



Moss Vale High School

P. O. Box 137 Moss Vale 2577
Tel: (02) 4868 1717 Fax: (02) 4868 2787
“Innovation, Opportunity, Connection
Inspiring Success”

E-mail : mossvale-h.school@det.nsw.edu.au

Respectful, Safe and Responsible Learners

16 September 2015

**Open Boys Hockey Team
5th in the State**



See story page 13

IMPORTANT SCHOOL DATES

Last Day of Term 3 Friday 18 September 2015

School Resumes **Tuesday 6 October**

for all Staff & all Students

Principal's Report

Best Wishes – Year 12 Class of 2015

The last week of this term will mark the last formal week of secondary schooling for our Year 12 students, the class of 2015. Last week the students in Year 12 were farewelled by everyone at school at a special assembly and this week we will hold a graduation assembly to mark the end of their secondary schooling.

I want to say a BIG thank you to all the students and the incredible contributions that they have made to our school. We also wish each of our Year 12 students every success in their future. We hope and trust that they take advantage of the opportunities that will come their way and we look forward to hearing of their dreams becoming reality!

School Captains

I would like to congratulate **Lachlan Williams, Hamish Schaeffer, Harriet Snaith** and **Lucy Backhouse** for recently being selected to become our school captains for 2016. This is an incredible honour for these students and we wish them every success.

I also would like to make a very special mention of the following students: **Tim Cubit, Dominique Palmer, Sienna Harvey, Charlotte Fitzgerald** and **Gabby Middleton** for participating in the extensive selection process for the role of school captains. These students are just wonderful young people who should be incredibly proud of how they carry themselves – I know the whole school community is incredibly proud of each of them as they will become our senior student leadership team. These students play a vital leadership role across the school and our community.

Congratulations to all these amazing students!

Boys Hockey

A very special mention needs to be made of our award winning boys hockey team and their coach Mr Nash. For the **third season in a row, our school's team played in the state hockey finals in Sydney and this year our boys finished 5th** in NSW – congratulations boys, we are very proud of you! Go Moss Vale High School!

Our school has a strong tradition in Hockey and in many ways this is due to the wonderful efforts of Mr Nash – he is a great coach and so we look forward to even more success in the future.

Special Education – Expanding Times

As a result of our school getting bigger through increasing student enrolments, next year our special education unit will move from 3 classes to 4 classes with the addition of an extra autism class to the existing class structure. This is a wonderful exciting development for our school and we are excited by this growth and development.

Our new students will bring a lot of positive spirit to the school and we will also see the addition of more school staff to support these students in their education. Term 4 will be spent busily planning and developing the structures for our new students as we get set for an exciting 2016.

The holidays are almost upon us . . .

As Term 3 draws to a close, it presents us with a great opportunity to reflect back on the term and the many wonderful things that we have achieved in the last few months.

Last week we had a school assembly and it was once again a great opportunity to celebrate the incredibly positive spirit that exists at Moss Vale High School. The ability to present students with their awards was really inspiring. This assembly showcased the caring, inspiring spirit in our school and was a wonderful way to reflect back on what at times has been a challenging term but the positive spirit of Moss Vale High School has remained strong and evident!

I want to wish all students, staff and members of our community a safe, relaxing two week school holiday period. Please keep safe but take the time to relax and enjoy spending time doing all those things you enjoy.

A reminder that school will return for both students and staff on Tuesday 6 October 2015

Peter Macbeth
Principal

Deputy Principal's Report

Positive Behaviour for Success (PBS)

We have had a busy and successful term with PBS. We recently presented a whole school PBS lesson focusing on raising awareness of adolescent mental health issues. Below is an outline of the lesson that students engaged with in week 7 of term:

1. Task: Brainstorm and initiate a brief discussion about mental health.
What is mental health? Why is mental health important? What do you know about mental health?
Use the mind map to document your answers. Work as a class or in small groups with the maps provided and keep one to hand in.
2. Task: Watch the YouTube clip- Xavier Eales Speech on Friendship <https://vimeo.com/134160951>
Why is it important to discuss mental health? Why do we sometimes tiptoe around mental health? How can we raise awareness of mental health? Complete the **'personal reflection'** worksheet.
3. Task: Watch the brief YouTube clip **'How to talk about it' – BEYOND BLUE**
<https://www.youtube.com/watch?v=uKZKo2qMXaE>
Did you find this clip helpful? Would you feel comfortable talking about mental health? What we can do to be proactive?

Hand out speech bubbles and ask students to write a sentence or two about what they can do to help raise awareness of mental health. These speech bubbles will make our **'Moss Vale High Stands Together'** wall, to be displayed in the hall. Students are encouraged to write neatly and decorate their speech bubble.

4. Task: Handout the Moss Vale High School pamphlet and ask students to complete the back. Suggest students keep this in their diary or in a safe place.

Extension Activity: Work in groups to design their own ad campaign (PBS iMovie or song etc) to raise awareness of mental health, particularly in young people.

This PBS lesson coincided with our fundraiser for *Life Wave Awareness* day where students were asked to wear green, the international colour for mental health, and make a gold coin donation. The day was designed to raise awareness of how mental health problems can significantly impact on individuals, families and communities.

Many young people are suffering with various mental health issues. 75% of all severe mental illness starts before the age of 24. By age 21, just over half of young people will have experienced a diagnosable psychiatric disorder. Suicide accounts for 17.8 per cent of deaths in the 15-19 year age group. Good mental health is fundamental to quality of life and physical health. It contributes **to the ability to find satisfying social roles in life and allows people to form positive relationships with others.** For young people who are still developing socially, emotionally and physically, the development of a mental health problem or disorder can disrupt and seriously impede their social development, education, family relationships and vocational path. Mental health issues affect not only the young person, but also their family, carers, friends and the wider community. Yet there is evidence that young people do not readily access services to support their mental health needs.

As a school community, we raised \$600 and all of this money has been donated to Beyond Blue, an organisation that promotes **good mental health and creates change to protect everyone's mental health and improve the lives of individuals, families and communities affected by depression, anxiety and suicide.** A fantastic effort!

Continued over



21 Narellan Road
MOSS VALE NSW 2576

Dear Patricia,

I write to acknowledge and thank you for your kind donation to *beyondblue: the national depression and anxiety initiative*.

Your donation has helped create a lasting legacy in support of All young people suffering with mental illness (In memory of Will and Dom)

beyondblue's work is aimed at achieving an Australian community that understands depression and anxiety, empowering all Australians, at any life-stage, to seek help. *beyondblue* raises awareness, reduces stigma and ensures people have access to the information they need to support recovery, management and resilience.

