

# The View

*"Delivering excellence, innovation and success"*

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**White  
Ribbon  
SCHOOL**

Issue 5

AUGUST 2018

## 2018 CALENDAR

### TERM 3

Week 2	Event	Year Groups
Tues 31 <sup>st</sup> July	Parent Teacher Interviews	7 - 10
Wed 1 <sup>st</sup> August	Leadership Induction Ceremony	All
Wed 1 <sup>st</sup> August	Elective Choices Close	8, 9 & 10
Wed 1 <sup>st</sup> August	P & C Meeting	All
Fri 3 <sup>rd</sup> August	Science & Engineering Challenge	10

Week 3	Event	Year Groups
6 <sup>th</sup> August – 10 <sup>th</sup> August	Education Week	All
Mon 6 <sup>th</sup> August	Careers Quest	10
Mon 6 <sup>th</sup> August	UAC Visit	12
Tues 7 <sup>th</sup> Aug	Rugby League U14's & U16's - Thornton	Selected Students

Week 4	Event	Year Groups
Wed 15 <sup>th</sup> Aug	Pit Stop Mental Health	9

Week 5	Event	Year Groups
Mon 20 <sup>th</sup> Aug – Fri 24 <sup>th</sup> Aug	HSC Trial Exams	12
Wed 22 <sup>nd</sup> Aug	Pit Stop Mental Health	9

Week 6	Event	Year Groups
Mon 27 <sup>th</sup> Aug – Fri 31 <sup>st</sup> Aug	HSC Trial Exams	12

Week 7	Event	Year Groups
Tues 4 <sup>th</sup> Sept	CAPA Graduation Exhibition	12
Wed 5 <sup>th</sup> Sept	Academic Enrichment Class testing day	6
Thur 6 <sup>th</sup> Sept – Sun 9 <sup>th</sup> Sept	School Ski Trip	Selected Students
Thur 6 <sup>th</sup> Sept	RAAF Base Careers Visit	
Fri 7 <sup>th</sup> Sept	Mai-Wel Expo	

## P&C MEETING

Wednesday 1st August at 6:30pm

All Welcome

P&C members will be voting on a motion to purchase a fan for the hall in a \$ for \$ purchase with the school.

If interested, feel free to attend.

### 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	Steve Quigley (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 3 has started in full force and there have been a significant number of new enrolments to our school – we welcome all of our new, and continuing students and their families, back to an exciting and full term of learning.

### Important decisions ahead!

Term 3 is a most important term for students in most of our year groups in terms of making decisions about their futures. Students in Years 8, 9 and 10 are making decisions about elective and subject choices for the following year's study; students in Year 11 are reviewing their successes as part of their Preliminary year of study; and Year 12 are, of course, focussed on trial HSC examinations and preparation towards the final HSC examinations. Our staff are here to help – please do not hesitate to get in touch with the Futures Adviser Mrs Rounsley, Year Advisers, Deputy Principals, Head Teachers or other support staff such as Miss Schafer, Senior Study Tutor, for help in this regard.

### "Beyond Bullying" – a strategic review of our school's anti-bullying policy and practices

A strategic review of the school's anti-bullying policy and practices is being led by a team comprising external youth agencies, parents, staff and students. Initiated earlier this year all stakeholders (parents, staff and students) will be invited to provide feedback through a variety of consultation methods such as surveys, interviews and online platforms. Six terms of reference were identified in a process that will conclude in Term 3, 2018 and result in evidence and research-informed redevelopment of the school's anti-bullying policy and practices. Thank you to the many parents who took the time to complete a survey at the recent Principal's Assemblies, Parent Teacher night and Subject Selection Night – your time and input is greatly appreciated.

### School Uniform

The winter months are often difficult for parents to ensure that students are in correct, and full, school uniform – Cessnock winter mornings are notoriously chilly. However, it does appear that some of our students are simply choosing to not wear correct uniform.

According to the Department of Education's *School Uniform Policy* all schools are to set local school uniform requirements as a result of formal consultation with the P&C, students and staff, and this has occurred. The P&C, as the officially recognised representative of the school's parents have consistently supported the wearing of the designated school uniform at Mount View High School. As such, students are expected to wear the correct uniform during school hours, while travelling to and from school, and when engaged in school activities out of school hours.

The wearing of school uniform promotes a sense of belonging for students and creates a positive identity for the school community. *School uniforms also contribute to the personal safety of students by allowing easier recognition of students inside the school and in the community.* (School Uniform Policy, NSW Department of Education).

At present, we are experiencing a higher than usual level of non-compliance with the uniform policy and we do ask that parents work with us to ensure that all students present in full and correct school uniform. Exercise/gym tights, black trousers or jumpers, jeans, hoodies, brightly coloured shoes and jumpers with large logos are not acceptable uniform items.

Mrs Myers, as Head Teacher Wellbeing, will be finalising a review into our current school uniform this year. Until then, our school uniform remains unchanged and largely consists of grey, white and red coloured items, and fully enclosed black leather upper shoes. I would sincerely appreciate your assistance with this so that our students can demonstrate full compliance, further develop their sense of belonging and connection to the school and represent our school in the community in the best possible manner.

## DEPUTY REPORTS

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



#### Year 12 HSC Countdown

During the holiday period, many Year 12 students attended tutorials and workshops at school in a variety of faculty areas to make the most of the many opportunities to improve their results in preparation for the HSC.



It is encouraging to see students regularly attending senior study sessions in the library with Ms Schafer (Senior Study Tutor) available from Monday to Thursday until 4.00pm. The Library is open every Monday until 5.00pm with staff supervision and support if needed.

I would also encourage Year 12 to avail themselves of the opportunity to learn some ways to manage stress using breathing and calming techniques by attending the sessions run by Mrs Wells in the LEAP Centre every Wednesday during check in.

Students should make full use of their ELEVATE training and support resources including the final session from Wednesday 25<sup>th</sup> July which was designed to reinvigorate students as they approach the finishing line. Students were provided with a clear road map for the final few months and practical strategies to manage the pressure and stress that comes with it.

Feed forward parent/teacher/student interviews also took place on Wednesday 25<sup>th</sup> July to allow 3 way-discussions to take place focusing on HSC preparation planning and techniques. Parents will shortly receive a package containing information on end-of-year organisation, HSC regulations, stress management, helpful websites and how best to support their student through the HSC examination period.



**Trial HSC Examinations** will occur in weeks 5 & 6 from Monday 20<sup>th</sup> August to Friday 31<sup>st</sup> August inclusive. Students will be provided with a hard copy of both the examination timetable and the rules and regulations associated with examinations at Mount View High School. This information will be provided digitally to students via their @education e-mail accounts and posted onto the school website and Facebook page. Of note, the rules and regulations state that all students must wear full school uniform.

Students are also advised to leave their mobile phones at home. Mobile phones are not permitted with the students in the examination hall or room. Students are advised to be present at least 15 minutes early to organise themselves and be seated. Whilst Year 12 students are only required to attend their examinations during the exam period all students are expected to return to normal lessons at the end of the examination period. It is important that students attend every day right up to the end of the term to maximise learning opportunities and to receive and implement examination feedback.

#### Staff Development Day

On the first day of Term 3, staff met for a variety of professional learning activities in the library.

The first session was delivered by our guest presenter, Dr Darren Morton who is a Senior Lecturer in the Faculty of Education and Science and lead researcher in the Lifestyle Research Centre at Avondale College.



Drawing on his education background, Darren's specialty is in the creation of evidence-based lifestyle interventions. His latest creation is The Lift Project which incorporates evidence-based strategies from Lifestyle Medicine and Positive Psychology for improving emotional health and wellbeing.

## DEPUTY REPORTS

His message has key links to our '5 ways to wellbeing' focus at Mount View High School and supports our aim to encourage happy, healthy students who can contribute positively to the world and those around them while increasing their own wellbeing.

Staff also completed training in QPR which stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. This complements staff training in ASIST (Applied Suicide Intervention Skills Training), which was undertaken in 2017 by year advisers and wellbeing teams.

Staff will also participate in 'Twilight Training Session 3' on Tuesday 7<sup>th</sup> August from 3.00 – 6.00 pm. This will focus on 'Cultural Competencies' and will include practical and interactive sessions to incorporate and embed Aboriginal perspectives into curriculum programs in new and exciting ways.



### **Buildings and Grounds Project - Air Conditioning Installation**

After quite a few years of planning (& saving) towards this we have had new air conditioning installed over the holidays in English and Drama classrooms, Science Labs, LEAP Centre, Textiles, Music Practice and Wellbeing and LaST's staffroom.

Hopefully, comfortable temperatures will make learning conditions optimal and allow students and staff to focus on learning with maximum effect. Further investigation is currently underway for a large cooling fan to be installed in the MPC ready for summer!

### **Parent Teacher Interviews Years 7 – 10**

Interviews for Stage 4 & 5 students took place on Tuesday 31<sup>st</sup> July which allowed students to discuss semester one results and their impact on future subject selections for 2019. Students were able to set goals for semester two success and ask questions relating to elective course content in each Key Learning Area.



The due date for indication of subject preference for Years 8, 9 and 10 students through web choice is Wednesday 1<sup>st</sup> August. Subject lines are then released, informing Year 10 students of final curriculum line patterns in preparation for their interviews and actual (or second round) subject selection from Tuesday 14<sup>th</sup> to Friday 17<sup>th</sup> August.

Students in Year 8 and 9 will only make one round of choices. They are required to choose reserve subjects that will allow timetabling to determine the most effective elective class structure to suit the needs of our students. If any student missed the subject selection choice window, they can see their Year Adviser for advice and assistance.

### **Important information for parents and students.**

The Department recognises that some families will be subject to family breakdown. In the absence of any notification to the contrary, it will be assumed that both parents retain a shared and equal parental responsibility for their children and have been involved in making any decisions regarding their children's education. This means that the school will recognise that each parent has equal duties, obligations, responsibilities and opportunities in relation to matters involving the school.

If any changes occur in your family relationships which have the potential to impact on the relationship between the school and your family, you are required to advise the school immediately. This includes providing copies of any court orders that may be obtained.

Please refer to the following document for further information and clarification:

<https://education.nsw.gov.au/media/legal/familylawguidelines.pdf>



## DEPUTY REPORTS



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

Strategic Direction update - Organisational effectiveness and quality professional practice

#### Contemporary Learning Spaces

During Term 3 we should see a number of contemporary learning spaces developed across the school. The school gym has gone out to tender and should start construction. In addition tenders have been sought for the construction of our new Future centre. Both projects should see a start during this term. Faculties were also given an opportunity to reimagine a current learning space with the capacity to improve student collaboration and meet the needs of diverse learning styles. Term 3 should also see the approval of a number of these areas across the school

#### Business & Personnel Management

In 2018 Mount View High School has employed several support staff aimed at allowing our teachers to focus on teaching and learning. In Term 3 we welcome the continued support of Tracy Bailey. Tracy is employed as a Principal Support Officer. Tracy has been working with the senior executive supporting the administrative requirements of whole school administration. Maxine Schafer will continue to support the various faculties across the school in meeting their administrative burdens. Last but not least Steve Hemsworth will continue to operate as the Technical Support Officer, supporting technology implementation across the school including BYOD.

