EVENT CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 10th – Fri 14th Mar</td>
<td>Yr12 Exclusion Week</td>
</tr>
<tr>
<td>Mon 10th Mar</td>
<td>Yr6 Parent Information Session in school hall 5.30pm – 6.30pm</td>
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<tr>
<td></td>
<td>Yr8 (classes V,H) Science Practical Assessments in class</td>
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<tr>
<td>Tue 11th Mar</td>
<td>School photo day</td>
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<td></td>
<td>Yr8 (classes M,T,I) Science Practical Assessments in class</td>
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<tr>
<td>Wed 12th Mar</td>
<td>P &amp; C Meeting in common room</td>
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<tr>
<td></td>
<td>Yr8 (classes W) &amp; Yr9 B line Science Practical Assessments in class</td>
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<tr>
<td>Thur 13th Mar</td>
<td>Open Girls Netball Gala Day at Federation Centre Maitland</td>
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<tr>
<td></td>
<td>Yr8 (classes E) &amp; Yr9 B line Science Practical Assessments in class</td>
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<tr>
<td>Fri 14th Mar</td>
<td>Yr10 A&amp;B line Science Practical Assessments in class</td>
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<tr>
<td>Mon 17th – Fri 21st Mar</td>
<td>Yr12 Exam Week</td>
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<tr>
<td>Mon 17th Mar</td>
<td>Yr7 (classes W,V) Science Practical Assessments in class</td>
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<tr>
<td>Tue 18th Mar</td>
<td>Yr9 &amp; 10 Commerce excursion to Charlestown Square</td>
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<td>Girls touch football at Maitland Park</td>
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<tr>
<td>Wed 19th Mar</td>
<td>Yr10 Project 10 Session 2</td>
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<td></td>
<td>Yr7 (classes M &amp; E) Science Practical Assessments in class</td>
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<tr>
<td>Thur 20th Mar</td>
<td>Yr7 (classes T &amp; I) Science Practical Assessments in class</td>
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<tr>
<td>Fri 21st Mar</td>
<td>Try-a-skill at Singleton Showground</td>
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<td></td>
<td>Yr7 (classes H) Science Practical Assessments in class</td>
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<tr>
<td>Mon 24th Mar</td>
<td>Encore concert excursion at Sydney Opera House 9am – 6.30pm</td>
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<td>Close the Gap celebrations and touch football match at Cessnock High School</td>
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<tr>
<td>Tue 25th Mar</td>
<td>“1984” Elective Drama excursion to Cessnock Performing Arts Centre</td>
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<td>National Day against Bullying &amp; Violence assembly at school</td>
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<tr>
<td>Thur 27th Mar</td>
<td>School Cross Country during sport time</td>
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<tr>
<td>Fri 28th Mar</td>
<td>Yr12 Human Rights in class task</td>
</tr>
<tr>
<td>Mon 31st Mar</td>
<td>Yr8 Build Me a Future Day at Newcastle Uni</td>
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FACULTY LEADERS

<table>
<thead>
<tr>
<th>Subject</th>
<th>Leader</th>
<th>Role</th>
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</thead>
<tbody>
<tr>
<td>English</td>
<td>Melissa Wyper</td>
<td>PD/H/PE</td>
</tr>
<tr>
<td>Maths</td>
<td>Andrew Gill</td>
<td>TAS Rlg</td>
</tr>
<tr>
<td>Science Rlg</td>
<td>Natalie Death</td>
<td>Welfare</td>
</tr>
<tr>
<td>Social Science Rlg</td>
<td>Lily Amos</td>
<td>Admin Rlg</td>
</tr>
<tr>
<td>History</td>
<td>Lynne Davies</td>
<td>Teach/Learn</td>
</tr>
<tr>
<td>CAPA</td>
<td>Larayne Jeffery</td>
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YEAR ADVISERS

| Year 7          | Rebecca Conn                             |
| Year 9          | Angela Roughan                           |
| Year 11         | Christine Bell                           |

PRINCIPAL’S MESSAGE

Ms Desley Pfeffer

I am very pleased to present the March edition of "The View." Term 1 is now well under way and the school has settled into the new academic year.

In fact, we have already begun planning for 2015 having held the Year 6 Parent Information evening on Monday night for prospective Year 7 enrolments for next year!

Enrolments

Enrolments for 2014 have remained solid with 1041 students officially enrolled. This means that our staffing entitlement remains as it was in 2013 and that no change in timetable has been required. We experienced a substantial rise in the number of requests for out of zone enrolments for 2014 and were able to accommodate some of these enrolment applications. Our enrolment policy is stringently applied so as to be fair and consistent to all applicants but we are aware that a number of students who live outside of our drawing area missed out on enrolment.
Parental interviews
As a school we understand that there are times when a parent or caregiver may need to meet with members of staff fairly urgently. Wherever possible we try to meet with parents who phone or who arrive at school without an appointment, as soon as is possible. With the exception of the Deputy Principals and me, all staff have teaching commitments each day. This includes the Year Advisers and the Head Teachers. Furthermore, the Deputy Principals and I also have many commitments both within and out of the school. It is greatly appreciated if parents could phone the school to request an appointment so that staff can ensure that sufficient time is allocated for a meeting.

Suspension
Unfortunately there are times when the school needs to enact the Department of Education and Communities’ Suspension and Expulsion Policy. This policy is applicable to all public schools in NSW - primary and secondary. The policy is enacted fairly and consistently. Suspension is not intended as a punishment. It allows time for school personnel to plan appropriate support for the student to assist with successful re-entry to school. In some cases suspension from school allows the school and other bodies to put measures in place to ensure the safety of students and staff.

Students can be suspended for a short (up to and including 4 school days) or a long (up to and including 20 school days) suspension.

Short suspensions can be imposed for acts of aggressive behaviour or for continued disobedience. Aggressive behaviour can include, but is not limited to: hostile behaviour directed towards students, members of staff or other persons, including damaging the property of the school or students; bullying (including cyber bullying); verbal abuse and abuse transmitted electronically such as by email, SMS text messages or by other electronic means.

