

# The View

*"Delivering excellence, innovation and success"*

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**White  
Ribbon  
SCHOOL**

Issue 9

DECEMBER 2019

## 2019/2020 CALENDAR

### TERM 4, 2019

#### Week 10

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

### TERM 1, 2020

#### Week 1

Event	Year Group
Tues 28 Jan	Staff Development Day
Wed 29 Jan	Students Return
Thur 30 Jan	Students Return
	7, 11, 12 & 10 Peer Support Leaders
	8, 9, 10

#### Week 2

Event	Year Group
Wed 5 Feb	Swimming Carnival
	All



*Wishing the Mount View High School Community a Merry Christmas and a happy and safe New Year.*

### Where's Izzy?

See how many times you can spot Izzy throughout *The View*....

### FACULTY LEADERS

Admin	Graeme Lindsay
CAPA	Liz Alder (Relieving)
English	Rebecca Bartlett (Relieving)
HSIE	Scott Hamilton
Mathematics	Ben McCartney
PD/H/PE	Sue Ford
TAS	Brian Means
Science	Natalie Death
Support	Tania McLaren (Relieving)
Teaching/Learning	Liz Alder
Wellbeing	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)**

**World F1inSchools success for Team Ascension**

Our very own team Ascension has won the Best Engineered Car Award at the awards ceremony held on turn one at the Yas Marina Circuit race track. This is one of the 'big three' awards that are highly sought after along with Best Innovation Award and Fastest Car. The team are very proud of their achievements and have many people back home to thank for helping the team get to this level in the world's largest STEM competition.



Overall the team was ranked 5th out of the 55 teams competing. This is an incredible achievement and represents the best ever competition achievement by MVHS students in STEM competitions. I must thank and congratulate Mark Bassett our resident F1 in Schools Coordinator, team coach and mentor, Graeme Chamberlaine, Brian Means and the TAS faculty. The STEM program at MVHS is simply world class!!!

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## PRINCIPAL'S REPORT

### MVHS wins the inaugural Bryce Gaudry Award

On Friday morning a group of our wonderful senior drama students Bohdan Thorley, Liam Callaghan, Alana Dafter, Chelsea Hamid, Alecia Swallow and Jacinta White led by Miss Amy Johnson represented Mount View High School at the 2019 Hunter White Ribbon Day Breakfast. They presented their now famous piece "This is where we stand" inspired by the murder of Melbourne comedian Eurydice Dixon. This year a new award, The Bryce Gaudry Award, was presented to a school for the outstanding work that they have done in raising awareness around the issue of domestic violence. This year the winning school as selected by the Hunter White Ribbon Day committee was Mount View High School!



Mount View was commended for its participation in activities such as the awareness raising march [Cessnock Walks Kawuma](#), School White Ribbon Ceremonies, Awareness raising activities such as 'The Polished Man' - <https://polishedman.com/>, and of course drama based performances such as was seen at the breakfast. Thank you to all the staff that had a hand in getting these activities off the ground each and every year. The award came with a cheque for \$1000. In discussion immediately following the event, the students and staff have decided to donate the mondy to Jodie's Place. Established in 2013, Jodie's Place offers a refuge home for up to eleven women and children in

Cessnock. Paula Mudd, who is Jodie's place front line worker, has said, "First of all, congratulations to Mount View High School for winning the Bryce Gaudry award at the White Ribbon Day Breakfast.

On behalf of the committee and volunteers of Jodie's Place we would like say a very big thank you to all who were involved in the breakfast and for donating your \$1000 win to Jodie's Place. We look forward to meeting you on the 17th December to thank you all personally." The cheque will be presented to Jodie's Place during the December 17 evening assembly.

### Agriculture Entrepreneurial Learning in Action

Congratulations to Mrs Anna Wells and students Erin Watherston (Year 9) and Chelsea Webb (Year 10) who pitched a proposal at the National Brilliant Business Kids Festival at the University of Sydney on Friday. Despite not winning, the girls were absolutely amazing. Their business idea - Save the Waste - uses food waste from commercial farms and mixes it with biosolids and manure, and sells its back to farms was extremely well received.

Erin and Chelsea won their way into the national competition after taking out the in-school Entrepreneurs Pitch competition in September, which was held as part of the Agriculture Entrepreneurial Learning in Action program.



## PRINCIPAL'S REPORT

### Support faculty win

I am very pleased to announce that the request for an additional classroom that could be used as a kitchen / sensory room for our ED and AU students has been approved and scheduled for delivery.

In 2020 our support faculty will grow by two classes. This will bring us to 5 support classes consisting of 2 x MC (Multi Categorical), 2 x ED (Emotional Disturbance) and an AU (Autism). Whilst there are a large number of 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.

The classrooms in the proposed plan will be new demountables with the existing ones being removed after the transition to the new space. A support staff room will also be included in the development that will accommodate all teaching and SLSO staff.



The image of the concept plan has been approved by AMU who are working toward a very tight turn around for day 1, 2020 operation. You may notice that work has already begun.

The new facility will feature:

1. New student desks, chairs, teacher desks and teacher chairs for each room including the staff room.
2. Internal decking between the classrooms providing level door to door access between each demountable unit.
3. Rear exit doors to break out areas from each ED classroom.
4. A ramp at each end providing a one-time incline to a consistent level between each class.
5. Toilet and shower facilities.
6. Kitchen spaces for each class.
7. Sensory space for the AU class.
8. Improvements and extensions to pathways down to support faculty.
9. Fencing removed and re-established as indicated.
10. Considerations for ethernet and alarms that are in line with the rest of the school will be implemented when the establishment occurs.

Once established the second phase will include:

1. Drop off and pick up zone to be established off bus bay area.
2. Fully covered awning over the internal decking.

### Healthy school canteen

A big congratulations to Tina Galvin and Sarah Bendall who have worked throughout the year to ensure our **school canteen is meeting the NSW Healthy School Canteen Strategy**.

The Menu Check Service has assessed our menu application against the food and drink criteria of the NSW Healthy School Canteen Strategy and has subsequently informed us that our school canteen is meeting the requirements of the Strategy.

By adhering to the strategy we are supporting the health and wellbeing of our students. To acknowledge this achievement Mount View High School has been awarded the **Great Choice Certificate and badge** that can be used to inform the broader school community of our commitment to a healthy school canteen. Mount View High School will be added to the **NSW Healthy School Canteens list** that lists all NSW schools that are meeting the strategy.





**Uniform**

The uniform committee have been working hard all year with our staff, our students, community and uniform suppliers to provide sequenced uniform changes that meet the needs of all of our students and families moving forward. The staged changes are provided for you in this newsletter and summarised for you here.

**2020 Uniform**

**Uniform is corporate. Shorts are black.** Students have a range of options to choose from to be in uniform. The rule is that they must choose from the options provided from our uniform suppliers. The most options exist for our girls. They can choose from the traditional skirt, a range of shorts or the longer black pant option. The bottoms worn **MUST** be selected from the options provided. Both Lowes and Flanagans will be stocking, or be able to order in, any of the uniform options designated.

**Jumper options available - MVHS jumpers only.** In 2020 students will need to be in a Mount View High School branded jumper. There will be three options available including the traditional woolen knit jumper, a new MVHS soft shell jacket, and a new MVHS rugby jumper.

**Shoes are black.** In order to meet work, health and safety (WHS) requirements, shoes need to be leather. This is a WHS requirement of subjects like Science and Wood Work, Metals, Food Technology, etc. Students may be restricted from engaging in practical aspects of these subjects if they do not meet requirements.

Throughout 2020 we will work with families to help meet uniform requirements. Please contact the school office on 4990 2566 if you are having difficulties meeting the uniform requirements.

Families are reminded that in 2021 our school shirt will change from white to charcoal. Please budget and purchase according to this anticipated change.





**2020 Uniform – Snr options**  
Changes to be implemented from the start of Term 1 2020



**2020 Uniform – Winter options**  
Changes to be available from winter 2020



**2021 Uniform – Jnr Options**  
Changes to be implemented from the start of Term 1 2021



**2021 Uniform – Snr Options**  
Changes to be implemented from the start of Term 1 2021





## DEPUTY REPORTS



**Mrs Larayne Jeffery –Deputy Principal  
Years 8/10/12**

This is my final opportunity for the year to highlight some of the student successes that have occurred over the last month or so.

I have particularly enjoyed a few special events to celebrate academic success and enjoyment of learning. These include:

1. Attending the Year 12 formal at Cypress Lakes as a final celebration of the last six years. It will be sad to see our students go but I look forward to sharing their successes in 2020 and beyond.



*Charlize Schatz, Hannah Andrew and Chantelle O'Halloran enjoy some low sugar snacks!*

2. Meeting the students of the Academic Enrichment class of 2020. Students and parents attended a special afternoon tea prepared by Ms Scheffler in readiness for their new learning journey. The class will be named 7 Pi - all Year 7 classes for 2020 will be named after letters from the Greek alphabet which serves as a source of technical symbols and labels in many domains of Mathematics, Science and other fields. (Their Year Adviser Ms Springbett is a Maths teacher!)

I look forward to working with my student year groups as they progress into Years 9 & 11 and welcoming the new Year 7 cohort in 2020. Congratulations to all students who have worked consistently throughout 2019. Your reports will reflect this effort and you should feel proud of your achievements.

My best wishes to all students and our families for Christmas and the New Year!



*Mrs Jeffery with Lara Morris at the Graduation Formal*

*Izzy at the 5 ways sign with Jacob, Dan and Corey*



## DEPUTY REPORTS



### Mr Jovanovski – Deputy (Relieving) Years 7/9/11

My name is Robert Jovanovski and I am the relieving Deputy Principal at Mount View High School. I am very excited and appreciative to be part of the Mount View community and will endeavour to work with staff, parents and students to achieve the best possible outcomes for all students. My previous school was Hunter Sports High and I am passionate about working with our youth to help them achieve their dreams and potential. I believe that education is the key to success and it is a three-way partnership between students, teachers, parents and I will work extremely hard to foster positive relationships with families and staff to ensure ongoing academic, emotional and social success of Mount View students.

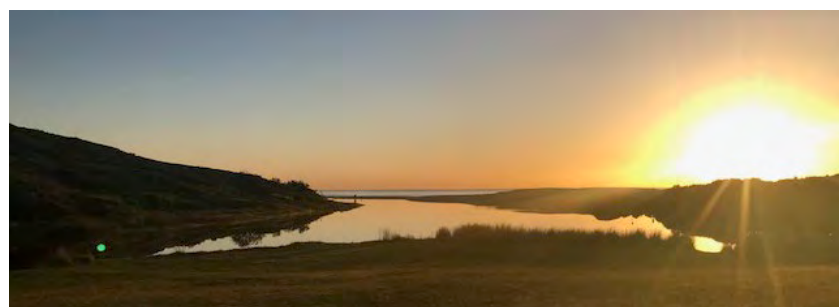
In the short time I have worked here I have met many awesome and talented students who have made me feel welcomed. As I was writing this article two students I have never met, William Bridge and Keegan Shepherd from year 10 agriculture walked into my office and said “On behalf of our agriculture class we would like to give you a welcome gift from Mount View High School.” I was humbled by this lovely gesture and I will be making some zucchini slice and salad for dinner tomorrow night thanks to these guys.

