



# Moss Vale High School

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"Innovation, Opportunity, Connection  
Inspiring Success"

E-mail : [mossvale-h.school@det.nsw.edu.au](mailto:mossvale-h.school@det.nsw.edu.au)

*Respectful, Safe and Responsible Learners*

**21 August 2015**

## Vietnam Veterans' Day



School Captains **India Wallbridge** and **Ashlee Garske**, who presented a wreath on behalf of the students and staff at the annual Vietnam Veteran's Day service at Settlers Park in Bowral last week. They were accompanied by the Principal.

Moss Vale High School website : [www.mossvale-h.schools.nsw.edu.au](http://www.mossvale-h.schools.nsw.edu.au)

# NEWSLETTER

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## Principal's Report

### NAPLAN Results

This week, our students in Year 7 and Year 9 will take home their NAPLAN results. These results will showcase student achievement in all areas of literacy and numeracy. These are important tests as they provide valuable diagnostic data on all our students in Years 7 and 9 and provide a great opportunity for us to examine ways in which we help our students achieve their best.

These results will also be analysed by our staff at school to determine and make decisions about the range of strategies that we can use at our school to support individual student achievement and will influence further refinement of various aspects of our school plan.

Our school has a range of structures and personnel who help students with their individual learning needs. Our school is also doing some great work in the area of enrichment education and so I am excited about how we cater for our individual students and how we all are collectively helping them to be their best!

I look forward to sharing more specific detail about these results in the next newsletter. I encourage parents to contact the relevant teachers at school should you have ANY questions.

### Vietnam Veteran's Day

**Last Tuesday 18 August 2015 as we are aware was Vietnam Veterans' Day. It was my pleasure to accompany two of our school captains, India Wallbridge and Ashley Garske to the commemorative service in Bowral. It was a very special and moving event and it was a privilege to be a part of and attend with our two fine student ambassadors!**

### Special Education Expansion

Next year our Special Education Unit will expand from three classes to four with the addition of a further class for students who have Autism. Our school is excited by this expansion and looks forward to planning and implementing the strategies that will support our new students and their families.

I will be updating our school community over the next term with regards to this exciting development. Please contact the school should you have any queries regarding this expansion.

### Attendance

As I often say to students and parents, it is incredibly important that every student is at school five full days every week. Our attendance rate has increased by more than 2% from last year. That may not seem much but in the overall operations of the school – it is a wonderful increase and will really be helpful to students and their achievement of learning outcomes!

Last week I was given an analysis of student attendance rates by Miss Felicity Curtis. Miss Curtis works in our school a day a week and looks after the implementation of a range of strategies that we use for attendance and she has analysed our attendance figures and as I previously stated our results show an increase of 2% in attendance – fantastic news!

Well done everyone and I look forward to seeing all our students at school five full days every week!

### Extended Professional Learning

I just thought that I would share with you the fact that last Wednesday afternoon the staff at our school engaged in an extended professional learning afternoon. Each faculty worked on a range of different areas including the further development and strengthening of our teaching programs, development of assessments, work on enrichment education and various aspects of planning within each faculty.

I want to acknowledge all our staff for their continued dedication and commitment to teaching and learning. We are really lucky to have such a great group of teachers who are incredibly committed to the work they do in supporting our students!

### There is a lot happening!

As we all know, our school is a complex and very busy place where we offer an enormous amount for each and every student. I actively encourage all our parents to regularly check the school website for updates of things that are happening. I also encourage everyone to download the Moss Vale High School App from the App store – another great way to keep in touch with what is happening at our great school!

Have a great week!

*Peter Macbeth*  
Principal

## Deputy Principal's Report

### Positive Behaviour for Success (PBS)

#### Assembly

Last week our assembly focused on Safe Behaviour by looking at the importance of speaking up when we see something happening that may endanger the safety and wellbeing of another person. We presented a PBS film during the assembly that was designed to encourage students not to be silent bystanders when they see dangerous or bullying behaviour.

I would like to thank Mr Vandenberg and Ms Lidgard for their creative efforts in producing such an exceptional and thought-provoking film.



#### PBS Mufti Day Fundraiser

On Tuesday, August 25, it is Lifewave Awareness day of Youth Mental Health issues. This is a significant problem in our society today and it often goes unrecognised that many young people are suffering with various mental health issues on the day, students are encouraged to wear green, the international colour for mental health, and make a gold coin donation. The money raised will be used to support local services for adolescent mental health.

#### PBS Mural

Our PBS murals are nearly completed. They reinforce our values of 'being your best' and striving to achieve your own level of success. I would like to acknowledge the following students for creating the winning designs for these murals: Jesse Dagna, Brittney Shanks, Jake Kenny, Mykala Toft and Torii Cathie. Also, many thanks to the students who painted the murals: Scout Etcell, Jesse Dagna, Omar Bedoui, Rose Conway, Katie Hall and Zoe Griffiths.

Great effort to all the staff and students involved in the creation of our PBS murals!



