On Tuesday 13 August, our current School Captains and Vice Captains held a training day for the 2016 Captain nominees. This involved participating in a number of communication skills games, teamwork games, leadership skills, speech writing advice and a Question and Answer session. The Year 11 students performed brilliantly, and judging from Tuesday Monaro High School will have a great leadership team in the coming year.

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**School Captain Nominees 2016**

- Bailey Burke
- Gabrielle Kerr
- Thijs de Ruijter
- Tammy Povey
- Juli Mylan
- Imogen Payne
- Taya Evans
- Craysha Audley-Coote
MHS Student Representative Council

The SRC held a fundraiser for Muscular Dystrophy. The theme was Superhero Day and students came dressed as their favourite superhero. The students in the SRC held a cake stall and with the donations collected for being out of uniform raised just over $450. Thank you to everyone who supported the day, you are all SUPER !!!!

The SRC, with the help of Julie (Canteen Manager) and Mr Jux (General Assistant) have opened up a window of microwaves in the canteen to enable students to heat their food during breaks.

Attendance

- has an unavoidable medical or dental appointment (preferably these should be made after school or during holidays)
- has to go to special religious ceremony
- is required to attend a serious and/or urgent family situation (e.g. a funeral)
- is too sick to go to school, or has an infectious illness.

Failure to explain an absence within this time will be recorded as an unjustified absence on a student's record. Schools will inform parents if a student is absent from school without explanation.

MHS Student Volunteers

Monaro Education Foundation recently held an Art Auction at the Multi-function Centre. The organisers have asked us to thank the following Year 11 student volunteers.

Gabrielle Kerr
Matthijs de Ruijter
Taya Evans
Liam Callaghan
Imogen Payne

MHS Student Representative Council

When children miss out on school they miss out on vital information, their learning routine is broken, they can lose confidence and they miss out on building up friendships.

If your child has to be absent from school for any reason, including arriving late or leaving early, please either tell your child's teacher or the administrative assistant at the school, or explain the reason by phone, email, or written note as soon as possible, or within seven days.

Once children are enrolled parents are legally required to send them to school every day that the school is open for instruction or participation in school activities, such as sports days. A small number of absences may be justified if your child:
School SnowSports

Every Wednesday morning this term students have been waking up much earlier than normal to go on a one and a half to two hour journey on a bus up winding mountain roads with varied conditions to go for a day of snowsports. No matter what the weather, so far this term, there has always been a large number of students and teachers willing to attend.

When up on the mountain the teachers allow you the luxury of an hour free time on the slopes as long as you stay as a group and get back in time for lessons. During lessons students are escorted around both Smiggins and Perisher by an instructor who helps your skiing or boarding with tips and tricks when your just a beginner or more advanced. The instructors have been kind, funny and entertaining.

School snowsports has allowed students from different years to meet one another and make new friends. None of this would have been possible if not for the teachers and others who helped organise and accompany the skiers and boarders up the mountain.

Thank you, Thank you, THANK YOU for the AWESOME School SnowSports!!!

Brenna Clayton Year 7

2015 City2Surf

On Saturday 8th August a group of students from Monaro High travelled to Sydney to participate in the world’s biggest fun run, the Sydney City2Surf. After a term of training during school sport the students were keen to put their fitness to the test. The bus trip up to Sydney was filled with singing and laughter providing entertainment for everyone. In Sydney the students were very well behaved and followed the time schedule they had been issued with. They were outstanding ambassadors and represented Monaro High with distinction.

The students achieved great results with the majority of the group finishing the run in less than ninety minutes. All students should be very proud of their achievements with all Monaro High participants completing the fun run in a respectable time. The group did very well to finish and then find the rest of the Monaro High group through a sea of 80,000 participants. The bus trip back to Cooma was considerably quieter due to the many tired and sore athletes. The weekend excursion was enjoyed by everyone and will be a cherished memory for years to come.

A huge thank you to Kari Ingram and Steve Thornton for driving the bus and for all of their help during the weekend.

Mr Richard Lyons

eDiary

eDiary is being progressively rolled out at Monaro High School. This program allows parents to keep track of a student’s homework, assignment and assessment tasks. At the moment the program is running on a trial basis. Currently, Year 11 is up and running. The program requires that the school have a valid email address for parents. If you receive other forms of electronic news but do not receive an invitation to eDiary could you please contact the school’s office at your earliest convenience to check and verify the email address we have on file?
Pierre de Coubertin Award

Congratulations to Tim Wall (Year 12) who was presented with the Pierre de Coubertin Award at a special ceremony at Olympic Park on Friday June 19th. Tim received the award in recognition of his outstanding sporting achievements and contributions. Tim is an excellent ambassador for Monaro High School sport as he always conducts himself in the spirit of fair play and encourages others. Well done Tim!