William and Keegan told me they started agriculture in Year 8 and are currently in Year 10. Keegan said that he likes agriculture because it allowed him to get outside and not be stuck in the classroom. William said that he liked Mount View because his teachers were nice.



In my previous role, I spent 15 years working with the Minimbah AECG and as Deputy at Mount View part of my role is working with the Aboriginal Education Team. There are 46 Aboriginal and Torres Strait Islander students transitioning from Year 6 to Year 7 next year boosting the total number of students to 211. This gives Mount View the largest Aboriginal and Torres Strait Islander school population in the Hunter/ Central Coast area. It is great to see the confidence the community has in the work Mount View staff are doing to support aboriginal education.

One of my highlights was spending a day at the cultural excursion at Glenrock Scout Camp where Hunter Sports students worked with Mount View students to learn boys and girls dance. This was then followed with the students from Mount View performing their new dances to the parents who came in the evening which was followed by a dinner. The backdrop and the performances were spectacular. I would like to acknowledge the wonderful work of Michelle Bedford, Tracy Eddy and Sam Russell who do an awesome job supporting our Aboriginal students.





## DEPUTY REPORTS

As Year 9 Deputy Principal I have thoroughly enjoyed being part of the boys Motor Bike Program. I am a big believer of engaging student learning through student interest and passion with a project-based approach. Chris Watson from Watson's Motor Cycles donated two bikes which the students have been rebuilding. Students are using a range of problem solving, critical thinking, communication skills and team work as they identify the issues with the motorcycles and work together to strip the bikes back to bare bones and reassemble them. The students are using Science, Technology, English, Engineering and Maths in real world scenarios around a project of their interest. On Friday the 6<sup>th</sup> Chris Watson is coming out with his apprentice to work with the boys and discuss the journey they had to become successful in their fields of employment.



Here are a few comments from the students explaining why they wanted to be a part of the program:

**Jack Lewins** - "I joined the motor bike program because I'm interested in motorbikes and fixing them. The motorbikes we worked on were a KX65 and Husqvarna CR 50. They were alright bikes which had a couple of problems but we fixed most of them."

**Hayden Sneesby** - "I want to get more experience in mechanical engineering."

**Taj O'Hearn** - "I wanted to join the motorbike program to learn more about motorbikes and I like working on them."

**Ben Reeves** - "I wanted to join the motorbike program because I wanted to learn more about them and I wanted to get better mechanical skills."

**Saxon Neville** - "I want to learn more about the mechanics of motors and fix the motorbikes. I'm interested in mechanics and am looking forward to building my knowledge."

**Clayton Barber** - "I liked the idea of the motorbike program because it's way better to have one lesson to learn about things we will actually need and want to learn. We had to bleed the entire bike of its petrol and clean the tank and carburetor because the people who worked on it before us put coolant in the petrol tank and it wasn't running properly."



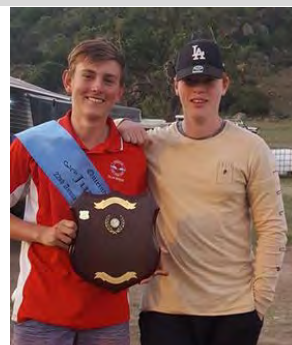
## STUDENT PROFILE

### Taijh Bridge Year 10

Taijh has been successful in the sport of Clay Target Shooting (Trap) for the last two years. Recently, Taijh attended a two day event in Cessnock where he won the double barrel with a score of 48/50. On Day 2 Taijh shot 30/30 from 19 metres in the handicap event. He is supported at many events by his friend Thomas Sumners who is also a skilled shooter.

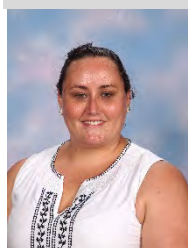
Taijh became interested in this sport after previously being in the local football team. Taijh now trains once per week after school for two hours with the assistance of a coach and trainer.

He hopes one day that his skills may take him to the Olympics.



*Taijh Bridge supported  
by his friend Thomas  
Sumners*

## YEAR ADVISER REPORTS



### Year 7 – Sarah Bendall Swim School

During week 7, after an intense assessment period, year 7 participated in swim school at Cessnock Pool. There were a range of activities and students developed their strengths the pool. Activities included breast-stroke, backstroke, diving and safety procedures. The four days in the pool ended with a range of fun games including noodle races, diving for treasure and belly flop competitions. A lot of laughs were had to finish off the skill building sessions.

Friday was a fun day where Year 7 went to Nobby's beach and the ocean baths. We started with a lifesaver talk to identify and discuss what would happen if students were ever caught in a rip, and it was clear a lot of our students had a great foundation of knowledge in regards to beach safety. After the beach safety talk, a range of activities were on the sand. Students participated in beach volleyball, sand castle making and beach cricket. We then moved on to the ocean baths to enjoy free time where students utilised their skills and knowledge to swim safely. There were a few tired kids on the way home though I am sure everyone had a fantastic day.

Be safe in the holidays everyone and I look forward to seeing you in 2020.....Year 8 students!



### Year 8 – Lisa Hunt *Beauty School Girls Group with Priceline Cessnock.*

Ms Scheffler and I had the pleasure of meeting and working with the team from Priceline Cessnock. The Priceline ladies gave up their time in order to come to Mount View and conduct beauty lessons with past and present members of girls group. The students had the pleasure of learning how to care for their skin, apply makeup and create hair styles. The students also had a beautiful gift given to them with compliments from girls group. Ms Scheffler and I were so grateful and appreciated how much the students enjoyed the program that perhaps we may make it a term activity in the future. Thank you kindly to Cessnock Priceline for all your support.



## YEAR ADVISER REPORTS



### Year 9 - Ainslie Martin

Congratulations to all Year 9 students and their families on another successful year! In 2019 students have been busy and productive, participating in excursions and workshops, drama performances, Peer Support training and so much more. Representing the school in a variety of arenas, from the sporting field to the public speaking stage, your children truly conducted themselves in an exemplary manner.

From my perspective as YA, Year 9 engaged with their academic studies and extra-curricular activities with confidence and enthusiasm, demonstrating growing leadership skills and maturity that will hold them in good stead as they move into Year 10. I am so proud to watch them transforming into wonderful young men and women!

Please join with me in congratulating your children on their achievements which are to be acknowledged at the End of Year Assembly on Tuesday, 17th December, 6pm. This presentation will acknowledge students who have achieved outstanding results.

I would like to wish everyone a very happy and safe Christmas break. Enjoy the summer, be safe and take the time to relax and unwind. I look forward to seeing you all again in 2020.

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### Year 10 – Melissa Parish

It has been a very exhausting term for Year 10. They have tried new things like being interviewed with Project 10 and having to complete pre-requisites for senior school. If students have not received the required level in either reading, writing or numeracy for the HSC Minimum Standards there will be more opportunities to re-sit the test in Year 11.

I would like to invite everyone to the Year 10 Principal's Assembly on 17th December at 9am where students will receive their awards for completing Year 10. At night there is a special Presentation Assembly for students who have achieved outstanding results beginning at 6pm.

I would like to wish all Year 10 students and their families a very happy Christmas and a safe holiday.

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### Year 11 – Jodie Scheffler

From the 20<sup>th</sup> of Nov to the 4<sup>th</sup> of Dec I had the pleasure as Year 11 Adviser, of being invited to attend the World's largest STEM competition. Ben Galvin, Tobias Astil-King, Harley Patterson and Fei Fei Webster all competed as part of team Ascension in the F1 World Championships. If you don't already know here is a little explanation about F1 in Schools:

Andrew Denford, an entrepreneurial engineer working within the education sector, founded the F1 in Schools STEM Challenge in the UK in 2000. He implemented a STEM programme that uses the high profile, glamorous and high-tech world of fast cars and Formula 1 to engage and inspire students, introducing them to engineering in a compelling and unique educational competition. Today this world-leading global educational initiative operates in 45 countries worldwide

Researching, designing, making and racing an F1 car of the future is at its core. Teams then race each other head-to-head on the F1 in Schools 20 metre racetrack. The challenge can be used as an education tool or hook to engage students in STEM subjects. This gives students the opportunity to develop key skills such as communication, presenting and teamwork, while forming the foundation for any career path they choose to follow. The students assess their performance against other schools at a series of regional finals around the country. The best teams at each regional final compete at their National Finals and success at this level earns them a place at the World Finals

The world champions win scholarships for City, University London and UCL Engineering, as well as being guests of Formula 1 with complimentary four-day paddock access to the FORMULA 1 ETIHAD AIRWAYS ABU DHABI GRAND PRIX 2019 and the coveted World Champions trophy. This Formula 1 supported global STEM programme is also a proven route to motorsport and automotive careers with former participants working in Formula 1 teams, engine manufacturers, sports agencies and many more allied companies.

## YEAR ADVISER REPORTS

As I'm sure you already know the team Ascension from Mount View came 5<sup>th</sup> in the World and won the award for best engineered car.

Thankfully after what was a very stressful time leading up to the competition and its completion, the team got to see the sights of Abu Dhabi and experience some of the cultures and attractions.

Thank you Mark Bassett and to the boys - well done! All your hard work, blood, sweat and tears paid off.

*Ms Scheffler*



First term of Year 12 is almost finished and students have been busy completing their first HSC assessment tasks, with still a few due before Christmas! Students have been working diligently, so hopefully your hard work and dedication will pay off and continue in the rest of Year 12.

Holidays are approaching very quickly where students will have the opportunity to rest and relax, so enjoy the time. It is recommended that as many assessments will be due in Term 1 2020, students should try to keep on top of any homework, reading and revision that they may have been assigned.

Every student was also emailed the assessment schedule at the start of the term. This can also be found using the link <https://mountview-h.schools.nsw.gov.au/learning-at-our-school/assessment-and-reporting/assessment-schedule.html> so check to see when assessments are due. It is recommended students put them into their study planner for the term.

It has been great to see so many students utilising Tuesday and Thursday afternoons in the library and using our Senior Study Tutor Miss Schafer on a regular basis to help keep them on track. Don't forget she is there for students each and every day to assist with all things related to Year 12 and all subjects!

We hope you have a fabulous break and we can't wait to see you back in 2020 for the final terms of your school journey!

*Miss Ostle*



## The Moe has to GO!

A few weeks ago, Ms Steph Earl (School Learning Support Officer), challenged Mr Shane Hookway (our Relieving Principal) that “the MOE had to go”. He agreed if \$200 could be raised to donate to the Bushfire appeal he would agree to having it removed at a Tuesday morning assembly. A call was made out to all staff and \$200 was raised within 48 hours of the challenge being accepted!

