

St Marys Senior High School

Principal: Sally Smithard

School Captains: Neha Bhatt
Avisha Khan

School Council President: Ross Abbott

Principal's Report

The Higher School Certificate examinations have now concluded and whilst students wait for their results they will have the opportunity to let their hair down a bit and celebrate the end of their formal schooling at our formal function. I would like to thank the Student Advisers for their efforts in organising this event and I look forward to my first formal at St Marys Senior High School.

As mentioned in the previous newsletter, Year 12 have their sign out days in this coming week. Apart from the formalities of the process it is a great opportunity to see your teachers again and receive your school reference.

Last week Lynette Tuckwell our Careers Adviser was awarded the Careers Adviser of the Year by the Careers Adviser Association of NSW and the ACT. This award is well deserved and I know for Lyn a great honour.



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IMPORTANT DATES - TERM 4 2018

W5	Mon 12 Nov	Remembrance Day Assembly
W5	Tues 13 Nov	Year 12 2018 Sign Out Day 1
W5	Thur 15 Nov	Year 12 2018 Sign Out Day 2
W5	Fri 16 Nov	Year 12 2018 Formal
W8	Tues 4 Dec	Presentation Day
W8	Tues 4 Dec	School Council Meeting 7:30 am, Front office
W9	Mon 10 Dec	Confirmation Day Year 11 2019
W9	Tues 11 Dec	End of Year Trek (Tasmania) begins
W9	Wed 12 Dec	SRC Talent Quest
W10	Mon 17 Dec	Collaroy Leadership Camp begins
W10	Mon 17 Dec	School Leadership Program begins

Principal's Report continued

Congratulations to all our new SRC leaders who have recently been elected. I look forward to working with you all in 2019.

As we near closer to the end of the year some of our families take the opportunity to start their holidays early or return from their holidays after school starts in the new year. It is vital that you notify your Deputy Principal if you are going to be absent from school for significant periods of time so that we can provide you with a leave certificate. If a student has not followed the Department's processes and miss an assessment task, their Higher School Certificate (HSC) may be affected. The rules we follow in related to the HSC are determined by NESA. To best support your children achieve their potential, the best option is to ensure holidays are taken during the holiday periods and not during school time.

Sally Smithard

Principal



Remembrance Day Assembly

Bell times for Monday 12 November 2018

8.20 am - 9.30am	Period 1
9.30 am – 10.40 am	Period 2
10.40 am -11.10 am	<i>Whole school assembly at the flagpoles</i>
11.10 am – 11.40 am	Recess
11.40 am – 12.45 pm	Period 3
12.45 pm – 1.45 pm	Period 4
1.45 pm – 2.15 pm	Lunch
2.15 pm – 3.20 pm	Period 5



Student Representative Council – Year 12 2019

Congratulations to our newly elected members of the Student Representative Council for 2019.

We look forward to a fantastic year ahead!

Michael Nolan

SRC Coordinator



Back row (L - R): Tom Huggett, Juan Sausa Ventura, Anshdeep Singh, Paaras Dhaliwal, Brent Severino, Kusi Boamah-Addai, Dilman Mangat

Front row (L – R): Belle Powell, Anna Della Libera, Patricia Tolentino, Eiriz Merjudio, Neha Bhatt, Avisha Khan, Gian De Leon, Kimberley Quinto, Krystal Owen, Jasmeet Kaur, Skye Fernando

IS YOUR CAR AIR BAG SAFE?

It is important that all car owners utilise the <https://ismyairbagsafe.com.au/> service to check if their car air bag is safe.

It is very quick and easy - you simply enter your car registration and state, and the website lets you know if your airbag needs replacing, free of charge.

For the safety of everyone in your vehicle, please check your details today. ❤️

SCHOOL ZONE OFFENCES

WHAT ARE YOU RISKING?*



FACT Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need **YOU** to take extra care when driving and parking around school zones.



