



Moss Vale High School

Respectful, Safe and Responsible Learners

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July 2019

Ration Challenge 2019

Act for Peace



Ration Challenge & Op Shop Chic Mufti Day

See more on pages 8—10

Dates to remember

Friday 5 July

Last day of Term 2

Monday 8 July to Friday 19 July—School Holidays

Monday 22 July

Staff Development Day

School Resumes

Tuesday 23 July for ALL students

Wishing you all a safe and happy break

Principal's Report

It has been a fantastic and busy term at Moss Vale High School. Some of the term's highlights are: Athletics Carnival, Activity Week selections have been made, our students achieving awards at the South Coast Beef Spectacular, our students achieving second place in the Science and Engineering Challenge, the Stones and Bones incursion for Science, the Ration Challenge, our student volunteers participating in the Red Shield Appeal, the Op Shop Chic multi-day fundraiser, a focus on habits of learning through our How2Learn initiative, an outstanding end of term CAPA concert, a make-over of the girls' toilets and the Positive Behaviour for Success Rewards excursion.

Girls' Toilets Makeover

I would like to make special mention of the make-over of the girls' toilets this term. Ms Tenille Leet and her girls' PDHPE class came up with the initiative to make the girls' toilets a more pleasant environment, and one where girls would be encouraged to take care of their surroundings. The girls designed the make-over and researched the products that they needed to purchase. The girls all worked on finding empowering quotes to inspire and encourage every girl that entered the bathrooms. I would also like to thank Jam Signs and Embroidery designs for the amazing posters.



Subject Selection

Thank you to all students and parents who attended the subject selection evening for both Years 8 and 10. The students were given a wealth of information to assist them in choosing the right subjects as they move into Stage 5 and Stage 6. Students should now all have their Web Codes and should have been making their selections based on what they like, what they are good for and what they find interesting. Students are encouraged to see their teachers, Ms Megan Youman and Mr Phil Warwick, our Careers Adviser, for further support in choosing the right pattern of study.

Mindfulness

Mindfulness Mondays are now an established and important part of our school this year. Every Monday morning, all students and teachers are to engage in being mindful to start the working week. Most are using the Smiling Mind 1 order to focus and settle the mind for the week ahead. It is proven to be grounded in science and mindfulness is also important to overall wellbeing. Smiling Mind is a series of modern meditation activities in a unique web based format. It's been developed to complement existing mental health and wellbeing care programs, and complements the General Capabilities in the Australian Curriculum. There is also a Mindfulness journal for students to complete a wide range of activities and to decrease stress.



The Tigger and Eyore effect

One of the things I spoke about on the last assembly of the term, was the Tigger and Eyore effect. Most of our students are extremely positive about Moss Vale High School and their learning. However, there is a small minority that are regularly negative about their learning and, hence, school in general. My message was to be a 'Tigger and not an Eyore'. The following is an excerpt of the assembly address:

'Teachers don't like me, this is boring, why do we have to learn this, learning is too hard, everyone hates me, I hate this school or I just hate school in general, the school is too strict.... That's an Eyore – someone who mostly looks on the gloomy side of life. They generally see the negatives, see the bad rather than the good, see what others are doing wrong or doing that upsets them, rather than looking inwards, and failing to ask themselves, 'what am I doing to make things better or to get along with my teachers and peers better?'

Tiggers on the other hand see in the world in a positive light, and mostly see the good in situations and in others.

However, I'm not suggesting that we all be blind optimists or that we can always see the positives in every situation. We can't. We're human and we all have our bad days and negative moments. That's life! We can all be Eyores at times. But, we can all try and change our attitude, our mindset so that the majority of our days and our interactions or thoughts are positive.

That we at least try to see the good in others and to be grateful for all the good things we have and that we experience. When we change our thinking to a more positive mindset, and treat others with kindness and understanding, we definitely see that life in general starts to change for the better. This doesn't mean that bad things won't still happen to good people, because they can and they do. But life in general will be better.

The first thing we can do to change our mindset is to think of whether we see ourselves as glass half full people or glass half empty? The Half empty people commonly look at what they don't have, what isn't right in their lives, what others are doing that is hurtful or annoying to them; they see themselves as hard done by, they are fault finders without a solution to fix things, and often see themselves as victims. On the other hand, people who see life through the glass half full mindset, can see the negatives and the problems in life. The difference is, they don't let it be obscure their view of all the good in the world and the people around them. However, it is important that we are aware of certain negatives in life, such as racism, sexism and other forms of injustice or hatred, but not in order to moan about how bad things are in the world but rather to try and change things for the better.

