

marsdenmail

The official newsletter of Marsden High School



PRINCIPAL'S REPORT

BY LANCE BERRY

CONGRATULATIONS MRS ZAHEDI ON YOUR ORDER OF AUSTRALIA

Mrs Zahedi has been awarded a Medal (OAM) in the General Division for service to the Persian community of Sydney, and to education. The Order of Australia is an order of chivalry established on 14 February 1975 by Elizabeth II, Queen of Australia, to recognise Australian citizens and other persons for achievement or meritorious service. Before the establishment of the order, Australian citizens received British honours.

We are grateful to have Mrs Zahedi working with us, as she has made a life-lasting impact on our Persian students as well as many others who have passed through our Intensive English Centre (IEC). Additionally, we are very proud of her tireless efforts for the wider Persian community. In my three years at Marsden I have watched her work closely with our students who have recently arrived in Australia, including those with refugee experiences, providing many opportunities and always going to that extra amount of effort to support them and their families. I am grateful also to Ms Sherrin Symons, former Deputy Principal at Marsden, who nominated Mrs Zahedi and supported her application.

IN THIS ISSUE:

| | |
|-------------------------------------|----|
| PRINCIPAL'S REPORT | 1 |
| UPCOMING DATES | 2 |
| DEPUTY PRINCIPAL'S REPORT | 5 |
| FACULTY UPDATE: | |
| – Careers | 6 |
| – PDHPE | 7 |
| STUDENT ACHIEVEMENTS AND ACTIVITIES | 9 |
| STUDENT PROFILES | 11 |
| COMMUNITY NOTICE BOARD | 12 |
| USEFUL LINKS | 12 |

Mrs Zahedi is currently on leave and we will feature a more detailed story about her achievements after she has received her medal next term. Congratulations Mrs Zahedi!!

IN 2019 WE HAVE TURNED 60 AND WE ARE CELEBRATING!! PLEASE JOIN US!

We have been open as a school for 60 years this year. To mark the occasion we are celebrating with three key events. Further details will be published as we get closer to the dates; in the meantime:

1. **Super Saturday 16 November** where we are holding an open day for the community and inviting past students and teachers to celebrate our fantastic history at a dinner at the Ryde Eastwood Leagues Club;
2. **Commemorative Assembly, Thursday 21 November**, to be held in the John Hagan hall. This is a formal assembly for our current school students to officially acknowledge and celebrate our legacy in delivering quality education for six decades;
3. **Student Gala Day, Thursday 28 November**, where we will celebrate our strength in sport.

NAPLAN 2019

Marsden students in Years 7 and 9 completed their NAPLAN testing in Week 3. As we opted for the paper test, our students were not disadvantaged by the ongoing outage issues that schools doing the online tests were exposed to. The results will be released in September.

THE BUSINESS END OF SEMESTER ONE IS UPON US!

Formal assessments and examinations are currently taking place and teachers are collating data to report back on individual student progress. The school gathers this valuable information to evaluate and report on students learning and achievement and to inform further teaching and learning programs. Reports will be distributed to students at the end of Term 2 with parent teacher meetings for Years 7 through to 11 taking place on Tuesday 30 July. More information on making bookings will follow soon.

YEAR 12 UPDATE

Year 12 HSC Trial Examinations will be taking place in Weeks 3 and 4 of next term. It is imperative students make valuable use of their time during the weeks ahead and upcoming holiday break in order to prepare adequately for these exams. I know the Marsden teachers are planning holiday workshops for added academic support so I urge all students to make use of these wonderful opportunities. Similarly, those students working on practical projects, major works and performances really need to put in the extra effort during this time in order to meet the Term 3 deadlines for these major works. Good luck Year 12 and their parents and carers during this stressful time.