No Parking

You have 2 minutes to drop-off or pick-up and must stay within 3 metres of your vehicle.



PENALTY
\$187
+ 2 DEMERIT POINTS



No Stopping

Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.



PENALTY
\$337
+ 2 DEMERIT POINTS



Bus Zone

You must not stop your vehicle in a Bus Zone unless you are driving a public bus.



PENALTY
\$337
+ 2 DEMERIT POINTS



Mobile Phone Use

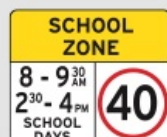
Do not use a hand held mobile phone while driving.



PENALTY
\$439
+ 5 DEMERIT POINTS

Speeding Offences

The fines and demerit points for speeding offences in school zones have been increased.



MAX. PENALTY
\$3740
+ 7 DEMERIT POINTS

Pedestrian Crossings

Do not stop on or near a marked crossing.



PENALTY
\$448
+ 2 DEMERIT POINTS

Driveways

Do not stop on or across a driveway.



PENALTY
\$337
+ 2 DEMERIT POINTS

Lane Filtering /Overtaking

Motorcyclists must not overtake or lane-filter in an active school zone.



PENALTIES AND DEMERIT POINTS APPLY

Double Parking

Do not double park in a school zone.



PENALTY
\$337
+ 2 DEMERIT POINTS

Footpath and Nature Strip

Do not stop on a footpath or nature strip.



PENALTY
\$377
+ 2 DEMERIT POINTS

ST MARYS

SENIOR HIGH
cafe

THE ESSENTIALS

	SML	REG
FLAT WHITE	\$ 3.5	\$ 4.0
LATTE	\$ 3.5	\$ 4.0
CAPPUCCINO	\$ 3.5	\$ 4.0
SHORT BLACK	\$ 2.5	
LONG BLACK	\$ 3.0	

SPECIALTIES

MOCHA	\$ 4.0	\$ 5.0
CARAMEL LATTE	\$ 4.0	\$ 5.0
VANILLA LATTE	\$ 4.0	\$ 5.0
HAZELNUT LATTE	\$ 4.0	\$ 5.0
HOT CHOCOLATE	\$ 3.0	\$ 4.0

TEA

RANGE OF BLENDS	\$ 2.5	\$ 3.0
STRAIGHT AND INFUSION TEAS		

CHILLED

VARIOUS FRUIT SMOOTHIES & SHAKES
CHECK BLACKBOARD FOR SPECIALS

EXTRAS

SOY MILK	\$ 0.5	\$ 1.0
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IF WE DON'T HAVE SOMETHING JUST ASK & WE WILL TRY TO GET IT FOR YOU



everyday fresh



SANDWICHES

EGG & LETTUCE (e)	\$ 3.5
SALAD (e)	\$ 3.5
LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT, RED ONION	
CHEESE & TOMATO (e)	\$ 3.5
CHICKEN, LETTUCE & MAYO (e) CHICKEN BREAST	\$ 3.5
HAM & CHEESE (e)	\$ 3.5
HAM, CHEESE & TOMATO (e)	\$ 3.5
CHICKEN, CHEESE & TOMATO (e)	\$ 3.5
SWEET CHILLI CHICKEN (o)	\$ 4.0
CHICKEN TENDERS, LETTUCE, SWEET CHILLI MAYO	
TUNA (e) LETTUCE, MAYO	\$ 4.0
HAM SALAD (e)	\$ 4.0
PREMIUM HAM, LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT, RED ONION	
ROAST BEEF (e) TOMATO, CHEESE, MUSTARD MAYO	\$ 4.0
TANDOORI CHICKEN (e) LETTUCE, CUCUMBER YOGHURT	\$ 4.0

