



MHS Term 4 2023 Newsletter

Dear students and families,





As the 2023 school year draws to a close, I would like to wish all our students and families, a safe and happy Christmas break and we will look forward to seeing all our beautiful young people again in 2024!



As you are aware, we are moving to more dynamic and differentiated ways of communicating with our community. Our Facebook is updated throughout the week with all our celebratory news and important general messages. This ensures that the 'news' is not old and stale by the time we publish a formal newsletter, once a term. Please ensure that you follow us on Facebook if you do not do so already. Our site is [Maitland High School-Official](#)

We use the Sentral platform for all year group or cohort emails and text messages to parents and the Sentral Parent Portal is where you can access your young person's reports and attendance pattern. The link to Sentral, in addition to other general and more long term information, can be found on our webpage: [Home - Maitland High School \(nsw.gov.au\)](#)

2024

Our school bell times are remaining the same for the 2024 school year, with school commencing at 9am and finishing at 3:10pm

Students return to school on the following dates:

Years 7, 11 & 12 return to school on Thursday 1 February.

Years 8, 9 & 10 return to school on Friday 2 February.

Our new Year 7 students will meet on their first day, from 8:30am-9am in the MPC which faces Pierce Street. Parents/carers are welcome to attend.

In Week 4, Term 1, on Wednesday 21 February 2024, a Staff Development Day (SDD) will occur, which will replace the Term 3 at the beginning of Term 3, Monday 22 July 2024. This means that there will be no school for students on the Wednesday. This is to enable our school to join with Maitland Grossmann High School and Rutherford Technology High School to engage in professional learning on Restorative Practice, using Adam Voigt's 'Real Schools' approach.

Alinta Uniform Shop Holiday opening hours

25 January – 8am to 4pm

29 January – 8am to 4pm

31 January – 8am to 4pm



Important dates in Term 1 2024.

Week 1 (Week B)

Tuesday 30 January – Staff Development Day 1
Wednesday 31 January – Staff Development Day 2
Years 7, 11 & 12 return to school on Thursday 1 February
Years 8, 9 & 10 return to school on Friday 2 Friday

Week 2 (Week A)

Monday 5 February – ID Photo Day (Year 7 & new enrolments)
Wednesday 7 February - School Swimming Carnival

Week 4 (Week A)

Monday 19 February – Zone Swimming Carnival
Wednesday 21 February – Staff Development Day (Student-Free Day). The focus of this day will be on Adam Voight's 'Real Schools' (Restorative Practices). This day is in-lieu-of the Term 3 Staff Development Day (Monday 22 July)

Week 6 (Week A)

VET Metals Work Placement (Year 12) – All week.

Week 7 (Week B)

VET Metals Work Placement (Year 12) – All week.
Wednesday 13 March – Monday 25 March – NAPLAN (Years 7 & 9)

Week 8 (Week A)

Wednesday 13 March – Monday 25 March – NAPLAN (Years 7 & 9)

Week 9 (Week B)

Wednesday 13 March – Monday 25 March – NAPLAN (Years 7 & 9)
Friday 29 March – Good Friday

Week 10 (Week A)

Monday 1 April – Easter Monday

Week 11 (Week B)

Tuesday 9 April – Dance Night
Friday 12 April – Last day of Term 1.



Staying safe over the holidays

Below are some helpful links for parents/carers and students:

[Being safe online | eSafety Commissioner](#)

[Sexting and cyber safety - Raising tweens and teenagers | Family & Community Services \(nsw.gov.au\)](#)

[Parents | No problem is too big or too small | Kids Helpline](#)

[Drugs and young people | Australian Government Department of Health and Aged Care](#)

[Grown-ups | Raising Children Network](#)

[Teens \(12-18 years\) | Raising Children Network](#)

[Mental Health Line - Mental health \(nsw.gov.au\)](#)

Mental Health Line

Mental Health Line
1800 011 511 

The 1800 011 511 Mental Health Line is NSW Health's 24/7 statewide phone service which links people with NSW Health mental health services. It is a free service.

[Beyond Blue | 24/7 Support for Anxiety, Depression and Suicide Prevention](#)

[Kids Helpline | Phone Counselling Service | 1800 55 1800](#)



Kids Helpline

<https://kidshelpline.com.au> ▼

Kids Helpline | Phone Counselling Service | 1800 55 1800

Web Kids Helpline is a free and confidential phone counselling service for young people aged 5 to 25 and their parents and carers. Whether you need help with relationships, mental health, sextortion, neurodivergence or more, you can call Kids Helpline and get support from ...



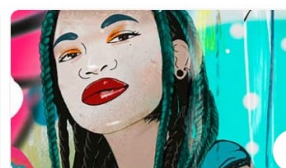
Kids 5-12 aged 5 to 12

kidshelpline.com.au



Teens 13-17 aged 13 to 17

kidshelpline.com.au



Young Adults 18-25 aged 18 to 25

kidshelpline.com.au



[Lifeline Australia - 13 11 14 - Crisis Support. Suicide Prevention.](#)



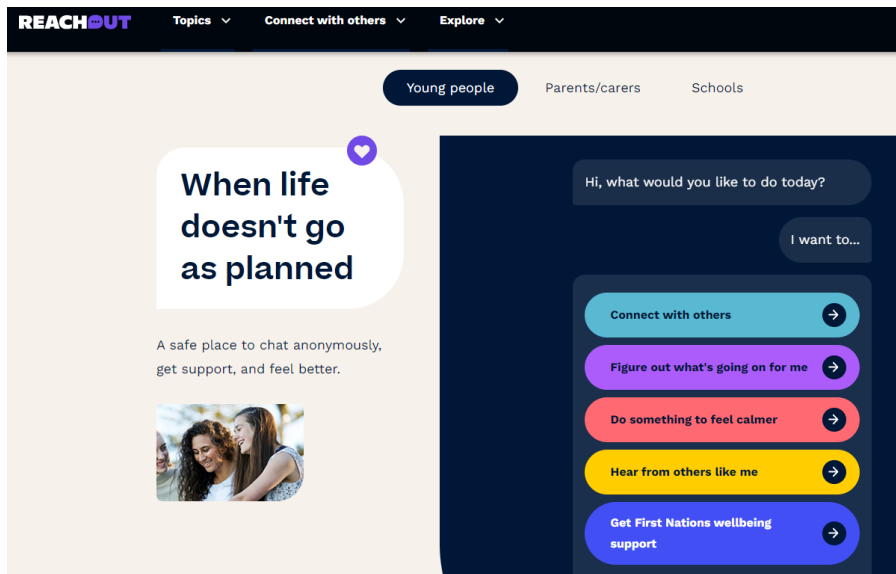
If life in danger call
Triple Zero 000

Call 13 11 14 >
24/7 Crisis Support

Text us >
Online

[13YARN - Call 13 92 76 | 24 /7 Crisis support for Aboriginal and Torres Strait Islanders](#)

[A Safe Place to Chat Anonymously, Get Support & Feel Better | ReachOut Australia](#)



[Mental health counselling | Suicide Call Back Service](#)

Call 1300 659 467

[Support for Eating Disorders and Body Image Issues | Butterfly Foundation](#)

1800 33 4673



New South Wales
Aboriginal Education
Consultative Group Inc.