Mrs P Holmes  
Deputy Principal

# Mastering the HSC Exams

**"Mastering the Exams" – Fundraising for "The Fred Hollows Foundation"**

## Newsletter Advertising Request

Dear Sir/Madam,

To assist students in their preparations for their Year 11 and/or HSC examinations, we have scheduled **ONE LAST SESSION** of our popular examination strategy lecture titled "Mastering the Exams". This exclusive lecture is being delivered by one of Australia's leading education/learning specialists and is a **"must"** for those students wanting to reach their full academic potential.

**Valued at over \$200** our "Mastering the Exams" lecture is **free of charge\***. We do, however, require that students participating in this program make a "minimum \$10 donation to "The Fred Hollows Foundation" charity representatives that will be in attendance on the day.

Date: Sunday 30 August 2015 (10am to 3pm)  
 Venue: The University of Sydney (Camperdown)



We would greatly appreciate it if you would make this program information available to your current Year 11 and Year 12 students.

Kind Regards,  
 The School For Excellence

### What have past students said about "Mastering the Exams"?

- 100%** Of past students indicated that the skills and strategies covered on the day would definitely improve their examination marks.
- 97%** Of attending students left the lecture feeling more confident about their forthcoming examinations.
- 94%** Of students indicated that they learned important skills and strategies that they were not previously aware of.

**Total Donated to Charity to Date = \$289,810.15**



The Fred Hollows  
 Foundation

the school for excellence

### What will be Addressed in "Mastering the Exams"?

"Mastering the Exams" is a *unique* lecture designed to provide students with the best opportunities to maximise examination marks. During the course of this program, the following topics will be addressed:

- ✓ The best way of preparing for the exams.
- ✓ Errors made by past students and how to avoid these.
- ✓ Key ingredients required for examination success.
- ✓ Planning and executing effective exam study timetables.
- ✓ Preparing comprehensive exam study notes in the fastest possible time.
- ✓ The most effective (and time-saving) learning techniques.
- ✓ Valuable strategies designed to enhance concentration and memory.
- ✓ Developing strong problem-solving skills and examination techniques.
- ✓ The smartest way to work through past examination papers.
- ✓ Maximising how much of each examination paper is answered correctly.
- ✓ Combating "panic attacks" and "mind blanks".



Bookings are essential. Register online at [www.tsfe.com.au](http://www.tsfe.com.au) or call 1300 364 173.

Date: Sunday 30 August 2015 (10am to 3pm)  
 Venue: The University of Sydney (Camperdown)

### What Are Students Saying About "Mastering the Exams"?



- "Amazing lecturer, fantastic ideas, good anecdotes, thoroughly convinced I can do well on my final exams."
- "Absolutely the best exam prep lecture I've ever attended. I've attended heaps of exam prep lectures and none of them are half as effective as this."
- "The most useful and informative lecture I have ever attended. Great notes coupled with a fantastic and engaging teacher to explain odd to them. Has been so helpful."
- "I think that all students who are aiming for a high ATAR mark should attend this program, as it certainly has changed my views on studying and the techniques I will use."
- "The Mastering the Exams lecture was amazing! I didn't think I would be able to get so much out of a 4 hour lecture, but it just blew my mind! Thank you for giving me such an advantage TSFEV"
- "A REALLY top class lecture greatly assisted with my study techniques!"



the school for excellence

The Thomas Kelly Youth Foundation is holding a Gala Dinner on  
 Wednesday 16 September at the Star Event Centre in Pymont.

Guest of honour is the Hon. Mike Baird - Premier of NSW, along with the keynote speaker - NSW Police Commissioner Andrew Scipione.

The event commences at 6.30pm with David Campbell, master of ceremonies -  
 (co-host of Channel 9 "Mornings Show").

The evening is all about raising funds and awareness to realise the Foundation's vision of ensuring that "all of our children get home safely" and making our streets safer. The auctioneer for the evening will be Ray Hadley AM, an advocate of the Foundation from the beginning.

Sony Music will also ensure a night of fantastic musical entertainment.

Information on the event and ticketing can be found on the Foundation's web site:  
<http://thomaskellyyouthfoundation.org.au/take-kare-gala-ball-2015/>