WRAPS

	SGL	DBL
SALAD (e)	\$ 3.0	\$ 4.5
LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION		
CHICKEN, LETTUCE & MAYO (e)	\$ 3.0	\$ 5.0
CHICKEN BREAST		
SWEET CHILLI CHICKEN (o)	\$ 3.0	\$ 5.0
LETTUCE, CHEESE, SWEET CHILLI MAYO		
LEG HAM & SALAD (e)	\$ 3.0	\$ 5.0
LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION		
TANDOORI CHICKEN (e)	\$ 3.5	\$ 5.5
CUCUMBER, LETTUCE		
CHICKEN CAESAR (e)	\$ 3.5	\$ 5.5
COS, EGG, BACON, CHEESE, DRESSING		
FALAFEL (e)	\$ 3.5	\$ 5.5
FALAFELS, LETTUCE, TOMATO, HUMMUS		

IF YOU WANT SOME VARIETY - CHOOSE ANY 2 SINGLES FOR \$ 6.0

SALADS

	REG	LGE
WATERMELON (e) WATERMELON CHUNKS	\$ 3.0	\$ 4.0
FRUIT (e) FRESH SEASONAL FRUITS	\$ 3.0	\$ 4.5
GARDEN (e)		\$ 4.5
LETTUCE, TOMATO, CAPSICUM, CARROT, ONION, BEETROOT		
SWEET CHILLI CHICKEN (o)		\$ 5.5
TENDERS, LETTUCE, TOMATO, CHEESE		
TANDOORI CHICKEN (e)		\$ 5.5
CUCUMBER, COS LETTUCE, TOMATO		
CHICKEN CAESAR (e)		\$ 5.8
COS LETTUCE, EGG, BACON, CROUTONS, CHEESE		
POTATO (e) POTATO, RED ONION, CORIANDER, MAYO	\$ 3.5	
VIETNAMESE NOODLES (e)	\$ 3.5	\$ 5.8
CHICKEN, CARROT, RED ONION, HERBS		
CHICKEN PASTA (e)	\$ 3.5	
CHICKEN BREAST, CARROT, CAPSICUM, RED ONION		
SUNDRIED TOMATO & PESTO PASTA (e)	\$ 3.5	
CARROT, RED ONION		
FALAFEL (e)		\$ 5.8
TRADITIONAL FALAFELS, COS LETTUCE, FRESH TOMATO & HUMMUS		

CRUNCHY ROLLS

SALAD (e)	\$ 5.0
LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION	
CHICKEN, LETTUCE & MAYO (e)	\$ 5.0
FRESH SHREDDED CHICKEN BREAST	
SWEET CHILLI CHICKEN (o)	\$ 5.0
CHICKEN TENDERS, LETTUCE, CHEESE, SWEET CHILLI MAYO	
HAM OR ROAST BEEF (e)	\$ 5.0
PREMIUM HAM OR ROAST BEEF, LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, ONION	
PERI PERI CHICKEN (e)	\$ 5.5
CHICKEN BREAST FILLET, LETTUCE, PERI PERI SAUCE	
HOT N SPICY FILLET (e)	\$ 5.5
CHICKEN BREAST, LETTUCE, MAYO	
CHICKEN SCHNITZEL (o)	\$ 6.0
CHICKEN BREAST SCHNITZEL WITH LETTUCE & MAYO OR GRAVY	



OUR FOODS ARE MADE IN THE CANTEEN DAILY FROM FRESH, NATURAL INGREDIENTS

ALL MENU ITEMS ARE HALAL (EXCLUDING PORK BASED PRODUCTS)

HEALTHY SCHOOL CANTEENS FOOD CODING E - EVERYDAY O - OCCASIONAL





healthy canteens menu



BREAKFAST

SEASONAL FRUIT PIECES (E)	\$ 1.0
YOGHURT (E) WITH MUESLI ADD 50C	\$ 3.5
WATERMELON SALAD (E)	\$ 4.0
FRUIT SALAD (E)	\$ 4.5
MUFFINS (O)	\$ 3.0
BANANA BREAD (O)	\$ 3.5
HASH BROWN (O)	\$ 1.5
EGG & CHEESE ROLL (E)	\$ 3.0
BACON & CHEESE ROLL (O)	\$ 3.5
BACON & EGG ROLL (O)	\$ 4.0
BIG BREAKFAST WRAP (O) BACON, EGG, HASH BROWN, BBQ SAUCE	\$ 5.0
HAM & CHEESE WRAP (E)	\$ 3.5

