

Monday: 20th September 2010

Term 3 - Week 10



MHS Newsletter

Mudgee High School – Locked Bag 2004, Mudgee NSW 2850

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



**A member of the
Cudgegong Learning
Community**

Coming Events:

- Sept 20th – Sept 21st
Year 10 Trial School
Certificate
- Sept 22nd - Year 12
Farewell Social
7 – 10 pm
- Sept 23rd - Year 12
Rainbow Day
- Sept 24th - Year 12
Presentation Day
11.30 am
- Sept 24th - Last day of
Term 3
- Oct 11th - First day of
Term 4

This issue:

- Principal's Message
- Australian Childhood
Vision Impairment
Register
- Boy's Softball
- Open Boy's Netball
- Wanted: Exercise
Bikes
- Vaccinations
- CHS Athletics Report
- Year 12 Parents –
From the Careers
Room
- Languages
- Community
Announcements
- Paid advertisements

Principal's Message

Today is the start of the last week of formal schooling for our Year 12 students. It is a week of great joy mixed with sadness at leaving an institution that has been a major part of their lives and has taken them from nervous primary schoolers to confident young adults.

A variety of activities are planned for the week. On Wednesday night is the Year 12 Farewell Social, open to all students who purchase a ticket on Wednesday and who ARE NOT on Level 3, 4 or those who have been unco-operative in the wearing of uniform.

Thursday is Rainbow Day. This is a day that many other schools across the state look at with envy. Our students have a statewide reputation for the mature way they use this day to serve their community. Students will conduct the road collections in the morning, a fete for Primary and High School students and entertain the rest of the school at a concert in the afternoon.

On Friday Year 12 will end their school days with a formal presentation assembly. Congratulations to Year 12 for the responsible way they have gone about these preparations. We are very proud of them and equally of the work of their Year Adviser Ms McFarlane.

Trial School Certificate Examinations for Year 10 students will be held today and tomorrow. These tests are a very important component of each student's year long assessment process and vital preparation for the actual School Certificate Exams held in Week 5 of next term.

Congratulations to Chris Rushworth who gained both Silver and Bronze Medals at the recent Combined High Schools State Athletics Carnival.

Work on the school timetable for 2011 is well and truly underway. Year 10 students are currently selecting their senior subjects. For the junior school staff are using the results of a recent whole school online survey to form elective lines. Junior students will make their three elective choices very early in Term 4.

Another important event in this very busy last week of term is our Term 3 Gold and Silver Award Ceremony for students in Years 7, 8, 9, 10 & 11. Letters of invitation have been sent to the parents of award recipients for this ceremony scheduled for Wednesday at 12.30pm

Mudgee High is a Centre For Excellence in Teaching (one of the few in the state and the only one in the Western Region). Not only does our teaching staff share their teaching expertise with other schools, our administration staff are regional leaders as well. Many schools call on our administration staff for advice in managing the complex operations that our schools have become. To assist trainee teachers our staff have been called upon to deliver lectures at Charles Sturt University. Mr David Roach (our Highly Accomplished Teacher) recently spoke to a large group of CSU students on the topic of "Students with Special Needs".

After a very busy and productive term can I wish all of our students and their families a safe and happy two week break. There is NOT a school development day to commence Term 4 and so lessons begin at 9.00am on Monday October 11th.

*Steve Jones
Acting Principal*

AUSTRALIAN CHILDHOOD VISION IMPAIRMENT REGISTER

Sue Silveira, Research Fellow, Royal Institute for Deaf and Blind Children contacted the Regional Director, Carole McDiarmid about the Australian Childhood Vision Impairment Register.

This project is sponsored by the Royal Institute for Deaf and Blind Children, in partnership with children, families, eye health professionals, low vision service providers and children services. The Register aims to capture data on Australian children who live with vision impairment.

We currently have 220 children registered, including children who are blind and vision impaired.

Data from the Register is shared with researchers and in planning for better services for children.

However, children and their families are not identified in any way.

Parents are able to find out details about the Register, and register their child at the following website:

<http://www.ridbc.org.au/renwick/research/ozviskids.asp>.

BOYS SOFTBALL

In Week 7 this term the Mudgee High open boy's softball team travelled to Newcastle for the Final 16 of the State Knockout championships.

A number of withdrawals from some of the senior players very close to our departure date left us a little concerned as to whether we could actually field a side in this competition. Fortunately we managed to fill their spots with some very enthusiastic and talented junior players. (Many thanks to them and their parents for the very short notice!)

