



Moss Vale High School

Respectful, Safe and Responsible Learners

21 Narellan Road MOSS VALE NSW 2577 • PO Box 137 •

T: 02 4868 1717 • F: 02 4868 2787 •

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

21 September 2017

Soloists at the Sydney Opera House



Eve Thomas, Joel Hinchcliffe, Javiera Diaz and
Acacia Ashworth

Term 4, 2017 commences

9 October - for all students and staff

NEWSLETTER

Principal's Report

Farewell Year 12

I would like to wish our wonderful Year 12 Class of 2017, all the very best in their HSC and in life beyond school. I am extremely proud of this cohort, and each student has developed into a fine young adult who exemplifies the values of being safe, respectful and responsible citizens. Our school community held a farewell assembly on Thursday, September 14, where we had an opportunity to celebrate their talents, achievements and their milestone of completing their high school career.

I would like to make special mention of the following students who performed at the assembly:

Jake Kenny, Talicia Beardsmore and Beau Hanrahan for sharing their book reviews, Gemma Seymour for her HSC dance composition, Bae McKibbin for her Dance & Technology film, Alex Kaegi-Vincent, Beau Hanrahan, Eli Wren and Harry Burns for their drama performance, and Erin Grainger for her vocal performance of *Mercy* by Duffy. Congratulations on these outstanding performances!

Finally, I would like to thank and acknowledge the amazing Mr Luke Vandenberg who has nurtured, encouraged and counselled Year 12 as their Year Adviser. Mr Vandenberg has put so much of his time and energy into this cohort, and I am confident that many of them owe their success in making it to the HSC finish line, in a large part to Mr Vandenberg.

NAPLAN online readiness test

Years 7 and 9 will be involved in the NAPLAN online readiness test and a fact sheet was sent home with each student **two weeks ago for parents' information about the test. Please know that this was a test designed to assess the school's capability in running the online tests with current technology, and was not about assessing the students' abilities. Parents of current Year 9 students may be somewhat concerned regarding the 'Stronger HSC' and how this will affect their child when they sit the HSC in 2020.** I have included information about the Stronger HSC and HSC minimum standards from the NSW Education Standards Authority (NESA). I ask that parents and students read the information, and we will follow up over next term with further details to allay any concerns.

Holidays

I would like to wish all of our staff, students and their families a safe and happy holiday. I hope Year 12 have a wonderful graduation and plan their study timetable well over the next few weeks. I look forward to seeing everyone back for Term 4 on Monday, October 9.

Patricia Holmes
Principal



HERITAGE RAIDER

**3 1/2 hour School Holiday program at the Bradman Museum from 11am - 2:30pm
27, 28, or 29 September or 5 October 2017**

The Heritage Raider school holiday activities provide kids and adults the chance to interact with actual objects from the Bradman Collection and view rare images from the Museum's archives. During the program you will go behind the scenes where the magic of capturing cricket's heritage takes place. All day admission to the Bradman Museum is included. Discover the significance of the Bradman Oval and explore your take home Heritage Raider kit. A special gift of an authentic core from the historic Bradman Oval is included in your unique kit.

Go to www.bradman.com.au to book your ticket today!





117 Clarence St, Sydney NSW 2000
GPO Box 5300, Sydney NSW 2001, Australia
T +61 2 9367 8111 F +61 2 9367 8484
educationstandards.nsw.edu.au

HSC minimum standard: Message from NESA CEO to Year 9 parents

I have written a [letter](#) to each and every Year 9 student in NSW to assure them that they will have the opportunity to sit their HSC exams in 2020 regardless of their NAPLAN results this year.

However, they will need to demonstrate a minimum standard of reading, writing and numeracy to be awarded their HSC certificate.

New online reading, writing and numeracy tests

There will be multiple opportunities for your child to do this, by taking short online tests that specifically assess these skills. Your child will decide with their teacher when they are ready to attempt each test. Once they pass a test they do not have to sit it again.

What does Year 9 have to do with the HSC minimum standard?

