



# Moss Vale High School

Respectful, Safe and Responsible Learners

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**April 2019**

## *Moss Vale High School Fundraiser 'Hero' Day*

*Friday 5 April 2019*



*Mrs Holmes, Mr Carlyon and Mrs Summers proudly displaying to our school who their 'heroes' are !*

### **Students Seeing the Best in Others**

Year 12 ..... Shayla Apathurwyn for Kindness

Year 11.....Taylor Denford for Courage

Year 10.....Jamaya Blake for Kindness

NEWSLETTER

# Principal's Report

## Term One

We have had a busy and productive term to start the school year. **Mindfulness Mondays** have been initiated whereby all students and staff engage in 5-10 minutes of quiet meditation which is designed to increase overall wellbeing and concentration for more effective learning. We have also established 'vertical' roll calls which means we have students from Years 7 through to 12 in the same group. Through these roll call classes, we are hoping to encourage a greater sense of belonging and assist students in making connections with students from other Years. As part of this initiative, we have re-named the roll call classes as '**Home Groups**' with each of them creating a poster to represent the unique individuals within their Home Group.

**The How2Learn initiative** is being slowly implemented into our school with staff engaging in professional learning, and by introducing the 'Learning Dispositions' into our classrooms. In Term Two, we will focus on 'Self-regulation'. This is an emotional aspect of learning that recognises that there are certain ways of behaving that help students to stay attached to the learning and give them the best chance of success.

**The Positive Behaviour for Success (PBS) team and Student Representative Council (SRC)** combined forces to hold a multi day fundraiser on Friday April 5, for The Smith Family. The theme for the day was 'Heroes' and all proceeds went to this very worthwhile charity to support those struggling with poverty and homelessness. We decided on this charity as a result of the themes in our **Kick off with Reading book, No Fixed Address**. The book explores how people can easily slip through the cracks of society and end up homeless, like Felix, the young protagonist in *No Fixed Address*. Congratulations Moss Vale High on raising over \$700 for The Smith Family and for helping others in need.

**Year 7** have settled in well to high school life with many of them already accruing their Personal Best Points in the school's Merit System. Due to increased enrolments this year, we have been allocated extra staffing numbers which has allowed us to create an extra Year 7 class, 7 Titan. There are 172 Year 7 students and the current six classes have been almost at capacity. A note has been sent home to the parents of any student who will be making the move across to 7Titan.

## Oxley Equestrian Day

The Oxley Equestrian day was held on Sunday, April 7, with a number of our students competing. Scarlett (Year 7) and Vaughan Whatman (Year 9) and Claudia Morris (Year 11). Scarlet Whatman received 1st placings in 2 events. Vaughan received a 4th in dressage, 4th in the AM7 & 3rd in the phase 2 show jumping. Claudia was successful in attaining 1st place in both rounds of Show jumping in her age group and first place in Dressage.

Congratulations to these talented equestrians, we are extremely proud of your achievements.







### New Maths Teacher

I am pleased to announce that we will have a new Maths teacher starting in Term Two. The new member of staff is Mr Sean Crombie who is currently working at Bomaderry High School. Mr Crombie was the successful applicant from a rigorous merit selection process. We look forward to welcoming Mr Crombie into the Moss Vale High School community.

### Holidays

I wish all of our students, staff and their families a very happy, relaxing and safe holiday. Staff return on Monday April 29, for a Professional Learning day, and students all return on Tuesday April 30.

### World Autism Awareness Day



**World Autism Awareness Day, 4 April,** (WAAD) aims to put a spotlight on the hurdles that people with autism – and others living with autism – face every day. As a growing global health issue owing to its increasing exposure in the press and common knowledge, autism is an issue that is only gaining more understanding – and WAAD activities are planned every year to further increase and develop world knowledge of children and adults who have autism spectrum disorder (ASD).

What's more, World Autism Awareness Day goes one step further to celebrate the unique talents of those with autism, while putting a huge focus on the warm embrace and welcome that these skills deserve through community events around the globe.

## Deputy Principal Report

What a start to 2019!

This first term has absolutely flown by. It has been a relatively settled start to the year and most students got themselves back in the groove after the Christmas holidays. For year 7, they have started to settle well into high school life and many students have already got themselves involved in many of the opportunities available at our school. Year 12 have only two terms left! It will be graduation, HSC and formal before we know it.

### New arrivals

#1 Due to our growing school numbers and increased rooming stress, the school is now eligible for a demountable classroom which will be installed in the near future. For those of us that have been here long enough, the demountable will be placed behind C block where the old demountable buildings used to be over a decade ago.

#2 The school hall will be having a large (actually, extremely large!) fan installed. This will help to circulate air during concerts/assemblies to make it a more comfortable environment for guests and students.

### Duke of Edinburgh

A big congratulations to Mrs Button for leading Colin Cooksley of Year 10 through a bronze expedition for the Duke of Edinburgh. These students recently completed a weekend bushwalk/camping expedition via Fitzroy Falls/Griffen fire trail/Jacks Corner. In other words, around 35klm. Just another example of the wide variety of activities students have access to at Moss Vale High School.

### Mobile phone policy notes

All students have now received the updated mobile phone policy notes during year meetings over the last week. Please read over this with your child and if you wish them to bring their phone to school, please sign the note and return it to the front office ASAP. If you have any questions/queries, please give the school a call. Students who do not return a signed note SHOULD NOT have their phone at school. If they do, it will be confiscated and locked in the strong room for a parent to pick up.

### Winter is coming!

Can I please ask that everyone have the winter uniform prepared for the return to school in term two. We have already experienced some cold weather at the end of this term and it is only going to get cooler. A reminder that blue jumpers are allowed UNDER school jackets as long as they cannot be seen (under zipped up jacket). They are not to be worn as a "normal" part of the uniform. Hooded jumpers are not to be worn under any circumstances.

### Thank you

On the last assembly, I expressed a big thank you to the 95% of students that *always* do the right thing and represent the high expectations and values of Moss Vale High School. As I explained, the excellent image our school has in the community is due to the pride the students take in themselves and their school. I cannot stress how many times we hear "*people have said good things about this school*". This success comes from the strong connection and support between the staff/students/parents at Moss Vale HS.

