



TERM 1 WEEKS 9, 10 AND 11

25 March – 12 April 2024

Important Dates – Term 1 2024

W9	Tuesday 26 March	School Council Meeting, 6pm
W9	Friday 29 March	Good Friday
W10	Monday 1 April	Easter Monday
W10	Friday 5 April	School Open Evening 3pm – 7pm
W11	Friday 12 April	Last day of classes for Term 1

ATTENTION YEAR 11 & 12:

ARE YOU WANTING TO MAKE A GOOD
START TO 2024?

ARE YOU AIMING TO PERFORM WELL IN
YOUR SUBJECTS?

**OUR YEAR 12 PEER TUTORS CAN
HELP YOU!**

Our Peer Tutors are:

Friendly & supportive,
Non-judgemental,

The top performers in their courses,

AND...THEY'RE FREE!



POP INTO THE
LEARNING CENTRE
IN YOUR NEXT FREE PERIOD
TO FIND OUT MORE!

Principal's Report

St Marys Senior High School's calendar has been packed full of activities over the last fortnight and the final three weeks of Term 1 continue to be busy. Every weekend Leah posts on our social media platforms, the events of the week to assist students and families to plan their busy week. Please ensure you are following us on Facebook and Instagram to ensure you are up to date.

Since our last newsletter there have been a variety of extra-curricular events taking place at St Marys Senior High School reflecting the opportunities available to students including PULSE Alive, lunchtime concerts, Premier's Debating Competition, titration training, Lions Youth of the Year Public Speaking competition, university visits, white card training, academic counselling, excursions and school photos. Over the next three weeks, there will be seven Period 0 days to assist with the smooth running of assessment tasks for both Year 11 and Year 12. More extra-curricular events will take place and we will be hosting our Open Evening for prospective students and their families whilst providing an opportunity for current students

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Principal's Report continued

to develop their leadership skills as faculty and school ambassadors.

As Year 12 progress through their final year of schooling, many students are looking at applying for scholarships and early entry into university. Many of these pathways require students to obtain recommendations from their school. At St Marys Senior High School, these recommendations are completed by the Principal. Staff are not able to complete written recommendations. This week Year 12 students will receive an email, explaining this process including the information that is required to be uploaded to support a written recommendation. It is imperative that students book in a time with me if they have any questions about this process. If students leave a request for a recommendation to the last minute, their recommendation may be limited and not reflect the full extent of their skills and capabilities. The Schools Recommendation Scheme (SRS) through UAC can be submitted once it is opened. The recommendations for the SRS will be completed following the Trial Higher School Certificate Examinations.

Attendance

It has been great to have our students in classrooms and settling into the school year. I know all of our teachers are looking forward to a successful 2024 and are excited to work with students, parents, carers and families to make this a memorable year.

The evidence is clear that consistent attendance is the essential first step for students to have a positive experience at school, particularly during Year 11 and Year 12.

Every day matters for a student's learning. Missing school for students means missing course work, assignments, time with friends and a range of other school activities. Students are required to attend school every day that they are well enough to do so. The more time students attend school, the greater their opportunity to learn, make new friends and improve their wellbeing.

If a student is absent from school, parents and carers need to let us know as soon as possible and within seven days of the absence. The absence may be for part of a school day or for all of the school day. Parents and carers are able to notify the school in a number of ways, including:

- Using the Sentral Parent Portal,
- Emailing the school – stmaryssen-h.school@det.nsw.edu.au,
- Calling the school and talking to one of our Administration Team, or
- Writing a note, which students can bring to the Administration Team.

While there will be times when students are unable to be at school (for example, when they are unwell), everything should be done to ensure that they spend as much time at school as possible. For example,



medical appointments should take place outside school hours where possible and family holidays should be taken in term breaks.

Our staff are here to work with students, parents, carers and families to help ensure that attendance at school is optimised, and there are also helpful resources for parents and carers on the Department of Education's Every Day Matters website, found at <https://education.nsw.gov.au/schooling/schooling-initiatives/every-day-matters>

As this is our last newsletter for the term, I would like to wish our students, families, staff and community supporters a restful holiday. I hope you are able to spend some time with those that are important to you and recharge, ready for Term 2.

Sally Smithard

Principal



ASPIRE

What is ASPIRE?

Anxiety is an emotion characterised by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry.



Anxiety is a normal response to stress and isn't always a bad thing. But when it gets to be uncontrollable or excessive to the point where it affects quality of life, this may be indicative of an anxiety disorder.

Approximately 70% of anxiety behaviours are learned. This is where our ASPIRE Program comes in.

