



Muirfield Matters

Issue 2 2022

Term 1 Week 8

From the Deputy Principal - Ms. Hosen



The school year is now well under way with several events already behind us, and I am pleased to report that students are hard at work. Teachers have reported how pleased they are with the focus and attitude students have exhibited thus far in their classrooms. Similarly, as I visit classrooms, I am in awe of the expert way in which our teachers use diverse pedagogical tools to engage and motivate students.

Year 7 Camp

In Week 5, Year 7 students braved the bad weather and took the annual pilgrimage up the M1 to The Great Aussie Bush Camp. Apart from the opportunity for students to establish new friendships, a large element of the camp focused on enhancing resilience, increasing self-esteem and providing opportunities for students to take calculated risks, work as a team and push themselves to their limits.



The Team Challenge (high ropes), Leap of Faith, archery, kayaking, Survivor Island, Initiatives and the carnival gala night are designed to provide students with a chance to safely go beyond their comfort zones, at a pace that feels right for them.

I was fortunate enough to attend camp and was extremely proud of the way



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students challenged and conducted themselves. It was great to witness how students approached each activity with enthusiasm and a 'give it a go' attitude, despite the bucketing rain. They supported each other to complete the activities, and even when their legs were shaking as they left the safety of the wooded platform to "tightrope" across various challenges, they were spurred on by the calls of encouragement and positivity from their peers.



Attending teachers were impressed by our new Year 7 cohort, and the compliments students received from the camp staff were overwhelming. Thank you to Mr Skevington, Year 7 Adviser, for the tireless hours spent preparing and organising camp to ensure its smooth running. Many thanks also to those teachers and support staff who gave up their own personal time to attend camp: Ms Knobbs, Mr Pearson, Ms Quinn, Ms Fleet, Ms Nercessian and Mr Sutton. Without the commitment and devotion of staff, camps could not go ahead, and students would miss out on these wonderful lifelong memories and learning experiences.



Unfortunately, due to cohorting restrictions, we were unable to take our Year 11 Peer Support leaders with us to camp this year. We look forward to them working closely with Year 7 as part of our Peer Support program throughout the remainder of this year.



Swimming Carnival Update

The results for our 46th Annual Swimming Carnival are in! It was a race to very end for the award of House Champions 2022. Congratulations to Thorpe who were the triumphant house of the day.

Thanks to our sports organiser, Ms Knobbs, for her hard work and organisation to ensure the day was a success for all involved. Also, thank you to our wonderful house captains who encouraged their team members and riled up their cheer squads. Participation was the key to success!

MUIRFIELD HIGH SCHOOL SWIMMING CARNIVAL RESULTS		
OVERALL CHAMPIONS 2022 - THORPE		
AGE CHAMPIONS	BOYS	GIRLS
12 YEARS	Rodrigo Arce Aguirre	Luciana Arce Aguirre
13 YEARS	Alexander Bayliss	Clara Matthews
14 YEARS	Blake Scanlan	Matilda Robinson
15 YEARS	Lucas Saunders	Alex Collison
16 YEARS	Riley Oakes	Chloe Krklinski
17+ YEARS	Nicholas Layton	Alana Brown



International Woman's Day

On Tuesday 8 March, Muirfield celebrated International Women's Day. Whilst it would have been ideal to have had a whole school assembly to commemorate the occasion, we were thwarted by the La Nina effect and had to make last minute changes to our organisation. Still, efforts were made to ensure that every student was able to take time out of the day to reflect on the advancements and achievements that have been made by women around the world, and to look towards creating an inclusive world. All students were encouraged to wear a green, white or purple accessory to show their support.



Our Student Executive Team hosted a senior student assembly, where they introduced the 2022 theme: #BreakTheBias, to highlight achieving an equal future in a post-Covid world. They celebrated and reflected on the social, economic, cultural and political achievements of women around the world and reminded us to appreciate the women in our lives - our mother, sister, aunt, grandmother, friend. Ms Clifton also spoke about the importance of inclusivity.

Many thanks to Ms Pasternatsky for her leadership in organising the celebration and her ongoing efforts in supporting our girls at Muirfield as Girl's Adviser. Our thanks are also extended to Mr Alley and his sound crew, and to Ms Angelo and her hospitality crew for using their culinary skills to provide a scrumptious morning tea for staff.



International Women's Day 2022
#BreaktheBias



Open Evening

Recent changes to COVID-19 restrictions have meant that our annual Open Evening for prospective 2023 Year 7 students can proceed in a face-to-face manner instead of the online platform as planned.