The next step to changing our mindset is to simply be grateful. Each day, preferably at the end of your day, reflect on the day and all the good things that you have to be grateful for. Don't dwell or fixate on getting a bad mark in a test that day, or on being reprimanded for speaking in class, or about the friend who upset you by a thoughtless comment. Be grateful for simply living in this wonderful country, living in the beautiful Southern Highlands, being able to have an education, for your health, your family, for good food we have access to in this rich and lucky country, and so many more things that you have to be grateful for each and every day.



On that note, I wish all of our staff and students a wonderful and safe holiday. Thank you to everyone in our school community for all your energy, support and commitment to Moss Vale High School. I encourage you all to find time to relax in the holidays and I look forward to seeing you all in Term Three.

Mrs Patricia Holmes
Principal



Deputy Principal Report

Parent Teacher Night

Thank you to all the parents and caregivers who attended parent teacher night. The move to the hall as a venue was a popular one amongst parents and staff and we received plenty of positive feedback.

Chess Competition

Congratulations to Mr Kumar and the Chess team who were extremely successful at their recent competition. Flynn Corby took out first place, Karl Punzalan second place, Troy Wills fifth place and Jake Davies seventh place. Because of these great results, Moss Vale HS won overall as a school and all the boys brought back plenty of trophies for their efforts!



Year 7 Interviews

Mrs Holmes, Mrs Summers and I have recently been interviewing all of Year 7 as a part of the every student is known, valued and cared for project. Part of our current school plan is to interview all of Year 7 to see how they have adjusted to high school, find out what they are enjoying, areas they are finding difficult and asking what they want their teachers to know about them. We have all found this process very rewarding and have enjoyed getting to know the students in more depth.

Volunteers at Primary School Carnivals

Being the time of year for athletics carnivals, our school has been inundated with calls from our primary community of schools asking for our highly valued students to assist at their carnivals. We have received constant positive feedback from all the schools about our student helpers and how much they contributed to making their carnival successful. There are way too many students to name, but I would like to thank all those students that have volunteered this term.

Ration Challenge

Recently, 34 students and staff took on the ration challenge, to raise money to help refugees and other vulnerable communities around the world. Rations reflect closely what it's like to eat rations as a Syrian refugee in Jordan and included Rice – 420g, Lentils – 170g, Dried chickpeas – 85g, Tinned sardines – 125g, Tinned kidney beans – 400g, Vegetable oil – 300ml. Amazingly, our team managed to raise \$10, 194.85 which goes to the Act For Peace organisation. A great result from the team and a huge congratulations to Miss Sandland for leading this initiative.

NAIDOC Week

The Aboriginal Education team, led by Miss Bateman has kicked off Moss Vale Highs NAIDOC Week with a bang! Already this week there has been touch football, a concert in the hall with Jimmy Kyle and lunchtime art in the Merchant Courtyard. Later in the week there is a sausage sizzle and the week will wrap up with the return of the Gundungurra Shield Day!



We hope you have a happy and safe holiday break! Students resume lessons on Tuesday 23/7/19.

Mr Matt Carlyon

Deputy Principal Report



Approaching our Learning with a Growth Mindset

As part of our HOW2Learn (Higher Order Ways to Learn) Program, students have been introduced to the concept of Growth Mindset in learning. In the past, intelligence and ability were often considered to be a fixed trait, but research by Carol Dweck now shows that intelligence and ability can be developed over time. Those with a fixed mindset tend to believe that their learning will be limited to a defined level, while those with a growth mindset tend to believe that they are able to improve with targeted hard work and perseverance. It is important to note that our mindset often varies in different circumstances, and most of us demonstrate both fixed and growth mindset tendencies at different times. Our students have been challenged to develop high learning expectations for themselves, and provided with the skills and support to understand that these goals can be achieved through deliberate and targeted effort.

Students in Years 7-10 have completed a self-reflection activity when receiving their Semester 1 Report, to help them identify areas of learning positives and also identify focus areas for learning improvement. Utilising aspects of growth mindset, students have now developed a learning goal for Semester 2, which they will revisit in progress checks over the rest of the year. Our students are to be congratulated on the mature and sensible approach they have taken when completing their report reflections.