This week on 3<sup>rd</sup> of December 2019 Mr Hookway faced the shave along with Mr Jovanovski (Relieving DP), Mr Lindsey (HT Admin) and Mr Bavister (Teacher). We also had a last minute entry by senior student Callum Delaney-Dunn. So far we have raised \$595 to be donated to the Bushfire appeal. A bucket was also passed around during the assembly for students to donate their loose change. Thank you to everyone for their generous donations towards a worthy cause where some members of our local community are being affected.

We would like to thank Brainard from Antonio’s Barber shop in Kearsley, who donated his time as well as a gift pack to be raffled this week to further add to the funds for the Bushfire Appeal.





## WELLBEING REPORT

This year, a performance was featured at the White Ribbon Ceremony by Year 9 Dance student Jordan Flint, who has a deep passion for drama and dance. Jordan presented her drama/dance item to Savage Garden's "Two Beds and a Coffee Machine". She, and her partner Alecia Swallow, presented an emotional perspective of a woman who is trapped in her situation and struggles to leave.

To support Mount View High School's commitment to fighting domestic violence in our communities, we once again ran a Polished Man day on Thursday, 21st November.

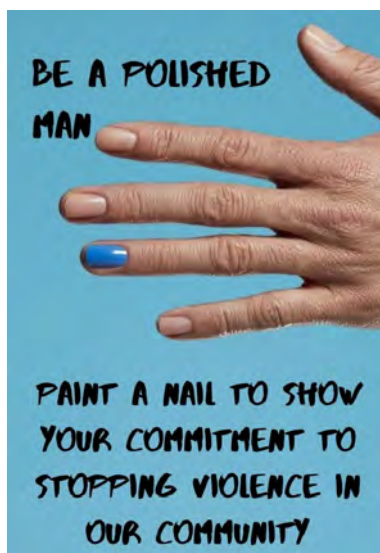
All male staff and students were encouraged to paint either a single nail, or their whole hand with nail polish, to show their commitment to the cause to end violence against women and children.

Elliot Costello came up with the idea for Polished Man after a visit to campaign beneficiary Hagar International in Cambodia. One evening, he met a young girl named Thea, who after playing noughts and crosses for hours, drew a heart on Elliot's palm, and then painted all of his nails blue.



Later, Elliot learnt how Thea came to be in care - she was physically and sexually assaulted for two years by her orphanage's director. Elliot made the decision then and there to paint one nail to remember Thea. When he later learned of the extent of child violence, the Polished Man movement was born.

The manicures - provided by student leaders Alexia Vowels, Jacinta White, Rose Lucas, Georgia Bradley, Miss Ostle and Miss Johnson - were used to spark discussions between students and staff about the responsibility they have as men to call out abusive behaviour, be it at home, in the classroom, in their friendship groups, or the wider community.







## What's for lunch?

### Packing a healthy lunchbox

Children need to eat a variety of foods everyday to be healthy.

Parents can give children a healthy school lunch that tastes great and is good for them too. Many parents say one of the major problems with school lunches is when the children bring them home!

Try to give kids some choice about what they take for lunch, and if possible, get them involved with preparing the 'healthier' foods.

Choosing food for a healthy lunch is easy!



### What is a healthy school lunch?

A healthy lunchbox has four components:

1. **A main item**, such as a sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. **A fruit or vegetable snack**, such as whole fruit, cut up veggie sticks, canned fruit in natural juice, a small salad
3. **A second snack based on a core food**, such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. **And a drink**. A bottle of tap water is best, and plain UHT milk is also acceptable.

#### *Healthy lunchbox tips*

- Use foods from the five core food groups:
  - vegetables and legumes/beans
  - fruit
  - grain (cereal) foods, mostly wholegrain and/or high fibre
  - lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
  - milk, yoghurt, cheese and/or their alternatives, mostly reduced fat

This will ensure that your child is receiving adequate nutrition from various food groups during the day.



## Plan ahead

Planning ahead for the busy times helps you get through them a little easier. Think about the lunches you will be preparing for the next week and make sure you buy the necessary ingredients when you do your regular shopping.

## Food safety

When packing a school lunch, it is important to consider how the lunch will be kept cool to prevent foods and drinks from spoiling.

If food is not stored properly bacteria in and on top of the food can grow and make you and your children sick; for this reason it is essential to keep school lunches cool. Lunches kept in children's school bags all day, are likely to get warm, and foods such as meat or cheese sandwiches, milk, cheese and yoghurt need to be kept cool.

Try the following:

- To keep sandwiches fresh, wrap them in plastic wrap or 'snaplock' plastic bags.
- Freeze small packs of UHT milk or water ahead of time.
- When preparing lunches the night before they will be eaten, make sure they are stored in the fridge overnight
- Choose a lunch box that includes a water bottle. Fill the bottle with water and freeze it, then place it in the lunch box to keep food cold.
- Insulated lunchboxes are also a great option.





- Sandwiches, wraps and rolls are common main lunch items for kids. Choose wholemeal or multigrain varieties and include lots of vegetables.
- Use a variety of fillings to keep children interested.
- Encourage children to drink water throughout the day.
- Limit foods with added sugar, added salt and those high in saturated fat.

### Example

Food (food group)

Snack	Main item	Drink
Small high fibre fruit muffin (Grains)	Multigrain bread (Grains)	125mL reduced fat UHT milk, frozen (Dairy)
Mandarin (Fruit)	Salad filling (Vegetable)	Water bottle
Mini cheese stick (Dairy)	Tuna in spring water (Meat)	

## Lunchbox ideas

Mix and match the following samples to keep your kids interested in the food you provide:

### Lunchbox 1

- Fruit in season
- Boiled egg
- Vegetables with natural yoghurt
- Pita bread, filled with salad vegetables or tabouli and lean rissoles
- Water

### Lunchbox 2

- Wholemeal pikelets
- Frozen UHT reduced fat milk 125mL
- Vegetarian pizza or a sandwich
- Vegetable pack
- Fruit salad
- Reduced fat yoghurt

### Lunchbox 3

- Fruit in season
- Egg, lettuce, tomato, cheese multigrain sandwich
- Vegetable sticks
- Slice of fruit bread
- Dried fruit and nuts\*\*
- Frozen UHT reduced fat milk 125mL

### Lunchbox 4

- Fruit in season
- Bread roll filled with vegetables, cheese and a slice of lean roast beef
- Reduced fat yoghurt
- Grapes
- Water

\*\* While nuts are a nutritious inclusion to the diet of children, it is recommended that you consult your school regarding anaphylactic or nut allergy policies prior to including nuts or products containing nuts in your child's lunchbox.



Rebecca Bartlett – Head Teacher



## *English Faculty Report*

Well so it is, we have reached the end of another year. 2019 has seen some fantastic levels of achievement in English and Drama as students embraced learning opportunities and demonstrated pride and excellence in their work.

Novels were read, films were analysed, poetry was annotated and stories, essays, poems, feature articles and persuasive extended responses were written. Students learned about a myriad of concepts including: context, appropriation, representation, characterisation, genre, connotation, argument, code and convention.

Students were supported when drafting and editing their assessments through the use of Google docs and the Google classroom, enabling teachers to give accurate and timely feedback to ensure students were on the right track.

Refurbishments occurred in the Drama room with the creation of a contemporary learning space that will be used by various classes collaboratively throughout 2020.

Our vision for 2020 should be perfectly clear, so in anticipation, we wish everyone a Merry Christmas and a joyous New Year.



We have welcomed a new member of the faculty, with Ms Hannah Baum and her husband welcoming a baby daughter, Audrey Mae on the 27<sup>th</sup> of November. Tamara Love has joined us to cover Ms Baum's leave and will remain with us throughout 2020. Mr Nathan Russell is also taking leave for the year to travel the world with his family, returning in 2021. We wish them all the best.





Ladies and Gentlemen...



...please put your hands together for the new and improved ... DRAMA ROOM!



Students have been surprised by a new and improved contemporary learning space! Mount View High School is dedicated to developing an innovative, flexible learning culture that is courageous and aspirational, with opportunities for all to thrive. As part of Mount View's Strategic Direction, a commitment has been made to provide learning spaces that facilitate new ways of teaching and learning. Besides bringing a pop of colour into the classrooms (the rainbow ottomans and purple chairs have been a hit with everyone!) the space can now be utilised more effectively for both junior and senior classes.

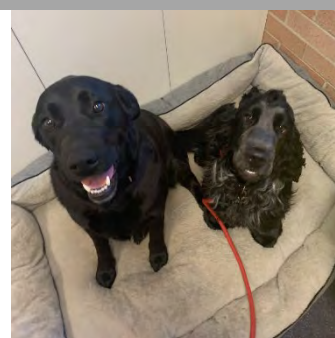
The tops of the tables are able to be flipped up and easily rolled aside making it perfect for senior drama classes when they need space to move and create! They can also be joined together to provide students with

workspaces to collaborate more effectively in English classes - the opportunities are endless!

The purple chairs are designed to support student posture - or an ottoman can be used as a comfy and refreshing alternative.

And this is only phase 1 of the master plan! Watch this space....

Izzy hiding with Dougal in the office



**Drama students perform as part of Mount View High School's White Ribbon Assembly - 2019.**



Once again, the (now senior!) drama class, Liam Callaghan, Alecia Swallow, Alana Dafter, Jacinta White, Bohdan Thorley and Chelsea Hamid, performed at the 2019 White Ribbon Assembly on 22nd November. Their performance, titled "This is where we stand" was self-devised and aimed to present or begin an honest conversation around violence in our communities and the need for change. It featured at last year's White Ribbon Ceremony, the Chamber of Commerce White Ribbon Breakfast, this year's Cessnock Walks Kawuma and again at the Newcastle White Ribbon Breakfast where it left a lasting impact on both staff and students through its emphasis on the key messages that "no one

ever deserves it", "we must change our words and change our actions", and that there are "no excuses". The students incorporated the language of the White Ribbon pledge throughout and concluded with the symbolic creation of a large white ribbon, reinforcing their commitment to never excusing or remaining silent about violence against women.

**HSC Australian Drama Workshop & Performance**

On the 9<sup>th</sup> December Mount View had the pleasure of hosting Laurence Coy and William Koutsoukis, two professional actors from Sydney who performed Alex Buzo's "Norm and Ahmed" for HSC Drama students.

Late one night on a deserted city street, Norm, a working class Anglo Australian male, stops Ahmed, a young student from Pakistan with revolutionary ambitions, to ask him for a light, and strikes up a conversation. Norm seems friendly enough, but there is an undercurrent of hostility to his speech and behaviour. When the conversation draws to a close, Norm offers a parting handshake to Ahmed. What follows is both shocking and devastating.

Written in 1968, the play, as well as David Williamson's "The Removalists" is set for study under the core HSC topic – Australian Drama and Theatre and this performance opportunity was provided to Mount View students via our HSC support strategy to enhance student learning. Mount View also extended an offer for other schools in the region to attend and maximise the benefits of such a wonderful opportunity – students from as far as Dubbo joined us today! The performance was followed by a 90 minute Q&A workshop and allowed students to better understand the finer points of the plays themes, characters, and theatrical devices used to communicate ideas and issues.