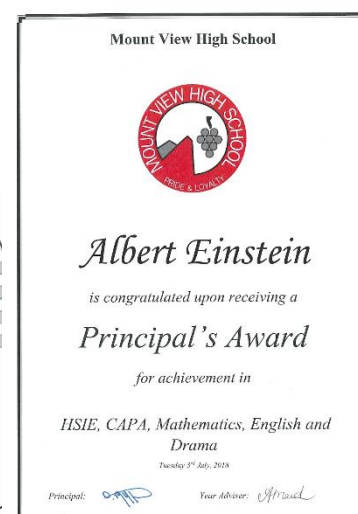
#### Technology for T&L systems

With five class sets of Chromebook style laptops and one class set of Netbooks in operation this year the Technology team will focus on evaluating the effectiveness of their use and look to ensure that whole school infrastructure is maintained to support technology requirements in all classrooms. Mount View has three dedicated computer labs and a dedicated library computer space. In addition we have a number of small computer rooms across the school supporting small student groups.

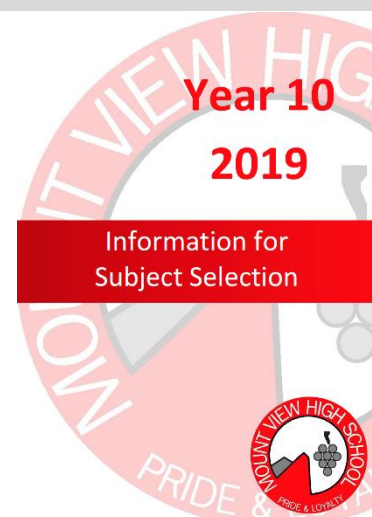
#### Community Engagement & Communications Strategy

A team has been formed that will be exploring opportunities for increased community engagement and involvement. They have been tasked with developing a documented digital and print communications strategy and to evaluate the current communication practices for further refinement where necessary. Look out for opportunities to give your views by responding to surveys or participating in workshops based on communication and engagement.

**Semester 1 reports** were issued to students in Years 7, 8, 9 and 10 during the last week of Term 2 at their respective Principal's assemblies where they received any Principal awards that had been accumulated since the last Principal's assembly. All parents can access this report and previous reports online via the Sentral Parent Portal. Access to student reports is generally made available online prior to paper copies being sent home with your child. Parents who cannot access online services are invited to call the office on 49902566 for assistance.



**Subject Selection** has commenced for students in Year 8, 9 and 10 for elective subjects that they will study in 2019. **Year 10 students** have two rounds of subject selection. The first round determines the subject line pattern. This essentially is what subject runs at the same time as another. A student cannot study two subjects that are being taught at the same time. By having students indicate their preference we aim to structure the subject lines in such a way that the majority of students are able to select the majority of the subjects that they would like to study for their HSC. Year 8 and 9 students have one round of subject selections. Students in Years 8 and 9 who miss preferred subjects will be interviewed to determine appropriate replacements.



Parents or students who missed the subject information evening can find the information presented including the Subject Information booklets by following the link. <http://www.mountview-h.schools.nsw.edu.au/curriculum-activities/subject-selection>

The slide presentation is also available in the same location or by following the link below ensuring that you click the "present" button on the top right and press play to proceed:

Stage 5 presentation

<https://docs.google.com/presentation/d/1hDobDNbVTnn40XYiiLujOzr3hZECKdthGGKlkW1IHjc/edit?usp=sharing>

Stage 6 presentation

[https://docs.google.com/presentation/d/1r96GKPvMmibHqu8a-PcDj5QhE\\_h1WbnkPYeDqo4HtwE/edit?usp=sharing](https://docs.google.com/presentation/d/1r96GKPvMmibHqu8a-PcDj5QhE_h1WbnkPYeDqo4HtwE/edit?usp=sharing)

### Subject selection deadlines

Year 8 and 9 selecting for Year 9 and 10 2019

#### *Timelines for Year 9 and Year 10*



**Year 8** and **Year 9** students selecting for **Year 9 - 2019** and **Year 10 - 2019** will have access to online selections from **8pm Thursday 26<sup>th</sup> July** until **9am Wednesday 1<sup>st</sup> of August**. This is from Thursday Week 1 of Term 3 to Wednesday morning Week 2 of Term 3.

## DEPUTY REPORTS

Year 10 selecting for Year 11 2019

### Steps with dates

**Step 1:** Determine subject interest

**Week 2 Term 3** deadline Wednesday 9am August 1<sup>st</sup>

**Step 2:** Form Year 11 lines based on interest

**Week 3 Term 3** released online Tuesday August 7<sup>th</sup>

**Step 3:** Students interviewed by MVHS staff

**Week 4 Term 3** from Monday August 13<sup>th</sup>

**Step 4:** Student subject selection from lines

**Week 4 Term 3** from Monday August 13<sup>th</sup>

**Step 5:** Consolidate subjects at risk. Final lines published

**Week 6 Term 3** Tuesday August 28<sup>th</sup>

### Term 3 Assessment

Please find the assessment overviews for Term 3 for each year group at Mount View High School. Full assessment schedules are available by following the link: <http://www.mountview-h.schools.nsw.edu.au/curriculum-activities/assessment-reporting>



### ASSESSMENT OVERVIEW TERM 3, 2018

Week	Year 7	Year 8	Year 9	Year 10
1				
2		PDHPE – Research & Practical Task 40%		
3				SCIENCE – IRT 25%
4	JAPANESE - Writing Test 20%		Y PHOTOGRAPHY – Research 40%	
5	PDHPE – Practical 20%	DRAMA – Appreciating 20% ENGLISH – Representation 30%	MATHEMATICS - Class Test 50% Y AGRICULTURE S2 – Research Task 50%	X & Y MUSIC – Listening 25% Y AGRICULTURE – Risk Assessment 20%
6	SCIENCE – Presentation 40%	HISTORY – Research Portfolio 60% AGRICULTURE - Poster Task 50%	HISTORY – Research Task 40%	MATHEMATICS - Class Test 20%
7		MUSIC – Composition 60%	SCIENCE – Presentation 40% X AGRICULTURE S1 – Practical 50%	GEOGRAPHY – Written & Visual Task 60% X PASS FOOTBALL – Sports Coaching 25%
8	ENGLISH – Listening 30% GEOGRAPHY – Topic Test 50%	DRAMA – Performance 30% MATHEMATICS – Class test 50%	X COMMERCE – Financial Travel Plan 50% X & Y FOOD TECHNOLOGY – Research Task 50% Y ISTEM – CAD/CAM Project 66% Y CHILD STUDIES – Practical Project 60%	X CHILD STUDIES – Project 25% X DRAMA – Making and Performing 40% Y DANCE - Journal and Performance 50% Y VET HOSPITALITY – Café Skills Y FOOD TECH – Research Task 25% Y ISTEM – Project Task 40%
9	JAPANESE – Research Task 30% ART – Visual Art Diary 70%	ENGLISH – Writing 30% SCIENCE – Portfolio 40%	ENGLISH – Writing 30% X & Y MUSIC – Composition 60%	PDHPE – Safe Living 15% X AGRICULTURE – Practical Task 25% X COMMERCE – Project 10 Task 25% Y VET HOSPITALITY – Yearly Exam
10			X HISTORY MYSTERY – Class Test 60%	ENGLISH – Critical Writing 20% Y HISTORY MYSTERY – Class Test 30%
	MANDATORY TECHNOLOGY – Ongoing assessment all term PDHPE prac - ongoing assessment Netball/Volleyball 20% JAPANESE – ongoing class tests 50% MATHEMATICS – Ongoing Zoo Project 40%	MANDATORY TECHNOLOGY – Ongoing assessment all term PDHPE prac - ongoing assessment – Basketball/Touch Football Skills 40%	PDHPE and PASS Football have practical ongoing assessments	PDHPE & PASS Football have practical ongoing assessments

## DEPUTY REPORTS

### Year 11 Term 3 Overview

Week	Term 3 - 2018				
1	Chemistry	Investigating Science	Modern History		
2	Mathematics Extension	Food Technology			
3	VET Work placement				
4	VET Work placement				
5	Ancient History	Biology	Textiles and Design		
6	Agriculture	Music	Visual Arts	Engineering Studies	
	IT Multimedia and Graphics				
8					
9	Midcourse				
10	Crossroads				
T3 Ongoing	Sport Lifestyle Recreation				

### Year 12 Term 3 Overview

Week	Term 3 - 2018				
1					
2	English Advanced Cat A	English Standard Cat A	English Studies (Non ATAR)	Visual Arts Cat A	IT Multimedia & Graphics Cat A
3	Drama Cat A	Photography (Non ATAR)	IT Timber Cat A		
4					
5	TRIAL HSC EXAMINATIONS				
6	TRIAL HSC EXAMINATIONS				
7					
8					



## SCHOOL ADMINISTRATION

### PARENT ONLINE PAYMENTS

Westpac made a number of changes to the Parent online Payment (POP) portal between 11<sup>th</sup> and 25<sup>th</sup> June 2018. Changes include:

- Collapsible sections have grouped information in a more logical order making the form easier to use
- Browser auto-fill will allow parents and carers to make payments without having to re-enter details
- More time to enter details
- Larger controls to make it easier to use on mobile screens
- Allow payment via a credit card or direct debit from a bank account



To make online payments go to the school website at <http://www.mountview-h.schools.nsw.edu.au/> and select the Make A Payment button.

## YEAR ADVISER REPORTS



### Year 7 - Lisa Hunt

Welcome back to Term 3. Hopefully all of Year 7 and their families have had a lovely break. As we return to school this term there are a few exciting opportunities for Year 7 to participate in. This term Year 7 will move to whole school sport and will have the opportunity to participate in an activity they have chosen late last term. It is a good time for parents to check that students are in full sports uniform on Thursday, as some students will go off site and need to be able to be identified by their correct uniform. As many head out into the community I encourage all Year 7 students to behave sensibly when travelling to sport, ensure they have a water bottle and the correct money to participate in their activity. This is a lovely opportunity to get involved in an afternoon of fun and exercise, which promotes wellbeing in our young people. Many families in our community have trouble with the cost and travel arrangements required by afterschool sport, so please take full advantage of the wonderful opportunities provided by Mount View High School and encourage your child to participate in sport, perhaps one they have never tried, without the expensive costs associated with registration fees or equipment.

Another point that may interest our parents is that Year 7 also have opportunities to become involved throughout the term in various activities provided by the dedicated team of teachers at Mount View High school and the local community. This term we have the wood turners back in the school and several Year 7 students will be participating in this initiative, along with 'girls group', the bike program, leadership team, debating, school gym and many more. I am looking forward to Term 3 and watching Year 7 grow as members of our school community.



### Year 8 – Ainslie Martin

Welcome to Term 3! Firstly I would like to first congratulate all those amazing students who were acknowledged at the Principal's Assembly late last term. The awards represent a culmination of many hours of effort and I was thrilled to see so many wonderful Year 8 students receiving awards.

**The Reach Foundation** visited the school at the end of Term 2 and their workshops are aimed at enabling students to connect with their peers. Whilst emotional at times, these sessions really encourage building and fostering supportive social networks at school.