Long suspensions can be applied in the following circumstances:
• Physical violence
• Use or possession of a prohibited weapon, firearm or knife
• Possession, supply or use of a suspected illegal substance (including supply to other students with illegal drugs or restricted substances such as prescription drugs)
• Serious criminal behaviour related to the school
• Use of an implement as a weapon
• Persistent or serious misbehaviour

All students who are suspended will be provided with relevant school work to complete during the period of the suspension. In some cases, additional resources designed to support behaviour modification, will also be provided.

A suspension resolution meeting must be convened with the Deputy Principal before the student can return to school. The student, a parent or caregiver, and any relevant personnel who may be involved in the welfare and guidance of the student, should be in attendance at this meeting.

The suspension and expulsion procedures apply to the behaviour of students at school, on the way to and from school and while away from the school site on school endorsed activities. They can also apply outside of school hours and off school premises where there is a clear and close connection between the school and the conduct of students. This includes the use by a student of social networking sites, mobile phones and/or other technology to threaten, bully or harass another student or a departmental staff member for school related issues.

Strong collaboration between school staff, students and parents is a most important feature of discipline in our school. Please do not hesitate to contact the Deputy Principals or myself if you have any queries as regards suspension or other matters.

DEPUTIES’ REPORTS

Mrs Julie Smith – Yrs 7/9/11

Year 7
Congratulations to Year 7 on your wonderful transition to High School! The vast majority of Year 7 students are doing the right thing both in the classroom and the playground. I have had the pleasure of congratulating individuals and whole classes for their commitment to our PBL values of Respect, Responsibility and Excellence.

I encourage all students to look for ways to participate in the life of our school by listening on assembly and in roll call for activities – remember to put your hand up
and have a go. We have the school musical, the opportunity to participate in the Student Representative Council and sporting teams where you have the opportunity to represent our school.

I also remind you to ask questions and ask for help if you need it. Mount View High School has a very clear anti-bullying policy, which relies upon students letting a teacher know what is happening. Miss Conn is available in the Science staff room, Mrs Myers in the Welfare office and Mrs Smith in the Deputy’s office, if you have any concerns.

Year 9
Year 9 students will have now settled into their new classes for 2014. I have seen a few students who have followed the correct procedure for changing classes and it is pleasing to see that most have selected electives sensibly and thoughtfully last year and are enjoying having some control over their choice of subjects.

I encourage all Year 9 students to look for ways to participate fully in the life of your high school – be aware of opportunities such as student exchange programs, the school musical and sporting or debating team challenges. Be prepared to have a go at everything you do in the classroom and beyond. The more you personally put into your schooling, the more you will benefit.

Year 11
I have also been impressed with our new seniors – Year 11 has begun 2014 in a very positive manner. I have had information from class teachers that most classes have started taken on board the expectations that we have of senior students. I remind all Year 11 students that during their ‘study periods’ there are two places to be, either in the senior area or in the library. All students who go to the library should sign in and out so that we can be aware of who is present during any emergency. We certainly appreciate the student cooperation in this process which has been evident. Remember that the library is a no eating and passive area, where all students are expected to respect the right of others to work quietly.

School Maintenance
We have had the opportunity to have a qualified arborist check the trees on our site. He is currently preparing a report on trees which are dangerous or need to be lopped. This will then be referred to our maintenance section for action as soon as possible.

We will also have painters and builders on site for the next few weeks, repainting the exterior of our demountable buildings and replacing doors, windows which have been deemed unsafe. We ask that students respect the workplace health and safety expectations of the school and ensure that any area that has been roped off is respected so that the work can be completed safely and as quickly as possible.

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PRELIMINARY PROGRESS
PARENT TEACHER EVENING
FOR YEAR 7 & YEAR 11 ONLY

TUESDAY 8TH APRIL 2014
TIME 3PM-6PM
IN SCHOOL HALL

Bookings for interviews with your child’s teachers can be made online at www.schoolinterviews.com.au/code

Enter the school code J8CXA and complete booking, ensuring to enter your email address to receive your booking confirmation.

Bookings open 9am on Mon 17th March and will remain open until 3pm on Fri 4th April. Please get in early to avoid missing out on your preferred timeslot.

Alternatively, Community Liaison Officer Tania Spruce is available to make bookings on your behalf, therefore please feel free to contact Tania on 49902566.

Progress reports for Year 7 & Year 11 only will be issued at the Parent Teacher evening

Yr 12 Parent Teacher Evening will take place on Tuesday 6th May. Further information coming soon.

A Half Yearly Parent Teacher Evening for Yrs 7-11 will take place at the beginning of Term 3, further information coming soon.
Mr Peter Conroy – Yrs 8/10/12

Year 10 Assessments
After our first session of Project 10 all Year 10 students should have read their blue booklets and be planning their first round of assessments.

Assessments coming up this month include:
Week 6  Geography
Week 7  Maths 5.1, Science and Visual Art
Week 8  Maths 5.2 and 5.3, Commerce and History
Week 9  Child Studies, Drama, Food Technology, Music and PDHPE
Week 10  Agriculture and English

Details of the assessments will be given to the students by their classroom teachers but a brief description can be found in the Assessment Policy and Schedules booklet which has been given to all Year 10 students.

If your child will not be at school for an assessment they should talk to their classroom teacher and if an appeal form is required it can be collected from the Print Room.

Walking
I have invited all students to participate in a lunchtime walk. The students have thirty minutes for lunchtime and can complete a circuit of the basin in about twenty minutes. It is hoped that by taking a walk the students will gain some exercise, have the opportunity to stretch after the morning lessons and also to take a break from the playground ebbs and flows. At this stage the walks are taking place on Monday and Wednesday as these are the days that seniors are in the school. If you do not want your child to participate please let me know.

This activity may not appeal to everyone. I have asked the senior leaders to make a list of other activities that may interest students. I am quite keen to explore non-sport options as well as traditional activities.