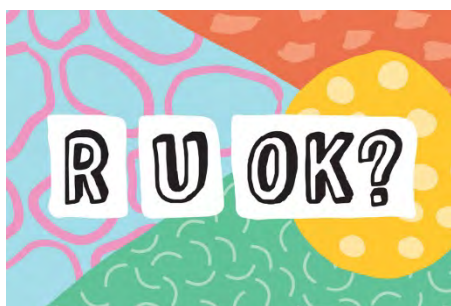
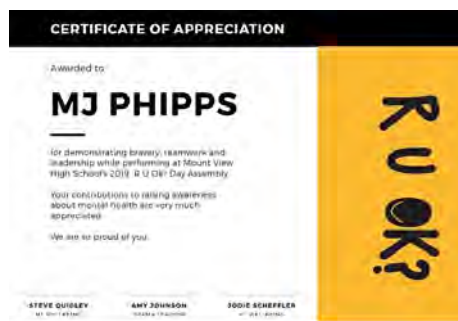




**RUOK? Assembly**

On the 10<sup>th</sup> September, Mount View held a special assembly to support R U OK? Day, which encourages people to connect with one another, and to support those who may be struggling with mental health, or the challenges life throws our way.

A very brave group of drama students, directed by Miss Johnson, delivered an insightful performance which highlighted the signs to look for, encouraged us to look beyond the masks people may wear to hide our feelings, and explained the steps to take when they see someone who might not be ok - Ask, Listen, Encourage Action and Check In. A huge thank you to Jacinta White, Mikayla Lambert, MJ Phipps, Annabella Crowther, Jessica Johnson, Ben Ling, and Alexis Gardner for their dedication to raising awareness about mental health. Each student was then presented with a certificate of appreciation, a commendation and canteen voucher for their involvement. Bravo!



Note: Access to mental health support for the performing arts sector just got significantly easier thanks to The Arts Wellbeing Collective's latest initiative. The Support Act Wellbeing Helpline is a free, confidential telephone service staffed by mental health professionals. Operating 24 hours a day, 365 days a year, it can be accessed by anyone in the performing arts sector who needs to discuss their mental health – from anxiety and substance abuse issues, to workplace tensions or loneliness. The Support Act Wellbeing Helpline is accessible 24 hours a day, 365 days per year by calling 1800 959 500 within Australia



**Scott Hamilton – Head Teacher**

2019 has been quite a year with a multitude of activities taking place in HSIE. My first year at MVHS has been one of enjoyment with many new and exciting projects undertaken. I would like to take the opportunity to thank my team for their dedication and hard work over the last 12 months. We also wish Mrs. Rachael Collier and her family well with the expected arrival of a little Collier in the near future. We are an innovative and forward thinking school that places students at the centre.

As a faculty, we moved from our old staffroom and classrooms to our new HSIE wing. We are now well into the process of renovating and improving the learning spaces for 2020. For this edition we will focus on student achievement, learning activities and excursions that made 2019 a year to remember.

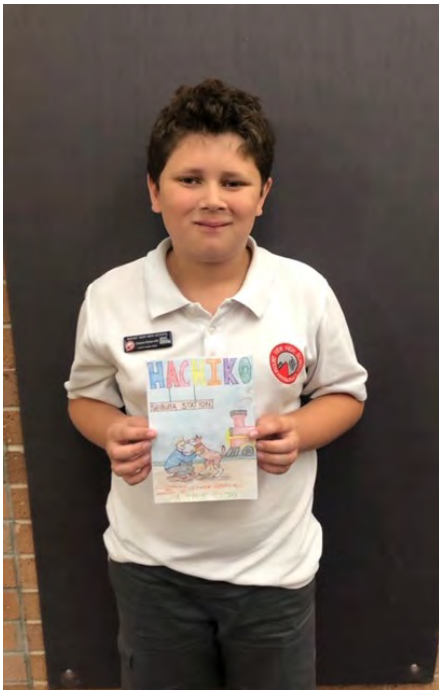
On behalf of the HSIE faculty, we would like to wish all our amazing students, dedicated staff and caring community a happy, festive and safe Christmas holiday. You certainly all earned it this year.

Thank you.

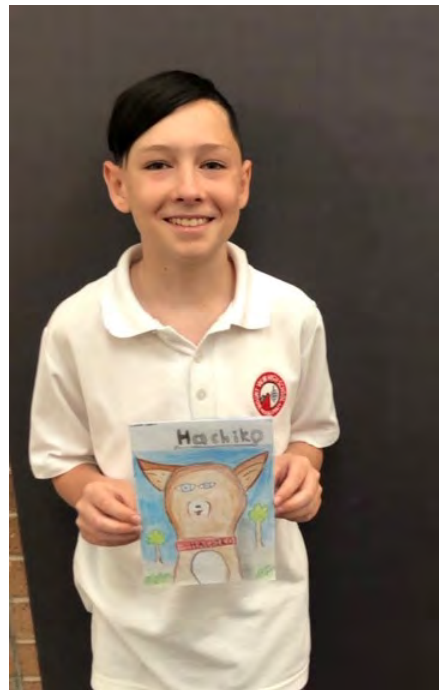
### The Year in HSIE...

#### Year 7 Japanese

Year 7 Japanese students have recently completed a study of the story Hachiko the loyal dog. The students read the story, viewed the film and then created an illustrated children's story book. There was some brilliant work created by the students. The following three examples from 7 Perry students are an example of the high quality achieved in this task.



**Connor Green-Hill**



**Lachlan Martin**



**Nate Fennell**



### Year 9 ANZAC Case Study

In Term 1 Year 9 students participated in an immersive ANZAC experience to help them understand rationing and the conditions faced by soldiers in the trenches during World War 1. Students were treated to staple rations such as jam, tea, canned corned beef and hard tack.

Students were asked the following questions:

1. Describe the food you have just eaten
2. How do you think the ANZACs would have felt when eating this food?
3. How would you feel if you had to eat this every day?



Zara Alexander



Mrs. Wells

### Retail Services

This year our budding retailers delved into the world of marketing, promotion and advertising. Students were tasked with planning product display methods to better engage and target consumers. It is safe to say that their strategies were effective with Mr. Jorgensen stopping not once but twice to purchase some sweet-smelling perfumes and PJ's. Students in Year 11/12 Retail have been learning about selling products to the customer. They have learnt how to approach a customer, question them to determine their needs and then recommend products using accurate product knowledge.



Lara Morris and  
Vanessa Whitaker



Mikayla Harcourt and  
Rachel Amos



Courtnee Craig-Ewing



Rose Lucas



## TECHNICAL & APPLIED STUDIES FACULTY

### Year 8 Hunter Wetlands Excursion

Year 8 were busy in Term 3 when they made their way to the Hunter Wetlands in Newcastle for fieldwork in the support of their topic - Water in the World as part of their Stage 4 geographical study. Whilst at the site, students undertook an investigation and data gathering analysis of water turbidity, PH testing, orientation and the types of insect species found within the ponds.



*Briley Hunt & Hailwood Westra*



*Lauchlan Bamford & Jordan Mijatovic*



*Blake Ritchie, Annabella Crowther & Jessica Johnson*



*Riley Walters, Ebony Markwort & Keeley Edwards*

*Ayva Harrison, Charlie Russell, Thomas Callen & Lilly Lawrence*



*Flynn Reeks, Ayva Harrison, Stephanie Green & Maddison Jurd*







**Brian Means – Head Teacher**

**TAS 2019 and beyond**

In compiling a list of highlights from 2019 I am reminded of what an amazing team of teachers make up the diverse nature of the TAS Faculty. The areas of expertise that the students have access to and the resources within reach continues to grow as the world moves forward in relation to technology yet still continues to develop more traditional hand skills.

To go into detail of each and every achievement would near encompass the entire VIEW newsletter. So here is a brief overview of 2019 and a taster of what is to come.

In no particular order ....

- The continuation of the building of the outdoor learning centre through the hard work of the senior VET construction team.
- The purchase of an array of Festool equipment which allows much more accurate cutting and finishing of woodwork jobs, as evident in a number of the HSC major works
- The installation of a laser etcher that the students are using across all year groups to enhance the finish and design of practical jobs
- A Textiles student major work being accepted as one of 20 in the state to be displayed at SHAPE 2019 at the Powerhouse museum. **SHAPE** 2019 showcases a selection of outstanding major projects from the HSC Design and Technology, Industrial Technology, and Textiles and Design courses. As varied as they are creative, these projects provide a glimpse into the minds of tomorrow’s designers.
- Student success at the “My School Rules” cooking competition
- A number of students gaining fulltime employment and or School Based Traineeships in their area of interest
- Industry visits by Hospitality students to vineyards and restaurants
- Introduction of drones as educational tools for the STEM classes
- Computerised embroidery machine, and ScanNCut machine for our Textiles students
- Food Technology and Hospitality students giving of their own time by cooking meals on Wednesday afternoons to support the Hunter Hands of Hope charity.

The TAS team are determined not to stand still and let the world pass us by so in 2020 the plan is ...

- The implementation of a café that will be specifically for senior students and with their tastes in mind. This will be run from a food trailer that the school is purchasing specifically for this purpose. This initiative will also be handy come HSC time when it will provide students preparing for the HSC exam with “brain food” and espresso coffee to give them a kick start as they enter the exams.
- Parents will have an opportunity to experience the food van during formal assemblies and presentations as the van will be utilised to serve finger food items and cold drinks as parents mingle prior to the assemblies.
- The Faculty will be looking at purchasing new “real care” simulation babies (replacing the current models). The new models will have features such as simulation of babies suffering with foetal alcohol syndrome and drug affected and shaken babies simulators as well as pregnancy profile suits for the students to wear. Any parent who has had the opportunity to care for one of these babies knows the impact they have on the student who has taken them home for the weekend.
- Following the success of the F1inSchools team Ascension, it is planned to take the next step in technology and purchase one of the latest plasma 3D printers. A vast improvement from our current 3d printers.

**Year 10 Food Technology 'Food for Special Occasions'**

Year 10 have been learning about food for special occasions. Students have applied their knowledge to prepare a range of food that would be seen at a variety of special occasions. As seen in the images below, students have utilised their research and design skills to prepare for making a cake for a special occasion. This includes decoration techniques, ingredients and utensils required to plan for a special occasion. Christmas and birthdays seemed to be popular occasions.



**Adrian Goldstraw & Kody Mears**



**Caitlin Johnson**



**Eurie Bartolini**



As a class, students planned a catering event to replicate what a function for a special occasion would look like. Students were divided into three groups and work in teams to organise their Mis en Place. By pre planning, students understand the importance of time management as part of a successful event. On the menu was burgers, soil pots for dessert and punch. Eurie was delightful enough to bring his famous homemade spring rolls.