### Build Me a Future Day

Good luck to those 28 Year 8 students who are participating in this Science workshop. Have a great time and learn lots!

Just a reminder to maintain correct uniform over the following cold winter months. No jumpers with logos please!

Stay warm.



## YEAR ADVISER REPORTS



### Year 9 – Melissa Parish

Welcome back Year 9 students, parents and carers. It was great to see so many parents and carers join me to celebrate the achievements of Year 9 at the recent Principal's Assembly.

Here is a reminder of assessments coming up for all Year 9 students this term:

WEEK 5 Mathematics

WEEK 6 History

WEEK 7 Science

WEEK 9 English

Assessments will also be given throughout the term for Electives. To view a layout of all the assessments please go to the Mount View High webpage and select the Curriculum and Activities tab at the top of the page.

If you would like to contact me feel free to ring the school's office.



### Year 11 – Rebecca Conn

Hello and welcome back to Term 3 everyone!

How exciting to see our preliminary year coming to a close. Can you believe Year 12 is only a term away? As this is our last term of Year 11 I highly recommend students pay careful attention to the assessment schedule and ensure they stay on top of things. If students have outstanding N-warnings, or just need assistance with work, there is plenty of help available. As always, classroom teachers are the first port of call.

Our Senior Study Tutor Mrs Schafer is doing amazing things in the library to help students with study plans, assessment work, resolving N-awards and stress management.

**Miss Schafer - Senior Study Tutor**

**Need help or advice?**

Please visit the library during the times below for assistance with:

- ◆ Preventing or redeeming 'N' Awards
- ◆ Study skills and time management
- ◆ Assessment schedules and tasks
- ◆ SETT plans and Senior Learning Plans
- ◆ Homework and internet access
- ◆ Resources for study techniques
- ◆ Access to past HSC papers and Excel books

**Available in the Library:**

Monday	9.30am – 4.00pm (except recess)
Tuesday	12.30pm – 4.00pm
Wednesday	9.30am – 4.00pm (except recess Week B)
Thursday	11.30am – 4.00pm

**You can make appointments or just drop in!**

As part of Year 12 students have the opportunity to wear a "Senior Jersey" as part of their official uniform. Students traditionally enjoy wearing the jersey and it is a great memento of their final year of school. In the next few weeks, we will be voting on a style and having sample sizes delivered to check. Students will then be able to indicate a school appropriate nickname on the back of the jersey.

## YEAR ADVISER REPORTS



### Year 12 – Nathan Russell

This is it Year 12! One term to go, so buckle up and get ready for the most exciting, challenging and rewarding part of your school careers. Term 3 is packed with assessment tasks, the Trial Exams, practical HSC assessments, fund raisers, study days and graduation. It will benefit all students to ensure they have their calendars well organised and their study plans in place, as things will creep up very quickly this term.

### Assistance with school work

As always, there is lots of help for all students so do not hesitate to ask! As well as the Monday afternoon Homework Centre (in the library), Miss Schafer is our Senior Study Tutor and can help students with study plans, time management, assessment tasks, homework, internet access and a host of other things. Miss Schafer is in the library Monday-Thursday, and students are welcome to drop in or make an appointment.

### Fundraising

Year 12 held a BBQ fundraiser last term and raised a good sum to go towards covering the costs of the Formal (more on this below) and a gift for the school. There will be at least one other fundraiser this term.

A big “thank you” to Bowen Cavanagh for taking photos of the event.



*Tiffany Minnis-Hurley  
and Brock Wallace*



*Dakota King and Brock Wallace*



*Kyron Hynes and Emily Wiese*



*Sam Craft*

# Year 12 Formal

Time to polish your shoes and brush your hair, Year 12!



The Year 12 Formal will be held at Cypress Lakes on Wednesday November 14th. Year 12 students will receive an official invitation early in Term 3, but are invited to pay a deposit anytime from now.

The total cost of the formal is \$85 and students are asked to pay a deposit of \$40 to the front office at their earliest possible convenience.



This will confirm their attendance and allow us to plan accordingly. Students will need to pay the balance by the end of Term 3.

The Year 12 Formal is a wonderful way to celebrate the completion of your schooling with peers and teachers and we are looking forward to seeing you there.

Nathan Russell

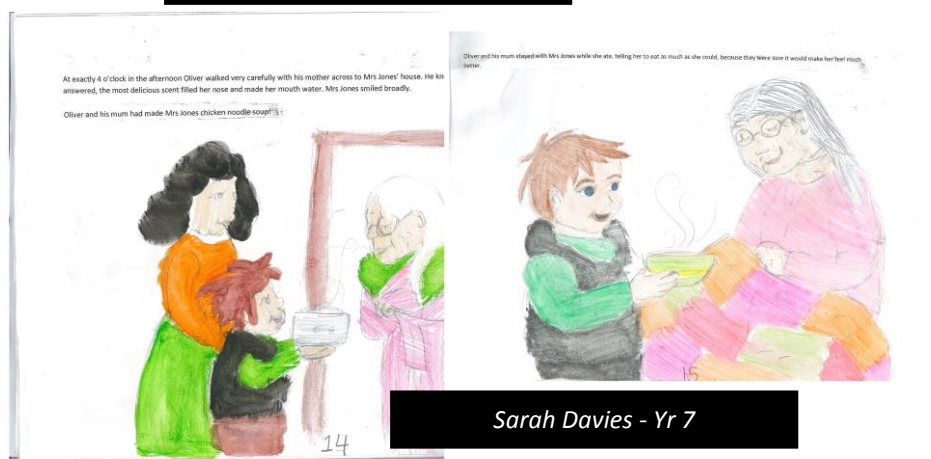
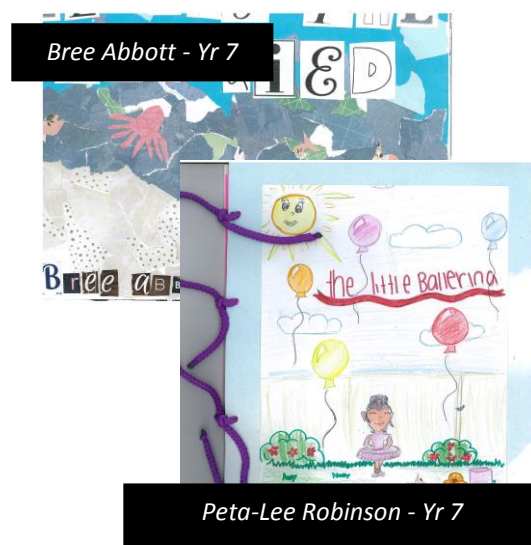
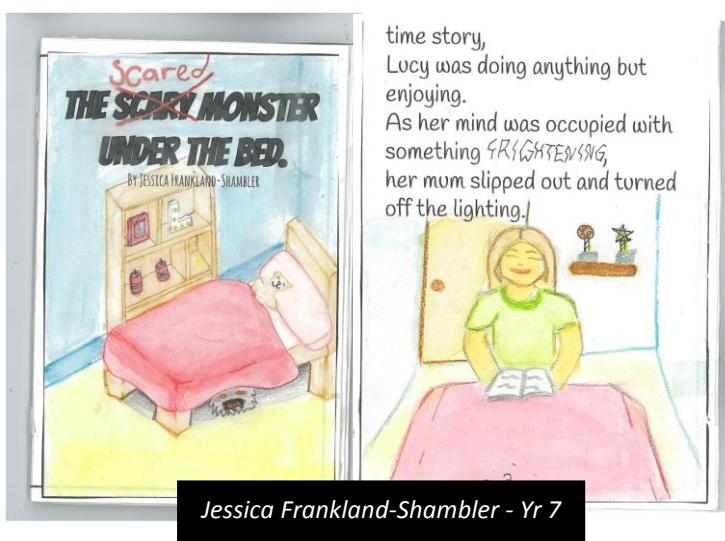




## Rebecca Bartlett – Head Teacher (Relieving)

Semester one 2018 has flown by as we now enter the second half of the year. For Year 12, this means we are closing in on the final school assessments and Trials, then HSC preparation prior to their Graduation. All students are encouraged to contact their teachers throughout this time for advice, assistance or clarification of how to prepare for the encroaching examinations. Drama and Extension 2 also have major works due throughout this term and we wish them the best of luck.

Term two was busy for all year groups in English, completing tasks and developing their literacy skills. Year 7 worked on composing picture books, with some beautiful and sophisticated texts created across all classes, evidenced below. Year 8 worked on their documentary skills, with a focus on the environment culminating in an examination of the fantastic contemporary program 'War on Waste.' Students in some classes designed posters to promote such an important show which is highlighting some of the many issues our society is facing.



Year 9 moved from persuasion to a close study of a film, developing their analytical skills in preparation for the focus this term. Some students spoke passionately about an issue in which they were interested for the assessment at the beginning of the term, achieving excellent results before then analysing "Oh Canada," a moving song by Australian artist, Missy Higgins. Again, students across all classes were able to demonstrate their understanding of persuasive devices.

Year 10 focused on context in Term two, with a range of texts being read and quality narratives from different perspectives being produced. Students now move into looking at Conflict through everyone's favourite Bard's work<sup>1</sup>.

<sup>1</sup> William Shakespeare

Year 11's term concluded with presentations for Standard and Advance, while English Studies completed an examination. Advanced students presented sophisticated reflections on Shakespeare's *King Lear* in the form of a TED talk and Standard wrote speeches focusing on *Jasper Jones*.

Year 12 Advanced, Standard and Studies finished their second Modules and moved into the third and final focus for the year. Some Advanced students took up the opportunity to attend a Study Day at Sydney University on June 20 which was heavily subsidised by MVHS. Rick Allen generously donated his time to drive the school mini bus and for this we are most appreciative. The students were able to gain insight into all their focus texts: G Orwell's *1984* & F. Lang's *Metropolis*, W. Shakespeare's *Hamlet* and A. de Botton's *The Art of Travel* and all reported the day being highly beneficial.



FR: Georgia Bailey, Elizabeth Parish, Emily Sharpe, Matilda Brown, Mariah George, Marnie Bullen, Kirsty Relleke, Tahlia Hughes, Kasey Kelly,  
BR: Brock Sinclair, Ryan Forrest, Naomi Martin  
Absent from photo: Jordyn Jeffrey, Chloe Rolls, Jessica Simon

### Debating Report

Term 2 was a busy time for MVHS debaters, with both students and teachers representing the school across a range of competitions.

The Premier's Debating Challenge kicked off with the Year 11 & 12 team, made up of Tahlia Hughes, Marnie Bullen, Jordyn Jeffrey, Charmayne Gould and Ryan Dixon. They debated in a round robin against Cessnock High, Hunter River High and Maitland Grossmann High with a range of interesting and current topics. Unfortunately, the team came away without any wins, but agreed that the experience gained was invaluable. The Year 9 & 10 team, made up of Daniel Sherlock, Tobias Astill-King, Ben Galvin and Chloe Hunt, had their first debate in the last week of the term, winning against Cessnock High. Along with Years 7 & 8 teams, they will continue their round robins in Term 3.

