



## MATRAVILLE SPORTS HIGH SCHOOL

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Issue 1 - Term 3, Week 5

August 2016

### *From the Principal*

#### *Being busy*

Term 3 has been a busy one for all staff and students, particularly for those completing their HSC. Some recent research suggests that being always “on”, for example on your phone, text, email, i-pad etc., can have the same impact on your cognitive ability as losing one night’s sleep. It is a good time to remind students that the brain needs down-time from devices, and other research suggests that being “connected” all the time can have negative long term effects. In particular it is important to give your brain a break and stop using devices before going to bed.

In saying that, Year 12 students need to get motivated and energised to work hard in their last few months at school, and to begin a study timetable for the HSC exams coming up in October.

The Year 12 Graduation Ceremony is to be held in the last week of term on Wednesday 21<sup>st</sup> September. All of the current Year 12 students’ families are invited to attend this occasion. All students will be required to wear full uniform on the day, please see Ms Dokmanovic if you need help with your uniform.

#### *UNSW-Matrville Education Partnership*

It is highly rewarding to see so many students accessing the programs we are able to offer as part of our UNSW – Matrville Education Partnership. The Creating Chances Program is one of them, as well as free ICAS academic testing, our flourishing music tuition program and homework centre. Thank you to Ken from the Matrville Branch of the Commonwealth Bank for supporting the Creating Chances program.

#### *NAIDOC*

Thank you to all members of the school and wider community who celebrated NAIDOC day with us this year. A special thanks goes to Aunty Esme and Aunty Marilyn for teaching our students how to produce shell art, and to Aunty Barbara who welcomed all to country.

#### *Welcome to our new (relieving) Deputy Principals*

A big welcome to Ms Lisa Keating, who is our relieving Deputy Principal, on loan to us from Sydney Distance Education High School. Ms Keating has been working hard together with Mr Stewart, our Head Teacher Sport, who is also relieving as Deputy Principal. Mr Stewart is looking after Years 10, 11 and 12 and Ms Keating is looking after Years 7, 8, and 9. Please telephone the school on 9661 8000 if you need to discuss your child’s progress with either Deputy Principal.

*Nerida Walker*  
*Principal*



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## English Department Update

### UNSW ICAS papers

Strengthening our partnership with UNSW we are being provided FREE access to the International ICAS papers. Students sitting for these are challenged by completing an exam set 2 years above their academic level. Last term Year 7 and 8 sat for the ICAS Spelling paper and we have their results. Parents will receive these in the mail over the next fortnight.

We are pleased to announce that we had the following students achieve certificates for:

#### Merit

Christian Diaz – Year 7  
Zoe Cass – Year 7

#### Credit

Brandon Houghton  
Davey Moale – Year 7

#### Principal's Award

Daniel Matakaiongo – Year 7



This week 8B and Year 11 Advanced English will sit the ICAS English papers. The data collected by the school is held by the Learning Support Department and is used to inform teaching staff of student's strengths and/or areas that need to be addressed.

We thank the UNSW for the access to these papers and the vital data that they provide us with.

**Mrs Linda Holloway**  
**Relieving Head Teacher English/HSIE/Language**

## Important Dates for your Calendar

Monday 22 August	Paper Planes Year 7 (green and blue classes) incursion
Wednesday 24 August	Rugby League trials for TSP Year 7-2017 from 9.30am
Friday 26 August	Second Football trials for TSP Year 7-2017 from 9.30am
Week 9	Year 11 Final Exams
Tuesday 13 September	P&C Meeting at 7.15pm
Wednesday 21 September	Year 12 Graduation from 9.30am



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## PDHPE Department Update

### Creating Chances Program

Commonwealth Bank provides sponsorship to Fund Creating Chances Program at Matraville Sports High School starting term 4 2016. It is a program that creates chances for youth through sport. Creating Chances aims to inspire, develop and empower youth to believe in themselves so they contribute positively to society. As the first Social Enterprise in Australia that engages young people through their common passion for sport, Creating Chances makes social impacts in the areas of:

- social inclusion
- education
- employment
- health



WE BELIEVE THAT SPORT CAN BE A POWERFUL TOOL TO ENGAGE, AND THAT LIFE SKILLS ARE CRUCIAL IN NAVIGATING THE DEMANDS OF EVERYDAY LIFE.

### TSP

Australian Indigenous Representatives for OzTag are off to the Ocenia Cup 2016 in New Zealand.

