On Friday 12th June students celebrated NAIDOC Week with a variety of activities to help educate students to respect and embrace our Aboriginal culture.

NAIDOC is celebrated each year to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people. Students participated in spear and boomerang throwing, smoking ceremonies, hand painting, dreamtime stories and bush tucker.

At Lambie Gorge students were given a walking tour where they experienced some dreamtime stories, bush tucker lessons and were shown sites of particular significance to the history of our local Aboriginal community. A BBQ lunch of emu, kangaroo meatballs, sausages and steak were served to all willing to try them. The day was a huge success, with thanks to all involved.
**LEO Changeover**

On Saturday 13 June, the MHS Leo Club held its second annual changeover meeting to induct the new board and recognise the service and achievements of club members. Club Person of the year, Laila Bradshaw, reported that during the 2014-15 fiscal year the Leo club clocked up 174 hours of service to their community, raising and donating over $1,500. The success of the Interschool Debating competition was the standout activity, providing youth of the region with a great opportunity whilst raising money for Australian Lions Drug Awareness Foundation. The competition was a brainchild of outgoing President Jarrod Sopniewski who put in an enormous amount of work into setting up the inaugural event in 2014. His outstanding contributions to the Leo club were recognised with the Lions International 100% President Award. The Leo adviser award for enthusiasm and commitment was awarded to 2015-16 President Gabby Kerr. The executive for the coming year is: Gabby Kerr (President), Taya Evans (Vice President), Laila Bradshaw (Secretary), Trinity Maat (Treasurer) and Tammy Povey, Juli Mylan and Isabella Salvestro (Directors).

**Rotary Young Driver Awareness**

In May our Year 11 students travelled to Bega to participate in the RYDA program. The students attended the one day course as part of their Crossroads 25hr requirements. Focusing on driver and passenger safety at this critical time when our students are obtaining learners permits and licences is of great importance to us. The workshops offered by Rotary dealt with car safety features, distractions, having a plan B, laws and safe stopping distances. Students were able to speak with accident survivors, police and driving experts about real life situations and consequences. Thank you to Eric and Pat Johnston and the Bega Rotary Club for organising the event and Miss Steel, Mrs Crawford, Mr Aldous and Mr Vance for accompanying the students.

**Year 11 PDHPE Outdoor Recreation Camp**

Earlier this semester 25 PDHPE students completed a 20km hike in Ben Boyd National Park from Saltwater Creek to Bittangabee Bay and return. They planned for many weeks leading up to the trip focusing on the food and equipment needed and weather and safety considerations. Students were required to carry their tents, bedding, food and water with packs ranging from approximately 14-20kg. They can all be congratulated on completing the challenge and their encouragement and support of each other throughout the trip! Well done Year 11!
Year 9 PASS Golf Assignment

Our Year 9 PASS student assignment consisted of students having to create a golf course of their own design. The golf course was to be either 2D or 3D in design with those students choosing to take on the more challenging 3D design achieving the better results. The assignment had the students demonstrate a thorough understanding of golf rules and course layout.

PASS Biathlon

Year 10 Pass participated in a Biathlon event earlier in the semester and can be congratulated on their enthusiasm and effort to complete both the swim (200m) and the run (2000m) in excellent times!

Congratulations to Jake Hampson who was the overall winner and Raen Brademanne who was first in the girls. Special mention to Katelyn Patricks who won the swim component and Jake Hedger who took out first place in the run. The top 5 placings for boys and girls were:

1. Jake Hampson (13min 25 seconds) & Raen Brademanne (14 mins 50 seconds)
2. Jordan Chenery (14 mins 15 seconds) & Livinia Evans (15 mins 57 seconds)
3. Azzam Hudson (15 mins 18 seconds) & Shaye Thornton (16 mins 37 seconds)
4. Jared Pickering (15 mins 40 seconds) & Katelyn Patricks (17 mins 51 seconds)

Year 9 PDHPE Gym Task

Our Year 9 students have been busy preparing for their Gymnastics assessment which was completed in Week 7. Students were required to perform 2 mini tramp vaults (without the vault, with a low vault or with a high vault) and a 10 skill routine on the apparatus of their choice. The task allows for varying levels of experience and students are encouraged to always work within their ability level. With the assistance of our PE staff many students worked extremely hard on learning new skills and practising them repeatedly. They then developed their own routines which they had to fine tune and remember on performance day. Students were able to practise at lunch times in the weeks leading up to the performance and some students also chose Gymnastics for Wednesday sport. The progress students made with their Gymnastics skills in this time was fantastic and they can be commended on their effort.

