

# The View

*"Delivering excellence, innovation and success"*

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**White  
Ribbon  
SCHOOL**

Issue 7

NOVEMBER 2018

## 2018 CALENDAR

### TERM 4

Week 4	Event	Year Groups
Mon 5 <sup>th</sup> Nov - Fri 9 <sup>th</sup> Nov	VET Work Placement	11
Mon 5 <sup>th</sup> Nov - Fri 9 <sup>th</sup> Nov	VALID8 - Science Exams	8
Mon 5 <sup>th</sup> Nov - Wed 7 <sup>th</sup> Nov	F1 in Schools NSW State Finals	Selected Students
Tues 6 <sup>th</sup> Nov	Parent Teacher Interviews	11
Wed 7 <sup>th</sup> Nov	P&C Meeting - 6.30pm	All
Fri 9 <sup>th</sup> Nov	Remembrance Day Assembly	All

Week 5	Event	Year Groups
Mon 12 <sup>th</sup> Nov - Wed 14 <sup>th</sup> Nov	Exams	10
Tues 13 <sup>th</sup> Nov	Jumpstart Program	6
Wed 14 <sup>th</sup> Nov	Formal	12

Week 6	Event	Year Groups
Mon 19 <sup>th</sup> Nov - Wed 20 <sup>th</sup> Nov	Project 10 Interviews	10
Mon 19 <sup>th</sup> Nov	Academic Enrichment Class Information Session -4pm	6
Tues 20 <sup>th</sup> Nov - Thur 22 <sup>nd</sup> Nov	Aboriginal Camp	Selected Students
Tues 20 <sup>th</sup> Nov	Jumpstart Program	6
Wed 21 <sup>st</sup> Nov	LEAP Centre Concert	All
Fri 23 <sup>rd</sup> Nov	White Ribbon Day	All

Week 7	Event	Year Groups
Mon 26 <sup>th</sup> Nov - Fri 30 <sup>th</sup> Nov	Lifesaving Program	7
Mon 26 <sup>th</sup> Nov	Uni Western Sydney visit for ATSI Students	10, 11, 12
Wed 28 <sup>th</sup> Nov	Transition Day for ATSI Students - 10am-12pm	6

Week 8	Event	Year Groups
Mon 3 <sup>rd</sup> Dec - Fri 7 <sup>th</sup> Dec	Lifesaving Program	8
Mon 3 <sup>rd</sup> Dec - Fri 7 <sup>th</sup> Dec	Work Experience	10

Week 9	Event	Year Groups
Mon 10 <sup>th</sup> Dec - Fri 14 <sup>th</sup> Dec	Work Experience	10
Mon 10 <sup>th</sup> Dec	Sports Assesmbly	All
Wed 12 <sup>th</sup> Dec	P&C Dinner	All
Fri 14 <sup>th</sup> Dec	HSC Results BBQ - 10am	12

Week 10	Event	Year Groups
Mon 17 <sup>th</sup> Dec	Principal's Assembly	7 & 8
Tues 18 <sup>th</sup> Dec	Principal's Assembly	9 & 10
Tues 18 <sup>th</sup> Dec	Presentation Night	7 - 11
Wed 19 <sup>th</sup> Dec	Last day for students	All

### FACULTY LEADERS

Admin	Craig Jarrett (Relieving)
CAPA	Liz Alder (Relieving)
English	Rebecca Bartlett (Relieving)
HSIE	Nicola Steiner
Mathematics	Ben McCartney
PD/H/PE	Sue Ford
TAS	Brian Means
Science	Natalie Death
Support	Tania McLaren (Relieving)
Teaching/Learning	Liz Alder
Wellbeing	Julie Myers & Steve Quigley

### YEAR ADVISERS

Year 7	Lisa Hunt
Year 8	Ainslie Martin
Year 9	Melissa Parish
Year 10	Jodie Scheffler
Year 11	Rebecca Conn
Year 12	Nathan Russell (Relieving)



## PRINCIPAL'S MESSAGE



**Ms Desley Pfeffer**

Term 4 already! What a busy start to the term it has been. My comments this edition are largely wellbeing-focussed.

### **Visit by Haeata Community College, NZ**

Earlier this term the Principal, Deputy Principals and Director of Learning from Haeata Community College in Christchurch, NZ, visited Mount View High School to learn about our positive education focus. Haeata is a newly built school following the devastating destruction that occurred as a result of the earthquake in Christchurch. Recognising the need to provide strong wellbeing support for their students they visited 5 schools in NSW and Victoria during their 5 day study tour to Australia. Mount View HS was the only public school requested for their visit and this is strong recognition of our successes in introducing positive wellbeing practices. A return visit to Christchurch might be next!

### **Responding to Complex Mental Health Needs in Schools**

Mount View HS have been invited, by the NSW Department of Education and Hunter New England Health, to share with other schools how we respond to the very complex mental health needs that sometimes present in schools.

Today, Mrs Myers (Head Teacher Wellbeing), Mr Hookway (Deputy Principal), Mr Comans (School Counsellor) and I will be presenting to a large audience of public and independent school personnel at Kurri Kurri TAFE.

We will be sharing ideas about holistic and targeted interventions, including positive wellbeing practices, the Five Ways of Wellbeing framework, collaboration with external allied health agencies, safety plans, staff training and the development of calming spaces and calm kits within the school.

We are very honoured to be invited to share our practices and also look forward to be able to learn from other schools as well so as to ensure that we support young people suffering from mental illness.

### **Beyond Bullying – Review**

The review team led by Mr Will Doran, Youth Development Officer, are now finalising their findings and recommendations to the school. The extent of parental, student and staff input and feedback into the review has been extremely strong and I personally wish to thank everyone who took this opportunity to provide information and to tell us of their concerns and experiences. Key MVHS staff, including myself, have also attended national conferences this year to learn more about the prevalence of, and approaches to addressing bullying in schools.

There will be a full report of our review in the coming editions of The View.

## DEPUTY REPORTS

### Mrs Larayne Jeffery – Relieving Deputy Yrs 7/9/11



Welcome to Term 4!

The holidays were extremely busy with Year 12 tutorials every day in preparation for the HSC examinations. Students are now into their fourth week of examinations and to their great relief they are almost over!

The holidays are also a perfect time to attend to larger maintenance projects and with the warmer weather approaching it was time to begin an oval upgrade program involving aerating, fertilising and spraying in order to help the playing field recover from the football season and make it a safer area to play sports.



Another health and safety project recently completed is the updated signage to the staff carpark and front entry gates.



Pedestrian crossing signs have been erected in either approach as well as shared zone signs with reminders of the 10 km/h speed limit.



External access gates have now been numbered to streamline directions for entering vehicles and make access directions clearer for visitors. The access gate off Mount View Road is now known as Gate 1, the main car park gate is Gate 2 and the bus zone and delivery gate is Gate 3.



## DEPUTY REPORTS

It was with great pleasure that Ms Pfeffer asked me to represent her at the Year 11 Principal's Assembly. Prior to the holiday period, Year 11 students had finalised their three term course with yearly examinations and attended a three day 'Crossroads' camp in order to complete the 25 hour PD/H/PE module that is a prerequisite for the HSC course. Crossroads is a mandatory program for students in Years 11 in NSW government schools and is designed to help senior students address issues of health, safety and wellbeing at a time when they face significant changes and challenges in their lives.