Our first game was exciting and we were very unlucky not to win this game. This loss though meant we went into the bottom half of the draw. We won our next game quite convincingly but lost our third and fourth games to put us in 12th position.

These boys not only represented our school with pride but they demonstrated great sportsmanship throughout the carnival. They were extremely well behaved at all times and an absolute pleasure to have taken away.

OPEN BOYS NETBALL

On Monday 6th September, the open boys netball team travelled to Cronulla to compete in the Final 10 of the CHS State Netball. The boys competed in a very strong pool that consisted of Dapto, Tamworth and Picton in which they came away with 1 victory and 2 very close losses. From this they were seeded in the bottom half of the draw. Although very sore from the rigours of netball on Day 2 they came away with 2 victories that placed them 5th overall in the State. The sportsmanship and skill that was displayed by the boys was fantastic and they were great ambassadors for Mudgee High School.

A big thank you to Tracey Kastelein for being our umpire for the 2 days and our supporters, Mrs Sanders and Mr and Mrs Priest.

WANTED: EXERCISE BIKES

At Mudgee High we aim to cater for all students, many of whom have different needs. Our Special Education unit is currently trying to source second hand exercise bikes as we have a number of students who, we believe, would benefit from this type of exercise. If you are able to assist us with a donation of a bike please contact Karen Quinn or John Kotlash at Mudgee High on 63721533. We are happy to collect the bike if you are unable to deliver it.

VACCINATIONS

The third and final clinic for the year will be conducted on the 12th October (Tuesday Week One). The clinic will involve all of Year 7. The girls receive their third dose of HPV (cervical cancer), second and final dose of Hep B and their Varicella (chicken pox). Year 7 boys will receive their second and final dose of Hep B and their Varicella (chicken pox).

Community Health has also offered an opportunity for those Year 10 students who missed out on their Boostrix (diphtheria, tetanus & whooping cough) during previous clinics this year. Community Health will advise us of students who missed this injection. If no consent form has already been given we will provide one to these students before the end of term.

If you have any questions or concerns about this program please contact Mrs Broadley or Mrs Quinn at the school.

CHS ATHLETICS REPORT 2010

The CHS Athletics championships were conducted over three days from September 9 to 11 at the Homebush complex in Sydney. Once again Mudgee athletes performed creditably with many achieving personal best performances on the high-performance synthetic track. For many the chance of a medal remains a goal or a dream as the standard of competition is of the highest in many events. However, for one young athlete this dream came true. Chris Rushworth, performing in the AWD class, achieved 2nd in shot put and 3rd in Javelin. With commitment and proper coaching it was said that he has the potential to extend his performances to world class performances. Several other students achieved top 8 results.

These include:

Rebecca Bailey 7th 1500m

Brielle Croake 7th 400m Hurdles

Nathan Innes 5th 400m Hurdles & 4th in Western Area's 4 x 400m relay

Aiden Toovey 8th 1500m

Jessica Winsper 8th 90m Hurdles

Congratulations to all athletes who competed and a special thanks to Cathy Winsper who spent countless hours with sprinters, hurdlers and relay athletes. Without this community support our athletes would not have the specialised coaching to compete in these events.



Chris Rushworth on RHS with his bronze



Chris Rushworth on LHS

YEAR 12 PARENTS – FROM THE CAREERS ROOM

- The Australian College of Physical Education has Bachelor of Education degrees in PDHPE and Dance. Details available.
- 'Cultural Care Au Pair' enables you to live and work (in Child Care) for 6-12 months in the U.S.A. Further info available or see www.culturalcare.com.au
- Details of UNSW Bridging courses for 2011 in Maths, Chemistry & Physics are available (or see www.unsw.edu.au/bridging)
- The Sydney Institute of TAFE (Design Centre – Enmore) offers courses in Graphic Design, Interior Design, theatre and events and more. Open Day is Saturday Sept 11. Details at www.sit.nsw.edu.au
- Students who have suffered educational disadvantage during the HSC eg: health issues, family issues etc may get consideration for entry to tertiary training. The E.A.S (Education Access Scheme) information is available. On-time application closing date is September 30.
- Equity Scholarships are available to students who are financially disadvantaged to assist with costs associated with higher education. A booklet providing details is available.
- The RTA Rural Engineering Civil Scholarship program offers opportunities to receive up to \$52,000 over 5 years. Apply on-line at www.eng.uts.edu.au/scholarships or more info from www.rta.nsw.gov.au/careers
- Have you put your university course preferences for 2011 in yet? Even if you are thinking of taking a gap year, still put in preferences and defer. Unsure how to apply? Come to the Careers Room for an explanation.