Below is a summary of your gift. You can also access a receipt online by clicking on this link: <https://donation.beyondblue.org.au/components/greecelpt.ashx?key=zxVBibYwvqKLsbVScYCZ>

Amount: \$ 600.00
Payment Method: Visa Credit Card, 4661
Date: 8/09/2015
Designation: General Fund

Thank you once again for your donation.

Yours sincerely

Joshua Donchi
Fundraising Manager
beyondblue

Beyond Blue Limited
PO Box 6100 Hawthorn West
Victoria, Australia 3122
Tel: (03) 9810 6100
ABN: 87 093 885 840

<http://www.beyondblue.org.au>

Receipt No: Web16021

DATE	RECEIVED FROM	PARTICULARS	AMOUNT
8/09/2015	Moss Vale High School Patricia Holmes	Donation	\$ 600.00
METHOD OF PAYMENT: Credit Card		Total Payment Received: \$ 600.00	

PBS Fundraising Term 4

One in five girls around the world is denied her right to an education. We are intending to support the 'One Girl Foundation' next term by raising funds to enable a girl from a developing country to be educated for an entire year. It takes \$500 to educate one girl for a year, and it is our goal to raise enough money to educate at least two girls who would not otherwise receive an education in their country.

Vivos and Merit System

Our Vivo and merit systems are running exceptionally well with a huge number of students accessing Vivo and gaining merit awards. The following students have received the most Vivos in the last half of this term:

Year 12- Josh Knox, Jennifer Dyer and Natasha Wann
 Year 11- Laura Mulcahy, Josh Conquest and Charlotte Fitzgerald
 Year 10- Olivia Yearsley, Ryan Jones and Luke Webb
 Year 9- Leah Drayton, Nikki Vaughn and Angus Hicban-Lee
 Year 8- Jemima Huggett, Daisy Schaefer and Breanna Johnson
 Year 7- Ben Brodie, Bryce Coppins and Liam Hinchcliffe
 The Support Unit- Cooper Vincent, Jasmine Bopping and Jack Moore
 Congratulations to these wonderful students!

SRC Elections

The SRC is a vital part of Moss Vale High School. We organise fundraising events, work collaboratively with PBS, attend leadership events and raise awareness of important social issues. Recently, we held SRC elections for 2015-2016. Thank you to those students who applied and demonstrated a desire to help and support our school. Before I announce our new SRC members I would like to thank the current SRC members for all their hard work and service. We greatly appreciate all the work you have done.

Our newly elected SRC members are:

From Year 7: Claire Middleton and Amirah Harvey; From Year 8: Daisy Schaefer and Joel Hinchcliffe; From Year 9: Bella Matthews, Jacinta Burns, Kelsey Atwood and Elliot Hinschen-Teeuwen; From Year 10: Makayla Toft, Josh Huggett, Hannah Whatman and Nick Dennett
 From Year 11: Lucy Backhouse, Harriet Snaith, Dominique Palmer, Sienna Harvey, Charlotte Fitzgerald, Gabby Middleton, Tim Cubit, Hamish Schaefer and Lachlan Williams.

I am looking forward to working with our SRC and with our four new Captains, Harriet Snaith, Lucy Backhouse, Hamish Schaefer and Lachlan Williams.

Many thanks to Ms Lidgard for all of her outstanding efforts in organising these elections and with running SRC.

Farewell Year 12

I would like to wish Year 12 all the very best for their HSC exams and for the future. I can honestly say that it has been a pleasure knowing these lovely young people who have been outstanding representatives for Moss Vale High School. I would like to particularly thank our outgoing Captains for their assistance throughout the year in running our fabulous assemblies. Many thanks to India Wallbridge, Ashlee Garske, Nadia Shaw and Max Hanrahan. All the best, Year 12!

I would finally like to acknowledge Mrs Janeen Pepping for the fantastic job she has done as Year Adviser over the past six years with nurturing, guiding, coaxing, disciplining and encouraging these young people. Thank you, Mrs Pepping!

School Holidays

Finally, I would like to wish all of our students and staff a wonderful and well-deserved holiday. Thank you to everyone for their efforts this term.

All staff and students return on Tuesday, October 6.

Patricia Holmes
 Deputy Principal

English Experiences

Recommended Reading Guessing Competition

Although many students entered there could be only one winner: Lauren Fahey of Year 12 correctly guessed that Mr McLoughlin had read *Noble House* by James Clavell. Lauren was presented with a library bag and two book vouchers: one for herself, and one to give the gift of reading. The fabric was created by Jacob Nakanull (Ahwon) of Yirritja clan near Pine Creek in the Northern Territory and is titled 'Yellow Waters'. **Jacob's story is that "Once this spirit was a fish, then it turned into a mermaid. The crocodile, stingray, snake and turtle are her children".**

A full list of the actual teachers and their books can be found on the BLG blog at

<https://bamirlanguagegallery.wordpress.com/book-cover-guessing-competition/>

Preliminary English

As the term draws to a close, students in Year 11 will be completing their Preliminary English courses. Term 4 marks the beginning of the three compulsory English courses offered at Moss Vale High School: Advanced, Standard and English Studies.

The final grade each student will receive for the Preliminary course is based on a combination of assessment marks, class tasks and participation in class activities such as discussions. All students should have a good idea of their progress in English after receiving their Yearly Exam results.

It is imperative that students discuss the most appropriate English course for their skills, abilities and level of commitment in Year 12, as the two ATAR courses, Advanced and Standard, will follow different patterns of study. For example, Advanced English will begin the HSC with Module B: Close Study of Text to enable the class to attend a production of *Hamlet* at the Opera House in November. The Standard English classes will begin with the Area of Study: Discovery. Students must be in the most suitable course from the beginning of Term 4 to avoid disruption in their learning.

Red Room Poetry Company

In Week 3 next term, on October 23, Year 10 students will have the opportunity to participate in a workshop with the well-respected Zohab Khan. Currently the Australia Poetry Slam Champion, Zohab has toured Asia, the Middle East and Europe. He is also an accomplished didgeridoo player, harmonica beat-boxer and hip-hop artist. Find out more at <http://redroomcompany.org/poet/zohab-zee-khan/>

The first thirty students to complete the excursion form and pay \$13 will be assured a place in this exciting activity where they will **listen and respond to contemporary Australian poetry and compose their own works. Those students who also sing the 'consent to publish' form will have their poetry uploaded to the Red Room website.**

Please see Ms Burke for more information and a permission note.

