



2019 CALENDAR

TERM 4

Week 5	Event	Year Group
Mon 11 Nov	Remembrance Day Assembly	All
Mon 11 Nov – Wed 13 Nov	Yearly Exams	10
Tues 12 Nov	Jump Start Transition Day	6
Wed 13 Nov	Formal – Cypress Lakes	12

Week 6	Event	Year Group
Mon 18 Nov	Academic Enrichment Class Parent Info Session	6
Tues 19 Nov	White Ribbon Breakfast – Chamber of Commerce	Selected Students
Tues 19 Nov	Jump Start Transition Day	6
Wed 20 Nov – Sun 1 Dec	F1 in Schools World Finals - Abu Dhabi	Selected Students
Fri 22 Nov	White Ribbon Assembly	All

Week 7	Event	Year Group
Mon 25 Nov – Fri 29 Nov	Lifesaving Course	7
Wed 27 Nov	Transition Day	Year 6 ATSI Students

Week 8	Event	Year Group
Mon 25 Nov – Fri 29 Nov	Lifesaving Course	8
Tues 3 Dec	Orientation Day & Parent Meeting	6

Week 10	Event	Year Group
Mon 16 Dec	Principal's Assembly – 9am	7 & 8
Tues 17 Dec	Principal's Assembly – 9am	9 & 10
Tues 17 Dec	Presentation Night – 6pm	7 - 11
Wed 18 Dec	HSC Results BBQ	12
Wed 18 Dec	Last day of school for students	All



P&C CHRISTMAS DINNER

Wednesday 4th December at 6:00pm
Australia Hotel

Please RSVP to the school office by Monday 2nd December on 4990 2566

FACULTY LEADERS

Admin
CAPA
English
HSIE
Mathematics
PD/H/PE
TAS
Science
Support
Teaching/Learning
Wellbeing

Graeme Lindsay
Liz Alder (Relieving)
Rebecca Bartlett (Relieving)
Scott Hamilton
Ben McCartney
Sue Ford
Brian Means
Natalie Death
Tania McLaren (Relieving)
Liz Alder
Steve Quigley & Julie Myers

YEAR ADVISERS

Year 7 Sarah Bendall
Year 8 Lisa Hunt
Year 9 Ainslie Martin
Year 10 Melissa Parish
Year 11 Jodie Scheffler
Year 12 Rebecca Conn





Mr Shane Hookway –Principal (Relieving)

Welcome back to Term 4 which seems a little odd considering it is now week 4! Term 3 saw us farewell Year 12 in a spectacular graduation assembly. Larayne Jeffery together with our inspirational Principal Desley Pfeffer delivered great farewell and congratulatory speeches. I would like to acknowledge, praise and thank our Year 12 teachers who supported Year 12 throughout the holiday period and into their examinations. This includes staff who came into school during their holidays and who were available via email to support student preparation.

The HSC commenced at the end of the first week this term. True to form all students have conducted themselves exceptionally well ensuring that they have been prompt and adhered to examination policy and procedures. Happy and relaxed students are now starting to trickle in having finished their last exam and seeking to complete sign out procedures. Next on the agenda for Year 12 is the Formal, Wednesday November 13 at Cypress Lakes Resort, and the breakfast celebration of HSC results, Wednesday December 18.

Executive staffing adjustments

Larayne Jeffery has relieved as deputy principal at MVHS for over two years. This week I had the pleasure of offering Larayne the permanent substantive position, which she subsequently accepted. Larayne has operated at an outstanding level, demonstrated by exceptional commitment and execution. She has grown and continues to grow as a significant leader within our school community. Congratulations Larayne!

Julie Myers has resumed her role as HT Wellbeing. Julie elected to return to her substantive role after 15 weeks of outstanding deputy support to the students of Mount View High School. Julie has been and continues to be a significant leader and contributor to the successful implementation of wellbeing at Mount View.

Rob Jovanovsky has subsequently been appointed as relieving deputy for year groups 7,9,11. Rob comes to us from Hunter Sports High School where he is the substantive HT Science. Please join me in welcoming Rob to the school. Rob brings substantial experience and a fresh perspective to teaching, learning and student wellbeing.

Graeme Lindsey will replace Craig Jarrett as HT Administration. Many thanks to Craig Jarrett who has filled this school funded position so efficiently and effectively over the last few years. I would like to welcome Graeme to the executive.

HSIE and Mathematics staffroom / SAS staffroom - Brad delivers again

Thank you to Brad Walker who cleared out the old and brought in the new coordinating the refurbishments to the HSIE and Mathematics staff rooms. Both office spaces are looking sensational. I look forward to seeing how the relocation of HSIE staff and some re-timetabling allows for increased student support and outcomes. The mathematics staff room refurbishment will see improvements in space utilisation and increases in opportunity to

collaborate. The SAS staff room has had a new kitchen installed completing its refurbishment. All spaces look great and should have an immediate impact on staff wellbeing.



GP clinic

The GP clinic has opened for business and on Wednesday October 23 serviced its first student. The GP and nurse will be formally introduced to Year 10 and 11 at Tuesday assembly. The last pieces of specialist furniture and equipment were installed, and the clinic is now ready for operation. The clinic will operate once per cycle on a Wednesday between 10am and 2pm. Students must have made a booking via the HOTDOCs app to attend amongst other requirements. Policy documents will be located on our website.

Michelle Park the GP is far right, Nurse Pip Wellard is in the blue. Yvonne and Cindy from Cessnock Community health care are the two lovely ladies far left and centre left respectively. This great service for Mount View High School students and first of its kind in NSW continues to strengthen the award-winning wellbeing program that we implement each day.



Support Faculty Update

Our support faculty will grow by two classes in 2020 bringing us to five classes, consisting of two MC (Multi Categorical), two ED (Emotional Disturbance) and an AU (Autism) class. Whilst there are around 30 new support classes being established across the Hunter Network, we will be one of only two schools that has been considered for a re-establishment of the entire support classroom facility.

I have been working with AMU (Asset Management Unit) the school executive including HT Support Tania McClaren and Brad Walker to determine a solution that will aim to provide an improved facility better able to cater for the diverse range of students within those classes, be more effective in managing risk and allow for future class expansion. After a number of proposals, the old school site has been explored and has shown potential on a number of fronts. The classrooms in the proposal will be new demountable buildings with the existing ones being removed after the transition down. A support staff room will also be included in the development that will provide accommodation for all teaching and SLSO staff. A concept plan that has been provided to AMU sets out our proposal. Things will now move quickly as we work toward a very tight turn around for day 1, 2020.

The key considerations are listed below:

1. Internal decking between the classrooms, provide a level door to door access between each demountable unit.
2. Area between demountable classrooms to be fully covered with some laser light sections for natural light.
3. Toilet facilities including shower toilet for up to 35 students.
4. Kitchen spaces, sensory spaces and breakout spaces.
5. Drop off and pick up zone to be established off bus bay area.
6. Pathway down to support classes established.



Uniform review update

I would like to remind families as they consider uniform purchases for 2020 that the phased changes begin the beginning of Term 1. Both Lowes and Flannagans have worked closely with the school in establishing a timeline for these changes and stocking the new uniform.

Phase 1 - Changes to be implemented from the start of Term 1 2020

Uniform becomes corporate. Students may select and wear from the uniform range. The requirement is however that it must be Mount View uniform. Girls are able to wear the uniform offered shorts if they wish. Senior girls may choose to wear the red shirt. Short colour will change from grey to black. Included in the 2020 range will be

- Black ladies stretch tailored pant
- Black ladies tailored stretch black short
- Black unisex sport short
- Black ladies cut sport short
- Black microfibre unisex track pant
- Black straight tailored pant

Staying the same in 2020

- Jnr white shirt
- Jnr and Snr tartan girls skirt
- Jnr and Snr white button shirt
- Sports shirt

Phase 2 - Changes to be implemented from mid Term 2 2020

Introduction of two Mount View High School branded jumper styles

- Charcoal black soft shell jacket
- Charcoal black rugby league jumper

Please note during all transition phases any student wishing to wear elements of the old uniform will be able to.