Mr Carlyon

### Smith Family 'Hero' Fundraiser—4 April







Gunther von Hagens'  
**BODY WORLDS**  
**VITAL**

**BODY WORLDS VITAL**

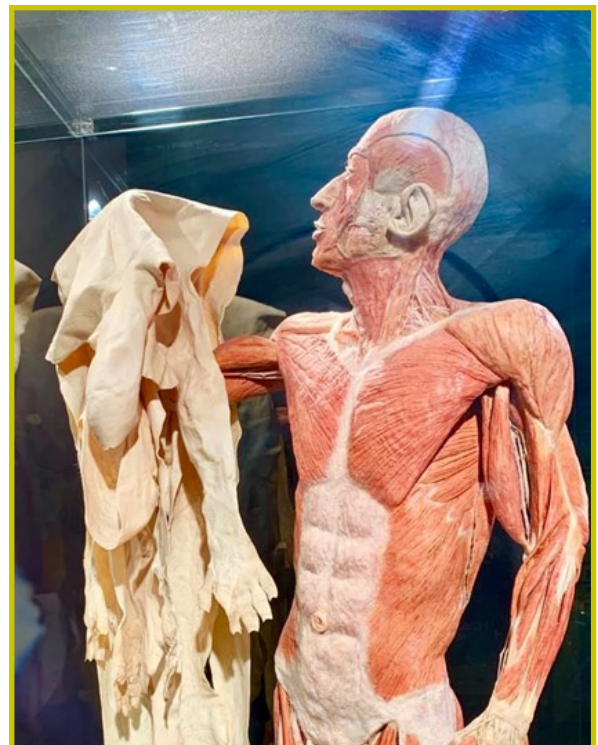
*Year 9 & 10 PASS and  
 Year 11 PDHPE Excursion*



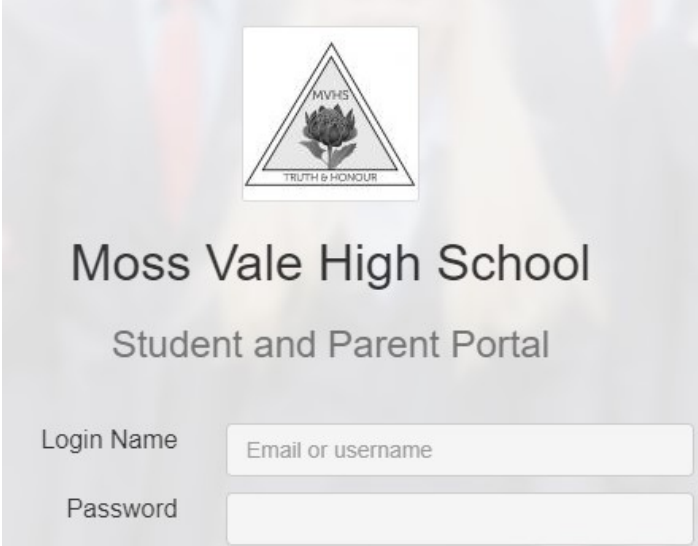
During Term 1 Year 9 & 10 PASS and Year 11 PDHPE students have been studying units on Body Systems and Body in Motion which explore the anatomy and physiology of the body.

These students attended the Body WORLDS Vital exhibition held in Sydney Town Hall. The exhibition presents a special collection of real-life human bodies designed to show visitors the basics of human health and wellness. It includes whole-body plastinates, a large arrangement of individual organs, arterial and organ configurations and translucent slices that give a complete picture of how the body works.

BODY WORLDS Vital use modern plastination body technology as a tool to enhance the study of human anatomy. Students were able to see how a healthy body works as well as the effects of lifestyle choices. For instance, they could see the effects of smoking on the lungs, and how muscles work together during exercise as well as how disease and ageing can affect the different body systems. The body systems explored throughout the exhibition included the locomotive/muscular system, nervous system, respiratory system, cardiovascular system and digestive system.



# Introducing the Parent Portal



Moss Vale High School  
Student and Parent Portal

Login Name

Password

Moss Vale High School has now introduced a Portal for Parents, powered by Sentral. This exciting new communication platform will keep you fully informed about everything happening at the school and make it easier than ever for you to manage your child's education - anytime, anywhere.

There is also a linked free app so that you always know in advance about what's going on - without having to rely on your child to bring news home from the school. You'll be able to communicate via messaging to your child's teachers for progress updates, explain outstanding absences and even inform the school of future absences.

The Portal will also be used to book times for the Parent/Teacher interviews.

View this short video to see how easily you can register:

<https://vimeo.com/sentraleducation/review/270556778/afb17936f0>

A letter was mailed home to each family on 22 March 2019 with details and student "keys". If you did not receive the letter, please contact the school for a copy.

In the future, the Parent Portal will also be used for accessing your child's reports and permission notes.

**Please note that the Parent Portal is for parents only  
and not for student use.**

**A Student Portal will be released later in the year.**





MVHS P&C would like our community to know that everyone is welcome to be a member of the P&C and that everyone has a voice.

Whether you can attend the meetings or not you are a part of our community and you matter.

Our aim is to provide a positive, supportive environment working in partnership with the school to improve the outcomes for the students and school community.

We hope to embrace the ethos of the school by constantly looking for new ways to support MVHS initiatives and programs. Over the past year for example, we have supported the “Kick off with Reading” program and have also been able to purchase 4 portable marquees in house colours so that students can utilise them for sports days, carnivals etc.

Our AGM was on 19/3/2019 and our committee is:

President: Miriam Fuhrmann

Vice President: Matt Carlyon

Secretary: Di Sutherland

Treasurer: Deearna McMahon

We would like to thank outgoing committee members

Vice President – Annmarie Makepeace and

Secretary – Sandra McCue

for their years of dedication, support and service to the MVHS community.

We would love to hear from you if you are interested in finding out more about the P&C and how we can assist the MVHS community in the future.

