently experiencing an anxiety condition.



Half of all lifetime cases of mental health disorders start by age 14.

Sometimes these statistics can be scary and overwhelming. However we need to use this information to support our youth and greater community. Concern about mental health among young people is growing. *Youth BeyondBlue* found young people see mental health as a more important issue than things such as the environment, bullying, education and employment. So encourage that conversation and remind yourself and loved ones there is support available.

BeyondBlue <https://www.beyondblue.org.au/> 1300 224 636
 Lifeline <https://www.lifeline.org.au/> 13 11 14
 Headspace <http://headspace.org.au/> 1800 650 890

Boost your wellbeing and stay mentally healthy by following the following a few simple steps:

- **Connect with others** – The quality of our relationships has a great effect on our wellbeing. Call up a friend or meet them for a walk.
 - **Exercise** - It can be a simple walk, swim or bike ride. Why this works? When we feel anxious, our glands send a hormone called adrenaline into our bodies. Adrenaline is what makes our muscles tense and our heart beat faster. When we exercise, the adrenaline is expelled, our muscles relax, and our heart rate slows down again.
 - **Do something that makes you feel good** – Doing more things that we enjoy can help us feel better. Smile at a stranger, pick some flowers for a friend, listening to music or drawing. Whatever your interest is. Do it.
- For more information you can contact your Mount View High School's Counsellors on: 4990 2566

Father's Day BBQ Breakfast

Friday 4th September was a glorious morning for our Father's Day BBQ which made for a thoroughly enjoyable and successful event. Special thanks to all the staff that helped out and to students and their guests for attending. We look forward to seeing everyone again next year.

Mount View High School would like to thank **Bunnings Cessnock** for their wonderful contribution to our Father's Day lucky door prize. Congratulations to Mr Sorensen who was the winner of the lucky door prize.



SPORT

On Wednesday 7th October 2015, we held our annual Sport Presentation. The Presentation is designed to recognise the outstanding sporting achievements of students at Mount View High School.

Outlined below are the 2015 Sport recipients.

Champion House

Swimming:	Conjewai
Cross Country:	Conjewai
Athletics:	Conjewai
Champion House:	Conjewai

House Captains

Conjewai:	Jacob Batt Jesse Brown	Shelby Craig Eliza Culley
Coolamin:	Patrick Kermode Conner Garred	Zoe Hartley Alex Kemp
Warrawalong:	Mal Colbran Ethan McNamara	Sophie O'Brien Fanogo Maher
Yengo:	Alan Tull Jack Stephenson	Jessica York Kaitlin Roe

School Age Champions

Swimming:	12 Yrs	Kristofer Josephs	Kirsten Boesen
	13 Yrs	Cody Townsend	Katie Jeffery
	14 Yrs	Vincent Plater	Lena Cartwright
	15 Yrs	Jack Robinson Joseph Smith	Matilda Brown
	16 Yrs Open	Conner Garred	Fanogo Maher Sophie O'Brien
Cross Country:	12 Yrs	Kai Laybutt	Mikayla Robinson
	13 Yrs	Jacob Ellis	Erin Burns
	14 Yrs	Dayanidhi Torrisi	Chloe Bain
	15 Yrs	Jack Robinson	Marnie Bullen
	16 Yrs Open	Luca Hawkins Darren Iliffe	Fanogo Maher Sophie O'Brien
Athletics:	12 Yrs	Jay Johnson	Mikayla Robinson
	13 Yrs	Cody Townsend	Nikki Murnane
	14 Yrs	Dayanidhi Torrisi	Chloe Bain
	15 Yrs	Nic Hurn	Marnie Bullen Tahlia Brydon
	16 Yrs Open	Clayton Colgan James Crouch	Fanogo Maher Sophie O'Brien

Mount View Gift

Kirsten Boesen

Year 7 Awards

Year 7 Sport Premiers:	"Team 9" Baden Howard Judd Jackson Jay Johnson Lane Jurd Isaac Hayes Taryn O'Brien	Natane Hoyle Tia Jackson Campbell Kristofer Josephs Rose Lucas Sarah Passfield Gabrielle Roach	Jace Hughes Katie Jeffery Joshua Jurd
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Best & Fairest:	Year 7:	Erin Burns Jay Johnson Rose Lucas
	Year 10:	Kelsey Hodgins Callum Foulstone

School Sport

Beep Test:	Dayanidhi Torrisi	Marnie Bullen	
Basin Run:	Cody Gibbons	Ainslie Daniel	
500m Row:	Luke Missingham	Alex Kemp	
7 a side Football:	Jacob Bromfield	Ryan Forrest	Connor Garrington
	Ethan Garrington	Liam Hunter	Jake McMahon
	Kurt Nightingale	Luke Sweeney	Jack Turner
7 a side Touch:	Jesse Cagney	Matthew Clarkson	James Crouch
	William Hurn	Kurt Lomas	Jye Nightingale
	Matt Schreiber	Mitchell Thomson	