We know students learn at different rates. The Year 9 NAPLAN tests are designed to provide you, your child and their teachers with valuable information about how your child's learning is progressing and if they need support.

If your child happens to achieve Band 8 or above NAPLAN results in all three areas this year, they have shown they are already achieving the standard required to receive their HSC in 2020. So, they won't have to do the online tests.

But, to be clear the NSW Education Standards Authority (NESA) expects that the majority of students will be sitting at least one of the online tests starting in Year 10.

Why has the HSC minimum standard been introduced?

The HSC minimum standard is being introduced to help ensure that students leave school with basic literacy and numeracy skills for success in life, and the ability to communicate their ideas effectively in all their HSC exams.

I encourage you to read the [letter](#) I wrote to Year 9 students and discuss it with your child.

More information, a short video and flyers (in 14 community languages) are also on the NESA website: educationstandards.nsw.edu.au

David de Carvalho
NESA Chief Executive Officer



117 Clarence St, Sydney NSW 2000
GPO Box 5300, Sydney NSW 2001, Australia
T +61 2 9367 8111 F +61 2 9367 8484
educationstandards.nsw.edu.au

Dear Year 9 student

Re: The HSC minimum standard for literacy and numeracy

I wanted to assure each of you that you will have the opportunity to sit your HSC exams in 2020 regardless of your NAPLAN results this year. However, you will need to demonstrate a minimum standard of reading, writing and numeracy in order to be awarded your HSC certificate.

New online reading, writing and numeracy tests

You will have multiple opportunities to do this, by taking short online tests that specifically assess these skills. These online tests will take place online and at school. You will have two opportunities a year to pass them in Years 10, 11, and 12. You will also be able to take them for a few years after you leave school.

You don't have to pass all three tests at once. You and your teacher will decide when you are ready to attempt each test and if you pass a test you don't have to sit it again.

What does Year 9 have to do with the HSC minimum standard?

We know students learn at different rates. Your upcoming Year 9 NAPLAN tests are designed to provide you, your teachers and parents with valuable information about how your learning is progressing and if you need support.

If you do happen to achieve Band 8 or above NAPLAN results in all three areas this year, that means you are already achieving the minimum level of reading, writing and numeracy skills required to receive your HSC in 2020, so you won't have to do any of the online tests.

But the NSW Education Standards Authority expects that the majority of students will be sitting at least one of the online tests starting in Year 10.

So don't believe anyone who tells you that you can't get your HSC if you don't get Band 8s in NAPLAN this year. It's just not true. NAPLAN this year is just the first of a number of opportunities you will have to demonstrate the minimum standard.

Why has the minimum standard been introduced?

The HSC minimum standard is being introduced to help ensure that you leave school with basic literacy and numeracy skills for success in life, and that you will be able to communicate your ideas effectively in your HSC exams. Regardless of your plans beyond school, you will need adequate reading, writing and numeracy skills to make sure you can do things like:

- get a good deal on your mobile phone plan
- write a job application
- follow written instructions to operate equipment safely.

You can find more information available about this by:

- Visiting the NESA website for a video and flyers about the HSC minimum standard: educationstandards.nsw.edu.au
- Trying some sample online reading, writing and numeracy test questions: hsliteracynumeracy.nesa.nsw.edu.au

I wish you well as you master these and other important skills for your future.

Yours sincerely

David de Carvalho
Chief Executive Officer

Deputy Principal

GET WELL SOON MRS HOLMES!

All the school community wishes Mrs Holmes a speedy recovery following her foot surgery. We look forward to having her back after the holidays, hopefully back in her trademark high heels!

