Meet our 2016 School Leaders

More than ready to Lead and Inspire

It is with enormous pride and great confidence that the school announces Zoe Turner, Mahnoor Mushtaq, Phillip Brooks and Sarkis Ghattas as the Merrylands High School School Captains for 2016.

This talented, hard working and thoroughly deserving group have all made significant contributions to the school over many years. All were recognised and celebrated as leaders in their junior years and are eager to seek other exciting opportunities to lead the school and wider community. Zoe epitomised this spirit when she shared that she was “excited by the challenges that await her and the adventure of overcoming them”. Sarkis spoke for the entire group when he explained that he was “honoured and humbled to be named as School Captain” and he sees it as “an enormous privilege”.

Stop Press

Merrylands in Buckley Shield Triumph
Thrilling win sees MHS crowned State Champions!

See the full story and photos on Page 2 and 3
Buckley Shield Grand Final – 9th September

MHS - State Champions!

Wednesday 9th Sept 2015 will go down in the record books as the day Merrylands High School won its first ever state wide Knockout Competition, with the U/14’s Rugby League team taking out the final of the Buckley Shield 16-12 against Singleton HS. The final was the culmination of seven months of Knockout Competitions involving over 300 schools.

For the players and their families, the coaching staff, spectators and teachers who were present on the day, the memory of victory will live for ever more. Over 120 enthusiastic students cheered our boys on throughout the rugged final encounter. Merrylands were dominant in the opening exchanges and the game was only 5 minutes old when Tevita Masima crossed out wide for the first of his three tries. He calmly converted the try from the sideline and Merrylands led 6-0.

Singleton quickly hit back with a converted try and locked the score at 6 all. Strong play from Becker Akl, Nicholas Kissun, Darcy Shum and Khoder Akl led to Tevita crossing for his second try, giving Merrylands a 10 – 6 half time lead.

Immediately after half time Singleton hit the front with a try under the posts to lead 12-10. With our vocal supporters cheering on, Tevita crossed for his third try, which he converted, to take the lead 16-12 a lead we clung onto until the final siren.

Congratulations to our coach Mr Dagdanasar and all his assistants for their contribution in making this a memorable year for Merrylands High School in Sport.
Joshua Lasalo driving the ball into opposition territory (left) while Darcy Shum steps around a Singleton defender (right).

(Above) Tevita Masima diving in to score one of his three tries and below in action and with his award as Player of the Final.
Mr Conteh, 18, was helping a client with a workout at Snap Fitness in Fairfield Forum at 6.15pm when someone reported smelling smoke. After investigating, he discovered flames in a storeroom near the gym. “I thought, that’s definitely going to go into the gym,” Mr Conteh said.

After calmly organising an evacuation, Mr Conteh smashed the glass door to the storeroom and clambered in with a fire extinguisher to fight the blaze. After it ran out of foam, Mr Conteh went to get another fire extinguisher. He only stopped fighting the flames when firefighters arrived and took him away. “The gym was at risk,” he said.

The valiant teen was treated by paramedics for smoke inhalation and a cut to his hand. All the firefighters had to do was extinguish some leftover fire hot spots and ventilate the smoke.

Mr Conteh is on his gap year after graduating from Merrylands High. After joining the gym’s staff three months ago, he had just finished his introductory period of probation when the fire broke out. Gym owner Ben Kelly said Mr Conteh was an excellent employee who had been promoted to gym manager after two months. “I’ve never had an employee that would go above and beyond in the way that he has,” Mr Kelly said. Mr Conteh is so modest he has not even told his mother about his heroic deed. “I didn’t think it was really that important,” he said.

Article and photo courtesy of the Fairfield Advance
R U Ok? – Merrylands Staff and Students caring for each other

In what has become an important annual event, Merrylands High School staff and students took time out on September 10th to check in with each other by asking – “R U OK?”. A range of activities were organised for this day to reinforce the importance of looking after each others mental health.

In period 4 teachers used the ‘R U OK?’ initiative to introduce a lesson on mental health and caring for each other. This message was reinforced throughout the day by the issuing of ‘RU OK?’ wristbands, a staff morning tea and a dedicated effort by staff to dress in the traditional yellow of R U OK? Day. Congratulations to all involved for the impact you made on this important topic.