Mrs Letitia Summers



Fixed mindset	Growth mindset
	
<p><i>Intelligence is static.</i></p> <p><i>Learning is limited.</i></p>	<p><i>Intelligence can be developed.</i></p> <p><i>Learning is boundless and like a muscle - it continues to strengthen the more it is used.</i></p>
<p>Beliefs</p> <ul style="list-style-type: none"> • Intelligence and ability are fixed. • Nature determines intelligence and ability. • I will always be good at some things and poor at others. 	<p>Beliefs</p> <ul style="list-style-type: none"> • Intelligence and ability can grow. • Nurture determines intelligence and ability more than nature. • If I apply myself more, seek help, take risks, change my strategy, then I've got a good chance of learning anything.
<p>Priorities</p> <ul style="list-style-type: none"> • I need to prove myself. • I like to succeed, especially with little effort, as this proves I am clever. • I try to avoid failure of any sort. 	<p>Priorities</p> <ul style="list-style-type: none"> • I try to improve myself. • I learn through challenges, as this will help me to grow my talents. • I seek interesting challenges that will stretch and help me to learn.
<p>Responses to challenges</p> <ul style="list-style-type: none"> • Blame myself or, to protect my ego, blame someone else. • Feel inferior or incapable. • Try guessing answers or copying others. • Seek ego-boosting distractions. 	<p>Responses to challenges</p> <ul style="list-style-type: none"> • There is no blame - I just want to know how to do it better next time. • Feel inspired to have a go. • Try various problem-solving strategies. • Seek advice, support or new strategies.
<p>Mottos</p> <ul style="list-style-type: none"> • Either you're good at something or you're not. • If you're really good at something, you shouldn't need to try. • If you have to try, you must be stupid. • Don't try too hard; that way you've got an excuse if things go wrong. • No pain, no gain! 	<p>Mottos</p> <ul style="list-style-type: none"> • Success comes with application. • No matter how good you are at something, you can always improve. • If you have to try, you must be learning. • Always try; that way you have more chance of success and making progress. • No pain, no gain!
<p>Bucket Mindset</p>	<p>Muscle Mindset</p>



Mufti Day - Op Shop Chic





Supporting local charity organisations and donating to Act For Peace



Ration Challenge 2019—Act For Peace

Right now, there are more refugees and displaced people around the world than at any time since World War II – 68.5 million according to the UNHCR, the UN agency dedicated to protecting and supporting them. That number is growing at an unprecedented rate – every single day, 44,400 more people are forced to flee their homes because of conflict, persecution and natural disasters.

This term, a team of 34 students and staff took part in the Refugee Ration Challenge, which ran during Refugee Week.

The organisation 'Act For Peace' designed the Ration Challenge to reflect, as closely as possible, what it's like to eat rations as a Syrian refugee in Jordan. The Challenge ration packs contained exactly the same food, in almost the same quantities, as they distribute to refugees.



Our packs contained:

Rice – 420g

Lentils – 170g

Dried chickpeas – 85g

Tinned sardines – 125g

Tinned kidney beans – 400g and;

Vegetable oil – 300ml



This was the main focus of our PBS fundraising for Term 2 and we were able to raise a whopping **\$10, 194.85!!!**

On behalf of our Ration Challenge team, I'd like to extend a heartfelt thank you to all who donated to such an important cause. The money we raised will help provide food ration packs to the most vulnerable as well as hygiene kits, medical help and psychosocial support.

Thanks again for your outstanding efforts!

Alexandra Sandland
SRC Coordinator





ACTIVITY WEEK 2019



On the opening days of the deposit collection over 380 students have been placed for Activity Week in 2019.

The following activities are now full (21/6/19). Home a little-Away a lot, J Bay, Foodies Paradise, Cooking up a Storm, Glamping at Cockatoo, Surfing at Gerroa, Sydney Squad, Jamberoo, River, Rock and Snowy Mountain Trout Fishing.

The following activities have places available. Ghost Hunting-4 places available. Go for Gold-15 places available. Camp Wombaroo-2 places available. Lantastic-6 places available. Southern Highlands-14 places available. Star Wars Movie Experience-21spaces available. Creation of the 3rd Kind-11 spaces available. Adrenaline Kicker-15 spaces available. Art and About-7 spaces available.

Due to insufficient numbers, I'll Seal you Snorkelling will unfortunately not run in 2019.

Students can make payments at the office at any time although if they are selecting for the first time, they will need a preference sheet. These can be downloaded from the school's website mossvale-h.schools.nsw.gov.au, collected from the office or from the HSIE staffroom.

All students in the school are expected to select an activity and attend for the duration of the Activity Week. There will be no normal lessons conducted during this time. The activities offered provide a wide range of choice for students, from overnight camps to day to day activities, from expensive to minimal cost. If your child doesn't select any Activity, supervision and a work program are provided at school.