ANTONY STOTT MEMORIAL SOCCER MATCH

Congratulations to **Nic Wilson, Dale Young** and **Matt Elliott** for organising this year's soccer match in honour of the late Antony Stott. The boys put on a great spectacle at lunch and it was again supported brilliantly by the school community, raising over \$500. The staff team were the favourites heading in to the game, but the late withdrawal of Mr Nash and Mr Donaldson proved too much to overcome with the students coming out victors 1-0. There were complaints from the crowd for the reflections coming off the very white legs of the old Head Teacher PDHPE

GOOD LUCK YEAR 12

It will be a busy week for Year 12, with the last of revision lessons being taught and the lead up to graduation on Thursday. Mr Vandenberg has an awesome day set up for Wednesday, culminating in the annual **Teacher's VS Year 12 touch football match at lunch. There is word that Mr Ian Baguley is officiating the game** which should ensure a totally unbiased match occurs. After the game, a BBQ will be held in the DP area with sausages expertly turned by Mr Berman. Good Luck Year 12!

PEOPLE MAKING A DIFFERENCE

All the Year 12 teachers expertly guiding their students toward the HSC. As much as Year 12 is loved, they have added a bit of stress over the last two years!

Mr Matt Carlyon
Deputy Principal

Dates to remember Term 4

Monday 9 October	Term 4 commences for Students and Staff	13 - 16 November	ISE Performing Ensemble Tour
Monday 16 October	HSC begins	Thursday 16 November	Y12 Formal - Centennial Winery
Tuesday 17 October	Stage 6 Visual Arts Study Day	20 - 23 November	Writer in Residence Poetry
Tuesday 17 October	P&C Meeting 5pm - 6:30pm	Tuesday 21 November	P&C Meeting 5pm - 6:30pm
Friday 20 October	Davidson shield cricket (senior)	22 - 24 November	Schools Spectacular
	Year 7 immunisations 9am - 11am	Tuesday 28 November	Drama Night
Tuesday 24 October	Aboriginal Education excursion	Thursday 30 November	Presentation Evening 6:30pm - 8pm
Wednesday 1 November	Vivo Day	Friday 1 December	Gundungurra Shield
Thursday 2 November	Meet the Music #4	Tuesday 5 December	Y7 2018 ORIENTATION DAY 9:30 - 3pm
6 - 10 November	VET Work Placement week	Thursday 7 December	CAPA Concert 6:30 - 8:30pm
Monday 6 November	9/10 Dance Assessment 4	Friday 8 December	Y5 Taster Day
Thursday 9 October	Remembrance Day Assembly	11 - 13 December	ACTIVITY WEEK
		Friday 15 December	Last day Term 4 2017

Enrichment Roll Call

In Enrichment Roll Call this term we explored specific areas of interest that occurred during the 1800s. We had to create a presentation of a subject that interested us from a list of choices across a wide range of disciplines. Some of the choices included Existentialism, the forced migration of Native Americans, experiments with radioactive materials, and others based on people, events and discoveries. The following are just some of the topics we looked at.

Trail of Tears

I made up a presentation on the Trail of Tears in the Enrichment Roll Call. The event was called the **'Trail of Tears' due to the devastating effects of the event. The Trail of Tears was a series of forced relocations of Native Americans from the Mississippi River region. The Americans wanted to use the land for expansion and farming.**

Thousands of Native Americans walked thousands of miles, leaving many dead and injured. I learnt



that not all the Five Civilised Tribes agreed to relocate, with some of them resisting. I thought it was dramatic when one tribe assassinated one of the people involved in their relocation. A few tribes even went to the extreme action of going to war with the Colonies. I thought it was quite interesting when I learnt that women could avoid suffering the Trail of Tears by marrying a white man. Those who suffered the Trail of Tears faced hunger, disease and exhaustion, while those who chose not to relocate were also facing despair of their own. The only

relocation that occurred and seemed to be fair was the Chickasaw Monetary removal where they received compensation. The Chickasaws got to relocate with all their belongings and some food.

Something I learnt from researching this event was that the Trail of Tears was not a punishment nor was it illegal. It was a series of legal agreements between the U.S Senate. This was quite a horrific and tragic moment of history, I was surprised by the fact how little people know of this event.

Alex Tottenham, Year 8

The Meiji Restoration

I chose to work on the Meiji restoration, an event that occurred in Japan after the fall of the Shogun, who were the Samurai Rulers of Japan.