If you would like to contact the P&C at any time please email us at [mvhspsc14@gmail.com](mailto:mvhspsc14@gmail.com)



*Congratulations to Zahra in year 7, the winner of the Easter Egg Guessing Competition which was run to raise funds towards giving the canteen area a new look.*

*Thank you to everyone who entered the competition we sincerely appreciate your support.*

*We would like to wish you and your loved ones a safe and happy Easter break.*

*From the canteen staff and the P&C.*

## MVHS Canteen

Did you know that the MVHS Canteen is run by the P&C?  
Did you know that the profits from the canteen go back to the school?

We love the help of parent / carer volunteers in the canteen.

We love the help of student volunteers in the canteen too.

Our friendly canteen staff Robyn, Trudy, Di and Debbie along with our wonderful volunteers would love to tempt your tastebuds at the canteen.

You will find a copy of the menu on the school website –  
search ‘canteen menu’

Our focus has always been on providing healthy food choices  
with a great selection provided every day.

We are trying to reduce the amount of plastic  
and have stopped giving out straws.

We encourage students to recycle their drink bottles  
in the bin provided in the canteen area.





# Term 1 Sport Report

Term 1 2019, has been long and fast paced. We definitely hit the ground running with a variety of sports and trials being held over our region. But firstly our swimming carnival which was held on February 14. This carnival is always a highlight for the term and the year. It showcases our talent in the water and our continuing passion for students to support their house groups in novelty events, hoping to go on and win House championship later in the year. This year was the biggest and best so far, with over 600 students attending and what a day it was. As the events kicked off so too did the dancing and away we went. The day flew by with many memorable moments, from winning a race, to our senior students competing at their last ever swimming carnival, sporting some magical blow up creatures in a dash down the pool. Below are a list of our outstanding achievements, resulting in becoming age champions.

## Age Champions



Age Champions Swimming Carnival 2018

Girls

- 12yrs Lucy Duffy
- 13yrs Mia Gardiner
- 14yrs Neve Wallace
- 15yrs Kaitlyn Yearsley
- 16yrs Meg Schweers

Boys

- 12yrs Isaac Guymer
- 13yrs Harrison Eyding
- 14yrs Eric Guymer
- 15yrs Brodie Gentles
- 16yrs Liam Hinchliffe
- 17yrs Joel Hinchliffe







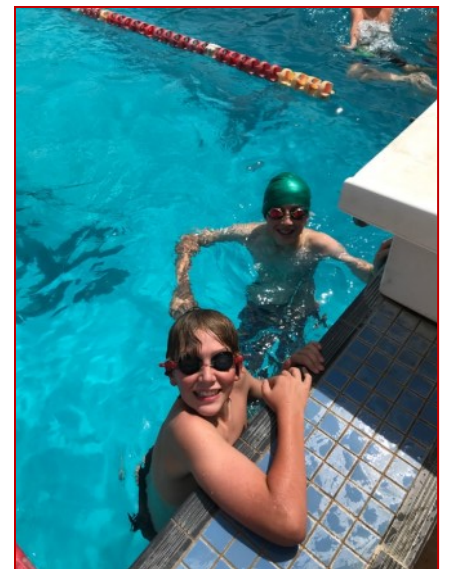






### Zone Swimming Carnival Queanbeyan

From our school swimming carnival, 32 students went on to represent Moss Vale High School at the Zone Swimming carnival, held at Queanbeyan. This was another fantastic day with 7 of our relay teams progressing to the regional Swimming carnival. There were also a number of standout students on the day, like Tyson Robb, Mia Gardiner, and our 16s Girls relay team just to name a few.



### Regional Swimming

Miss Pratt met a 20 odd strong team of students at Dapto Olympic Pool. Unfortunately, we were unsuccessful in most events we entered.



## TEAM EVENTS

We have had a number of students trial for south coast teams from Soccer, Hockey, Rugby League, Rugby Union, Basketball and Cricket. From these trials several students have been selected to represent the South Coast in the CHS. In Hockey we have Linden Bogdanovic, Oscar Goulder and Lucy Nash who have been selected in Hockey.

Lucy Nash of year 8, has also recently been selected in the **NSW U15's Hockey** team where she will play in the Australian Championships. Lucy stated in the Illawarra Mercury "It was amazing to be selected for NSW, I was nearly crying, I was so excited. I am also a little nervous." This is a massive achievement for Lucy, as she is still 13 years old and one of the youngest members of the team. She will be coming up against much bigger and older girls, as she will be in the NSW CHS tournament but we know our Lucy is up to the challenge. We wish her all the best in both of her upcoming tournaments.

Aiden Moule and Rory Muir were selected in **Rugby Union** and Liam Hinchcliffe in the **All Schools Triathlon**.



*Lucy Nash (centre in blue)*



Kaitlyn and Emily Hall-**Rugby Union**. Jack Baldwin of year 10 was selected to represent South Coast in **Cricket** along with Riley Hurford. They will compete later in the year.



Maizy Evans is once again off competing in the **National Mountain Bike Championships**.

Liam Hinchcliffe has been successful in CHS and NSW competitions for **Triathlons**. He placed 1<sup>st</sup> in the combined high schools and 2<sup>nd</sup> overall by just 16 seconds. Liam will be competing later in June at the National Championships. Good Luck!

Our first Moss Vale High Representative Netball team.



Another student doing well is Claudia Morris who competed in the **interschool championships in showjumping**. She placed 6/52 competing against the best riders in NSW.

We have also had a number of knockout teams compete.

This year saw our first ever **U 15's Boy's AFL team**. The team with only one of them being an actual AFL player, put on a gallant effort against a strong Bowral team. Unfortunately, they went down but this is exciting for the future of AFL at Moss Vale High. We will continue to enter teams where possible, to enhance opportunities for our students.





The **Open Boys Soccer** team competed against Bowral at Church Road playing fields. This year the boys redeemed themselves, maintaining their composure and they can hold their heads high as they overcame an unruly Bowral team to defeat them 3-1 and progress to the second round for the first time since 2014! The boys travel to Goulburn on the last day of term, to face off against their fierce rivals at Mulwaree High School with Ms Middleton.