# PBS News

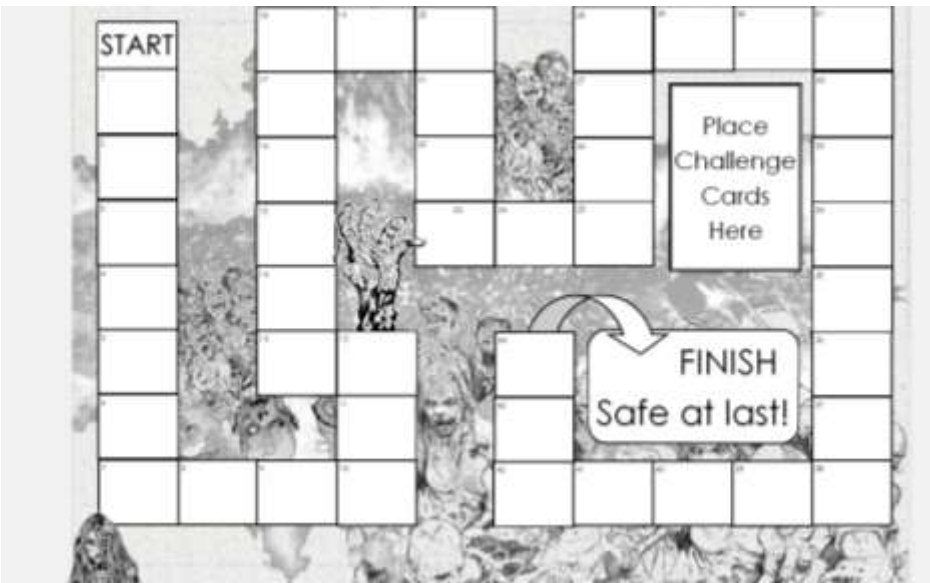


## Escaping Zombies with PBS

The PBS lesson for Week 3 this term was aimed at Safe Behaviour, refreshing everyone's understanding of Lock Down and Evacuation procedures at Moss Vale High. It was a fun session, as students applied their knowledge of the expectations to reach safety on a custom-made board game.

The purpose of PBS lessons is to explicitly teach students an aspect of our school expectations, whether it be Safe, Respectful or Responsible. This explicit teaching is the keystone to Positive Behaviour for Success, because it means all students understand the high expectations of the school and—more importantly—what those expectations *look like* in terms of behaviours, routines and practices.

**Hundreds of Vivos were awarded in all, with winning students receiving a “Top of Task” 10 Vivos.**



Students had to escape Zombies for the PBS lesson in Week 3

The NAIDOC Week assembly was very special. I particularly liked how we celebrated the hard work of students around the school, and highlighted the local Gundungarra culture.

- Mr. Vasilakis

## News from the Vivo Team

Vivos are being awarded thick and fast! Remember to log in and check your tally. If you have reached an award level, let Mrs. Holmes know so that you can receive your certificate!

Lost your Vivo details? Ask Ms. Naujok to reset them for you.

Don't forget that you can drop in suggestions for the Vivo store—pop them in the letterbox near the Admin office!

## Wear it Green for Lifewave Awareness



Tuesday of Week 7 (25th August) will be our next Fundraiser Mufti day. The theme of this day will be Wear it Green, in support of PBS and Lifewave Awareness. Lifewave works to support NSW youth struggling with a range of mental health conditions.

<https://www.facebook.com/lifewavemovement>

## Coming Up...

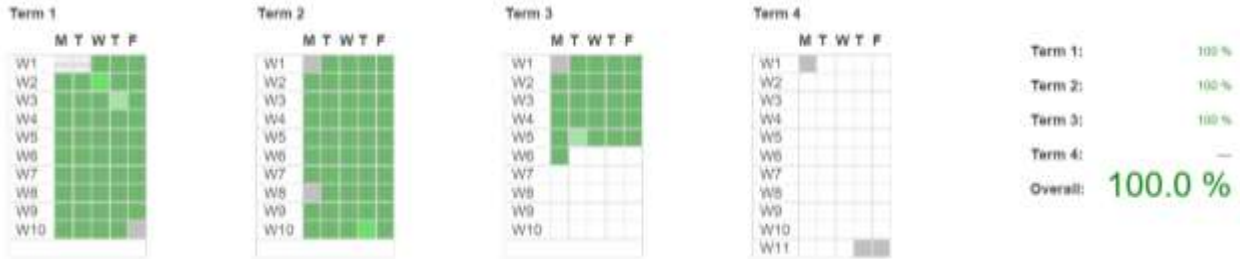
August 25: Mufti day  
 August 27: PBS Lesson  
 September 10: Merit assembly  
 September 18: End of term!