Some students have paid for their activities in full while others have opted to pay via instalments. The next instalment is due for payment on Thursday 1 August & Friday 2 August. If you are paying by instalment the following payments represent 25% of the total cost, rounded to \$5 or \$10. This is shown in the table below.

Go For Gold	\$210	Sydney Squad	\$95
Snowy Mountains Trout Fishing	\$35	Adrenaline Kicker	\$100
Creation of the 3rd Kind	\$10	Jamberoo, River, Rock	\$65
Ghost Hunting	\$75	Home a Little – Away a Lot	\$40
Camp Wombaroo	\$70	Southern Highlands Fun	\$15
Surfing at Gerroa	\$65	Foodies' Paradise	\$25
Glamping at Cockatoo Island	\$90	Art & About	\$20

** You may make payments at any time. Payments may be greater than those listed above.

The first activity week meetings will be held in early Term 3.

REMINDER: there is no swapping activity week choices. If a student drops out of an activity, they will lose their deposit due to leaders using that money to initiate bookings and pay for costs.

Thanks to all for your support of Activity Week at Moss Vale High for 2019.

For further information about the program please contact Matt Nash, Activity Week Coordinator, during school hours.

Mr Matt Nash
Activity Week Coordinator

NEWS FROM THE CAPA VAULT

A Creative and Performing Arts Update

Performances, Excursions and Achievements So Far This Term

Opera House

Javiera Diaz has been selected to perform her own composition "Dance with You" at the *Banksia* Instrumental Festival Concert at the Sydney Opera House in July.

Talent Development Project

Oliver de Horne was selected to attend the TDP auditions in Sydney on July 1 and 2. We wish him all the best!

Term 2 CAPA Concert

150 students involved in our CAPA Enrichment Program presented an amazing concert, showing their hard-work over the past term. There were 20 ensembles in total, covering instrumental and vocal ensembles, drama and dance ensembles, as well as Art displays from our Studio Art Project. We were particularly impressed with the premiere of our Tap Co.!

Regional Performing Ensemble Concert

Over 300 students were entertained by the visiting Regional Performing Ensemble Concert and it was great to see Ewan Dimmock (drums), Matthew Johnston (trumpet) and Samuel Johnston (tenor saxophone) in action.



Southern Highlands Jazz

Cassidy Brown (vocals), Matthew Johnston (trumpet) and Samuel Johnston (alto saxophone) attended the Southern Highlands Jazz Masterclass on Performance Craft. It was an excellent opportunity to learn from, listen to and then perform with Ben Jones and jazz students from the Sydney Conservatorium.



NEWS FROM THE CAPA VAULT—CONTINUED

Stage Band Master Class

Andrew Robertson returned to our school to provide another masterclass with our Stage band students, in preparation for our Term 2 CAPA Concert.



Arts Unit Boys Vocal Program

Oscar Dunn-Luck and David and Thomas Gillis were part of the Boys Vocal Program run through the Arts Unit in Sydney.

Meet the Music

Twenty music students attended two concerts at the Opera House, combining their first visit with Vivid. The concerts featured "Last Night at the Proms" and "Joseph and James Tawadros", both with the Sydney Symphony Orchestra.

Vivid Excursion

Twenty five Art and Entertainment students visited Darling Harbour to learn how Vivid is staged.



Drama Skills Development Workshops

David Gillis and Bella Seers attended the Voice and Accent Drama Workshop held by the Arts Unit in Sydney.



Coming Up

School Musical 2020

We have been very fortunate to secure the rights to Roald Dahl's Matilda The Musical!

Auditions will be open to students in Years 6-11 and will be held across Weeks 3-5 of Term 3. See Mr Canute or Mrs Johnston for more details.

Term 3 CAPA Event

Our next CAPA Event will be our Stage 6 Showcase, held in the Hall on Thursday August 8. It will feature performances and presentations from our senior Music, Drama, Art and Distance Ed. Dance students. Tickets will go on sale Thursday August 1.

Inspire Bundanoon

Inspire Bundanoon, which will feature electives in Vocals, Dance, Drama and Art, will be held at Bundanoon Public on Tuesday August 13.

In Summary

All our CAPA staff are proud of our students' achievements and performances. We are so thankful to be part of the CAPA family and wish all our students and families a well-earned holiday. See you back in Term 3!