The **Girls Open Soccer Team** took on Bowral High late in the term, taking them down 2-0. It was a tough game, however, led by their captain Jemma Coulter, the girls found their groove in the second half. They took control of the game and spent 80 % of the second half in their opponent's half. Taylah Denford scored the two winning goals. Taylah also refereed the boys open soccer team with the assistance of two of her team mates, Beth and Courtney. The girls did an excellent job and Taylah proved her worth as a ref, standing her ground against some displeased Bowral players. The girls will now play in the second round, which will be held early next term.





The junior Girls and Boys Soccer teams compete against Bowral on April 8. Please see report at end of this Sport report..

**Boys Open Cricket** played against Bowral in the 1<sup>st</sup> round coming up winners and progressing to the next round. This has allowed the open boys to move in to the third round which is excellent news, with injuries hovering over the team.

Our **Junior Boys Cricket** team had their first match as a 20/20 against Bowral. The boys played well winning convincingly. They then went on to play Albion Park, unfortunately going down. An excellent effort from our youngsters whom I'm sure will only improve next year.





Our **Girls Opens Cricket** team travelled to Figtree High, they had an excellent start to the game scoring 95 runs. The girls then took the ball and they bowled them all out for 11 runs. WOW!!! Kaylee Louth took 6 wickets for 0 runs. What an outstanding performance and they all demonstrated great sportsmanship and comradery. The girls then went on to play the second round against Mulwaree High School. Mulwaree were much stronger and a well-trained group of young ladies who easily defeated Moss Vale High. Whilst it was disappointing for our girls to lose, it was awesome to see how far girl's cricket has come. With continued interest and enthusiasm, the sport will only continue to grow and perhaps with a little intensive training, Moss Vale High girls might be able to give those Mulwaree girls a run for their money.



Our final big event for a very busy term 1, is our school Cross Country Event. On the last Thursday of the term our students will compete in our gruelling new cross-country course, which includes the new estate near the high school. This event is for those in year 8 -12 who opted in and all of year 7.

Next Term will also be busy with many round 2 games of our knockout competitions being played. We will also have zone cross country at Mulwree, our own Athletics carnival in week 2 and then of course the zone and regional athletics carnival in Canberra.

*Ms Middleton*



## Junior Girls Soccer

Wow! What a great start to the knockout Bill Turner Trophy competition!

Our junior girls were fantastic. They really did us proud. It was an exciting and well executed game. All the girls played as a team and each showed their significant skills on the field. Bowral never gave up which was a credit to them but our girls stole the show from start to finish!

The team members included students from Years 7-9

Front to back – Jorgi Webb (A star in the rising)

Front row left to right - Sharee Lane, Emerson Rochsix, Ashleigh Wilson, April Rowley, Lauren Jones, Tess Stanley, Jess Mullie - Lock

Back row left to right – Bella Illiani, Arian Stone, Hannah Gage-Simpson, Keira Hol, Neve Wallace, Karina Stone, Hayley Lane

All girls were outstanding. A sensational effort by all 17:0 WIN!!

Thanks so much to the parents who volunteered to get our girls to the field. It was very much appreciated.

The next game is early next term!

*Miss McNeill*



## Junior Boys Soccer

An outstanding effort all round. It was a very close game and well played in a really positive spirit. Unfortunately the game went against them 5:3 to Bowral.

*Mr Vasilakis*





# MVHS 2019 HOUSE CUP CHAMPIONSHIP

## Term 1 Results

The 2019 House Championship has kicked off in Term 1 with the election of our new house captains from the Year 11 Year group who would lead their teams into sporting and academic battle throughout the year. Our 2019 swimming carnival was a huge success with over 600 students attending. Also, a huge thank you to our P&C for the fabulous house tents that kept each of the house areas shady throughout the day.

Congratulations to **MORTON** for taking out 2019 Swimming House Champions on 437 pts!! Finishing in 2nd place was **Gibraltar** 428 pts, 3<sup>rd</sup> place **Carrington** 314 pts and 4<sup>th</sup> place **Belmore** 275 pts.

Faculty challenges will be commencing as of next term as well as Term 1 PB Points need to be added after Week 11. We also have the Cross-Country carnival at the end of term, get your colours ready! Stay tuned for the end of Term 1 total House Championship Points.

Event	Morton	Gibraltar	Carrington	Belmore
Swimming Carnival	40	30	20	10



**FREE PARENT/SUPERVISOR WORKSHOP**  
Help your learner with practical driving advice

**2019** Tuesday 6pm - 8pm  
**16 APRIL**

- L & P licence laws
- Tips for supervising learner drivers
- Completing the learner driver log book
- Benefits of on-road driving experience
- Low risk driving

Learners are invited to attend the workshop, but it is not compulsory.

**FREE LEARNER LOG BOOK RUN**  
Gain 'real' driving log book time

**2019** Sunday 10am - 1pm  
**5 MAY**

- Local drive for learners accompanied by their parent, carer or supervisor
- Graduated Licencing Scheme's learner log book topics covered
- Experience a NSW Police Random Breath Testing (RBT) set up
- Includes FREE LUNCH plus learner Q&A with Police.

Minimum 25 hours in learner log book to participate.

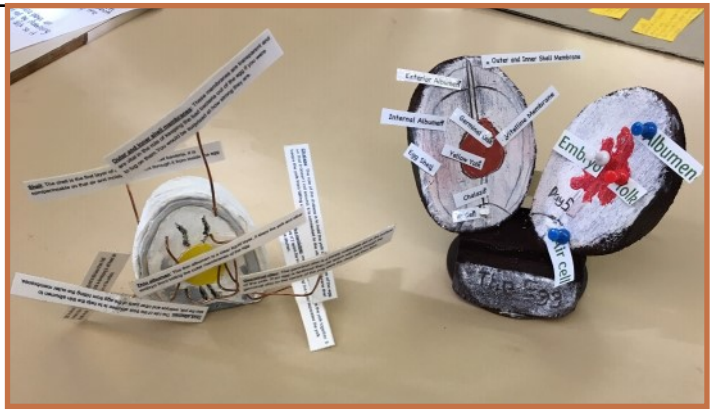
Bookings are essential:  
(02) 4868 0888 or [melanie.lausz@wsc.nsw.gov.au](mailto:melanie.lausz@wsc.nsw.gov.au)

WORKSHOP LOCATION: Wingecarribee Shire Council, Moss Vale  
This event is conducted by Wingecarribee Shire Council's Road Safety Officer, supported by the RMS.

