

Monday : 17<sup>th</sup> May 2010  
Term 2 - Week 5



# MHS Newsletter



A member of the  
Cudgegong Learning  
Community

## Coming Events:

- 18<sup>th</sup> May – Yrs 9, 10 & 11 Try a Trade Day
- 24<sup>th</sup> May - P&C/School Council Meeting 7.30pm

## This issue:

Principal's Message  
Athletics Carnival  
Western NSW Region Band  
Cross Country  
Maths Faculty News  
Careers News  
Creative Arts News  
Black Dog Institute  
Community Announcements

**Mudjee High School – Locked Bag 2004, Mudjee NSW 2850**  
**ABN: 25 074 408 459 Telephone: (02) 6372 1533 Facsimile: (02) 6372 6321**  
**Website: [www.mudjee-h.schools.nsw.edu.au](http://www.mudjee-h.schools.nsw.edu.au) Email: [mudjee-h.school@det.nsw.edu.au](mailto:mudjee-h.school@det.nsw.edu.au)**  
*"Providing high quality education in a stimulating and caring environment."*

## Principal's Message

The NAPLAN tests for Years 7 and 9 last week demonstrated the commitment and respect of students to their work. Well done.

Now that the weather is getting colder students need to ensure they have a school jumper and/or jacket. Families who are experiencing financial difficulties are encouraged to apply for student assistance. Pick up a form from the office and return to the office or Principal.

Year 9 should by now have received their new laptops. The poor design of the cases is causing some concern with two screens already damaged. Consideration should be given to purchasing a laptop case. Backpacks which are designed to carry laptops should also be considered if students need a new school bag. Please contact Mr Jones (Deputy Principal) if you need any further advice on caring for the new laptops. Replacement screens cost \$400.00 which students are responsible for if the damage is caused by negligence.

*Louise Manwaring*  
Principal

## Athletics Carnival

The athletics carnival is this Friday, 21st May at Walkers Field. This is a normal school day and attendance is required. Students will need to bring their ID card to swipe in at the beginning of the day and events will start at 9am.

The events held on the day will include 100m, 200m, Long Jump, High Jump, Discus, Shotput, Javelin and novelties (the 400m and 3000m will be held at 8:30am before the carnival). The idea of the carnival is about participation, having fun and getting involved in the house spirit. Students are encouraged to participate in all events and to get dressed up in House colours.

A canteen will be running on the day and Yr 12 will once again be providing goodies for their fundraising.



## Western NSW Region Band Camp 2010

This camp is available to instrumental band students in years 5-12. (sorry, no orchestral strings). The camp is from July 25 until July 30, at Lake Burrendong. Mr McNamara has details.

## **CHANGE OF DATE FOR THE SCHOOL CROSS COUNTRY**

The arrangements for the school cross country have been changed. The details are as follows:

**Year 7 and students in Years 9-12 who have previously nominated themselves** will compete at Redbank Dam Reserve during periods 7 and 8 this Wednesday 19<sup>th</sup> May. Students should change into their PDHPE uniform during lunch and meet on the oval at the end of lunch. Year 7 roll mark will occur in their usual classes and Years 9-12 will be marked as one group. \$2 will be collected for bus travel.

**Year 8** will compete at Redbank Dam Reserve during their Sport periods (1 and 2) this Thursday 20<sup>th</sup> May. Students will attend roll call to have their name marked off. They are then to move to the changerooms to get changed into their PDHPE uniform before meeting on the oval for Sport rolls to be marked. \$2 will be collected for the bus by Sports teachers.

*All students are expected to attend* and will be required to stay with the group – there is no provision for students to stay at school. Students who are unable to participate due to injury or illness will be given a job assisting with the organisation of the event.

*Students who do not wish to run the course may walk it.* This event is about promoting physical activity as much as it is about selecting our top performers for the next level. Regular classes will be conducted for the remainder of the day.

## **MATHEMATICS NEWS**

### **Australian Mathematics competition**

This years Australian Mathematics Competition is on the 5<sup>th</sup> August. 47 students from Mudgee High have entered the competition from a range of years and courses. If students are not familiar with the format or types of questions asked they should see their Maths teacher to look at some past competition papers. Good luck to all that have entered.