Through a series of rebellions and civil war the stage was set for the Emperor to assume power over the Shoguns. Emperor Meiji brought about this event, and overall changed Japan into what it is now, a modernised society. His legacy triggered rapid development which led Japan to fight in the Second World War. Because of his actions, Japan could become the booming technological powerhouse it is today.



National Model United Nations Assembly: More than a simple Debate

Article by Emily Waring and Royston Seers – Enrichment Roll Call

On August 19 and 20 this year, Ben Brittle, Emily Herman and Rebecca Hawken participated in the National Model United Nations Assembly (MUNA). The students spent the weekend in Canberra where they debated a range of topics in the House of Representatives in Old Parliament House. Each school was a different nation, with the Moss Vale High School students representing the country of South Africa. Aside from debating, students enjoyed a formal dinner, hearing a guest speaker talk about their time as a diplomat for Australia.

MUNA is not just about long **debates, however, it's more about politics.** On the surface, it might seem that the formalities of debating are what the event is about, however, it is the backroom negotiating and wheeling and dealing where the real action takes place. Many controversial topics arose during the debate, for example, the proliferation of nuclear weapons. Many disagreements



occurred over some of the views of the countries and representatives across the debates and negotiations. As one would expect, when discussing the global threat of Weapons of Mass Destruction, North Korea, the US, and Japan meant that the debate and discussion was often intense.

Sometimes, getting others to agree with your beliefs was one of the hardest challenges presented to the South African team, who were a part of the developing nations bloc. Many of the other countries in their bloc had conflicting views over the importance of certain debate topics. Their bloc consisted of Nigeria, Peru, Cuba, South Africa and Brazil. As developing nations most of the countries agreed to debate about inequality in the global financial system, yet Nigeria and Peru disagreed. Nigeria, despite being the one of the poorest countries, wanted to debate the threat of nuclear weapons, and Peru blindly followed, like “sheep.”

For the students, the event was both intense and enjoyable, they learnt political skills and how to **survive in the “snake pit” of constant negotiation** and difference of opinion. The Moss Vale team spoke well, however, they failed to win the event, with the honours going to the team which represented Japan.



Wellbeing Information



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.



Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – eheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information or advice on support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace School Support Suicide Postvention Toolkit – A Guide for Secondary Schools** for further guidance.

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

If you have any wellbeing concerns about your child please contact me at the school.

Sharlene Killian
Wellbeing Co-ordinator

Activity Week News

The next Activity Week meeting for students will be held early term 4. All outstanding money needs to be paid by the end of this term, unless prior arrangements have been made. Students who fail to pay this outstanding money will jeopardise their position on that activity.

Students will also be issued with permission notes/medical information/itineraries and other forms at this meeting or in the near future. This information is vital. Would you please ensure the forms are fully completed, and if there is a change in circumstance prior to Activity Week, notify the leader as soon as possible.

Students participating in an overnight program will be issued with a behaviour expectation contract. This contract must be signed by both a parent/ care giver and the student.

All forms should be returned to the individual activity leader, not the front office.

In mid Term 4, we will be conducting our annual swimming ability tests. All students who are participating in activities involving water will be required to attend this session.

Most activity leaders have had to pay various providers significant amounts of money, or the total cost to secure their booking, it is therefore not possible to meet any request for refunds of money. It is still possible, however, for students to participate in Activity Week as there are positions available in limited activities. Any problems or questions, please contact me.

M Nash
Activity week Coordinator



**KOLLEGE
OF KNOWLEDGE KOMMITTEE
FOR KIDS**

**generously supporting
students of Moss Vale High
School Support Unit**

News From the CAPA Vault

Term 3 is always a busy one for our CAPA students!

Along with our Education Week CAPA Concert in Week 3, our Year 12 Dance, Drama and Music students had their HSC Trial Performance Nights in Weeks 1, 3 and 5 and then their HSC Practical Exams in Week 4, 7 and 9 respectively. We are grateful for the many students that accompanied or performed for our Stage 6 CAPA students in their exams: Acacia Ashworth, Cassidy Brown, Ethan Corby, Javiera Diaz, Ewan Dimmock, Margaret Fitzgerald, Rebecca Heyhorn, Joel Hinchcliffe, Jordan Johansen, Richard Makepeace, Eve Thomas and Olivia Tumanow.