Our Executive Team, teachers, staff, students and P&C are moving full steam ahead as we prepare to welcome families onsite for the first time in two years. As always, I am grateful for the dedication and commitment with which our staff approach all school events. There is a lot of work to be done for a whole school event of this enormity and in such a short time frame. We are very fortunate to have such an enthusiastic team who have the best interests of Muirfield at heart.

Open Day is scheduled for Week 8 Tuesday 15 March from 5.00pm-7.00pm.

There will be guided tours, enrolment information, displays, musical items and more. We look forward to seeing our extended community once again stream through our gates.

Muirfield High School

Open Evening Tuesday 15th March 2022



Come and see what we have to offer:

Muirfield High School's annual Open Evening will be held on 15 March 2022 5.00pm - 7.00pm.

Commencing at 5pm the Relieving Principal, Fiona Clifton, and students will give a presentation in the school hall. Following this, students from all years will conduct guided tours of the school. Students and teachers will showcase aspects of teaching and the special programs we offer.

Information will be available about enrolment and how to apply for the Year 7 High Achievers Class. We welcome out of area applications.

Limited places are available in some other year groups.

Offering a wide range of subjects and extra-curricular activities for all, Muirfield continues its tradition of impressive Naplan and HSC results. The school acknowledges the achievements of all 2021 HSC students. Of special note are the achievements of DUX, Nicholas Furst, ATAR 95.65 and Daisy Bullress 2nd in State Primary Industries. Additionally, 16 students were placed on the Distinguished Achievers list across a range of subjects.








Muirfield High School, Barclay Road, North Rocks Phone: 9872 2244
Parking is available in Tiernan Avenue

Communication

Open communication between home and school is of tremendous benefit to the education and welfare of our students. There are many school staff members who spend time with your child or have responsibility for different aspects of school life, and it is often difficult to work out with whom you should be communicating. The following information should point you in the right direction. It should be used as a guide only – you are more than welcome to contact any of our staff regarding a concern or enquiry.

Area of Enquiry	Initial Contact	Further contact or for complex issues
Student progress in a particular subject	The classroom teacher concerned	The head teacher of the faculty
Student wellbeing, conduct and general progress in more than one subject	Year Adviser	Deputy Principal for that cohort
Student attendance	Office staff	Head Teacher Administration
School organisation	Office staff	Deputy Principal (will vary depending on the nature of the question)
Year 11/12 patterns of study/ curriculum	Head Teacher Secondary Studies	Deputy Principal for that cohort
Learning support	Learning and Support Teacher	Deputy Principal for that cohort
Post school options	Careers Adviser	Deputy Principal for that cohort

When leaving a message for a member of staff, please be patient while waiting for a return phone call. Staff members will endeavour to get back to you within two school days. There may, however, be times when teachers are teaching all periods during a day, are on an excursion or a professional development workshop that could make the turn around a little longer. If you are still unsure about who to contact, please briefly outline the issue to one of our office staff and they will be able to direct you to the appropriate person.

A great way to keep abreast of what is happening with your child at school is to attend our Parent/Teacher Interviews. It was wonderful to see so many of our Years 11-12 parents at this event on Tuesday 8 March, which was again conducted over Zoom.

These events provide a valuable opportunity for you to discuss the progress of your child directly with classroom teachers and talk about ways for them to improve. Parent/Teacher Interviews for Years 8 and 10 will be held in Term 2, followed by Years 7 and 9 in Term 3.

Other great ways to keep up to date with what is happening at the school include our school website, <https://muirfield-h.schools.nsw.gov.au/> and using our Sentral parent portal, where you can access your child's attendance data, reports, rewards and the school calendar.

Attendance at school

Parents and carers of children of compulsory school age are responsible for ensuring their child attends school every day and on time. On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances e.g. attending a funeral

A reminder that if your child is a close contact or tests positive for COVID to please notify the school office as soon as possible. This is to ensure we can notify the community what grades are currently being affected.

Following an absence from school please ensure that you provide the school with a verbal or written explanation for the absence within 7 days. Parents will receive a text message when a student is absent (or late), and you may reply to this text with the reason.

Please note that weekly participation in sport is a mandatory requirement of all students in NSW schools. When making doctor/specialist appointments, please make every effort to avoid booking them during school hours, including sport time on Wednesday afternoons.