At the assembly, outgoing Year 11 students were presented with their end of course reports, and those who were eligible also received Principal and Excellence awards.



*Jack Hicks, Tahlia Lawson,  
Lara Morris and Natalie Rolls*



*Taneisha Rosser, Kate Schreiber,  
Lucy Donn, Mrs Jeffery, Jessica Scott*

Year 11 attended their first 'Elevate' session entitled 'Seize the HSC'. Elevate is an external study skills provider that deliver high impact seminars & workshops, help students improve their study techniques, increase motivation, build confidence, and lift exam performance. The second session will occur at the end of Term 2 and will focus on the topics 'Ace your Exams' and 'The Finishing Line'. Around this time there will also be an Elevate session for parents. More information and details will be communicated closer to the event.

Student/teacher/parent three-way conferences for Year 11 were held on Tuesday 6<sup>th</sup> November from 3.30. These conferences are designed to take a 'feed forward' approach in order to discuss the strategies needed for each individual student to prepare effectively for their HSC courses. Parents were invited to attend a short workshop between 4.30 and 5.00 where they were introduced to key personnel and provided with information to help them support their young person through this difficult year. Mrs Jeffery, Mr Hookway and the Senior Study Tutor, Ms Schafer, offered strategies and resources and delivered information on assessment requirements, NESA regulations and academic and wellbeing supports. The Futures Adviser, Ms Rounsley (Careers and Job Jump), Head Teacher, Teaching and Learning, Ms Alder (Disability Provisions) and school counsellor Mr Comans (Stress Management) were also available for information.

Staff participated in their fourth twilight training session on Tuesday 30<sup>th</sup> October from 3.00 – 6.00 pm. The professional learning session was delivered by Dan Haesler who has been working with our executive staff and positive education team throughout this year. Dan's presentation explored issues around wellbeing, resilience and Positive Psychology - the science of human flourishing. Staff were able to consider a range of different strategies and techniques to apply in their classrooms relating to Growth Mindset – a disposition that embraces challenge, seeks out feedback and values effort as the pathway to mastery.



## DEPUTY REPORTS



Year 7 Creative and Performing Arts students have almost completed their Visual Arts course and will move to Music studies in Year 8. Nathan Connolly from Year 7 is looking forward to exploring his talent and is demonstrating his already outstanding self-taught ukulele skills.

### *Literacy Numeracy Focus*

Please be assured that if you have a child in Year 10 this year, who achieved a Band 8 or above in one or more of the 2017 Year 9 NAPLAN reading, writing or numeracy tests, they are recognised as having met the HSC minimum standard in that area/s and will not need to sit the corresponding online test/s.

The HSC minimum standards testing window will be open from 5<sup>th</sup> November to 7<sup>th</sup> December. If your student needs to sit a test in either Reading, Writing or Numeracy you will be given information by mail to inform you of your child's progress.



For more information, including sample online test questions, visit [www.educationstandards.nsw.edu.au/HSCminimumstandard](http://www.educationstandards.nsw.edu.au/HSCminimumstandard)

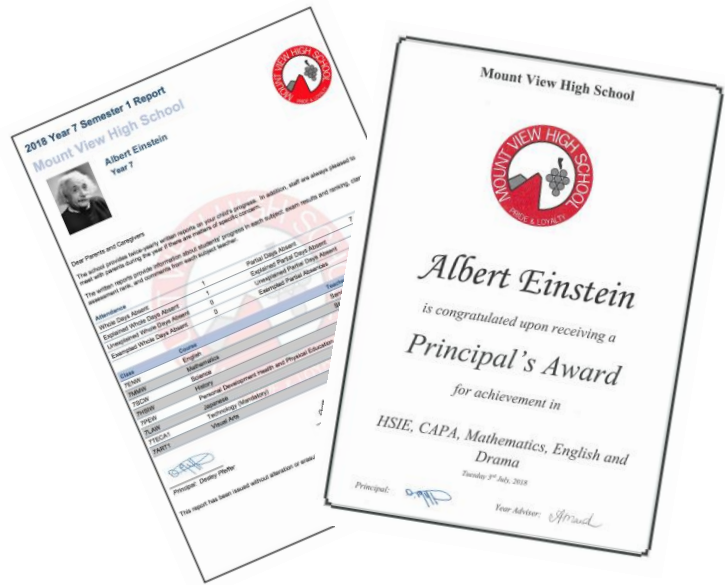
## DEPUTY REPORTS



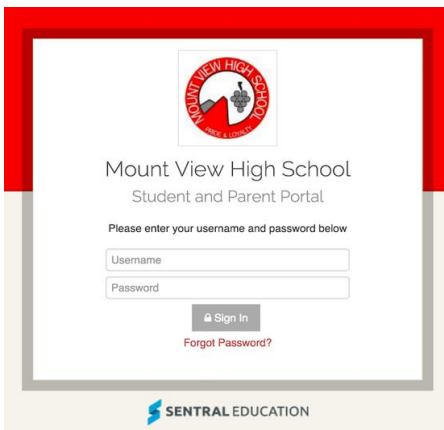
### Mr Shane Hookway – Deputy Years 8/10/12

#### Term 4 Presentation Assembly

The end of year presentation assembly organisation has commenced. In 2018, Principal's Assemblies will deliver the Semester 2 reports and Principal's Awards. Year 7 and 8 will have their Principal's assembly from 9am Monday 17<sup>th</sup> December. Year 9 and 10 will have their assembly the next day from 9am Tuesday 18<sup>th</sup> December. The evening assembly will deliver the major awards including first in subjects, highly commended and sponsored awards for each year group. The evening assembly is scheduled to commence at 6pm on Tuesday 18<sup>th</sup> December.



#### Report distribution



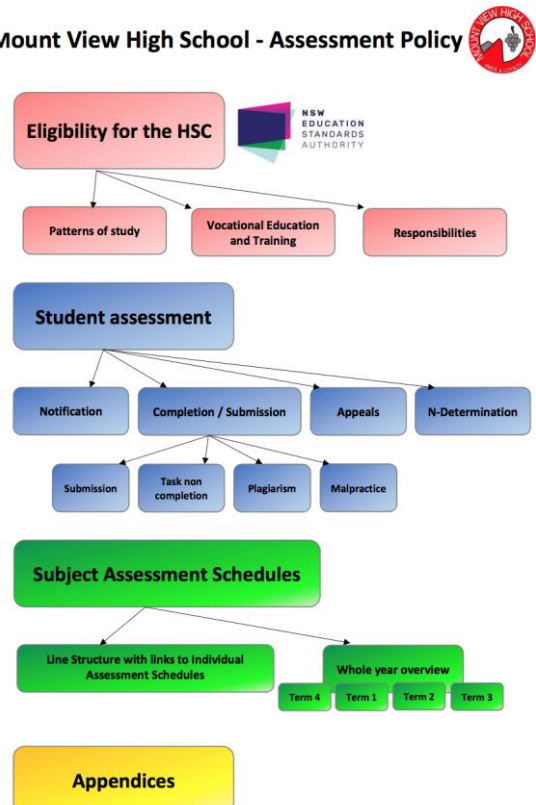
Year 11 and 12 students received their End of Course Reports recently to pass onto their parents and caregivers. I again would like to encourage parents to access the Sentral parent portal where digital copies have been released. To access these reports via your Sentral Parent Portal account or for students via your Sentral Student Portal account follow <http://web1.mountview-h.schools.nsw.edu.au/portal/login>. Parents of students who did not receive their child's report can contact the school on 02 4990 2566.