DEPUTY REPORTS



Mrs Larayne Jeffery –Deputy (Relieving) Years 8/10/12

The Year 12 class of 2019 are currently completing the last of their HSC exams. They will celebrate this on two more occasions before they make the final break away from Mount View High School. The Year 12 Formal will take place at Cypress Lakes on Wednesday 13th November. Students are excitedly preparing their most elegant attire for the occasion where they will say goodbye to their current teachers. Finally, on the 18th of December, we will meet again for an early breakfast to deliberate over results and ATARs, and discuss plans for the future.



The Year 12 class of 2020 attended their first parent interview sessions on Monday 4th November. A parent information session was held for new Year 12 parents to introduce them to the experience that is called 'surviving the HSC'. Over afternoon tea, parents were given information on the HSC Assessment Schedule, NESA requirements and regulations as well as wellbeing supports for both students and parents.

The first wellbeing support event for this Year 12 is a morning tea on Wednesday 13th November where they will explore the effects that stress has on the brain and how to use stress to its best advantage. This information is to be presented by our school counsellor Ms Dianne Tudball. Mrs Anna Wells will also facilitate a brief mindfulness session to teach students how to relax, focus and calm.

A reminder to Year 12 that Miss Schafer our Senior Study Tutor is available Monday - Friday until 4pm in the library, for any student needing help or support with the following:

- *assessment tasks and homework
- *study skills and resources
- *time management and organisation.

Staff Professional Learning



Staff participated in the final session of twilight training on Tuesday 29th October. The focus was on student mindset and motivation with exploration of innovative methods of curriculum delivery to maximise student learning engagement. The three hour session was facilitated by Dan Haesler, who has had a two year partnership with Mount View High School as part of our positive education focus.

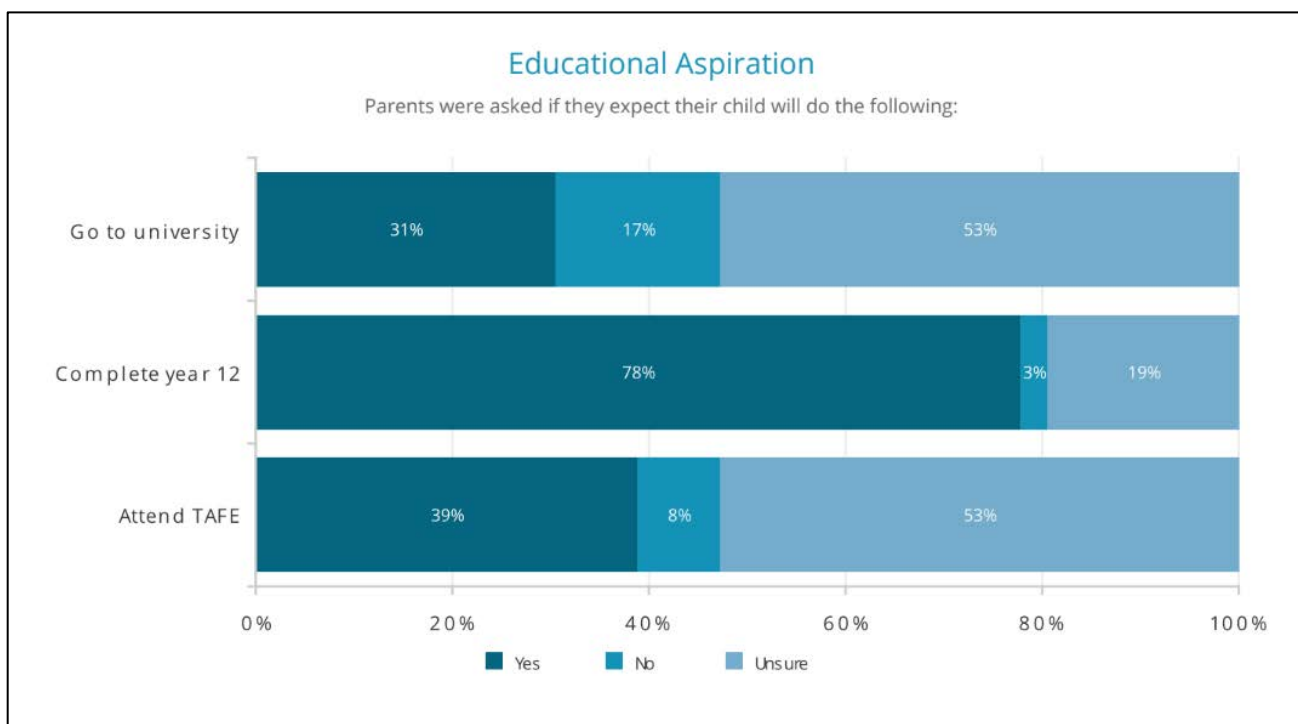
Tell Them From Me Parent Survey



Last term, our parents were invited to participate in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asked parents and carers questions about different factors that are known to impact on student wellbeing and engagement. This valuable feedback will be used to help our school understand parents' and carers' perspectives on their child's experience at school and make practical improvements.

Some highlights of the survey are listed below:

- 79% of Mount View parents support learning at home in the following ways compared to the state norm of 63%. This includes things like:
 - * Discussing how well your child is doing in his or her classes.
 - * Talking about how important schoolwork is.
 - * Asking about any challenges your child might have at school.
 - * Encouraging your child to do well at school.
 - * Praising your child for doing well at school.
 - * Talking with your child about feelings towards other children.
- 77% of Mount View parents would strongly recommend our school to parents of primary school students.
- 84% of parents are satisfied with the general communication from school (e.g., newsletters, emails, school website, Facebook page)
- 78% of parents feel that our high school has a good reputation in the local community.
- 83% feel that the physical environment and facilities are welcoming and well maintained.
- 78% of parents felt that their student would complete Year 12, 31% expected their student to go to university and 39% felt that their student would study at TAFE.



STUDENT PROFILE

Ella-Grace Oswald – Year 9



Earlier this year, I competed in the Global Games in Hawaii as part of a dance team from the Evolution of Dance.

I travel to Rutherford five afternoons per week to rehearse and train for approximately three hours per day.

In Hawaii, the team competed in the Open Elite Jazz category and came second to an American team out of seven competitors.

The competition went for three days with an opening and closing ceremony and included a cultural exchange where each team presented gifts representative of their country.

While we were there, we met Bruno Mars' uncle at the Hard Rock Cafe.

I made lots of new friends as well as bonding with my dance team members and the overseas experience was absolutely amazing.

YEAR ADVISER REPORT



Year 9— Ainslie Martin

I can hardly believe that we are already half way through the final term of Year 9! Students have been engaged in the Pit Stop program this term and many have volunteered as panel members for Project 10, which is an excellent opportunity. As we near the end of term students the many who have applied for Peer Support Training will spend time working with teachers to develop skills in leadership, interpersonal relationships and mentoring. This will be a fantastic couple of days and students will learn much about themselves and others.

On the 17th of December we will be holding our annual Year 9 and 10 Principal's assembly and following this will be our whole school Presentation evening at 6.00pm. I am looking forward to seeing parents and students there to celebrate the successes of 2019.

I am a huge fan of the website <http://au.reachout.com/> which provides help and advice to young people and their parents. Topics such as how to deal with break-ups, help with sleep, help with school and study as well as family and friends are all covered.