Public Speaking at Moss Vale High School - Charlotte FitzGerald and India Walbridge

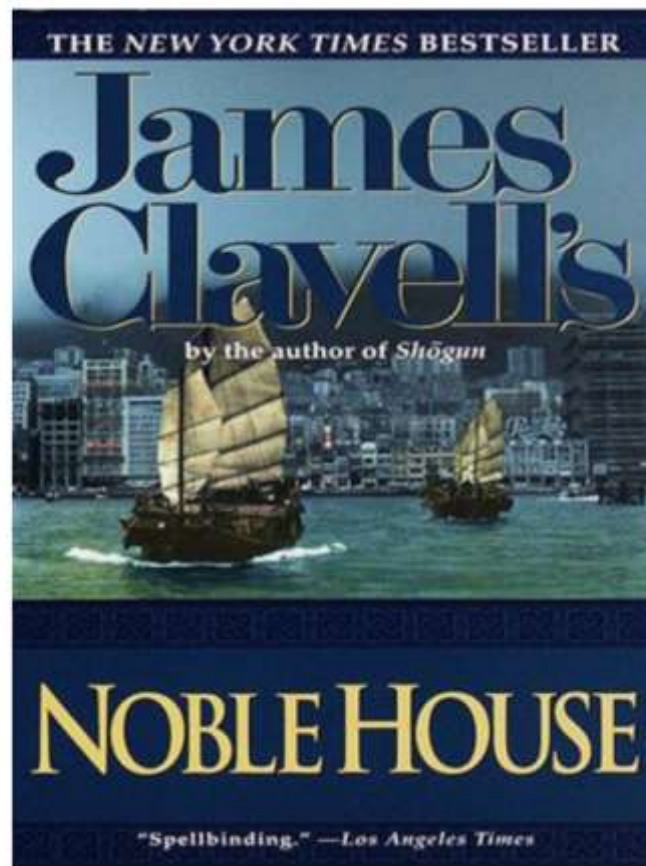
This term, Charlotte FitzGerald and India Walbridge **represented Moss Vale High School in Rotary's annual public speaking competition.** The Four Way Test is an ethical guide for Rotarians to use for their personal and professional relationships. The Four Way Test asks four questions: 1. Is it the TRUTH? 2. Is it FAIR to all concerned? 3. Will it build GOODWILL and BETTER FRIENDSHIPS? 4. Will it be BENEFICIAL to all concerned?

Students were asked to prepare a six minute speech on a topic of their own choosing. Charlotte and India both wrote thoughtful and insightful speeches on topics close to their heart. Our local Rotarians were very impressed by the calibre of the speeches and their personal commitment and dedication. Charlotte FitzGerald was chosen as the overall winner on the night and progressed through to the next round.

Following the local competition, Charlotte progressed to the district final, held at Mittagong Golf Club. Charlotte again spoke with **such passion and clarity on her topic, 'Being your best self', despite not being selected on this occasion.**

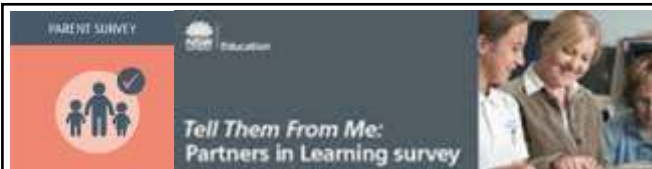
Congratulations to both India and Charlotte on your achievement and success in public speaking!

Kerri-Jane Burke
HT English



This book is based in Hong Kong (where I was born) when it was a British colony. It focuses on the rivalry between two of Hong Kong's leading businessmen who can both trace their ancestry back to the very beginning of Hong Kong and the opium trade. The author is great at immersing you into the unique culture of Hong Kong where east meets west. You can practically smell the aroma's of sizzling Chinese fillet steak and honey chicken, and feel the vibrancy of the bustling streets. I hear the sweet melodies of Cantonese language. As a hard back of 1000 pages, it took me nearly a year to finish - but well worth the effort.





Moss Vale High School warmly invites all parents and carers to participate in the *Partners in Learning* parent survey. This is a follow-on from the *Student Tell Them From Me* survey currently being completed by students at our school. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Being involved in this survey will help our school understand the perspectives of parents and carers on their child's experience at school. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey typically takes 15 minutes or less to complete and remains completely anonymous. The parent survey is now open for your entries and will conclude 5 October 2015. Participating in the survey is entirely voluntary, however, your responses are very much appreciated and help us build an even better school for your children and our students, together.

To access the survey copy and paste this link into your web browser:

https://www.tellthemfromme.com/j_acegi_security_check?j_username=parent17144&j_password=Mos8388

More survey information is also available via our website at:

<http://www.mossvale-h.schools.nsw.edu.au/>

Thank you for your participation.

Simone McNeill
Head Teacher Admin

Expression of Interest

The **Moss Vale Show Society Inc.** will be holding its third annual "Heights in the Highlands" Showjumping Festival on Saturday and Sunday 24 -25 October at the Moss Vale Showground. It is expected that over 200 riders from all over NSW will compete over the weekend.

The Show Society is looking for volunteers to assist with the smooth running of the event and were wondering if any students would like to undertake some Community Service to help us out. It need not be for the whole weekend, a few hours would be terrific. Obviously it may appeal to students who are interested in riding.

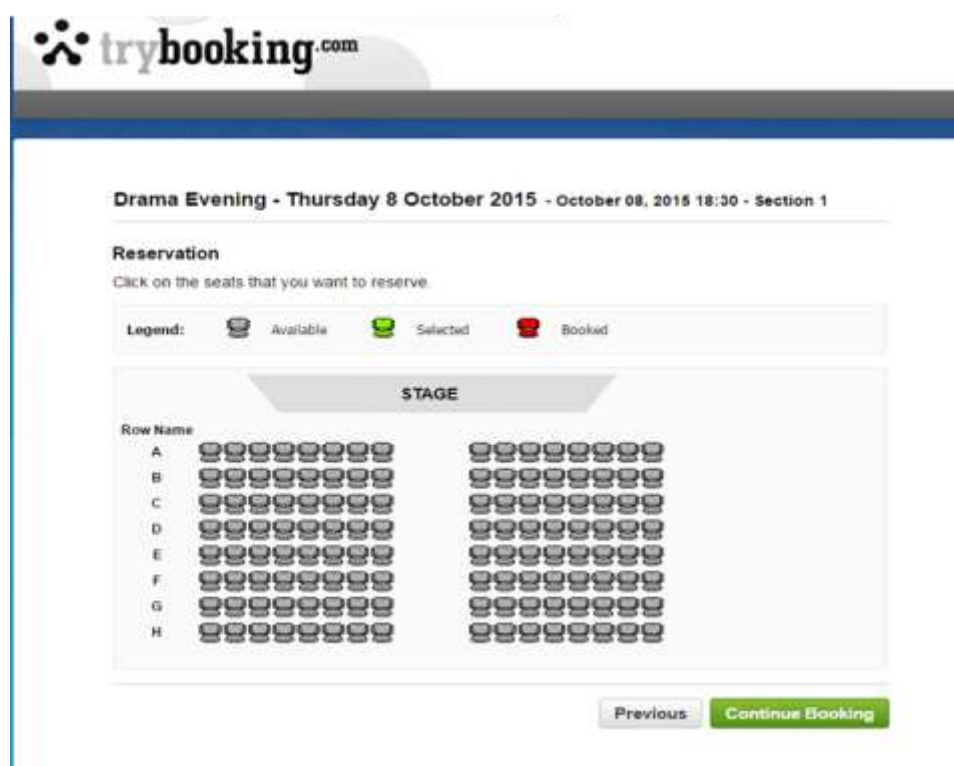
As a guideline, the students would carry out tasks such as picking up fallen show jump poles, distributing cool drinks, morning tea, lunch and afternoon tea to judges and marshals, being a runner from the various rings to the office, distributing results and relaying messages, plus helping with the set-up after school on the Friday afternoon and pack up on Sunday afternoon. This would involve setting up small gazebos, moving pot plants and show jump poles and wings.