#### Year 12 2019 Assessment Policy / Schedule

The 2019 Year 12 Assessment Policy and Schedule is now published on the school's website <https://mountview-h.schools.nsw.gov.au/>. To access the schedule directly simply follow this link <https://goo.gl/WNaRwk> or access "Learning at our school" then "Assessment and Reporting" on the Mount View High School website. The file is labelled "Year 12 2018/2019 Assessment Schedule". Once again the schedule has been developed as an interactive document. Whilst every student has been issued a paper copy, I thoroughly recommend accessing the document in a digital sense. Simply click on any boxed title to go that section. The line structure can also be used to access specific subject detailed assessment schedules. Just click on the subject you want. Each page has a return to menu link.

The policy is presented in four main sections: 1. Eligibility for the HSC, 2. Student Assessment, 3. Subject Assessment Schedules, 4. Appendices. The image on the following page summarises the assessment tasks and timing that students can expect during Term 4.

#### Mount View High School - Assessment Policy



## DEPUTY REPORTS

[Whole year overview](#)

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Week	Term 4 - 2018					
3						
4	Community and Family Studies					
5						
6	Legal Studies	Biology				
7	Mathematics Advanced	Mathematics Standard 1	Mathematics Standard 2	Ancient History		
8	English Standard	English Advanced	English Studies			
	Music	PDHPE	Visual Art	IT Timber	Engineering Studies	
9	Business Studies	Sport Lifestyle Recreation	Ancient History	Modern History	Exploring Early Childhood	Food Technology
	Community & Family Studies	Agriculture	Physics	Chemistry	Investigating Science	English Extension 1
10	IT Multimedia Graphics	Textiles & Design	English Extension 2	Mathematics Extension 1	Mathematics Extension 2	

## YEAR ADVISER REPORTS



### Year 8 – Ainslie Martin

Welcome back to our Year 8 students. I hope you all had an enjoyable break and are ready for the busy final term of this year. This term, assessments begin in Week 3 and will conclude in Week 6. Parents, please ensure that your child is keeping up as it can be a stressful period of the term and many may need support and guidance in their studies.

Year 8 will be completing the Science Valid8 exam this week. Good luck to everyone, make sure to apply yourself diligently. Our annual Lifesaving Program at Cessnock Pool will also be running in the latter half of the term. Students are reminded that this is a compulsory activity that results in the acquisition of important life skills. Students will be participating in various activities that advance their swimming skills while also equipping them with skills to rescue themselves and others around water. It's also a great way to end the school year!

The Monday of Week 10 will be our Stage 4 Assembly. The assembly will be held at 9am till 10:15am. Parents and friends are invited to attend.

Here's to a successful and enjoyable Term 4!



## YEAR ADVISER REPORTS



Year 12 – Rebecca Bartlett



Year 12 – Nathan Russell

Year 12 enjoyed their last week at school, participating in the traditional slave day with enthusiasm. Staff and students provided costumes and tasked students for two hours before a fashion parade was held so the whole school could celebrate Year 12 and their successes.







**Steve Quigley - Head Teacher**

### **Youth Off the Streets – Tuesday Wellbeing Programs**

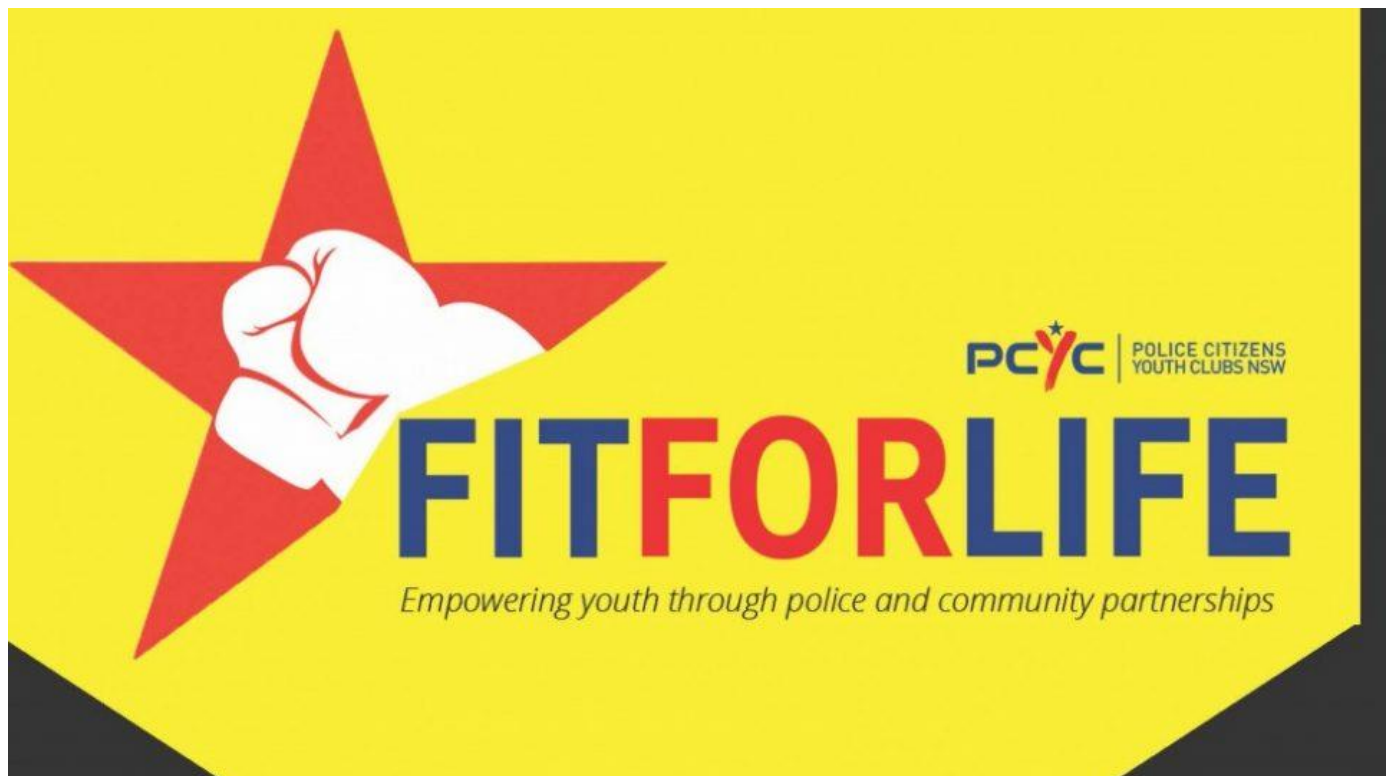
Recently, two groups of students completed the **RAGE Program** with great success. RAGE stands for Re-navigating Anger and Guilty Emotions. RAGE is a strengths-based solution-focused program that runs for a 6 week period and is hands on, practical and also fun for students. The program should be back up and running in Term 1, 2019.