Helping learner drivers become safer drivers



# EGGCELLENT !

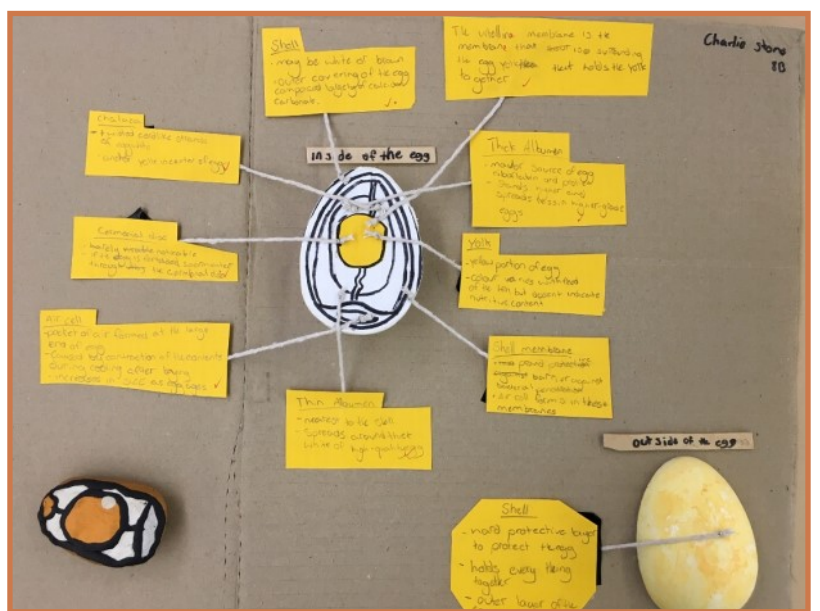
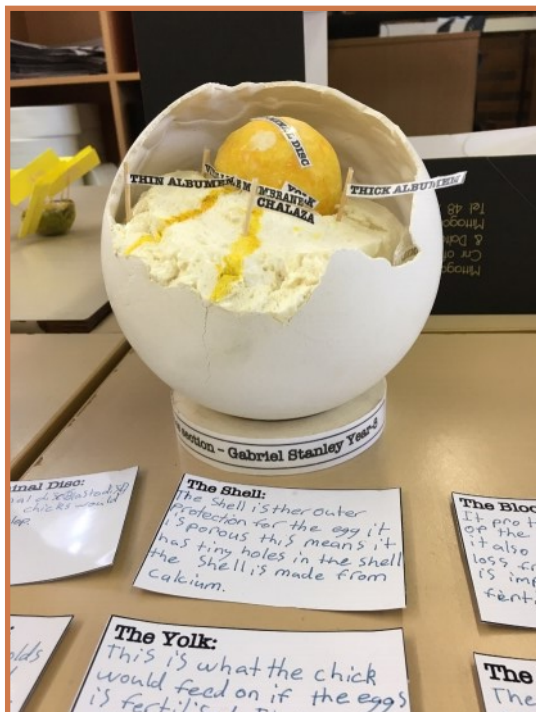
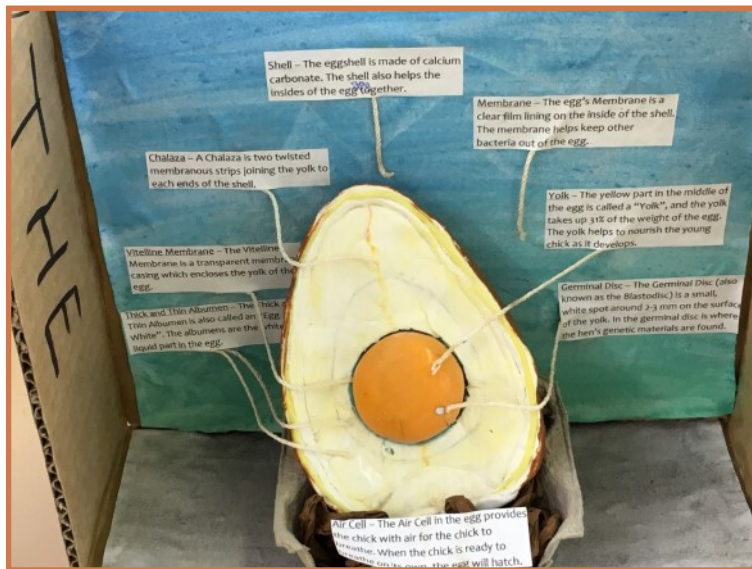


Look at these fabulous models of Year 8 Ag Eggs!

This year 8 Ag class has been investigating the Australian layer Industry from egg production to candling and grading eggs. As part of their assessment they had the design task of producing a 3 D model of an egg labelling all the parts and explaining the role of each part.

Such an impressive result, the effort that was put into these models was so fantastic.

Miss McNeill







## NEWS FROM THE CAPA VAULT

### Creative and Performing Arts Update



#### *Performances, Excursions and Achievements*

#### **A Night of M.A.D.D.ness CAPA Concert**

We held our second CAPA Concert for the year. Called A Night of M.A.D.D.ness, this concert's aim is to highlight the individual talents of our elective CAPA students. 32 students were chosen to perform on the night, giving outstanding Music, Dance and Drama performances. We also showcased the work of our talented Visual Arts students through the programs, artwork around the Hall, and a Powerpoint of works-in-progress.

Our next CAPA event will be a full CAPA concert on June 27.

#### **Young Achiever Awards**

Amelia Brook was selected to perform at the Gala Presentation of the Seven News Young Achiever Awards in Sydney.

