



# Maitland High School

## Term 3, 2024 Newsletter

5 July 2024



Dear MHS families,

**School starts back for all students and staff on Monday 22 July** as MHS has already had its Staff Development Day, so no pupil free day for the beginning of Term 3.

Wow! Where did Term 2 go!? Even the students these days comment on the racing of time! As a child, I remember complaining that I was 'bored' frequently, whereas our lives, and those of our young people, are filled with extraordinary levels of information, communications, distractions, entertainment, to dos, actions, responsibilities, commitments

and demands - not to mention the ubiquitous social connection nigh 24/7, via devices for some young people. I hope the winter holidays provide some simple time for families and friends to be together and enjoy each other's company at a slower pace and with less media bombardment and demands. There is really nothing like a good book (and SO important for young brains, growing vocabulary, comprehension, abstract thinking and imagination); a simple getaway camping; day trips exploring and time to talk.

This newsletter also contains a special bonus: our first edition of the MHS Student Newspaper! I am really excited to introduce this Media Studies class initiative, with many more to follow. In addition to highlighting some of our Term 2 activities, there is also book reviews and a helpful new Canteen menu with all our Healthy Food options!

### **Financially, times are tough!**

I want to take a moment to urge parents/carers not to hesitate to contact me directly via email: [paula.graham10@det.nsw.edu.au](mailto:paula.graham10@det.nsw.edu.au), if you are experiencing a tough moment financially and there are things like, excursions, camps, rewards days, off-site sporting activities, uniform, elective equipment requirements which require a payment. I want no student of ours to miss out on something because of hardship. I totally understand and I can help ensure that your child can participate along with all their classmates. This is very important to me, so please let me know and I can organize all sorts of things, from payment plans, mini scholarships, to Student Assistance. This is always confidential and done in a way to preserve your child's dignity and wellbeing. It does 'take a village to raise a child' and we're your village!

## **High expectations of positive student behaviour in classes**

Ask anyone in our community and they will tell you that **I am very big on NO DISRUPTION TO LEARNING IN CLASSES!** All our teachers have my phone number and are asked to have their mobile phones with them in class. Teachers will ring me if a student/s is persistently disrupting learning in class and I will attend the class and remove the student for interview. Why is this so important? We have five x 60 minute periods a day. If each teacher had to spend say, 12 minutes here and there throughout the period addressing and correcting disruptive or disengaged behaviour, that would equal a whole period (1hr!) of learning lost a day!. Multiply that by 5 days and you have one whole day a week taken away! That's why it matters so much. Thankfully, that doesn't happen here, but you can see how easily minutes add up and why it is so important to uphold high expectations learning standards. Our students deserve the very best education money can't buy and we can deliver that in our settled, constructive and positive learning environments. Some students lament when interviewed and cautioned, "why are you trying to turn us into a private school!?" I'm not – we're better than that!

Education was never better, stronger or more important to forge an egalitarian, well-rounded society than when the majority of students in our country went to their local public school! We are that important and I am proud to be of 100% Public Education stock and even prouder to be a Public Education principal!

Term 3 is always an important one for our students: Reports have been completed and some minor movement of students into classes has occurred as a result; students are being challenged with more sophisticated learning tasks and often, preparing for entry into a new Stage, Senior school, or sitting their HSC! Yes, this is the final school term for Year 12 and Graduation is not far away now. We see remarkable changes in student maturity in the second half of the year as neurological pathways expand, skills and understandings consolidate, impulse control, rational thinking develops and future career goals come into sight.

## **Goals, sport and part-time jobs**

Having a sense of purpose, having goals that we are working towards, is important for our mental health: if your young person is starting to feel like the future is too far away to drive their determination and persistence to do their best, help them set a goal and break its achievement up into steps. Visual images i.e. posters and visions boards etc in their bedroom are crucial to keep young people focused on why trying hard now, matters.

Part-time jobs build skills, responsibility, confidence and independence and every job is a step forward towards a career of choice. Our Careers Office is available to all students and we have new part time job vacancies daily, so please encourage your child to check in regularly, visit the notice board in the library and check our facebook posts.

Sport is a powerful source of wellbeing, physical and mental health, connection, friendships, skill development, commitment and motivation. Maintaining involvement in sporting groups has lifelong benefits. Maitland is a strong sporting community with great facilities, so again, see our facebook and other community posts as well as our PDHPE staff for team opportunities. A physically active and connected young person is usually a happy and healthy one, whereas a lack of connection to others and a goal in mind can lead to an unhealthy mindset and activities.

If you have not already done so, please follow us on facebook and refer to our website for general information. [Facebook](#) Website: [Home - Maitland High School \(nsw.gov.au\)](http://Home - Maitland High School (nsw.gov.au))