# attendance MATTERS

ISSUE 9: 2015

WHAT DOES IT ALL BOIL DOWN TO? ATTENDANCE IN PICTURES

*Student 1: A student with outstanding attendance:*

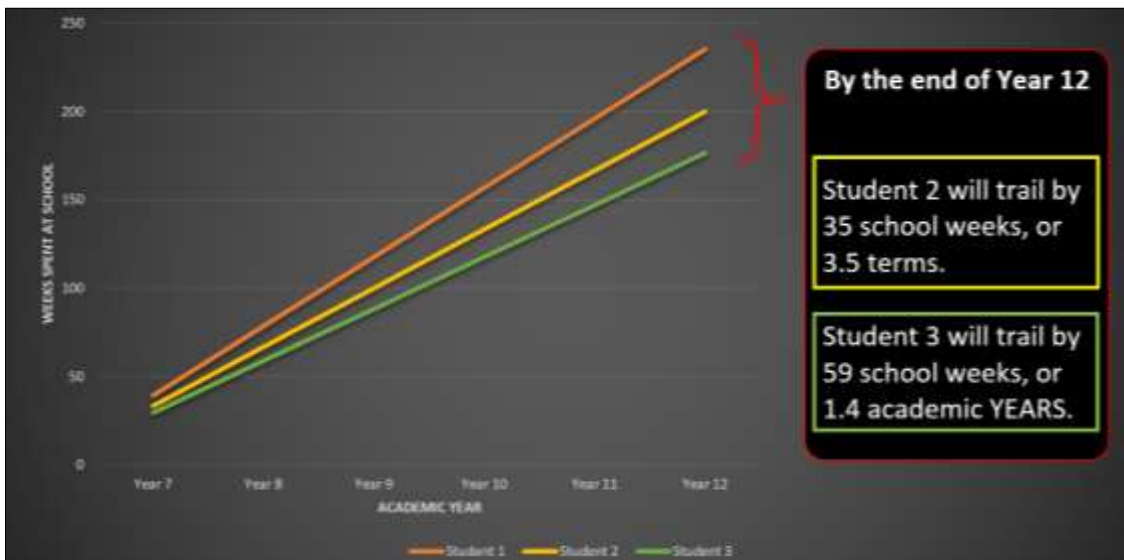


What does *your* attendance picture look like?

*Student 2: A student with low attendance:*



*Student 3: A student with chronic absenteeism:*



## English Experiences

On Wednesday afternoon, as part of our Professional Learning, we hosted nearly thirty teachers from the Moss Vale Community of Schools to introduce the framework known as Conceptual Learning in English. Elizabeth Williams, English Adviser K-6 from the Learning and Leadership Directorate, explained the process behind the mapping of key concepts in the English syllabus from Kindergarten to Year10.

Representatives from five different public schools, including teachers, interns and support staff learned about our current writing project that aims to share teaching and learning strategies between Stages 3 and 4. During term 4, we begin a series of interschool visits which will allow teachers to experience different learning environments in a range of classrooms. This writing project aims to strengthen the established ties within our school communities and further develop transitional education to better support students in the middle years of schooling.



### *Youth Writes - Number 10*

The English Faculty greatly appreciate the donation of fifty copies of the student anthology titled *Youth Writes Number 10* from Jonathon Perse of Burrawang. These books contain original writings by young Australians from secondary school. This rich resource will provide inspiration and exemplars of poetry and prose for all year, and will be particularly useful in the new English elective Writing and Publishing.

*Kerri-Jane Burke*  
HT English

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## Book Week 2015 – Books light up our world



Saturday 22 August to Friday 28 August marks the Children's Book Council of Australia's annual celebration of all things books. To kick off proceedings Ms Cripps' library class on Friday 21 August participated in a virtual excursion. Kids' Anticipate, Appreciate and Applaud. Two schools talk about their favourite books on the Short List and suggest who they think should win.

Ms Cripps' Year 7 library classes have been thinking about the ways in which books have lit up their world and they have been made into posters and displayed in the library foyer. They will be around until the end of term

Wednesday 26 August at lunch will see a celebration in school, with the meeting of the book club and of course, some cake. Students will be able to discuss what books they love to read and write reviews which will be published on the School library catalogue which can be accessed through the student portal.

Happy reading!

## Message from School Administrative Manager



Our new foyer area is looking great with the addition of a wonderful looking piece of art work by Year 7.

This foyer is to be used by all students for making payments, handing in permission notes, requiring sick bay or any other assistance.

Parents may also use this foyer for making payments and picking up students.

The formal foyer should be used by parents or visitors who need to sign in or who have appointments with school staff. More comfortable seating is provided in this area.

*Maureen Sinclair*  
**SCHOOL ADMINISTRATIVE MANAGER**



# S P O R T

**G'day athletes, we are nearing the end of the term and it's time to push that last little bit of stamina to see through the term and continue supporting our school in all aspects of sport!**

The Rugby League lads have trucked it up and made it through to the West Leagues Cup grand final! The under 15 boys played in the C division grand final hosted by West leagues at Campbelltown Stadium. Mason Hurst lead a brutal attack as the lads ran in winners 42-16 over a courageous John Edmondson High School. Head coach Mr Gannon was stoic and humble as always in his post-match interview saying, "The lads played to their game plan and played a good direct line. I think we'll have to erect a statue of me in celebration." Well done to our champion 15's, and good luck next year.

**Rugby Union has made an impact at the school and Mr Dubois couldn't be happier. The game they play in the heavens is building at Moss Vale High School and we have been lucky enough to have the NSW rugby union visit us for a discovery day. After some intense trials and a great showing of interest in Rugby union a girls and boys training squad has been selected and are already learning their new trade every Wednesday morning at 8am. Coaches Mr Dubois and Mr Berman are excited at the prospect of leading these great men and women to glory on the rugby field.**

A huge shout out to the girls Cricket team who have been training under their own steam in the absence of their spiritual leader **Mrs Wells. Everyone in the PE staff room have been very impressed at the girls' commitment as they have run their own training once a week all term. They will be a very formidable team when they play their next round of cricket.**

Our Hockey boys keep on trucking as they have made it through to the final 16 of the STATE!! Best of luck to Mr Nash and his team, we hope you can bring home the gold.