This term, a small group of students will be participating in a pilot program called **Managing The Bull (MTB)**. Teasing, taunting and other forms of bullying can cause serious emotional harm to children that can last throughout their lifetime and impact upon their future life goals and relationships. Ignoring or excusing the behaviour only perpetuates the situation. 'Managing the Bull' is a 6 week course that builds resilience in bullied teens through games, activities and discussions. In a safe, supportive environment, participants will learn to: recognise bullying, discover inner strengths, build self-esteem, communicate effectively, deal with cyber-bullying, build support networks and use personal protection plans.

### **PCYC Cessnock Fit for Life Boxing and Breakfast**

PCYC Cessnock has joined in on the fun with all other PCYC's in NSW by introducing a new 'Fit For Life' boxing and breakfast program for ages 12-17 years, which will be replacing the current Breakfast Club program operating at the school. The program is run by Senior Constable Scott O'Riley, Youth Case Manager and supported by Senior Constable John Collins, our Police School Liaison Officer and a number of PCYC volunteers.

Students make their own way to PCYC Cessnock every Wednesday morning to begin boxercise/circuit training at 7am. Students exercise until 8am, have breakfast and are transported to school. Shower facilities are also available. The program is now in its fourth week and still has limited spaces available. PCYC membership is waived and there are no ongoing costs, although commitment is required. If you're interested, please see Mr Quigley in the Wellbeing Office for more information. The program will be each Wednesday morning, before school until the end of term.

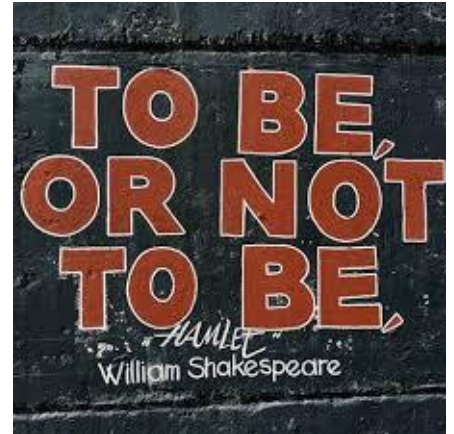


Rebecca Bartlett – Head Teacher (Relieving)



*Drama Report – Miss Johnson*

Year 10 Drama finished Term 3 with their study of Shakespeare. Our budding thespians deepened their knowledge about his intricate plots, complicated characters, and timeless themes - with a few murders, marriages, witches and kings thrown in for good measure. The formal assessment of learning tasked the players with choosing a scene from a play, interpreting the ideas, and representing for a modern audience. The catch was, they had to keep all the original language. That's right! All the "thous" and "doths"! Gasp! But all was well. Year 10 rose to the occasion in excellent form.



Chelsea and Logan presented a Halloween dance party with disguises for their take on "As you like it", Billie and Alana gave us the two hopeless young lovers lost in the woods from "A Midsummer Night's Dream". Ben and Bohdan showed us you can't really trust anyone through their interpretation of "Othello", and Hayden and Brayden discussed the complexities of love over a game of xbox in their adaptation from "Romeo and Juliet".



Chelsea Hamid and Logan Templeton



Alana Dafter and Billie Taylor



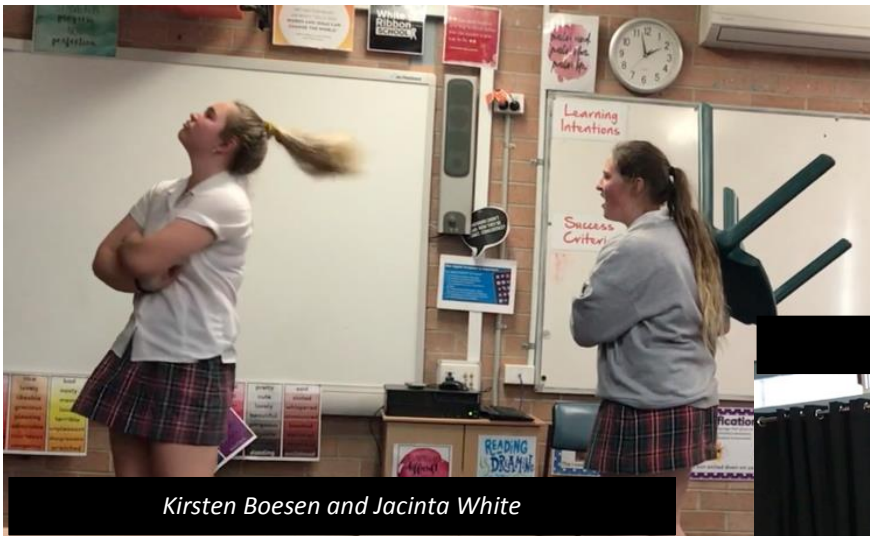
Ben Galvin and Bohdan Thorley



Hayden Loosemore and Brayden Corcoran



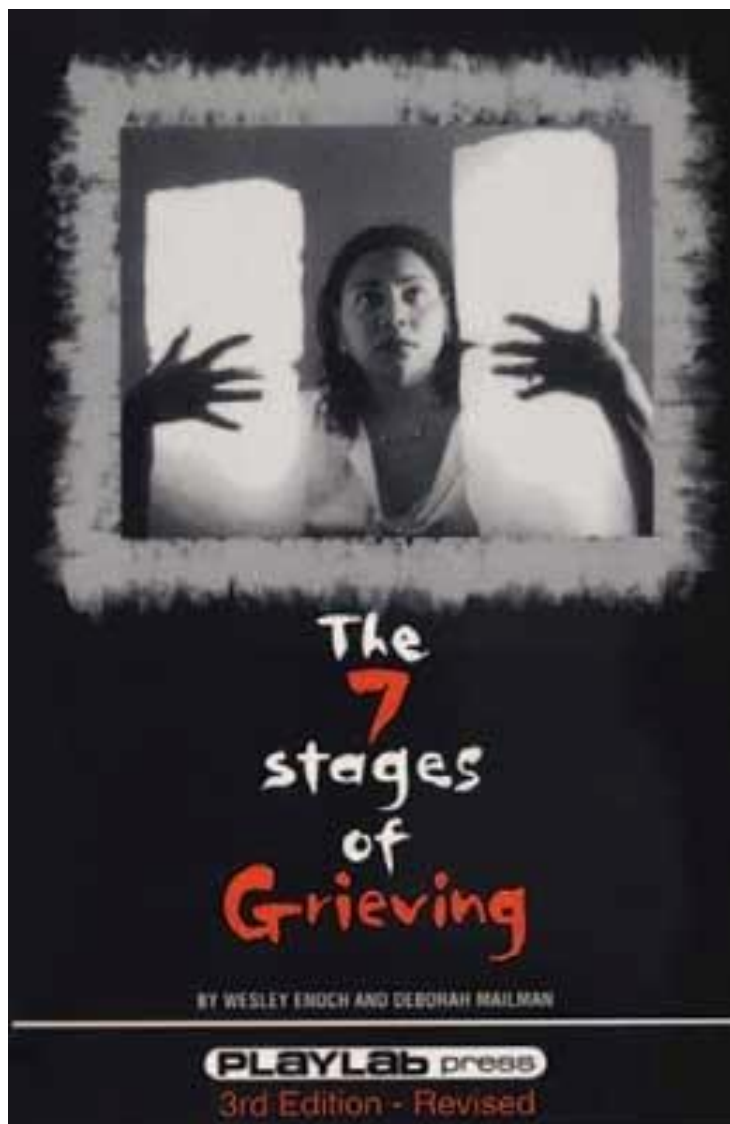
Jacinta and Kirsten got caught up in a catfight in their version of “A Midsummer Night’s Dream” and Liam and Alecia covered up the murder of a king from “The Scottish play”. I’m not going to say the name of it because it is cursed, but you know the one I am talking about. You know, the one where everyone dies? Yeah, that one.