*Chloe Kemp and Laurana Kiem*



*Happy Food Technology class*



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

## We Conquered Abu Dhabi in the World Finals!

Ascension has just returned from the F1 in Schools World Finals and has done our school, region, state and country proud placing 5<sup>th</sup> out of the best 55 teams. Over 7 million students compete in this competition each year and we were in the top 25 students, which is very impressive and shows what our local school students are capable of achieving. Fei Fei Webster, Benjamin Galvin, Tobias Astill-King and Harley Patterson along with the members from Penrith Christian School (Imogen Rogers, Paige Foley, Brock Stinson, Caleb Kraus, Alex Weeks) also won the Best Engineered Car Award, meaning we designed, tested, collaborated, made and raced the best F1 in Schools car in the world. This is a highly sought after award and our students have achieved the ultimate goal winning by a clear margin.



Handing in the Cars and portfolios



Ready to compete



Booth Assembly finished



Car on the track ready to race



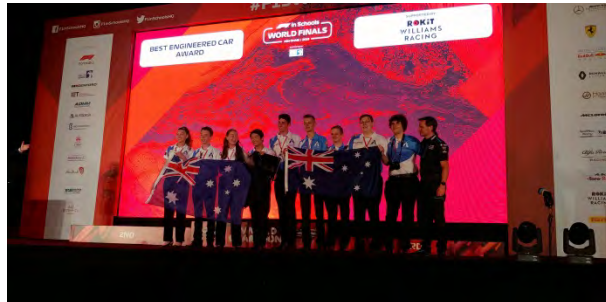
Tobias Astill-King racing



Interview with David Croft



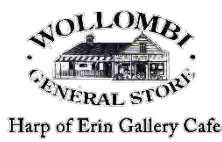
Meeting the F1 Boss - Chase Carey



Winning the ultimate award

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 opportunity and allowing them to compete in the world's largest STEM competition.





**Happenstance**  
Family & Counselling Services



ASCENSION



### F1 in Schools NSW State Finals



Impro Racing and Flying Phoenix recently competed in the F1 in Schools NSW State Finals in November at the Western Sydney University Kingswood Campus. We competed against the best 40 teams in NSW achieving a great result. Impro Racing came a very close second in New South Wales winning a number of awards and Flying Phoenix came 9<sup>th</sup> in the Cadet Division.



Grace Frankland-Shambler, Chloe Hunt, Susan Anderson, Ian Fenton, Jayden Bellamy, Ethan Gliddon, Jaidan Dunworth-Paull



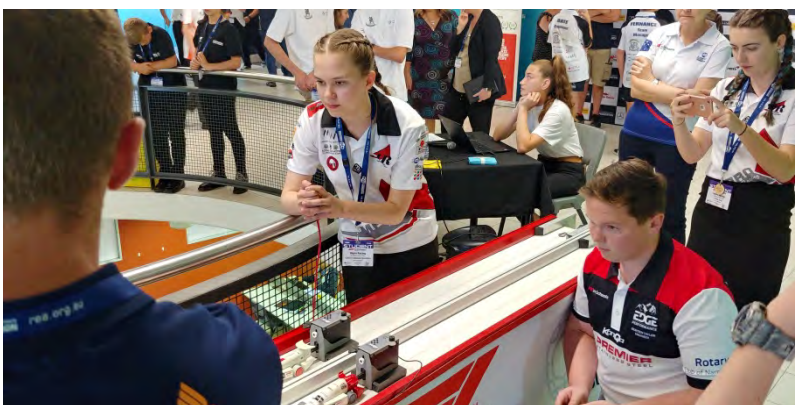


Grace Frankland-Shamblar, Ian Fenton, Chloe Hunt, Susan Anderson holding the awards

Impro Racing won the following awards:

- Best Engineered Car
- Knockout Racing Champions
- Best Manufactured Car
- Best Managed Enterprise
- Best Team Portfolio
- 2<sup>nd</sup> Place in the State Finals

Impro Racing has been offered a wild card entry to the national competition in March 2020.



Grace starting the race



Jayden, Ethan & Jaidan at Panthers

If you would like to support Impro Racing as they head towards the national finals at the Melbourne Grand Prix please contact the school on (02) 4990 2566 and speak with Mr Bassett.





Elizabeth Alder – Head Teacher (Relieving)

# Creative and Performing Arts Faculty

**Mount View High School**  
Delivering excellence, innovation and success.

How do we measure student performance in a Creative Arts class?



This year in Art I have enjoyed going out of my comfort zone with using different mediums and exploring different ways of using art mediums. - Paige Linde

I love to be creative and put all my effort into one piece and it's a great subject to choose as you learn a lot and it's so much fun just to paint and draw. It was also a bit challenging to learn new techniques.- Ariana

I enjoyed being able to express my creativity and create artworks and artworks that I am proud of. -TJ Farnham

This year I enjoyed being able to view and create art with other people. - Susan Anderson

The best thing about art this year was the Pop Art painting. -Charlie Dann

I like researching different artists and discovering new artworks.-Breanna Harmey

I liked Lino carving the most this year.-Bailey Burgess

The best thing was water colour painting and being able to shut off while doing it. -- Sam O'Hearn



The best thing about art this year was the Skate boards and having such a nice teacher. -Cleo Hunt

Art has been an excellent way to relax and express (topics) that I am interested in. It is a very free subject that is still able to cover the important information of art history. I highly recommend this course to other students. -Chloe Hunt

This year in art I enjoyed being able to experiment with my artistic skills, express myself in art form and engage in an activity I enjoy a lot...ART. - James Ivan

I enjoyed exploring artists and their work, with indepth studies on the artist and by recreating their art. -Emily Crosdale

In art this year I have enjoyed being able to express my interests in a creative and fun way. Being able to work with my friends and learn more about why they love art too. Mya Ehsman

Same as what Cleo said. Makiah Forbes and Dorian Milne

Art was great this year because of the fun and challenging tasks we had to do. It took me out of my comfort zone and showed me so many different ways I can make art. As a plus, my class was filled with great people who were super involved in art and made it a great year. -Anastasia

Learn new styles and put them into practical lessons ...and drawing. I like drawing. -Casey Chandler

Art in year 10 is amazing especially Street Art. You get to learn about different styles, you also get to make a skateboard as an assignment. Visual Art is cool too. You get to make artworks based on what you are learning and the artist that you learn about are interesting and have unique art styles. I would recommend both subjects because there is constantly something you can be interested in.-Jasmine Bywater.

I love doing art because of the teachers and all of the artworks and all of the different street artists.-Elle Turner

I liked how no one was depressed with my weird art :P - Josie Lee

I enjoyed the work I made this year. I love art and how I had the time to work peacefully and take my time with drawing.-Eurie

I liked doing the skateboard and the sculpture. River Baker

My favourite thing about art was meeting our teacher and making the skateboard deck. Kitra Corpuz

My favourite thing in art this year was the Canvas painting. - Madison Hall

I liked how I got a really good teacher and all the work we did. Nate Fennell

I liked all of it because it was fun and I like art.  
*Lily Brell*

I like the statues.  
*Hayley Ball*

Art is a nice place where I felt happy to be there. It is creative and fun and I look forward to doing it again.  
*Alisha Newcombe*

I loved doing the skateboards and love the room!  
*Max Bultitude*

I liked the appropriation, Skateboard and Brown (playing and making art and sculptures out of recycled boxes and wood).  
*Abbey Gardiner*

I really enjoyed learning about the many different types of art and the ways to create it. I really enjoyed working in the darkroom and making Photograms. I found the process fascinating! I found art very relaxing and stress relieving. I am thinking about choosing art/photography in Year 9.  
*Lucy Beckett*

I have enjoyed art this year because I can express my feelings in the artwork I am creating. I also like art because I have the best teachers!  
*Taylor Grant*

I really enjoyed doing art this year, I thought it was a lot of fun. I particularly enjoyed doing the skateboard. I have always liked art and I am looking forward to doing it in Year 9.  
*Angus McGrath*

What I liked about art: I liked the skateboards, I like the sculptures, I like the freedom.  
*Harry Sherring*

I liked art because it's calming and something I don't dread. I liked doing the skateboard because you could do whatever you liked.  
*Ella Jackson*

I learnt to get better at bubble writing, I liked the skate decks, enjoyed the darkroom, learning to make sculptures, blind contour drawing, drawing and painting.  
*Lara Robertson*

Everything I liked: - skateboard, things we get to take home, canvas, opportunity to learn, having your own art book, artwork, sculpture, drawing.  
*Hayley Anderson*

What I liked about art: skateboards, learning to make sculptures, working in the darkroom, drawing and painting neater, blind contour drawing.  
*Monique Snaddon*

I love the darkroom, it's fun and really cool to make photos with light sensitive paper. I love to use charcoal to make pictures and just create!  
*Dominic Peace*

Art has been fun this year because of all of the artworks and Miss has been nice to us. My fave artwork is the skateboard.  
*Connor Sneesby*

The best thing about this class was the skateboards and the teachers that we had.  
*Amelia Metcalfe*



CREATIVE & PERFORMING ARTS FACULTY



Hayley Anderson



Darshana Locock



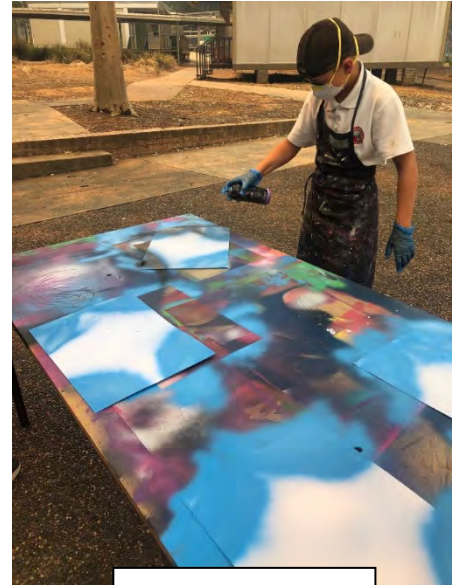
Joseph Jobson



Jesse Hand



Ella Ryan



Connor Sneesby



Max Bultitude



Makayla Cagney



DeSean Connors



Ariana Foulston



Cleo Hunt



Madison Hall



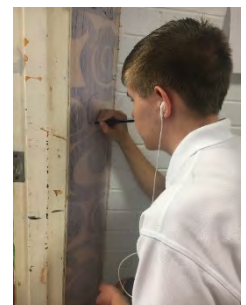
Nate Fennell



Work by Elle Turner



Bailey Burgess



TJ Farnham



# What have you enjoyed about Music 2019? Year 10 students.

In music 2019, I have enjoyed learning how to set up behind the scenes of major assemblies and concerts including the lighting and sounds and joined the tech team – *Daniel Sherlock*

In music this year, I have enjoyed learning more about the theory component of music and improving my vocal ability, through expressing my interests creatively. – *Mya Ehsman*

Throughout this year during music, I've made some new friends which has made my life a whole lot better, and have learnt different skills which will be helpful in my future. Music 2019 has also given me confidence in my singing and makes me feel more ready to sing in front of other people and take it to the next level – *Caitlin Johnson*



I enjoyed doing music this year because I developed my singing and music knowledge.

I enjoyed developing my singing skills and the opportunities to perform alongside my friends – *Phoebe Walton*

I had a very emotional year going through music such as blues.



Being included.