The annual Effie O'Neill debate, hosted by Cessnock Rotary Club was also a night of heated debate against Cessnock High about abolishing NAPLAN. Matilda Brown, Tahlia Hughes, Ryan Dixon and Charmayne Gould put up a strong argument, but were ultimately beaten on the night. A fortnight later was the inaugural David Clark Memorial debate between the teachers of Mount View and Cessnock High. Tasked with arguing that all students should complete two hours of charity work as part of the curriculum, Ms Pfeffer, Mr Hookway, Miss Johnson and Miss Baum were successful in persuading both the adjudicator and audience of their case.



Congratulations to all of the wonderful debaters and good luck in upcoming rounds and competitions, including the Mayoral Debating Competition in August.



## *We present to you the best of drama, in 5 acts!*



On the 12th June, the forces of Drama and HSIE combined students attended a performance of "Stolen" at the Cessnock Performing Arts Centre. It was an exciting opportunity for students to view how themes and issues in Australia's history can be presented and examined on stage. It was an exciting first trip to the theatre for some! A huge thank you to Michelle Bedford, Tracy Eddy and Miss Johnson for their organisation!



During week 10, drama students Kirsten Boesen, Jacinta White, Alana Dafter, Logan Vassel, Grace Wells, Ryan Dixon, Liam Callaghan, Brayden Corcoran, Logan Templeton, Abbey Clark, Chelsea Hamid, Alecia Swallow, Billie Taylor and Benjamin Galvin were selected to attend Dramaworks in Newcastle. These students connected with other students from across the Hunter and underwent a week long intensive accelerated learning Masterclass experience with professional tutors. At the end of the week, students showcased their original performances to an audience of family and friends. A huge congratulations for not only was their work of an exceptional standard, they displayed excellent use of character strengths such as bravery, creativity, teamwork, problem solving, humour and playfulness, perseverance and leadership. Bravo!!



*Liam Callaghan, Logan Vassel, Kirsten Boesen, Brayden Corcoran, Alecia Swallow, Chelsea Hamid, Jacinta White, Alana Dafter*



*Billie Taylor, Benjamin Galvin, Abbey Clark, Logan Templeton  
-Not pictured, Grace Wells, Ryan Dixon.*



In week 9, students went to the Sydney Opera house to attend a world premier performance of Dark Emu, by Bangarra dance troupe. Students were mesmerised by the performance. A huge thank you to Tracy Eddy for her organisation.



*Abbey Clark, Hayden Sneesby, Jacinta White, Alecia Swallow, Kirsten Boesen, Liam Callaghan*



**Year 10** have spent Term 1 looking at Commedia Del Atre, an early Italian form of theatre, which featured stock or 'masked' characters and largely improvised scenarios. Year 10 improved their comedic timing, characterisation and improvisation, which culminated with two fabulous performances in week 10 as part of their assessment of learning. Bravo Year 10! Molto bene!

*Back row: Logan Templeton, Kirsten Boesen, Billie Taylor, Benjamin Galvin, Kayla Stothard (visiting), Hayden Loosemore, Brayden Corcoran, Bohdan Thorley, Middle: Chelsea Hamid, Alana Dafter, Liam Callaghan. Front: Jacinta White*



**Year 8** – Wrapped up their semester of Drama with their sock puppet and melodrama performances. Students spent 5 weeks creating their puppet characters (as pictured). As always, the performances were of a high quality and incredibly entertaining! Students are to be congratulated for their creativity and imagination. Well done.



Drama and theatre is not only used for entertainment, it can also be utilised to educate, inform and instigate change in society. Tantrum Theatre visited MVHS to present their interactive performance "Opening Doors" to students in years 9 and 10. The Opening Doors program aims to educate and empower students with increased knowledge and understanding of the causes and impacts of domestic violence, and to acquaint them with the avenues of support available in their local communities. Following a formal application process in 2017 undertaken by Drama teacher, Miss Johnson, Mount View was successful and selected to join 18 other high schools across the state to participate in the program free of charge.







**Natalie Death – Head Teacher**

### **Cows Creates Careers –Mrs Wells**

Throughout term 2 9AGS21 have been studying a unit of work about the dairy industry. As part of this unit they participated in the Cows Create Careers competition run by Dairy Australia. The competition required all students to help care for two Swiss Brown calves (Vera and Carlotta) for a three week period. Student teams were also required to create a short film about the dairy industry and produce a scientific report about rearing the calves.

All teams that entered the competition are to be commended on the dedication and enthusiasm with which they completed their video and scientific report entries. All groups received outstanding grades and the 'Dairy Divas'- Lilly Stace, Olivia Bailey and Chelsea Webb received first place in the Hunter Valley region. Congratulations 9AGS21 students.



**Dairy Divas**  
*Olivia Bailey, Lilly Stace, Chelsea Webb*



**United Dairy Crew**  
*James Ivan, Casey Chandler, James Stringer*



**Milky Milkers**  
*Charlotte Lucas, Rhys Lambie, Hayley Garforth-Burke*

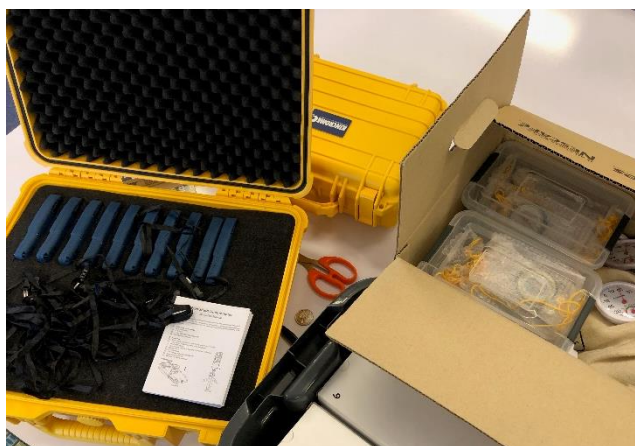
## HSIE FACULTY



### Nicola Steiner – Head Teacher

Term 3 is upon us already! We are looking forward to exciting times ahead with the change-over of semesters meaning years 7-10 move from either History or Geography to the alternate subject. It is therefore necessary, per the requirements outlined in the Subject Selection Booklet on the School's website, for students to have a new exercise book to commence the new course.

Year	Subject in Semester 2
7	Geography
8	History
9	History
10	Geography



We have been very fortunate to secure some key geographical equipment to further enhance the learning experiences of our students. Our faculty now has Anemometers, Wet & Dry Thermometers, GPSs, Compasses and Trundle Wheels. The Year 8s and 9s worked with the equipment at the end of Term 2 to create some engaging activities for Year 7 as they embark on their geography journey this semester. Stay tuned for some great pictures of the equipment in action!

A look back at some successes of Term 2 in HSIE:



During Term 2, Mrs Collier and the HSIE faculty began working to integrate the ELEVATE program into our teaching. This program is designed to assist students in preparing, retaining and recalling information. The ELEVATE program has found that top performing students use their syllabus (or course outline) to structure their revision across the year, and then as a checklist before exams. The majority of students will walk into an exam with gaps in their knowledge where they simply haven't revised content. MVHS and the HSIE Faculty are working to help our students build the tools they need to fill those gaps and lift their outcomes.

- Rachael Collier

Below are some student comments on how they have found Elevating HSIE so far.

*We summarised the Aboriginal Rights topic to help us understand the difference between assimilation and protection. The Elevating HSIE summaries gave us a way to retain more information. I learnt the information easier and the summaries helped me to have a better understanding of the material.*

- Logan Vassel, 10HSI(2)



- Alana Dafter, IOHSI(1)

*Before Assessment Task Two we completed an Elevate summary on Rights and Freedoms. This was to help make studying easier and to learn how to summarise. The Elevating HSIE summaries helped me to remember things easier in the test and helped me to learn how to summarise properly.*

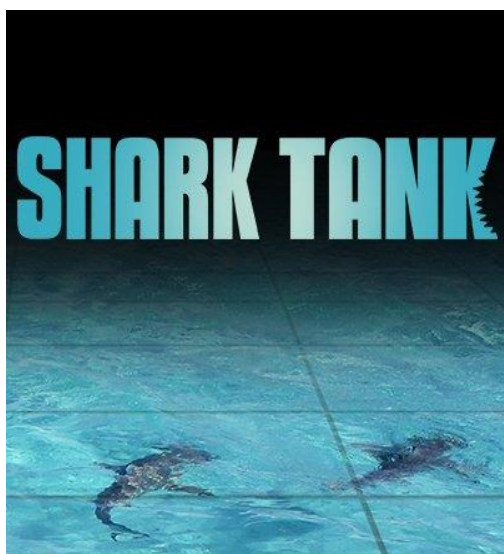
*We did the Elevate summaries to further our knowledge in a way that allowed us to remember and utilise the content in a productive way. The summaries were an increasingly supportive method that teaches us to remember the information easily. This form of summary I thought involved less writing because instead of writing the whole paragraph or text of information we wrote key points to remember. The Elevating HSIE summaries helped me to improve my results in Assessment Task Two as I remembered a lot more key words to include in my response.*

- Robert Gibson, IOHSI(3)

- Sylvia Carr, IOHSI(3)

*My understanding of the Elevating HSIE summaries is that it's a shortened, in your own words, useful and informal paragraph. Summaries for me make things a lot easier. When I write a summary, I feel like it is my learning style, so I can understand it and it helps me memorise and prepare for tests/assessments. In summaries you write down what you think is useful instead of having a bunch of long and not useful words. The Elevating HSIE summaries helped me to improve my results in Assessment Task Two as I could remember more information to put into my essay.*