I recently found their excellent app ReachOut Breathe that helps you reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or Apple Watch.

THIS APP HELPS WITH: Controlling your breathing and heart rate; increasing your sense of calm and ease; the physical symptoms of stress.

WHAT IS BREATHE?

Research shows that slowing your heart rate can increase feelings of calmness in your body. Using simple visuals, Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone. This lets you address the onset of physical symptoms of stress, like shortness of breath, increased heart rate and tightening of the chest. It's simple to use and can be accessed at any time from your mobile. Whether it's on the way to work, before an exam or part of your daily ritual – it's the support you need to help cope with the onset of panic or anxiety.

<http://au.reachout.com/reachout-breathe-app>

Have a great month and bring on the holiday season!



Steve Quigley - Head Teacher



Julie Myers - Head Teacher

5 WAYS TECHNOLOGY CAUSES STRESS



digital
dump



digital
distraction



digital
dementia



digital
depression



digital
dependency

Five Ways Tech Causes Stress

Digital media is a two-edged sword. It has the ability to enrich our life or impoverish it. Have you ever wished you could get away from technology, even for a brief time? It's not an uncommon thought. Some people even go on 'media fasts' to promote more meaningful social interaction, create less stress and achieve better sleep. Try unplugging, even fleetingly, and experience the freedom, health and wellbeing benefits it provides.

I am not trying to go back to some pre-tech era. Technology clearly has incredible benefits. But here are five ways our digital lives are hindering, more than helping, us.

1. Digital Dump

We live in a time where we are drowning in information, swamped by other people's opinions and immersed in strangers' points of view. But at the same time, we are starving for truth. We have a tonne of knowledge, but a trickle of wisdom.

Mitchell Kaper said, *"Getting information off the internet is like taking a drink from a fire hydrant."* How much is really getting in? Creativity used to be found when people went deep, like a scuba diver in an ocean, and gained valuable insight. In the modern era, we surf the web, flitting across the surface but never really diving deep. We are busy and in constant motion on the surface but unproductive underneath.

Herbert Simon, an American political scientist and professor at the Carnegie Mellon University, noted, *"Information consumes the attention of its recipients. Hence a wealth of information creates a poverty of attention."* The digital dump minimises our attention and has us wired for constant interference, forever chasing another hyperlink.



GETTING INFORMATION OFF THE INTERNET IS LIKE TAKING A DRINK FROM A FIRE HYDRANT

MITCHELL KAPER

2. Digital Distraction

The French invented a form of torture where they would tie a man's four limbs to four horses and get the horses to run in four different directions. They called this agonising, and dismembering, form of torture – *Distraction*. Have you ever felt yourself yanked in different directions to the point where you felt like your mind was being tortured?

The art of self-creation – the ability to form and develop one's identity – proves to be an impossible task when bombarded by constant external inputs. I remember as a child staring out the car window for thirty minutes while my parents drove to a relative's house. Those times I spent gazing at nothing in particular were often the moments I spent planning my future or thinking about who I really was or wanted to be. Now every waking moment is taken up by another distracting 'like', 'tweet' or 'tag' which leaves us with little time for introspection.

3. Digital Depression

Professor Jean Twenge points to a growing body of evidence that extensive smartphone use amongst teens is driving today's younger generation to "*the brink of a mental health crisis*". One study indicated that eighth graders who are heavy users of social media are 27% more likely to develop depression.

In Silicon Valley, the main goal in developing a killer app is to eliminate 'friction'. Uber did this for millions of people trying to get a taxi. Amazon achieved this with its one-click purchase. While these modern-day niceties are clearly beneficial, does living a totally friction-free life help us develop resilience? For instance, to develop strength in a muscle, a marriage or a person, it must undergo resistance and grow through tension. When you are working out in a gym, does your muscle grow most on the first rep or the tenth? Most people would say the tenth, but the real answer is the eleventh. At the point of fatigue when you are just about to give up, is when your muscle will grow the most. Living 'frictionlessly', to me, is living mindlessly. Engagement, not escape, should be the goal of a meaningful life.

Another reason digital depression is on the rise is because the last thing 31% of Australians do before they go to bed at night is check their phone. Numerous studies indicate that checking your phone within thirty minutes of going to bed is linked to sleep disturbance. Unsurprisingly, one of the most consistent symptoms associated with depressive disorders is sleep disturbance.



PEOPLE WILL COME TO LOVE THEIR OPPRESSION
TO ADORE THE TECHNOLOGIES
THAT UNDO THEIR CAPACITIES TO THINK.

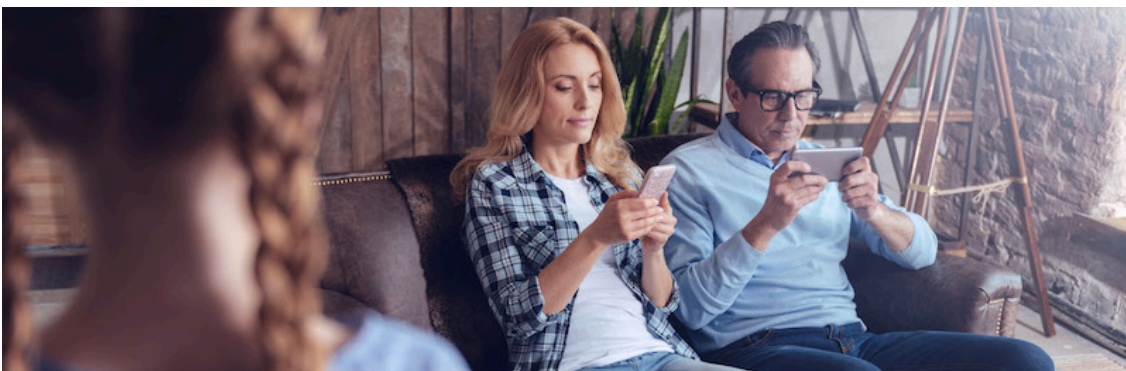
NEIL POSTMAN

4. Digital Dependency

Many people today exhibit obsessive tendencies when it comes to their digital gadgets, be it through an inability to maintain focused concentration on a task, or the sense of disorientation and distress that accompanies the removal of their smart device. For instance, have you ever lost your phone, and then lost it!? I mean lost your mind? And then screamed, “Has anyone seen my phone?” I know we own these smart devices, but sometimes I feel they own us.

Have you ever been scrolling a bottomless feed and found yourself not even paying attention – as if you were hypnotised? For some, online activity has become a means of escape. The internal dialogue might sound like, *I don't want to be here right now thinking about what I need to be doing. I want to be somewhere else.* But if you get used to not being here right now and dealing with the current situation, there may come a time when you can't pay attention or be present anymore.

Ramett Chawla a major player in the global technology scene said, *“It's our generation's crack cocaine. People are addicted. We experience withdrawals. We are so driven by this drug, getting one hit elicits truly peculiar reactions. I'm talking about 'Likes'. They've inconspicuously emerged as the first digital drug to dominate our culture.”*



A 2013 study at the University of Essex showed that the mere fact that a phone was in the room was enough for two people to feel less close and less empathetic during conversation. The phone didn't even have to be picked up or checked. Its presence reduced mutual trust and understanding.

THE DISTRACTED MIND BY ADAM GAZZALEY AND LARRY D. ROSEN

5. Digital Dementia

Digital Dementia is a term coined by neuroscientist Manfred Spitzer. This term is used to describe how overindulging in digital technologies breaks down our cognitive abilities. Our short-term memory starts to deteriorate because we outsource our memory to our smartphone. As a child, I could remember and recall at least forty phone numbers of friends and family members. Today I can barely remember my own phone number. I have not committed another phone number to memory for about twenty years – this kind of information is now outsourced to our phones. The ability to remember street names and be guided by landmarks is all superfluous because my GPS can handle all that information. The problem is, our brain is like a muscle – either we use it or we lose it.

