

Monday: 29th November 2010

Term 4 - Week 8



MHS Newsletter



A member of the
Cudgegong Learning
Community

Coming Events:

- Dec 1 – SRC Social
- Dec 3 – CLC Dinner
- Dec 6 – Luna Park Excursion
- Dec 7 – MAD Concert
- Dec 9 – 12.30 pm -Y10 Final Presentation Day
- Dec 9 – Y7, 8, 9, 11 Presentation Night 7pm
- Dec 12-15 Y11 Camp
- Dec 14 – Y7 Gold & Silver – 11am
- Dec 14 – Y7 Concert
- Dec 15 – Final Day for Students
- Jan 28 – Staff Dev Day
- Jan 31 – Y7, 11 & 12 return to school
- Feb 1 – Y8, 9 & 10 return to school

This issue:

- Principal's Message
- SRC Social
- Ag News
- PDHPE News
- East Timor Calendar
- Community Announcements
- Coffin Creek Ad

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"Providing high quality education in a stimulating and caring environment."

Principal's Message

The school was saddened this week to hear of the passing of Mr Chris Hughes. Chris served Mudgee High as Deputy Principal and Relieving Principal during the years 1986 to 1997. We extend our deepest sympathy to Chris' wife Jennifer, his children Bradley and Elizabeth and to the rest of the family.

Uniform...

There would appear to be a little confusion out there with regard to what will constitute uniform at Mudgee High School in the new year. It is worth noting that uniform at Mudgee High in 2011 has not *changed*. It has, however, been *modified* and there are good reasons for this modification. The history of the modified uniform goes back to 2009. Each school in NSW is required to have a *School Plan* that focuses on a set of action areas with quantifiable outcomes and proposed strategies to effect positive changes. One such area was school culture and from within this group came a sub-committee whose plan was to smarten up uniform standards.

Some of the issues identified by the school culture committee were hooded tops, track pants and Rucker shorts. Hooded tops were never part of uniform, but as many parents and carers had, in good faith, bought these items, they were not banned outright. Instead, the local businesses which trade in school uniforms agreed to no longer carry these items. A similar situation existed with track suit pants. They too have never been accepted as uniform and will no longer be sold as uniform by local suppliers. The Rucker shorts issue was simply one of modesty. The exceptionally brief nature of these shorts was identified as inappropriate for a school environment. At no time were these shorts ever uniform at Mudgee High. These ideas were taken to P&C where they were subsequently endorsed as policy.

In 2011, it is expected that Year 7 students and students new to Mudgee High will be dressed in the modified uniform which includes an embroidered MHS logo on the lower right leg of shorts and lower right pleat of skirts – excepting the skirts worn with a blazer by school captains, as well as other students representing the school in events like debating, public speaking, mock trial, MUNA, etc.. Sports shorts will carry distinctive MHS lettering to distinguish them from the girls' blue shorts so as to ensure students change both before and after PE practicals and sport. The existing polo shirts have not been modified.

The P&C did consider establishing a uniform shop, but in a country town like Mudgee, it was considered more appropriate to work more closely with local suppliers so as to both keep the business generated within Mudgee and to give the school greater control over what is uniform. We understand that not all kids are the same, so a reasonable variety of styles and shapes of both shorts and skirts are now available. Equally, we realise that not all sizes may initially be available.

We also understand that in some instances, parents and carers may have only recently purchased new uniforms that do not carry the lettering and logos of the modified uniform now available. We realise that it would be a financial imposition to expect parents and carers in that situation to now buy new uniforms.

For the reasons outlined above, it was ratified at the most recent P&C meeting (22/11) that there be a *transition period*. During this period, the modified and pre-existing uniforms will co-exist. This *transition period* will finish at the end of Term 1. All students will then be expected to be in the modified uniform. Students whose current uniforms meet the style/design of the modified uniform – the majority of students – will be able to ask for a note from school allowing them to have that uniform embroidered with the logos/lettering of MHS. Equally, Mrs Manwaring plans to make available MHS logos as a patch that can be sewn on to approved existing uniform.

W Eade - Relieving Principal

SRC presents the end of year **SOCIAL** on Wednesday 1st December, 2010, 7-10pm.

Theme: "RED CARPET" **Music:** DISCOTEX

Cost: \$4 Tickets will be sold from F1 on the day at recess and lunch.

Prizes: Lucky door and best dressed. **PLUS** sausage sizzle \$3

AG UPDATES

The Agriculture staff are pleased to announce a major investment in Agriculture at Mudgee High School. Nigel White of Coffin Creek Angus Stud has donated three steers to the school to be shown at the Sydney Royal in April next year. These steers were selected as his top three in different categories by himself and Brett Littler (District Livestock Officer – Cattle). This represents a significant cost saving to our Steer Showing program. Currently these animals are being handled regularly to tame them and accustom them to the intense handling they will receive in Sydney. Already the nose ring is in place and they are being broken to halter. There is already a significant change in their temperament as they are groomed and rely on us for their entire diet. The steers are also being weaned onto a special feed ration and we are very pleased to report that Mudgee CRT and Ridley AgriProducts have agreed to continue their generous discount on our major feed.