Zone Representatives

Chloe Bain	Brock Beveridge	Kirsten Boesen	Marnie Bullen
Kye Burgess	Lena Cartwright	Zantha Crump	Erin Daniel
Dayanidhi Torrisi	Jayde Ellis	Ryan Forrest	Connor Garrington
Isabella Garvie	Mikayla Harcourt	Luca Hawkins	Nicholas Hurn
Alex Kemp	Kai Laybutt	Fanogo Maher	Riley Moore
Amy Murnane	Nikki Murnane	Joshua Pateman	Mikayla Robinson
Jack Robinson	Joseph Smith	Natalya Snelgrove	Jack Stephenson
Jacinta White			

Zone Champions

Chloe Bain:	Cross Country
Fanogo Maher:	Swimming / Athletics
Jack Robinson:	Cross Country
Dayanidhi Torrisi:	Cross Country

Team Awards

Basketball (Girls):	Bianca Jurd Taneeka Smith	Football (Boys):	Kurt Lomas Ryan Forrest
Basketball (Boys):	James Crouch Nicholas Hurn	Lawn Bowls:	Michael Walters
Cricket (Boys):	Daniel Russell Conner Garred	Netball:	Fanogo Maher Bianca Jurd
Equestrian:	Abby Baker	Rugby League:	Moa Alovili Daniel Russell
Football (Girls):	Marnie Richardson Sarah Gallen Sophie Stephenson	Table Tennis:	Harry Guthrie

Regional Representatives

Gymnastics:	Chelsea Hamid Tahlia Henwood
Football:	Sophie O'Brien
Swimming:	Joseph Smith

Junior Achiever Award

Jack Robinson	Swimming / Cross Country / Athletics
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Senior Achiever Award

Fanogo Maher	Swimming / Cross Country / Athletics
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School Blue

Sophie O'Brien	Football
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Sportsperson Of The Year

Sophie O'Brien



Junior & Senior Achiever Award recipients
Jack Robinson & Fanogo Maher



School Blue recipient
Sophie O'Brien



Sportsperson of the Year
Sophie O'Brien

AMAROOKOBA NEWS



By Members of the Junior AECG (Aboriginal Education Consultative Group) & Michelle Bedford

JAECG Votes in New Executive Members

As voted by their peers on Tuesday 25th August, 2015 during the JAECG AGM, congratulations go to the following students:

President - Taneisha Rosser (Year 8)

Vice President - Dakota King (Year 9)

Secretary - Riley Butler (Year 7)

Vice Secretary - Tahlia Dicker (Year 10)

All incoming executive members have proven themselves to be committed to Indigenous culture and keen to make an impact on Aboriginal Education both at school and within our community. We look forward to a busy and productive year ahead with our new leaders Taneisha, Dakota, Riley and Tahlia who will represent MVHS well.

A big thank you also goes to the outgoing executive members, who have proven to be excellent ambassadors for Indigenous affairs during their time as leaders. Each of you should be proud of yourselves of the way in which you have conducted yourselves over the past twelve months.

Outgoing executive members:

President - Dakota King

Vice President - Kaitlin Earl

Secretary - Myra Myles

Vice Secretary - Joseph Smith

Kullaburra Awards

The annual Kullaburra Awards were once again held this year to celebrate the achievements made by our Indigenous students across our AECG's 22 schools.

This year's awards were held at Cessnock High School and we had multiple awards recipients across the award categories. The categories were sporting, leadership, all-rounder and attendance. Special awards are also issued to all Year 12 students. This is a special occasion that marks the culmination of 13 years of schooling.

Congratulations to all awards recipients.

A special thank you to Tahlia Dicker of Year 10 who sung the National Anthem in Awabakal Language on the evening and did a fantastic job.

Below is a small portion of what local AECG president Sonia Sharpe had to say on the evening:

We would like to recognise as our AECG schools sit across 3 different traditional languages / mobs, the Wonnarua, Awabakal and Darkinjung, it was decided many years ago at an AECG meeting that we could share all of these cultures across and in our schools.

Even though we are believed to be on Wonnarua land, Aboriginal language is dying out so we want to keep it alive and share our languages and culture so this is our small way of doing our bit.

We thank all the Elders for passing on their knowledge and stories to us, as a collective. We recognise a local Awabakal descendant, Montanna Sharpe, who was given permission to teach the Awabakal National anthem....

It was a pleasure to hear such a talented young girl sing, thankyou once again Tahlia for a great job!