Families are encouraged to organise family trips only during school holiday periods. Every day away from school negatively affects achievement levels. Families planning to take their children out of school for a family trip outside of school vacation periods will be required to apply for leave by completing an *Application for Extended Leave – Travel* which is available from our front office. Further information for parents regarding compulsory school attendance can be found on pages 15 and 16.



Uniform

Muirfield High School is proudly a uniform school and we expect that all students will show pride in their appearance and dress in the correct school uniform each day. By doing so, students indicate to their teachers that they are ready for learning and have the right mindset for learning.

With the cooler weather coming, we ask parents to ensure that their child has purchased the school jacket or jumper, and that they are wearing the correct school shorts, pants or skirt each day. Students are permitted to wear an undershirt if needed, however, this must be plain white. 'Hoodies' are not to be worn underneath the school jumper or jacket. Parents and students should be aware that the school may ask their child to remove their non-uniform jacket or jumper, even if they present a note from home, particularly if the non-uniform jacket is colourful, has a logo, inappropriate language, etc. In this instance, the student may be offered a school jacket or jumper as a loan item, if available. Black trackpants are not part of our uniform and should not be worn.

Muirfield has an extremely high rate of compliance with the school uniform policy and it is fantastic to work in a school where the majority of students take pride in their appearance and in their school uniform.



Year 7 Camp 2022









Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

Working in Partnership

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

Further information regarding school attendance can be obtained from the following websites:

Policy, information and brochures:

Please visit the Department of Education's *Policy library*

The school leaving age:

Please visit the Department of Education's *Wellbeing and Learning* website

Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement

Student Engagement & Interagency Partnerships

T 9244 512

www.dec.nsw.gov.au

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NSW Department of Education and Communities

Chilled

A 'Cool Kids' Program

A group program for teens managing stress & anxiety



WHAT IS IT?

The Chilled program teaches teens practical skills to **better manage stress and anxiety** in dealing with common challenges that arise during adolescence.

WHY SHOULD I DO IT?

Teens who complete the program show **significant improvement such as:**

Decreased worry, shyness, fear and family distress.

Alongside **increased:**

- academic achievement
- confidence + number of friends
- involvement in extra-curricular activities and school attendance



FACILITATORS

Cassie Garling

Senior Psychologist and Accredited Facilitator

Erin Woolnough

Psychologist and Accredited Facilitator

Who: Teens in Year 7, 8, 9 & 10

When: Starting April 28th 2022
Thursday's 4pm-530pm (Teens)
then 530pm-6pm (Parents)

What: Group Anxiety Program
(in person) for 10 weekly sessions

Where: Castle Hill

Cost: Available on enquiry

To Register: call 02 9054 7830
or email
info@sydneypsychhub.com.au

Entry is subject to meeting
eligibility requirements. Contact
us for more information.

Limited spots available!



PARENT AND CAREGIVERS PLEASE DO NOT DRIVE INTO THE SCHOOL GROUNDS

In the interests of student safety, **parents and caregivers are not permitted to drive onto school grounds at any time, including before or after school, to drop off or collect students, or to attend meetings with staff.**

There are deliveries and staff accessing the car park at different times during the day and the access is very narrow.

The only exceptions to this is when either you or your passenger has a disability or if you are picking up a sick or injured student.



STUDENT SAFETY IS UP TO ALL OF US

THANK YOU FOR PLAYING YOUR PART



BE COVIDSAFE

6 January 2022

COVID-19 Test and Isolate National Protocols

PROTOCOL 1

COVID-19 confirmed by a positive RAT or PCR test

- 1 Isolate at home for at least 7 days from the day you had your test. If you have symptoms at **Day 6**, you must stay at home until symptoms are gone.
- 2 Notify your household, school or employer that you have tested positive.
- 3 If you have **no symptoms** at **Day 7**, you can return to normal living and leave your home. You do not need a further test.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 7 days following negative test or end of symptoms.

Always seek medical help if you become very unwell.

PROTOCOL 2

Close Contact and have symptoms

- 1 Stay home for 7 days since you last had contact with the person who has COVID-19.
- 2 Take a RAT self-test or PCR test and stay at home while waiting for the test result.
If you test **positive** for COVID-19 follow **Protocol 1**. If you test **negative**, continue to stay at home.
- 3 On **Day 6** of isolation, take a RAT self-test.
If you test **positive** for COVID-19 follow **Protocol 1**.
If your Day 6 test is **negative**, you can leave home and return to normal living after completing the 7 days of home isolation.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

Always seek medical help if you become very unwell.