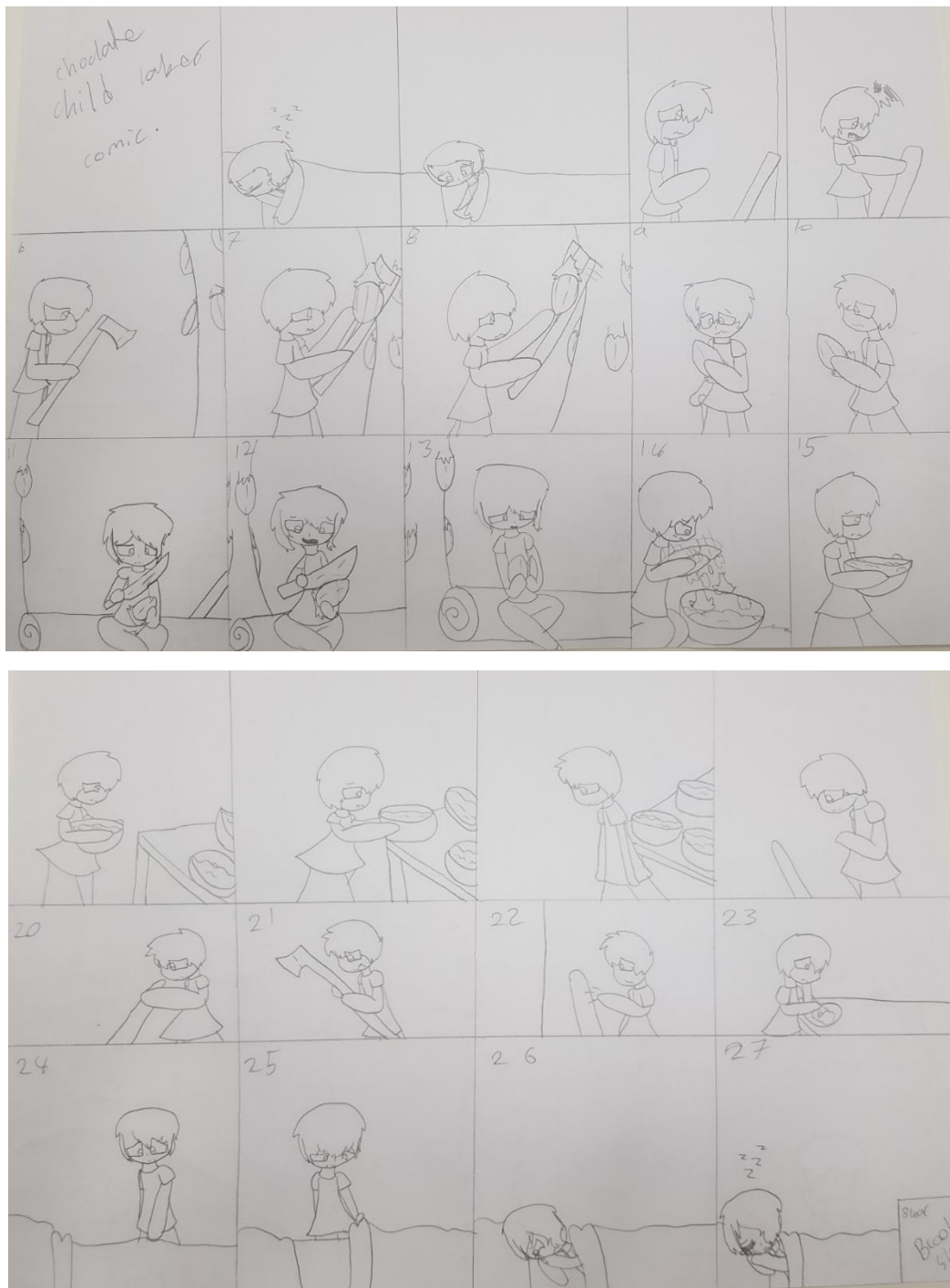
#### Year 11 Business Studies - Mrs Hunt



Last term Year 11 Business Studies created a small business plan to successfully display their skills in entrepreneurship. This assessment took place over several weeks where students developed an idea in class and learnt how to structure a business proposal which was presented to a team of potential investors. With a classroom set up like that of the popular show "Shark Tank" students presented their ideas to the Deputy Principal, Mrs Jeffery and myself. On the day, students' businesses ranged from Cat Cafes, Mobile Coffee Vans, Apps they had designed, Cosmetics, Sustainable Clothing, and Breweries to Paint Ball services! Aside from some of the most creative businesses I have seen, students were able to put forward sound financial plans, including cash flow projections to make requests for investment in return for equity in their company. Students should be congratulated on their hard work, creativity and planning skills. I hope to see some of these talented students pursue careers that involve business management and ownership.



In Year 8 students discovered the connections we have with the world and the impacts our consumption can have on environments and people:



**About the comic – By Brooklyn Sherwood 8LEAR HSIE**

*This comic is meant to show people the sad life of a child in cacao production, where they are forced to harvest cocoa. They cut them open to get the powder then put it in a container to send it off to a chocolate factory for it to become an ingredient in chocolate. So next time you buy your favourite chocolate treat think of the labour some of the workers go through and the little amount of pay they get on average.*



**Brooklyn Sherwood**

## TECHNICAL & APPLIED STUDIES FACULTY



### Brian Means – Head Teacher

As the Year 7 and Year 8 students roll over into new Technology mandatory areas of study it is timely to remind parents that subject contributions are due.

Students from Year 10 and 11 Hospitality and Food Technology courses were invited to participate in the 9th Annual Hunter Culinary Associations Food Fight. This event was hosted by Crown Plaza along-side local contributors as well as chefs from Sydney and the Hunter. Each year 4 chefs are given the challenge to create a dish in the bid to win the 'Food Fight'. All in all, the event boasts camaraderie and hard work for the common good.

Initially the students shyly walked around the super large kitchen with anticipation of their role in the day ahead. This led to the students participating in plating canapés and understanding flavour compositions that lead to a mouth-watering first bite. A local chef, Frank Fawcner invited us to participate in the plating of his dish (scampi tails with charred cos lettuce, saltbush all dressed with a seafood dressing), demonstrating the importance of consistency and flavour elements of a dish. From this point on the students took initiative and started plating the second dish of beef carpaccio, eggplant, parmesan crumb and fresh basil. During main course service our students now had confidence and displayed the ability to be invited to assist with the plating of the dessert which was an "ode to strawberries" - fresh and freeze dried strawberries layered strawberry meringue and strawberry semifredo. As the day progressed the students took initiative to ask for more intricate jobs and completed food preparation beyond the scope of every day skills.

The Hunter Culinary Association Food Fight is organised to raise funds to assist aspiring apprentices who are considering a career in Hospitality. There may have been an offer on the table for one of our dedicated students. The day was a fantastic experience and the food students got to sample was even better. It would be agreed that their newly learnt skills could apply to a range of school based activities and events in the school.

Thanks go to Garreth Robbs (ex Mount View High School Hospitality student) and all chefs involved for their generosity and professionalism.



*Tamsyn Cordowiner*



*Imogen Edwards, Amber Buck,  
Ayden Orchard, Jai Dicker  
Madeline Davis,  
Tamsyn Cordowiner*



*Imogen Edwards and Jai Dicker*

## Year 12 Textiles and Design Major Project Ideas 2018

**Sarah Richardson**



**Focus Area:** Costume

**What is my major project about:** My major project is inspired by the hippie movement of the 1970's. My project consists of a matching top and skirt made of crochet. The crochet squares are of different sizes and beautiful colours. I've also decorated with macrame around the bottom skirt and down the side.

**Emily Wiese**



**Focus area:** Textile art

**What is my major project about:** My major project is about World War 1. It is a large wall hanging with the going down of the sun over a field of hand knitted poppies. I have crazy stitched the back ground, tie died the sun set and embellished some of the foreground with hand made buttons. I have recycled mens ties with in my project to represent the military uniform. My main inspiration was my great grandfather who was in WWI.

**Deena Borkowski**



**Focus area:** Costume

**What is my major project about:** My major project is about cheer leading. The inspiration of my design comes from my love of dance and gymnastics. I have used my extensive experience as a cheer leader to help me come up with my own designer cheer leader outfit. I have used fabrics that stretch and are absorbent plus hard yacka. After the marking of my project I intend to wear my outfit in the future.

**Sophie Nixon**



**Focus area:** Furnishings

**What is my major project about:** My project is a baby quilt. I have been inspired by Lynette Anderson. I have studied her designs and have used her as a source of inspiration while creating my blanket.

**Tahlia Hughes**

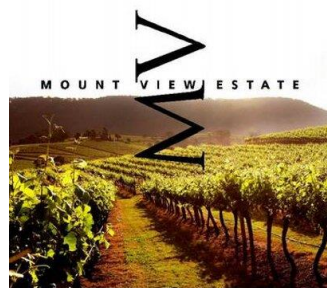


**Focus area:** Costume

**What is my major project about:** My Major project resembles a (wingless) fairy costume. It is of a two piece dress, the main feature being present in the skirt. The skirt represents a terrarium filled with flowers and fairy lights encased in the layers of tulle. My costume is inspired by traditional fairies and textile artist Angela Clayton and the Romantic Era.



### F1 in Schools STEM Challenge – by Mark Bassett, F1 Coordinator



Preparations for the Hunter Valley F1 in Schools and Jaguar Primary Challenge on the 5<sup>th</sup> of September are progressing well at Mount View High School. We have a Year 9 all-girls team called Impro Racing who are competing in the Development class division. Team Manager and Resource Manager Chloe Hunt is working hard on getting everything together as well as managing everyone's time, contacting sponsors and problem solving any unexpected challenges. Grace Frankland-Shambler (Design and Manufacturing Engineer) is fine tuning the car designs and manufacturing techniques so the race car travels at more than 80km/hr down the 20m race track. Susan Anderson (Graphics Designer) is busy developing the team logo and branding, designing portfolio layouts as well as designing an impressive pit display. This amazing group of students are motivated to do their best and prove that Mount View High School is still producing the best F1 in Schools teams in the Hunter Valley. Kirsten Boesen (team mentor) is using her experience and knowledge in this STEM program to advise each member on how to avoid making common mistakes and how to succeed as a team.

A special thank you goes to their first major sponsor – Mount View Estate Winery who is supporting the team in the world's largest STEM Competition. Their generous support will cover a number of expenses including individual styled racing team shirts, poster and portfolio printing as well as the cost of making the three race cars.



*Impro Racing - Chloe Hunt, Kirsten Boesen (mentor), Grace Frankland-Shambler and Susan Anderson*

The cadet division is open to anyone who has not competed in the F1 in Schools STEM Challenge before and we have two vibrant year 7 teams – Bullet Fury and Flaming Speed. Bullet Fury consists of Chris Arnott, Aiden McLaughlan and Kobi Ridgeway. The boys are working every recess and lunchtime in the Graphics room learning skills in 3D CAD/CAM design using CATIA - an industry standard program used by companies such as Boeing, BMW, Volkswagen, Hyundai and Bentley just to name a few. Flaming Speed consists of Annabella Crowther, Jessica Johnson and Noah Tregenza. The team have finished two car designs and are ready to race each car against each other to determine which is the fastest – this will be their team race car at the regional finals.



*Bullet Fury - Chris Arnott, Kobi Ridgeway and Aiden McLaughlan*



*Flaming Speed - Annabella Crowther, Jessica Johnson and Noah Tregenza*



Thank you to the ME Program for organising and running the regional event on the 5<sup>th</sup> of September. The event will be held at the Maitland Basketball Stadium (Heritage Centre) from 8am to 3pm and is open to parents and the community who have an interest in STEM programs.



## iSTEM – by Mark Bassett, iSTEM Coordinator

Year 10 iSTEM students are currently challenging themselves with a range of individual research tasks. Each student has chosen from a selection of technological resources and advances in engineering and science devices to create a new innovation in class that could be used in a real world situation. Coding forms the basis for most activities and students have access to 3D printers to make anything that needs to be designed for their projects. Below are a few students' projects that recently started to solve a range of real world problems.