Fundraising BBQ

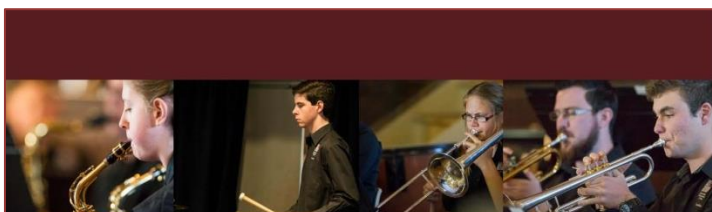
We once again held a fundraising BBQ outside of Bunnings on Saturday the 29th August. It was a hugely successful day and adds further funds to the JAECG budget. A vote will be held at our next JAECG meeting with the students as to how best to spend these funds.

I would like to take this opportunity to thank key staff and community members who are always willing to put their hand up to assist. The students would not be able to have days such as these, if it were not for the following people who go above and beyond Stephanie Earl, Craig Jarrett, Shane Hookway, Greg Withers, Marissa Floyd, Sandra Sullivan, Pat White, Tanya Winstanley, Leslie Yule, Bryce Jacobs and Charlie Copeland.

Cultural Camp

Our annual cultural camp is fast approaching, it set to take place in Week 2 Term 4 starting on Wednesday 14th October and going through till Friday 16th October. Cultural camp also forms part of our transition program for our incoming Year 6 students.

COMMUNITY NOTICES



THE UPPER HUNTER CONSERVATORIUM IS NOW OFFERING MUSIC LESSONS AT SCHOOL

ENROL NOW FOR NEXT TERM

COLLECT AN ENROLMENT FORM FROM THE OFFICE THE MUSIC STAFFROOM

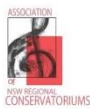
OR, CONTACT THE CONSERVATORIUM

Lessons are now available during school hours on the following instruments;

- Piano
- Voice
- Woodwind (Flute, Clarinet and Saxophone - Alto & Tenor)
- Brass (Trumpet, Trombone, Euphonium, French Horn and Tuba)

The UHCM is a not-for-profit, community based organisation that is passionate about providing quality music tuition. Our mission is to nurture enjoyment in and education of Performing Arts in the Hunter. The UHCM's experienced and qualified teachers conduct lessons in many schools in the region

- "Music education uniquely contributes to the emotional, physical, social and cognitive growth of all students" *National Review of School Music Education, Australia, 2005*
- Musical training can enhance brain function; Music is one of the few activities which engage the entire brain.
- Playing music improves concentration, memory and ability to express feelings.



Upper Hunter Conservatorium of Music
(02) 6541 4888 | www.uhcm.com.au

Cessnock Community Women's Shed

Bringing Women Together



If you would like to make new friends or get involved in a community project
Come along to
The Community Women's Shed

Every Wednesday at 10.30 am
Currently being held at
East Cessnock Bowling Club
On the second Wednesday of the month meeting to be held in the D.I.Y area at Bunnings Cessnock



Morning Tea Provided

For more information

Please contact Marjorie on 0437 368 123

Email: cessnockwomensshed@gmail.com

Facebook: Cessnock Women's Shed



Cessnock Community Connect 2015

THURSDAY 15TH OCTOBER, 2015
10:00am - 2:00pm

CESSNOCK TAFE - DARWIN ST, CESSNOCK

FREE ENTRY!

Linking you with assistance, training and employment options to connect your future. Activities and services on the day include;

YOUR PATH AHEAD

ASSISTANCE

SUPPORT

GUIDANCE

ADVICE

Industry Career Advice
(Local employers will provide advice and information on career pathways!)

Birth Certificates - First 30 FREE
(Health Care Card plus 2 forms of ID required)

Centrelink and Medicare information
Assistance getting your Drivers Licence
Help with outstanding fines

Your rights in consumer and legal matters
Tax file numbers and lodging a tax return
Plus LOTS MORE!

LIVE MUSIC, PERFORMERS & CULTURAL DANCE GROUPS

For more info call:
(02) 4991 6333

FREE SAUSAGE SIZZLE!

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CESSNOCK YOUTH INTERAGENCY MENTAL HEALTH MONTH MEETING

October is Mental Health Month and each year the October Interagency is dedicated to self-care.

THURSDAY 2ND OCTOBER: 9:30AM-12NOON

SAMARITANS INFORMATION AND NEIGHBOURHOOD CENTRE

Guest presenter: Rohan O'Reilly (smart bodies smarter minds)

By now most of us have heard of the concept of neuro plasticity (how the brain can be changed) , we will be taking that two steps further by showing how the concept of plasticity can be applied to our three fundamental intelligences, IQ (cognitive intelligence) EQ (emotional intelligence) and PQ (physical intelligence). We will share an interactive experience that will leave you with practical ideas you can utilise in your daily lives to help choose which level of balance between intelligences will give them you the greatest work life satisfaction.

PLUS

- Mindful colouring-in
- Good food
- Massage