#### **Southern Stars**

Joel Hinchcliffe (vocals) was selected as a Featured Artist for the Southern Stars Extravaganza. Matthew Johnston (trumpet), Samuel Johnston (alto sax) and Heath Robertson (cello) were selected as members of the Southern Stars Orchestra.

#### **Schools Spectacular**

Joel Hinchcliffe and Oliver de Horne were successful in reaching the Schools Spectacular Featured Artist live round of auditions.

#### **Plugged in the Park**

Amelia Brook, Maddy White and *The Proximity Effect* performed at *Plugged in the Park*, a Youth event held by the Wingecarribee Shire Council at the Corbett Gardens in Bowral.

#### **Earth Hour**

Taylah Denford performed at the Wingecarribee Shire Council's *Earth Hour* event at the Southern Highlands Botanic Gardens in Bowral.

#### **Regional Performing Ensemble (the purple shirt group!)**

Ewan Dimmock (drums), Matthew Johnston (trumpet) and Samuel Johnston (tenor sax), attended the first tour of the year for the Illawarra South East Performing Ensemble, performing 8 shows over 3 days. The Ensemble will present their concert to our CAPA students on Wednesday June 5.

#### **Stage Band Master Class**

Our Stage Band was very fortunate to have Andrew Robertson, an experienced performer, arranger and conductor, come and spend time workshopping repertoire in a rehearsal held before school.

#### **Bowral Autumn Music Festival**

A number of our Composition and String Ensemble students attended an open rehearsal for the Bowral Autumn Music Festival. They watched the Acacia String Quartet perform a movement from Dvorak's Piano Quintet with visiting pianist, Stefan Cassomenos. After which, the quartet rehearsed a world premiere piece by composer Alice Chance. Her piece featured many interesting techniques and the students were able to ask questions about her composition and experience rehearsal techniques by professional musicians.

#### **Art Express**

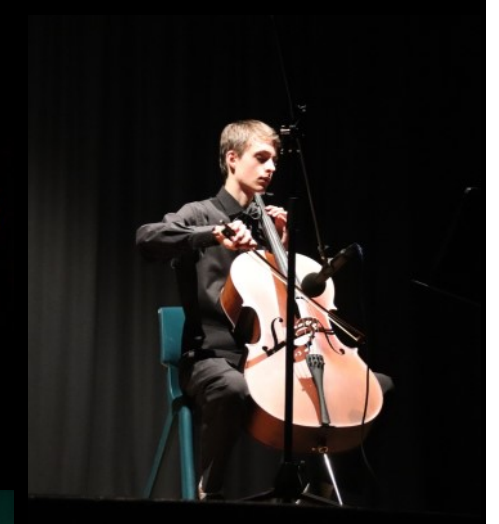
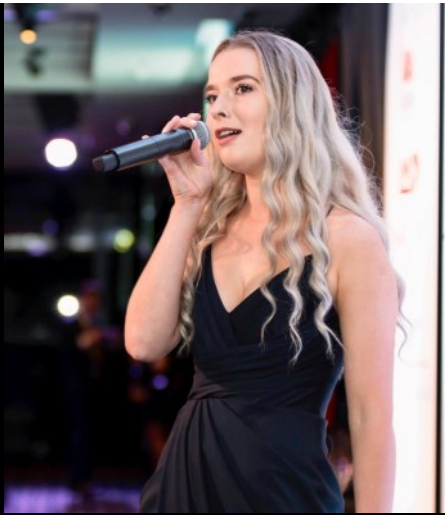
30 Art students from Years 10-12 attended the Art Express exhibition at the Art Gallery of NSW, viewing outstanding artworks from the 2018 HSC Visual Arts exam.

#### **In Summary**

We are very thankful for our talented and hard working CAPA students, and wish them a well-earned restful holiday break. We are proud of all their achievements and performances thus far and look forward to what Term 2 brings!

*Mrs Johnston*











# Reports from Activity Week 2018

## Camp Wombaroo

Camp Wombaroo, the best place to hang with your friends... quite literally, the high ropes are insane. It is an excellent way to top off the year of school. They have incredible activities ranging from relaxing bush walks to adrenaline pumping high ropes and flying foxes. The weather was outstanding on all three action packed days, perfect for kayaking and swimming in the dam.

A definite high was the raft building, in which two teams battled it out to see who could make the best raft. It was a challenge. We named our raft the Titanic 2 and let me just say it was a very fitting name.

The 'Outdoor Education Group' did an incredible job with the 2018 Camp Wombaroo, providing amazing food and amenities. Thank you, Mrs Button, for yet another fantastic year at Wombaroo.