Throughout music this year, I have enjoyed cooperating with peer in group projects on topics of my choice. It allows plenty of freedom in your own musical interests.

Over the course of the year, I have enjoyed communication with my fellow peers about the concepts within music.

I enjoyed composing a blues melody

I enjoyed making new friends and learning new skills.

Within this year I have learnt from all of the feedback I have been given from the teachers I have understood a lot more than I did at the start of the year – *Chloe*

Throughout the year, I have enjoyed being pushed out of my comfort zone in regards to the style of music I play for performances – *Susan*



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SCHOOL HOLIDAYS  
OR EARLY  
**DECEMBER**

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**NASA**

**G'DAY SPACE TOUR CONCEPT**

A G'Day Space Tour is an "out of this world" opportunity to experience and learn through exploring, participating and immersing yourself in places and activities that have helped discover our world and beyond!

Learn while having fun with your friends and teachers, challenge your problem solving skills, build your communication and teamwork skills.

**100% NASA OWNED & OPERATED**  
This is the real deal!

**TOUR HIGHLIGHTS**

**Orlando Florida 3 Day NASA Kennedy Space Centre Program including:**

- ATX Astronaut Training Experience
- Journey to Mars Base 1
- Lunch with a real NASA Astronaut

**San Francisco**

- California Academy of Science
- USS Aircraft Carrier Hornet - STEM to Stern Program

**Los Angeles**

- Knott's Berry Farm 'Energy in Motion' Program - the physics & science of rollercoasters
- Universal Studios Back Lot Tour, Harry Potter and the Minions

**TOUR INCLUSIONS**

- EWT assisted check-in on departure
- Return International Economy Class airfares (MEL, SYD or BNE only)
- Private air-conditioned coach during sightseeing
- Hotel accommodation 3 star with daily breakfast
- A Local Tour Manager in the US
- Travel Insurance as offered. See insurance notes
- Most meals as detailed in the itinerary
- G'Day Space T-Shirt and backpack

\* Travellers may also choose to insure with another insurer of their choice if they prefer. However, travel insurance with unlimited medical is mandatory.

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**Talk to Ms Bell**  
**and/or Ms Alder**  
**for more info**

**BE CURIOUS!**



### **Sue Ford – Head Teacher**

PDHPE offers students opportunities to develop lifelong recreational skills, attitudes and habits to increase their understanding of health related information and to develop informed decision making which may lead to a happy, healthy lifestyle. To achieve this, the curriculum encompasses practical experiences in the areas of games, dance, athletics, fitness, gymnastics and recreational activities. PDHPE is concerned with the development of the whole individual – physical, social, emotional, cultural and spiritual. Therefore the theoretical components focus on the development of self-esteem, communication skills and healthy decision making especially concerning nutrition, drug use, sexual health and safe living.

Fitness and a general level of good health of the students remains an important long term goal of the PDHPE faculty. In 2019 the PDHPE faculty continued a partnership with Hunter Health to implement the PA4E1 (Physical Activity for Everyone) program where the major focus was on year 7 students. All year groups had a focus on fitness related activities where students were involved in a fitness program during terms 2 and 4. Students were pre tested with a battery of tests, participated in various activities and then post tested. Many students made very good improvements to their fitness levels.

2019 saw the implementation of the new 7 – 10 PDHPE syllabus. This was implemented with years 7 and 9, then in 2020 with years 8 and 10. This saw the development of units such as Tribal Wars in year 7 and Old games New Rules in year 9. Both units had both a theory and practical component where students displayed their leadership, teamwork, cooperation and problem solving skills.

The electives offered by the faculty during 2019 continued to be popular especially with the PASS Football course. This has been an outstanding success evidenced through the active participation of both the year 9 and year 10 classes and the obvious enjoyment of the students. Mr Cooke and Mr Bragato are expanding on this course by taking it to our partner primary schools in 2020. The PASS elective was once again taken up by our students and the highlight was the camp to Mangrove Mountain. The Dance elective continues to be popular and caters for particular student interest. This course is designed to enhance students' dancing ability and group work through performance and choreography, providing learning opportunities for both talented dancers and students who want to learn about dance. In 2019 the class was heavily involved with Starstruck and this will continue in 2020. The PASS elective will once again be taught in 2020 and will focus on providing enjoyable sport and a variety of recreation activities as well as developing student capacity toward the Stage 6 PDHPE course.

In 2019 the school gym became fully operational and played an integral role in PDHPE fitness lessons, Stage 5 elective courses, Stage 6 SLR and the lunch time gym club.

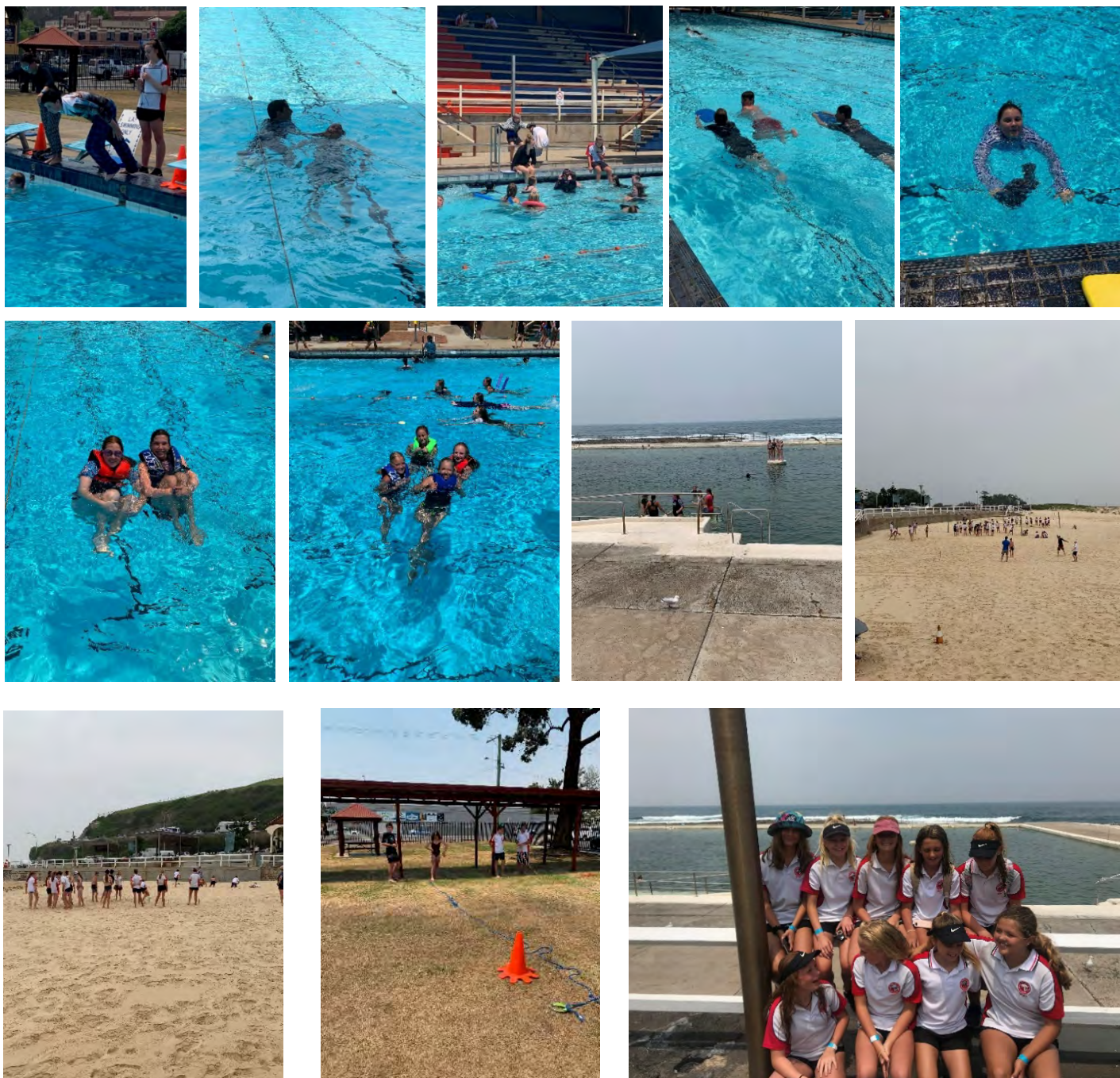
2019 has been a busy year for the PDHPE faculty as all staff have been involved with many KO sporting teams, sport and house team organisation, Stage 6 mandatory Crossroads program, Stage 4 lifesaving program and a range of extra curricula activities. We have also been preparing for the implementation of the junior PDHPE syllabus for years 8 and 9 and are excited about the future directions of PDHPE at Mount View.

This year the PDHPE welcomed Ms Lyndal Burke as a permanent faculty member. Ms Burke will take on the relieving Head Teacher role in 2020 in Mrs Ford's absence. Ms Cherie Tritton will also be taking leave in 2020 and the faculty will be welcoming Mr Bragato, Mrs Cocking and Ms Williams for 2020. The energetic and talented PDHPE team look forward to an exciting 2020.



**Lifesaving Report**

In the 2019 National drowning report, 276 people died in Australia. Therefore, as part of the PDHPE curriculum, Year 7 and 8 has spent weeks 7 and 8 of term 4 learning the skills and knowledge required to be safe in and around the water. Over 200 students attended the program at Cessnock pool and achieved a Swim and Survive level or Bronze Star/Medallion. As a reward, students enjoyed a glorious day at Nobbys Beach and Newcastle Baths. The lifeguard talk was invaluable for beach safety. *See the tips below on how to survive a rip current.* Thank you to all the wonderful students and staff who made both weeks enjoyable. A special mention goes out to our Year 10 junior instructors for their assistance.





## PROJECT 10 UPDATE



### Sue Ford – Project 10 Co-Ordinator

All Year 10 students were to be involved in this authentic assessment and interview program during week 6 of this term. Through the Project 10 program students were encouraged to develop better quality assessment tasks, improve their time management and study skills and to develop appropriate interview techniques.

Students worked through a program of 8 sessions throughout the year with a mentor preparing them for the interviews. All students who completed their interviews are to be congratulated on the way they presented themselves as well as the obvious preparation that was evident. The panel members comprising a community member, a staff member and a year 9 student, were very impressed with the confident manner in which the students responded to each question.

Many thanks to the community members involved this year for willingly giving their time to be involved in this worthwhile program. Thanks also to the Mount View High School staff who were mentors and/or panel members for supporting the program. Each year 9 student involved as a panel member gained invaluable experience for their own Project 10 experience in 2020. A huge thank you to the hospitality staff and students for providing lunches each day. It was very much appreciated.

In 2019 24% of year 10 students gained a high distinction, 23% gained a distinction and 73% of students received a credit or above. This is an outstanding effort and student should be proud of their achievements



*Izzy in English with 8D*





Elizabeth Alder – Head Teacher



## Teaching and Learning Faculty

Personalised Education and Collaboration Space

### Disability provisions - HSC DEADLINE FAST APPROACHING

Applications are now open for students who will complete the HSC in 2020. Disability provisions are practical arrangements designed to help students who couldn't otherwise make a fair attempt to show what they know in an assessment task or examination.