PROTOCOL 3

Close Contact with no symptoms

- 1 Monitor for symptoms and take a RAT self-test or PCR test if they develop.
If **positive**, follow **Protocol 1**.
If **negative**, continue to stay at home for 7 days, monitor for symptoms and follow **Protocol 2** if they develop.
- 2 On **Day 6** of isolation, take another RAT self-test.
If your Day 6 self-test is **positive**, follow **Protocol 1** – you do **NOT** need a PCR test for confirmation.
If your Day 6 self-test is **negative** and you have **no symptoms**, you can leave home and return to normal living after completing the 7 days of home isolation.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

PROTOCOL 4

Other contacts

If you have had less contact with someone with COVID-19, such as contact in a social, shopping, education or workplace setting.

- 1 You should monitor for symptoms and have a RAT self-test if these occur.
If **positive**, follow **Protocol 1** and stay at home until you no longer have symptoms.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

**WA, SA, NT & TAS residents should check their state or territory requirements and timelines*

You are a Close Contact if you are living with someone who has COVID-19, or have spent 4 hours or longer with someone in a home or health or aged care environment since they developed COVID-19.

DT0002598



A friendly reminder from front office regarding notification of attendance / absences / early leave

- If students are **absent** from school parents will receive an SMS notification at 11am. Parents should respond to the SMS with an explanation for the absence
- If students are **late** to school parents will receive an SMS notification at 11am. Parents should respond to the SMS with an explanation
- If your child needs to **leave school early**, please send a note with the child to school which contains the date, child's name and reason for leaving early. They are to keep the note with them until it is time to leave. Show the note to the teacher at the beginning of the class. At the departure time take the note to the front office and sign out

Thank you

P&C News

Our AGM was held on 9 March and it was wonderful to see many parents join our meeting on Zoom. 2021 was another year where we faced big impacts due to Covid-19. I would like to thank our outgoing office bearers for their support and hard work in 2021. The Canteen and Uniform Shop provided a wonderful service to our school community because of your assistance. Thank you to the CAPA subcommittee for supporting the CAPA department during a difficult year for our students.

A big thank you to our parent volunteers who helped in the canteen and a big thank you to our parents who helped our new Year 7 students in the uniform shop. If you would like a full report of our 2021 activities, please contact us on Muirfield.p.and.c@gmail.com and we can send you a copy of the AGM minutes.

We would like to congratulate and welcome the office bearers for 2022:

- President: Charmaine Hetem
- Vice-President: Marie Fahey
- Treasurer: Christina Sipkes
- Uniform shop subcommittee treasurer – Christina Sipkes
- CAPA subcommittee treasurer – Jason Montgomery

We still need parent helpers for the following roles:

- P&C Secretary
- Uniform shop co-ordinator
- Uniform shop subcommittee secretary
- Canteen co-ordinator
- Canteen subcommittee secretary
- Canteen subcommittee treasurer

If you are able to assist in any of these roles, we would love to hear from you. You can contact us on Muirfield.p.and.c@gmail.com.

Meeting dates for 2022:

MEETING	DATE	TIME
TERM 2 MEETINGS:		
GENERAL MEETING	11 MAY	7:30PM
GENERAL MEETING	8 JUNE	7:30PM
TERM 3 MEETINGS:		
GENERAL MEETING	10 AUGUST	7:30PM
GENERAL MEETING	14 SEPTEMBER	7:30PM
TERM 4 MEETINGS:		
GENERAL MEETING	12 OCTOBER	7:30PM
GENERAL MEETING	9 NOVEMBER	7.30PM

Entertainment book

The P&C have teamed up with Entertainment again this year to raise funds for our school. We get a percentage of the sales for each entertainment book sold.

Buy the Entertain book and you will save heaps on entertainment and dinners for your family and friends and raise money for our school at the same time.

Please forward the link to your friends and family.

<https://www.entertainmentbook.com.au/orderbooks/2145e68>

Charmaine Hetem
P&C President

muirfield.p.and.c@gmail.com.

Canteen

The Eftpos facilities has proven to be very popular and we have seen a sharp increase in Eftpos sales. The canteen now has a second Eftpos machine to speed up counter sales. We encourage our students and staff to pre-order their recess and lunch orders using Qkr! While we make extra hot meals for students and staff to purchase at lunch time, we are not able to accurately predict how many students and staff will pop in for a cooked meal and it happens that we are not able to supply a requested cooked lunch. Pre-ordering using Qkr! means students and staff will always get a cooked lunch.