*Brodie Selby, Liam Boyd & Jackson Burston are developing drone technology coding to solve three specific problems.*



*Martin Cathcart is applying Virtual Reality with drone technology.*



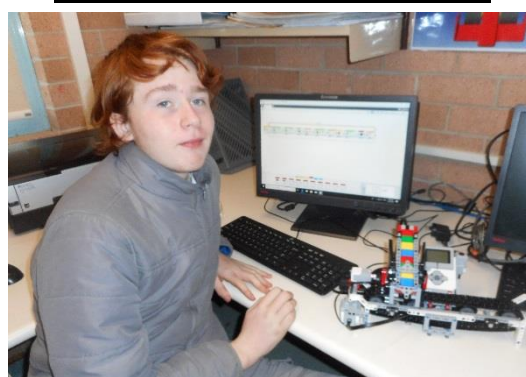
*Logan Vassel is applying drone technology with film and photography.*



*Matilda James is developing a concept for using a Trebuchet with current technology to solve a real world problem.*



*Jace Hughes, Cameron Sharpe, Will Sattler and Harley Patterson have made a Bioloid Scorpion to code to solve four problems.*



*Brayden Corcoran is coding his EV3 Lego sorting device using a range of sensors to detect the colour and shape of each block.*



*Benjamin Galvin, Tobias Astill-King, Fei Fei Webster and James Collins are learning Python coding for their StarLAB Mars Rover to solve a range of self-navigation problems.*



*Cooper Broadbent and Nicholas Whiteley are learning to code a LittleBits electronics kit to solve a range of everyday problems.*



STEM (Science, Technology, Engineering & Mathematics) subjects are fundamental to shaping the future of Australia. They provide enabling skills and knowledge that increasingly underpin many professions and trades and the skills of a technologically based workforce. The iSTEM program which is sponsored by the ME Program utilises these knowledge sources in application to Skills, Technology Engineering, Mechanics and Science. Mount View High School is proud to be able to provide this elective subject for our students to boost their learning outcomes and improve HSC results.





## CREATIVE AND PERFORMING ARTS FACULTY



**Elizabeth Alder – Relieving Head Teacher**

### Visual Art Workshop on the 2<sup>nd</sup> July 2018

Students had the opportunity to meet with and work with David Solomons, an Art technician who travels our region sharing his skills and enthusiasm for artmaking.

Interested participants got to work with special painting and drawing mediums that some had never seen before. It got messy and creative very quickly as students explored the possibilities that each material has.



**Class group**



**Tenisha Kiem & Matilda James**

**Charlotte McDuff,  
Aliesha Pearson, Sharni  
Hunter & Bronte Parish**



**Mikayla Lambert,  
Phebe Glover &  
Jordan Flint**

**Grace Pettit, William  
Nothnagel and Kim Arnott**



**Tenisha Kiem and  
Kim Arnott**

**James Ivan**





## CREATIVE AND PERFORMING ARTS FACULTY

### 2019 Elective Choices are now open for students in Years 8, 9 and 10.

The Creative and Performing Arts faculty delivers the following subjects:

- Groovin' the View- Yr 9 Music
- Splendour in the Class – Yr 10 Music
- Music – Yr 11 (ATAR compatible subject)
- Street Art – Yr 9 and/or Yr 10
- Photography and Digital Media – Yr 9 and/or Yr 10
- Photography, Video and Digital Media- Yr 11
- Visual Arts – Yr 9 and/or Yr 10 and Yr11 (ATAR compatible)

Other performance based subjects are available in the school:

- Drama (English and Drama faculty) – Yr 9 and/or Yr 10 and Yr 11
- Dance (Personal Development and Physical Education faculty)- Yr 9 and/or Yr 10

# GROOVIN THE VIEW

**FEE \$20**

**Music's Classic  
Hits**

**AUSTRALIAN MUSIC**

Music for Film, sound  
and multi-media

**Popular  
Music**



# SPLENDOUR IN THE CLASS

**FEE 20 DOLLARS**

**Music**


- Like a version
- Blues
- Aussie contemporary rock
- Stage music





# Visual Arts

*Your favourite time of the day*



## Visual Arts Stage 5

\$50 fee

2D: 3D: 4D

All kinds of artmaking



Still Life    Portrait    Landscape    Pop    Design    Abstraction    Animalia

## Photo & Digital Media

Picture yourself in this course



## Photo & Digital Media Stage 5

\$80 fee

From Darkroom to Digital

**Core**

- camera skills
- composition
- darkroom skills
- digital imaging software
- film making skills
- health and safety

**Modules**

- Let there be light
- On the streets
- Selfie
- For Sale
- Animate Inanimate
- Drama Queen
- Film Clip
- + more

**Personal Projects**


- collaborative
- independent
- media of choice
- exhibitions





## STREET ARTS

STEP OUT OF THE CLASSROOM



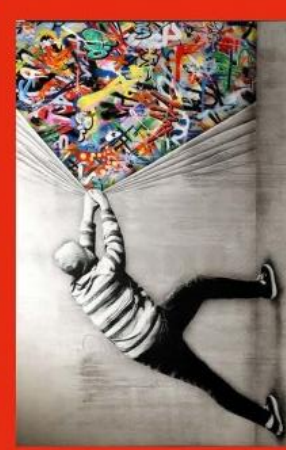

## STREET ARTS

\$50 FEE

DESIGN AND MAKE AND SHARE

AND WEAR

Skate decks  
Graffiti  
Murals  
T-Shirts +more





### Sue Ford – Head Teacher

Personal Development, Health and Physical Education (PDHPE) is mandatory for all students in K-10. Both NESA and the Department minimum PDHPE requirements for government schools is 300 hours, to be studied from years 7 to 10, with study to occur in each of the years.

In 2019 the new PDHPE syllabus is to be implemented with Years 7 and 9 and then for Years 8 and 10 in 2020. NESA states that schools need to address concerns specific to them by consulting parents and students in the development of units of work. Thank you to those parents who completed the survey at the recent subject information night. If you wish to be involved with the planning for the new PDHPE syllabus at Mount View High School could you please access the web link on the parent portal and complete the survey.

### PDHPE Curriculum – Semester 2 2018

**Year 7:** Theory – Be Active Be Healthy; Summer Fun. Practical – Outdoor Education, Netball, T-Ball and Volleyball

**Year 8:** Theory – Interpersonal Relationships; It's Not Pot Luck; Keeping Ourselves Safe. Practical – Basketball, Touch Footy, Cricket, Softball

**Year 9:** Theory – Images: Making A Difference; Cyber Safety. Practical – AFL, European Handball and Indigenous Games; Cricket and Baseball

**Year 10:** Safe Living; Active Living. Practical – Fitness, Baseball, Resistance Training.

All students are expected to provide a work book and writing materials for theory lessons and complete all set theoretical tasks. Students must provide an appropriate change of clothes (the school sports uniform is preferred) for all practical lessons. Any student not participating in practical lessons must provide a note from parent/caregiver explicitly stating the reason for non-participation.

### Year 11 CROSSROADS

This is a DEC **mandatory** 25 hour course for Stage 6 students. At Mount View High School the course is delivered via a 3 day camp whereby students participate in challenging activities and seminars that encompass the core topics of:

- Personal identity
- Mental health and wellbeing
- Relationships
- Sexual health
- Drugs and alcohol
- Safe travel

Students should be well underway with their payment plan for this camp. They should see Mr Cooke in the PE Staff Room if they have not yet received their final permission note or have any questions regarding costs or requirements. Students not attending the camp must complete the 25 hour course at school.

### Coalfields Primary School League Tag Gala Day

The Hunter/Newcastle/Central Coast NRL hosted the annual Coalfields primary school league tag carnival at the Mount View Basin this year which saw 26 primary school football teams and roughly 280 students participate in a round robin tournament of league tag on the 25th June. Mount View High School has been working closely with the Hunter/Newcastle/Central Coast NRL team for the past 2 years with all things football related and for the second year in a row our services were called upon to provide referees for the day. Eight PASS - Football studies students along with one of our rugby league leaders within the school, Rohan Browne were selected to officiate the day and represented the school proudly; Mason Forrest, Mitch Schreiber, Jayden Plummer, Sam Younger, Shannon Newstead, Aleah O'Brien, Jack Giddings and Seth Koop.



### StarStruck 2018

Star Struck is a performing arts extravaganza presented by the Hunter area of the NSW Department of Education. Held at the Newcastle Entertainment Centre in June, Mount View was represented by 16 amazing dancers and 1 outstanding member of the hunter signing choir. These students all represented our school with dignity and respect and are to be congratulated on their beautiful performances. The late nights, early mornings and chilly conditions made for a very big week but well worth it.

Thank you to all the families and friends who supported our students at StarStruck. Your involvement is what makes this event successful every year.

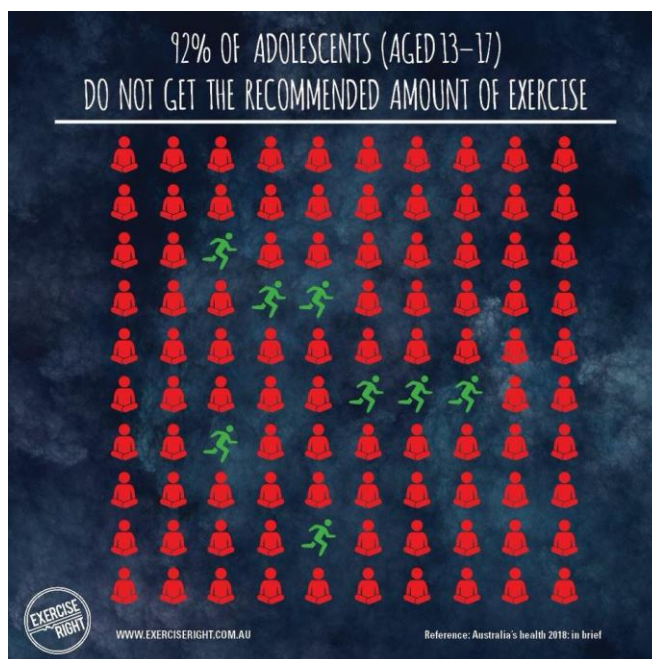
Our student dancers included: Tanesha Belcher, Georgia Bradley, Kirsten Boesen, Sylvia Carr, Emily Cashmere, Hannah Day, Dhani Drylie, Hunter Grunsell, Lila Harmer, Felicity Hodgins, Brianna Melling, Abbey Perkins, Bree Perkins, Alexia Vowles, Aimee White, Jacinta White,

Hunter Signing Choir member: Jessica Scott

### Physical activity for everyone one - PA4E1

Mount View continues to successfully implement the first phase of the PA4E1 program. The two year whole school program aims to improve physical activity levels among adolescents. The recent published data on current physical activity levels for Australians is alarming. It is reported that 92% of adolescents do not meet the recommended activity levels which is 60 minutes of moderate to vigorous intensity physical activity every day.

Recently all year 7 and 8 students completed their own personal activity plans during their PDHPE lessons. The aim of this planner is to assist students in setting personalised physical activity goals for the home and school environment. Goal setting is one proven strategy of attaining success and for maintaining motivation. Students were asked to take these plans home for further discussion and implementation. We encourage all parents and guardians to view these plans and become involved in their child's progress towards achieving these goals.



Step 1	Step 2	Step 3	Step 4
Physical activity/ fitness goal	Starting point	My Target	Strategies—things I can do to reach my target
Improve my vertical leap score this year	34cm	45cm	<ul style="list-style-type: none"> <li>• Play basketball at recess, lunch and after school with friends or family</li> </ul>
Take more steps each day this term	7000 steps	10,000 steps	<ul style="list-style-type: none"> <li>• Take the dog for a walk every day</li> <li>• Walk to and from school some days</li> </ul>

## AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES

### Tips and Ideas for Young People (13-17 years)

**60 minutes, every day.**

#### Active and Fun

Instead of watching TV or using other electronic media:

- Try social outdoor activities like kicking a footy or throwing a frisbee with friends or family.
- Catch up with friends to walk and talk, instead of sitting down to chat.
- Swap social media for social activity.