Oliver Sacks, a British neurologist, said, *“Whether it is by learning a new language, traveling to a new place, developing a passion for beekeeping or simply thinking about an old problem in a new way, all of us can find ways to stimulate our brains to grow. Just as physical activity is essential to maintaining a healthy body, challenging our brain, keeping it active, engaged, flexible and playful is not only fun, it is essential to cognitive fitness.”*

Keep your mind active and alive. Allow room for deep contemplation and reflection. Immerse yourself in a creative project. Use your hands to engage in the world around you and do more things that make you forget about your smart device.

The solution to all five of these digital stresses is **digital dexterity**. The ability to manoeuvre our way skilfully through a maze of online madness by practising mindfulness, selective attention and developing the discipline required to not respond to every digital mandate instantly.

Want more? These ideas are discussed comprehensively in our *Brilliant Young Mind Seminar – Learning in the Age of Digital Distraction*. Email us for more information hello@thehopefullinstitute.com for visit thehopefullinstitute.com.



HSC DRAMA: In Week 3, our fabulous Year 12 Drama class for 2020 travelled to The National Institute of Dramatic Art to attend the HSC Individual Project Study Day. A 7am start was fuelled by musical theatre singalongs and everyone was excited to learn from the specialists in the field of creative arts.

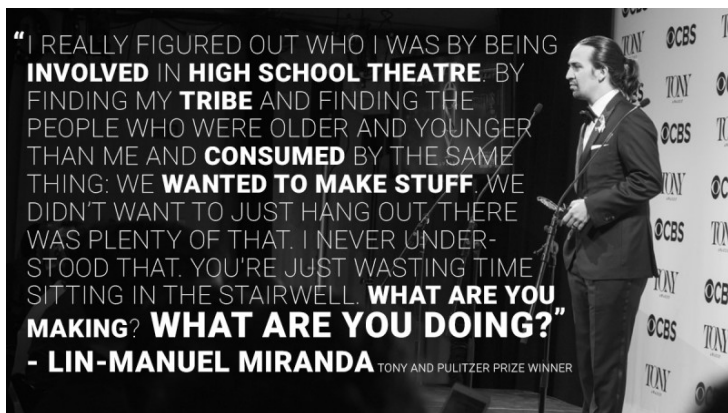
Drama is an incredibly demanding HSC course, and as part of our HSC support strategy the excursion was a fantastic way for students to explore the creative process from an initial idea to completion. Our students gained a practical understanding of what is involved in the project area of their choice. The day commenced with a keynote speech from an industry artist before breaking into groups for focused sessions with specialist tutors in Performance, Design, Video Drama, Scriptwriting, Director's Folio or Theatre Criticism. We left feeling inspired, informed and confident!



We also made a small detour to take a quick tour of UNSW (lead by Miss Johnson who gained her Bachelor of Theatre and Performance Studies there) and many selfies were taken with the now famous Rainbow Basser Stairs.

What a fabulous day for our students!

Students: Logan Vassel, Chelsea Hamid, Logan Templeton, Brayden Corcoran, Alecia Swallow, Liam Callaghan, Jacinta White, Kirsten Boesen.



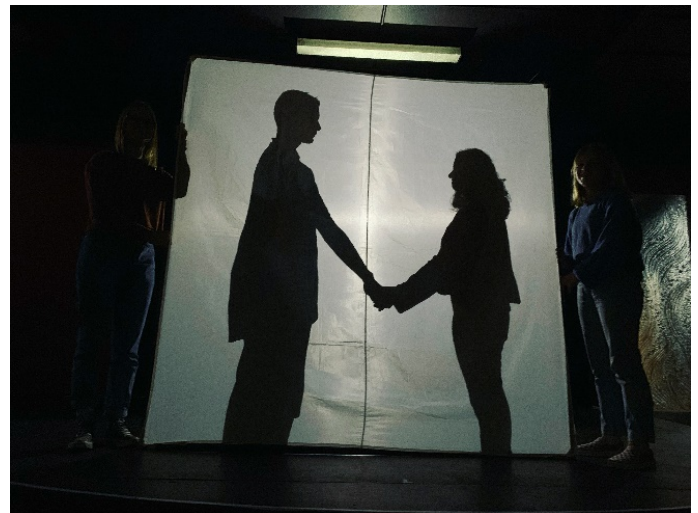
State Drama Festival Success!

Bravo to Billie Taylor in Year 11 for representing Mount View High at The State Drama Festival. Billie tread the boards alongside other NSW Public Students who attended State Drama Camp earlier in the year and performed their group devised work "The Tribe has Spoken" at the Seymour Center on Thursday 24th October. This is the second time she has been selected to perform at State Drama Festival - watch this space for a link to their performance in the coming days...



Chloe Hunt and Daniel Sherlock also performed at the State Drama Festival. Their work, "SEEN" was playbuilt at Dramaworks in Term 2. Well done to everyone!

By Miss Johnson





Natalie Death – Head Teacher

Exciting opportunities at MVHS Farm this term.

This term we have seen the addition of three steers that will be used across many classes in their curriculum, but primarily will be looked after by VET Primary Industries. VET PI have already been ear tagging, feeding, cleaning and weighing the steers as part of their livestock competencies.

The other main addition to the farm is the introduction of the Digital Farmhand. This is a robot that has been lent to us by Agerris as part of a learning program with the University of Sydney. HSC Agriculture students, along with a select group of year 8 students that have completed the AgriSTEM program will be learning about using robotics in agriculture through virtual lessons each Monday. This is a unique opportunity for MVHS Ag students to use real world AgriSTEM equipment onsite, in preparation for future careers in the agriculture industry.

Coming up this term, all year 10 agriculture students will take part in the annual Primary School Ag and Food Week celebrations. This will take place on Thursday November 21st and our year 10 students will be delivering short mini practical lessons to students from local primary schools. This is a great way for our students to gain valuable presentation skills, while enjoying the opportunity to share the knowledge they have gained over the past year or more in agriculture. All year 10 agriculture students are expected to be present on the farm all day to help with the activities.

By Mrs Jarrett





Scott Hamilton – Head Teacher

Term 4 has brought many changes to the HSIE faculty with our relocation to a new home. A new staffroom, collaborative space for student workshops and staff conferences, Senior Learning Centre and the relocation of two classrooms complete with new furniture has brought a positive vibe to the study of human society and its environment. A big thank you to the many students who assisted with the move during Term 3 and our fantastic General Assistant Brad Walker for making it possible. The HSIE team are very excited to now turn our attention to transforming our new learning spaces to best cater for our students.

The HSC

Already many students have completed their final examinations with a few more to go. Make sure you follow your study routines and meet with your teachers to complete the final preparations for your exams. We wish them all the best with the final phase of their education at MVHS. The finish line is in sight.

Around the Grounds

Year 7 have begun their study of Ancient Egypt this term. Always a favourite with students, the mystery of Tutankhamun, the wonder of the pyramids and the process of mummification continue to fascinate every new generation.

Year 8 are studying the world's connections that link people and their communities with each other and the world. The impact of technology has changed the way people communicate and transfer information. Students will complete their upcoming assessment task on geography skills and a source analysis.

Year 9 are learning about the changing nature of the world and the high speed transformation that is well underway. They will examine how the world is moving towards urbanisation and globalisation. Students will complete their assessment task in Week 4.

Year 10 are investigating the history of land rights and freedoms in Australia and the world. An important and very relevant unit. All students should know the past which will help them understand the present and future of Aboriginal and Torres Strait land right movements.