Homework Centre
It is great to see an increased number of students using the centre each Monday afternoon. Parents and siblings are welcome to use the facilities to avoid problems with child minding and transport.

AECG and JAECG
There was a very encouraging attendance at the first AECG (Aboriginal Education Consultative Group) meeting of the year. Thanks are extended to all who attended. The other two meetings this semester are at Kurri Kurri Public School on 12th May and Nulkaba Public School on 16th June. These meetings also start at 4.00pm. All staff and parents interested in Aboriginal education are welcome at these meetings. They normally last for no more than an hour.

We also had a very good attendance at the first JAECG (Junior Aboriginal Education Consultative Group) meeting, held last Tuesday. Upcoming events include the Close The Gap Touch Footy match with Cessnock High School and NAIDOC events.

Disability provisions
Disability provisions in the HSC are practical arrangements designed to help students who couldn’t otherwise make a fair attempt to show what they know in an exam room.

The provisions granted are solely determined by how the student’s exam performance is affected. Provisions may include braille papers, large-print papers, use of a reader and/or writer, extra time or rest breaks.

If you think your child may need this assistance to make a fair attempt at their HSC please contact the school to make arrangements to apply. Applications close at the end of this term.

CCGPS
The Cessnock Community of Great Public Schools (CCGPS) has developed an exciting and interactive new website to support our families and the broader community. Learn more about the initiatives in place across our schools, creating strong educational pathways for all our students. Great links to parent support sites and local community services, and information about who we are and what we are doing within your community.

Check out the website and get involved in your child’s future today! www.ccgps.schools.nsw.edu.au
ADMINISTRATION OFFICE

Student contact details
With over 1000 students at Mount View High School it is important that the Administration Office has up to date student details to ensure we are able to contact parents at any time should the need arise.

If you wish to check what contact and emergency details we currently have on file for your child please don’t hesitate to contact the Administration Office on 49902566 anytime.

Changes to contact details need to be made in writing. A change of details form can be picked up from the Administration Office. Please ensure that if you have moved house, changed home phone, work or mobile number, if there has been a change in care of your child we require parents to complete the change of details form. Also it is a requirement that if there are any court orders in the case of a parent not getting any correspondence/reports from the school a copy needs to be provided to the Administration Office to ensure your child’s enrolment details are correct. Any other court orders which relate to your child should be discussed with the relevant Deputy, or with the Principal.

ATTENDANCE

Ms Elizabeth Alder – Rlg Head Teacher Administration

SMS Automated System for Absences & Notifications
Parents/carers will receive an SMS text sent from the school via our computerised attendance system if their child has been marked absent or who have arrived late to school that day without a parent note to parents nominated mobile phone number as per your child’s enrolment details.

Parents can respond back to the SMS text indicating a reason for the child’s absence. Please note that as this is a computerised automated system, our attendance office does not receive responses immediately. Response reports are generated first thing each morning relating to the previous days automated SMS.

If you have any immediate concerns regarding an absence please contact the school Attendance Office as soon as possible.

The SMS Automated System is also used to send out notifications and reminders to year groups as well. If parents have any questions regarding the SMS Automated System please contact the school.

Unjustified Absences
An ‘unjustified absence’ is recorded where an explanation has been provided for an absence but that explanation is not substantiated or does not comply with DEC requirements.

The Principal has the right to deem absences as “Unjustified” where there is insufficient information provided, insufficient evidence or the reason provided contains inaccuracies.

A correct absence letter might read as follows:

Dear Attendance Office,

Elsie Wilson from 7 Ruby7 was absent on the 27th and 28th of February 2014 due to illness. We have attached a copy of the Doctor’s Certificate.

Yours Sincerely,

Ms M Wilson
ph: 0412345678

A correct request for a student to leave school early might read as follows:

Dear Attendance Office,

Elsie Wilson from 7 Ruby7 will be required to leave school at 2.30 pm on Wednesday the 26th February 2014.

She has an appointment with Dr Malate at 2.45pm.

Yours Sincerely,

Ms M Wilson
ph: 0412345678
We ask for your cooperation in providing justifiable explanations for all absences and partial absences. Unjustified absences do show up on the student’s records.

**Feeling unwell at school?**
Students will not be signed out of school on the basis of them ‘feeling unwell’ unless they have been admitted to our Clinic and assessed by one of our trained First Aid Officers.

Unwell students will be given a note to access the clinic by their classroom teacher.

The student will be cared for and assessed and the First Aid Officer will contact parents for all students are too unwell for school.

Unwell students cannot be signed out through the Attendance Office. They must go through the clinic.

Mount View High School has a policy that directs students not to use their Mobile Phones during class time and there should be no phone calls to family members to collect a student made by the student themselves.

**Collecting Children Permissions**
Please avoid embarrassment and possible refusal when collecting your child during school hours by ensuring that the school has the most up-to-date information regarding who may collect your child.

Contact and Information Change forms are available from both the Attendance and Main Office.

Persons collecting a student during school hours, without prior approval (Early Leave Pass) are required to complete forms and present valid identification, such as a Driver’s License, before the student is called from their learning activities and classroom.

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**ENGLISH/DRAMA FACULTY**

Ms Melissa Wyper – Head Teacher

Students and teachers have been extremely busy with the first five weeks over already. Congratulations go to all students in Year 7, 8, 9, 10 and especially our Year 12 students who all completed assessments last week. In their Speech Assessment, Year 7 and Year 8 spoke confidently to their peers, demonstrating their understanding of persuasive language devices.

For their upcoming assessment, Year 11 are preparing for their Area Of Study task and are encouraged to utilise teacher assistance and feedback through writing and improving their submitted drafts in preparation for this assessment.

Extension English 1 students attended a Hunter HSC student day that furthered their understanding and skills in this course through presentations from HSC markers.

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Joel Flick, Charlotte Roberts, Thomas Wiese, Felicity Plunkett (Author & Guest Speaker), Phoebe Metcalfe, Murray Thompson, Jordan O'Brien

In the following weeks, Drama students have the opportunity to attend the performance of ‘1984’ to further their experiences of live theatre and their understanding of the elements and features of drama.