#### Active Travel

- For short trips, walk, ride or skateboard safely, instead of travelling by car.
- Use public transport and walk or ride to and from the bus stop or train station.
- Get off the bus one stop earlier and walk the rest of the way.
- When out shopping, use the stairs instead of the lift or escalator.

#### Active and Safe

- Start slowly and build up the amount and intensity of physical activity.
- Protect yourself from the sun – you should wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- If you have a medical condition, speak with your doctor about the most suitable activities for you.

#### Active at Home

- Plan specific, limited time periods for watching TV and using electronic media.
- Sleep time is important – avoid using electronic media just before going to sleep.
- Do a DVD-based exercise or dance class.

**Make your move – Sit less – Be active for life!**



## AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES

### For Stronger Bones & Muscles

Include strengthening activities on at least 3 days of the week, as part of your 60 minutes of physical activity.

Body weight exercises, like sit-ups, push-ups, lunges and squats will help your strength, and can be easily done at home.

Join a martial arts class.

Take the stairs, instead of the lift or escalator.

Learn to dance.

### Tips and Ideas for Sitting Less

- Stand up and move during your favourite TV shows.
- Get up to change the channel on the TV.
- Stand or walk around while waiting for the bus or train.
- Stand up while talking on the phone.
- Set an alarm on your computer or electronic device to remind you to move more often.
- Listen to recorded books as you do your cleaning or go for a walk, rather than sitting down to read.

Ride your bike up with friends on the weekend.

Join a local group or team.

Meet friends for a walk instead of a movie.

**Make your move – Sit less – Be active for life!**







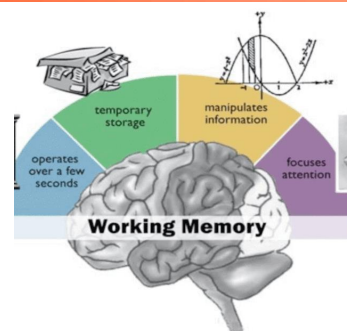
Elizabeth Alder – Head Teacher

# Teaching and Learning Faculty

**Working memory** is a temporary storage system and is vital for many day-to-day tasks (e.g. following instructions, responding in conversations, listening and reading comprehension, organisation).

## Ten Tips to Improve Working Memory

1. **See it.** Ask your child to draw and describe what they hear when reading to promote greater comprehension.
2. **Directions.** Give directions verbally and visually. Ask your child to repeat them back and explain them. Provide checklists for your child to see if they have completed all tasks for an assignment, etc.
3. **Teach it.** When they learn something ask them to teach it to you to check understanding.
4. **Do it again.** When learning new concepts don't just do one example, do many to 'drum it in'.
5. **Games.** Card games, Scrabble, Memory games, all help build working memory skills.
6. **Time.** Teach your child explicitly how to plan what time is needed to do a task, such as folding the laundry or cooking a cake, This can then be transferred to doing school work eg time on a worksheet, for an assignment, with homework and in tests.
7. **Connections.** Connect their feelings to the content - "how would you feel if you were a "stolen child" when you were ten years old?". Connect the old information with the new information.
8. **Memory cues.** Encourage your child to work out cues they can use to remember content. Eg. Every Good Boy Deserves Fruit - treble clef line notes.
9. **Refresh info.** During the day, stop and summarise what has been done or learnt. Ask your child to tell you in their words. End their school day the same way. Encourage your child to review test information just before bed as this helps with memory.
10. **Move.** Connecting learning to movement encourages stronger recall. Eg. learning a maths skills using tokens, learning weight using scales/foods, etc.



References: "8 Working Memory Boosters" by A Morin [www.understood.org](http://www.understood.org), "Supporting Your child with Working Memory Difficulties" [www.canlearnsociety.ca](http://www.canlearnsociety.ca), "10 Strategies to Enhance Your child's Memory" by G Thorne [www.readingrockets.org](http://www.readingrockets.org)

Did you know that Mount View High offers extra assistance to students for their assessments and exams? Students can apply for Disability Provisions with appropriate documentation from medical professionals. If you think your child would be eligible, please ring the school's office and ask to speak to Learning and Support Teacher, Mel Parish or Head Teacher Teaching and Learning, Liz Alder. This is available for students from Years 7 to 12. Applications for Year 12 2019 will be available in Term 4 2018.

Mount View High is highly focused on improving the literacy and numeracy benchmarks for students. There is currently a mathematics program running at our school in Years 7, 8 and 9 to improve the speed and recall of basic number facts. The program, titled Quicksmart is achieving outstanding results. Students meet in small groups three times a week to focus on multiplication, addition and subtraction number facts. If this is something your child would benefit from, please contact the school office and ask to speak to a staff member in the Teaching and Learning faculty.



## SUPPORT FACULTY



**Steve Quigley – Relieving Head Teacher**

As part of our class NAIDOC activities and experience our class visited one of the most culturally significant Indigenous site on the east coast of Australia – Baime's Cave. Baime's Cave is located on Wonnarua Country. To gain access to this site we were required to follow several culturally respectful protocols including requesting permission to access private property and have an Aboriginal Elder to escort us during our visit. We are extremely grateful and privileged to be granted access and have Uncle Warren as well as Sonia Sharpe (ACLO), both give up their time to share this experience with us.

Uncle Warren shared his traditional knowledge and Dreamtime stories with us during our visit as we walked through a number of Aboriginal sites including a Children's Cave as well as a hiding/safety cave.

*Tom Sumners & Hayley Knowles*



*Group photo*



*Tanayah Sorensen & Hayley Knowles*



*Uncle Warren at Baime*



*Tanayah Sorensen, Tom Sumners & Hayley Knowles*







Hayley Knowles

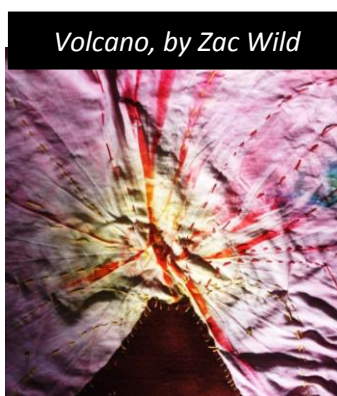
# Support Faculty Students Having a Blast in Visual Art!

Support students have creatively explored a natural disaster of their choice and planned symbolism in their use of the elements including colour, line and shape. Students tie-dyed fabric and applied layers of material, fabric, embroidery and sequins. The students' explosion of imagination led to final pieces that demonstrate a wonderfully creative flair.

- Miss Michelle Munden



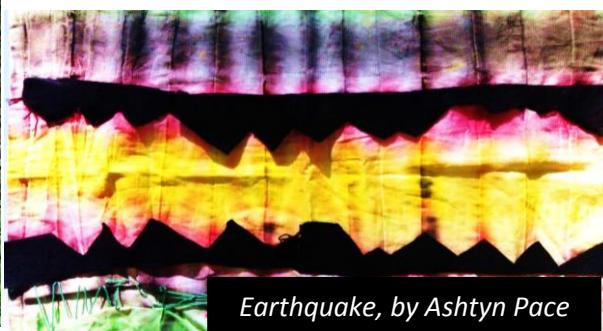
Tsunami, by Charlotte Thomas



Volcano, by Zac Wild



Volcano, by Zane Campbell



Earthquake, by Ashtyn Pace



Flood, by Tanayah Sorensen





Rebecca Rounsley – Futures Adviser

## UAC INFORMATION SESSION

When: Monday 6th August

Where: MVHS - MPC

Time: 1:00pm



**All Yr 12 and Yr 11 Students receiving an ATAR and wanting to apply for university in 2018 /19 should attend!**

### What you will need to apply for university through UAC:

**Your NESA number:** See Ms Rounsley or Mrs Ambrum if you need your number.  
You can text to ask for your NESA number on **0436 699 972**

**UAC PIN:** Your pin will be emailed to the email address you have registered with NESA. You can check your email address by logging into your *students online* account or see Ms Rounsley or Mrs Ambrum. **Pins will be sent late July!!**

**Credit Card:** Application will only be finalised once the \$70.00 fee is paid

**5 Course Preferences:** Research the UAC guide or use Job Jump to find 5 courses you want to apply for. Knowing the course code is useful

Remember it is not an ATAR ranking list. You should list courses according to what you want to study. Also remember if you are going to list NEW STEP, make it your last preference!

Apply online: [www.uac.edu.au](http://www.uac.edu.au)

Applications Open: Wednesday 1st August

Closing date for  
December Round Offers: Friday 28th September

Cost: \$70.00

Late application incur a late fee. Applications made after Friday 28th September will be charged at \$200.00

ATAR Release date: Friday 14th December

Change of preferences  
for December offers: Monday 16th December  
(2 days to make changes after ATAR is released)

December offers: Thursday 20th December

January Offers: Friday 11th January



Once you have completed your online application download the MyUAC app from the app store or google play. You can use the app to check and change preferences and update personal details.

**Schools Recommendation Scheme (SRS)** - Apply online through UAC after you have completed your initial application. The SRS scheme is one way institutions make early offers using criteria other than, or in addition to the ATAR.

Not all universities participate in the SRS scheme and not all courses from the 13 participating university are eligible for SRS offers.

Under the SRS scheme students can receive an “unconditional offer” meaning they have gained entry or a “conditional offer” meaning entry will be determined by the ATAR or the submission of supporting evidence.

SRS Applications open: Wednesday 1st August

SRS Applications Close: Friday 28th September

SRS Offer Rounds:  
November Round 1 - 15th November  
November Round 2 - 29th November  
December Round 1 - 6th December

Cost: Nil

For more information go to [www.uac.edu.au](http://www.uac.edu.au) click on current applications, than Schools Recommendation Scheme.

**EDUCATIONAL ACCESS SCHEME (EAS)**- is a special consideration scheme for students who have suffered some form of disadvantage which affected their schooling through Year 11 and Year 12.

Summary of scheme;

- Disadvantage lasting 6 months or longer and beyond the students control
- 8 broad categories, 25 different disadvantage codes
- Additional information may be required and must be in by 23rd November
- Eligibility letters will be rolled out from November

**Application for EAS are online for the first time in 2018. Apply online at UAC after you have completed your initial UAC application.**

EAS Applications open: Wednesday 1st August

EAS Applications Close: Friday 28th September

EAS supporting documentation: Friday 23rd November

Cost: Nil

**EQUITY SCHOLARSHIPS** are designed to assist financially disadvantaged students with the general costs associated with going to university.

Most institutions award to applicants who are receiving Centerlink payments and/or who can demonstrate additional types of disadvantage.

This is a secondary application to the main UAC application and supporting documents will need to be uploaded to your equity application via the UAC website.

