



MATRAVILLE SPORTS HIGH SCHOOL
Anzac Parade, CHIFLEY NSW 2036
T 9661 8000 F 9661 4254
Email: matrasport-h.school@det.nsw.edu.au



Term 3, Week 10

September 2017

Year 12 Graduation Day 2017



Education & Communities

LITTLE BAY COMMUNITY OF SCHOOLS



From the Principal

Ms Nerida Walker, Principal

Farewell Year 12 2017

This week we said farewell to Year 12 2017. In what was described by staff as one of the most moving ceremonies they have seen, Year 12 were played into the hall by the Chifley PS Didgeeridoo group. Cianna Walker (Year 8) sang the national anthem in Aboriginal language, and Billy Dib -world champion boxer- provided an insightful and personal keynote address.

School Captains Helen Fonokolafi and Maila Chan Foon made a wonderful speech on behalf of Year 12, and as they have all year, led by example in thanking their year adviser Mr Mooney for all of his hard work. In a moving tribute, the senior boys performed a haka for Mr Mooney. Ms Robinson, Mr Holowell and Aisha Hanif Yusabra (Year 11) performed Titanium as a string ensemble, with Ms Robinson on vocals. I am proud of every student in Year 12, and look forward to their much anticipated HSC results. Several students have been accepted into university already, others will go into the Australian Defence Force, and we have several boys contracted to NRL clubs.

It is also important to mention the achievements of Ky Rodwell, who could not be present at the graduation due to his commitments with the Australian Schoolboys Rugby League Team. We all wish Ky the very best this week as he prepares to play against New Zealand, and for his future as a plumbing apprentice and South Sydney Rabbitohs player.

Support Unit

The Year 12 students in the Support Unit had their own farewell this week in addition to the whole school event. Thank you to all staff in the support unit for their ongoing hard work this year. I am pleased to announce the addition of a second class for students with autism, starting in 2018. The support unit staff does a fantastic job in a challenging environment. Please note that Year 12 support unit students continue their transition to the workforce in Term 4 and are allowed to remain at school until the end of the year.

Welcome to new captains for 2018

Congratulations to the new student leadership group for 2018. These students were inducted at the Year 12 graduation, and were presented with their badges by the outgoing captains before they took over the assembly.

Ziggy Leister-Williams & Raquel Willoughby

Francis Smit & Aisha Hanif Yusabra

Taine Matakaiongo & Tabitha Mashman-Woods

Kliff Hopoi, Emma Levi, Hayden Pomare, George Kallias

Lucas Thompson & Molly Spong

School Captains

School Vice-Captains

Sports Captains

Senior Student Leaders

Support Captains

Travelling Drama Players

Our young drama group has been performing at La Perouse PS, Matraville PS and Chifley PS. Congratulations to all students and to the UNSW teachers for their dedication and leadership.

Term 4

In Term 4 there is no staff development day, so remember that **students return on Monday 9th October**. Have a safe and happy holiday!

Support Faculty update

Mr Michael Graham, teacher

Sydney Metropolitan Sports Carnival

On Friday 25th August, a group of students from the Support Unit represented MSHS at the combined Sydney Metropolitan Sports Carnival. Our students showed outstanding sportsmanship and behaviour on the day and we are pleased to report that Matraville Sports High School was crowned high school champions! Special congratulations to the following students for being age-champions in their events:

Ofir Alkozer: open boys 800m, 15/16 boys 400m, 15/16 boys 200m, 15 boys 100m, 15/16 boys long jump

Kayla Dawson: open girls 800m, 15/16 girls 200m, 15 girls 100m, 15/16 girls long jump, 15/16 girls high jump

Max King: 15/16 boys 200m, 15/16 boys high jump

Baylea Mapstone: 15/16 girls 400m, open girls javelin

Hunta Le: 13/14 girls 400m, 13/14 girls long jump

Khalid Rahman: 13/14 boys 400m, 13/14 boys 200m, 14 boys 100m, junior relay

Omar Rahman: 13 boys 100m, junior relay

Elizabeth Irhia: 25m walk

Phillip Kearnes: 13/14 boys 200m, 13 boys 100m, junior relay, open boys javelin

Mark Eddison: junior relay



Community Access

S1 and S5 have continued to develop as independent travellers and positive members of the community over the second half of the term through our community access program. In week 5 they travelled to Mascot for a friendly bowling competition. In week 7 they went to the Art Gallery of New South Wales to experience some breathtaking pieces of work and inspire them for their own classwork. In week 9 they enjoyed a day at Skyzone to celebrate another term of excellent behaviour and commitment to learning.