Mrs Linda Johnston
Head Teacher CAPA



Term 2 CAPA Concert







Parent Portal Tips

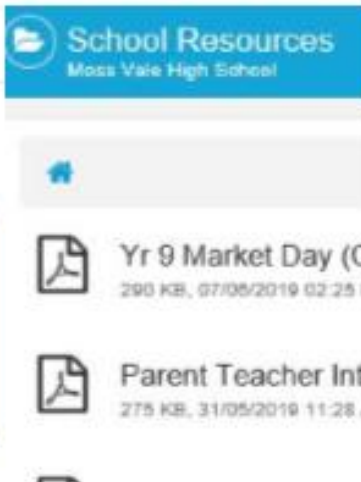


There are 2 Portal Versions:
click on this button
to change between them

Check any new notifications here



A list of notes
sent out are
available from
here



Feeds and notifications that
you have archived can be seen
by using dropdown box



Remember the Parent Portal App
is only for receiving notifications

Make sure you have the settings
set to Allow notifications

If you haven't linked the App to your
Parent Portal, watch the instructional video:
[Sentral App instructional video](#)

New trikes for the Support Unit

The school's Support Unit has just picked up two brand new adult trikes from Stuart and Marika at *Cycliste* in Moss Vale. These trikes will supplement the 10 other two-wheeler bikes we already own and use on a regular basis. These new trikes are purpose built for adults and have three wheels in all. The two at the back provide much greater stability to the rider. Our experience has shown that students who have been unable to ride a standard bike have a far greater chance of learning to ride these trikes.

Head of the Support Unit, Mr Tim Vandevort (seen below trying out the smaller red trike) commented: "we are very grateful to the **Kollege of Knowledge Kommittee for Kids** for their ongoing and substantial financial partnership with our Support Unit. These bikes retail for approx. \$1000 each and the 4Ks have met this bill in total for us. We are also grateful to the team at *Cycliste* in Moss Vale."

A representative from the **Kollege of Knowledge Kommittee for Kids**, Mr Tom Porter (seen below in the main street of Moss Vale handing over the larger blue trike to one of the Support Unit teachers) commented: "It's a great cause and we are only too happy to be involved."



Exciting Community Access activities in our Support Unit



For Community Access, all our Support classes were privileged to attend a fabulous and informative presentation by Libby Guest from the Wingecarribee Shire Council's Resource Recovery Centre on Recycling. Each class participated in fun activities tailored especially for them as they learned all about the importance of Recycling for sustainability and preservation of our earth. Students were then able to consolidate this information by looking at our school environment and thinking about their home environment and what we can all do to make more of a difference to preserving our earth, including recycling, resource recovery centre, composting and much more. Students were engaged and excited to learn about this important initiative, a wonderful experience for them.

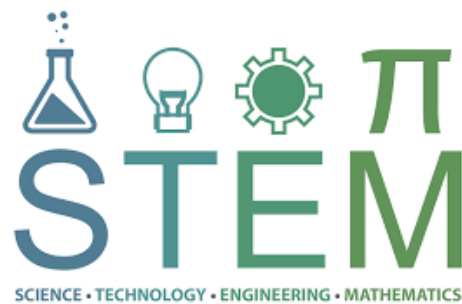
2019 Science and Engineering Challenge

The Science and Engineering Challenge has been running in the Southern Highlands for the last 11 years and Moss Vale High has always been proudly represented. This year we excelled placing 2nd in the competition amongst eight local high schools. The students who achieved this impressive result were a select group of Year 10 who displayed outstanding sportsmanship and were exemplary representatives of our school.

The challenges students faced included making a bridge, connecting cities with electricity, sending secret messages using code, making a bionic hand, modelling the Mars rover and building an earthquake proof tower. All challenges are designed to strength group working and promote STEM (Science, Technology, Engineering and Mathematical) skills.

The Science and Engineering Challenge is made possible by the generous sponsorship of the following local businesses and the many Rotary and Engineering Australia volunteers who raise funds, plan and make the day happen:

- Humes Concrete Product
- AW Tyree Foundation
- Jemena Gas Networks
- Boral Cement
- Penrose Pine Products
- Engineers Australia, Sydney Division



Term 2 Sport report

Much like term 1, term 2 was busy, busy, busy. The first week back saw our open boys hockey and cricket teams take the field. The boys hockey won their first game against Nowra convincingly, 11-0.



The boys open cricket team took on Woonona and were once again triumphant, the final score Moss Vale 9/255 off 40 overs and Woonona were all out for 162 off 31 overs. The boys now progress though to the regional final in term 4. The boys also played an invitational match against a touring school from Queensland, Dalby Christian School on the last day of term 1. The boys played with great sportsmanship and the day was a huge success. Some of the outstanding achievements on the day were as follows, Tom Simpson top scored with 33 and Conner Beveridge got a shout out on the day for displaying great sportsmanship. Brody Martin took 3 wickets for 0 off 3 balls and Jack Baldwin also took 3 wickets.