UPCOMING DATES:

YEAR 11 RETAIL SERVICES WORK PLACEMENT

Monday 17 June – Friday 28 June

ZONE ATHLETICS CARNIVAL

Monday 17 June

SUBJECT SELECTION

Tuesday 18 June

– Year 9 2020 5:00–6:00pm

– Year 11 2020 6:30–7:30pm

PINNACLE CAMP

Wednesday 19 June – Friday 21 June

YEAR 7 HUBS BOOTCAMP

Monday 24 June – Friday 05 July

P&C MEETING

Tuesday 25 June 7:30pm

YEAR 12 DANCE TRIAL

Tuesday 25 June

PINNACLE PREPARATION DAY

Tuesday 25 June

CAPA NIGHT

Wednesday 26 June

YEAR 11 CROSSROADS CAMP

Tuesday 02–Thursday 04 July

IEC GRADUATION

Friday 05 July

TEEN ANXIETY – HOW CAN PARENTS HELP THEIR TEENS

Clinical psychologist Dr Tom Nehmy wrote an informed article for the ABC online website over the long weekend. He wrote about the notion of anxious, stressed-out teenagers being commonplace and noted that mental health concerns do seem to be on the rise. His article looked at what's behind the phenomenon and how parents can help their kids navigate the brave new world in which we now live.

The biggest generational shift facing teens today is the rise of digital media and portable technology, which has some benefits but has also created problems that were not faced by generations before. First, there has been more opportunity for teens to compare themselves to their peers than ever before. Once kids in the year group at school were the points of comparison, teens today are now able to compare themselves to an unlimited number of peers and models via social media. This "virtual", rather than real-life comparison, means teens are subjecting themselves to an unfair, skewed comparison that is inevitably going to make them feel inadequate. Because what we see on social media is not an accurate reflection of real life: not of bodies, popularity, achievement, lifestyle, or mood.

Never before have young people been so able to curate a highly selective, desirable – and inaccurate – version of themselves, and put it out into the world for others to publicly view and judge. As a result, there is a groundswell of perfectionism occurring. Unrealistic standards for what we and our lives should look and feel like, combined with the relentless striving to achieve these impossible goals, is a recipe for anxiety and other problems.

Pressure to perform overflows into academic and sporting pursuits and self-judgement (not to mention public scrutiny) abounds. Parents have been understandably confounded by this shift, as they instinctively move to protect their kids from this nebulous mix of technology combined with the age-old striving that teens naturally have to conform and to fit in. Perfectionism is a hidden enemy, because it masquerades as diligence. High standards and striving to achieve are usually viewed by society, schools, and parents as a badge of honour; something to be celebrated. Well-meaning parents can therefore inadvertently reinforce and reward this striving, even when it reaches an unhealthy state.

Often parents are aware of the pressure associated with this hyper-competitive, image-focused world, but are not sure what to do about it. Their natural urge is to protect, help, and solve problems on their child's behalf. Or they join in the striving efforts and become over-involved in supporting their child to help them reach their goals. But when parents do too much to help their kids, they actually inhibit that child's healthy psychological development.

By choosing to focus on effort and learning, rather than outcomes, parents provide the implicit message that the outcome isn't everything. Effort is within our control and learning is always an available benefit regardless of whether we succeed or fail. By creating a balanced life with a focus on personal relationships, non-achievement tasks and having fun for fun's sake, parents can broaden their child's sense of self-worth. There are many things that make somebody a worthwhile person, and if we don't have all our eggs in one basket (grades, appearance, popularity), then we are relatively unaffected if one domain of life isn't travelling quite as we'd like. Limit time on devices and social media. Less time in the image-focused world of selfies and like-seeking provides space to be imperfect, engaged and accepted in the real world.

Normalise difficulty, discomfort, and mistakes. Kids are naturally protected from anxiety when they cultivate a willingness to engage in challenges, learn to be comfortable with a little discomfort, and see failure as feedback rather than disaster. This is the sweet spot of parenting psychologically robust kids: the freedom to be driven and to take on challenges in an anti-perfectionist way, with parents who support and encourage without rescuing, getting over-involved, or avoiding difficult things.

The full article can be found at: <https://www.abc.net.au/news/2019-06-09/parenting-style-making-teenagers-anxious/11039956>

NEW YEAR 9 ADVISER

Congratulations to Elise Mirabito, who was successful in her application for the Year 9 Year Adviser position. She is very excited about taking on this new role and will provide great support to the year group.