Mr George Morton-Ramwell, teacher

Year 8 excursion to Kamay National Park

On Tuesday 5th of September, Mr Morton-Ramwell's Year 8-S headed to Kamay National Park in La Perouse for their science excursion. During a 2 hour walk around the bush, led by Timmy Ella, the students learned about traditional Aboriginal knowledge of different flora and their various uses. The tour also focussed on bushtucker and how this traditional, nutritious diet has rapidly changed.

A big thanks to Shane Ingrey and Mr Bussell for their help, and all the students for their excellent participation and behaviour.



Ms Paige Hamilton, PDHPE Teacher

Sports Report

Albany Junior High School visit from New Zealand

On Friday 1st September, Matraville Sports High School was host to Albany Junior High School who were visiting from Auckland, New Zealand. We were challenged to a couple of soccer (football) and netball games against the visitors. This was the TSP soccer teams first game, and after gaining a few willing Rugby League players, they were ready for a friendly game. Albany Junior showcased a lot of good talent, and although they were 2-3 years older, the Matraville TSP soccer team managed to score a goal. Albany Junior came away with the win, but all the players enjoyed the game.

Our netball team was a little more experienced and really demonstrated their dominance against two Albany teams in four 15 minute quarters. The Matraville team was too strong to overcome in the end. The game was played in good spirits and the girls ended up making some new trans-Tasman friends. The day was finished off with a BBQ and Albany continued on the visit to Sydney.





Rugby 7s trial day

The Rugby 7s trial day took place at Matraville Sports High School to select players for the Combined Sports High School team to travel to the State Championships in Coffs Harbour on the 6-8th October. The following players were selected for their age groups:

Girls 15s: Shaunalee Withers

Boys 15s: Tahi Williams-Forbes, Luke Joseph, Patrick Taukafa, Lipoi Hipoi and Terence Tovey

Congratulations to all the players that trialled and good luck in Coffs Harbour.

Mrs Linda Holloway, English Teacher

Boom Gate Gallery visit

This term the Year 9 Aboriginal Studies class have been studying Aboriginal Art. We began by looking at a range of art styles from around the country. We used the internet to travel to Kakadu National Park for ancient rock paintings, we also looked at body decorations using traditional ochres and finally our journey arrived at the very popular 'dot painting' from the Central Desert people. The transition from ancient iconography (symbols) in the sand to tell a story, to acrylic painting on canvas, is believed to be only as recent as the 1970's.

Wanting to visit a gallery to inspire their own artwork, we decided to pay a visit to the Boom Gate Gallery. Word had got around of our visit to this little unknown local gallery and we picked up a few additional staff for the short walk across Anzac Parade to the car park of Long Bay Correctional Centre.

The curator, Elizabeth Nash, told us that the art provides a range of benefits for the inmates, including having an engaging form of activity for the long waking hours and to acquire skills useful. It is hoped that this assists in successful reintegration into the community upon release.

The students spent about half an hour in the small, but diverse, gallery and Marie and Mrs Holloway made a purchase, at very reasonable prices. Thank you to Gayle Ardler and Judy Foster for their enthusiasm on the day and I would also like to thank Jake Vrahnos (student from Sydney University) who has spent the past month with us teaching some of these art styles to the class in a creative manner. Jake has also spent time assisting with the running of the TSP Rugby League program on Wednesdays with Mr Mooney. We wish him luck on his return to his studies.