### **Term 3 important dates!**

**Week 1-** Subject Selection Booklets for Year 11 2025

**Week 2** – Year 11 2025 Subject Information class presentations and Subject Selection Surveys

1 August Parent & Student Year 11 2025 Information Evening in MPC @ 6pm

**Week 3** - 7 August Year 10 Subject Selection Interviews for Year 11, 2025

**Week 3** - Education Week!

**Weeks 3-4** Year 12 Trial HSC Exams

**Week 5-** NAIDOC Week

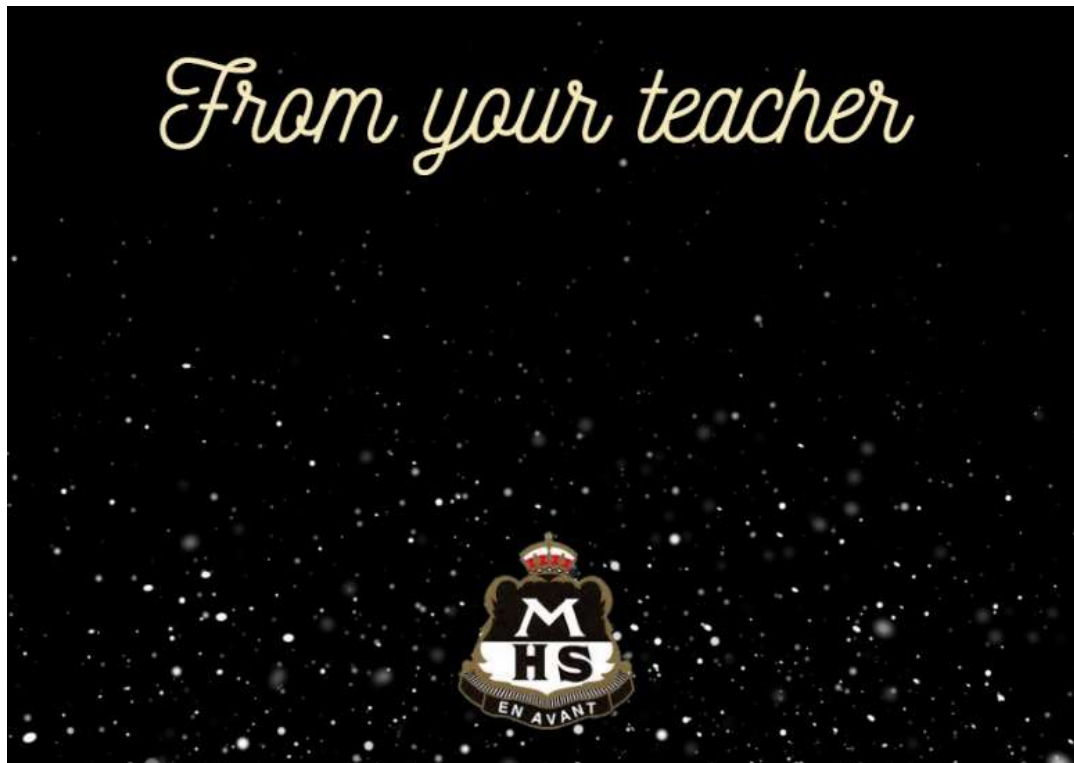
**Week 6** – HSC Music and Drama Showcase 27 August

**Week 7** – Year 9 Career Quest

**Week 10** – Year 12 2024 Twilight Graduation Ceremony 4:30pm-6:30pm, MPC

### **Watch out for the postie in Term 3!**

This term reintroduces postcards home as a way of celebrating and acknowledging your child's efforts to do their best in class! If your child receives a postcard from a teacher, it is because their application, effort, kindness or citizenship has been outstanding! I am hoping we have our posties visiting your letterbox frequently with something much better than bills, so please put these on your fridge and celebrate with your child their individual successes!



## School Uniform Success!

I am thrilled to be able to thank parents and students for working so well with us to ensure our young people are looking warm and happy in correct uniform! There has been incredible improvement in the wearing of appropriate attire such as tracksuit pants, instead of tights and short shorts and if we have been able to break the idea that we have to freeze for fashion to fit in, wear the coolest brands to be better than someone else, or wear inappropriate attire to be popular, it is a win for our young people. They are unique, worthy and equal every one of them, and if we can continue to stand together to stop our young being forced into a self-esteem zapping competition based on appearances, we are looking after their wellbeing and promoting a healthy self-concept.

### The wearing of school uniform by students assists school communities in:

- developing students' sense of belonging to the school community
- providing an opportunity to build school spirit
- enhancing the health and safety of students when involved in school activities promoting a sense of inclusiveness, non-discrimination and equal opportunity
- increasing the personal safety of students and staff by allowing easier recognition of visitors and potential intruders in the school
- making school clothing more affordable for families by eliminating the risk of peer pressure to wear transiently fashionable and expensive clothes.



If you require assistance to access the correct uniform for your child, please do not hesitate to contact the school on 4933 7933 and speak with our Wellbeing Team or the Front Office. All matters are dealt with confidentially.



### Correct School Pants

Students must wear either the school pants supplied by Alinta Uniform Shop OR Plain black pants.

#### Examples of shorts that **ARE** acceptable school uniform:



A person wearing black pants  
Description automatically generated

#### Examples of pants that are **NOT** acceptable school uniform:

- ⊗ tights
- ⊗ Logos (other than the MHS logo)
- ⊗ Any other colours (including white)



#### Examples of shorts that are **NOT** acceptable school uniform:

- ⊗ Shorts shorter than mid-thigh length
- ⊗ Logos (other than the MHS logo)
- ⊗ Any other colours (including white)
- ⊗ Tights



### Correct School Shorts

Students can wear either the MHS School Shorts or PLAIN black shorts.

Examples of shorts that **ARE** acceptable school uniform:



To meet Workplace Health and Safety (WHS) requirements, shorts and skirts must be a minimum of mid-thigh length.



### Incorrect Uniform procedures

A explanatory note must be provided for any student temporarily out of uniform. Students who are persistently out of uniform will be offered correct uniform or Student Assistance. Persistent refusal to wear school uniform results in Break 1 Detentions and parent/carers being contacted to bring appropriate attire to school if the student refuses appropriate clothing offered by the school.

Please review your child's attire before they leave for school.

## Here's to a fabulous Term 3 together!

Best wishes, families and students,

Paula Graham

**Principal**