Congratulations to the following students from Matraville Sports High School:

#### *Under 18s Girls*

Jasmine O'Rourke

Payton Draskovic

Tiarna Mason

#### *Under 21 Mens*

Corey Bennett

### LOVE BiTES

The LOVE BiTES sexual assault and domestic and family violence prevention program is going to be run for year 10, 11 and 12 students at Matraville Sports High School. Outlined below is some information for you on the program. If you have any further questions about the program please contact the school.

What is LOVE BiTES?

- LOVE BiTES' is a school-based sexual assault and domestic and family violence prevention program.
- LOVE BiTES is based on best practice standards for education programs as recommended by the Federal Government funded Australian Domestic and Family Violence Clearing House and other leading academics in the area of violence against women.
- Over 100,000 high school students throughout Australia have participated in this interactive and innovative program aimed at Year 10 students and older. Over 4,000 workers and teachers have been trained in NSW.

LOVE BiTES promotes an integrated partnership approach to prevention and generates local ownership of the program. Local service providers facilitate the LOVE BiTES program. Professionals such as sexual assault workers, domestic violence workers, youth workers and police facilitate the program. Male and female facilitators present the program as a team and LOVE BiTES consistently models respectful relationships between male and female students, teachers and workers.

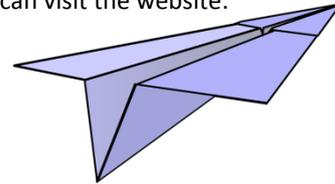
The LOVE BiTES program consists of two interactive workshops on Sex and Relationships and Relationship Violence, consolidating information learnt in the PDPHE syllabus. In the afternoon two workshops support the information learnt by developing resources around the prevention of Violence Against Women for their community.

## Science Department Update

### Paper Plane Challenge

Year 7 students (green and blue classes) will be entering the NSW All Schools Paper Plane Challenge on Monday 22<sup>nd</sup> August. The planes will be made on the day with the top 10 throwers who make the qualifying distance and Time Aloft in each category, go through to the Final. Permission notes have been handed out to the students. Parents and carers are welcome to come and watch. Details will be on the permission notes or you can visit the website:

[www.paperplanes.youngscientist.com.au/rules](http://www.paperplanes.youngscientist.com.au/rules)



### Year 10 Subject Selection evening

The Science Department displayed a range of subject related materials and information for the Years 11 and 12 Science syllabus, which includes Biology, Chemistry & Physics. Head teacher Lisa Brown was there to answer any questions about the different branches of science offered in the senior years. Any parents or students, who would like more information about the senior subjects, please contact Lisa Brown on 96618000.

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## Year 9 Mentoring

An enthusiastic group of Year 9 students have continued their Mentoring program this term with the Raise Foundation. Each Friday, the students meet with their assigned mentors whom they have developed positive and strong relationships with. Program Counsellor Jenny Moulder and the CEO of First Solar Jack Curtis wanted to proudly pass on this message to the school community:

“This is Raise Foundation’s third year at Matraville Sports High School, thanks to the sponsorship of First Solar which both funds the mentoring program here and provides its staff as fantastic mentors to your Year 9 students. Each Friday in Terms 2 and 3 the mentors spend an hour with their given mentee to discuss whatever the student wants to. As the Program Counsellor it is a privilege and pleasure to meet your great students and to see the strong partnerships formed between mentor and mentee. Jack Curtis says “We continue to find it an extremely enjoyable and a rewarding exercise. The kids we work with at the school are fantastic and it’s terrific to see the progress made over the course of the year”

Congratulations and thank you to each of the students involved, to their parents/carers for your ongoing support and to the Raise Foundation.

**Andrew Bobadilla**  
**Year 9 Advisor**

## NSWRL Girls All Schools Carnival

The girls arrived at school extra early to make our way out to St Mary's for the Girls Rugby League State Cup. Once we got through the traffic and to the fields the girls got dressed and warmed up for their first game against Chifley. It was a tight game until Akira scored just left of the post and made an amazing sideline conversion. We continued this winning streak throughout the carnival.

Unfortunately, just before our semi-final against Warilla High School we lost one of our great players on the day, Charkyl Ngamotu, to a delayed concussion. But the girls pulled together with just 12 players to dominate in the game 22-0.