It is ‘all systems go’ for the start of the year and we look forward to further positive learning ahead.

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**MATHS FACULTY**

Mr Andrew Gill – Head Teacher

Students should be completing their first assessment tests for the year in mathematics. At this stage all students should have their own scientific calculator and they can check with their mathematics teacher if it is suitable. If a student is struggling with their mathematics they should approach their teacher and they will be more than happy to assist them in class or a time during lunch or recess. This should be the first option before deciding on a tutor.
**SCIENCE/AG SPOT**

Mrs Natalie Death – Rlg Head Teacher

The MC (Multi Categorical) Boys Have Done It Again
Last year the boys won the scarecrow competition at the Cessnock Show with their creation of Frank.

This year the boys entered Frank’s wife Lyn into the show. The boys put in a big effort; they not only had to consider how we would build her but also think about Lyn’s clothes, accessories and a wig (a new experience for them). On the day of the show the judges took a long time to decide a winner – when the judges decided that Lyn would be the winner of the Scarecrow competition the MC boys were very excited and pleased. Now Lyn can stand in the MC boys’ garden with her husband Frank for everyone to admire. The boys also won places for the tomatoes and zucchini they had grown on the farm.

**CAPA SUCCESS**

Mrs Larayne Jeffery - Head Teacher

Community Art Project
Cessnock Chamber of Commerce recently requested the involvement of Mount View High School Visual Art students in a Community Art Project.

This project involves the creation of a number of artworks that will be displayed in the lane and alley ways of Cessnock.

Mount View High School Visual Art students have been asked to create artworks for the first laneway that runs alongside Mama’s café on Vincent Street.

A selected group of Year 10 and Year 8 Visual Art students have started working and will continue to work on this Community Art Project at school and at a later date in the laneway to install the artworks.

Progress so far on the work has been pleasing with all students engaged and demonstrating pride in the work produced. The artworks are expected to be completed and installed in the laneway by the end of March.

**SOCIAL SCIENCE FACULTY**

Mrs Lily Amos – Rlg Head Teacher

Students and staff have settled into Social Science classes happily and with much enthusiasm in 2014.

Year 7 students have been introduced to the world of geographical enquiry. They have learnt about the human and physical environments that we live in and the questions that geographers ask in their everyday search for geographical knowledge.

Students in Year 10 Commerce have been learning about the Australian legal system and have prepared information posters about court personnel as part of their learning.
Year 9 and 10 Commerce students will shortly embark on an excursion to Charlestown Square where they will be able to apply concepts learnt in class to a real commercial environment.

It is very important that parents of students attending this excursion discuss the need for the utmost respectful and responsible behaviour whilst the students are representing Mount View High School in the public arena.

Year 12 Retail students are preparing for their half yearly exams as well as completing competency checks in practical activities which contribute to their attainment of a Certificate II in Retail.

Claudia Radnidge and Courtney Radnidge demonstrating their point of sale skills.

Keely Roe and Maxine Chapman conducting a transaction at the point of sale.
Social Science staff have embraced the principles of the Reading for Meaning program and are incorporating aspects of the program into their everyday teaching. Vocabulary building activities are used regularly. Walls that teach, learning intentions, super six strategies and graphic organisers are some of the ways that staff are helping students to improve their comprehension skills and learning outcomes.

In Week 11 of this term there will be an opportunity for parents of students in Years 7 and 11 to discuss how their student has settled into the new school year at a parent/teacher afternoon.

The Social Science staff look forward to meeting parents for these important discussions and encourage all parents to attend.
TECHNOLOGY & APPLIED SCIENCE (TAS)

Mr Mark Bassett – Rlg Head Teacher

In the first 5 weeks of Term 1 students and teachers have been extremely busy with starting practical subjects in TAS. Students have finished all safety related tests and are busy planning and developing their first projects. It is important that subject specific fees are paid to cover the costs for all consumable items including materials to make the project with as well as joining and finishing components.

For upcoming assessments, students will need to make sure that they are prepared and have the appropriate equipment for every practical lesson. Safety is of paramount concern when working in the workshops. Students are required to behave in a manner that will ensure the health and safety of themselves and others in the room at all times; use Personal Protective equipment as instructed; to wear enclosed leather footwear; and to refrain from eating, drinking or chewing in the workshops unless instructed by the teacher. Students must also make sure that they do not bring their mobile phones into any practical lessons and do not wear or listen to their iPods in workshops as these are a distraction and may put them in danger, especially when using machinery.

The REA F1 in Schools Program is running again this year with 6 teams already trying out for 4 positions. This program allows students to design, analyse, collaborate, make, test and race a miniature formula one racing car down a 20m track in one second, using world class 3D CAD technology and machined using CNC milling machines. Students are involved in the whole design process including marketing and promotion of their racing team and their car. Teams may seek sponsorship from the community to pay for printing of large posters, spray paint and other consumables used in this STEM program.

PDHPE

Mrs Sue Ford - Head Teacher

Changing for Practical PE Lessons

In the interest of students’ health and hygiene, it is part of the school policy that students are to bring a change of clothes for all practical PE lessons. The preference is for student to wear their sports uniform but in the event that it is unavailable, any appropriate (non-revealing, non-offensive) pair of shorts and a T-shirt will be acceptable.

Wearing the normal school uniform is not appropriate as the clothing restricts movement preventing students from performing to the best of their ability. Also as mentioned before, it is not in the best interests of students’ hygiene to wear clothes that may be sweaty and dirty during other lessons.

Open Girls and Boys Basketball

On Monday 24th February, the Open Girls Basketball team travelled to Maitland to play in the Regional Finals of the CHS State Knockout. The girls performed extremely well winning their first two games. That put our girls into the Semi Finals against a very strong Lambton team. The girls managed to play very well with Sophie Russell leading the way to have us only trailing by 1 at halftime. Unfortunately the skill of Lambton was too much in the end as we lost by 18 points. With 8 of the 10 girls still at school next year the potential for getting even further in the competition is very high.