If you would like to visit the Boom Gate Gallery the contact number is 9289 2077 and they are generally open Friday – Sunday 8.30am - 3.30pm.



Mr Peter Rowles, Careers Adviser

Careers Update

UNIVERSITIES

UAC APPLICATIONS

Reminder to all Year 12 students that UAC first round Applications are to be completed by 31st September. Go on line at JobJump to find information about the application process.

UNSW Business School Information Systems Workshop

10 November, 9.30am to 12.30pm

Westpac Tower 2, International Towers, 200 Barangaroo Avenue, Barangaroo South

UNSW Business School invites Year 11 and 12 students to join Big Four consultancy firm, Deloitte, and one of Australia's leading retail and business banks, Westpac, to explore the options of a technology career.

<https://www.futurestudents.unsw.edu.au/information-systems-workshop-deloitte-and-westpac>

Australian Catholic University - Virtual Tour

Australian Catholic University 360 Virtual Tour Strathfield, North Sydney, Melbourne or Brisbane locations.

Visit all the student facilities and see what life is like at their Uni from the comfort of your home.

http://www.acu.edu.au/international/virtual_tour

University of Sydney Future Leaders Scheme

Closes 13 December

This scheme offers Dux students and student captains of schools in NSW a guaranteed place at the University of Sydney based on academic achievement and a principal's nomination from their school.

<http://sydney.edu.au/study/admissions/pathways-to-study/alternative-entry.html#future-leaders>

University of Sydney Broadway Scheme

The Broadway scheme targets domestic students who have experienced long-term disadvantage that has affected educational performance in Year 11 and/or Year 12 including from disrupted schooling, financial hardship, home or school environment, English language difficulty, personal illness or disability, or refugee status. There are 600 places allocated every year and it allows for entry into most courses with an ATAR that is up to five points below the published cut off. Excluded courses are all combined medicine courses.

Applications for the Broadway Scheme are made through UAC's Education Access Scheme (EAS).

<http://sydney.edu.au/study/admissions/pathways-to-study/alternative-entry.html>

University of Notre Dame Direct Application Deadline

29 September

All prospective students apply directly to the University to our in-house Admissions Office.

While each course has indicative academic pre-requisites, assessment of your application is much broader.

We also consider you as a person - who you are, what you have done and what you want to do with your life.

You get the opportunity to meet us in person at an interview and we can answer your questions about the course and the university. If you are in Year 12, you can apply as soon as you have received your mid-year results.

<http://www.nd.edu.au/nav-future-students/applynow>

Personal Statement Topics to Address University of Notre Dame

Very useful checklist of the areas you need to consider in your Personal Statement.

http://www.nd.edu.au/__data/assets/pdf_file/0011/140123/Personal-Statement.pdf

Open Colleges- On Campus Courses

Hundreds of on-line courses across all study areas from well known colleges . Download a course guide here:

<http://www.opencolleges.edu.au/courses/on-campus>

TAFE

TAFE NSW Degrees

You don't have to go to uni to get a degree.

TAFE NSW offers a number of degree level courses and higher education options with strong industry links and both practical skills and theoretical knowledge.

<https://www.tafensw.edu.au/courses/tafe-nsw-degrees>

COLLEGES

Flightdeck Consulting

Aviation's leading source of airline pilot recruitment, airline pilot interview preparation and coaching services. If you are searching for Flight Attendant jobs or seeking help or guidance for a Flight Attendant interview, please visit our Cabin Crew Website.

Our team are all airline pilots and we know the industry. All of our products and services have been tailored and designed to ensure the very best possible preparation for your interview, no matter which airline.
<http://www.flightdeckconsulting.com/>

GENERAL

WPC Group - Apprenticeships & Traineeships

WPC Group specialises in finding students Apprenticeships & Traineeships. We also assist with mock interviews, resume writing and preparing students for the workforce. To find out more about how we can assist the school and students, please contact Nicole Lean on 0418 819 468 or nlean@wpcgroup.org.au

Electrical Apprenticeship Positions

A unique opportunity to Aboriginal & Torres Strait islander students seeking electrical apprenticeships for 2018. Applying for an electrical apprenticeship is typically very challenging, but we are partnering with a large organisation, NECA, who is determined to recruit young Aboriginal people. Our short course is designed to provide intense preparation and support for applicants so they can pass the NECA selection test, perform well at work placement with possible future employers, and be confident in the interview.