State Cross Country

Congratulations to Ruby Mould and Brenna Clayton (Year 7) who competed in the 13yrs girls State Cross Country carnival at Eastern Creek on Friday 17th July. The girls raced in very cold, wet and slippery conditions, however, had a great day! Brenna placed 31st and Ruby 69th, with 109 of the best runners in NSW. A fantastic achievement! Well done girls!

MHS Students Volunteer as Athletics Carnival Officials

A big thank you to Karley Britton, Molly Caldwell, Danyon Corby, James Groves, Ibrahim Hudson, Dylan Patane, Molly Stonham, Piper Taylor and Bailey Webb for volunteering to officiate at the Cooma North Carnival.

And a another big thank you to Livinia Evans, Paddy Evans, Azzam Hudson, Katelyn Patricks, Matthew Oost, Sophie Sears and Matthew Swain for volunteering to officiate at the Snowy Mountains District Carnival.

Zone Tennis

Our tennis teams travelled to Bateman’s Bay earlier in the year and had some excellent contests with students from other schools in our Zone. The girls won 57 games and placed 2nd. Our stand out female singles player was Amy Fraser. The boys won 40 games placing them 4th overall with standout male being Ethan Hunt. A big thank you to Michelle Hunt and Jenni Fraser for transporting the team and assisting the teams on the day.

Girls Tennis Team - Chloe Trevanion, Amy Fraser, Zoe Fraser and Rachel Hunt
Boys Tennis Team - Lachlan Jones, Joe Rossiter, Ethan Hunt and Jacob Umback

Soccer

Both our open boys and girls teams played Queanbeyan at home in the first round of the CHS Football Knockout. We were treated to two very close matches, however, were unfortunately defeated. A big thank you to Mr Brett Simpson for giving up his time to referee our soccer matches this year.
Southern Country Cup Rugby League was held on Wednesday 11th March at Pambula. Monaro entered teams into the U13 & U15 divisions. In their first game the U13s played Eden and the sides were evenly matched despite Monaro having one less player on the field. Eden scored early but Monaro quickly equalised. It became an arm wrestle until in the dying seconds of the game Eden squeezed across the line to snatch victory. In the second game Bega only had 6 players so Monaro graciously gave them 3 players each half to make it a 9-a-side game. Monaro played strongly despite having to be gentle with their teammates in the opposition and secured a solid victory.

U13s team: Mitch Johnson, Tyler Rees, Will Cahill, Jason Kelly, Alec Miners, Tallis Swain, Noah Saddler, Harry Litchfield, Tyrone Mason, Deacon Ingham, Connor Inskip, Ibrahim Hudson.

The U15s team were victorious in two of their four games by convincingly defeating Sapphire Coast Anglican School and Lumen Christi Catholic College. With solid performances against Bega and Eden Marine High Schools in games that were possibly there for the taking, fatigue and the heat let them slip away.

U15s Team: Lachlan Jones, Noah Mylan, Liam Rankin, James Hill, James Cahill, Jimmy Harding, Lachlan Inskip, Jack Reid, Bill Zammit, Jak Adams, Josh Bruce, Dean Stewart, Keegan Caldwell, Logan Crawford, Jesse Williams, Callum Sewell and Darius Cook.

On Thursday 23rd July Monaro High School Year 11 PDHPE students travelled to Wollongong University with teachers and Wollongong University Alumnae Kari Ingram and Michelle Pollard. The group visited Hangdog Indoor Climbing Centre, after learning climbing and belaying techniques the students took on many challenges at the centre. They scaled overhangs and swinging ladders and raced each other to the top of difficult climbs.

The following day students were treated to a 1.5 hour session at the Wollongong University Anatomy Wet Lab. The class was split into small groups and were tutored by lab staff examining cadaver specimens and models. The students handled this experience maturely and respectfully and gained a great insight into the human body systems and how they function. Their next appointment was at URAC (University Recreation and Aquatic Centre), where they were booked into a High Intensity Interval Training and Abs session with fitness instructor Thomas. Whilst working hard at the fitness centre they learned about various training principles and techniques. Luncheon was also a real eye opener on the duck pond lawn as it was also Graduation Day and it was nice to see all the Graduands celebrating their achievements with family and friends. Our students had the opportunity to tour the University grounds and were impressed with the location and facilities.

The last session of the day was a group session at the Biomechanics Laboratory. The students participated in activities using a frictionless table and bicycle wheel, water balloons, hoops, weights and benches. In this excellent practical setting they were able to study stability, momentum, impulse, force and torque with expert tuition from Dr Sheridan Gho. This session completed a whirlwind 24 hours for staff and students with plentiful discussion about their experiences on the return journey to Cooma.

Congratulations to the whole class who all contributed to making it a very worthwhile and successful excursion.

Congratulations to our Athletics team who participated in Regional Athletics at the AIS last Friday. Special mention of our State Qualifiers: Brenna Clayton 1st 13yrs Javelin, Ella Davis 1st 13yrs Discus, Jesse Williams 1st 14yrs Shot-put and Hayley Jones 3rd 14yrs Shot-put. Thank you to Mr Ingram and parents for accompanying the team.
On Wednesday 24th June students competed in the annual MHS Tennis Championships. The day started with some overcast weather but by lunch time the sun was beaming down on the sun smart students of Monaro High School.