Any help would be greatly appreciated. If interested please contact Ms McNeill at Moss Vale High School on 4868 1717.

Message from School Administrative Manager

To attend performances held by Moss Vale High School you will now be able to purchase your tickets online.

Simply click on the link in our website to take you directly to the current performance booking site where you can choose your seats, pay with your credit card and print off your ticket to gain admission to the performance.



No waiting in queues at the door on the night!

Our first performance will be on Thursday 8 October 2015 - a Drama Evening. Bookings are now open so see our website for the link to make a booking.

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 aspect of sport!

Congratulations to our wonderful hockey lads and their success in the state hockey this year. The team consists of Jack Donovan, Josh Ditton, Jesse Mauger, Ben Bromfield, Max Hanrahan, Beau Hanrahan, Harrison Hill, Connor Tuddenham, Wyatt Cutting, Jason Delamont, Will Simpson, Josh Heyhorn, Linden Bogdanovic and Mark Rolles.

For full details of the top eight carnival and the team's successes over the year, see Mr Nash's report on page 13.

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 MVHS and we have been lucky enough to have the NSW rugby union visit us for a discovery day. The rugby squad has been training their hearts out for our first 7's tournament on October 3. Our under 16's girls and boys will be playing in the biggest 7's tournament south of Sydney. Please pass them on your best wishes and please try and come and support us.

Moss Vale High 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 next page 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: *Rugby League fans are in the heat of the Rugby League finals. I know most of you go for the mighty Bulldogs but, best of luck to all teams in the race to the big day!*

Mr Adam Dubois
Sports Coordinator



9 & 10 PASS

Australian Institute of Sport

Enhancing Performance, Opportunities and Pathways Camp



On 27 - 29 July, students from the Years 9 and 10 Major PASS classes travelled to Canberra with Mr Vandenberg and Mrs Rossi to the Australian Institute of Sport for a three day, two night camp. During our stay we got to experience a taste of the life of an elite athlete at this wonderful facility. As soon as we arrived we checked in, and were welcomed to the AIS with an initial briefing and the house rules. Over the three days we attended interesting lectures in the Bronze Room about Recovery, Nutrition, Biomechanics and Performance Analysis and Physiotherapy. We also got to meet Joe Caletti, the Joey's Under 17's Soccer Captain. Joe talked to us about his experience at the AIS, he told us about himself as an athlete and a day in his life.

The dining hall was a buffet for breakfast, lunch and dinner, with a changing menu each day, a full buffet of healthy, nutritious sports performance meals. We toured the AIS complex and we were lucky enough to watch some of Australia's top athletes train. We saw the male gymnastics team, the Joeys soccer team and the male volleyball team.

We also participated in practical lessons focusing on strength and conditioning, basketball skills and boot camp training with some of the top elite athletes and trainers. Every day we had some free time, we went to the drop pools, the synthetic soccer field or we just kicked a ball around outside. Our time at the AIS was amazing, everybody had so much fun and we all learned a lot. Thank you to Mr Vandenberg for organising this fun filled camp, it was an experience of a lifetime!!

By **Brooke Fitzgerald** 10 PASS



Open Boys Hockey - 5th in the State

Fifth in 2012, the second best hockey team in NSW in 2013, sixth in 2014 and now the Moss Vale High School boy's hockey team have done it again. They have accomplished the feat of the fifth best hockey school in NSW for 2015.

In the process, they have earned the right to be crowned the best sporting team that Moss Vale High School has ever produced since 1963. The team consists of four members who have been a part of all four winning Moss Vale High School teams since 2012. They are Jack Donovan, Josh Ditton, Jesse Mauger and Ben Bromfield. These students are all in Year 12 so it marks an end of a very dominant sporting era at MVHS.

Congratulations also to the other members of the team. What an outstanding achievement! They are Max Hanrahan, Beau Hanrahan, Harrison Hill, Connor Tuddenham, Wyatt Cutting, Jason Delamont, Will Simpson, Josh Heyhorn, Linden Bogdanovic and Mark Rolles.

The team hit off their 2015 preparation with a strong win against Bowral High school who they defeated 11-1. Following Bowral, they played Smiths Hill HS who the team ruthlessly beat 15-0. Moss Vale then turned their attention to Figtree High who they defeated 10-1 after employing the mercy rule at half time.

This set up the South Coast final against Goulburn HS who the previous year, had come second in NSW. In the days leading up to the game, Moss Vale received the unfortunate news that one of their star players and a NSW CHS representative Max Hanrahan, had broken his leg playing. This left us with some problems of reorganising our team to cover **Max's** rock, solid defence and dangerous attacking probes during the games. It was a hard task for the boys and to their credit, they gave Goulburn a working over, although they eventually went down 4-1. Goulburn did go on to win the title as the best hockey school of NSW. After being defeated by Goulburn, this put Moss Vale High School on a much harder path to reach the top 8 and during the top 8 carnival itself.

The team then faced up against a talented Gosford HS side. After a very tough game, Moss Vale scraped together a win to claim their 4th top 8 result.

On September 9 and 10, the boys then travelled to Moorebank, Sydney to test themselves against the best in the state. The first **game would be just that as they played last year's winner Tamworth. The boys had more than a fair share of opportunities but they just couldn't convert the chances that came their way. Even though Tamworth had fewer shots on goal, they did capitalise on** these attacking raids and went on to win the game 2-0. It would have been easy for the boys to hang their head and give up on the remaining games. To their credit they came out and beat Bathurst HS 2-1. It was a great game to win as Bathurst had beaten them twice in the least four years.