Tuesday school sport is running well for Years 9, 10 and 11. Again we have a range of different sports activities that are taking place and the students are having a great time. Please make sure you check in with your sport teachers about the running of your activities and make sure to get your bus money in.

Moss Vale High School needs your help! We are part of the A-Mart Allsports community kick back program. For every dollar spent at Amart, in Mittagong, the school will receive 5% of money spent, kicked back to the school. That might not sound like much but if everybody nominates our school as their kick back recipient then we will build a big fund for us to spend on improving the school. See the flyer on page 14 for more info!

**That's all the highlights from the sports reel this term and remember good things come to those who sweat.**

**Mr DB's fun, fit, fact:** With the retirement of Michael Clarke from Australian cricket, I thought it would be fitting to share a fact about our retired captain. *Michael Clarke scored 1000 runs in a calendar year four times! His most prolific year was 2012 when he scored a whopping 1595 runs at an average of 106.33. What a great man!*

*Mr Adam Dubois  
PDHPE Teacher and Sports Coordinator*



*The Rugby boys flashing our new jerseys*



*The victorious under 15's Rugby League lads*



## Nationally Consistent Collection of Data School Students with Disability



# 2015 information for parents and carers

## WHAT IS THE NATIONAL DATA COLLECTION?

The Nationally Consistent Collection of Data on School Students with Disability (the national data collection) is an annual collection that counts the number of school students with disability and the level of reasonable educational adjustment they are provided with.

The national data collection will count students who have been identified as receiving an adjustment to address a disability under the *Disability Discrimination Act 1992* (the DDA). The DDA can be accessed from the ComLaw website at [www.comlaw.gov.au](http://www.comlaw.gov.au).

## WHAT IS THE BENEFIT FOR MY CHILD?

The aim of the national data collection is to collect better information about school students with disability in Australia.

This information will help teachers, principals, education authorities and families to better support students with disability to take part in school on the same basis as students without disability.

The national data collection is an opportunity for schools to review their learning and support systems and processes to continually improve education outcomes for their students with disability.

## WHY IS THIS DATA BEING COLLECTED?

All schools across Australia collect information about students with disability. But the type of information currently collected varies between each state and territory and across government, Catholic and independent school sectors.

When implementing the national data collection, every school in Australia will use the same method to collect information. Therefore, a government school in suburban Sydney will collect and report data in the same way as a Catholic school in country Victoria and an independent school in the Northern Territory.

The information provided through the national data collection will enable all Australian governments to better target support and resources to benefit

students with disability. The data will help schools to better support students with disability so that they have the same opportunities for a high quality education as students without disability.

## WHAT ARE SCHOOLS REQUIRED TO DO FOR STUDENTS WITH DISABILITY?

All students are entitled to a quality learning experience at school.

Schools are required to make reasonable adjustments, where needed, to assist students with disability to access and participate in education free from discrimination and on the same basis as other students.

These responsibilities are outlined in the DDA and the Disability Standards for Education 2005 (the Standards). The Standards require educators, students, parents and others (e.g. allied health professionals) to work together so that students with disability can participate in education. The Standards can be accessed via the ComLaw website at [www.comlaw.gov.au](http://www.comlaw.gov.au).

## WHAT IS A REASONABLE ADJUSTMENT?

A reasonable adjustment is a measure or action taken to help a student with disability access and participate in education on the same basis as students without disability. Reasonable adjustments can be made across the whole school setting (e.g. ramps into school buildings), in the classroom (such as adapting class lessons) and at an individual student level (e.g. extra tuition for a student with learning difficulties).

## WHAT INFORMATION WILL BE COLLECTED?

Every year your child's school will collect the following information for each student with a disability:

- the student's level of education (i.e. primary or secondary)
- the student's level of adjustment
- the student's broad type of disability.

The information collected by schools will be provided to all governments to inform policy and



programme improvement for students with disability.

### WHO WILL BE INCLUDED IN THE NATIONAL DATA COLLECTION?

The definition of disability for the national data collection is based on the broad definition under the DDA.

For the purposes of the national data collection, students with learning difficulties such as dyslexia or auditory processing disorder as well as chronic health conditions like epilepsy, diabetes or asthma, that require active monitoring by the school, may be included.

### WHO WILL COLLECT INFORMATION FOR THE NATIONAL DATA COLLECTION?

Teachers and school staff will identify the number of students with disability in their school and the level of reasonable adjustment they are provided based on:

- consultation with parents and carers in the course of determining and providing reasonable adjustments
- the school team's observations and professional judgements
- any medical or other professional diagnosis
- other relevant information.

School principals are responsible for ensuring the information identified about each student is accurate.

### HOW WILL MY CHILD'S PRIVACY BE PROTECTED?

Protecting the privacy and confidentiality of all students and their families is essential. Personal

details such as student names or other identifying information will not be provided to local or federal education authorities.