State Title for a fabulous all-rounder

You really have to twist the arm of humble Yr 9 student Danny Di Quattro to learn about his most recent triumph – but don’t twist too hard - as Danny recently took out the NSW All Schools Taekwondo 65 – 68kg championship.

Danny has trained with the local “Red Dragon” Taekwondo club for 5 years and is only one step away from his black belt. Despite, or perhaps because of, all this hard training, Danny is a fabulous all-round student who excels in the classroom and as a selfless student leader. Danny’s name will be very familiar to regular readers as Danny is also a frequent contributor to the newsletter. Well done Danny on this fabulous achievement and good luck as you train for your black belt.
Grace Harley acts to care for students across the state

In January this year School Captain Grace Harley represented the school at the Australia Day lunch hosted by Premier Baird. Grace embraced this opportunity to share ideas with political and educational leaders and seven other student leaders.

As a result the students, in a wonderful display of initiative and enterprise, committed to working together to address student mental health, an issue that impacts on every school.

As a result of Grace’s leadership, drive and care for others, Merrylands and many dozens of other NSW schools recently held “Life Wave” events to raise awareness about the issue of mental health in schools.

Staff and students alike donned green garments to show their support for this valuable initiative. Despite facing the HSC in a few short weeks Grace and her team hope to grow the initiative and have it find a permanent place on the calendar of every school.

Learning at Merrylands – 6 days a week!

While many students are having a sleep in on Saturdays, learning continues for many others in the community who attend the School of Community Languages here at Merrylands. For those interested the details are included below.
More people than ever staying up-to-date with MHS via Social Media

The popularity of our school’s social media sites continues to explode as students, parents, staff, former students, politicians and members of the community use it to stay informed on the countless activities and successes that are celebrated at MHS.

While the school’s website (merrylandh.school@det.nsw.edu.au) still receives hundreds of visitors each week, our increasingly popular Twitter feed (www.twitter.com/merrylandshs) and Facebook page (www.facebook.com/merrylandshigh) have quickly become the favoured way to keep up-to-date with all that happens inside and outside the classroom.

Just a few news items as they appear on Twitter (left) and Facebook (Right)

For the Calendar

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>Year 12 graduation and formal</td>
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<tr>
<td>Friday</td>
<td>Last Day Term 3.</td>
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<tr>
<td>Mon - Wed</td>
<td>HSC ‘Holiday’ Tutorials – See Ms Rao</td>
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<tr>
<td>Thursday</td>
<td>Yr 12 Geography ‘Urban Dynamics’ Field Trip</td>
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<tr>
<td>Thursday</td>
<td>Yr 9 Fast Forward University Day</td>
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<tr>
<td>Monday</td>
<td>HSC Exams begin</td>
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<tr>
<td>Wednesday</td>
<td>HSC Exams complete</td>
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<tr>
<td>Wednesday</td>
<td>Yr 7 Vaccinations</td>
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<tr>
<td>Thursday</td>
<td>Swim School begins</td>
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A thank-you from Headspace

Marylands High School
Bundall
Marylands
Qld 4170
8 September 2016

To whom it may concern.

On behalf of Headspace National Youth Mental Health Foundation, thank you to the Marylands High School for its generous donation of $18,279 that was gratefully received this week. This gift will contribute to our important work of supporting young people and their families across Australia. We are truly grateful that you have chosen to support our work through the Ultimate Fundraising Initiative.

As I am sure you are aware, Headspace provides mental health and wellbeing support, information and services to young people aged 12 to 25 and their families. These services include general health, mental health services, education and vocational services as well as alcohol and drug services. To date, Headspace has helped over 120,000 young people through our expanding network of 48 Headspace centres and online via showgrounds.

Again, many thanks for your support and acknowledge of the services we provide to young Australians.

If you need any further information about Headspace, please don’t hesitate to contact me on Tel. (07) 5577 1410 or email mcintosh@headspace.org.au

Yours faithfully

Bob Mcintosh
Corporate Partners & Fundraising Adviser

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