This set up a clash with Farrer HS to see which school would finish 5th or 6th. It was an enthralling game with both teams showing a high standard of skill and desperation. At full time the scores were locked at 1-1. This sent the game into extra time with both teams having to lose two players on the field. The extra space gave both sides their chance to win. Shots were saved on the line a few times by the Mossy team which in turn, sent the game into further extra time and a further two players being taken from the field. The 7 on 7 game was a very exciting spectacle with the ball travelling from one end of the field to the other. An indiscretion in the Farrer circle earned Moss Vale a penalty corner and a chance to finish the game one minute before entering penalty strokes. The ball was hit from the baseline by CHS South Coast representative Connor Tuddenham and the future of the team. Jack Donovan, captain and a NSW representative himself, collected the ball himself and drove a strong drag flick to the top of the net which the Farrer goalkeeper had no chance of stopping. The Moss Vale dugout jumped as one and was ecstatic to finally win the game 2-1 and finish 5th in NSW.

Congratulations to all the boys who showed a strong sense of commitment and purpose on the field. Next year, the team will lose eight Year 12 students. The loss of such an experienced group will have an impact on the team although with the talent coming **through the junior school, it won't be long before we are competing again with the best schools in NSW again.**

Thanks to the following regarding help to the team.

Barry Donovan-umpire duties

Carolyn Donovan-organisation/transport

Sam Donovan-umpire duties

Mark Bisby-umpire duties

Narelle Evans-umpire duties

Steve Tuddenham-umpire duties

Mark Rolles for coming into the side for the top 8 at last minute notice. He even scored a great goal!

Parents who helped out with transport over the year

And lastly, to Mr Dubois, Mrs Wells and the nearly 60 cheering Moss Vale High School students who came down to Moorebank to cheer the team on.

*Mr Nash
Coach*



Friday, 21 August 2015

PRU WELCOMES SCHOOL-LEVEL NAPLAN IMPROVEMENT

Member for Goulburn Pru Goward has welcomed school-level improvements shown by NAPLAN data, as **parents across NSW receive their child's results.**

Ms Goward said many schools across the state have returned improved student results and NSW has the highest NAPLAN participation rate nationally.

"We are seeing some pleasing improvements at a school level and I applaud our fantastic teachers for continuing to work at such a high standard," Ms Goward said.

"NAPLAN provides important diagnostic data to help identify challenges for individual students and give valuable insights at a classroom, school and system level.

"I encourage parents to use these results as the basis for a conversation with teachers about how they can work together to improve their child's results."

Ms Goward said local schools had returned some very positive results.

"Moss Vale High School Year 7 students have improved on previous results in numeracy," Ms Goward said.

"It's very pleasing to see Moss Vale High School getting results substantially higher than in 2014 and previous years."

Highlights from the 2015 NAPLAN results for NSW include:

- Highest mean scores of all states and territories for spelling in Years 5, 7 and 9;
- Highest percentage of all states and territories of students in the top band for spelling across all year levels;
- Highest percentage of all states and territories of students in the top band for numeracy for Years 5, 7 and 9; and

Significant increase in mean scores for Year 3 reading and for grammar and punctuation between 2008 and 2015

MEDIA: Electorate Office 4822 6444

**MOSS VALE HIGH SCHOOL
DRAMA STUDENTS**

PRESENT

**DRAMA
EVENING**

THURSDAY OCT 8

6:30PM

**Adults \$5
Students \$3**

TICKETS AVAILABLE ONLINE

FOLLOW THE LINK AT

<http://www.mossvale-h.schools.nsw.edu.au>



The Term That Was Photos from the CAPA Vault

Life is never dull when you're part of the CAPA Faculty and this term was no exception!

We held two outstanding Community of Schools CAPA Concerts in Education Week that featured twelve schools over two consecutive nights. Over 400 students came together to present Music, Dance and Drama items to a capacity crowd.

Year 12 actors confidently performed their HSC repertoire at the HSC Drama Trial Performance Night and then were examined on their HSC Individual and Group Projects in Week 7.

Year 12 Visual Arts students completed their creative major works which were also due Week 7. Markers will visit the school early next term to examine the works.

Year 12 Music students entertained the audience at the HSC Music Trial Performance Night and then were examined on their HSC Music Performances and Viva Voces in Week 9.

Week 10 also saw our Year 12 students perform for the first and last time as a class at the Year 12 Graduation Ceremony.

Three students performed in the Southern Stars Orchestra as part of the outstanding Southern Stars Extravaganza held in August. We commend Rebecca Coulter, Briana Handley and Jamie Lee for their performance in this amazing event.

Jess Elliott, Briana Handley, Bronwyn Handley, Eleanor Handley, Emma Handley, Angus Hicban-Lee and Jamie Lee attended the popular South Coast Junior Music camp in Week 10 which culminated in a final camp concert on 17 September.

We congratulate all our students on their achievements this term and look forward to more great work in Term 4.



Max Hanrahan
The Artist's Chair
 (Pop, Me and Tim) 2015
 Collection of Works



Natasha Burns
Adorn My Body
 2015
 Drawing





Il Passato è Sempre Presente (The Past is Always Present)

2015

Drawing

Sellna Illiani

Trepidation 2015

Lauren Fahey

Acrylic on paper







attendance MATTERS

ISSUE 10: 2015

GETTING TO SCHOOL ON TIME: AN IMPORTANT HABIT

It's all about routine...

It is essential to establish a regular routine each morning and arriving at school on time is an important part of your child's morning.

It is important to be at school in time because:

- It sets up good habits for the future.
- It provides social benefits – a chance to talk and move around before class time begins.
- The school day begins with roll call, which provides important information for participating in the school community.
- It is an opportunity for student/teacher interaction – receiving extra guidance and support.
- Time to order lunches if required.



Tips for a better day at school

GET A GOOD NIGHT'S SLEEP!

Teenagers need around 10 hours of sleep each night. If you need to get up at 7, that means going to sleep by 9pm every night.

Not getting enough sleep can:

- Limit your ability to learn, listen, concentrate and solve problems,
- Lead to skin breakouts,
- Lead to aggressive or inappropriate behaviour,
- Cause poor nutrition choices,
- Contribute to illness and dangerous behaviour, and
- Negatively affect mental health.

PLAN TO GET UP EARLIER ENOUGH TO:

- Have breakfast
- Get lunch ready
- Pack your school bag
- Get dressed

Using a weekly planner on the fridge to track things like PE days and homework assignments can help avoid morning stress.