Kirsten Boesen and Jacinta White



Liam Callaghan and Alecia Swallow



What next? Year 10 will wrap up Term 4 with a close study of a significant Australia Play, The 7 Stages of Grieving, written by Wesley Enoch and Deborah Mailman. The play examines and gives a voice to the Aboriginal people throughout Australian History.

State Drama Festival! GO WELLSY!

Grace Wells of Year 8 performed at the State Drama Festival on Friday. The State Drama Festival showcases the best of public school drama talent and this is the second year in a row Mount View Drama students have been selected to perform! After attending Dramaworks in Term 2, Grace and her group were successfully selected to perform their piece “Hakuna Matta” - a mime performance devised alongside their theatre of the deaf community. Bravo, Grace! Your fellow drama llamas are very proud of you!



Grace Wells at the Seymour Centre in Sydney, during rehearsal, and receiving feedback from The Arts Unit/State Drama Camp co-ordinator Jane Simmons.





## MATHEMATICS FACULTY



**Ben McCartney – Head Teacher**

In Week 2, a group of Year 9 and 10 students travelled with Mr Boticki to Newcastle University to hear Adam Spencer (image right) speak for 6.25% of a day about Mathematics.



Bursting at the seams with puzzles, quizzes, games, numerical trivia and fun the students were enthralled with the event. The free book signed by Adam was a great bonus.

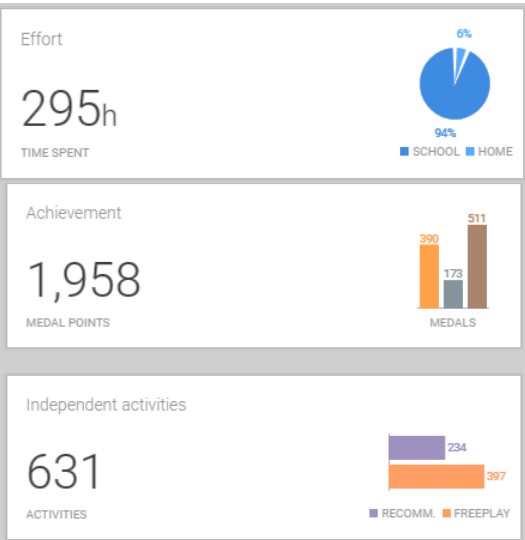
We have refreshed and updated one of the classrooms to allow for a modern approach to mathematics teaching and learning. The room is split into three zones to best reflect the needs of student learning, with teacher-to-student, peer-to-peer collaboration and structured independence all accounted for. The room will be available to use with classes once the HSC finishes and a number of the Maths staff are eager to engage with the new format.



Term 4 means that end of year assessment is coming and it's a good opportunity to ensure that all students have the equipment they need to succeed. A scientific calculator is an essential piece of the modern mathematics classroom and they are available for purchase from the school, but any alternative is satisfactory.

Numeracy groups are running again this term. Students have been working on individual programs and are now beginning to focus on working towards preparing for further success in NAPLAN 2019.

MangaHigh has been a great resource that students in Years 7-10 have had access to and with almost 300 combined hours in last term there is significant progress being made by students.





Education  
Public Schools

# School biosecurity plan

Dear parents and carers,

Students at Mount View High School are using plants and animals in the curriculum. Under the Biosecurity Act 2015, the NSW Department of Education has recommended that schools with a Property Identification Code (PIC) develop and use a biosecurity plan. The purpose of the school plan is to protect Australian agricultural industries from diseases and will develop an appreciation of the importance of biosecurity in students.

The success of the school biosecurity plan relies on the actions of the whole school community and we seek your cooperation in maintaining good biosecurity practice. Specifically, we ask that you observe the following requirements:

- Come clean:
  - Please ensure you and students do not inadvertently carry bio materials on or off the school site. This can be as simple as washing hands and ensuring soils and seeds are cleaned off shoes.
  
- Notify:
  - Please let the school know if you are in a high risk agricultural industry that would prohibit your child from working with particular plants or animals.
  - Notify the school if your own plants or animals have an outbreak of disease.
  
- Observe:
  - Please observe the requirements of the school biosecurity plan and follow the direction of signage. This includes NOT feeding the animals household food scraps as some food items are legally banned for consumption by ruminant animals (cattle, sheep, goats etc.).

Thank you for your assistance with maintaining good biosecurity practice on the school site. Please do not hesitate to contact the school by phone on 4990 2566 for more information or a copy of the school biosecurity plan.

A handwritten signature in black ink, appearing to read 'D. Pfeffer'.

Desley Pfeffer  
Principal  
Mount View High School  
18 September 2018

Nicola Steiner – Head Teacher



# HSC Business Studies 2019

## LET'S TALK BUSINESS

SEMINAR WITH KEYNOTE SPEAKER MARK CARTER AND LOCAL INDUSTRY

Students from the HSC Business Studies class of 2019 have recently had the opportunity to attend a Cessnock Chamber of Commerce event whereby the students listened to an inspirational talk from global management consultant Mark Cater. Following his delivery, students participated in a question and answer forum with a panel, consisting of leaders from small business in our local area. The students had a networking opportunity at morning tea with representatives from LJ Hooker, Aussie Home Loans, Beyond Ballooning, Taste of the Country, Palfreyman Accountants, Primabolics Nutrition and Chase Limousines taking the time to speak individually to the students. The morning deepened the students learning, by connecting the theory of Business Studies to the real world and may have inspired some future entrepreneurs.



Dayanidhi Torrissi, Mark Cater, Zach Shanahan-Naysmith, Elliott Peden, Dale Anderson, Zali Gunther, Lara Morris, Caitlin Galbraith

*Makenzie Smith – "Really informative enjoyed the topics of multitasking and how to do one thing at a time before moving on, relevant to class."*

*Zach Shanahan-Naysmith "I learned about setting priorities by focusing on one thing at a time"*

*Dale Anderson "It was a good opportunity to learn the ins and outs of business and see behind the scenes."*

*Caitlin Galbraith " We learned about small businesses and how they operate, and went through the business plan from the start up, to the operating systems in place, Also the presenter was very passionate and involved the audience"*

Privately funded by  
 NSW Government  
 Small Business Month  
 1 - 31 October 2018  
 CESSNOCK CHAMBER OF COMMERCE  
 Advance CESSNOCK CITY  
 NSW Department of Industry, Cessnock City Council and Advance Cessnock City partners are pleased to present:

**23 OCT 2018**  
**LET'S TALK BUSINESS**  
 Keynote Speaker:  
**Mark Carter** **FREE Seminar**  
 And a panel of Cessnock City's own small business leaders.

Join us for an electric, impactful and interactive presentation with our small business leadership expert: Mark Carter.  
 Globally experienced and a published author, Mark Carter has held strategic leadership development roles in 40 countries. His niche is in designing and delivery of sales strategies and bespoke methodologies for billion dollar sales teams.