Unfortunately, we must make a correction to our recently advertised intention to take a large group of students to the Easter Show. With Easter falling late, the school term and Show dates do not coincide. However, a group of six students will be taken for the purpose of steer showing but this will involve sacrificing some holiday time. More details will be available early next year.

Once again we appeal for plastic shopping bags. Year 8 are harvesting their vegetables weekly and clean, used bags are in very short supply. Please assist by delivering them to the office, Science or Agriculture staff rooms.

PDHPE FACULTY NEWS

The end of year is upon us. Even though the end of the semester is approaching, it is still important that your child comes prepared for PHDPE lessons. Many PDHPE classes still have a number of topics to cover and students will be expected to continue working to the high standard needed to complete the course. There may still be homework and assignments given, so please speak with your child and support them to complete this work. Some students have been given reminders about overdue work, so if you are aware of this, please ensure this work is submitted to the classroom teacher.

Uniform standards in practical classes also need to be maintained and the uniform policy will continue to be enforced. Students are reminded that it is not appropriate to wear board shorts to school and they will not be permitted to wear them when leaving the pool. For health reasons, students are also reminded that wearing wet underwear and swimmers underneath clothing is not a hygienic practice.

The PDHPE faculty would like to thank you for your support during this year and would like to extend everyone in the Mudgee High School community the very best for the holidays and Christmas season.

Upcoming events

Students that have studied PD08 - *Challenge yourself* will be attending a 3 day camp to Dunn's Swamp this week. They will be participating in a variety of activities including canoeing, bushwalking and completing some bush artworks.

Swim school – In 2009 for the first time we conducted a swim school with students identified as weak or non-swimmers in Year 7-8. Following the successful feedback from parents and students, we are going to conduct this program again in 2010. This program will be conducted by the PDHPE staff who have the expertise and experience to improve the skills and confidence of students who are not so confident in water. If you would like your child to participate in this program please get your child to get a permission note from the PDHPE staffroom.

Cricket - On Friday 26th November the boys ING cup team are playing Dubbo Christian School at Walkers. This is Round 4 of the Western Area. If they are successful they will have gone through the competition undefeated and will play in the Grand Final against the winner of the Western side of the draw. The boys are looking to get many wickets and runs under their belt in anticipation of a Grand Final rematch of last year against Dubbo.

Junior girls will be competing in the Lisa Keightly Shield in Wellington on the 6th December.

Driver education – Yr 11 will be attending a Driver Education and Road Safety Awareness day at the PCYC on Thursday 2nd December. This will start at 9am. This is **COMPULSORY** for all students in Year 11.

Girls softball – Western area knockout on the 8th December in Orange.

We wish all the sporting teams all the best.

Sport news

Our end of year assembly will see a number of students receive sporting awards for excellence and outstanding achievement. These awards are given to students who have performed highly in the various representative teams and events offered at Mudgee High. Anyone receiving an award should be proud of their achievement as it is recognition of, not only their talent, but their sportsmanship, teamwork and outstanding attitude when representing our school.

This year has been an exciting year for Mudgee High with many of our teams performing exceptionally well. The manner in which students represent our school is to be commended and it is because of the efforts of students, teachers and parents that we receive such excellent reports from the community. It is also great to see that participating in physical activity is rated highly amongst the majority of our students as this demonstrates a positive attitude towards their health. We look forward to a continuation of this positive attitude and hope that 2011 will bring as much success.

As many of the sporting competition have drawn to a close it has been a relatively quiet term for many teams. There may be several teams beginning preparation for 2011 competitions during this term so it will be important for students to continue listening for announcements in roll call and communicating with their coaches.

Cricket season is in full swing and both our boys and girls teams have been busily preparing to bat and bowl their way through another few rounds. Recent trials for the Western Area team showed the depth we have at Mudgee High with Mitchell Hearn, Andrew Best, Cameron Cox and Troy Kenny being selected for the Open Boys team and Rebecca Bailey and Jess Edwards being selected for the Open Girls team.

VI subject selections

As you would be aware, students in Years 7, 8 and 9 have recently completed their subject selections for 2011. For the most part, students went about this in a mature fashion and a large number showed that they were thinking seriously about the PDHPE modules they selected. Due to the changes in the PDHPE syllabus and the alterations made to the modules we are offering, it is important for students to understand the content of each module they choose to ensure they will get maximum benefit from the topics covered.