MVASC



The Moss Vale Amateur Swimming Club season is due to commence with registration night on Friday 9 October 2015.

Swim Club nights are held each Friday, commencing at 6pm.

(The season runs Term 4 & Term 1)

The season is held at the Moss Vale War Memorial Aquatic Centre and is a fun, health activity for children of all ages.

Membership fees for the 2015 – 2016 season is \$40 for a single swimmer and \$100 for a family. (plus pool entry)

Enquiries to the president – Mat Froome.

Ph 0417 451947



POSSUM CLOAK WORKSHOP

Wingecarribee Shire Council and the Local Aboriginal Elders invites you to come along and participate in the completion of the Traditional Indigenous Possum Cloak

When: Saturday 19th September, 2015

**Where: Wingecarribee's Aboriginal & Community Cultural Centre,
1 Rainbow Road, Mittagong**

**Time: 11am – 2pm
Cost: FREE**

LIGHT LUNCH PROVIDED

Please refer to Council's website www.wsc.nsw.gov.au for further information.

If you have any further questions regarding the Possum Cloak workshop, please contact Melissa Wiya, Aboriginal Community Development Officer on 4868 0856



Kiama Surf Life Saving Club Inc.



To whom it may concern,

My name is Kayla Burazin and I am the Publicity Officer for the *Kiama Surf Life Saving Club*. I am writing to you to ask if you could please feature an advertisement for us within your local school newspaper regarding Nippers registration dates.

Kiama Surf Lifesaving Club Inc is a member of the South Coast Branch of surf lifesaving, which in turn, is affiliated with the NSW state body. 'Surf Beach' is home to Kiama Surf Life Saving Club. This has long been a very popular beach due to its location close to the centre of Kiama. The club formed in 1908 and at that time, people from Sydney would commute by train to Kiama to swim at Surf beach and see the famous Kiama Blowhole. The Club also celebrated its 100th anniversary in 2008, one of a hand full of clubs in all of Australia to achieve this magnificent milestone.

The Kiama SLSC is committed to Kiama, its surrounding communities, and their welfare. Our club prides itself on it's friendly atmosphere, strong competition and the promotion of a healthy life style within our local community by promoting and teaching surf, health and life skills as well as the importance of working as a team.

Throughout our Junior (Nipper) Program, we strive to instil positive values within the children through physical activity and surf awareness. The skills our Nippers achieve are ones that they can carry with them into their teenage and adult lives and so creates a strong foundation for their future.

I would like to thank you for taking the time to read this letter and I look forward to hearing from you in the near future.

Kindest Regards,

Kayla Burazin

Publicity Officer & Surf Sports Coordinator

Kiama SLSC

M- 044 873 0649

E- PublicityOfficer@kiamastlc.com.au



Interested in playing Water Polo?

Local competition starts in October initially at Bowral then at the refurbished Mittagong pool. Beginners and experienced players are encouraged to come along. Players need to be competent swimmers. All welcome – Teams are mixed.

The Juniors Competition:

- Has 3 grades:-
 - U16 – born in 2001 or 2000
 - U14 – born in 2002 or 2003
 - U12 – born in 2006, 2005, 2004
 - U12 players need to be able to swim 50m competently & tread water for 2 mins.
 - Less experienced swimmers might like to try Flipper Ball (see below)
- Played on Tuesday nights from 5:00pm to 8:00pm.
- Youngest teams play first.
- Optional training sessions 5.45-6.45pm Thursdays at Frensham Pool
- Fee discounts for multiple players in one family
- There will also be a Girls and Boys U14 Rep Team selected

Flipper Ball (Expressions of Interest):

- Players born 2006 (if a less experienced swimmer), 2007 & 2008 – will run if numbers are sufficient
- At Frensham Learn to Swim Pool (players can stand) – no pressure fin and fitness!
- Either Friday Afternoon or Saturday Afternoon (two slots available at Frensham Pool)
- Please email shop@outlook.com if you are interested

The Seniors Competition:

- Has 2 grades:-
 - A Grade – for serious players and good swimmers
 - B Grade – for social players
- For Men & Women born in 1999 or earlier
- Played on Monday nights from 5:30pm to 8:30pm
- Optional training sessions 6.45-7.45pm Thursdays at Frensham Pool
- Fee discounts for multiple players in one family

For more information please email:

- shwp@outlook.com

If you need to talk to somebody:

- Oxley College Juniors – Jonathan Hatcher 0439 904 400
- All Others – Alan Ballo on 0417 434 575



For Registrations, Fee Information etc please go to:

www.southernhighlandswaterpolo.com.au

In2Uni Visit

On the 9 September, 7S and 8G went by bus down to the University of Wollongong (UOW) for a day. We left school at 8:15am for a long hour and 15-minute drive. When we arrived at the university, we split into our classes.

When we got to the university, 7S met their mentors, Ash and Sarah. They gave us a tour of the university. We got to see some of the different buildings like the Gerard Sutton building and the Engineering building. We also got to see **some of the UNI students' work in progress.**

There are so many cool features at UOW like a room with two football tables and a pinball machine. There was also a room with four X-Boxes. They call it "The Chill Room". There are also heaps of food courts and shops that the UNI students have access to.

Towards the end of our day at UOW 7S made our own models of some of the buildings at the university such as the Mckinnon Building and the Food Court. I was in a group with Marisa, Amy and Courtney. We made our own model of the Food Court. There was a lot of Math involved, we had to determine the area of our zone and make sure our building did not take up more than one third on the area. In the end they all looked pretty amazing, some interesting inventions in my opinion.

At the end of the day, we met back at the bus and went to McDonald's for lunch. 7S and 8G had an amazing day at Wollongong University and we would definitely go back anytime.

Taylah Denford 7S



Youth StreetART Project—Bargo



This is a FREE community project for young people to learn new art skills, meet new people and help rejuvenate a public space at Bargo Sportsground.

Design — 10am –2pm Tuesday 22nd Sept

Bargo CWA Hall—1 Noongah St Bargo

Participants will learn airbrushing skills and how to design and cut their own stencils. Lunch provided.

Painting — 10am-3pm Wednesday 23rd Sept

Bargo Skate Park

Participants can paint their artwork on a public space at Bargo Sportsground. Lunch provided.

Spots are limited. Ring Tegan at Community Links for bookings and details **46832776** or tegan@communitylinks.org.au



Picture painted by Picton High Visual Arts group in similar program



Do you know who cares? COMMUNITY SERVICES EXPO

**Thursday September 24, 2015
10am - 1pm at Bowral Memorial Hall
Bendooley Street, Bowral**

Come and meet the services that are here to help you!