## TECHNICAL & APPLIED STUDIES FACULTY



**Brian Means – Head Teacher**

Our Year 9 iSTEM class along with some of our Year 9 Leaders attended the Science and Engineering Challenge day for Year 5 and 6 primary school students at Cessnock High School. The day is designed to inspire students to consider future STEM careers by involving them in a series of fun and engaging science and engineering-based activities that would not be available in a school classroom. The activities themselves involved a wide range of STEM challenges including building model bridges, planning electrical supply grids, and even building functional catapults. Our students were there as leaders to run the activities along with a Rotary Club member as a mentor. The students excelled in their job as activity leaders.

*Ian Fenton with a group of students sending coded messages to each other*



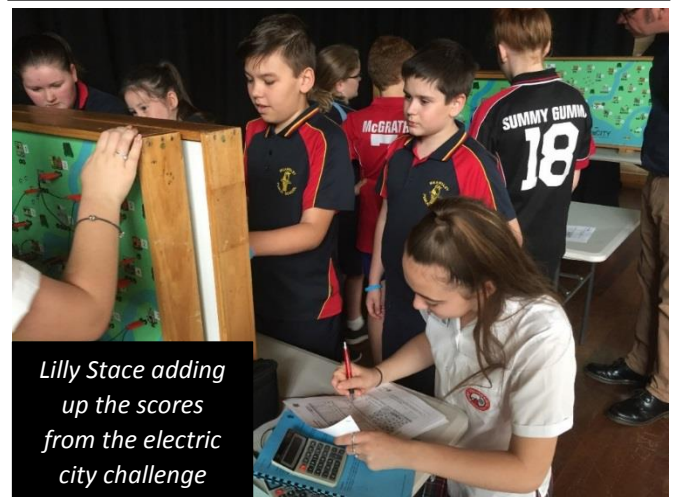
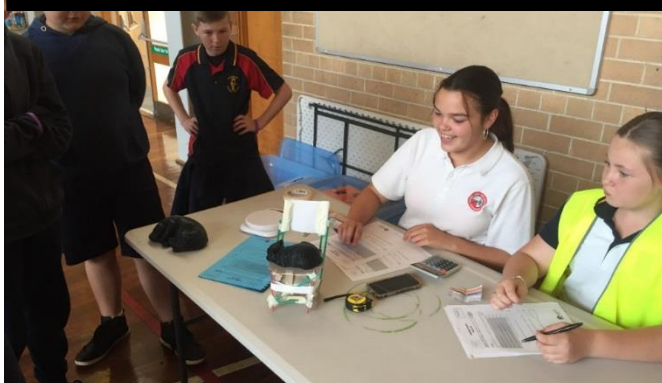
*Will Ingram and Nikkita Harris showing students how to run electricity wires using string*

*Chloe Hunt running the bridge challenge*



*Grace Frankland-Shambler with an earthquake challenge*

*Kaitlyn Willis with a chair building challenge*



*Lilly Stace adding up the scores from the electric city challenge*



*Olivia Bailey checking the wires in the electric city challenge*



*Adrian Goldstraw with students testing their catapults*



## TECHNICAL & APPLIED STUDIES FACULTY

Year 9 Child Studies have been learning about Newborn Care and what it is like to look after a baby. The girls had to create, and look after their 'Egg Baby' for 5 days and document what it was like to be a parent by writing a journal and taking pictures of their egg completing daily activities. They also had to create a safe cot for their 'Egg Baby' to sleep in, and create a Birth Certificate.

These are some of the pictures of the girls' 'Egg Babies', the activities they did, their living quarters and birth certificates.





# TECHNICAL & APPLIED STUDIES FACULTY

Thursday 13 September 2018  
Day 4 Report of egg baby

Today Dorothy had a fantastic day. The first thing she did was to get up at 7am to get ready for a great day at school. At 9:00am Dorothy and I went to History. Dorothy learnt about World War 1. I knew one of my best friends made Dorothy a little book. The book taught her about World War 1 and 2 and it also has some maths questions like your timetables, addition and subtracting. When it was 9:24am Dorothy had a little nap but when she woke up at 9:45am she was so excited for 'R LOCK Assembly'. She learnt that going through depression is as hard and suicide is NOT the option. Then it was 11:00am me and Dorothy had recess. She had a nice apple and mango puree. After half an hour Dorothy went into English and she learnt how to write an Essay on 'The Hunger Games' and 'Thebesus and the Minotaur'. After an hour that went by so fast Dorothy and I went home at 12:30pm and followed in renovating Dorothy's bedroom. After renovating the bedroom, Dorothy and I again had maths learning. They learnt all about equations. After all the hard work Dorothy had a nice warm bath. After the bath Dorothy and I was getting our beds ready. At 5:20pm we went to do some colouring in one of my books, colouring books. At 6:30pm we had dinner. Dorothy had some mashed potatoes with some sausage and I got some veggie/beans with sausage. It was 7:12pm and it was time to get ready for so like brushing your teeth and getting the bed down. When we finished all that we went a sat on the kitchen bench, just talking, on conversation. Then we went in the room to read a story. After the book which was the same book 'The Hunger Games' we went to sleep at 8:00pm.





## PD/H/PE FACULTY



### Sue Ford – Head Teacher

Year 11 set sail for Adventure Land Forster on the last Monday morning of Term 3 for the Crossroads three day outdoor education camp. Crossroads is a mandatory program for students in Years 11 and/or 12 in NSW government schools. It is designed to help senior students address issues of health, safety and wellbeing at a time when they face significant changes and challenges in their lives. Here at Mount View High we deliver this program in a fun and exciting way via attending a specially designed outdoor education experience. The students enjoyed the following activities that the camp had to offer; dual flying fox, high ropes, waterslides, mud world, go karts, giant swing, challenge night and commando. From all the staff who attended the camp, we'd all like to thank the Year 11 group and commend them on their exceptional behaviour and attitude throughout the entire experience.





## PD/H/PE FACULTY

National Health and Physical Education (HPE) Day has been the annual day on the calendar to raise awareness of and advocate for the value of HPE in Australian schools. The day aims to highlight the importance of HPE and impact on the learning potential and wellbeing of all children, the benefit to all schools, and the valuable contribution to the wider community.



Why is Health and Physical Education so important?

- It is the learning area of the curriculum that provides real opportunities for children to learn how to lead active and healthy lifestyles – now and in the future.
- It teaches students how to enhance and positively influence their own and others' health, safety and wellbeing.
- Movement is a powerful medium for learning and, through it, students can develop and practice a range of personal, social and cognitive skills to strengthen their sense of self and build and manage satisfying relationships.



This year's event was held on Wednesday 5<sup>th</sup> September, which was Mount View's first official involvement in this initiative. All of our Year 7 students took part this year where they rotated around 5 designated sessions, for an hour each in duration.



Station 1 – Rock and water program where each participant learnt about responding to life with either a 'rock' or a 'water' attitude. With the focus on resilience, this program is an excellent tool to support young people in learning how to center oneself and manage their attitudes in social settings.

Station 2 – The amazing race which challenged the students to work collaboratively in groups to solve clues and complete physically demanding challenges.



Station 3 – Resistance circuit designed to challenge students physically whilst developing awareness of the importance of incorporating strength and fitness activities regularly.