CONGRATULATIONS TO:

- All students for participating in our annual Athletics Carnival at Dunbar Park. There were a number of fantastic performances and it was pleasing to see the high rate of participation from all students;
- All students who braved the cold and participated in the Zone Cross Country Carnival;
- Our Chess Team who have been relentless this term in the current competition;
- Our fabulous Mock Trial Team who have demonstrated tenacity and a great spirit when competing against other schools.
- The Open Boys Futsal team at the recent Knock Out Gala Day
- All Year 10 and Year 12 students who attended the Careers Expo recently. Mr Lustica commented on their excellent behaviour and engagement with the various options on offer.

Thank you!

DEPUTY PRINCIPAL'S REPORT BY MR WILSON

ASSESSMENT AND REPORTING

At this stage of Term 2, the focus across the school is on the completion of the assessment cycle and in teachers preparing Semester 1 academic reports. We encourage parents to ask their children about assignments and tests and to take advantage of the many supports that the school has in place. Students should consider attending the Homework Club, which meets in the library every Monday and Thursday, from 3:15-4:30PM. In particular, Year 12 should seek assistance from Ms Bernyk, the Senior Tutor, who is available to assist seniors in every study period.

POSITIVE BEHAVIOUR FOR LEARNING (PB4L)

Marsden is a Positive Behaviour for Learning (PB4L) school, in which we explicitly teach the school community of the expectations for behaviour. Underpinning all policies and procedures within the school is the CARE framework: COOPERATE-ACHIEVE-RESPECT-EVERY DAY! A new and important part of PB4L at the school is the use of the 'Making Choices' framework that is used by all teachers and executive members. The 'Making Choices' framework encourages students to do just that - to think about the impact of one's actions and to make better choices. If a student's behaviour falls short of the school's high expectations, he or she is encouraged to resolve the matter proactively, in a manner that allows for increasingly mature behaviour and personal growth.

MAKING CHOICES ⇌

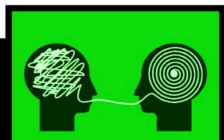
1: A chance to THINK ...

**2: Think AGAIN
and make a choice**



3: Time to REFLECT

4: WORK it out ...



EXTRA-CURRICULAR OPPORTUNITIES

Marsden High School has a huge commitment to extra-curricular activities, that provide students with rich learning opportunities. The school's athletics carnival on 23 May was a fantastic day, with many students achieving excellent results on moving on to the zone carnival. Every week there are knockout sporting competitions, that complement the school's weekly sporting program. In recent weeks I have processed excursion paperwork documenting the breadth of opportunities in music, art, STEM, robotics, public speaking, debating, mock trials, chess and dance. We encourage all students to get involved broadly in school life, as these experiences are important in building a connection with the school and in developing skills and memories that can be looked back upon for years to come.

ABORIGINAL EDUCATION

I am very pleased to welcome Mr Peter Hulbert to the staff at Marsden High School. Mr Hulbert was successful in attaining the position of Head Teacher Special Programs. The role will include Aboriginal Education, working to support Aboriginal students in achieving to their potentials, building community connections and developing an appreciation for Aboriginal history and culture across the school community. Mr Hulbert has shown great passion in engaging community members already and we look forward to his ongoing contribution to the school. In particular, the whole school is looking forward to NAIDOC week celebrations, that will run from 25 - 31 July.

FACILITIES

Renovation of the toilet blocks began in Week 6, with painting, upgrading of facilities and a new maintenance schedule being implemented. Painting will cause minor disruption as students will need to use alternative toilet facilities in the gym and science blocks for a few days.

SCHOOL UNIFORM

As we move into the cooler weather we request that parents support students in following the school's uniform rules. Students should be in full uniform and there should be no hoodies or coloured jumpers. On a really cold day we recommend the school jumper with the school logo jacket over the top. Another option for warmth is an all white long sleeved undershirt beneath the school's collared shirt. Please note that black leather shoes must be worn as this is a safety requirement in secondary schools due to practical lessons. On Tuesdays students should be in the school sports polo with the jacket over the top, and school sports shorts or track pants. A student survey garnering suggestions on additional sport uniform options is currently being designed.

The Marsden High School Uniform Shop is open Tuesday and Wednesday mornings 8:30-10:30am during school terms.

FACULTY UPDATES: CAREERS

YEAR 12

- A reminder that interviews will be taking place this term to discuss your progress and options for 2019 and beyond.