Aboriginal, aged care, children and families, disability, employment, health, housing, legal, transport, youth, volunteering and many more!

For more information please contact Nicola of Wingecarbee Shire Council on 4660 0801. To book a stall please contact Lynne at The Disability Trust on 4660 1100. Email: expo@outlook.com.au

Find us on Facebook: www.facebook.com/wingecarbeecommunityservicesexpo

The Community Services Expo is presented by the Wingecarbee Community Services Forum, a local network of service providers, with assistance from:



September 2015 SCHOOL HOLIDAY ACTIVITIES

Wollondilly



Youth StreetART Project—Design
Tuesday 22nd September
10am—2pm
Bargo CWA Hall
1 Noongah St Bargo
For: 11-18 year olds
Cost: Free
Learn airbrushing skills and how to design and cut out your own stencils— Lunch provided
Bookings essential ring Tegan 46832776

Youth StreetART Project—Painting
Wednesday 23rd September
10am-3pm
Bargo Skate Park
For: 11-18 year olds
Cost: Free
Participants can paint their artwork on a public space at Bargo Sportsground—Lunch provided
Bookings essential ring Tegan 46832776



Koorl Kulcha Cooking—
Aboriginal Cooking Workshop
Wednesday 30th September
10am—2pm
For: 11-18 year olds
Learn how to cook traditional Aboriginal food
Cost: Heavily subsidised for Aboriginal young people
Bookings essential ring Tegan 46832776



T-Shirt Screen Printing Workshop
Thursday 1st October
10am—12pm
Tahmoor Youth Hub
For: 11-18 year olds
Cost: Free
One T-shirt provided or bring own.
For details and bookings ring Tegan 46832776



Recording Studio
Thursday 1st October
3pm—3pm
Tahmoor Youth Hub
For: 11-18 year olds
Cost: Free
Learn how to record music in a recording studio
For details and bookings ring Tegan 46832776



Games Arvo
Thursday 1st October
3pm-5pm
Tahmoor Youth Hub
Cost: Free
NOTE: some games are rated M and recommended for 15 yrs +
For details and bookings ring Tegan 46832776



Warragamba—Back to School Party
Friday 2nd October
6pm—5pm
Civic Park—Weir Rd Warragamba
For: 11-17 year olds
Cost: Free
Food, Games, Activities & outdoor movie—Benchwarmers
Bookings essential ring Vikki or Helena—47761273



Guitar Lessons
For: 11-18 year olds
Cost: Free
Ring Luke to make an appointment 0422988539



Paraders

Congratulations to Nikki Vaughan, Year 9, who recently competed at the 23rd National All Breeds Heifer Show held in Dubbo on 3 and 4 September. This is the second time Nikki has competed at this event.

Whilst Nikki was representing herself, she was showing a Limosin X Angus steer bred by Bulloch Holdings, Braidwood, and prepared by the Whale family of Glenliam Farm Murray Greys near Dungog.



Nikki competed as a part of a 14 strong team under the guidance of Annika Whale from Glenliam Farm and a current Agriculture student from Charles Sturt University in Wagga.

Nikki competed in the commercial middle-weight steer class on Saturday, winning the class out of fifteen steers, and then going on to win Champion overall steer against three other well prepared steers. Total number of steers in this section was approximately 40.

On Sunday, students competed in the Paraders class. A Paraders class is designed to determine the Parader who has prepared, presents and parades an animal before a judge most effectively.

Nikki presented extremely well, and whilst her steer was a handful at times she was commended on her ability to settle her steer for the judge. In addition, she was asked to answer questions by the judge regarding information on her steer to which she answered very confidently. Nikki also gained a very well deserved fourth place against fourteen other competitors.

Nikki was well supported by her family at the event.

HSC Night Shift

For YEAR 12 STUDENTS

BOWRAL LIBRARY
TUESDAY
19th September 2015
6.30-10PM



Get ready for the HSC
with a lock-in at
Bowral Library!

Come with a group of friends or on your own.
 We'll provide the study space, and refreshments.
 Bring along \$5 for pizza.

FREE
 Limited spots! Book online @
www.hscllockin.eventbrite.com.au

Bowral Library
 Bendfooley Place
 Bendfooley Street
 Bowral
 Phone 4861 1167
libweb@wsc.nsw.gov.au

Summer Basketball

Competition 2015 - 2016



Basketball is a great indoor team sport that is played all year round.

The new junior competition starts Term 4 2015

AUSSIE HOOPS (Wednesday afternoons 4pm – 5pm)

8 weeks of fun basketball skills for 5 – 10 years of age.
 Includes ball, backpack and singlet.
 All new players are encouraged to participate in Aussie Hoops
(Register for this online at www.aussiehoops.com.au)





Junior Competition
Boys and Girls teams
Played Wednesday and Friday afternoons
(that's right...No Saturday's!)

- Under 10's – for children born 2007/2008
- Under 12's – for children born 2005/2006
- Under 14's – for children born 2003/2004
- Under 16's – for children born 2001/2002
- Under 18's – for children born 1999/2000

Come along and bring your friends and yourself and we will place you in a team.

Nomination forms available from the office
 For more details go to our website www.mvbasketball.sportingpulse.net
 P: 02 4868 1569 E: mvbball@bigpond.com.au



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



Bowral Little Athletics
Ages 6 to 17
Eridge Park Bowral
Friday afternoons from 5pm

Season Starts
October 9th 2015
to
March 18th 2016

Registration is \$110
for the first child
\$100 for subsequent Children.
Proof of age is needed for all
new registrations.

Registration will be taken
from 4pm on October 9th
or you can register online at
bowrallittleathletics.org.au

Our multi-disciplinary fun approach
includes the children participating
in sprinting, distance running, long
jump, triple jump, high jump, discus,
shot put, javelin or turbo javelin in a
fun non-competitive and supportive
environment. Parents and carers
are an integral part of every training
session as well. We would like to
extend a warm welcome to you all
to join us for the 2015-2016 season

bowrallittleathletics.org.au
bowral.lac@live.com.au



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

CLEANING POSITIONS AVAILABLE

Menzies Property Services is an Equal Opportunity Employer looking for honest and reliable workers to clean Schools in the Albion Park area. The positions are casual working morning and/or afternoon. Interested applicants must have a Working with Children Check before submitting Employment pack. You can apply for the WWCC at www.kidsguardian.nsw.gov.au or at any Roads and Maritime Office.



Please contact Krystal Hilton to obtain further information and request an application pack to apply.
Phone: 0419 336 746
Email: krystalhilton@menziesgroup.com.au



As John Steinbeck, Nobel Laureate in Literature, wrote: **“No man really knows about other human beings. The best he can do is to suppose that they are like himself.”**

Getting to know another person, especially one from a different culture, can be exciting, challenging, and has its unique benefits.