Week 2 was time for our final major whole school carnival, Athletics. Much like our Swimming and Cross Country carnivals, we were once again fortunate to have a beautiful day and over 500 students attend. Students proudly wore their house colours and were actively involved in either Competitive or Novelty events ensuring the day was a successful one. Later in week 3 we held the remainder of long distance events allowing us to tally results and announce our Athletics Age Champions, as follows.

Girls	Boys
12yrs Zarly Morris-Saurine	12yrs Isaac Guymer
13yrs Abbey Wallace	13yrs Nathan Collison
14yrs Alliyah King Dewit	14yrs Alex Harris
15yrs Hannah Mulchay / Maizy Evans	15yrs Tyson Robb
16yrs Kiarah Tuddenham	16yrs Jack Baldwin
17yrs Emily Sheather	17yrs Rory Muir
	18yrs Christian Costello



Week 3 also saw our U13s and U15s Boys Rugby League teams take on Bowral at Community Oval and our junior girls soccer team take on Mulwreee at Church Rd playing fields. The girls absolutely smashed it, winning 4:2.

The U15s played hard throughout this tough battle and managed to pull off a win. Our U13s fought hard and never gave up, unfortunately they went down. The boys should all be proud of the courage they showed.

The beginning of Week 4 saw our open boys hockey team compete in the second round of the knockout competition against Dapto. This game was certainly more challenging than the first round, however, the boys managed to secure a 2-0 win.

Our Junior soccer girls—We're so very proud of our Junior Soccer Girls! Getting to round 3 of a demanding Competition the Bill Turner trophy. They were courageous and played well against "Mount Stromlo High" from the ACT and unfortunately lost by 3:1.



**We will be ready next year!
So watch out for us in 2020!!!!**



Next up was our girls open soccer team who were playing in the 3rd round of their knockout competition. The girls had a massive trip ahead, 5 hours on the bus to Eden. We travelled down the day before, had a training session that afternoon then went out for a team dinner. We also ran into our much loved ex HSIE teacher Mr Barros. The next morning we were up early and across to the fields for a 9:30 kick off. At first the girls were a little intimidated by the whole school coming out to watch but they soon found their groove and went onto a much deserved win. Poppy Costello put the girls in front after 20 minutes, her first ever goal and then another goal off a curling Courtney Harkness corner sealed the game. It was a long trip back but enjoyable knowing we had just come away with a win. The girls then went onto round 4 the following week against Moruya High, who knocked us out last year. Unfortunately with many injuries and key players missing we were unable to come away with the win. Our girls never gave up and were courageous throughout the game. Poppy Costello scored a fantastic goal off a perfect Courtney Harkness through ball, however we ran out of time and the final score was 3-1. A big congratulations to the girls, I am so incredibly proud of them and grateful to be their coach. A special mention to the girls who came up at the last minute to help fill in for injured players and to Courtney Harkness for her sheer determination to give it everything she had. Next year we will get Moruya, third time lucky!

**Thank you to Mr Vandenberg for his expert knowledge
and guidance in our game and training sessions.**



Friday of week 4 saw over 45 of our best cross country competitors head to Mulwaree High school to compete in the Zone Cross Country. It was a beautiful day and as always our students represented Moss Vale High well. We had some fantastic results with several students progressing to the Regional Cross country to be held in Cambewarra. Liam Hinchliffe and April Rowley both won their age group. Asher Miller came second as did Riley Tozer. Grace Mullie-Locke placed 5th, Maizy Evans and Noah Rochiax placed 6th. An awesome result from our students. We also had 3 age division teams win, 12years girls, 14years girls and the 16years boys.

The Regional cross country was held in week 6. This year we had 21 students attending and 3 teams competing. Liam Hinchliffe was once again triumphant and setting a new PB and taking out 1st place, what an excellent effort. We also had April Rowley place 3rd in the 12yrs girls and Asher Miller 9th. Our girls 12years team also place 1st overall. Liam, April and Asher will now head to the CHS state carnival early next term. Lucy Nash placed 11th and is first reserve.



Week 7 our Opens Boys hockey team played their third round against Smith Hill High School. Yet again winners.

Netball week 8 saw our first junior and senior boys teams in the NSW Netball competition at Goulburn. All students thoroughly enjoyed themselves and participated with great sportsmanship.

Both Our junior girls and boys, year 7 and 8 went through the day undefeated and now progress through to the next round which will be held in the Shoalhaven early next term. Thanks to Miss Leet and Mrs Rossi.