University Applications and early entry applications have now opened through UAC. It is strongly advised that all students complete their application by September 28th to avoid paying late fees. To begin the application, all students have been emailed a PIN number from UAC to their Education portal.

- All Year 12 students must have a Students Online Account. This is vital for University applications and for receiving HSC results. Please see Mr Lustica if you have not yet activated your account.



YEAR 11

- Please see Mr Lustica if you have not yet signed your NESA subject form.

YEAR 10

- All Year 10 students are reminded that Work Experience this year will be held from 11 – 15 November 2019. Students should be actively seeking a host employer as early as possible and not leave it too late. Once students have found a host employer they must see Mr Lustica to complete a Student Placement Form.



YEAR 10 EXCURSION TO MACQUARIE PARK

On 27 May, Year 10 did a whole day tour of businesses at Macquarie Park. These included Orix, Johnson and Johnson, Pitney Bowes, Macquarie Telecom, Ricoh and Fuji Xerox. This excursion is a yearly event organised in partnership with United Way, a not-for-profit business that links communities such as schools with local businesses. The students had a wonderful day learning about the various operations at each business. Congratulations to all the students who set a fine example for Marsden High School.

Antony Lustica

Careers Adviser

FACULTY UPDATES: PDHPE

SCHOOL ATHLETICS CARNIVAL

On Thursday 23 May, Marsden students participated in their annual school Athletics Carnival. It was a great day with the weather being perfect for competition. It was held at Dunbar Park with its excellent venue and high class facilities. With many of our students completing athletics units during PDHPE lessons this produced a high level of skill and participation.

The carnival brought out the competitive nature in many of our talented students, with many of them progressing to the zone level. A record amount of competitors showed that Marsden spirit and culture with sportsmanship and respect on display with everyone striving to achieve their personal best.

This is a reminder to students to please collect a zone athletics note from the PDHPE staffroom and return their notes as soon as possible.

The date for the Zone athletics carnival is Monday 17 June.

A big thank you to all the staff for their help on the day giving the students of Marsden the opportunity to compete and building that Marsden School spirit.

The age champions were as follows:

- 12 yr girls – Veniana Sorovi
- 13 yr girls – Ashlee Nathan
- 14 yr girls – Samantha Wells
- 15 yr girls – Jasmine Ballard
- 16 yr girls – Tilda Holmqvist
- 7 yr girls – Keisha Tran
- 18 yr girls – Jessica Godden
- 12 yr boys – Declan Bragg
- 13 yr boys – Melvin Pilit
- 14 yr boys – Cava Sorovi
- 15 yr boys – Charlie Sorovi
- 16 yr boys – Mohammed Ramlawie
- 17 yr boys – Jon Aylward

Photos on next page.

ZONE CROSS COUNTRY CARNIVAL

On Wednesday 29 May, Marsden students participated in the Zone Cross Country held at Macquarie University.

It was a great day with the weather being perfect for competition and many of our students produced a high level of skill and ability.

The next level of competition brought out the competitive nature in many of our talented students, with many of them progressing to the regional level. The competitors showed that Marsden spirit and culture with sportsmanship and respect on display with everyone striving to achieve their personal best yet again.

Some huge achievements to mention were the success of Mack Apps-Tulip who finished Age champion at zone level for 18 year boys and Danielle Matthews for the under 15 girls. The overall success of Marsden was also worth mentioning as we finished higher than schools that have a larger population. We certainly have some students here at Marsden who are talented in the sporting arena.

This is a reminder to students to please collect a regional cross country note from the PDHPE staffroom and return their notes as soon as possible.

The date for the regional carnival is Friday 21 June.

A big thank you to Mr Eastwood and Mr Lustica who came along and assisted with the carnival.



Congratulations!

ZONE CROSS COUNTRY CARNIVAL PHOTOS



ATHLETICS CARNIVAL PHOTOS



STUDENT ACTIVITIES AND ACHIEVEMENTS:

AUSTRALIAN SCHOOLS' BENCH PRESS CHAMPIONSHIP



This year, Marsden High School will be taking part in Powerlifting Australia's Schools' Bench Press Championship. A massive Thank You to Miss Trad for getting our school involved in the national event and prefect Islam Alkhaileh for helping her direct the event.