But that was not all for Term 3. This year, we also had Joel Hinchcliffe (vocals), Matthew Johnston (trumpet), Jamie Lee (bass clarinet), Heath Robertson (cello) and Eve Thomas (vocals) performing in the Southern Stars "Postcards" Extravaganza at the WIN Entertainment Centre in Week 7. Acacia Ashworth, Chloe Davies, Damon Scoullar and Cameron Webb took part in the event as part of their VET Entertainment course and Luke Webb had the honour of being a member of the Stage Production Team.

Joel Hinchcliffe, Eve Thomas, Javiera Diaz and Acacia Ashworth had the amazing opportunity to perform solo/individual items at the Sydney Opera House in Week 8 at the Jacaranda and Mimosa Concerts, as well as the Cantabile Festival.

Louis Economos performed with the Urban Dance Crew at the State Dance Festival at the Seymour Centre in Sydney Week 9 and was also able to work with American choreographer Kellie Abbey and Sydney based Tiana Canterbury.

The CAPA staff would like to thank everyone who made this term so special - **we couldn't have done it without you.**

Here's to a peaceful and relaxing holiday break with family and friends before we head into Term 4!!

Mrs J.







SEPTEMBER

At the back end of this term, Year 8 and some willing staff are taking part in “Steptember”. Run by “Cerebral Palsy Alliance”, the “Steptember” charity event challenges people to take 10,000 steps a day for 28 days straight in, yes you guessed it, the month of September.

Cerebral Palsy is a physical disability that affects movement and posture.

Cerebral palsy (CP) is an umbrella term that refers to a group of disorders affecting a person’s ability to move. It is a permanent life-long condition, but generally does not worsen over time. It is due to damage to the developing brain either during pregnancy or shortly after birth.

Cerebral Palsy affects people in different ways and can affect body movement, muscle control, muscle coordination, muscle tone, reflex, posture and balance.

Did you know Cerebral Palsy is the most common physical disability in childhood? This fact was hard for Year 8 to hear so they got behind it. At the time of writing this report Year 8 had taken over 650,000 steps in the first two weeks alone!

Well done to Year 8 and their attitude toward helping people in need. It is always great to see our school community get behind such a worthy cause.

If you would like to donate to Year 8’s cause then please go to the link below and help raise funds.

<https://stept.io/LjGKc3R>

Mr Dubois
Year 8 Adviser



Moss Vale Serices Club
PRIME GRILL & BRASSERIE

A DELICIOUS NEW CHANGE
THE PRIME GRILL AND BRASSERIE

is a proud supporter of
Moss Vale High School

HIGHLANDS Drive Safe
Your LOCAL award winning driving school

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- * Gift vouchers available

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5 hr course = 20 hrs in logbook*
see website for details *conditions apply

www.highlandsdrivesafe.com
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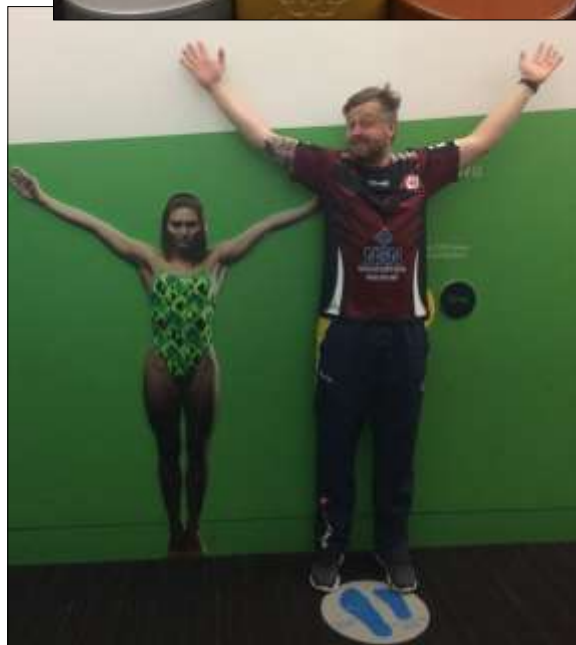
Phone to book : 0428844473

SPORT

In week 8 of this term, Mr Dubois and Mrs Rossi took their Year 9 and 10 PASS classes to the Australian Institute of Sport in Canberra, for an overnight excursion.