Year 11 & 12 SLR Gym Assessments

Year 11 students were required to make a Gymnastics safety video that appealed to Year 7-10 students. They had to complete a risk assessment of the Gymnastics Shed and come up with strategies to minimise injuries in this environment. The students worked in groups on this project and learnt a lot about team work, correct technique and safety in Gymnastics and digital media. They also created some very informative and entertaining resources for other students in the future.

Year 12 SLR have just completed their final assessment task prior to their Trial Exams next term. The task consisted of two double mini skills, a 10 skill floor routine and an additional 10 skills on another apparatus of their choice. It was heartening to see the senior students working together to assist each other in improving their Gymnastics and performance skills. Well done Year 12 SLR!
School Age Champions
12 years - Georgina Ingram
13 years - Brenna Clayton & Brodie Jardine
14 years - Caitlin Galvin & Keegan Caldwell
15 years - Abby Freimanis & James Cahill
16 years - Raen Brademanne & Jake Hedger
17 years - Tammy Povey & Jared Sopniewski

Zone Cross Country at Wolumla
A large contingent of Monaro High students travelled to Wolumla in early May to compete in the Zone Cross Country Championships. Thank you to Mrs Thompson and the many parents who transported the students on the day. Congratulations to all involved! Students who made it into the top six and qualified for Regional Cross Country were:

1st - Brenna Clayton, 1st Jake Hedger, 2nd Abby Freimanis, 3rd Ruby Mould & Tammy Povey, 4th Jess Povey, 6th Georgina Ingram & James Groves.

Congratulations to our other runners also:
Connor Inskip, Lucky Tran, Ibrahim Hudson, Bailey Burke, Will Cahill, Brodie Jardine, Alec Miners and Marcus Hildyard.

Regional Cross Country at Nowra
Well done to our students who travelled to Nowra on Friday 29 May for the Regional Cross Country. There were some great results! Particular congratulations to Brenna Clayton (3rd) and Ruby Mould (7th) who will continue on to the State Cross Country at Eastern Creek in July. Good luck girls! Well done also to Abby Freimanis, Tammy Povey, Jessica Povey, Georgina Ingram and James Groves for great runs!

School Athletics Carnival
A great day was had by all at our annual Athletics Carnival! Participation rates in events were high and the competition was close! Thank you to all our students and staff who made it such an enjoyable day for all involved. Congratulations Kendall!!

House Results
1st – Kendall 1674 points
2nd - Lawson 1528 points
3rd - Paterson 1346 points
4th - Gordon 1344 points

Age Champions
12yrs- Georgina Ingram & Lance McDonald
13yrs- Ruby Mould & Noah Saddler
14yrs- Chloe Trevanion & Keegan Caldwell
15yrs- Abby Freimanis & James Harding
16yrs- Raen Brademanne & Jake Hedger
17yrs- Tammy Povey & Tim Wall/Jarrod Sopniewski

Records Broken
Brenna Clayton- 13yr girls 800m, 1500m, 3000m
Hayley Jones 14yrs girls Shot put, Discus
Jake Hedger 16yrs boys 200m, 3000m
Netball U/15
Well done to our U/15 girls netball team who competed in the Zone Netball carnival in Bega. They won 3/7 games. Thanks to Yasmin Williams for umpiring and Shaye Thornton for assisting with scoring and coaching. A big thank you to Mrs Williams and Mrs Childs for transporting the students.

Netball Opens
Congratulations to the open girls netball team who competed in the Eurobodalla Zone Netball day in Bega. Their sportsmanship and effort was fantastic and they had a good win against Jindabyne. Thank you to Louise Barron for driving and managing, Abby Freimanis for umpiring and Miss Baker for coaching.

U/15 Boys Soccer
This term the Under 15 boys soccer team competed in the first two rounds of the Bill Turner Cup. In Week 2, the team coached by Mrs Riley travelled to Yass for the first match where they put on a strong show of soccer skills. In particular Danyon Corby stood out in defence, giving team captain Lachlan Inskip precious little to do in goals. Standouts in attack were James Cahill and Josh Hamson. Ultimately, MHS won 3-0 and earned a home game against the much stronger Mulwaree High School opposition. An unlucky few minutes at the start of the match saw Mulwaree take a 4-0 lead and dominate the match. Monaro worked hard in defence and showed excellent team spirit. Bill Zammit scored a sensational long-range goal, but Monaro could not stop the onslaught from their opposition. The final score was 6-1, ending our campaign for this year. Well done to all of the boys for their enthusiasm and commitment, and a special thank you to Col Johnson for driving the bus to Yass and being the team’s number one fan!