We now have a feature on Qkr! where recess and lunch orders can be cancelled. If a recess or lunch order is placed and a student/staff member is not attending school on that day, the order can be cancelled on Qkr! and the order value will be added as a credit to your Qkr! profile. The next time you use Qkr! to order, the credit will be applied to the sale. Please note that orders can only be cancelled before the cut-off times. The cut-off time for recess is 9:00AM and lunch 10:00AM. Please give the canteen a call if you need any help with your Qkr! orders.



Eftpos payments for purchases under \$2 will incur a 10c fee. Items that are sold for less than \$2 have very small markups and it's difficult to absorb the Eftpos fees for these purchases.

Now that year cohorting is no longer a requirement, we have changed the line-up arrangements for students at the canteen windows. Juniors and seniors now have shared windows. We have a separate window for all pre-ordered food and drinks so that students who have pre-ordered their meals can get it quickly. The window for pre-ordered food faces the entrance to the school hall. Students must have their student ID card ready when collecting their orders.

Parent volunteers

We still need parent volunteers to help serve during lunch time. Parent helpers are needed for the following times:

- Monday / Tuesday / Thursday / Friday – 12:30PM to 1:30PM
- Wednesday – 11:45PM – 12:45PM

If you able to assist one or more days a month, please contact us on mhs.pnc.canteen@gmail.com as soon as possible.



Canteen

MENU

2022



SANDWICHES & WRAPS

Toasted sandwich	\$2.00
White or brown bread with cheese. Add ham / tomato / salami \$1	
Fresh sandwiches	\$4.50
Chicken / Ham & cheese / Egg / Salad sandwich (vegetarian)	
Crispy chicken wrap	\$6.00
Grilled chicken wrap	\$5.50
Veggie wrap	\$5.50

HOT FOODS

Sausage roll	\$4.00
Pies	\$4.50
Chicken / Steak & potato / Veggie / Beef	
Chicken tenders	\$4.00
Chicken nuggets	\$3.50
Garlic roll	\$2.50
Pizza scrolls	\$3.00
Potato wedges & sauce	\$4.00
Hashbrowns	\$3.50
Noodle cup	\$3.50
Chicken / Beef	
Spring rolls	\$3.00
Hotdog	\$3.50
Bacon & egg roll	\$4.50

DAILY SPECIALS

Lunch special	\$6.00
See board for lunch special of the day	

SALADS

Veggie salad	\$6.00
Made with fresh veg & salad ingredients of the day	
Couscous salad	\$6.00
Grilled chicken salad	\$6.00
Grilled chicken pasta salad	\$6.00
Caesar salad	\$6.00
Egg & feta salad	\$6.00

SNACKS

Banana bread	\$2.50
Popcorn	\$2.00
Muffin	\$2.50
Jelly cup	\$1.50
Red Rock chips	\$1.50

DRINKS

Flavoured Milk	500ml 250ml
	\$3.00 \$2.00
Chocolate, strawberry	
Flavoured water	\$2.50
Various fruit flavours. No added sugar.	
Still bottled water	\$1.50
Fruit juice	\$2.00
Various flavours. No added sugar.	
Juice Bomb	\$2.00
Various flavours. Carbonated fruit juice in 250ml can. No added sugar.	
Iced tea	\$2.50
Various flavours. Low sugar. 500ml bottle.	
Hot chocolate	\$2.50
Slushies	\$1.50
100% fruit juice. No added sugar.	

Term 1 Daily Specials Menu

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Quesadilla / Taco	2 Burgers/ Mac & Cheese	3 Braised Beef & Rice	4 Pizza
7 Creamy Beef & Rice	8 Alfredo Pasta	9 Burgers	10 Singapore Noodles	11 Pizza
14 Japanese Chicken Curry & Rice	15 Spag Bol	16 Burgers / Nacho's	17 BBQ Pork & Rice	18 Pizza
21 Chicken Pasta Bake	22 Butter Chicken & Rice	23 Burgers	24 Teriyaki Chicken Noodles	25 Pizza
28 BBQ Pork & Rice	29 Quesadillas / Taco's	30 Burgers	31 Braised Beef & Rice	



April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza
4 Creamy Beef & Rice	5 Spag bol	6 Burgers	7 Teriyaki Chicken Noodles	8 Pizza

School Uniform Shop

We want to thank parents for their understanding with the new ordering process in place.