The provisions granted are solely determined by how the student's performance is affected. Provisions may include braille papers, large-print papers, use of a reader and/or writer, extra time or rest breaks.

Students who will be sitting their HSC in 2020 need to have their applications completed before the end of Term One 2020 in order to be considered.

### A note to parents

If you are concerned about whether disability provisions apply for your child, you should contact the school Year Adviser or Counsellor.

The application form must be submitted to your child's school as it requires specific information about the difficulties your child may experience in a classroom or examination situation.

### Who can apply for disability provisions?

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

- physical
- intellectual
- psychiatric
- sensory
- neurological, and
- learning disabilities, as well as
- physical disfigurement, and
- the presence in the body of disease-causing organisms. ([Australian Human Rights Commission](#)).

Note that the disability provisions apply only where the disability is such that a practical arrangement is required to reduce disadvantage in an exam situation.

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

Students who become ill during an examination period may be eligible to make an [illness/misadventure appeal](#) rather than a disability provisions application.

If you currently receive Disability Provisions or wish to apply the school requires appropriate documentation to support your application. This documentation must be no older than from the first term of the HSC and inclusive of subsequent terms after that. For the Year 12 students completing the HSC in 2020 that means that documentation needs to be collected from now, but documentation prior to this term is redundant. Please see Mrs Parish or Ms Alder in the LaST's staffroom (PEACS) for details.

# Nationally Consistent Collection of Data

School Students with Disability



## What is the NCCD and how does it impact my child?

### Background to the Nationally Consistent Collection of Data on School Students with Disability (NCCD)

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The nationally consistent approach to data (NCCD) collection provides all Australian schools, education authorities and the community with a clear picture of the number of students receiving adjustments because of disability in schools, and the adjustments they are provided to enable them to participate in education on the same basis as other students. This includes students with Disability Provisions.

#### Authority for the collection of information for the purposes of the NCCD

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The *Australian Education Regulation 2013* requires all government and non-government schools that receive Australian Government funding to provide information to the Australian Government Department of Education and Training (the Department) for the purposes of the NCCD.

The information that we must give to the Department in relation to each student with a disability includes:

- the student's level of education (i.e. primary or secondary)
- the student's category of disability (i.e. physical, cognitive, sensory or social/emotional)
- the student's level of adjustment (i.e. support provided within quality differentiated teaching practice, supplementary, substantial or extensive adjustment).

The NCCD guidelines are available on the Department's website at

[www.education.gov.au/nationally-consistent-collection-data-students-disability-guidelines](http://www.education.gov.au/nationally-consistent-collection-data-students-disability-guidelines).

The information **will not explicitly identify individual students**; no information that could enable others to identify individual students will be provided by us to the Department.

#### Collection, use and disclosure of NCCD information

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The information collected by schools for the purposes of the 2020 NCCD will ultimately be provided to the Department.

The Department will use NCCD information for the purposes of preparing reports for and briefing the Australian Education Senior Officials Committee and the Education Council in relation to the NCCD. When providing these reports or briefing material, the Department will ensure that the NCCD information remains de-identified.

NCCD information may also be used for policy development undertaken by the Department, including informing funding considerations relating to students with disability, and other policy development as agreed by the Education Council.

#### Contact

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For further information about the collection, use or disclosure of information for the NCCD please contact: [SWDPolicyTeam@education.gov.au](mailto:SWDPolicyTeam@education.gov.au).

Questions may be directed to [www.schooldisabilitydatapl.edu.au/other-pages/contact-us](http://www.schooldisabilitydatapl.edu.au/other-pages/contact-us).



## SUPPORT FACULTY



### Tania McLaren – Head Teacher (Relieving)

We have had another wonderful year working collaboratively together in Café SCENTRAL where staff have supported students to continue to develop and improve their food technology skills in preparing lunch for thirty plus regular patrons each week.



As always, we celebrated Halloween in Café SCENTRAL. However, it was extra special this year because one of our MVHS students turned 18, so it was a wonderful day of celebration.

To finish off the year we had our annual traditional two course Christmas lunch with baked ham, roast chicken, baked potatoes and pumpkin, with freshly cooked carrots, peas and corn with a drizzle of gravy. Followed by ice-cream Christmas cake to finish off.

### Support Faculty 2020

At the beginning of 2020 we will be moving into our brand-new support facility that is being relocated to the old school grounds to cater for our growing faculty. This will consist of two MC classes, two ED classes and one AU class. Our staff within the faculty will grow from 7 to 12. We are excitedly preparing for the New Year as progress on the new support faculty has started.



### Staffing

Next year I will continue as Head Teacher within the Support Faculty. In 2020 we will be welcoming two new SLSO's and four new teachers.

It is with great sadness that we will be losing one of our wonderful staff members, Miss Shell Munden, who has worked tirelessly with our students over the past two plus years at MVHS. We wish her all the best for 2020.

I'd like to thank all the parents, students and community members I've had the privilege to meet and work closely with this year.

Best wishes to everyone! Enjoy your break and we look forward to catching up in 2020.



Rebecca Rounsley – Futures Adviser



The Futures Centre would like to thank all of the following work places for your support with our Work Experience program for 2019. We are extremely appreciative of the time and effort you have all put into our students this year and hope to continue our relationships in 2020. We would also like to thank Youth Express, our VET work place provider for all their support throughout the year.

<i>Abermain Public School</i>	<i>Akuna Pet Resort</i>
<i>Alfabs Engineering</i>	<i>Ashwood Park Equestrian</i>
<i>Australia Post Delivery Centre</i>	<i>Balloon Worx</i>
<i>Bellbird Public School</i>	<i>Cessnock City Library</i>
<i>Cessnock Community Kids</i>	<i>Cessnock Maintenance Services</i>
<i>Complete Park &amp; Equipment</i>	<i>Coutts Malik Rees</i>
<i>Daimler Trucks Newcastle</i>	<i>Damulla Estate</i>
<i>Ellisons Bulk Haulage</i>	<i>ESP Environmental</i>
<i>First Creek Winery</i>	<i>Good Start Early Learning</i>
<i>Greg Brown Electrical</i>	<i>Hedweld Engineering</i>
<i>Horseland</i>	<i>Hunter Area Plumbing</i>
<i>Hunter Cars</i>	<i>Hunter Valley Earth Moving</i>
<i>Hunter Valley Zoo</i>	<i>Jason Higgins Plumbing</i>
<i>KFC Cessnock</i>	<i>Lisa-Maree Horder Hairstylist</i>
<i>Lube Experss Cessnock</i>	<i>Millfield Public School</i>
<i>Nail It Constructions</i>	<i>Natural Steps Preschool</i>
<i>Peter Bailey Building</i>	<i>Peter Mann Automotive</i>
<i>Rock Solid Design</i>	<i>Rover Coaches</i>
<i>Solid Engineering</i>	<i>Swimform Constructions</i>
<i>The Happy Tooth</i>	<i>Total Fitness</i>



# Congratulations!

Congratulations to Charlotte Lucas, Emelia McNamara (Hunter New England Health) and Brendan Green-Hill (Hotel Cessnock) who have been successful in gaining a School Based Traineeships for 2020. These students will embark on this journey over the next two years where they will work at their place of employment one day per week as well as completing their TAFE and HSC requirements. Well done to all students.



*The Futures Centre Team would like to wish everyone a very happy and safe holidays. We look forward to working with students in 2020.*

## Parent Guide: Fostering a growth mindset

This parenting guide is written by our team of experts and counsellors. It provides strategies, language and a checklist which we hope provides a useful insight to help your child develop a growth mindset and set them up for a successful HSC year!

Click on link: [Read Guide](#)

## 2020 Kickstart Seminars

InspirED, in partnership with UTS & Macquarie University, are running a series of Kickstart Seminars in January and February for HSC students to help them ace their final year. These sessions are run by senior markers to give unequalled insight into the HSC process.

Click on link: [Register here](#)

## 2020 Kickstart Seminars - what is covered

In each session, students will learn:

- A detailed, in-depth understanding of what HSC markers are looking for
- How to maximise marks in assessment tasks
- Key syllabus content – specific to each subject
- Effective study techniques proven to be successful
- Vital critical thinking and analysis skills
- A chance to view potential HSC questions and exemplar solutions

The seminars are scheduled to be held from **January 21-23** on campus at **UTS** and **February 9, 16 & 23** on campus at **Macquarie University**. Each session is \$25, which includes a comprehensive lecture booklet.



*Izzy in the library with Hayley Wallace and Cleo Hunt*



Inspir<sup>ED</sup>

# Kickstart HSC Seminars January/February 2020

PROUDLY PARTNERED WITH



## Subject-specific seminars in all major subjects



- ✓ Detailed, in-depth understanding of what HSC markers are looking for.
- ✓ How to maximise your marks in your assessment tasks and exams.
- ✓ Cover vital syllabus content, including critical thinking and analysis components.
- ✓ Access potential HSC questions and answers/solutions.
- ✓ Prices start at just \$25 per 1.5 hour session (detailed notes included).

## RAISE YOUR RESULTS TO THE NEXT LEVEL

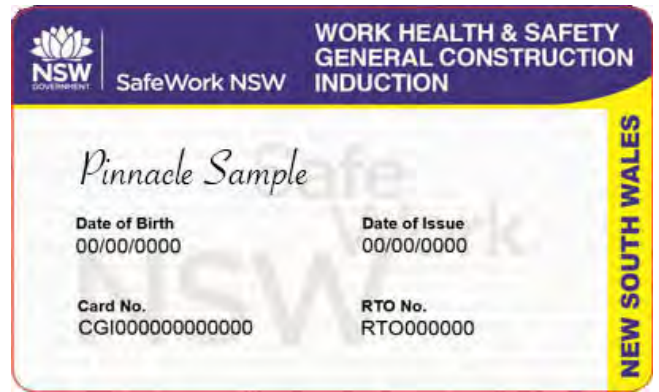
**96%** Received their preferred offer to university

**97%** Improved their HSC results

**98%** Recommended our program to their friends

LEARN MORE AND REGISTER AT

[www.inspired.edu.au](http://www.inspired.edu.au)



### Mandatory White Card Training 2020

All students enrolled in VET Construction in Year 11 2020 are required to completed their Work Health & Safety General Construction Induction (White Card).

Next year White Card training will be delivered by HPOTS at school on the following dates. Students who need to obtain their White Card are only required to attend one of the training days.

Monday February 24<sup>th</sup>

Wednesday February 26<sup>th</sup>

Friday February 28<sup>th</sup>

The cost of the training is \$90

More details will be provided to students when school returns in 2020.



*Izzy in the library with SLSO Donna McKewen, Natalie and Emily*



## MOUNT VIEW LEO CLUB - Leading for Life



### Karen Blandon – Leo Supervisor/Teacher

The Mount View Leo Club Changeover Dinner was on Wednesday 11th September 2019. Many parents, staff and Lions members attended the night to see new members inducted into the club and the changeover of leadership with the executive and board. We are very proud that our membership has reached over fifty, ranging from Year 7 to ex students attending university.