### **Super Rule**

The HSC is a demanding time for students and it is essential that students are well prepared for lessons with the right equipment. Students who are completing the HSC this year must have an approved scientific calculator. Students are asked to check with their teacher in case their calculator is not approved. Those students sitting the General Mathematics examinations can also take in an approved graphics calculator and we ask that students notify their teacher if they are intending to take such a calculator into the examination. Being unfamiliar with a calculator can severely affect a student's results.

Besides a rule students in the Mathematics and Extension Mathematics courses can purchase a mathematics template which has been approved for use in their examinations. The template is referred to as a Super Rule and can be purchased for \$11.60

### **Calculators**

**All** students in years 7 to 12 need to use calculators in their Mathematics classes. The Mathematics courses are designed to make use of calculator technology to assist students to develop more difficult concepts without becoming bogged down in manual calculations. Mental calculations skills are also practiced as part of the course.

It is important for students to have a calculator of the type approved by the Board of Studies. In the past some students have disadvantaged themselves by not practicing their skills on a calculator that they can use in their final exams. Students are advised to check with your Maths teacher that your calculator is an approved model.

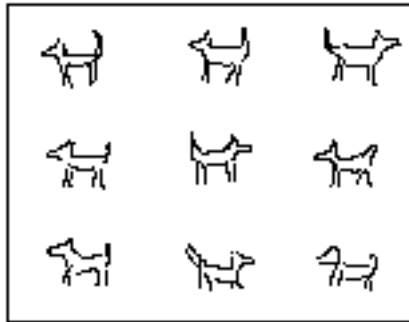
Approved calculators can be purchased from the front office for \$17.00 which is cost price to us. If families have calculators which are no longer needed by ex-students they can be used. It is not necessary to buy the latest model. If students look after their calculator it will last throughout their time at school and beyond.

### **Reminder to Year 12**

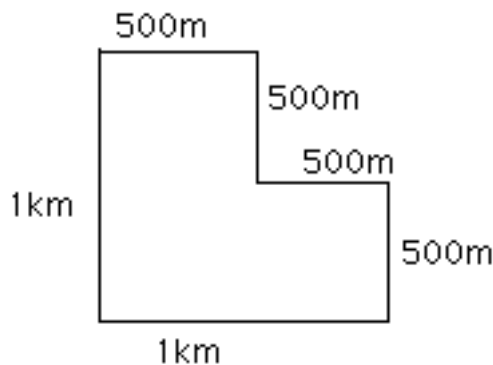
Year 12 are reminded to pay their \$19.00 for past paper HSC booklets as soon as possible. These booklets give you past exams showing all solutions.

## Mathematics Problems

- 1) Nine wolves are in a square enclosure at the zoo. Build two more square enclosures and put each wolf in a pen by itself.



- 2) The Dunk family owns a property in the shape of an L as shown.



The property is to be shared between the four children so that each child receives the same shape and area of land. How can they do this?

### CAREERS NEWS

A University of Newcastle (5 day) Summer School for Year 9 girls, will be held in December this year. The focus is the relevance of Maths and Science subjects for Years 10, 11 & 12 girls and the career options that can flow from these. A great opportunity! For more information and application forms please contact Mr Kempton (Careers Advisor).

The Honeywell Engineering Summer School will be held December 5 to 10 2010. This event is for students who may be considering ENGINEERING as a possible career path at university in 2012. Workshops, lectures, tours etc are involved at various universities. The cost is \$670.00 which covers accommodation, food etc. Please contact Mr Kempton as soon as possible if your student is interested.

### CREATIVE ARTS NEWS

#### State Wind Ensemble

Mudgee High School is proud to confirm that three of our School and Community Band members have been selected to perform as part of the State Wind Ensemble. Ben Cheetham (percussion), Tavis McLennan (trumpet) and Lucy Cheetham (flute) will travel to Sydney later this term to rehearse and then perform in the Concert Hall of the Sydney Opera House.

#### Mudgee's Got Talent

There has been an earlier announcement that the Creative Arts Faculty is preparing to launch into another major production of a musical which will be staged in November this year. It's time for students to dust off the dance shoes and warm up the tonsils... **auditions will be held shortly**. You will need to sing a song (your choice) and to read a piece of dialogue. Why not gather a group of friends to get involved in the musical together? There will be opportunities for students to sing and dance and act on stage, or to work behind the scenes. Parents and Teachers are also encouraged to volunteer time and expertise to assist the Production team. More details soon.