*Matthew Kelly*  
Year 9 student





## Snowy Mountains Trout Fishing 2018

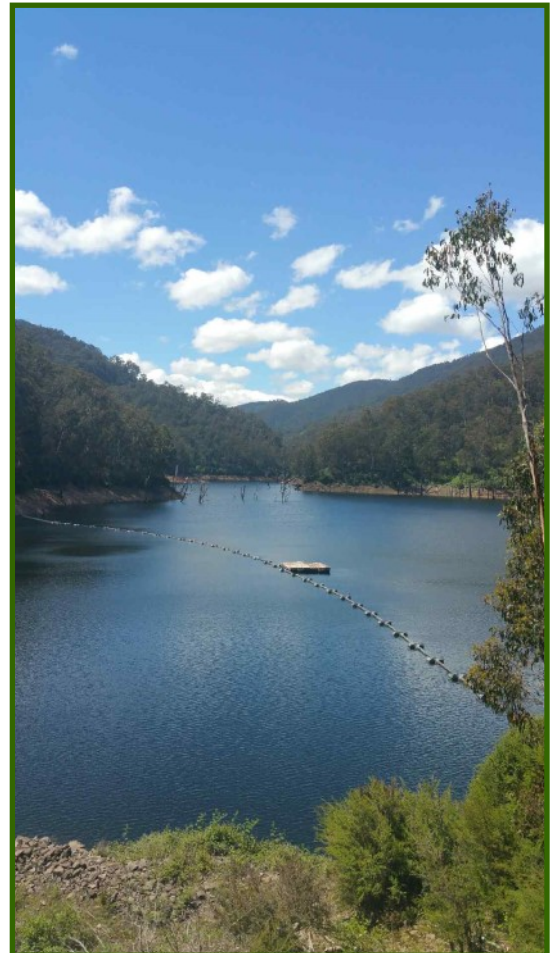
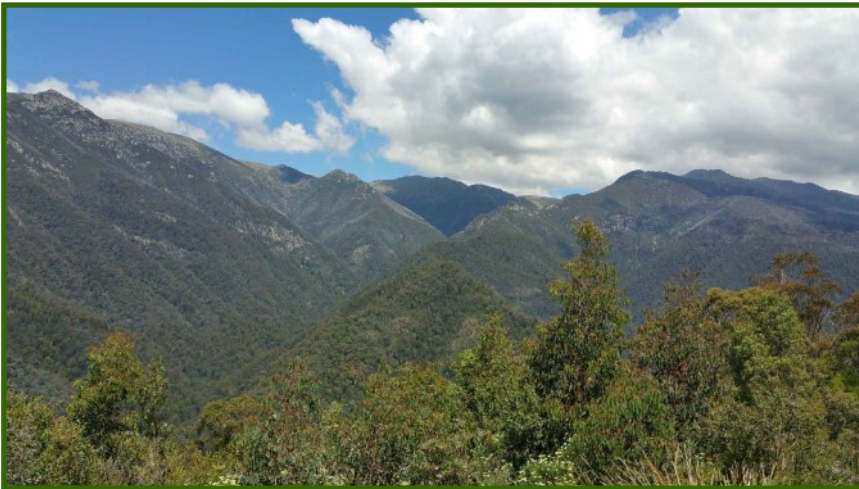
Last year's Snowy Mountains Trout Fishing activity was relaxing, fun and a bonding experience, both with members of our school community and mother nature. The weather was ideal, the food tasty and plentiful and I was particularly impressed with the way everyone pitched in and shared the load when preparing meals, cleaning up, pitching tents and packing everything away when it was time to go.

We were very fortunate to have a large group including terrific kids, generous parents and carers as well as our trout fishing veterans. Our volunteers treated us all this year to some great road trips in their trusty four wheel drives. We all really enjoyed a picturesque drive up to Geehi lookout and dam. The kids had great fun commentating on the two way radios, as we drove along up and down the mountain, spotting wildlife and crossing rivers.

A trip into Khancoban for ice creams was another highlight, as was afternoon dam building and paddling in the Swampy Plains River.

A huge thank you to Mr Miller for all the hours of organisation prior to the activity and making sure that we were all safe and well cared for while we were away. In addition to the background efforts before this trip we are extremely grateful for the generous contribution of time and vehicles from parent helpers and volunteers noting that this activity could not proceed without their involvement.

*Mrs Reeves*  
Activity Coordinator





## Elves Workshop

For six hard-working students, Activity Week was a busy time making gifts for friends and family. Over the three days, we created hand-made candles in decorative cups as well as beautiful plaster decorations and ring dishes. In the kitchen, delights like rocky road and Christmas cupcakes were decorated and painstakingly wrapped to make the perfect Christmas gifts.



Students shared tips and experience in how to decorate their Christmas mugs, with outstanding results that showed a range of interests and a great deal of care. After all of this hard work, we needed a break! Afternoons of popcorn and ice-cream in front of classic Christmas films like *Jingle all the Way* and *The Santa Clause* were enjoyed by all! Thanks for Mrs Kemp and Miss Curtis for their help over the three days.



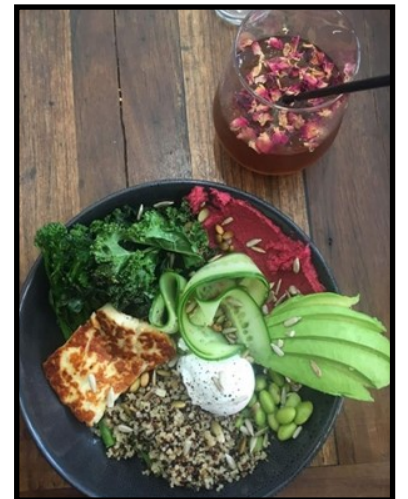


## Foodies Paradise

Foodies Paradise is just one of the fun activities that took place on the last week of school for the year. This activity took us to different parts of Sydney to explore the different flavours of other countries. Foodies Paradise was led by Ms Sandland and Ms Youman. On day one we explored Cabramatta and both 'typical Australian' café fare as well as the fresh flavours of Vietnamese cuisine. We started off with brunch at the Usual Café and ordered an assortment of breakfast burgers, acai bowls and smashed avo on toast. After this amazing brunch we walked through the fresh produce markets, did a bit of shopping, and finished with pork rolls and home-made giant pork buns from a Vietnamese bakery.



On the second day we went to Newtown, to a motorbike workshop/café called Rising Sun Workshop. We ate a variety of ramen and sampled the katsu burgers. Following lunch, we went shopping on King Street and made our way to the Turkish Ice Cream shop, Hakiki. There was a mixture of flavours as well as Turkish delight, baklava and Persian fairy floss on offer and it was a great way to cool down on a hot day.



Our final day was spent in the CBD drinking bubble tea, having a banquet at Din Tai Fung and finishing it all off with a fluffy Japanese cheesecake each from Uncle Tetsu's. Our banquet consisted of a range of flavours from all over China including: century egg, pork floss and tofu, kung pow chicken and Shanghai's famous Xia Long Bao soup dumplings. It was a fantastic three days and allowed us to experience foods and flavours from many different cultures that aren't always available to us in the Southern Highlands. A fantastic activity for any food enthusiast to take part in!