Year 7 Egypt



Year 8 Communication



Year 9 Globalisation



AUSTRALIAN LAND OWNERSHIP

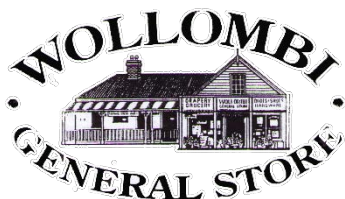
Year 10 Land Rights and Freedoms

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

Ascension is going to the World Finals

Our F1 in Schools Australian team Ascension is busy getting things finished for the fast approaching world finals in Abu Dhabi in late November. Everything seems to be due at the moment so we are all working as fast as we can to get things done. We still have our vision of achieving a podium finish (1st place would be awesome) so we are making sure everything is checked and ready for the best experience of our high school career.

We would like to thank our sponsors for supporting us so we could make it to the world finals. It is great to see our local community gathering behind this amazing group of young people and allowing them to compete in the world's largest STEM competition.



Harp of Erin Gallery Cafe



The World Finals in Abu Dhabi is going to be very expensive and we are looking for your support. We are competing against more than 50 other teams from 44 countries and are eagerly seeking sponsorship from our local community. If you would like a copy of the prospectus please call in to the school and collect one or email Mr Bassett and he can send you a digital copy (mark.bassett@det.nsw.edu.au). The team is working hard to take the school's strongest team to the world finals to achieve our dream of a podium position.

You can follow our journey on:

Instagram - @ascension.aus

Facebook - @ascensionaus

Twitter- @ascensionaus

Feel free to contact the team in regards for sponsorship or opportunities at contact@ascensionaus.com.au



ASCENSION





Elizabeth Alder – Head Teacher (Relieving)

Year 9 Art students have been working on skate decks and other graphic designs inspired by pop culture. The results are stunning!



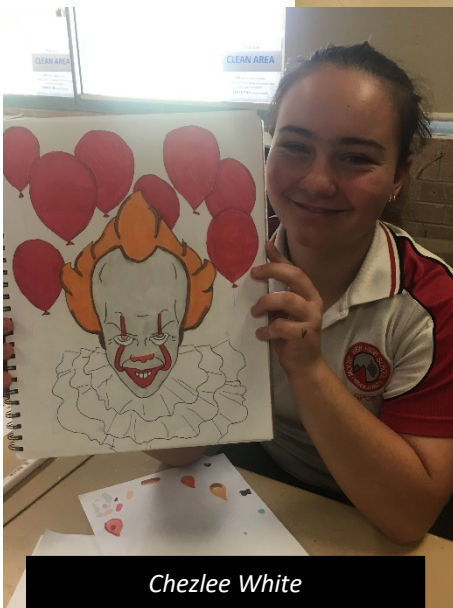
Brooklyn Sherwood



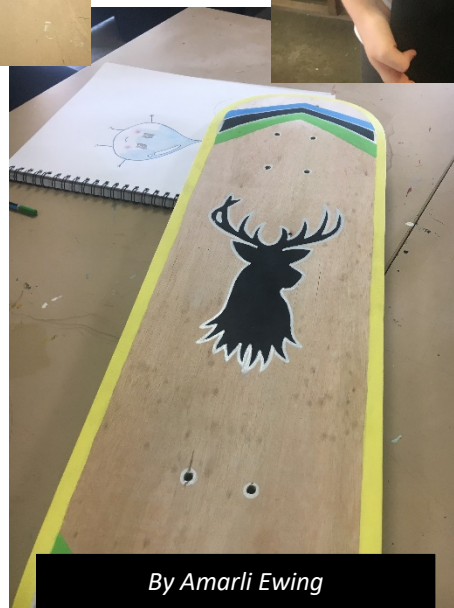
Jordan Flint



Abbey Clarke



Chezlee White



By Amarli Ewing

CREATIVE & PERFORMING ARTS FACULTY

This term the Art department has been enjoying the professional company of Ms Lucy Wall, a preservice teacher from Newcastle University. Ms Wall has been working with a wide range of classes and has created a challenging unit of work for our senior students. She has developed a very quick and genuine rapport with our students and brings a wealth of knowledge.

Ms Wall has Bachelor Degree qualifications and industry experience in Visual Design and is currently completing her Masters of Education for Visual Arts.



We wish her well in her future studies and hope to see her back again soon after her studies are complete.

Term 3 was a hectic term for the music staff with our HSC students rehearsing and presenting their HSC pieces for examination. Term 4 has continued with the same momentum with all elective and mandatory course completing a performance for their assessment which will be reported on at the conclusion of the Term. As the year comes to a close, a review of some of the music equipment saw the opportunity for a new performance drum kit. This kit pictured below is another added resource to a growing music equipment base. The professional kit will provide our drummers with an industry standard performance kit to present assessment tasks and various performances.



Budding year 8 students Darcy Bullen and Katie Briggs are pictured with the new kit!



Sue Ford – Head Teacher

Lifesaving program Year 7

As part of our PDHPE studies all Year 7 students will be completing a Lifesaving Program at Cessnock Pool and Newcastle beach/baths during week 7 of Term 4. The aim is to provide students with the practical skills and knowledge to be safe in and around the water and to be able to recognise and react during emergency situations.

This is a compulsory and invaluable program for all year 7 students. There will be NO normal or alternate lessons running at school from the Monday through to the Thursday. As an additional learning experience and reward activity, students will be going to Newcastle on the Friday. Here students will be able to engage in activities on the sand at Nobby’s beach. After a short walk around to Newcastle baths students can enjoy lunch from the canteen and a swim in the ocean baths.

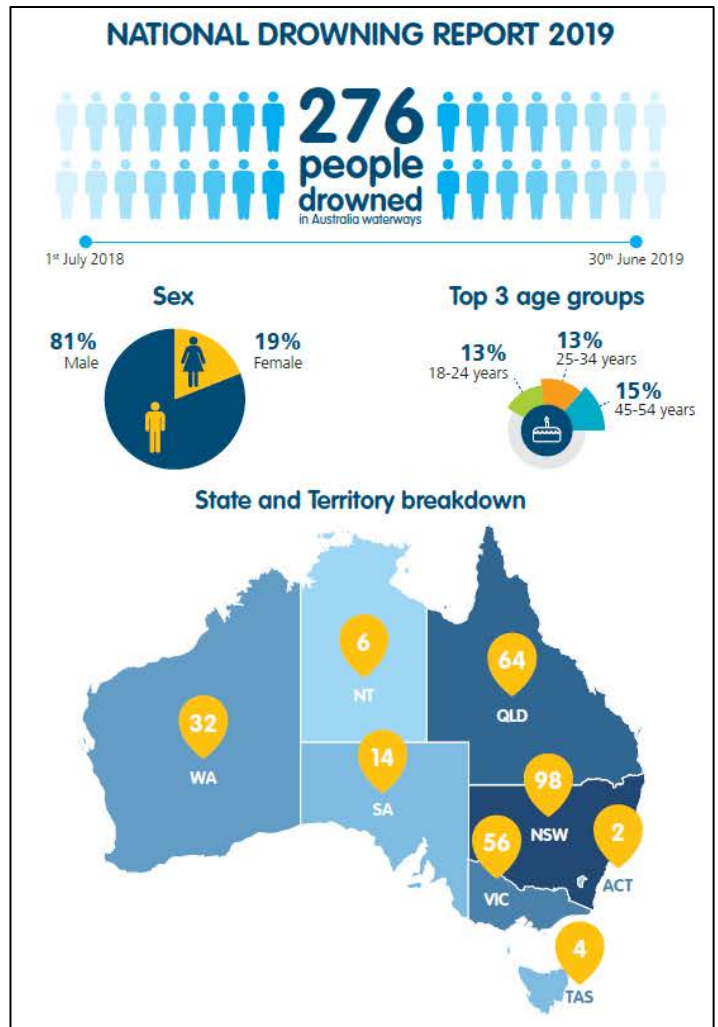
Dates: Monday 25th November through to Thursday 28th November at Cessnock Pool
 Friday 29th December at Newcastle Beach and Baths.