BREAKFAST MEAL DEAL

CHOOSE 1 BREAKFAST ITEM

\$6

HASH BROWN OR PIECE OF FRUIT

OAK MILK 300ML OR WATER 600ML
(EXCLUDES BIG BREAKFAST WRAP)

DRINKS

WATER (E) 600ML	\$ 2.0
OAK MILK 300ML (E)	\$ 2.5
SOFT DRINK (O) 375ML SUGAR FREE	\$ 2.5
UP N GO (E) 250ML CHOCOLATE, VANILLA	\$ 3.0
FRESH JUICE 450ML (E) APPLE, ORANGE	\$ 3.5
ALOE VERA (E)	\$ 3.5
ICE TEA (E)	\$ 3.5
MINERAL WATER (E)	\$ 3.5
PUMP WATER (E) 750ML	\$ 4.0
OAK MILK 500ML (E)	\$ 4.0
ICE COFFEE (E) 500ML	\$ 4.5
SOFT DRINK (O) 600ML SUGAR FREE	\$ 4.2
FRUIT SMOOTHIES (E) BANANA & HONEY, OTHER SEASONAL FRUITS	\$ 5.0

HOT BITES

SPICY CHICKEN WINGS (E)	EACH	\$ 1.2
FRESH CHICKEN WINGS COATED IN HERBS & SPICES	X 5	\$ 5.0
CHICKEN NUGGETS (O)	X 5	\$ 3.0
	X 10	\$ 5.0
HOT CHIPS (O)	GRAVY \$1	\$ 4.0
GARLIC BREAD LOAF (E)	SGL	\$ 2.5
	DBL	\$ 4.5
SOUP OF THE DAY (E) DURING TERMS 2 & 3 TUE & WED		\$ 3.0
CUP OF NOODLES (O) TOM YUM, BEEF, CHICKEN		\$ 3.0
SAUSAGE ROLL (O)		\$ 3.0
MEAT PIE (O)		\$ 3.5
SPINACH & RICOTTA ROLL (O)		\$ 4.5
POTATO PIE (O) POTATO & BEEF		\$ 4.5

BURGERS

CHEESE BURGER (E) BEEF, CHEESE, TOMATO SAUCE	\$ 4.8
AUSSIE BURGER (E) BEEF, LETTUCE, TOMATO, BEETROOT, BBQ SAUCE	\$ 4.8
CHICKEN FILLET BURGER (E) NATURAL BREAST FILLET, LETTUCE, MAYO	\$ 5.0
HOT N SPICY CHICKEN BURGER (E) SPICY FILLET, LETTUCE, MAYO	\$ 5.0
CHICKEN & CHEESE BURGER (E) NATURAL BREAST FILLET, BBQ SAUCE	\$ 5.0
BEEF, BACON & CHEESE BURGER (O) BBQ SAUCE	\$ 5.5
EXTRA CHICKEN FILLET (E) ADD AN EXTRA FILLET TO YOUR BURGER	\$ 2.0

SUSHI

SUSHI ROLLS (E) ASSORTED	\$ 3.5
RICE PAPER ROLLS	
VIETNAMESE RICE PAPER ROLLS (E) ASSORTED 2 PER SERVE	\$ 4.5

RICE

	REG	LGE
BUTTER CHICKEN (E) OUR FAMOUS RECIPE & STEAMED RICE	\$ 3.5	\$ 5.5
THAI RED CURRY (E) CHICKEN, ASIAN VEGES & STEAMED RICE	\$ 3.5	\$ 5.5
BIRYANI SPICY RICE (E) CHICKEN OR VEGETARIAN	\$ 3.5	\$ 5.0