We were on our way to the Grand Final at St Mary's League Stadium down the road. The girls played against a strong side in Narrabeen Sports High School. Once again the girls played with just 12 players. They started out slowly, but with some great stepping from Akira Kelly, an awesome halves combination by Akira and Awhina, and some superb defence on the line using the 'Matto' defence call, we triumphed to win the game 14-0 and take out the Girls under 16s State Cup title.

Congratulations girls! You played very well throughout the day and you deserve this title. We could not have made it that far without Moniqca 'super coach' Moale and Kim and Rangi Hiroti, for their positive and calming coaching throughout the day.

**Ms Hamilton**  
**TSP Girls Rugby League Coordinator**



## Souths Cares

On Wednesday 10th August Souths Cares delivered their Dream, Believe and Achieve program and as a bonus brought along with them several Souths Sydney Rabbitohs players. The students and staff took this opportunity for a meet and greet as well as to get their photo taken.

**Shallan Foster**  
**Urban Koori / Norta Norta**



## **GIO School Cup**

This year has brought about a new era for Matraville Sports High. In 2016, we had a large number of our GIO Cup squad making their debut. We entered this competition with a very young but talented squad, with the majority of our players in Year 11.

Our game this term was against St Gregory's College, who were the top of our pool. Although our team was young, they were not overwhelmed with the challenge that was in front of them. Our team got off to great start, scoring the first try of the match through our winger Drew Costas. The teams were very evenly matched and the game went back and forth. Our boys were able to capitalise on an error made by St Gregory's college through a nice short side play by Taylor Vann. St Gregory's College then made the most of some scrambling defence, which brought the game to 10-6. Towards the back end of the half, our boys played tough and scored the next two tries through Corey Bennett and Captain Ky Rodwell.

At half time we spoke about continuing to complete our sets and lifting our intensity. We knew that St Gregory's College were going to put up a fight in the second half. During the second half simple errors crept into our game and St Gregory's College started to score some points. The game was close and St Gregory's College had just locked up the score at 22 all with a few minutes left of play. It was a very tense last few sets of six, but in the end with the last play of the game St Gregory's College half back was able to kick the winning field goal to make the score 23-22.

Our boys will have gained a great level of experience from that game and will only get better. They can all hold their heads up high for a terrific effort against an older and more experienced team.

**Mark Mooney**  
**PDHPE teacher**

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## **Support Faculty Update**

Our year 11 and 12 students (and even some of our year 10 students) have been extremely busy preparing themselves for life after school. Many of our students have been out on independent work experience placements or attending TAFE. Without exception we have had very positive responses from employers about our student's behaviour, attitudes and sense of responsibility towards their work.

We have Kevin Mino at Best & Less, Elijah Chester at Rebel Sports, Haydn Scott at Eastern Suburbs Smash Repairs, Luka Krstic at Coles in Eastgardens and Lucas Thompson at Coles Southpoint. Lucas who is a year 10 student can be commended on making a very positive start in his first work placement. A big thank you to all the businesses that support our students, without them we could not hope to get such positive outcomes and well done to all our students. Keep up the good work!

We also have another group of students involved in transition to work. Last term they attended DSA and this term Windgap and Choice Solutions. Well done to Felicity Carr, George Arfanis, Nicole Heaney, Eyal Schwarz, Jacob Moubarak, Alex Brooks and George Kallias who seem to be settling in and working well in this setting. We also have a group of students studying TAFE courses in Randwick, Ultimo and even Blacktown. McKaye Reid is studying Childcare; Kevin Mino, Felicity Carr, Elijah Chester, Steven Wildman, Haydn Scott, Justin Mares, Luka Krstic and Jacob Moubarak are all studying Retail; Alana Pangas is doing a taster course in Hair and Beauty; Molly Spong has just completed a taster course in Childcare; and Hugo Traino has just started a 4 day a week taster course in Tiling which he is thoroughly enjoying and is already doing one day out on site putting into practice the skills he has learned.

**Rosemary Malouf**  
**Rel HT Support Faculty**

## NAIDOC DAY

On Friday the 5th August we held our NAIDOC Day. The day began with a school assembly followed by a rotation of Aboriginal inspired activities. Activities students participated in are:

- Shell Work with Aunty Esme and Aunty Marilyn
- This is where they travelled with Dr Paul Irish
- Canvas painting with Aunty Mary
- Bingo with Guriwal's Elders Group
- Koori Cake decorating
- Indig Games
- Koori Quiz

It was great to have so many of our local elders participate and share their knowledge and skills. Congratulations also to our NAIDOC award winners and also to Mr Cheng and Mr Carter to took out the inaugural Koori Kids Choice Awards.