Cost: \$30 per student or \$18 for season pass holders or fitness passports

NB: this cost has been included in this year school fees

Additional information and permission notes have been sent home with all year 7 students.

Notes (and money if fees are still outstanding) should be returned to the front office.



PROJECT 10 UPDATE

All Year 10 students will be involved in this authentic assessment and interview program. Year 10 students completed the first session of this program on Wednesday 14th February. At this time they received a workbook that remains at school to work through each session and an Information and Study Skills booklet to take home. Parents and caregivers are encouraged to read this document with their student so they have a better understanding of the requirements for Project 10.

Through Project 10 students will be encouraged to develop better quality assessment tasks, improve their time management and study skills and to develop appropriate interview techniques. Students will be working through a program of 7 sessions with a mentor and their student workbook.

GET MORE ACTIVITY IN YOUR EVERYDAY

5 TIPS FOR MOVING



WALK MORE
Including moderate activities, like brisk walking, can help you look and feel good to get more out of your day.



SIT LESS
Try to stand up, and may even walk, when doing activities you'd normally do sitting, like reading and homework.



TAKE THE STAIRS
Rather than take the lift, take the stairs to get some more activity.



FAMILY ACTIVITY TIME
Physical activity is good for everyone, so why not get outside and moving with others at home?

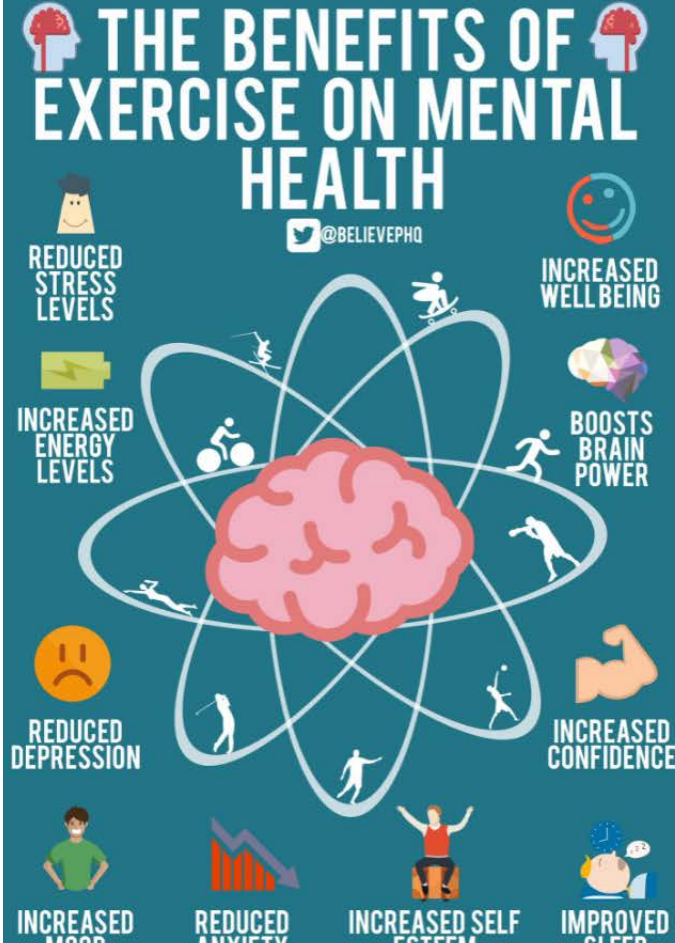


ACTIVE AD BREAKS
Hate watching the ads during your favourite TV show? Why not get up and move during the commercials.

MakeHealthyNormal.nsw.gov.au

THE BENEFITS OF EXERCISE ON MENTAL HEALTH

@BELIEVEPHQ



- REDUCED STRESS LEVELS
- INCREASED ENERGY LEVELS
- REDUCED DEPRESSION
- INCREASED MOOD
- REDUCED ANXIETY
- INCREASED SELF ESTEEM
- IMPROVED SLEEP
- INCREASED WELL BEING
- BOOSTS BRAIN POWER
- INCREASED CONFIDENCE



Swim to cool down



Try a new sport



Ride/walk to school



Try 'Park Run'



Walk the dog



Do some gardening



Use the next bus stop



Join the gym



Play with friends

IDEAS TO GET KIDS MOVING MORE EACH DAY

A great strategy for students who aren't able to walk or ride to school because of the distance is to walk to another bus stop along their route. It is a great chance to get in some activity and can mean that they either get on the bus earlier to get a better seat, or they get on later and spend less time on the bus! They can even try getting off at a different stop on the way home and walking the rest of the difference. Why not give it a go?



Elizabeth Alder – Head Teacher



Teaching and Learning Faculty

Personalised Education and Collaboration Space

EAL/D Cultural Excursion

*On a beautiful Monday
We all went away
To enjoy culture in a new way.*

*In place of books and pens
We went round the bend
Australian nature, bush creatures
our destination end.*

*We wandered round' Blackbutt,
A peaceful expanse.
We wondered at animals,
And a lorikeet that bit hands! (Whoops)*

*Next stop was in reach
We arrived at the beach
Learning Intention: English
No time to teach 😊*

*The day flew by
It was all nearly over, sigh!
But not before we ended the day
With a lovely bite of Thai!*



On Monday the 21st of October two teachers, four EAL/D students and three native English speaking Mount View High School students boarded the school bus for a cultural excursion to Newcastle. The day was planned in order to help encourage cross-cultural communication and cross-cultural friendships amongst our Mount View High School students and also to help our EAL/D students experience and more of the Australian culture, history and nature and use their English speaking skills for the day.

As part of the excursion we visited Blackbutt, the beaches, had a picnic morning tea with Australian food and also visited a Thai restaurant. The animals at Blackbutt were a highlight for many and the Thai lunch was a great experience for the native English speakers and the teachers to learn more about Thai culture.

All in all, it was a great day and all seemed to have a wonderful time and learn something new from one another's culture.

We will definitely be doing this again in the future!

Ms Natalie Wallis and Ms Karina Janetzki



After the Cultural Excursion...

1. What did you do on the cultural excursion?

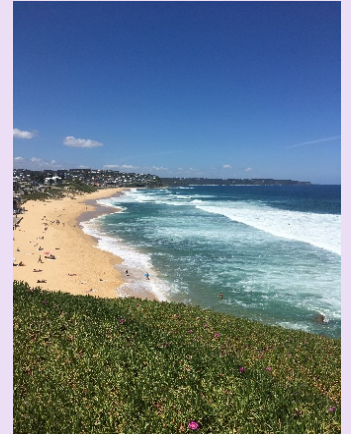
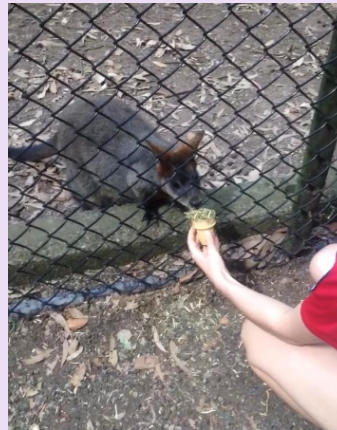
- Went to Blackbutt.
- Looking and learning and eating.

2. What was your favourite part of the excursion?
Why?

- It was my first time going places in Australia so being out was great!
- The picnic, looking at the beach and going to the Thai Restaurant was my favourite part.
- Going to Thai restaurant. Good to eat foods from my home country.