Assessment in PDHPE

Assessment in PDHPE takes many forms and whilst we are commonly thought of as a practical subject area, it is important to remember that your child will be given opportunity to demonstrate their learning in a variety of ways other than physical skills. They will undertake a number of everyday classroom activities in conjunction with planned assessment tasks. Students are also required to become involved in the processes of investigation, communication, analysis, decision making and values formation as part of their PDHPE modules.

Sun safety and swimwear

To improve sun safety, ALL students are encouraged to wear a rash shirt during their time at the pool, however, you may remember that due to the nature of our swimming program we have previously asked that you consider the style of swimwear your child wears during lessons. Whilst at the pool, students participate in a variety of activities that involve diving, ball games and lifesaving. We ask that students, particularly females, wear a rash shirt or t-shirt, and boardshorts to ensure they can actively engage in all activities. Students have readily complied with these requests and as a result, their teachers have a great deal more flexibility offering activities to classes. This is an example of where the Mudgee High Community has supported the teaching and learning of students in a positive and responsible manner. Your co-operation has been very much appreciated by the staff.

If it is deemed that a student cannot actively engage in lessons due to their swimwear being inappropriate, they may be unable to participate or will be provided with a shirt from our lost property section.

We continue to encourage the wearing of sunscreen at all times and appreciate your support in reinforcing the importance of sun safety with your child. Students are reminded that they are able to use school supplies of sunscreen at any time to ensure they are adequately protected.

Continuing on the sun safety message, we would like to see more students bringing along waterbottles and wearing a hat. Whilst we take regular drink breaks, participate indoors when possible and attempt to minimise our time in the sun, it is necessary to complete a number of activities outdoors and as such your child needs to be prepared and protect themselves from the heat.

Health news – A focus on sun safety

The incidence of skin cancer in Australia is the highest in the world. Currently, there are around 1300 deaths each year from the disease in Australia. Many of these deaths could have been prevented since exposure to sunlight (in particular, to ultraviolet radiation) has been identified as the major cause of skin cancer. It is estimated that two out of three people will require treatment for at least one skin cancer during their lifetime (Source: NSW Health).

Sunscreen is one of many ways of effectively filtering out damaging UVR. Look for sunscreen labelled 'broad spectrum'. This means it blocks out UVA and UVB rays, both of which contribute to sunburn, skin ageing and skin cancer. Did you know that there are two types of sunscreen?

The two types of sunscreens available are:

1. **Absorbers** that soak up UV radiation and prevent it reaching the skin.
2. **Reflectors**, such as zinc creams, which reflect UV rays away from the skin. These sunscreens should only be used on small areas of the skin as they can limit heat loss and perspiration.

Tips for using sunscreen effectively:

- Put on sunscreen **20 minutes before** going outside.
- Generously apply** sunscreen by smearing over clean, dry skin - leave a visible film and don't rub it in.
- Use a **water-resistant sunscreen** if you are swimming, exercising or in a humid climate.
- Apply zinc cream to your nose, lips and cheeks if you are going to be outside for long periods.
- Re-apply every two hours** or regularly if you have been swimming, sweating or wiping it off.
- Always **check the expiry date**. Don't use a sunscreen that is passed its use-by date.
- Store sunscreens in a cool place out of the sun.
- If you develop a reaction to sunscreen stop using that brand and try another. There are sunscreens for sensitive skins that are less likely to contain ingredients such as fragrances that may irritate the skin. There is no evidence that there are any adverse effects associated with using sunscreen.
- No sunscreen offers 100% protection** from the sun. Always use sunscreen in conjunction with clothing, hats and shade.

Did you know...

SPF stands for 'sun protection factor'. SPF30+ sunscreen is the highest protection factor available in Australia filtering out 96% of UV.

Don't use sunscreen to extend the amount of time you spend in the sun or you will accumulate enough UV radiation to damage your skin, even if you reapply sunscreen.

Source: The NSW Cancer Council



East Timor Sister-School Calendars



Christmas is coming! Do you want an affordable present idea for your friends and family, one that will also give support to our Sister-School in East Timor?? Calendars, made up of pictures taken in East Timor and specifically in Fatuberliu, are for sale through the Mudgee High front office. Each calendar costs only \$15. All proceeds will be sent directly to our sister-school. Your support is greatly appreciated.

Community Announcements

GRANDPARENTS Raising GRANDCHILDREN

A wise proverb instructs us to "to give honour where honour is due" – that's why we are hosting "Grandparents raising Grandchildren", celebrating Grandparents who take on the responsibility of raising the next generation. Guest Speaker – Mark Coulton MP will be with us.

We do hope you can join us for this special day – December 3 from 12 to 2pm

Frontline Church – 51 Burrundulla Avenue – Mudgee

RSVP December 1 on 63721104

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