Station 4 – Interactive health stations that highlighted some of the important issues facing the young adolescents including nutrition, sugar consumption, recommended physical activity levels and smoking.

Station 5 – Initiative and backyard games which incorporated a variety of physically active activities that are enjoyable, easily implemented in any setting and beneficial to increasing physical activity levels.

A huge thank you to the PDHPE staff and Mr Stuart Bailey for dedicating their day towards this invaluable initiative. Also to the large number of Year 8 through to Year 11 students who played a major role in the planning and coordination of the event.



**PA4E1 - Physical activity for everyone one**

Mount View continues to successfully implement the first year of the PA4E1 program. The two year whole school program aims to improve physical activity levels among adolescents.

**What is the issue with physical activity levels (inactivity) in Australia?**

- The 2016 Active Healthy Kids Australia Report Card showed in that Australian school children rank among the worst in the world (D-) for overall physical activity levels and sedentary behaviours.
- 80% of 5-17 year olds are not meeting the Australian Physical Activity and Sedentary Behaviour Guidelines of at least 60 minutes of moderate to vigorous intensity physical activity every day.
- As reported in 2014, only 29% of Australians aged 5-17 years are meeting the recommended Australian screen time guidelines of accumulating no more than two hours per day.
- Despite 66% of Australian children aged 5 to 14 participating in some form of organised sport outside of school hours, participation in other forms of physical activity (such as active transport and leisure time physical activity) that contribute to overall physical activity levels are low and declining.



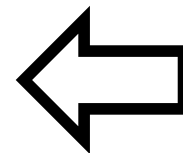
Why Mount View is committed to improving physical activity levels:

**20 REASONS WHY SCHOOLS SHOULD PLACE A LARGER EMPHASIS ON SPORT**

- Teaches students life lessons
- Reduces anxiety and stress
- Increases confidence and self esteem
- Reduces obesity
- Improves sleep
- Improves cognitive abilities
- Builds stamina
- Teaches children about values
- Helps to build resilience
- Increases cardiovascular fitness
- Teaches respect
- Teaches emotional control
- Builds strength
- Helps children learn from failure
- Improves communication skills
- Improves problem solving skills
- Reduces tension
- Stimulates growth of brain cells
- Boosts immune system
- Reduces depression

@BELIEVEPHQ  
www.believerperform.com

A great summary of the variety of strategies and initiatives we are currently focusing on at Mount View to address physical activity levels and health awareness





# 20 TIPS FOR PROMOTING PHYSICAL ACTIVITY AND HEALTHY EATING IN SCHOOLS

@BelievePHQ



<p><b>DEVELOP A GOOD VS. BAD FOOD LIST</b></p> <p><b>VS.</b></p> <p><b>DEVELOP POSITIVE ATTITUDES TOWARDS FOOD AND PHYSICAL ACTIVITY THROUGH THE CURRICULUM</b></p>	<p><b>MAKE SPORT FUN</b></p> <p><b>INCORPORATE MOVEMENT BREAKS INTO LESSONS</b></p> <p><b>HELP STUDENTS TO BECOME PHYSICALLY ACTIVE EVERY DAY</b></p> <p><b>PROVIDE HEALTHY BREAKFAST CLUBS AND TUCK SHOPS</b></p> <p><b>HIGHLIGHT THE IMPORTANCE OF PHYSICAL ACTIVITY AND HEALTHY EATING TO STUDENTS</b></p>
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**HIGHLIGHT THE BENEFITS SPORT CAN HAVE ON MENTAL HEALTH**

<p><b>ENCOURAGE TEACHERS TO BE ACTIVE ROLE MODELS</b></p> <p><b>INVOLVE PARENTS IN WHAT YOU ARE DOING</b></p> <p><b>OFFER A RANGE OF NUTRITIOUS EXPERIENCES FOR STUDENTS</b></p>	<p><b>DEVELOP A WHOLE-SCHOOL APPROACH</b></p> <p><b>PROVIDE NUTRITIOUS FOOD AND SNACKS AT SCHOOL</b></p> <p><b>USE SPACE CREATIVELY</b></p>
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<p><b>CREATE SCHOOL ENVIRONMENTS WHICH ARE ACTIVE</b></p>	<p><b>OFFER A VARIETY OF ACTIVITIES TO STUDENTS</b></p>	<p><b>INCORPORATE ACTIVE COMPETITIONS. E.G WHO CAN DO THE MOST STEPS EACH WEEK</b></p>
<p><b>ENCOURAGE ACTIVE TRAVEL TO AND FROM SCHOOL</b></p>	<p><b>MONITOR PHYSICAL ACTIVITY LEVELS</b></p>	<p><b>ENSURE SCHOOL MANAGEMENT PROMOTE PHYSICAL ACTIVITY AND HEALTHY EATING</b></p>



Elizabeth Alder – Head Teacher

## Teaching and Learning Faculty

Disability Provisions are available at Mount View High. **Applications are now open for students who will complete the HSC in 2019. If you currently receive Disability Provisions or wish to apply, the school requires appropriate documentation to support your application. This documentation must be no older than Term 4 of the year prior to the HSC. Please see Mrs Parish or Ms Alder in the LaST's staffroom for details.**

Disability Provisions includes practical arrangements designed to help students who couldn't otherwise make a fair attempt to show what they know in an exam room and in assessment situations. The provisions granted are solely determined by how the student's exam and assessment performance is affected. Provisions may include braille papers, large-print papers, use of a reader and/or writer, extra time or rest breaks.

Students can apply for Disability Provisions if they meet the following:

A disability recognised in the Commonwealth's *Disability Standards for Education 2005*. The definition of 'disability' in the *Disability Discrimination Act 1992* (Cth) includes:

- Physical
- Intellectual
- Psychiatric
- Sensory
- Neurological, and
- Learning disabilities, as well as
- Physical disfigurement, and
- The presence in the body of disease-causing organisms.

(Australian Human Rights Commission)

Note that the Disability Provisions apply only where the disability is such that practical arrangements are required to reduce disadvantage in an exam and assessment situation.

Disability Provisions also apply to temporary and emergency-related disabilities. A typical example of an 'emergency' is where a student breaks their writing arm a week before an examination or assessment.

Please see Mrs Parish or Ms Alder in the LaST's staffroom for details.





Rebecca Rounsley – Futures Adviser

DO YOU  
KNOW A  
TEENAGER  
WHO NEEDS  
A JOB?



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Don't be an Epic Job Failure. Get the job you want.

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1 hour FREE event that will change your life and you could **win a free iphone\*** Valued at over \$1500.



**Tuesday 4th December 2018, 6 - 7.30pm, East Maitland Bowling Club**

Tickets available from Sticky Tickets <https://www.stickytickets.com.au/78331>

or email Shane at [shanepunton@bigpond.com](mailto:shanepunton@bigpond.com)

Seats are limited, bring a friend and don't miss out

\*Game of skill, deserving iphone winner will be chosen at event.





**Karen Blandon – Leo Supervisor/Teacher**

The Mount View Leos finished off last term with a General meeting at The Aussie on Wednesday 27th September and then volunteered to help out at our feeder school at West Cessnock Public with their movie night.