Over the course of the term our students have been introduced to the ASPIRE Program, with Year 11 students learning material through Cluster presentations and the Mentor Program while Year 12 students have been learning through both Cluster meetings and Personal Mentor sessions.

In recent years we have noticed a greater incidence in the rise of anxiety-related concerns for our students which has had an impact on their ability to manage not only their studies effectively but also their day to day lives. Research tells us that the good news is that we are able to retrain our brains to ensure that we use more effective coping strategies when faced with stressors in our lives.

All of our school staff have been trained in ASPIRE over the course of last term, providing colleagues with strategies to recognise and address anxiety related behaviours. The training we continue to undertake with our students provides them with the skills they need to recognise signs of stress and implement positive coping strategies at these times. Over the course of this year through our school newsletter, we will provide parents, carers and families with information about ASPIRE and suggest some helpful strategies to help our young people.





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CELEBRATE NEURODIVERSITY

By wearing any
colour combo of the
rainbow on Thursday
28th March.

You could also join us at
recess in the Tech Centre
to create your own
unique badge!

"If we want to include everyone, we have to
help everyone develop their talents and use
their gifts for the good of the community.

That's what inclusion means - everyone
contributes"

Maya Angelou, Memoirist/Poet/Civil rights
activist



**Neurodiversity
Celebration
Week**

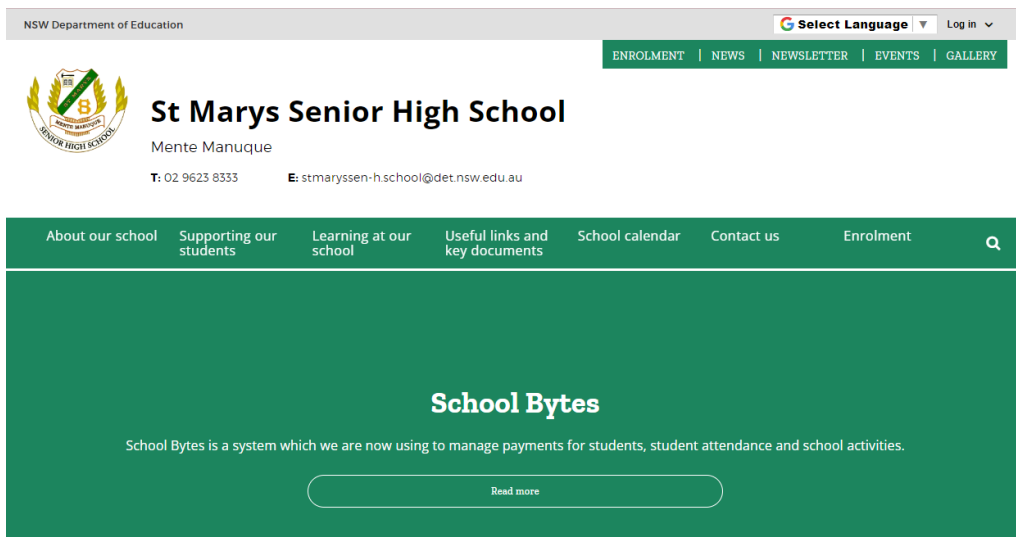


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FINDING OUT MORE INFORMATION ABOUT SCHOOL BYTES

We encourage parents, carers and families to see the information provided by School Bytes which is available through our school website:

<https://stmaryssen-h.schools.nsw.gov.au/>



Some key links to “how to” guides”

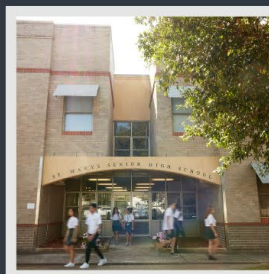
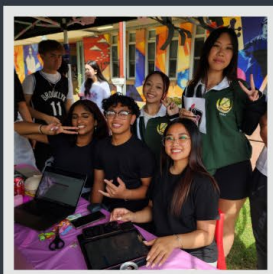
- Setting up a parent account in the School Bytes Parent Portal - <https://support.schoolbytes.education/hc/en-us/articles/5184859634191-Parent-Portal-Set-up-your-parent-portal-account>
- Making a payment through the Parent Portal - <https://support.schoolbytes.education/hc/en-us/articles/5186380941583-Parent-Portal-Make-a-payment>



OPEN EVENING



Friday 5 April 2024
3 pm to 7pm



Please check our school website for further information regarding enrolment for Year 11 and Year 12 2025