Over the two days the students participated in a tough boot camp, nutrition and psychology lectures, sports experiences and a tour led by one of the AIS' very own athletes.

This excursion gave a rare insight into the benefits of technology on sport and showed students the many career pathways that you can take in sport.



Mittagong Blue Light Disco

Venue: Mittagong RSL

Date : Saturday 23 September 2017

Times : 4pm to 6.30 pm

Cost : \$5.00 per child 4 - 14 years

Parents and children under 3 free.

Come along and have some fun

Thank you

Chris and Sandra Roberson
Wingecarribee Blue Light



**Join us to celebrate
50 years of NSW
National Parks &
Wildlife Service**

*Celebrating
50
Years*

NSW

SUNDAY 8 OCTOBER 2017 – 9:30 AM TO 3:00 PM

Come and join the crew at Fitzroy Falls Visitor Centre as we celebrate the 50th Anniversary of the National Parks and Wildlife Service.

Starting at 9:30, the day includes Aboriginal cultural presentations, bushucker walks, guided nature walks, a photographic display and activities for children. Enjoy a free sausage-sizzle as you discover your inner wildness!

**FITZROY FALLS VISITOR CENTRE
MORTON NATIONAL PARK
NOWRA RD, FITZROY FALLS**

**FURTHER INFORMATION
PH 02 4887 7270**

WWW.NATIONALPARKS.NSW.GOV.AU/50TH-ANNIVERSARY-EVENTS-AND-TOURS/

Dear Parents/Caregivers,

Woolworths Earn & Learn 2017

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school/early learning centre – and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 26 July to Tuesday 19 September or while stock lasts, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library.



SICK OR INJURED STUDENTS at SCHOOL

When students are unwell or injured at school they should notify their teacher and seek permission to attend Sick Bay.

- If the teacher determines the student requires assistance, they will be given a note to take to the Front Office.
- Staff from the Office will attend to the student and provide first aid where required.
- If the student is unable to return to class after assistance from Office staff, parents/caregivers will be contacted by the Office staff to collect the student.
- Where the school cannot make contact with parents/caregivers, the student's emergency contacts will be called.
- Students should not be calling or texting parents/caregivers directly.
- All communications should be via the school Office to ensure correct, reliable and timely information is exchanged between the school and parent/caregivers.
- In the case of serious injury or illness an ambulance will be called at the school's discretion.
- All staff at school have Emergency Care training.



Maureen Sinclair
School Administrative Manager



MVHS Second Hand Uniforms
Please make enquiries through the MVHS front office, 4868 1717.

OPENING TIMES:
Each Day 9 -11:00am

MOST ITEMS \$10

Good quality summer, winter and sport uniforms for a fraction of the price!

NOT ALL SIZES AVAILABLE

Donations gratefully received.

AMART is now REBEL

Still the same great deals




HELP US SECURE FUNDING TO IMPROVE OUR FACILITIES

OUR SCHOOL/CLUB SCORES

5%

PLUS

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

*Conditions apply

YOU SCORE

LOYALTY BENEFITS:

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

ALL YOU NEED TO DO

It's super simple.

1. Join Team Amart, Amart Sports loyalty program today instore or online at teamamart.com.au. It's FREE to join!
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



Thank you



Moss Vale High School staff and students would like to express their appreciation to **Graham Marcolin** (McDonald's Sutton Forest and Moss Vale) for supporting our school with use of bus transportation.

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 : _____	
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 : _____

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 :	
.....	

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