PASTA

	REG	LGE
CHICKEN CARBONARA (E)	\$ 3.5	\$ 5.0
SPAGHETTI BOLOGNESE (E) RICH BEEF SAUCE	\$ 3.5	\$ 5.0
NAPOLITANA CHICKEN (E) FRESH TOMATO SAUCE	\$ 3.5	\$ 5.0
SPINACH & RICOTTA RAVIOLI (E)	\$ 4.0	
CHAR GRILLED VEGETABLE (E) TOMATO SAUCE	\$ 3.5	\$ 5.0
LASAGNE (E) HOMEMADE BEEF		\$ 6.0

NOODLES

	REG	LGE
PAD THAI NOODLES (E) CHICKEN OR VEGETARIAN	\$ 3.5	\$ 5.5

DONER KEBABS

DONER KEBAB & CHEESE (E) CHEESE, SAUCE	\$ 6.0
DONER KEBAB - THE LOT (E) LETTUCE, TOMATO, ONION, CHEESE, SAUCE	\$ 6.5

SNACK PACK

DONER KEBAB MEAT (E) WITH CHIPS OR SALAD	\$ 8.0
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MEXICAN

FAJITAS	
CHICKEN FAJITA (E) MEXICAN CHICKEN, CHEESE, CAPSICUM, ONION	\$ 5.0
NACHOS	
BEEF NACHOS (O) BOLOGNESE SAUCE, CHEESE - SOUR CREAM 50C	\$ 5.0
VEGETARIAN NACHOS (O) SALSA, LETTUCE, CHEESE - SOUR CREAM 50C	\$ 5.0



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HEALTHY SCHOOL CANTEENS FOOD CODING E - EVERYDAY O - OCCASIONAL



This fortnight @ SMSHS

Monday 12 Nov	Tuesday 13 Nov	Wednesday 14 Nov	Thursday 15 Nov	Friday 16 Nov
WEEK A Remembrance Day Assembly Year 12 Physics Excursion to ANSTO	Year 12 Sign Out Day #1 L'Oreal Girls in Science Forum		Year 12 Sign Out Day #2	Year 12 Formal Year 12 English Ext 2 Excursion (ETA) Year 12 Hospitality Excursion (William Angliss Institute)
Monday 19 Nov	Tuesday 20 Nov	Wednesday 21 Nov	Thursday 22 Nov	Friday 23 Nov
WEEK B			Japanese Cultural Day Excursion	

Our Staff Teams

Principal:	Sally Smithard
School Leadership Team:	
- Deputy Principal (Year 12)	Danielle Ervine
- Deputy Principal (Year 11 - Rel)	Leah Havord
- English	Julie Robinson
- Mathematics	Simone Pett
- Science	Lidija Radovancevic
- Commercial Studies (Rel)	Salochna Reddy
- HSIE	Lisa O'Neill
- CAPA	Lesley Stubbs
- Computing	Matthew Topp
- LOTE	Luigi Serra
- TAS/PDHPE (Rel)	Angela Lievore
- Secondary Studies	Liz Hemmings
- Student Services (Rel)	Peta Bailey
- First Australians	Lidija Radovancevic
- Sport and Recreation	Joanne Brines
- School Administrative Manager	Rebecca Zinghini
Student Advisers:	
- Year 12, Surnames A-G	Charly Ebejer
- Year 12, Surnames H-O	Ellen Worgan
- Year 12, Surnames P-Z	Lyn Tuckwell
- Year 11, Surnames A-G	Luigi Serra
- Year 11, Surnames H-O	Andrew Mabey
- Year 11, Surnames P-Z	Nicola Preston
Learning Support:	Carmel Harriden Dianne Pyne
Careers Adviser:	Lyn Tuckwell

Contact us



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St Marys NSW 2760



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stmaryssen-h.school@det.nsw.edu.au



St Marys Senior High School Official Site - Facebook



St Marys Senior High School - Skoolbag App