Our internal competition will be held on Monday 7 July to determine who to send to compete in a national participation event at City Strength Headquarters in August. Students will be divided based on age, weight and gender to ensure a fair competition. This competition is open to all students from years 10, 11 and 12, students of all strength levels and gym experience are encouraged to sign up and participate.

The School gym is currently open Monday to Thursday mornings and every lunch time for students to train and prepare for the event and generally train for life. Participants in the competition have the opportunity to break both personal and national bench press records, thus greatly promoting active school participation and physical health. All the gym students have been discussing and displaying methods to improve their personal bench press record, in order to potentially hold a national record.

Students have dramatically improved their strength, fitness and health by increasing their protein intake, eating healthier and attending the school gym. Students are pushing themselves to make consistent sustainable gains and push for those few extra kilos.

Via the help of dedicated and highly supportive peers and teachers such as Ms Trad and Mr Woods, personal training programs can be organised and guidance offered to extend students' abilities. Teachers' help has been providing ideas of what a consistent and healthy diet is, along with physical training on optimal methods of gaining muscular strength. Motivation is rich within the gym as students and teachers push each other to extend themselves.

Through continuous dedication and a constant healthy lifestyle, students are prepared to take on records as a result of extreme dedication and preparation.

Jason Andraos - Year 12

SYDNEY UNIVERSITY DEBATING

Marsden's year 9 and 10 debating teams went to Sydney Uni to compete in a Senior Schools Debating Tournament. It was a tough competition with challenging topics and opposition teams from all over Sydney with plenty of experience, but we were up to the challenge and competed in some excellent debates.



NSW PREMIER'S DEBATING CHALLENGE

On Thursday 6th June, two Marsden High School teams competed in their first debate. The teams were made up of Year 10 students Molly Wells, Will Spenceley, Hugo Andersson-Ralston and Crist Lepejian. They were against Year 9 students Garv Verma, Danielle Matthews, Harshil Savani and Crystal Bleiker. Year 10 were the affirmative team, arguing "That all under 12s sporting teams should be mixed". Year 9 were the negative team.

Both teams provided many interesting points for their case and clever rebuttals against their opposition. For this round, the Year 10 team were successful with the most convincing case and won the debate.

In the coming weeks, both teams will debate opposition teams comprising Normanhurst Boys High School, Cheltenham Girls High School and Kellyville High School. Please wish the students well for the upcoming rounds in Term 2!

MHS ALL GIRL LEVEL ONE CHEER

Marsden is very happy to announce its first cheerleading team this year, the MHS Rams. Our all girl level 1 team have been working very hard during sport, building on their tumbling and stunting skills. Most of these girls have never done cheerleading before and have worked so hard over the past 5 weeks, amazing work - WATCH THIS SPACE!



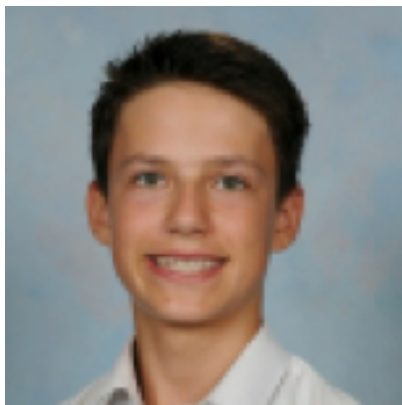
MHS DANCERS AT THE NRL

On Sunday, students from years 7-12 performed for the Canterbury-Bankstown Bulldogs at their home ground in Belmore for the 2019 Dance Spectacular. These amazing dancers proudly represented Marsden with high energy and commitment at half time among 1500 performers on the day. Congratulations to these students!



STUDENT PROFILES:

WILLIAM SPENCELEY - YEAR 10



1. What primary school did you attend?

Rydalmere East Public School

2. What do you like about Marsden High School?

What I like about Marsden is that there are so many opportunities that are available for all students and there is a team of staff that allow and promote these amazing extra-curricular activities.

3. What would you improve about Marsden High School?

There is a lack of air-conditioning during summer, but with the new school at Meadowbank, that issue will be resolved.