This term they have already participated in the Cessnock Relay for Life on Saturday 20th October 2018. Staff members, Leos and some Year 8 students fundraised for the Cancer Council on this day which will help with financing the community car that helps to transport local cancer patients to their hospital treatments.



*Jordan Flint, Grace Frankland-Shamblor, Jacob Wilson, Sam Broadfoot, Kirsten Boesen, Lachlan McDonald, Mrs Blandon, Miss Bell & Mr Abraham with Clayton Barr MP, Mayor Bob Pynsent, Lion Andrew Robert-Thompson & Miss Cessnock*

This term the Leos will be collecting :

- ❖ soaps, umbrellas, deodorant sprays, milo, tissues, small tins of baked beans, cake mixes, small cereals and jams for our Newcastle Ronald McDonald House
- ❖ and then the last week in November we will start our "Toys and Tins" collection for the Christmas Appeal for our local Salvation Army.

**Any donations from the community would be greatly appreciated !!!!**

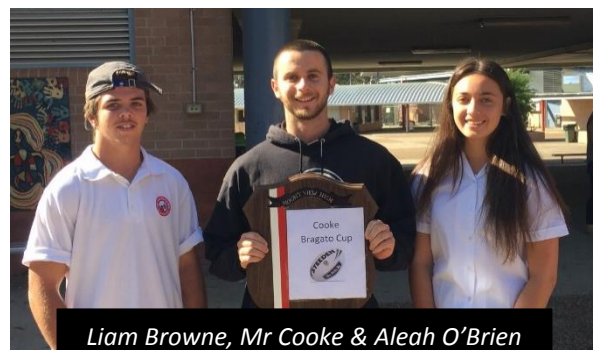


## SPORT



Back Row: Izach Walters, Ethan Ellis, Sam Lewis, Mitch Schreiber, Lachlan Bickhoff-Claydon, Jayden Plummer, Liam O'Brien, Baden Howard, Will Sanders, Josh Jurd, Tye Connors, Lane Jurd, Cooper Patch.  
Front Row: Jacob Ellis, Hayden Bryant-Mullins, Blaydan Laverick, Jeb Crossley, Bailey Mitchell, Liam Browne, Zac Ellis, Tame Tua, Jack Giddings, Noah Ambrum, Brayden Bogue-Carlaw.

The annual Cooke Bragato Cup was held a little later in the school year in 2018 which meant the players were up against an additional opponent - the heat, however all the players dug deep and put in exceptional efforts. The Cooke Bragato Cup is an initiative both Mr Cooke and Mr Bragato created as a means to showcase the vast array of football talent our students possess and reward the students for their sporting commitment and success throughout the year. The two teachers sit down with a list of all under 16 year old rugby league players and flip a coin to see who gets the first pick in the draft and subsequently take turns choosing players one at a time. Despite winning the coin toss all 3 years in a row, team Cooke had not won a game yet, until yesterday where his team got up with a 5 tries to 4 win over team Bragato. Although being its third year in a row, it was the first time the Cooke Bragato Cup included a game for our female students, which followed the exact same procedure as the boys game. Team Cooke walked away with the win in the girls game as well, defeating team Bragato 5 tries to 3. Standout performances in the boys game were; Liam Browne, Josh Jurd, Jayden Plummer and Jeb Crossley. The girls who made the most impact were; Aleah O'Brien, Sylvia Carr, Kailey Crossley and Tenika Gilmore.



Liam Browne, Mr Cooke & Aleah O'Brien



Back Row: Silvia Carr, Sarah Byrnes, Jacinta White, Yinaa Drylie, Ciara Whitehead, Paige Hickey, Raya Costello, Emily Bailey, Zoe Roach, Chantel Winship, Kirsten Boesen, Dhani Drylie  
Front Row: Alexia Vowles, Ashley Reilly, Hannah Shearer, Chloe Beckett, Kailey Crossley, Aleah O'Brien, Sarah Vowles, Ella Sissingh, Tenika Gilmore, Natalya Snelgrove



## SPORT

The under 16's Mount View Grapes took to Lakeside Sporting oval in Raymond Terrace on Wednesday 19th September to compete in the Terry Kachel 7 aside Rugby League knockout event. Mount View High typically perform really well at this event as the 7's structure seems to suit our playing style and this year was no exception. The Grapes were off to a cracking start, winning all four of their pool games to cement the top spot heading into the semi-finals. Semi-final number one was a close game against Cardiff High that saw our boys come out on top, however, we weren't so fortunate in final number two as we went down to Great Lakes who ultimately cut our run to the grand final short. With a record of five wins and one loss, coach Mr Cooke was exceptionally proud of all the boys for their performances on the day.



Back Row: Lane Jurd, Will Sanders, Jacob Ellis, Baden Howard, Liam O'Brien, Liam Browne, Rohan Browne  
Front Row: Jeb Crossley, Bailey Mitchell, Zac Ellis, Tye Connors

Mount View's U/14 netball team, comprising of Takoda Allen, Ebony Deaves, Ella Broadbent, Chloe Beckett, Laylah Deaves, Chelsea Webb, Grace Fairlie, Aleah O'Brien, Tenika Gilmore and Sarah Vowles, recently competed at the Coalfield's gala day in Maitland. The girls were undefeated and now progress to compete in Newcastle early next year. The girls are to be commended on their teamwork and sportsmanship. Thank you to Alexia Vowles for umpiring on the day.



## SPORT

### Open Girls Oz tag



Back Row: Raya Costello, Chloe Beckett, Nikki Murnane, Lena Cartwright, Isabella Garvie, Imogen Edwards  
Front Row: Taneisha Rosser, Chloe Bain, Dakota King, Hannah Shearer, Chloe Rolls

After being crowned Hunter Champions, the open girls Oz Tag team was invited to compete in the champion of champions state finals. The girls had an early 4:45am departure in order to make the tournament's first game at Punchbowl. The lack of sleep didn't affect their performance, beating St Marys Bankstown two tries to one. The second game went a similar way with Mount View getting out to a commanding lead early and managing to hold on for four try's to three in a very competitive game. Chloe Rolls was the perfect captain calming the girls nerves and getting them through some tough periods of play. They were beaten by the eventual winners of the day St Patrick. Nikki Murnane, Raya Costello and Chloe Beckett had stand out performances in the last two games. The girls made the semi-finals but were beaten four tries to two. Making the finals was a huge achievement for Mount View as they were the only Hunter team to progress to the final four in any age group. Congratulations to Chloe Rolls, Isabella Garvie and Nikki Murnane for their selection in the All Schools NSW Oz Tag team.





**Coal Fields Yr 7 Gala Day**

80 Year 7 students participated in the annual Coal Fields gala day along with students from Rutherford, Maitland, Kurri Kurri, Cessnock and Maitland Grossmann. Mount View entered touch, football, netball and T-ball teams. One of the boys touch teams was undefeated in the pool and were unlucky not to make the grand final.

**Coal Fields Yr 7 Gala Day**





# HOUSE LEADERBOARD

**STRIVE & UNITE**

**PEACE & POWER**

**GATHER & ASSEMBLE**



**GROUNDED & DYNAMIC**

Students gain house points for a range of activities including sporting success, participation, attendance and involvement in extra-curricular activities.



**TRUTH & HONOUR**



**BE QUICK, BE ACTIVE**



**SHINE BRIGHT**



**Belong & IGNITE**