Further information about privacy is available from [www.education.gov.au/notices](http://www.education.gov.au/notices).

### IS THE NATIONAL DATA COLLECTION COMPULSORY?

All education ministers agreed to full implementation of the national data collection from 2015. This means that all schools must now collect and report information annually on the number of students with disability in their care and the level of adjustment provided to them.

Information about the arrangements that may apply to your school in relation to this data collection is available from your child's school principal and the relevant education authority or association of independent schools.

Even if your child's information is not included in the national data collection, the school is still required to provide support to your child with education needs.

### FURTHER INFORMATION

Contact your child's school if you have further questions about the Nationally Consistent Collection of Data on School Students with Disability and how it may involve your child.

You can also visit [www.education.gov.au/nationally-consistent-collection-data-school-students-disability](http://www.education.gov.au/nationally-consistent-collection-data-school-students-disability).

An e-learning resource about the Disability Standards for Education 2005 is freely available for the use of individuals, families and communities at <http://resource.dse.theeducationinstitute.edu.au/>.

**Nationally Consistent  
Collection of Data**  
School Students with Disability

**Education  
Council**



The safest way to and from School may be absolutely **FREE!**



Most children are eligible for free school bus travel.



Contact Berrima Buslines  
**Phone: 4871 3211**

Discounted Term Passes available to non-eligible students

**Berrima BUSLINES**  
90 Old Bowral Road Mittagong, www.berrimabuslines.com.au

## Mittagong Blue Light Disco

Venue: Mittagong RSL  
Date : **Saturday 29 August**  
Times : 4pm to 6.30 pm  
Cost : \$5.00 per child 4 – 14 years  
Parents and children under 4 free.

**this is RIGHT ON YOUR DOORSTEP**  
#ThisIsUOW



**SOUTHERN HIGHLANDS CAMPUS OPEN NIGHT**  
6PM WEDNESDAY  
19 AUGUST

Discover how you can study at one of the world's best modern universities\* without leaving the Southern Highlands. You'll get all your questions answered and learn about our degrees that have a 5-star rating for getting you a full time job.<sup>2</sup>

Register today at [highlands.uow.edu.au](http://highlands.uow.edu.au) or call 4869 1888

**UNIVERSITY OF WOLLONGONG**  
SOUTHERN HIGHLANDS



PERSONALISED EXPERIENCES · WORLD-CLASS RESULTS

### WINGECARRIBEE FAMILY SUPPORT – ACTIVITIES TERM 3, 2015

CALENDAR RUNS FROM 13th July to 18th September. BOOKINGS PHONE 4862 1777. VENUE: Family Support 2 Holmhale St. Bowral (Cr Bowral St) unless otherwise stated. Phoning to book is appreciated as this helps us with planning. All activities are free of charge and all materials supplied.

<p><b>THE INCREDIBLE YEARS</b> Parenting Workshops 10.00-12.00 noon <b>TUESDAYS</b> 14 July to 15 September</p> <p>Free childcare provided for group participants on-site with early childhood workers – please ring to book your place</p> <p>A parenting program that teaches you how to understand your child's communication, promote development, play and identity. Lots of useful information presented in an easy to understand way.</p> <p><i>With Linda</i></p>	<p><b>Moving Forward</b> Support Group for Separated Parents 10.00 - 12.00 noon <b>WEDNESDAYS</b> 15th July to 16th September</p> <p>Are you feeling isolated or overwhelmed by a separation and would like some support.</p> <p>Free childcare provided for group participants on-site with early childhood workers – please ring to book your place.</p>	<p><b>PLAY &amp; CHAT SUPPORTED PLAYGROUP</b> 10.00-12.00 noon <b>THURSDAYS</b> 16 July to 17 September</p> <p>A playgroup providing help to develop parent's skills and insight into the role of play in children's learning and social development. Early Childhood staff available for support and advice about your child's needs and any parenting or other concerns you may have. Please bring a hat and piece of fruit to share.</p>	<p><b>COMMUNITY WALKS FOR THE YOUNG &amp; THE YOUNG AT HEART</b> Start at 10.00 for about 1 hour</p> <p>Do you want to get motivated, get a sense of being part of the community and increase your fitness at the same time? Are you new to the area and want to meet people?</p> <p><b>MONDAY MOSS VALE</b> <i>With Patricia</i> Meet at Leighton Gardens 9:30</p> <p><b>TUESDAY BOWRAL</b> <i>With Mardi</i> Start in the car park of Bowral Swimming Pool for the Cherry Tree Walk</p> <p><b>THURSDAY MITTAGONG</b> <i>With Mardi</i> Start at the corner of Helena Street and the Old Hume Hwy opposite the Tourist Information Centre.</p>
<p><b>Men's Group Bowral</b> Tuesday Nights 7pm-9pm</p> <p>Call to book or for any enquiries David Del-Sole 4862 8585</p> 	 <p><b>Springwater Tots Aboriginal Supported Playgroup</b> 10:00-12:00 noon <b>MONDAYS</b> 13 July to 14 September Please call Kelly to book in 4862 1777</p>	<p><b>YOUNG PARENT GROUP</b> FOR ALL YOUNG PARENTS INCLUDING EXPECTANT MUMS &amp; DADS 10:00 to 12noon <b>FRIDAYS</b> 17 July to 18 September</p> <p>Get together with other young parents, share info, experiences, support. Enjoy activities and learn about parenting, child development and relationships. Guest speakers, outings and activities. <i>With Karena</i></p>	