The U15s and open girls netball teams will participate in the annual zone carnival next week in Bowral



Week 8 saw 80 students travel to Canberra for the Zone Athletics Carnival.

With an early start, leaving Moss Vale at 6:30 we headed off with temps around -3. Luckily the day turned out to be beautiful with the sun shining all day. The events got under way and it wasn't long before some awesome results came in; Liam Hinchliffe came 1st in the 3000m and 1500m and 800m with Riley Tozer placing second in the 1500m. Asher Miller came 1st in the 800m, April Rowley 1st in 800m, Alex Harris 2nd in long jump and 100m, Abbey Wallace 1st in high jump, Bella Seville 2nd high jump, Matt Elliott 1st in Javelin, Zarly Morris-Saurine 1st in long jump and 2nd in high jump, Charlie Stone 2nd in high jump, Isobel Moran 2nd in shot put, Rohan Lancaster 1st in high jump and Renee Parker 1st in high jump just to name a few. There were many more great results, too many to list.

The stand out performer of the day was Alliyah King-Dewitt. Alliyah has some fantastic results, competing in the 14years division she came first in hurdles, 100m heat, long jump and 1st in the under 15s triple jump, 1st in high jump, 1st in shot put and 2nd in discuss. What an outstanding effort.

What a fantastic day and an amazing effort by all students involved. A big thank you to parents who drove their children and to Mr Williams and Miss Leet for making the day a successful one.



Regional Athletics 2019



Week 9 saw our open girls hockey team make history, they have made it through to the regional final which hasn't happened in the past 20 years. The girls played Kiama taking them down 2-1. We now have both our open boys and girls through to the regional finals. What a fantastic effort by both our boys and girls. The girls will compete against Mulwaree next week.

Boys U15's Rugby League

The boys took on Bowral High at Losbey Oval. It was a tough battle and one made tougher with a player down for ten minutes for a sin bin against a dangerous tackle. However the boys dug deep and fought back. A few stand out performance were Zac Kerton who had a cracker of a game, Brodie Gentles, Tom Simpson, Remi Mant and Harry Ash. Fantastic effort by the boys, final score 10-4 Bowral way.



Lucy Nash (pictured to the right) has been selected as a shadow player for the NSW Combined high schools hockey team. A fantastic achievement for the young year 8 student. She is also smashing goals outside of school representing NSW and trialling for the national team.



Jorgi Webb (pictured to the left) has been selected in the NSW Country U14s Football team and will compete in the National Youth Country Championships next month. Another fantastic effort from our amazing students here at Moss Vale High. Jorgi Webb pictured with Matilda star Ellie Carpenter.

Mitchell Wilson of Year 11 has also been achieving great things outside of school. He recently made his first grade debut for an Illawarra Premier League club, South Coast United as Goal Keeper. A fantastic effort for the 16 year old.



Maizy Evans (pictured to the left) has once again been taking on the mountain biking world. She recently competed in the U17's national championships in Brisbane and received a silver medal. She is now off to the Northern Territory to compete in yet another competition.

As the term comes to a close I want to thank everyone for all their hard work and achievements so far. Rest up and get ready for term 3.

EVERY POINT COUNTS



**MVHS 2019
HOUSE
CUP CHAMPIONSHIP**
Term 2 Results



A lot has been happening throughout Term 2 for our 2019 House Championship with numerous points constantly being added to the leader board. This includes cross-country carnival result which was held at the end of Term 1 and our athletics carnival results held at the beginning of this term. PB points are being tallied up as well as home group and faculty challenges.

This year's cross-country house champions for 2019 was **Morton**, 2nd place was **Gibraltar**, 3rd place **Belmore** and 4th place **Carrington**.

Congratulations to **Gibraltar** for taking out 2019 Athletics House Champions! Finishing in 2nd place was **Morton**, 3rd place **Carrington** and 4th place **Belmore**.

Home group challenges have also been included into the 2019 House Championships. Congratulations to Belmore who took the lead winning the home group poster challenge. Some faculty challenges have taken place and many more will commence in the upcoming terms.

Keep those colours streaming! There are still many more events to take place this year to give you the opportunity to raise as many points as possible for your house.