Equestrian
Well done to Alison Male, Taya Evans, Paddy Evans, Colby Evans, Livinia Evans, Robert Miners, Kenzie Huszar-Oakley, Chelsea Blacka and Alyssa Pointer who represented Monaro High at the SMGS Interschools Gymkhana. It was held at The Station Resort in Jindabyne from Thursday 30th April to Sunday 3rd May. We would like to thank all the families and friends who supported our team and made it possible for them to attend.

Congratulations to Dane Freimanis
Dane Freimanis (Year 10) came 7th out of 27 of Australia’s best riders in the Australian Scooter Championships earlier this month. Whilst scooter riding is not a school competition we are extremely proud of Dane’s performances!
Motivational Media Comes to MHS

CONCEPTS
At times, life seems like a difficult jigsaw. We have some idea of what we want our life to be, but with so many choices to make and so much conflicting information to process, we don’t know which way to turn. Focusing on the life we want doesn’t happen by chance. Each decision we make and the contributions to the final puzzle. We need to carefully decide which ones will add to the result we want and which ones will lead to results that will disappoint.

Hearing a Vision Completing a jigsaw without knowing what the final picture looks like is not an easy task. Nor is it in our interest to construct the type of life we want to start and self-protect that things will turn out okay on their own. We need to be proactive. It takes courage and a willingness to take charge and that means deciding where we want to go. This could include choosing the right friends, learning new skills and planning specifically for the future we want.

Knowing Ourselves Each of us is unique. We all have our own strengths and weaknesses. We need to recognize both aspects that make us who we are. By knowing our strengths, we can more effectively pursue our dreams and goals. By knowing our weaknesses we can prepare for the challenges ahead. Our experiences are part of who we are. Through reflection and self-awareness, we can determine how we connect with others and how to move forward.

Accepting Others Just as we have many facets to our lives, so do others. By accepting differences in others we appreciate the richness that variety brings to the picture of life. Beneath the surface differences are all hearts, dreams, fears, and aspirations. Understanding this can help us respond to others in a supportive way no matter how the same. Time nourishing our own lives.

Making Good Decisions Every now and then we’ll hear advice on how to make a quick dollar, be more popular, or do better at exams. Some of this advice may be good, but in the results that are built on many or irresponsible behaviors we find ourselves right in the middle of it all. Understanding our relationships may be things we want to think carefully about before making changes that affect the people we care about. By knowing what’s important in our lives we can be successful in our goals.

Difficult Decisions At times, it may seem that the puzzle of life is just too hard and we lose sight of our goals. What you want to create may be shaped by your health, life experiences and many factors. It’s time to think carefully about what’s important in our lives. Values and decisions that reflect our values and0

Regional Cross Country Team

The following students represented Monaro High School and the Eurobodalla Zone at the Regional Cross Country in Nowra on Friday 29 May. Well done to the students and thank you to all the parents who transported and supported the runners. Special congratulations to Brenna Clayton and Ruby Mould (Year 7) for qualifying for the State Cross Country to be held at Eastern Creek on 17 July. Good luck girls! From Left: James Groves 30th, Georgina Ingram 23rd, Tammy Povey 11th, Jess Povey 18th, Abby Freimanis 11th, Ruby Mould 7th, Brenna Clayton 3rd.

Outward Bound 2015

Outward Bound is looking for adventurous students that may be interested in attending the school holiday Navigator Programs. Enrolment/Dates and Fees forms are available from the school office.

U/15 Girls Soccer

On Friday 5th Jun the U/15 girls soccer team travelled to Moruya to compete in round 3 of the Bill Turner Trophy. Despite their best efforts they were defeated by a skillful Moruya side. Standout players on the day were Shaylee Strickland, Hayley Jones and Brenna Clayton. Thank you to all the parents who attended and the girls who filled in at the last minute. Everyone enjoyed the day, congratulations to all the girls for making this far in the competition.

Jaclyn Baker

The team consisted of:
Year 7—Ella Davis, Brenna Clayton, Jasmine Ryan, Georgina Ingram and Ruby Mould
Year 8—Shaylee Strickland, Zara Childs Hayley Jones, Kaesi Baker Sarah Fraser, Chloe Trevanion Rachel Hunt, Emma Hopkins