### Lions Youth of the Year Competition

We had six amazing students step up to compete in the Cessnock Lions and Elemore Vale /Jesmond competitions this year. All students had to attend an interview on a Sunday afternoon, then present a five minute prepared speech and two impromptu speeches on the presentation night.

Rose Lucas, Chloe Hunt, Daniel Sherlock and Kirsten Boesen - competed in Cessnock Lions District with Rose Lucas winning the competition and Daniel Sherlock -Best Public speaker on the night.

Chelsea Webb and Brendon Green-Hill competed in Elemore Vale/Jesmond Lions District (against Merewether High and Jesmond High) with Chelsea Webb winning the competition.

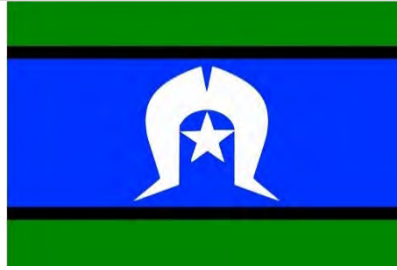
Rose and Chelsea will proceed to compete next year at zone and regional level.

This term has again been a busy one:

- Bunnings BBQ was held at Cessnock Bunnings on Sunday 3rd November 2019. We thank them for this opportunity to fundraise so as to donate to local charities. Over \$600 profit was made during the day with fifteen Leo members helping out.
- Lap the Map - is an awareness day for Diabetes. Thirty Lions and Leos met at Cessnock Basin on Sunday 17th November 2019 at 10 am where they walked a total of 150km, which was added to a national total to hopefully "lap " all of Australia. A gold coin donation was given to Diabetes Australia on the day.
- Hunter Hands of Hope - still cooking every second Wednesday
- We are collecting "Toys and Tins" for our Cessnock Salvation Army Christmas Appeal. Please start looking for toys and non perishable food that we can donate.
- Please send in any old reading glasses that can be sent overseas and recycled
- Our end of year Christmas Dinner was on Monday 2nd December 2019 at The Aussie.
- Hunter Valley Gardens Christmas Lights - looking for volunteers to help with Cessnock Lions from 11th December to 17th December. Please let me know if you are interested







Cultural Camp 2019:

MVHS Aboriginal and Torres Strait Islander students from Years 8 & 9 joined our partner primary Year 6 students in our annual cultural camp during Week 4.

This year we stayed at Glenrock Scout Camp. Our organised activities included bush tucker & artefacts at Yamuloong, traditional dance with Sean Skuthorpe, site visits with Butabah and much more. Thank you to the families that were able to join us on the 2nd night for Corroboree and BBQ. Our student's traditional dance was a powerful experience for everyone to enjoy.

A special thankyou to all the wonderful MVHS staff that made this camp possible.



Jacinta White, Karah McLeod, Sylvia Carr



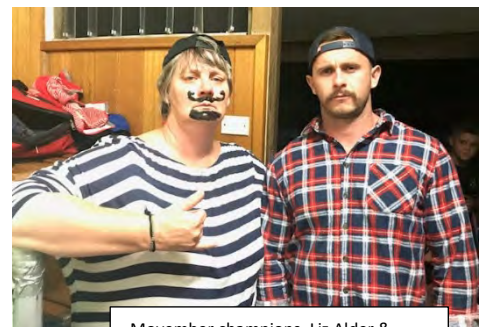
Mount View High School ATSI students Yr 7 & 8, MVHS ATSI student leaders, Year 6 Partner Primary school ATSI students.



Ebony Markwart, Kayla-Rose Crosdale, Montana Anderson



MVHS JAECG Leaders, Aleah O'Brien, Sylvia Carr, Jacinta White, Chloe Ford & Ruth Copeland



November champions, Liz Alder & Jayden Cooke!!!



Izzy in Art with Year 9 Art



Aleah O'Brien, Emily Funnell, Ruth Copeland, Ebony Markwart, Courtney Hearne, Felicity Hearne, Kayla-Rose Crosdale, Montana Anderson, Shakira Crosdale, Stephanie Green, Ava Vickers, Katie Herring, Tameika Stainton, Mia Holmes, Paige Holbert, Jorja Bullen, Chloe Ford, Hayley Gleeson, Chezlee White, Sylvia Carr, Ellie Metcalfe, Karah McLeod, Jacinta White





Ngurru Beckett, Jack White



Jayden Snedden-Clarke, Peter O'Brien, Karah McLeod, Shakira Crossdale, Jacinta White, Liz Alder



Tracy Eddy, Michelle Bedford & Jayden Cooke



Jacinta White, Anna Wells, Rylie Sorensen, Craig Jarrett, Jayden Cooke, Aleah O'Brien, Ellie Metcalfe



Jacinta White, Karah McLeod, Ellie Metcalfe, Aleah O'Brien, Sylvia Carr



Butabah talks and artefact's demonstrations



Glenrock lagoon for a cool down



Glenrock lagoon for a cool down again!  
Beautiful day for a swim



# AMAROOKBA NEWS



Sam Russell, Ranger guide, Craig Jarrett



MVHS Year 8 students Corey Crossley, Klay McKenzie, Noah Fairfull, Riley Sorensen, Jayden Snedden-Clarke, Tyler Orr, Peter O'Brien



Shakira Crosdale, Jorja Bullen, Samantha Snedden, Jacinta White, Karah McLeod, Ellie Metcalfe, Aleah O'Brien, Sylvia Carr, Shanae Hepplewhite, Stephanie Green, Jasmynne Elsayed, Emily Funnell, Felicity Hearne, Chezlee White, Chloe Ford, Ebony Markwart, Montana Anderson, Kayla-Rose Crosdale, Ruth Copeland



Lets play UNO !!!.....Hayden Sneesby, Jayden Cooke, Aleah O'Brien, Sylvia Carr, Kaiis Tanner-Donovan, Preston Keppie, Jack Lewins



Zach Morrison reads bedtime stories to year 6 students, Paige Holbert, Hayley Gleeson, JackWhite , Ngurru Beckett with Kayla-Rose Crosdale's support



Kurtis Morrison, Dylan Kilmurray ,Cooper Orr, Cody Szkut, Preston Keppie, Josh Crosdale, Jack White, Will Lane, Ngurru Beckett, Aiden Ridgeway, Riley Herring, Riley Dederer



Year 6 students, Hayley Gleeson, Paige Holbert, Katie Herring, Mia Holmes, Ava Vickers, Tameikan Stainton & Courtney Hearne



Aiden Ridgeway & Will Lane



Corroboree – Students run into view to begin their traditional dance in front of their families and staff. A Powerful entrance.



## AMAROOKBA NEWS

### Kullaburra Awards

Week 6 last term the Kullaburra Awards were held at Cessnock High School.

Thank you to Cessnock High School for hosting another successful evening celebrating the outstanding achievements of our local students. A special congratulations to Jacinta White who took out this year's scholarship award.

### JAECG & AET Leadership Day

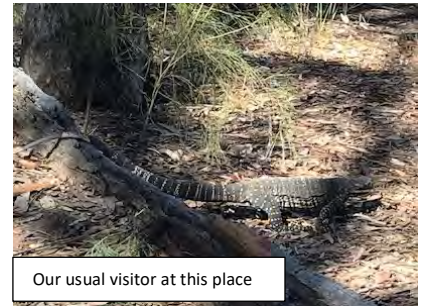
Week 7 last term Mount View High School hosted the JAECG & AET leadership day. All student leaders came together for a brilliant day at Finchley lookout and map site. This experience enhanced and further developed the cultural knowledge and pride for all of those that attended the day.



Student Leaders



Student Leaders



Our usual visitor at this place



Mount Finchley



Sylvia Carr, Jacinta White, Chloe Ford, Ruth Copeland, Aleah O'Brien

### Aboriginal & Torres Strait Islander Student year 7 transition day

On the 27<sup>th</sup> November we held our Year 7 transition day for 2020 incoming Aboriginal and Torres Strait Islander students. A big thankyou to Ms Alder, Ms Springbett and Ms Earl for support with the running of a very successful day. 34 students from our partner primary schools gathered for a private tour of Mount View High School along with organised art and sport activities. A highlight for the day was our pizza delivery for lunch! It was particularly pleasing to see relationships formed between our students that will be strong and helpful in their settling into 2020 with us at MVHS.



Linsey Springbett, Tylah Shoesmith, Emily Solway, Caleb Capper, Liam Smith



Joshua Crosdale, Will Lane



Riley Dederer



Emily Solway, Caleb Capper



Michelle Bedford & Steph Earl





Thomas Hancock, Paige Holbert, Jack White, Riley Dederer



Bonnie-Marie Benson, Hayley Gleeson, Michelle Bedford, Jasmine McDermott, Halle Regent, Riley Herring, Katie Herring, Mia Holmes, Ava Vickers

**Cessnock Walks Kawuma**

A group of our Year 9 students, and JAECG leaders, each invited a fellow year 9 student to walk proudly with them against domestic violence on 20<sup>th</sup> November. This was a peaceful demonstration against domestic and family violence and was named after the Aboriginal word for ‘together’. Our students marched with pride as young leaders in our community. Three of our Aboriginal senior students were part of a MVHS drama group that performed their self-devised piece “This is where we stand”.

This was a powerful performance which explored domestic violence and the murder of a Melbourne comedian. Congratulations to our Aboriginal students, and their friends, that walked and performed on the day.



Corey Crossley, Jacob Bender, Jarrah Ewing, Steph Earl, Thomas Sumner, Chezlee White, Craig Jarrett, Mia Herring, Ruth Copeland, Chloe Ford, Samantha Snedden, Donner Dunworth-Paull, Kaiis Tanner-Donovan, Jacob Dederer, Kirsten Boesen, Aleah O'Brien, Sylvia Carr, Ellie Metcalfe, Daniel Avery, Jack Lewins, Michael Funnell



Jack Lewins



MVHS Senior Student Drama Performance



## SPORT

### Netball

Our U15's netball team played in early November at the Coalfields zone gala day in Maitland. After 5 rounds our team remained undefeated and progressed through to the next round in Newcastle Where they were crowned champions. All girls played extremely well and remained composed against some tough opposition.

The U15's team now take on Hunter Sports High early next year.



*Back Row: Charlotte Connolly, Laylah Deaves, Lara Perkins, Ebony Deaves, Ellie Metcalfe  
Front Row: Jasmine Kerr, Zahlee Connolly, Tahni Beckett, Jorja Fairlie, Chloe Patch*



*Helping on the day: Jorja Bullen & Jayne Connolly*

# HOUSE LEADERBOARD



**GROUNDED & DYNAMIC**

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



**Belong & IGNITE**



**TRUTH & HONOUR**



**STRIVE & UNITE**









**GATHER & ASSEMBLE**





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To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*




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your local Saver Plus Coordinator

**Phone**  
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**Email**  
NewcastleSP@thesmithfamily.com.au

**Online**  
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\* many Centrelink payments are eligible, please contact your local Coordinator for more information.

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