*Shallan Foster  
Urban Koori / Norta Norta*



## UNSW Update

Last week we welcomed our new cohort of undergraduate teaching assistants to Matraville Sports High School, who will be with us till the end of November. Almost 50 education students will be helping out both during and after school, and contributing to programs that benefit Matraville Sports High School students, including:

- More group work and project-based learning in classes.
- After school tuition and homework help.  
(NOTE: if your child would like a dedicated tutor in a certain subject, contact Katherine (UNSW) or Ms Davey. If they choose a day of the week that they can always come to Homework Centre, we can match them with the same UNSW tutor each week).
- One-on-one music tuition in the afterschool music program (Tuesdays).
- Afterschool drama and the Archi-bull Gifted and Talented program.
- A program teaching students anti-plagiarism techniques, such as citing sources and putting them in your own words.

We also have 50 Master of Teaching mentors working one-on-one with Years 7, 8 and 11 one afternoon per week. They are assisting students to develop critical reading, literacy and numeracy skills.



### Recent Activities

- After school programs are booming! We've been glad to see some new faces this term!
- Students from MSHS, Chifley PS, Malabar PS and Matraville PS attended GERRIC school holiday programs at UNSW, July 5-7 2016.
- Ngala Nanga Mai Parent Group (for parents of young Aboriginal children) has attended four library sessions at MSHS, with another scheduled in Term 3 on 30th August, 10:30am – 11:30am.
- MSHS generously hosted the entire UNSW M Teach program for its course on "Addressing Learner Diversity", 18-22 July – a big success with the involvement of Aunty Barbara Simms-Keeley, Calita Murray, Pauline Beller, Shellan Foster, Corey Stewart, Dean Kelly, Tim Ella, Louise Stone, Polly Palaitis, Lisa Keating and Nerida Walker.

**Katherine Thompson**  
**UNSW / Matraville Education Partnership Coordinator**

## MATES Program

Last term a social inclusion program called MATES was presented to Years 7 and 8. MATES is an acronym for Mates Assisting To Engage Socially and Wednesday 10<sup>th</sup> August the students who applied for the positions of MATES Leaders attended a training session by the founder, Randa Habelrih and Anna Epta who is overseeing its implementation at Matraville Sports High School.

The students really embraced the concept and were very enthusiastic about the program. MATES is a structured buddy system which pairs a leader with a student who struggles with making social connections. Originally this program was created for students on the autism spectrum, but it is being broadened to include any student who struggles with forming social connections and friendships, because at the end of the day, we all need a MATE!

### What is School MATES?

- A peer to peer social inclusion project for students experiencing social challenges
- A project promoting leadership skills and fostering a more integrated school community
- Students experiencing isolation will be paired with a Mate Leader who will provide friendship and social support

### The Benefits of MATES:

- Fosters social inclusion and a sense of belonging
- Develops Leadership skills
- Creates a more integrated school community
- Social Justice is concretely implemented in the school
- Empower students to believe they can make a difference
- Establish high peer expectations of fellow students
- Open up leadership roles for a wider range of students

As we roll out MATES in our school, we are planning many different social activities and opportunities for the students, such as social lunches and the establishment of a games room during lunch. This program is built on the premise of fun and friendship, and we hope that our MATES Leaders will help mould our school culture to becoming much more inclusive for all students.





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# Matraville Sports High School

Talented Sports Program

## TRIALS FOR MATRAVILLE SPORTS HIGH SCHOOL RUGBY LEAGUE PROGRAM 2017



In 2017 Matraville Sports High School will be running a dedicated Rugby League Talented Sports Program for Year 7. In collaboration with professional sporting organisations we invite all current year 6 students who are currently playing Rugby League to trial for a spot in 2017.

The Matraville Sports High School Talented Sports Program (TSP) is designed to provide students who excel in particular sports with elite coaching and an academic framework that enables them to reach both their academic and sporting goals.

### BENEFITS OF THE PROGRAM

- ✓ Excellent coaching from experienced, accredited coaching staff.
- ✓ Providing education in nutrition, fitness and basic sports science along with life skills such as time management, goal setting and motivation.
- ✓ Exposure to a high level of competition which can improve skill level and provide access to higher representation in their chosen sport.
- ✓ Strength and conditioning program provided to assist with the physical development of TSP students.
- ✓ Development pathways.