### CHANGES IN TERMINOLOGY

**Bonus Points** are now referred to as - **ADJUSTMENT FACTORS**

**Cut offs** are now referred to as - **LOWEST SELECTION RANK**



### **Mark Hughes Foundation Beanie for Brain Cancer Charity Football**

The inaugural Mount View High V Rutherford High charity football match took place on Wednesday 27th June at Mount View High School. The day took place in an attempt to raise funds for the Mark Hughes Foundation where we raised \$1,750 and served as a trial match for the Mount View Grapes leading into a number of competitive football competitions early in Term 3, such as the Newcastle Knights 9 aside competitions for the boys and the Kacey Drummond Cup for the girls. Four games of football were played throughout the day; under 14's boys, under 16's boys, under 14's girls and under 16's girls. The day was enjoyed by all students and staff involved and we are all looking forward to a round 2.



### **Under 16's Knights Knockout Round 2**

The under 16's Mount View Grapes travelled to Raymond Terrace on the 28th of June to compete in round 2 of the Knights Knockout rugby league tournament. Mount View High took on St Mary's Gateshead in what turned out to be a nail biting 20-18 loss for our boys. It was a hard fought physical battle in the middle of the field in which the Grapes seemed to be dominating. St Mary's however were able to get on the outside of our boys a couple of times and score tries against the run of play. Liam Browne was controversially denied a try by the referee on the full time siren that stopped Mount View from progressing further in the Knights Knockout competition. The team performed exceptionally well and coach Mr Cooke was extremely proud of the boys' efforts, especially Rohan Browne and the younger boys stepping up once again to play up an age group.





### Open Girls' Knights Knockout Round 2

The open girls Mount View Grapes received a wildcard entry into round 2 of the Knights Knockout rugby league tournament after a late withdrawal from St Mary's Maitland, who we finished second to in round 1. With the late inclusion the Grapes were given an extremely short period of time to train and prepare for the battle against Hunter Sports High that they were tasked with for their round 2 game. The senior girls stayed behind at school on Thursday afternoon and had a solid training session in preparation for the game. Given the late notice some of the regular senior Grapes were unavailable to play on the set date therefore a number of younger girls stepped up to the challenge for which they are thanked

immensely. Hunter Sports High were always going to be tough competitors who simply outplayed our girls on the day. However, the girls never once gave up and fought to the very end, while managing to cross the line on many occasions. Although they lost their first game and were unable to progress any further in the tournament they came out firing in the second game against Merriwa and proved that they were a serious football team. Special thanks to captain Lena Cartwright who lead by example both on and off the field, tearing the defence to shreds as she stepped her way through the opposition. Extra thanks to all the younger girls stepping up to the challenge of open girls' football.

### Anika Rendoth



Congratulations to Anika for her selection into the Hunter team. She will be representing MVHS and the Hunter in the upcoming state finals for trampolining sports.

### Lachlan McDonald



Lachlan McDonald has worked extremely hard in the past month and has reduced his Golf handicap to 9.5 earning a selection in the NSW team in the up-coming Australian titles.

## MOUNT VIEW LEO CLUB – Leading for Life



**Karen Blandon – Leo Supervisor/Teacher**

It was a busy time even in the holidays for our Leos members. It was a cold start on Sunday 22/7/18 as our Leos volunteered with our amazing Cessnock Lions for drink stations at the Vineyard Run. At 6am it was a frosty -2 which then went to a colder -4.2 degrees as the Leos tried to pour drinks for the runners and stop the cups from sliding over the icy tables. We are thankful it got up to zero around 8am and then hit double figures by 10am.



Congratulations to Lilly Stace, Olivia Bailey, Sarah Wiese, Sarah Byrnes and Thomas Wiese for giving up their holiday time to help out.

It is a busy month in August for the Leos. We have the Leos Leadership Workshop on Sunday 5th August at MVHS from 9:30am to 3pm, along with the Annual Changeover Dinner on Wednesday 15th August 2018 at 6:30pm in the school's LEAP Centre.

We are also planning to walk in the Sydney Parkinson Unity Walk on Sunday 25th August 2018 in honour of our former principal Phil Papworth.

At the moment we are collecting non-perishable food, clothes, linen and toiletries for Jodie's Place, so if you would to donate please drop any articles off at the school office.

Looking forward to having a successful month together and planning for September....

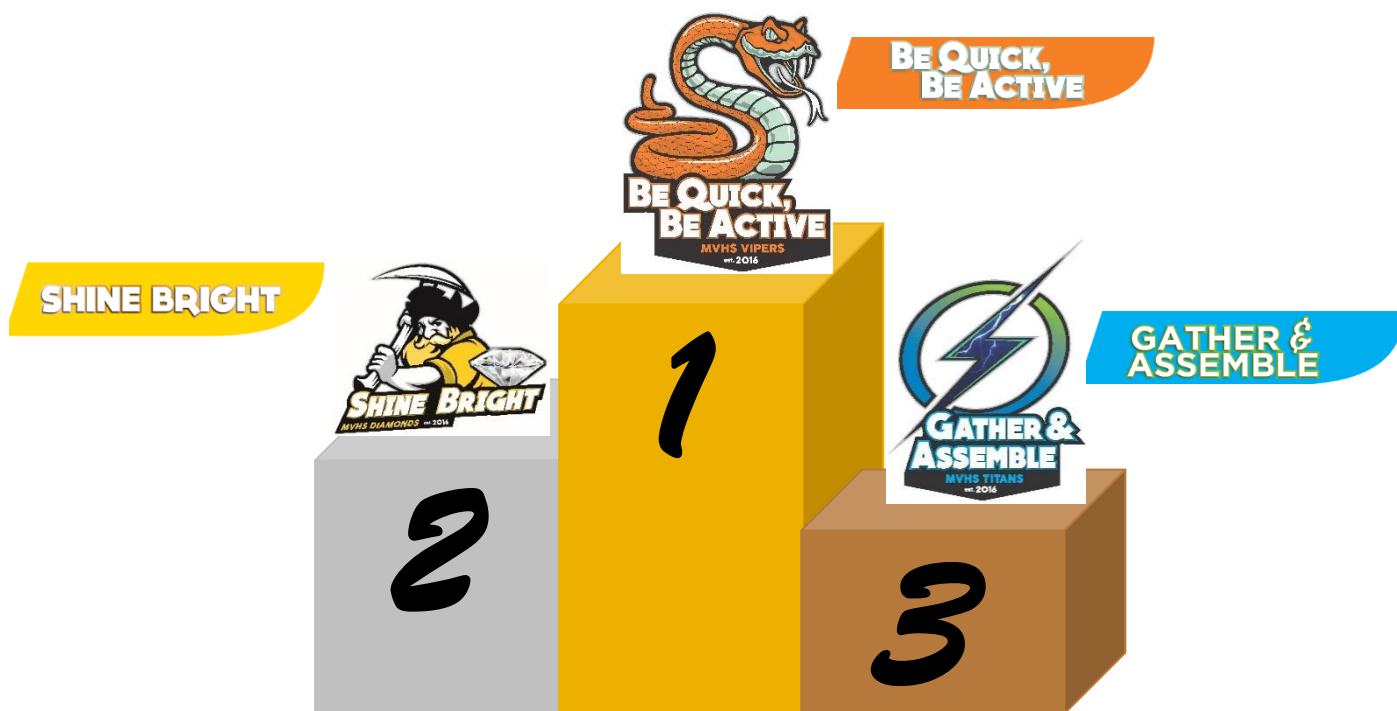


*Sarah Wiese, Tom Wiese, Olivia Bailey,  
Lilly Stace & Sarah Byrnes*





## HOUSE LEADERBOARD



**TRUTH &  
HONOUR**



**GROUNDED &  
DYNAMIC**



**Peace & POWER**



**Belong & IGNITE**



**STRIVE &  
UNITE**

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



## Cessnock Police

# OPERATION RIDA



## Report Illegal Dirt Bike Activity

The use of unregistered motor cycles in Cessnock area has been a long-term issue affecting residents. Police are now targeting illegal motor cycle use with the introduction of Operation RIDA - Report Illegal Dirt Bike Activity.

Police often receive calls regarding unregistered motor cycles however by the time police arrive the bikes and riders are gone. As part of Operation RIDA police are asking members of the community to be their eyes and ears in relation to this issue.

Police need your help and are asking members of the community to notify police about these riders and where they live. There are members of the community who are being forced to endure the ordeal of having neighbours that come and go at all hours of the day and night on these unregistered motor cycles - it has to stop.

Police ask that if you have information you can remain anonymous and report all information to Crime Stoppers on 1800 333 000



**NSW Police Force**

# Tuning in to Teens

## Emotionally Intelligent Parenting

A six-session parenting program  
for parents of adolescents aged 12-18years

**Where:** St Patrick's Primary School

155 Wollombi Road, Cessnock. NSW. 2325

**When:** 5.30pm to 7.30pm Thursday evenings

16th August, 2018 to 20th September, 2018

Call Michelle on 0438 676 289 to register your interest

Assisting you to learn how to:

- be better at talking with your teen
- be better at understanding your teen
- help your teen learn to manage their emotions
- help to prevent behaviour problems in your teen
- teach your teen to deal with conflict

*Tuning in to Teens* shows you how to help your teen develop *emotional intelligence*.  
Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success –
- Emotional intelligence may be a better predictor of academic and career success than IQ.



## Cyber Safety Resources Office of the eSafety Commissioner

Teenagers are going online and using social media with increasing frequency. While many enjoy their online experiences, there are risks involved. Parents, schools and the broader community need to work together to help keep children's online experiences safe.

The Office of the eSafety Commissioner has a number of resources on its website including its iParent site. In April 2018 these resources were updated to include an **interactive screen smart parent tour**. This 10-minute interactive tour is designed for parents of pre-teens and young teens (10 to 14 years) and provides them with practical tips and advice about how to help their child have safe and enjoyable experiences online. iPARENT – can be found at <https://esafety.gov.au/education-resources/iparent>

A parent's guide to online safety can be downloaded from this site. A range of other useful information is also available from the website. For example parents can access information about cyberbullying including:

- how to talk to their child about cyberbullying;
- what to do if their child is being cyber bullied or is engaging in cyberbullying behaviour themselves;
- how to report cyberbullying to a social media service;
- how to make a complaint to the eSafety Commissioner; and
- sources of professional support and help.

If you are thinking of buying smart toys, smart phones, tablets, drones, e-gift cards or membership in an e-gaming site you may like to check out the e-Safety Commissioner's eSafety Gift Guide at - <https://www.esafety.gov.au/giftguide> - so you can be savvy and secure when you pick out tech gifts.

Finally, if someone you know is adversely affected by an online experience, free and confidential advice, assistance and support is available from:

- the Kids Helpline (ages 5 to 25) on 1800 55 1800; and/or
- eheadspace (ages 12 to 25) on 1800 650 890; and/or
- Lifeline on 13 11 14.

Of course if you need urgent assistance ring 000.



### *Is it time for a dental check-up?*

Hunter New England Oral Health provides free dental care for all children under 18yrs of age

*We accept the Child Dental Benefits Scheme*

For more information about oral health and accessing our service, visit the HNE Kids Health webpage at [www.hnekidshealth.nsw.gov.au/oralhealth](http://www.hnekidshealth.nsw.gov.au/oralhealth)



**Health**  
Hunter New England  
Local Health District

**Call 1300 651 625 to book an appointment**