Department of Education-registered and approved Southern Cross Cultural Exchange (since 1983) is providing such a unique experience to help your children and family learn through bridging cultures, grow closer with one another, understand one another better and see the world in a new light.

International exchange students from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden and the USA are arriving in Australia to live as a local with volunteer Australian families and attend a local secondary school. The students, aged 15 – 17, arrive from February 2016 for 3, 5, or 10 months and are fully insured, with their own pocket money. If you have a spare room or bed, and a place at the family table, why not be the **“heart” of cultural exchange by becoming a volunteer host family?**

Expand your world for the whole family – all without any air tickets. Call S.C.C.E. now on 1800 500 501 or email scceaust@scce.com.au or visit www.scce.com.au and ask for our incoming student profiles, choose the nationality you prefer, and start having fun matching up your hobbies and interests.

Capture the spirit of fun and friendship, and build your global **cultural network**. After all, it is different cultures that **“make the world go ‘round’”** at the end of the day.



Mittagong Blue Light Disco



Venue: Mittagong RSL

Date : **Saturday 26 September**

Times : 4pm to 6.30 pm

Cost : \$5.00 per child 4 – 14 years

Parents and children under 4 free.

FREE EDUCATIONAL FORUM

Caring for kids in an online world

THURSDAY 17TH SEPT 6PM - 7:30PM

Speaker: **Susan McLean**
 Where: **Mittagong RSL Club (Auditorium)**
 For: **Community; Parents; Organisations; Schools**
 Admission: **Free**
 Drinks and refreshments
 RSVP: **9th Sept - lyndaparry@bigpond.com**
 Enquiries: **Cath Brennan 0401 500 340**



Susan McLean is Australia's foremost expert in the area of cyber safety and young people and was a member of Victoria Police for 27 years. Widely known as the 'cyber cop' she was the first Victoria Police Officer appointed to a position involving cyber safety and young people. In 2003 she was the Victoria Police Region Four Youth Officer of the Year. She has also been awarded The National Medal and the Victoria Police Service Medal and 2nd Clasp.

BDCU CHILDREN'S FOUNDATION
BDCU Alliance Bank

SUPPORTED BY ROTARY CLUB OF BERRIMA DISTRICT

TULIP TIME

OFFICIAL PROGRAM

15 - 27 SEPTEMBER 2015



CHARTER PARTNER: **RUN**
 GARDIAN INSTITUTE
 BERRY SPONSORS: **GIBRALTAR PARK**, **australbricks**

Tulip Time
WINGARRABIE THREE COURSES
 Destination **Southern Highlands**

15-27 SEPTEMBER 2015 WWW.TULIPTIME.NET.AU 1300 637 559

MOVEMBER FOUNDATION



SUICIDE NOTES TALK TOO LATE

When life throws some challenges your way, having a conversation is a good thing. It's a simple fact, but talking things through with someone you trust can mean the difference between staying in a dark place and giving yourself the opportunity to understand that things will get better.

Men are pretty good at talking about sport, work, movies or the latest gadget, but we need to get better at talking about the significant stuff going on in our lives - things like losing a job, the breakdown of a relationship or becoming a father for the first time. These things happen to all of us, and for some, they prove challenging to the point where they have the potential to derail us.

Tragically, for too many men, the first and only time they talk about how these changes have affected them is in a suicide note. So today, on World Suicide Prevention Day, we have a simple message - Men, we need to talk, especially when things get tough.

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.

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.

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.

How do I find out more?

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

MONASH University **PARENTING STRATEGIES:**
 Presenting Depression & Anxiety
 This research has been approved by the Monash University Human Research Ethics Committee.

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

5%

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

YOU SCORE

LOYALTY BENEFITS:

- Preferred pricing
- Exclusive offers
- VIP shopping nights
- Member only competitions

*Conditions apply

ALL YOU NEED TO DO

It's super simple.

- Join Team Amart, Amart Sports loyalty program today instore or online at teamamart.com.au. It's FREE to join!
- 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.
- Ensure you swipe your loyalty card **EVERY** time you shop at Amart Sports.
- 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

Drum Kit Lessons

Available Mondays

at school
All styles



Contact Michael Griffiths

0429 391 957



Summer Basketball Competition 2015 - 2016



Basketball is a great indoor team sport that is played all year round.

The new junior competition starts Term 4 2015

AUSSIE HOOPS (Wednesday afternoons 4pm - 5pm)

8 weeks of fun basketball skills for 5 - 10 years of age.

Includes ball, backpack and singlet.

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Nomination forms available from the office

For more details go to our website www.mvbasketball.sportingpulse.net
P: 02 4868 1569 E: mvbball@bigpond.com.au





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****



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](https://www.facebook.com/HighlandsDrivesafe)
www.highlandsdrivesafe.com
Phone to book : 0428844473

2011, 2012, 2013
Small Business Award winners
Southern Highlands

Australian Business Awards
2011, 2012, 2013
Finalist

2011, 2012, 2013
Winner

2014
Winner



KIDS CAMPS

WINTER HOLIDAY CAMPS

THE BEST HOLIDAYS HAPPEN AT CAMP

- ✓ New friendships
- ✓ Great value

- ✓ Fun
- ✓ 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/nswsportand recreation



TO : <u>MOSS VALE HIGH</u>	<u>NOTE OF ABSENCE</u>
Date : _____	Address : _____
Roll Class : _____ Year : _____	
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 : _____

TO : <u>MOSS VALE HIGH</u>	<u>NOTE OF ABSENCE</u>
Date : _____	Address : _____
Roll Class : _____ Year : _____	
Please excuse the absence of my son/daughter : _____	
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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 : _____

CHANGE OF ADDRESS / CONTACT DETAILS													
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 :	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="background-color: #d3d3d3;">OFFICE USE ONLY</th> </tr> <tr> <th colspan="2" style="background-color: #d3d3d3;">CHANGED ON</th> </tr> <tr> <td style="background-color: #d3d3d3;">ERN</td> <td style="width: 20px;"></td> </tr> <tr> <td style="background-color: #d3d3d3;">EMERGENCY CARD</td> <td></td> </tr> <tr> <td style="background-color: #d3d3d3;">BUS Co</td> <td></td> </tr> <tr> <td style="background-color: #d3d3d3;">RECEIVED NEW BUS</td> <td></td> </tr> </table>	OFFICE USE ONLY		CHANGED ON		ERN		EMERGENCY CARD		BUS Co		RECEIVED NEW BUS	
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