## Year 12 Business Studies excursion to Sydney

By *Mitchell Clarson and Jack Donovan*

On 11 August, Mr Nash's, Year 12 Business Studies class travelled to Penrith to obtain important information to use for business case studies in the upcoming HSC. Our first destination was Ifly Downunder, a \$12 million investment. Here, we received a lecture from Ifly's Operations manager on the functioning of their business. The manager provided answers to our questions as well as key case study material. We were then able to experience the rush of indoor skydiving in their 20metere high wind tunnel. The thrill of this has meant that many of the class are keen to go skydiving and jump from 12000 feet (excluding **Chris Goodacre**).

From this experience, we enjoyed a quality lunch at Penrith Leagues Club followed by a visit to Crispy Crème.

After satisfying our appetites, the class then headed to Hoxton Park to examine the largest distribution centre in the southern hemisphere. The 95000 square metres of the Big W Distribution Centre in south west Sydney. Our time at the facility consisted of a tour studying the logistics of the businesses operations. It gave all students a unique insight and view of the technology used to distribute products to all parts of Australia. Our guide, Nick, was a wealth of information and we learnt much relating to the Business Studies syllabus.

Overall, the excursion provided valuable information which will provide a competitive advantage for our class in the HSC exams.



# TAKING YOUR FIRST WICKET



**SUMMER IN AUSTRALIA MEANS CRICKET!**  
Cricket is a perfect way for kids to socialise, have some fun, learn about teamwork and keep active in a competitive environment.

**ACTIVITY:** REGISTRATION DAYS 2015/16  
**CLUB CENTRE:** ROBERTSON BURRAWANG CRICKET CLUB  
**ADDRESS:** Hampden Park Cricket Nets, Robertson

Junior Cricket for Boys & Girls aged 8-16, Senior Cricket 1st/2nd/3rd Grades

**DATE:** Saturday September 5, 12 & 19 **TIME:** 10am - Midday  
**CONTACT:** Aaron de Jager 0421 452 167  
aaron@rcb.com.au

rebél | play cricket

Find out how you can create your own cricket moment at [PLAYCRICKET.COM.AU](http://PLAYCRICKET.COM.AU)

## High School Volunteer Projects Abroad Winter & Summer Programs 2015/16



Our Two Week High School Volunteer Projects are a great way for students in Years 10 and to take part in a [constructive and worthwhile trip](#) during their summer holidays.

With volunteers typically aged 16-17, the trips combine cultural immersion with community focused volunteer work or work experience.

### High School Projects - Summer 2015/16

[Cambodia – Conservation & Community](#)

[Fiji – Care & Community Village](#)

[Nepal – Care & Community](#)

[Nepal – Medicine & Healthcare](#)

[Philippines – Disaster Relief](#)

[Sri Lanka – Care & Community](#)

### Running 3rd - 16th January 2016

[Cambodia – Care & Community](#)

[Nepal – Care & Community](#)

[Nepal – Medicine & Healthcare](#)



HELP US SECURE FUNDING TO IMPROVE OUR FACILITIES

OUR SCHOOL/CLUB SCORES

YOU SCORE

**5%** of your purchases are paid back to us to improve our facilities\*

**PLUS**

- LOYALTY BENEFITS:**
- Preferred pricing
  - Exclusive offers
  - VIP shopping nights
  - Member only competitions

\*Conditions apply

ALL YOU NEED TO DO

It's super simple.

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2. Select our school/club on your account profile. It's important! If you're already a Team Amart member, simply add us to your account profile.
3. Ensure you swipe your loyalty card **EVERY** time you shop at Amart Sports.
4. And that's it, with every purchase you make at Amart Sports, we secure funds to improve our facilities.



TO JOIN VISIT  
[TEAMAMART.COM.AU](http://TEAMAMART.COM.AU)

## Raising Resilient Teenagers



FREE online program empowering parents to make sense of adolescence and parent their teenager more confidently.

We are seeking parents and their teenagers to take part in a trial of a new online parenting program designed to provide parents with strategies to deal with adolescence, and protect their teenagers' mental health.

### Who can take part?

Parents or guardians of at least one child aged 12 to 15 who live in Australia, are fluent in English, and have internet access.