- Trial date is Wednesday the 24<sup>th</sup> August 2016, starting at 9:30am.
- Go to [www.matrasport-h.schools.nsw.edu.au](http://www.matrasport-h.schools.nsw.edu.au) to download application form
- Applications close Monday the 22<sup>nd</sup> August 2016
- Contact the school for further information

### UNSW MATRAVILLE EDUCATION PARTNERSHIP



A first-of-its kind school-university alliance that has brought positive change to our school and community and new exciting opportunities with a variety of gifted and talented programs for our students to excel!

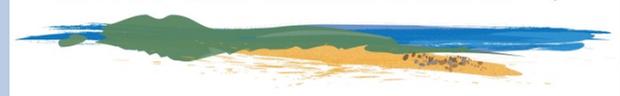
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# Matraville Sports High School

Talented Sports Program

## TRIALS FOR MATRAVILLE SPORTS HIGH SCHOOL FOOTBALL PROGRAM 2017



In 2017 Matraville Sports High School will be introducing Football as one of our Talented Sports Programs (TSP). In collaboration with Eastern Suburbs Football Club and Sydney FC we invite all current year 6 students who are currently playing Football to trial for a spot in 2017.

The Matraville Sports High School Talented Sports Program (TSP) is designed to provide students who excel in particular sports with elite coaching and an academic framework that enables them to reach both their academic and sporting goals.

### BENEFITS OF THE PROGRAM

- ✓ Excellent coaching from experienced, accredited coaching staff.
- ✓ Providing education in nutrition, fitness and basic sports science along with life skills such as time management, goal setting and motivation.
- ✓ Exposure to a high level of competition which can improve skill level and provide access to higher representation in their chosen sport.
- ✓ Strength and conditioning program provided to assist with the physical development of TSP students.
- ✓ Development pathways.

- Trial date is Friday the 26<sup>th</sup> August 2016, starting at 9:30am.
- Go to [www.matrasport-h.schools.nsw.edu.au](http://www.matrasport-h.schools.nsw.edu.au) to download application form
- Applications close Wednesday the 24<sup>th</sup> August 2016
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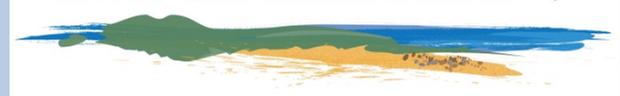
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Education  
Centre for Education  
Statistics & Evaluation

***Tell Them From Me* student survey:  
Information and consent form for  
parents and carers**



August 2016

Dear Parents and Carers

This term, your school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed on-line and is run by an independent research company, **The Learning Bar**, which specialises in school-based surveys.

Staff in schools will **not** be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

This survey will help your school better understand how to improve student wellbeing and engagement. It will help the school identify what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you **do not want your child to take part** in the survey, please complete the non-consent form and return it to your child's school by **Thursday 1<sup>st</sup> September 2016**.

More information about the survey and the research is available in English on the CESE website:  
<http://surveys.cese.nsw.gov.au/information-for-parents>

Nerida Walker  
Principal  
Matraville Sports High School

Dr Jenny Donovan  
Executive Director  
Centre for Education Statistics and Evaluation



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## Young Carer BURSARY PROGRAMME

**APPLY NOW!**



### Are you an eligible Young Carer?

- 1 Do you provide care and support to a family member or friend with an illness, disability, mental health illness, is frail aged or has an alcohol or other drug problem?
- 2 Will you be aged 12-25 years in 2017?
- 3 Are you currently studying or wishing to return to study or training?
- 4 Not in receipt of another bursary or scholarship
- 5 A permanent resident or Australian citizen

You may be eligible to apply for a young carer bursary

### About the Bursaries

- > 333 bursaries will be granted in 2017.
- > Each bursary is \$3,000.
- > The money can be spent on whatever helps you with your education or training.

### How do you apply for a 2017 bursary?

- > Applications open on 2 August and close on 14 September 2016.
- > Go to [bursaries.youngcarers.net.au](http://bursaries.youngcarers.net.au) to find out more and apply online.

### Further information

For further information contact  
[ycbursaries@carersaustralia.com.au](mailto:ycbursaries@carersaustralia.com.au)  
or ring 1800 756 238

Funded by the Australian Government  
Department of Social Services.



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