On Wednesday 26th February, the Open Boys Basketball Team also travelled to Maitland for the same set of Finals. Unfortunately, we played against a very good Lambton High team again lost the game by 20 points. This unfortunately knocked us out of the finals but the boys were given some redemption by playing a consolation game against Morisset. The boys were dominant from the start and were able to build an early lead which the extended on throughout the game. Mason Nugent was the team’s most valuable player as he displayed some good offense and defence on the day.

STUDENT WELLBEING

Mrs Julie Myers – Head Teacher

National Day of Action Against Bullying and Violence

Our school population will be participating in the National Day of Action against Bullying and Violence on Tuesday 25th March. To prepare for the day and to build awareness around SAYING NO to Bullying:

• Students are making posters and slogans to be hung in and around the school
• Drama students will be rehearsing to perform a skit for the Tuesday assembly
Year group canvasses are being prepared where all members of the school community can make an imprint of their thumb under the heading ‘Take a Stand Together’.

Clear and explicit processes and procedures will be explained to students around bully consequences, support for victims and school policy.

Sleep is food for the brain
And sleep, or lack thereof it, is fast becoming one of the most important physical and mental health issues facing secondary students today.

The result of sleep deprivation can lead teens to suffer:
- Reduced cognitive performance
- Negatively impact on their general health and wellbeing
- Increase their risk of suffering from mental health issues such as anxiety and depression
- Give them a higher propensity for risk taking behaviour such as alcohol and drug abuse
- Make them more dangerous as drivers
- Increase their risk of becoming overweight or obese.

The benefits which adequate sleep brings includes:
- Being more alert in class
- Being better able to retain information and solve problems
- Enhanced creativity
- Greater energy levels and improved health
- A lower propensity for illness and absenteeism
- Reduced risk of anxiety, depression and stress related disorders
- Reduced incidence of high-risk behaviour such as drug and alcohol abuse

Fresh from the ‘Coffee Shop!’
As we welcome back our members for 2014 we also welcome our new Year 7 students: Byron Wiseman, Cory Hindmarsh, Lloyd Broadfoot, Amber Tomlinson and Connor Spinks. Amber and Connor had the opportunity to join the Coffee Shop as part of their transition program Term 4, 2013 so have experienced what it takes to be a part of the Coffee Shop team. Within the past three weeks of operation all of our new Year 7 students have shown dedication and superb work ethic to all tasks involved in the Coffee Shop and so far – are proving to be the best Coffee Shop team yet!

Wednesday 25th March
As always the team have been very productive in preparing delicious and nutritious snacks for themselves whilst assisting with the preparation and service of the main meal and dessert for our coffee shop customers.

There are several events to prepare for this semester including Easter, Mothers Day Lunch and ANZAC day celebrations. The students are currently creating posters to advertise the Coffee Shop around the school.

One student in particular who has gone above and beyond with enthusiasm and commitment to the Coffee Shop team was awarded ‘Second in Charge’ last week with a special presentation during recess service. Ms Pfeffer kindly awarded Jayden Kemp (Yr9) with his ‘2IC’ badge which he was very proud to wear and will take on this role throughout the year. Jayden is a great leader and is able to work cooperatively with others demonstrating specific skills to younger students – a huge CONGRATULATIONS to JAYDEN!

Mount View High School would like to thank our local community for your support in the 2013 Woolworths Earn and Learn program.

We were able to select a huge collection of new books and literacy resources for the school.

PROJECT 7, 8 & 10

Mrs Sue Ford – Organiser

Projects 7 and 8
7M, 7T, 8M and 8T have now completed their first session of this program. Students in these classes will undertake one session of the program per term and be involved in a mini interview towards the end of Terms 2 and 4. The outline is as follows:

**7M and 7T:** Session 1 – Study skills, time management, general organisation, diary use
Session 2 – Application of knowledge, employability skills, presentation skills

Portfolio Presentations – Term 2 Week 8, Wednesday

Session 3 – Feedback from presentations, term planning, assessment task planning
Session 4 – Directions and dreams, exam preparation

Portfolio presentations – Term 4 Week 8, Friday

**8M and 8T:** Session 1 – Goal setting, how to learn, focusing
Session 2 – Revision and remembering, presentation skills

Portfolio Presentations – Term 2 Week 8, Friday
Session 3 – Feedback from presentations, term planning, assessment task planning
Session 4 – Year 8 reflection and excellence, career aspirations

Portfolio presentations – Term 4 Week 7, Friday

Parents of these students are encouraged to read the Project 7 or 8 booklet provided for students. Students are especially encouraged to use the Term Planner and the Assessment Task Requirements sheets so that they can see at a glance upcoming events and due dates.

Project 10
All Year 10 students will be involved in this authentic assessment and interview program. Year 10 students have completed the first session of this program and their next session will be on 19th March. Through Project 10, students will be encouraged to develop better quality assessment tasks, improve their time management and study skills and to develop appropriate interview techniques.

Students will be working through a program of 7 sessions with a mentor and a student workbook that remains at school. Students were given a Study Skills and Project 10 General Information book to take home. This book has a great deal of helpful information that parents and Year 10 students are encouraged to read.

SENIOR LEADERS & SRC

The Senior Leaders and SRC have been busy in the first month of the term. At this stage they have already helped organised the Year 7 Welcome Disco which was held on Wednesday 12th February as well as having a Fundraiser for Valentine’s Day through which they sold and delivered chocolate roses, real red roses and teddy bears. They were able to raise over $700 which will be donated to The Children’s Variety Bash, which Mr Bruce Deer Head Teacher Social Science is involved in each year.