Event	Moreton	Gibraltar	Carrington	Belmore
Swimming Carnival	40	30	20	10
Term 1 PB Points	40	10	20	30
Term 1 Home Group Competition	30	20	10	40
Cross Country Carnival	40	30	10	20
Athletics Carnival	30	40	20	10





Image and post from Instagram and Facebook of the Bookshop Bowral:

Local librarian Katie Cripps visited to browse the YA shelves this week. Katie was behind Moss Vale High School's winning bid for a [#puffinawards](#) grant from @PuffinBooksAus. Each year, Mossy High gives everyone in the school community a copy of the same book to keep. The Kick Off With Reading program means students, teachers and parents together develop and share a love of reading. Such a great program! @thebookshopbowral is proud to support it. — with [Puffin Books](#).



VEOLIA



The CAPA Faculty were very excited this term to receive a generous \$988 donation from the **Veolia Mulwara Trust** Donation Program for Community Performances.

The money will be used to purchase quality sound gear that will assist in our school's performances for the wider community.

**Staff Members -
New Family Additions**



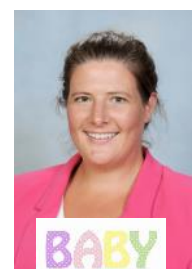
Recently several members of our staff have welcomed new members to their family. We would like to send our congratulations to the following :



Melina O'Brien welcomed an adorable little boy, Frankston.



Maddie Baard has welcomed a handsome little boy, Coen.



Felicity Curtis has a gorgeous little girl, Penelope.

Community Notices



GKRKARATE
STRONG • HUMBLE • BRAVE

**2 WEEK TRIAL
SPECIAL OFFER** **\$35**

**2 WEEKS UNLIMITED TRAINING
+ A FREE UNIFORM**
(Limited time only)

Call Ashley on
0401 919 338 to
book in your spot.

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

SCHOOL HOLIDAY ACTIVITIES

HIGHLANDS
**YOUTH
SERVICES**

TUESDAY, 9 JULY

Western Sydney Wanderers Soccer Clinic

@ Hilltop Community Hall
Lunch at 12PM,
Clinic 1PM–3PM

Food, games, craft activities with the team from Highlands Youth Services. Parents are welcome to come and have a chat too!

WEDNESDAY, 10 JULY

Jump Into Jobs

@ the Youth Hub
10AM –3PM
BBQ Lunch

Job skills, resume writing, traineeship and apprenticeship information, interview skills. Supported by Apprenticeship Support Australia, Vinnies and Highlands Youth Services.

THURSDAY, 11 JULY

NAIDOC Activity

Cultural activities @ the Youth Hub—movies, music, art.
Youth Hub open from 10am—3pm

BOOKINGS ESSENTIAL

MONDAY, 15 JULY

Manga Art Workshop

@ the Youth Hub
Workshop 2PM—4PM

2 Hour Introduction to Manga Art
Learn to draw characters in different poses and take home your artwork.

WEDNESDAY, 17 JULY

Barista course

@ CTC Robertson
9:30 AM — 2:30PM

Café and Barista Workshop.
Come and learn practical skills for the Hospitality Industry.

THURSDAY, 18 JULY

Bundanoon Bushwalk

10am—2pm

Walk to Erith Coal Mine, then lunch and ball games at Morton National Park.
Transport available from Bowral, Moss Vale and Bundanoon.

These activities and events are for young people aged 12-18 years. To make a booking or to find out more information
CONTACT HIGHLANDS YOUTH SERVICES TEAM
P: 02 4862 1122 or 0414 207571 E: youthcentre@highlandscommunity.org.au
W: www.highlandscommunity.org.au

Community Notices



COMMUNITY KICKBACKS
Price rewards back to your school

REBEL

HELP US SECURE FUNDING TO IMPROVE OUR FACILITIES

Still have an *Amart Sports membership card*, you can still help our school!

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

ALL YOU NEED TO DO

1. For Amart Sports (now Rebel) loyalty members, please remember to swipe your loyalty card every time you shop at Rebel.
2. If you had selected our school on your account profile when becoming a Team Amart member, every purchase you make at Rebel secures funds to improve our facilities*.





MOSS VALE SERVICES CLUB

Moss Vale Services Club


Cnr Argyle & Yarrowa Streets

Moss Vale

Ph: 48 68 1557







Mortgage Choice

Suite 1, 11-13 Bundaroo St, Bowral
Shop 19, 322-324 Argyle Street, Moss Vale
Phone: 02 4861 3633

Moss Vale High School teachers and students would like to Thank Mortgage Choice for their support

Home loans, Financial planning, Car loans, Risk & general insurance, Business lending, Credit cards

Celebrating 25 years of helping Australians make better financial choices for a better life.
Proud supporter of Ronald McDonald House Charities

** At Mortgage Choice, we believe that better choices lead to a better life for our customers**