<https://stmaryssen-h.schools.nsw.gov.au/>



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SMSHS – SOURCES OF SUPPORT



School phone: 02 9623 8333	School email: stmaryssen-h.school@det.nsw.edu.au
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Year 12 2024 Student Adviser, Surnames A-G	Sussan Allaou	sussan.allaou@det.nsw.edu.au
Year 12 2024 Student Adviser, Surnames H-O	Wendi Kambolli	wendi.kambolli@det.nsw.edu.au
Year 12 2024 Student Adviser, Surnames P-Z	Luigi Serra	luigi.serra@det.nsw.edu.au
Head Teacher, Year 12 2024	Charly Ebejer	charlene.ebejer@det.nsw.edu.au
Year 11 2024 Student Adviser, Surnames A-G	Adam Bernthaler	adam.bernthaler@det.nsw.edu.au
Year 11 2024 Student Adviser, Surnames H-O	Lauren Hasna	lauren.hasna@det.nsw.edu.au
Year 11 2024 Student Adviser, Surnames P-Z	Jeffrey Larsen	jeffrey.larsen6@det.nsw.edu.au
Head Teacher, Year 11 2024	Tracie Huet	tracie.huet@det.nsw.edu.au
Head Teacher, Learning and Wellbeing	Melissa Jacka	melissa.jacka@det.nsw.edu.au
Learning Support Team	Sussan Allaou (F) Carmel Harriden (M, T) Melissa Jacka Carly McPherson (T, W, T) Ashlee Pleffer (M, T)	sussan.allaou@det.nsw.edu.au carmel.harriden@det.nsw.edu.au melissa.jacka@det.nsw.edu.au carly.mcpherson@det.nsw.edu.au ashlee.pleffer@det.nsw.edu.au
School Counsellors	Aimee Tang Ximia Han	Please text the counsellor phone on 0417228192 during school hours to organise an appointment
Student Support Officer	Surmeet Kaur	surmeet.kaur@det.nsw.edu.au
Careers Adviser (Relieving)	Cheryll Ruskin	Cheryll.ruskin@det.nsw.edu.au
Deputy Principal Year 12 2024	Danielle Ervine	danielle.ervine@det.nsw.edu.au
Deputy Principal Year 11 2024	Leah Havord	leah.havord@det.nsw.edu.au







Term 1 Weeks 9A, 10B and 11A 2024 @ SMSHS

Monday 25 Mar	Tuesday 26 Mar	Wednesday 27 Mar	Thursday 28 Mar	Friday 29 Mar
<p>Year 12 Business Services - Task 5 due</p> <p>Year 11 Enterprise Computing - Task 1 due</p> <p>Year 11 Food Technology - Task 1 due</p>	<p>PERIOD ZERO BELL TIMES</p> <p>School Council Meeting, 6pm via Zoom</p> <p>Year 11 Geography Excursion to Penrith Lakes</p> <p>Year 12 English Advanced – Task 2 to be completed in the Period Zero</p> <p>Year 12 English Standard – Task 2 to be completed in the Period Zero</p> <p>Year 12 English Studies – Task 2 to be completed in the Period Zero</p> <p>Year 12 Physics - Task 2 due</p> <p>Year 11 English Advanced – Task 1 due</p> <p>Year 11 English Standard – Task 1 due</p> <p>Year 11 Engineering Studies – Task 1 due</p> <p>Year 11 Studies of Religion II – Task 1 due</p>	<p>PERIOD ZERO BELL TIMES</p> <p>Textstyle Exhibition</p> <p>Werrington Zone Touch Football Gala Day</p> <p>ACU Careers Gazebo and Scholarship Presentation</p> <p>Lunch Concert</p> <p>Year 12 IPT – Task 2 to be completed in the Period Zero</p> <p>Year 11 Business Studies – Task 1 to be completed in the Period Zero</p> <p>Year 11 IT Multimedia – Task 1</p>	<p>PERIOD ZERO BELL TIMES</p> <p>Neurodiversity Celebrations</p> <p>WSU Pathways to Dreaming – Cultural Experience Day</p> <p>Year 12 PDHPE – Task 2 to be completed in the Period Zero</p> <p>Year 11 Chemistry – Task 1 to be completed in the Period Zero</p>	<p>GOOD FRIDAY – Public holiday</p>
Monday 1 Apr	Tuesday 2 Apr	Wednesday 3 Apr	Thursday 4 Apr	Friday 5 Apr
<p>EASTER MONDAY – Public holiday</p>	<p>PERIOD ZERO BELL TIMES</p> <p>Year 12 Maths Advanced – Task 2 to be completed in the Period Zero</p> <p>Year 11 Italian Beginners – Task 1 due</p> <p>Year 11 Korean Beginners – Task 1 due</p> <p>Year 11 PDHPE – Task 1 due</p> <p>Year 11 Software Engineering – Task 1 due</p> <p>Year 11 Spanish Beginners – Task 1 due</p>	<p>PERIOD ZERO BELL TIMES</p> <p>Belvoir Holding the Man Excursion for Drama students</p> <p>WSU Pathways to Dreaming On Campus Excursion</p> <p>UOW Careers Gazebo and Scholarship Presentation</p> <p>CHS Knockout Netball – Round 2</p> <p>Lunch Concert</p> <p>Year 11 CAFS – Task 1 to be completed</p> <p>Year 12 English Extension 1 – Task 1 due</p> <p>Year 12 History Extension – Task 1 due</p> <p>Year 12 Entertainment 4U – Task 4 due</p> <p>Year 11 English Extension 1 – Task 1 due</p> <p>Year 11 Japanese Beginners – Task 1 due</p>	<p>PERIOD ZERO BELL TIMES</p> <p>Year 11 Music Soiree</p> <p>xxx</p> <p>xxx</p> <p>xxx</p> <p>Year 11 Maths Extension 1 – Task 1 to be completed in the Period Zero</p> <p>Year 11 Maths Standard – Task 1 to be completed in the Period Zero</p> <p>Year 12 Entertainment 2U – Task 5 due</p> <p>Year 11 Photography 2U – Task 1 due</p>	<p>School Open Evening, 3pm – 7pm</p> <p>Year 11 Entertainment – Task 1 due</p>