3. One new thing you learned during the day?

- Learning the name of Australian animals.
- I didn't know that there was an animal like a kangaroo called a wallaby.



Bee Chandee, Dance Detrat, Noone Kharim, Pammy Johnson, Samantha Leslie, Bronte Parish, Alisha Pearson Ms Janetzki and Ms Wallis

SUPPORT FACULTY



Tania McLaren – Head Teacher (Relieving)



Above: Hayley Knowles and Ashtyn Pace

Our D&T elective class made up of students from Woko, Yengo and Mambo has successfully completed a mosaic masterpiece. We decorated the pot using the colours from the 5 Ways to Wellbeing and it will make an exciting addition to the deck in our shared space!

In other news, congratulations to everyone in our school community for achieving FINALIST status in the Focus On Ability competition.

Our "Café Scentral" entry was a big success and celebrated the things we can accomplish when we work as a team.

By Miss Munden



Aiming High

At Treetops Adventure Park



Our Faculty had a fantastic time attending the excursion organised by Mrs Dobson at Treetop Adventure Park late last Term. Everyone who attended can be encouraged for pushing the limits of their comfort zone by trying new things. Some students explored NetWorld which had a climbing course and super-sized beach balls. Others tried a Vertical Challenge course, using harnesses and navigating obstacles. All students worked together to help everybody reach new heights!

-By Miss Munden



Above: Woko student Zachariah Wild

Right: Zac Swinton, Charlotte Thomas, Ashley Lee, Zachariah Wild



Yengo student Thomas Sumners



Woko students Charlotte Thomas and Ashley Lee



Yengo student Heath Southeron



Mambo student Ethan Whiting



Woko student Ashtyn Pace



Mambo student Ethan Whiting



Woko student TJ Reckwell



Rebecca Rounsley – Futures Adviser

VET WORK PLACEMENT

Some of our Year 12 VET students are currently out on Work Placement in Weeks 3 & 4. A reminder to the students to ensure that you are filling in your log books daily.

TAFE “YES” Programs

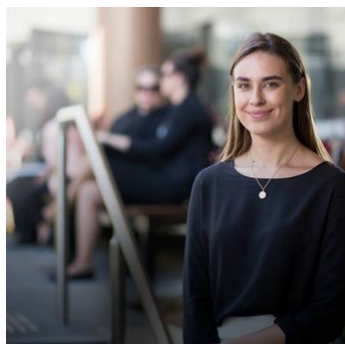
Year 10 students involved in the TAFE Yes Taster programs have commenced this week. These short courses give students an understanding of how TAFE operates and familiarises them with an adult learning environment. Students are participating in childcare, beauty, aged care, animal care and hospitality. The courses run one or two days per week for 6 weeks.

YEAR 10 WORK EXPERIENCE – WEEKS 7, 8 & 9

Year 10 students who have shown interest in work experience have now been given their student placement records to make contact with their employers. Students need to have the paperwork back to the Futures Centre no later than Week 5.

HSC MINIMUM STANDARDS

Another round of Minimum Standard testing took place last week. Letters will be sent home as soon as all the results have been published by NESAs. If your child missed this round of testing they will have another opportunity during Project 10 in Week 6.



Faculty of Business and Law Insight Evenings – Register Now!

The **Faculty of Business and Law** invites senior secondary students, teachers and parents to attend our annual Insight Evenings for our Business and Law programs.

Attendees will have the opportunity to speak with academic staff and current students about Business, Commerce, Innovation and Law programs offered at the University of Newcastle.

[Click here to register for our Insight Evenings.](#) Please share with any interested students or teachers at your school.

Law Insight Evening – NeW Space Campus

Wednesday 13 November – 5:00pm - 7:00pm

Business, Commerce and Innovation and Entrepreneurship Insight Evening – NeW Space Campus