The Senior Tournament started first with both boys and girls singles. The senior girl’s final between Jaime and Shaye Thornton was a nail biter with rallies lasting as long as twenty shots. Jaime was the eventual winner claiming the match 6-4.

The senior boy’s final was between Ethan Hunt and Dane Freimanis which was a close one as every game went to deuce. Ethan became champion after winning most of the vital points in each game resulting in a 6-1 result.

The senior girl’s doubles final was between the Thornton sisters (Jaime and Shaye) and the Fraser sisters (Amy and Zoe). The Thornton’s found that consistency does in fact win the race and in this case the doubles championship. Amy and Zoe were very competitive but unfortunately went down 6-1.

The senior boy’s doubles final saw the team of Ethan Hunt and Pierre Wall triumph over the very enthusiastic pairing of Bailey Burke and Jake Hedger 6-3. The final was a close one with the crowd on the edge of their seats during each game.

The Junior Tournament started with both the girls and boys singles matches. In the girls final Abby Freimanis demonstrated a high quality brand of tennis that was needed to beat her very skilful opponent Chloe Trevanion 6-2. The junior boy’s final was between Lachlan Jones and Jimmy Harding which was another close one. With most games going to deuce Lachlan demonstrated his tenacity and eventually won 6-3.

Next was the junior girl’s doubles final which saw Abby Freimanis and Jessica Povey compete against Rachel Hunt and Chloe Trevanion. With booming serves and solid groundstrokes this final was a scorcher which resulted in Abby and Jessica hitting that last shot over the net and winning 6-1.

The last event for the day was the junior boy’s doubles final having Jimmy Harding and Lachlan Jones compete against Keegan Caldwell and Jesse Williams. Jimmy and Lachlan having played in a range of competitions together demonstrated that consistency and teamwork ensure a high brand of tennis which resulted in a 6-1 win for the pair.

Well done to all participants and congratulations to the new Monaro High Tennis Champions. All students participated with enthusiasm and good sportsmanship which made for a very enjoyable day.

Rugby

On Friday 15th May 2015 at Rotary Oval Monaro dominated both divisions of the Brumbies Cooma Rugby 7s. In the Y9/10 division, Year 9 defeated Year 10 with the final score being 17 to 10, Year 10 then defeated Jindabyne 19 to 12. Year 9 then played Jindabyne and although the scores finished 19-all Jindabyne were declared winners as they scored the last try. In the final, Year 10 narrowly defeated Year 9 by 12-10 with Jake Hedger named as the Most Valuable Player.

In the Y7/8 competition, Year 8 defeated St Patricks 36-5. They then convincingly defeated the Monaro Year 7 team and Jindabyne Central. Year 7 defeated Jindabyne 19-5 but unfortunately lost a close game to St Patricks to just miss the final. In the final Year 8 defeated St Patricks 34-0 with Keegan Caldwell named the Most Valuable Player.

The teams in each competition then joined together to play in the Brumbies Shield in the two divisions at Phillip Enclosed Oval on Wednesday 27th May. The Y9/10 team defeated St Pauls College 29-0 and then won against McKillop College 10-5. The Y7/8 team defeated Alfred Deakin 19-0 and then went on to win against Lynham 20-10. After these strong wins and performances both Monaro teams were narrowly defeated in the finals today. Finishing 2nd in the Brumbies Shield for both 7/8 and 9/10 in the ACT/SNSW region.

Best & Fairest for Y9/10 team: 3 Azzam Hudson, 2 Liam Rankin, 1 Bill Zammit.

Best & Fairest for Y7/8 team: 3 Keegan Caldwell, 2 Noah Saddler, 1 Nick Audley-Coote
Girls League-Tag

Monaro girls fielded two teams at the recent Kezzie Apps League Tag Gala Day in Bega. The Year 7/8 girls played five games, finishing 3rd after winning their playoff final. The Year 9-11 team also finished 3rd overall after playing four games. It was a great day and all students are to be congratulated on their sportsmanship and team work.
Excellent effort girls!
Thank you to the parents who helped with transport.

Under 15 Basketball

Congratulations to Monaro High School U/15 Basketballers who travelled to Bega last Friday to contest the Eurobodalla Zone Shield.

After a great day of basketball both teams made it to the grand final. The girls went down to Bateman's Bay by 1 point in extra time and the boys team also lost to Bateman's Bay in another high intensity close fought match. Both teams represented Monaro High school with outstanding sportsmanship and school spirit.

MVPs for the day were Abby Freimanis and Pierre Wall and best defenders were Tanika Williams and Jimmy Harding. A big thank you to Brian Geach, Chloé Geach and Jacob Wenban for assisting with coaching and refereeing and for supporting the team throughout the day.