### What's involved?

- As a parent, you will receive a brief, individually tailored parenting program that will give you feedback about your current parenting and strategies to reduce the risk of depression and anxiety in your teenager.
  - You will be allocated to one of two groups, either receiving the program straight away, or in 3 months' time.
  - We will ask both you and your teenager if they agree to take part to complete some online surveys, at the beginning, and after 3 months. We may also ask you to complete similar surveys after 6 and 12 months.
- In total over 12 months, your participation will take a few hours of yours and your child's time. To say thank you, both you and your child will be reimbursed with e-gift vouchers.

As our program is designed to prevent depression and anxiety disorders in teenagers, it is best suited for parents of teenagers who are not already having difficulties with depression or anxiety.

If you are concerned about your teenager's mental health, we recommend that you see a trained mental health professional instead of participating in this trial.

### How do I find out more?

To find out more, or to register to participate, please go to [www.parentingstrategies.net/depressionbriefintervention](http://www.parentingstrategies.net/depressionbriefintervention)  
For further details, you can contact the researchers at [med-parentingstrategies@monash.edu](mailto:med-parentingstrategies@monash.edu) or on (03) 9005 1250.



**PARENTING STRATEGIES:**  
Preventing Depression & Anxiety

This research has been approved by the Monash University Human Research Ethics Committee.

# Drum Kit Lessons Available Mondays at school All styles



Contact Michael Griffiths

**0429 391 957**



**NBL Double Header at Moss Vale**

Sat 19 Sept 5:00 pm tip off  
Perth Wildcats vs Sydney Kings

Sun 20 Sept 3:00 pm tip off  
Perth Wild Cats vs Illawarra Hawks

Tickets available at Moss Vale Stadium  
or by phoning 0476 204 662  
\$15 for Adults & \$10 for 14 yrs & under

**HIGHLANDS Drive Safe**

Your LOCAL award winning driving school

- \* **FREE** Keys 2 Drive lesson for learners - see website
- \* Older driver lessons & assessments - RMS accredited
- \* Rehabilitation driver training and assessments
- \* Lessons for beginners to advanced
- \* Gift vouchers available no extra charge

**\*\*NEW\*\*** Red Car

**RMS SAFER DRIVERS COURSE**  
held every month over one weekend  
5 hr course = 20 hrs in logbook\*  
see website for details \*conditions apply

Facebook: Highlands Drivesafe  
[www.highlandsdrivesafe.com](http://www.highlandsdrivesafe.com)  
Phone to book : 0428844473

2011, 2012, 2013  
Small Business Award winners Southern Highlands

**KIDS CAMPS**

**WINTER HOLIDAY CAMPS**  
THE BEST HOLIDAYS HAPPEN AT CAMP

- ✓ New friendships
- ✓ Fun
- ✓ Great value
- ✓ Safe

Our popular Winter Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular ski / snowboard camps at Jindabyne.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 7 to 16 years\* and range from 1 to 7 days.

Residential Kids' Camps include:

- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

\*Snow Sports camps are suitable for kids aged 10-16 years.

Family Camps include:

- Instructor led activities
- Meals
- Accommodation
- Lift and lesson tickets and transport to Perisher (for Jindabyne camps only)\*\*

\*\*Kids as young as 6 years can participate in group lessons as part of a Family Camp.

dsr.nsw.gov.au/camps | 13 13 02  
fb.com/nswsportandrecreation

NSW Office of Sport Sport & Recreation

<b>TO : <u>MOSS VALE HIGH</u></b>	<b><u>NOTE OF ABSENCE</u></b>
<b>Date :</b> _____	<b>Address :</b> _____
<b>Roll Class :</b> _____ <b>Year :</b> _____	
Please excuse the absence of my son/daughter : _____	
on (dates) _____	
Total number of days absent : _____	
The reason for the absence/s ( <i>this reason must be specific, not just "he/she was sick"</i> ) : _____	
_____	
Parent Name : _____	
Parent Signature : _____	Date sent : _____

<b>TO : <u>MOSS VALE HIGH</u></b>	<b><u>NOTE OF ABSENCE</u></b>
<b>Date :</b> _____	<b>Address :</b> _____
<b>Roll Class :</b> _____ <b>Year :</b> _____	
Please excuse the absence of my son/daughter : _____	
on (dates) _____	
Total number of days absent : _____	
The reason for the absence/s ( <i>this reason must be specific, not just "he/she was sick"</i> ) : _____	
_____	
Parent Name : _____	
Parent Signature : _____	Date sent : _____

<b>CHANGE OF ADDRESS / CONTACT DETAILS</b>	
NAME : .....	Roll Class : ..... Year : .....
NEW ADDRESS : ..... PO BOX .....	
.....	
New Phone No's : Home : ..... Work (M) : .....	
Mobile (M) : ..... Work (F) : ..... Mobile (F) : .....	
Email : .....	
DATE YOU CHANGED ADDRESS : .....	
PARENTS / GUARDIANS NAMES YOU ARE LIVING WITH :	
.....	

OFFICE USE ONLY	
CHANGED ON	
ERN	
EMERGENCY CARD	
BUS Co NOTIFIED	
RECEIVED NEW BUS	