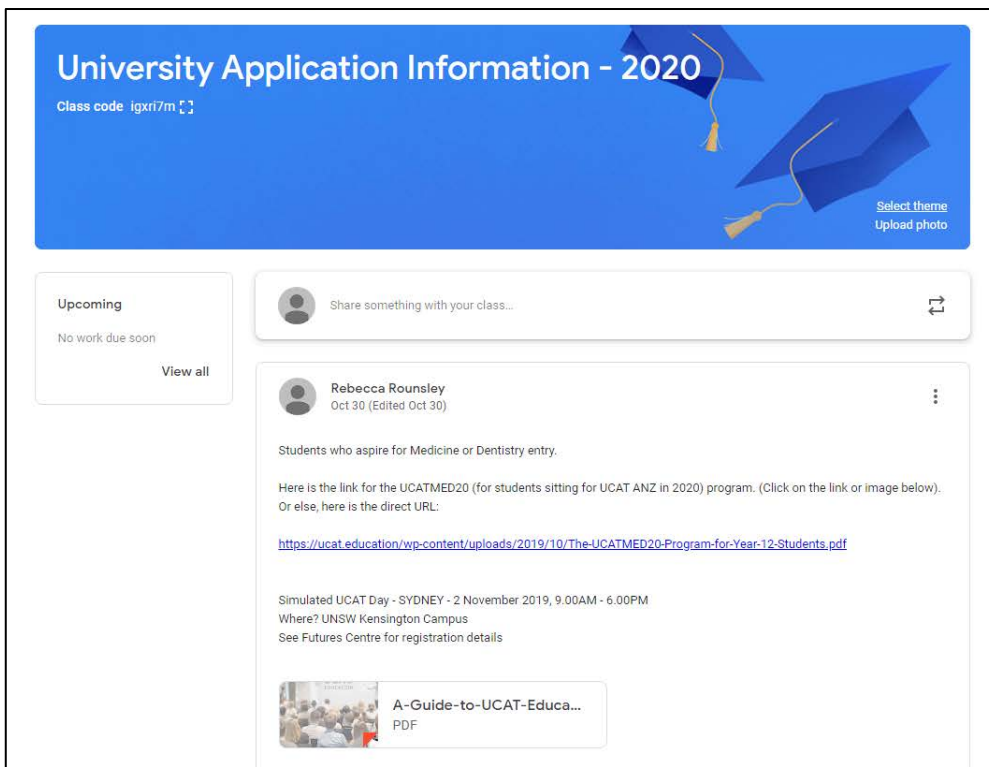
Tuesday 19 November – 5:00pm - 7:00pm

Business and Commerce Insight Evening – Central Coast Campus

Wednesday 20 November – 5:00pm - 7:00pm

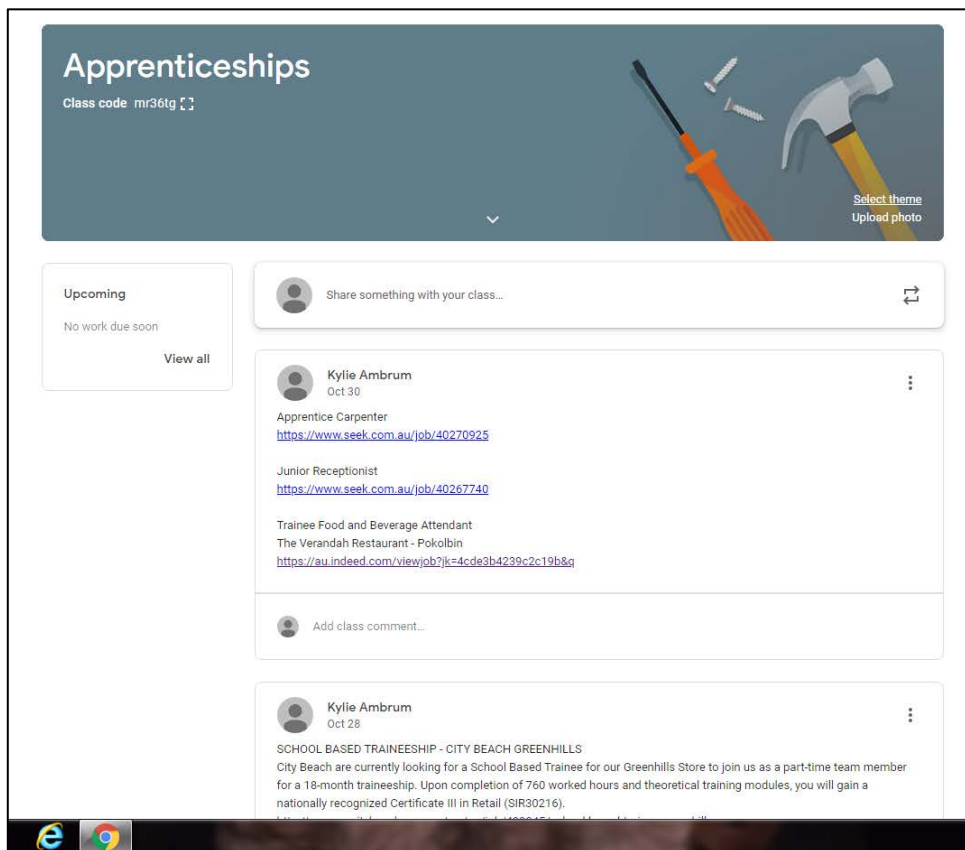
**YEAR 12 ATAR STUDENTS
GOOGLE CLASSROOM**

All students eligible to apply for University have been invited to join our Google classroom. In this Google classroom we will be posting information on Universities and UAC. Once students have accepted their invite they are more than welcome to invite their parents into the classroom.



APPRENTICESHIP / TRAINEESHIP GOOGLE CLASSROOM

Students have been invited to join the Apprenticeship/ Traineeship Google classroom. We constantly add information on apprenticeships and traineeships as they are advertised. This information is also posted onto the school's Facebook page.



REINVENTING THE GAP YEAR!

The Reinventing the Gap Year project provides regional Year 12 students and their parents with information about gap year options, encouraging students to think seriously about and thoughtfully consider their reasons for wanting to take a Gap Year.

This is a collaborative research project between the University of Sydney, University of Wollongong and University of Canberra and is funded by the NSW Department of Education.

The aim of this project is to support more regional students to access university through a direct line of communication to university contacts.

This project is a response to the NSW Department of Education findings that only 5-6% of regional students who take a gap year transition to university.

This research project consists of monthly emails focusing on issues such as scholarship information, accommodation options, Gap Year options, demystifying University and debunking common misconceptions.

Year 12 Students are invited to opt-into a monthly series of communications to access key information they will need to make an informed decision about whether or not to take a Gap Year.

To opt-in, students can use the hyperlink to a survey that requests their and their parents email addresses.

These email addresses will be completely confidential and be used for the research project only. Students and parents can also unsubscribe at any time.

What types of information will students access?

Students will receive emails, which will prompt them to be active about their post-school pathway. They can listen to podcasts, engage with webinars, download resume and budget templates, set goals and be supported to effectively progress them.

How will this resource help your students?

Provide accurate information about University and different post-school options which will encourage students to feel empowered about making decisions about their future.

If this interests you please follow the following link to subscribe: <https://form.jotform.co/sassocinc/gap-year>

New South Wales Police – Recruitment Information Session

Attend an information session to find out more about being a NSW Police Officer and the recruitment process. Sessions are generally run at Police Headquarters, Parramatta.

Please Note: Tickets for these events will not be available until the times and dates specified below via the Eventbrite link.

Recruitment Information Session (Parramatta) -

[OPENING SOON](#)

Note: You must be 18 years of age to attend this event

Saturday 7 December 2019

Time: 9.00am - 12.00pm (times may be subject to change)

Tickets available 8.00am 22 November 2019

Recruitment Information Session (Parramatta) -

COMING IN 2020
Note: You must be 18 years of age to attend this event

Saturday 8 February 2020

Time: 8.30am - 10.00am (times may be subject to change)

Tickets available 8.00am 24 January 2020

HOUSE LEADERBOARD



GROUNDED & DYNAMIC



STRIVE & UNITE



Belong & IGNITE

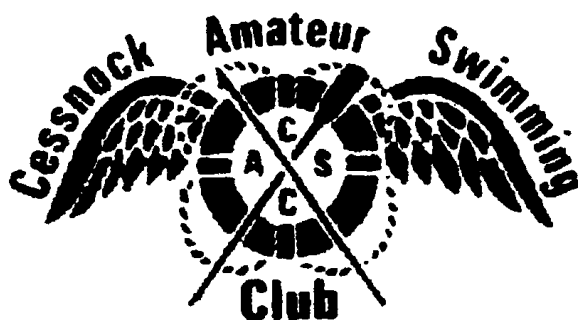


TRUTH & HONOUR



GATHER & ASSEMBLE

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



Monday nights, 6pm start at Cessnock Pool

Registrations open October 1st, like our Facebook page for more information.

First night Monday 14th October (registration help provided if needed)

STUDENT EXCHANGE AUSTRALIA NEW ZEALAND

DEADLINE FOR SCHOLARSHIPS AND EARLY BIRD DISCOUNTS IN 2019

Student Exchange Australia New Zealand is a not-for-profit organisation registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants.

We would like to inform you that our deadline for Scholarships and Early Bird Discounts in 2019 is Sunday, 31st October and we welcome students to apply.

We offer fourteen partial scholarships each year, for year and semester applicants only. Short program applicants are not eligible for a scholarship.

All scholarships are valued at either A\$2,500 (semester program) or A\$3,500 (year program) each. The categories for entry are:

- [Language Scholarships](#)
- [International Affairs Scholarships](#)
- [Volunteer and Community Involvement Scholarships](#)
- [Australian Ambassador Scholarships](#)
- [Digital Video Scholarships](#)

Your students can find out more about our exchange programs to over 25 countries, listen to former exchange students share their experience and learn more about our scholarships and discounts on offer by attending a local information session, or a LIVE online information session on **Thursday, 26th September at 8.30pm - 9.30pm AEDT** or **Thursday, 17th October at 5.30pm AEDT**. Students can register [here](#).

We enjoy seeing students thrive as they step into a new found independence when they are living as exchange students. Feel free to click here for [full details](#)

Create something great
Claim your \$100 Creative
Kids voucher today

service.nsw.gov.au



Switched On — 4 Life —



ENROL NOW FOR TERM 4
TO GO IN THE DRAW
TO WIN!



ABOUT OUR CLASSES

This term children learn new skills & techniques to assist in:

- Individuality - It's O.K. to Be Me!
- Worries and Anxiety
- Yoga Exercises for the Mind & Body
- Making Mistakes & How I can Learn from them
- Optimism
- Perspective and Patience- Learning How to Wait
- Being a Good Sport
- Music and Movement

WEEKLY TOPIC SHEET & POSITIVE AFFIRMATION

😊 FUN & GAMES 😊

HIGHLY SKILLED & QUALIFIED TEACHERS

www.switchedon4life.net.au

Session Times: Tuesday & Wednesday (Weeks 2-9)

Kinder -Yr 3@ 4-4:45pm Yr 3-7@ 5-5:45pm

Costs:

1 Child \$15 class or \$110 (8 wks) Extra Child \$10 class

2 Children \$25 class or \$190 (8 wks)

High School - Wednesday (wks 6-9)

\$20 class or \$70 (4 wks) 2 Children \$35/wk

Where: Switched On 4 Life Centre
2 Saltspray Close Redhead, 2290

BOOK IN TODAY!

Call : Di - 4944 7528

Vicki - 0404 025 958

or Lisa 0431 400 932