Wednesday 16th September saw students recognised for their sporting excellence in 2015 at the Monaro High School Sports Award Presentation Evening. With over 300 people in attendance including staff, students and their families more than 850 certificates were presented along with medallions, trophies, cups and shields. The night provided an opportunity to thank all of the parents and coaches whose support allows us to offer such wonderful sporting opportunities to students of all ages. Sport at Monaro High School continues to be a whole school achievement and the success of this program is dependent on the team effort and support from the many different members of the school community. Special thanks to Adrian Bell, Andrew Winfield and our 2015 School Captains for assisting with awards presentations. The remaining elite sports awards will be presented at the Annual Presentation night on Tuesday 8th December 2015.

**Outstanding Achievements for 2015**

* Basketball teams flew to Alice Springs competing against their representative side and the local high school St Philip College.

* Representing at State Carnivals were: Brenna Clayton (X-Country & Athletics) Noah Saddler (Swimming), Ruby Mould (X-Country), Ella Davis (Athletics) & Jesse Williams (Athletics).

* Representing at all 3 of the Regional Carnivals were Brenna Clayton and Georgina Ingram.

* Raen Brademanne received the Premier Sporting Challenge medal for exemplary effort on the sporting field, outstanding attitude, sportsman like behaviour and a role model for her peers.

* Kendall House retained the Champion House Trophy despite the valiant efforts of Gordon House.

* Georgina Ingram was the 12yr age champions in Swimming, Athletics and Cross Country.

* 2014 saw Monaro High School retain the Martin Schoo Basketball trophy against St Pats for the 10th year in a row.

* Brenna Clayton received Eurobodalla Zone Age Champion for X-Country and Athletics. Other Eurobodalla Zone Age Champions were: Noah Saddler (Swimming), Jake Thompson-Hedger (X-Country), Keegan Caldwell (Athletics) & Tammy Povey (Athletics).

* New Australian Record was set for longest continuous Basketball game of 33 hours.
NSW public Schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:-

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school’s uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

*Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.*

**Behaviour Code for Students: ACTIONS**

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education and Communities.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

**RESPECT**

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

**SAFETY**

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

**ENGAGEMENT**

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgement, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgement.
October is Mental Health Month

School Counsellors are experienced teachers who have a degree in Psychology and postgraduate qualifications in school counselling. They work with students of all ages, and their families, from preschool to Year 12.

School counsellors work with students, parents or carers and teachers in a variety of ways. Their work includes:

- Counselling students,
- Assisting parents or carers to make informed decisions about their child’s education,
- Assessing students’ learning, behaviour and well-being,
- Assisting schools to identify and address disabilities that affect student’s learning,
- Liaising with other agencies concerned with the well-being of students.

School counsellors are members of the school’s student welfare and learning support teams. With the agreement of parents or carers, school counsellors will pass onto teachers information that will assist them to better meet the needs of their students.

Students may refer themselves to the school counsellor or may seek an interview at the suggestion of a teacher, a parent or carer, or friend. A student’s reasons for seeing a school counsellor may include worrying about schoolwork, conflict with friends, being in trouble at school or just “feeling down”.

Parents or carers may seek advice from school counsellors about their child’s school progress, educational options, including access to special education services, behaviour and for information about help available from other agencies. Except where students refer themselves to the school counsellor, parents or carers will be involved from the outset. Their consent is required before any psychological testing is undertaken.

Mr Chris Simpson and Mrs Melissa Phillips are the school counsellors at Monaro High School. Both are registered Psychologists with extensive history of working with children and adolescents in teaching, counselling and psychological services. Chris is at Monaro High School on Monday and Wednesday and Melissa is at Monaro High School on Friday each week.

Please don’t hesitate to contact either Chris or Melissa directly on those days or by leaving a message at the Office or through Class Teachers/Year Advisers.

State Athletics

Congratulations to Brenna Clayton Year 7, Ella Davis Year 7 and Jesse Williams Year 8 who represented the South Coast Region and Monaro High School at the State Athletics Championships at Sydney Olympic Park in early September. Brenna - 8th Javelin, Jesse - 9th Shot-put, Ella - 15th Discus. Well done to these super athletes for all their training and excellent performances in 2015!

2XU NSW All Schools Track and Field Championships

Congratulations to Ella Davis who placed 3rd in the 13yrs girls 3kg Hammer throw at Sydney Olympic Park last week. This is such a huge achievement to qualify for the NSW All Schools event and we are very proud of Ella’s podium performance. Well done ELLA!
MHS Golf Champions

The Monaro High School Golf Championships were held on Monday 31st August. Congratulations to the 2015 Golf Champions.

Open Boys – Bailey Burke
Open Girls – Katelyn Patricks
Junior Boys – Andreas Kopecky-Geach.

MHS Squash Champions

The Monaro High School Squash Championships were held on Tuesday 18th August. Well done to all the students who participated and thank you to Mr Ingram for running the event. Congratulations to the Junior winners Abby Freimanis and Jimmy Harding and the Senior winners Ryan Sagodi-Hogan and Trinity Maat.

Early Leavers

We understand that everyone is busy and there are times when things crop up unexpectedly, but if you need your child to leave early or if they have an appointment we would appreciate it if parents could send in a NOTE with your child so they can arrange a leave pass from Student Services. This ensures your child is signed out and ready and waiting for you when you arrive to pick them up.

Students are not allowed to leave class without a note and at times we have no messenger to run a note to the classroom. This may cause you to be late for your appointment or from leaving on time.

Teachers are more than happy to let students leave class with a LEAVE PASS.