A Leadership meeting was held on Monday 24th February in the library during their lunch. Students made decisions on the charities that we will be participating in during the year. These include:

- The Children’s Variety Foundation
- World Vision (we sponsor a child from Ethiopia)
- Stewart House - collection of gold coins

- Biggest Morning Tea – Cancer Council
- Relay for Life - Cancer Council
- Parkinsons Walk in Sydney

Additionally, charity days are planned for

- Mental Health
- Team Ivy Day “Beads for Bravery”
- John Hunter Children’s Hospital
- Leighs Disease
- Blind Society – Vision Australia

Lions Youth of the Year
The Lions Youth of the Year was held last November and five of our Senior Leaders participated. These five students are also members of our school based Leos Club. They had interviews before a judging panel on Sunday 17th November 2013 and then they attended a dinner during the following week at Potters Tavern where they had to give a prepared five minute speech and two impromptu speeches. All of our students did exceptionally well in the competition with only decimal points between them in the final judging.

Congratulations to Brendon Gamble, Caitlin Ivan, Ainslie Griffin, Maxine Chapman and Maddie Burgess.

Maxine Chapman, Brendan Gamble with Lions Youth of the Year judges.
Maxine Chapman received Best Public Speaker on the night and Brendon Gamble was the overall winner.

**Youth of the Year Zone Finals**

Brendon Gamble then proceeded to compete in the competition at Zone level. This was held at Maitland Park Bowling Club on Monday 24th February 2014 and was hosted by Maitland Lions. Students from Maitland Grossmann, Maitland, Francis Greenway and Cessnock High Schools and Hunter Valley Grammar competed and were sponsored by their own local Lions Club.

Brendon represented Mount View High School extremely well. He spoke about mental health in his prepared speech and he spoke exceptionally well in the impromptu speeches. Though he did not make it to the next level, he was asked from an ambassador from a mental health organisation to be a guest speaker at their next convention.

Two students from Maitland High and Maitland Grossmann High Schools will be progressing through to Regionals which our former student Kasey Williams won last year.

We would like to take this opportunity to thank the Lions Clubs for this opportunity, particularly Cessnock Lions club who sponsored our students and Mr Anderson who continually works closely with our students and offers so much support.

**Envision Global Young Leaders Conference**

Outstanding students from around the world will take part in a unique global leadership development experience, “2014 Global Young Leaders Conference: Becoming Leaders of Change”, an Envision program. Conference sessions will take place in the United States, China and Europe as young scholars build on global leadership skills and strategies that are critical for success in the 21st century.

We are excited that Ainslie Griffin from Year 12 will be attending this conference in Europe in June 2014.

At the 10 day conference, students interact with key leaders who influence global politics, finance, culture and diplomacy. Thought provoking simulations are coupled with the opportunities to collaborate with peers from around the world, preparing students with critical leadership skills needed to resolve global conflicts.

Ainslie will travel to Europe and make her way through Vienna, Prague and Berlin and will take her seat among members of the Australian Parliament and participate in a case study on human rights. We are proud that she is taking this adventure and representing Mount View High School on the world stage.

We are currently fundraising to help Ainslie with this trip and any assistance would be appreciated.
SPORT

Mr Rick Allen – Sport Co-ordinator

Zone and Regional Swimming
On Wednesday 19th February 2014, Mount View High School sent their elite swimmers to the Zone Swimming Carnival at Maitland Pool.

These students were great ambassadors for the school, representing the school with pride. Appreciation is given to a group of Year 10 girls who helped with marshalling and recording.

Three students were selected to participate at the Regional Level which was held on Tuesday 4th March 2014. Congratulations are extended to Chantelle Jones, Fanogo Maher and Joseph Smith.

Cessnock Futsal Player Is Off To Brazil
Cessnock’s Sophie O’Brien is not only a talented soccer player, but now she is making her mark on the futsal courts.

Following a successful performance at the National Futsal Championships in January where she competed for the Northern NSW Youth Under 15 Girls’ team, Sophie has now been selected to represent Australia as part of a futsal tour of Brazil in November.
Despite the fact that she has only been playing futsal for the past six months, she said the sport is a natural progression from the soccer field.

Sophie is currently a member of the Emerging Jets soccer team and said that she first started playing futsal as a way to develop her skills. “Futsal is a lot more fast paced than soccer and it is lots of fun” she said. “You have to be very skilled with the ball”.

This will be Sophie’s first trip overseas as part of a national sporting team and she said she is looking forward to the experience. She is also looking forward to the start of the soccer season that will kick off in March.

The two week tour of Brazil is organised by the Australian Futsal Association, with a 16 years boys team, and 16-17 years girls team made up of players from all over the country selected to take part.

(article courtesy of the Cessnock Advertiser, 19/2/2014)

**AMAROOKOBA NEWS**

*By Members of the Junior AEGC*

The first four weeks of Term 1 2014 has been very hectic with arrangements beginning to be planned for many activities spread throughout the year. The Junior AEGC meets once each month with day and time being announced on Assembly, as well as being advertised on a poster. A new location for the poster is being organised. All Indigenous and non-indigenous students are welcome to attend and are encouraged to become involved in the cultural activities conducted at Mount View High School. A special welcome goes out to all Year 7 students plus any newly enrolled students at this school.

Mrs Michelle Bedford has been recently appointed as an Aboriginal Community Liaison Officer to Mount View High School and has commenced duties this week. We all look forward to working with Mrs Bedford.

The Junior AEGC held their first meeting for 2014 on Tuesday 4th March. During the meeting a number of upcoming events were discussed and planning has commenced for some of these:

- Sista Speak will be conducted again this year and the day/time will be announced soon
- ‘Close the Gap’ celebrations will include an assembly and a touch football match to be held between Mount View High School and Cessnock High School this year on Monday 24th March at Cessnock High School.
- The idea has been floated to form a dodge ball team in Newcastle. Brayden Templeton is collecting information and has expressions of interest
- Kaitlin Earl is looking into the possibility of developing an Art Program with a local Aboriginal artist
- NAIDOC week celebrations at the school are being discussed
- The formation of another Aboriginal Dance Group was discussed. Interested students should see Michelle Bedford or Tracy Eddy
- The next JAEGC meeting will be held Tuesday 11th March at lunch time. The location for the meeting will be announced during assembly Tuesday morning. The NAIDOC week plans will be discussed in more detail, and whether enough interest has been expressed for the Dance Group.