Uniform items must be ordered using Qkr! and can be collected from the school office. Orders placed by midnight Sunday can be collected from the office on Monday (the next day).

If you would like to exchange or return any garment for a refund, please hand the items in at the school office. The uniform shop ladies will have the exchange/refund ready for you on the following Monday when they are in.

Sports shirts size 14 is currently out of stock. Our suppliers are experiencing shortages and we will work with our supplier to try and get stock in as soon as possible.

Covid impacts has also resulted in issues with deliveries of our new girls black shorts. We are very excited about this new addition to our garment range for girls and hope to get our stock soon.

If you have any issues please feel free to contact the uniform shop directly via email at mhs.pnc.uniform@gmail.com or via the school office on a Monday on 9872 2244.

We thank you for your patience at this time.



Bell Times 2022

	Monday, Tuesday, Thursday Weeks A & B Friday Week A	Friday Week B		Wednesday Weeks A & B
Roll Call	8.15am – 8.25am	8.15am – 8.25am	Staff Meeting	8.00am – 8.45am
Period 1	8.25am – 9.45am	8.25am – 9.45am	Roll Call	8.45am – 8.55am
Recess	9.45am – 10.00am	9.45am – 10.15am	Period 1	8.55am – 10.15am
Period 2	10.00am – 11.20am	10.15am – 11.30am	Assembly	10.15am – 10.25am
Break	11.20am – 11.25pm	11.30am – 11.35pm	Recess	10.25am – 10.40am
Period 3	11.25am – 12.45pm	11.35am – 12.50pm	Period 2	10.40am – 12.00pm
Lunch 1	12.45pm – 1.00pm	12.50pm – 1.05pm	Lunch 1	12.00pm – 12.17pm
Lunch 2	1.00pm – 1.15pm	1.05pm – 1.20pm	Lunch 2	12.17pm – 12.35pm
Period 4	1.15pm – 2.35pm	1.20pm – 2.35pm	Period 3	12.35pm – 1.15pm
			Period 4	1.15pm – 2.35pm

- Year 7, 11 and 12 return for 2022
- All students return for 2022



2022

School Holidays & Terms

- School Holidays
- Public Holidays
- School Development Days

January

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May

M	T	W	T	F	S	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September

M	T	W	T	F	S	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October

M	T	W	T	F	S	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

CARLINGFORD COUGARS Junior Rugby League Football Club

2017 NSWRL
GRASSROOTS CLUB
OF THE YEAR!

2018 NSWRL
"RESPECT" AWARD
WINNER!

2019 NSWRL
VOLUNTEER
OF THE YEAR!

**We are looking for players
from U6 to U14s, and
Girls 10 & older for LeagueTag**



WE WANT YOU!



**If you've ever played Rugby League,
Rugby Union, Touch Football, OzTag, or just
want to give it a go, we are looking for
players for our U6 to U14s teams, and
our Girls Tag teams from 10 years to open age.**



**If you have any questions please
contact our Registrar Jane Belgrove
at rego@carlingfordcougars.com.au
or call on 0418 158 027**



Discipline • Team Work • Fair Play

JOIN NOW *Australian* **Air League** NSW Group

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

**FOR MORE INFORMATION ON THE AUSTRALIAN AIR
LEAGUE AND YOUR CLOSEST SQUADRON
PLEASE CONTACT**

Email: development.nsw@airleague.com.au
www.airleague.com.au Email: info@airleague.com.au

Free Call: 1800 502 175



Teaching a learner driver?

**Book now to get information and
practical advice at a free workshop.**

Do you know a young adult who has their
learners licence, or is getting ready to obtain
their learners licence?

This free workshop will benefit a supervisor to a learner
driver, by sharing practical advice on how they can help
learners to become safe drivers.

A range of topics will be covered, including:

- Understanding the current laws for learner and provisional licence holders
- How to correctly complete the learner driver log book
- Techniques in supervising learner drivers
- Understanding the benefits of receiving supervised on-road driving experience

When: Thursday 17 March 2022

Time: 6pm - 7.15pm

Where: Online Zoom Workshop

You do not need to install Zoom on your device in order to participate.

A live link with log in details will be emailed to you closer to the event date.

Bookings are essential.



**CITY OF
PARRAMATTA**

For more information and to make
a booking please call 9806 5768 or email
roadsafety@cityofparramatta.nsw.gov.au