## Special Education Adventures



### Monday December 17 2018

*Destination: Science Space & Planetarium in Wollongong.*

- We departed Moss Vale High School at around 9:15, travelling down the Macquarie Pass towards sunny Wollongong, arriving at approximately 10:30.
- First up we visited the Planetarium and experienced the sensation of Space and given a lesson on the formation of the Stars and the Planets.
- We were then provided with a private lesson with eye opening demonstrations on 'Liquid Nitrogen' and its special qualities.
- We then had some free time to explore the interactive activities within the Science Centre.
- We finished the day off with a picnic lunch in a nearby park overlooking the beach before heading back to School.

### Tuesday December 18 2018

*Destination: Bicycle Education & Road Safety program in Campbelltown.*

- We departed Moss Vale High School at around 9:15, travelling up the Hume Highway towards Campbelltown, arriving at approximately 10:30.
- We began by learning how to use our helmet properly.
- We were then instructed on how to get on and off a bike in a balanced and safe way.
- We then spoke of road safety and pedestrian safety rules.
- We then spent a good 45 minute session practicing all we had learnt, including how to stop and go at traffic lights.
- We had a picnic lunch in a nearby park overlooking the railway station before heading back to School.

### Wednesday December 19 2018

*Destination: Movies at Empire Cinema Bowral.*

- We departed Moss Vale High School at around 9:15, travelling to Bowral, arriving at approximately 9:30.
- We watched 'The Grinch 2' and had a choice of popcorn, a drink or an ice cream.
- We had a picnic lunch in Corbett Gardens before heading back to School.

## Southern Highlands Fun 2018

Over three days we took advantage of the holiday atmosphere and escaped to catch the train to Bowral to see the latest film Grinch 2. Afterwards we spent time cruising the shops and cafes enjoying lunch and socialising.

Our next adventure was a morning swim at Moss Vale Memorial pool. We floated, raced and challenged each other to swimming under water. We relaxed, ate hot chips and made our way back to school with a tired group of students. Our afternoon was spent watching various DVDs and sharing mountains of popcorn and sweets.

Our last day's adventure was a trip by bus to Southern Highlands Ten Pin Bowling at Mittagong. We enjoyed friendly competition, tokens for arcade games, a hot lunch and time to shop at Mittagong Market Place for holiday bargains. Bussing it back to Moss Vale with many satisfied shoppers.

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## Glamping at Cockatoo Island



Imagine camping on Sydney Harbour without owning a tent or even knowing how to put one up!

That's what 18 students did for Activity Week 2018.

Cockatoo Island is a UNESCO world heritage listed site on Sydney Harbour and we camped on the island using their mini glamping packages.

Our time in Sydney was AMAZING.

Monday was spent shopping at Pitt St Mall in the morning, followed by exploring the island in the afternoon.

On Tuesday we spent time at Luna Park, followed by a Jet Boat ride around Sydney Harbour. We then topped it all off with dinner at Pancakes at the Rocks.

Wednesday saw us saying goodbye to Sydney and catching our 6th ferry ride of the week as there is no access by car to the island.

We loved Cockatoo Island SO much that we have already booked our glamping sites for Activity Week 2019!

Hope to see you there . . .

*Mrs Johnston*







# Surfing



On Monday 17 December, students from years 7 to 11 participated in Moss Vale High school's annual Activity Week.

At around 8:30am, 35 excited Mossy High students departed our school to leave for Gerroa to learn to surf for three days. Arriving at the beach, we were given our surf boards, wetsuits and a demonstration on how to surf properly. We surfed or tried to for two hours at a well-known surfing break called "The Far" under the guidance of our knowledgeable instructors that made sure we were safe in the water. Once we arrived at our accommodation everyone got settled into their cabins and unloaded their things and then cooked up some lunch followed by a swim in the pool or a walk on the beach.

On day 2, we left our accommodation at 7-mile beach caravan park at 9am to start our second surf lesson at 10am. This time we were able to grab our boards and head out into the surf without much assistance. We surfed for a couple of hours again and then headed back to 7-mile beach for some lunch and a swim followed by bowling at Albion Park. A delicious dinner of pizza and ice-cream at Kiama followed and one last swim once we returned.

On our last day we packed up our things and loaded everything onto the buses before heading off to our last surf lesson. The surf was very rough. Big waves and strong swell made conditions harder for us as there were plenty of rips around.

As we made our way back to the Highlands we got McDonalds for lunch and headed home listening to some great music.

Overall this trip was absolutely amazing and I highly recommended it to anyone wanting a fun and relaxing time away with some great friends and even better teachers. Thanks to Mr Carlyon, Miss Leet, Mrs Rossi and Mr Bagley.

*By Isabel Nash  
Year 9 2018*



# School Notices



## MOSS VALE UNIFORM SHOP

Located next to the school Canteen  
Open : Tuesday 8.30am-11.30am  
Thursday 1.00pm-4.00pm

## Moss Vale High School 2019 P & C Committee :

President-Mrs Miriam Fuhrmann  
Vice President-Mr Matthew Carlyon  
Treasurer-Mrs Dearna McMahon  
Secretary-Mrs Dianne Sutherland

Contact with P&C may be made  
via : mvhspc14@gmail.com

# MVHS SNAP BACKS

**\$20.00**

Can be purchased from the  
Front Office



These caps have been approved by the school community and will be available for a limited time. Money raised will go to the purchase of Sun Shelters for outdoor activities.



Donations gratefully received.




**KKKK**  
College of Knowledge Committee For Kids

**KOLLEGE OF  
KNOWLEDGE  
KOMMITTEE FOR  
KIDS**

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

Thank you

# 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.



# Community Notices



**COMMUNITY KICKBACKS**  
Price rewards back to your team!

REBEL

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\*

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\*Conditions apply

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## Southern Highlands Youth Orchestra

Do you play an orchestral instrument?

Are you aged between 12 and 25?

Do you want musical adventures with other young musicians?

Look no further....

Come and play in The SHYO!

We rehearse every Thursday, 5.00 pm, at the CWA Hall, Bowral

Enquiries: Elise Ali 0411 596 301 & Cindy Gardiner 0419 680 813  
[southernhighlandsyjo@gmail.com](mailto:southernhighlandsyjo@gmail.com)



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