Year 12 students attended a University Roadshow in the Library on Wednesday, 5th March. This provided the students with an excellent opportunity to find out more information about other Regional Universities in NSW. This event was also attended by students from Cessnock High School and St Phillips Christian College.
SCHOOL ZONE PATROLS

We have been working closely with our P and C, Cessnock City Council and our NSW State Member Clayton Barr, to address concerns around traffic flow and pedestrian safety. The following information is provided by Cessnock City Council for your information and action.

We anticipate that during the end of Term 1 holidays there will be some changes to the fencing in ‘The Basin’ car park and in street signage. This will include ‘No Stopping’ and ‘No Parking’ signs and a change to 90 degree parking in some areas. Bollards will also be placed on either side of the driveway into the teachers’ car park.

We will continue to work to improve the safe use of car parks and the pedestrian crossing and anticipate that this work will continue during 2014.

Keep Your Kids Safe, Park In The Right Place

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<tr>
<th>School Zone Offences</th>
<th>Fine</th>
<th>Demerit Points</th>
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<tbody>
<tr>
<td>Disobey no stopping sign – school zone</td>
<td>$304</td>
<td>2</td>
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<tr>
<td>Disobey no parking sign – school zone</td>
<td>$169</td>
<td>2</td>
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<tr>
<td>Stop on/near children’s crossing – school zone</td>
<td>$405</td>
<td>2</td>
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<tr>
<td>Stop on/near pedestrian crossing – school zone</td>
<td>$405</td>
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<tr>
<td>Stop on/near foot crossing – school zone</td>
<td>$405</td>
<td>2</td>
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<tr>
<td>Stop in bus zone – school zone</td>
<td>$304</td>
<td>2</td>
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<tr>
<td>Stop at/near bus stop – school zone</td>
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<td>2</td>
</tr>
<tr>
<td>Stop on/ across driveway/other access to/from land</td>
<td>$169</td>
<td>2</td>
</tr>
<tr>
<td>Double Park – school zone</td>
<td>$304</td>
<td>2</td>
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For more information in relation to parking in School Zones and other parking offences go to the Roads and Maritimes Services website [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au) or contact the Cessnock City Council Customer Service on 49934100.
COMMUNITY NOTICES

MOVE ON successfully from school to work

Do you need help to move on successfully from school to work or know someone who does? Talk to a Youth Guru today to find out how!

Call 1300 550 689
Visit youthexpress.com.au
Connect: facebook.com/youthexpresshunter

Hunter Valley Hotel Academy
Training Restaurant

Hunter TAFE would like to invite you to experience our 3rd Year Apprentice Chefs in action

Due to strong demand bookings are essential and seats are limited.

Upcoming dates for dinner

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<td>10 February</td>
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<td>7 April</td>
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<tr>
<td>3 March</td>
<td>31 March</td>
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<td>12 May</td>
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* 5 Course Degustation with matching wine - $95 per person

(Welcome drink includes standard beer, wine or soft drink)

Driving at one of our Hunter TAFE training restaurants is a great experience.

FULLY LICENSED
(No BYO)

Contact us

Phone: 4936 0219 or 4936 0277
Email: hunter.hvha@nsw.tafe.edu.au
Group bookings welcome

Building 61, Hunter TAFE
Mclaren Road
Cessnock NSW

Location

EFTPOS

is our preferred method of payment

Cessnock Mental Health Support Group

Do you, a member of your family, a friend or neighbour live their daily lives with the effects of:

- Anxiety (OCD, Post Traumatic Stress, Social Phobia)
- Depression
- Bipolar
- Schizophrenia
- Or any other mental illness

LOCAL SUPPORT GROUP

Meets: 1st. Monday of each month
7pm to 9pm
(Except January & Public Holidays)

For further information contact:

- The Sunflower Centre
  Phone: 4936 2611
  Mob: 0423 757 498
- The Schizophrenia Fellowship of NSW
  Phone: 9678 2500

There is no need to feel alone

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SOUTHERN CROSS CULTURAL EXCHANGE

LEARN ABOUT YOURSELF!

As Abraham Lincoln said “The best way to predict the future is to create it”

Volunteer to host an international high school student in February 2014 through Southern Cross Cultural Exchange. Help determine the future resilience, diversity and global awareness of your children and family.

Carefully selected students will arrive in July 2014 for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scceaustralscce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.

TAFE Outreach presents a Free Course in Music Technology

at Musitopia, Vincent Street, Cessnock
Wednesday Evenings - 6 to 9pm
Commencing in Feb/March to end June 2014

Principles of Sound, Recording Techniques, Digital Audio Theory, Microphone and Microphone Techniques, Digital Audio Editing, Live Sound, MIDI

Presented by Colin Wright: Former Senior Music Technology Tutor, and past 26 years Managing Director of Musitopia

Contact - Patrick Murphy on 4936 0382

Hunter Dental Group

10th February 2014

Dear Local Schools,

Below is an introduction to the Child Dental Benefits Schedule which started on 1st January 2014.

Child Dental Benefits Schedule 2014 Introduction

The Child Dental Benefits Schedule (CDBS) commenced on 1 January 2014 and will provide access to benefits for basic dental services to children aged 2-17 years. It will replace the existing Medicare Teen Dental Plan (MTDP) which was a prevention only scheme.

The total benefit entitlement will be capped at $1,000 per child over a two calendar year period. A Child’s eligibility for the Child Dental Benefits Schedule is assessed at the beginning of each year and requires receipt of Family Tax Benefit Part A (FTB-A) or a relevant Australian Government payment.

The CDBS will provide individual benefits for a range of services including examinations, x-rays, cleaning, filling, crowns, root canal and extractions. Benefits will not be available for orthodontic or cosmetic dental work and will not be paid for any services provided in a hospital.

All Hunter Dental Group practices will be accepting these vouchers and

Will FULLY BULK BILL to Medicare.