Monday 8 Apr	Tuesday 9 Apr	Wednesday 10 Apr	Thursday 11 Apr	Friday 12 Apr
<p>Year 12 Agriculture – Task 2 due</p> <p>Year 12 Dance – Task 2 due</p> <p>Year 12 Earth and Environmental Science – Task 2 due</p> <p>Year 12 Music 1 – Task 2 due</p> <p>Year 11 Earth and Environmental Science – Task 1 due</p>	<p>PERIOD ZERO BELL TIMES</p> <p>Year 12 Biology – Task 2 to be completed in the Period Zero</p> <p>Year 12 Dance – Task 2 due</p> <p>Year 12 Music 1 – Task 2 due</p>	<p>Curatorial Team</p> <p>Colleges Careers Gazebo and Scholarship Presentation</p> <p>Lunch Concert</p> <p>Year 12 Dance – Task 2 due</p> <p>Year 11 Biology – Task 1 due</p> <p>Year 11 Financial Services – Task 2 due</p> <p>Year 11 Music 1 – Task 1 due</p>	<p>Year 12 Ancient History Excursion</p> <p>Year 12 Dance – Task 2 due</p> <p>Year 11 Music 1 – Task 1 due</p>	<p>Year 12 Dance – Task 2 due</p> <p>Year 11 Music 1 – Task 1 due</p>

Our Teams	
Principal:	Sally Smithard
School Council President:	Sonia Matthews
School Captains:	Allayna Anna Sachin Ankon Dam
School Executive:	
- Deputy Principal (Year 12 2024)	Danielle Ervine
- Deputy Principal (Year 12 2023, Year 11 2024)	Leah Havord
- English	Julie Robinson
- Mathematics	Simone Pett
- Science (Rel)	Andrew Farrugia
- Commercial Studies	Salochna Reddy
- HSIE	Shara Walsh
- CAPA	Nicole Bonfield
- TAS / Computing	Matthew Topp
- LOTE	Luigi Serra
- PDHPE (Rel)	Joanne Brines
- Secondary Studies	Lucas Widdison
- Learning and Wellbeing	Melissa Jacka
- Head Teacher (Year 12 2024)	Charly Ebejer
- Head Teacher (Year 11 2024)	Tracie Huet
- First Australians	Leah Havord
- Business Manager (Acting)	Rebecca Zinghini
- School Administrative Manager (Rel)	Angela Demaio
Student Advisers:	
- Year 12 2024, Surnames A-G	Sussan Allaou
- Year 12 2024, Surnames H-O	Wendi Kambolli
- Year 12 2024, Surnames P-Z	Luigi Serra
- Year 11 2024, Surnames A-G	Adam Bernthaler
- Year 11 2024, Surnames H-O	Lauren Hasna
- Year 11 2024, Surnames P-Z	Jeff Larsen
Learning Support:	Sussan Allaou (F) Carmel Harriden (M, T) Melissa Jacka Carly McPherson (T, W, T) Ashlee Pleffer (M, T)
Student Support Officer:	Surmeet Kaur
Careers Adviser (Rel):	Cheryl Ruskin

Contact Us	
	St Marys Senior High School Kalang Avenue St Marys NSW 2760
	02 9623 8333
	stmaryssen-h.school@det.nsw.edu.au
	St Marys Senior High School Official Site - Facebook