EORA Campus Redfern – starting 23rd October 2017

If you are interested in our Redfern empower Program we can meet them right now and provide them with a real goal after their HSC or Year 10 studies. Many students co-enrol with school, given the very intense foundation skills they will achieve at that time. Contact Careers Advisor on 96618000

Important Dates for your Calendar

Fri 22 September	last day of term
Monday 9 October	students return for Term 4
Tuesday 10 October	P&C meeting
Mon 16 Oct – Friday 10 Nov	HSC exams



Free Effective Parenting Course



This **five** week course is facilitated by experienced clinicians specializing in adolescent development and behavior. The course will assist parents to build stronger parent-child relationships and better manage and understand their adolescent's behavior. **This is a skills building and educational program only.** Places book out well in advance as we prefer to keep spaces limited.

"This course is one of the MOST beneficial things we have done as parents- everyone should be taught these strategies/knowledge. Totally needed in the community"

"Both facilitators were extremely knowledgeable and generous with their information. It was great to have practical experience to reinforce the theory. I thought the content was pitched correctly to the target audience. Great service and felt privileged to have access to it"

"Absolutely life changing for me! Already recommended it to a few people"

TOPIC AREAS INCLUDE:

- ✓ Understanding your child - adolescent development
- ✓ Reflecting on your parenting - the impact of various parenting styles
- ✓ Setting limits and boundaries that stick
- ✓ Effective communication and conflict resolution strategies
- ✓ Practical strategies for building resilience in your children
- ✓ Special topics: alcohol and other drugs, sex, mental health and enhancing internal regulation

WAYS/BONDI BEACH

63A Wairoa Ave North Bondi

**DATE: Mondays from Monday Nov 13th -
Monday 11th of December**

TIME: 6PM - 8PM

P. (02) 9365 2500

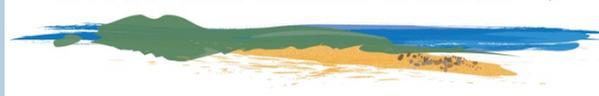
E. daniel@ways.org.au

Please call and speak to Daniel or Michal to register or to enquire



**Education &
Communities**

LITTLE BAY COMMUNITY OF SCHOOLS



MENTAL HEALTH MONTH ACTIVITIES FOR YOUNG PEOPLE



YOUTH MENTAL HEALTH CONVERSATIONS
'SHARING THE JOURNEY'



'SHARE THE JOURNEY' WITH US WITH MASSAGE

Take time out during your studies and relax those muscles with **3 minute massages** in the study area at the Lionel Bowen Library. Free for young residents aged 12 to 24 years.

Tuesday 3 & 10 October
4pm to 7pm

Study area,
Lionel Bowen Library,
669-673 Anzac Parade,
Maroubra



'SHARE THE JOURNEY' WITH US WITH MINDFULNESS

Join us for **mindfulness meditation sessions** at Lionel Bowen Library. All are welcome.

Saturday 7 & 14 October
10am to 12pm

Level 1
Vonnie Young Room,
Lionel Bowen Library,
669/673 Anzac Parade,
Maroubra



'SHARE THE JOURNEY' WITH US WITH TAI CHI

For early risers: join us at Maroubra beach every Friday in October for **Tai Chi**. Free – no bookings required. Look out for the 'meet here' sign and wear comfortable, loose clothing and lightweight, flexible shoes. All are welcome.

Every Friday in October
7am to 8am
Maroubra Beach

MENTALHEALTHMONTH.WAYAHEAD.ORG.AU



For more information contact:
Tania Krasinski on **0419 846 910** or
tania.krasinski@randwick.nsw.gov.au



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