This means as long as funds are available there will be NO OUT OF POCKET EXPENSE.

To make a booking please contact your local practice on:

CESSNOCK 4990 1279  GREENHILLS 4934 7877  DUNGOG 4992 3366

We hope that you could pass this information on to your parents and students.

Yours sincerely

Dr George Patience & Hunter Dental Group team.

www.hunterdentalgroup.com

Play Learn

When: Every 2nd Wednesday
12pm until 2.30pm
Where: Weston Public School Hall
Who: Families with children 0-6 years

2014 DATES

Term 1: 5th Feb, 19th Feb, 5th March, 19th March, 2nd April.

Term 2: 30th April, 14th May, 28th May, 11th June, 25th June

Term 3: 16th July, 30th July, 13th Aug, 27th Aug, 10th Sep

Term 4: 4th Oct, 22nd Oct, 5th Nov, 19th Nov, 3rd Dec

Contact Charmaine 4961 0700  Contact Telmaia 4937 4549
**BELLBIRD JUNIOR FOOTBALL CLUB**

**2014 REGISTRATIONS**

**ONLINE REGISTRATIONS ARE NOW OPEN**

1. Complete online registration at www.myfootballclub.com.au
2. All players must attend one of our registration days to complete registration paperwork, payment of fees and ordering of merchandise

**REGISTRATION DAYS**

- **New Players:** Must produce birth certificate or passport – copy only
- **Players from 4 years of age:** (must be turning 5 before 31st December 2014)
- **5-7 years:** $80
- **8-11 years:** $95
- **12-18 years:** $110
- **Seniors:** $200

**PAYMENTS CAN BE MADE ONLINE OR CASH/CHEQUE ON DAY**

**NEW PLAYERS RECEIVE FREE SHORTS AND SOCKS**

**ALL PLAYERS RECEIVE A CLUB POLO SHIRT**

Further details are on our website www.bellbirdjuniorfootballclub.com

**PLEASE PHONE BELINDA ON 0412-971-479**

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**CESSNOCK CITY WOMENS SOCCER**

Do you like soccer?
Are you female?
Are you 11 and over?
Would you like to play in an all women’s soccer competition?

If you have answered yes to the above questions then contact us. We are looking for new players to join our teams.

**CONTACT:**

Robyn Laurens 0411560351
Ken Galleen 0422195345

Note: This is a Sunday competition. New players welcome from 11 years.

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**Players still needed in the 13/14yrs age group**

Contact 0416 001979

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**SAVERPLUS**

Saver Plus can assist families with education expenses

Families may be eligible to receive up to $500 by participating in the Saver Plus matched savings program. This money can be used to pay for educational items like school uniforms, computers, text books and school excursions.

Saver Plus is a matched savings and financial education program, developed by the Brotherhood of St. Laurence and ANZ and delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. It aims to assist people on lower incomes to strengthen their financial skills and to save for educational expenses. The program provides financial training and support and ANZ motivates participants to continue to save by matching their savings dollar for dollar, up to $500.

For further information contact 1300 810 956

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**Charity Fundraiser Day in Memory of Josh Main**

**COME ALONG TO BELLBIRD HALL ON SATURDAY MARCH 15TH FOR A FUTURISTIC FAMILY DAY RAISING MONEY FOR WESTPAC RESCUE HELICOPTER**

**COMMENCING AT 1PM**

**WITH A $1 ENTRY FEE PER PERSON**

**DON’T FORGET YOUR WALLET FOR ALL THE STALLS ABOVE AND ALL THAT’S AVAILABLE ON THE DAY.**
Note to Leave School Early

My child___________________________ in Year___________________________ requires a Leave Early Pass to leave Mount View High School at (time)_______am/pm on (date)___________________________.

This Leave Early Pass is required because of:

☐ Sickness
☐ Injury
☐ Medical appointment with___________________________
☐ Dental appointment with___________________________
☐ Optometry appointment with___________________________
☐ Physiotherapy appointment with___________________________
☐ Specialist appointment with___________________________
☐ Other (please explain)___________________________
☐ I will ring the school to explain Please phone 49993566 before 9am

☐ Family reason
☐ Funeral
☐ Moving residence
☐ Arrival or departure of an immediate relative from overseas
☐ Unavoidable involvement in a serious family situation
☐ Other (please explain)___________________________
☐ I will ring the school to explain Please phone 49993566 before 9am

☐ Religious celebration
☐ I will ring the school to explain

☐ Other reason
☐ Misadventure and unforeseen events eg fire, flood
☐ Participation in a special event
☐ Family holiday if more than 14 days please apply for an Exemption
☐ Transport difficulties
☐ Other (please explain)___________________________
☐ I will ring the school to explain Please phone 49993566 before 9am

Parent or Guardian Name:___________________________ Date:___________________________
Parent or Guardian Signature:___________________________
Contact phone number for this day: Home___________________________ Mobile___________________________

Note to explain why your child was absent from school

My child___________________________ in Year___________________________

Date of absence
I draw your attention to the Education Act (1990) which requires parents to ensure that their children of compulsory school age attend school on each day that the school is open unless there is a good reason for them not attending. If students are absent, parents are required by law to provide the school with an acceptable explanation within SEVEN DAYS of the absence.

The absence was because of:-

☐ Sickness
☐ Flu
☐ Stomach-ache
☐ Cold
☐ Headache/migraine
☐ Fever
☐ Broken bone
☐ Vomiting
☐ Infection/disease e.g chicken pox
☐ Nose bleed
☐ Asthma
☐ Rash
☐ Injury
☐ Medical appointment with___________________________
☐ Dental appointment with___________________________
☐ Optometry appointment with___________________________
☐ Physiotherapy appointment with___________________________
☐ Specialist appointment with___________________________
☐ Other (please explain)___________________________
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Parent or Guardian Name:___________________________ Date:___________________________
Parent or Guardian Signature:___________________________
Contact phone number for this day: Home___________________________ Mobile___________________________