## **AN INVITATION TO PARENTS.....**

### **“Navigating Teenage Depression” – presented by The Black Dog Institute**

MHS is hosting an information evening for parents on Thursday 27<sup>th</sup> May, beginning at 7pm in the school’s Performance Centre. This evening will be presented by Dr Tessa Wigney, a staff member of the Black Dog Institute and will focus on the topic of TEENAGE DEPRESSION and MOOD DISORDERS.

This will be an interesting presentation that aims to improve awareness of the symptoms and causes of mood disorders. It includes specific information on how to identify early warning signs of depression and mania in young adults. A particular focus is on understanding the risks of developing a mood disorder within the context of normal teenage pressures such as, performance anxiety, bullying, identity and sexual development etc. Dr Wigney will also present information regarding where to seek help and wellbeing strategies and include tips on how to communicate and reduce stress.

MHS is very pleased to have the opportunity to assist the Black Dog Institute in working with our students and the wider community. For further information please contact Ms Date or Mrs Broadley on 6372 1355. We look forward to seeing you there on the night.

## **Community Announcements**

### ***Western Region Academy of Sport – 2010 Rookie Camps***

Camps for junior athletes will be held during the mid-year school vacation. Each is a residential camp that acts as a pre selection trial for the WRAS squads. Athletes at the camp will receive expert tuition by Academy coaches, coaches from the local region, special guests, senior WRAS graduates and association/club coaches.

*Nomination and information forms can be downloaded from [www.wras.org.au](http://www.wras.org.au) – Nominations due 9.6.10*

*Contact WRAS – phone 6338 4821 fax 6338 4533*



### **play AFL in Mudgee**



Mudgee Black Swans are looking for new junior players in both 14's & 17's grades

**What:** Come along for a kick and give AFL a try

**Where:** Victoria Park, Mudgee

**When:** From 4:00pm Wednesday afternoons (19/5, 26/5 & 2/6/2010)

**Cost:** No cost to try.

**Contacts:**

Trevor Thomas AFL NSW/ACT Development Officer Mob. 0434 927 818	Nathan Hiley Mudgee Black Swans – President Mob. 0412 117 298	Blake Usher Mudgee Black Swans – Juniors Coach Mob. 0420 844 603
---	---	--

# ThinkUKnow Australia - protecting children online

## What is ThinkUKnow?

ThinkUKnow is an internet safety program offering interactive presentations to parents, carers and teachers via primary and secondary schools across Australia, using a network of trained volunteers from the Australian Federal Police (AFP) and Microsoft Australia. Created by the UK Child Exploitation and Online Protection (CEOP) Centre, ThinkUKnow Australia is being rolled out nationally by the AFP and Microsoft Australia.

*ThinkUKnow are available for face-to-face parent, carer and teacher sessions around Australia. You can register your interest on their website [www.thinkuknow.org.au](http://www.thinkuknow.org.au)*

## Some of the threats for young people online

**Cyber-bullying** involves the use of information and communication technologies (ICT) to support deliberate, repeated, and hostile behaviour by an

individual or group that is intended to harm others.

This form of bullying is often carried out using mobile phones or the internet.

**Online Grooming** is the deliberate actions taken by an adult to form a trusting relationship with a child with the intent of later facilitating sexual contact. This can take place in chat rooms, instant messaging, social networking sites and email. Once contact has been made, child sex offenders then move towards more traditional means of communication such as over the phone.

**Sharing Personal Information.** Social networking sites such as Facebook and MySpace have great appeal for young people, but the information which is shared on a social networking site can have repercussions. Social networking can also be used as part of the grooming process. The information could also be used to identify the physical location of the young person.



## Tips to share with kids

- Always make sure that your profile is set to 'private' so that you can control who has access to your details. For more information on how to do this, visit the 'Privacy' section of the social networking application you are using.
- Never share where you live, your school or any other information which could potentially be used to identify you. It is important to realise that this information can be in a photo, so you should never post photos of yourself in your school or sporting uniform.
- Think before you post photos or videos on your profile. If you aren't happy for the photo to be passed around your dinner table, or shown at your school assembly, it shouldn't be posted online.
- Don't make out that you are older than you really are. If you are lying about your age, imagine how many other people are lying too.
- Select the 'no picture forwarding' option on your social networking profile so that people cannot send your picture to people you don't know.
- Don't share your social networking password with anyone.

For more information in relation to how young people have fun online, and the role that adults can play in helping to keep young people safe go to [www.thinkuknow.org.au](http://www.thinkuknow.org.au).