4. What subjects do you enjoy the most?

Big History and English

5. How do you learn best?

I learn best when things are explained with logical, visible examples and in real life scenarios.

6. What extra-curricular activities do you do and why do they matter?

I participate in Duke of Edinburgh (Ed.). Duke of Ed. matters to me because it is a great way to spend time helping the community whilst still having fun and being around friends. Duke of Ed also creates many unforgettable experiences and teaches you many skills that you use every day.

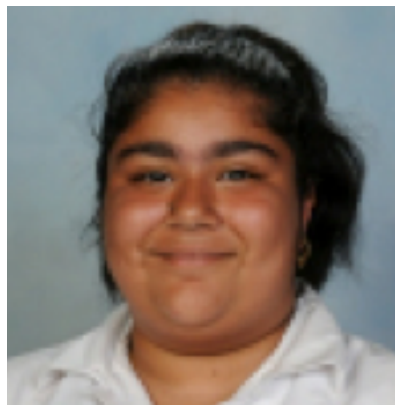
7. Do you have any hobbies?

I like to play most sports. In the past year I played in a cricket and soccer team and enjoy running.

8. Do you have any pets?

No.

SIMONE CHEEMA - YEAR 9



1. What primary school did you attend?

I attended West Ryde Public School

2. What do you like about Marsden High School?

What I like about Marsden High School is all the amazing opportunities we get, there are many sport options, the teachers are very supporting and helpful. It's a very comfortable and multicultural school.

3. What would you improve about Marsden High School?

What I would improve about Marsden High School is probably just have all the buildings have heating and air conditioners.

4. What subjects do you enjoy the most?

The subjects that I enjoy the most are Geography, PE and Elective History.

5. How do you learn best?

I learn the best visually and in teams (group work) with my peers

6. What extra-curricular activities do you do and why do they matter?

The extracurricular activities that I take part in are Science Club, Social Justice Team, Open Mixed Frisbee and Opens AFL for grade sport. All these activities matter to me and I take part in them because they keep me busy, I get a chance to meet wonderful new people, and I get to push my limits.

7. Do you have any hobbies?

Yes, I like to draw, write poems, listen to music, walk my dog, help out at animal shelters and photography.

8. Do you have any pets?

Yes, I used to have a bunny named Romeo but now I have a dog named Hazel.

COMMUNITY NOTICE BOARD:

MARSDEN HIGH SCHOOL PRESENTS THE FIRST ANNUAL

PORTRAIT PRIZE



ENTRIES CLOSE 21.6.19

RULES:

1. THE SUBJECT MUST BE EITHER A STUDENT OR STAFF MEMBER OF MARSDEN HIGH SCHOOL
2. THE ART WORK MUST BE A DRAWING, PAINTING OR MIXED MEDIA - NOT A STRAIGHT PHOTOGRAPH

EXHIBITION AND AWARDS

BEST OVERALL, BEST PAINTING, BEST DRAWING, BEST MIXED MEDIA + PEOPLES CHOICE
26TH JUNE, 2019, MARSDEN HIGH SCHOOL HALL

MARSDEN HIGH SCHOOL PRESENTS

CAPA NIGHT

WEDNESDAY
26
JUNE 2019

A NIGHT OF...
DANCE
MUSIC
ART, MONOLOGUES
AND MELODRAMA!



FOR ONE NIGHT ONLY!
MARSDEN SCHOOL HALL
DOORS OPEN AT 06.30 PM

REFRESHMENTS AVAILABLE

TICKET \$5

ALL TICKETS TO BE SOLD AT THE DOOR



YL YOUNG LIFE RYDE CLUB

A free evening club for Grades 6-12 students
Monday fortnights from 6-7.30pm at Ermington Community Centre

TERM 2 DATES

Monday, 6 May
Monday, 20 May
Monday, 3 June
Monday, 17 June
Monday, 1 July (location TBC)

For more information contact Holly at hollylim@younglife.org.au
and follow our Instagram [@youngliferyde](https://www.instagram.com/youngliferyde)

USEFUL LINKS:

MARSDEN WEBSITE

UNIFORM ORDER FORM

CANTEEN MENU

SENTRAL PORTAL

SCHOOL ENEWS APP