- The 2011 UNSW (University of NSW) course, career and scholarship information is available.
- High demand TAFE courses for 2011 require an application form (available at www.tafensw.edu.au) to be submitted by Friday October 29, 2010.
- Students are encouraged to continue to check their DET emails for lots of further education and training opportunities eg: apprenticeships and traineeships.
- A free Careers Advisory Service will be available to Year 12 students between December 16, 2010 and January 7 2011. See www.cas.det.nsw.edu.au or ph: 1300 300 687 to help with tertiary training and employment options.
- The Audit Office of NSW has Accounting Cadetships. Start on \$32,824 p.a. Great opportunity. More info and application details available.
- Preparation programs to assist Year 12 students gain entry into uni are available for Newcastle Uni – details for 'Newstep' and 'Yapug' (Indiginous students)
- 'New College' at the University of NSW is a residential college for 2011 undergraduates. See www.newcollege.unsw.edu.au or brochure available.
- RSA/RCG Certificates are available for collection.
- Have you put your university course preferences in yet? If not, try to do so this week. Closing date is September 30 for 'on-time' applications

LANGUAGES

At the beginning of this term, Mudgee High hosted another successful visit from our sister schools in Japan. 25 students and 3 teachers from Kitasenri High School, Nose Senior High School and Ibaraki Nishi High School spent 11 nights with host families and enjoyed a full program of activities. Having travelled from their rather hot and humid summer, the group found the cold, wet weather of Mudgee a little difficult to adjust to but did not let it dampen their spirits. The school program included ESL lessons, class integration, a bushwalk at Redbank Dam, an excursion to the ZigZag Railway, a visit to the school farm, an Anzac biscuit cooking lesson, sport activities and souvenir shopping at a Rotary sponsored gift shop.

On the middle weekend the majority of the group gathered on Saturday night to enjoy an Aussie style bonfire/bbq with marshmallows, sparklers and the essential game of 'spotlight'. Many families also visited the Western Plains Zoo in Dubbo and other local attractions.

The tour culminated in a farewell party for all host families and their new family members. The Japanese group entertained us with a karate demonstration, dance performances, some traditional songs and Japanese games. On the last day of school we hosted a 'cultural exchange', enjoying more games, singing and dancing.

We would like to give an enormous thank you to all of our host families. Without you this kind of program is not possible. You welcome these people into your homes and make them feel enormously welcome and a part of the family. This ensures they have a wonderful experience and allows our school to foster international understanding and friendships.

We are looking forward to meeting up with our visitors next year when we travel to Japan in April.

Ms Date Miss Hutchins



The whole crew!



Our visitors and their host families

COMMUNITY ANNOUNCEMENTS

MID-WESTERN REGIONAL COUNCIL LIBRARY

STUCK: Homework, Assignment research, Study skills and essay writing, HSC study

Mid-Western Regional Council Library offers a FREE online homework help service

<http://library.midwestern.nsw.gov.au>

Click on Your Tutor on left hand menu or call the Library on 6378 2740 or drop in for more information.

MUDGEE LITTLE ATHLETICS

Registration Days for Mudgee District Amateur & Little Athletics Club will be held on **Friday 24th September** at Walkers Oval, Short Street, Mudgee between 4:00pm to 6:00pm.

Registration may also be lodged on-line at www.laansw.com.au.

Registration fees are \$70 per child. A Birth Certificate or Blue Book must be sighted for all new registrations.

Further enquiries can be made to the Registrar, Helen on 6374 4340

AMATEUR SWIMMING CLUB REGISTRATION MUDGEE DAYS

If you are joining MASC this year, the following registration days at Mudgee Swimming Pool Clubhouse are available for you to choose from:

SEPTEMBER 21st - (Tuesdays) 4 - 5.30pm

SEPTEMBER 23rd - (Thursdays) 4 - 6.00pm

NSW Swimming requires members to register online, so to speed up the process, if possible, could you register online after the 6th September (<http://www.nswswimming.com.au>) and bring your receipt to the clubhouse at one of the above dates. The cost is \$80 per child for the season and needs to be paid online to NSW Swimming. Thank you.

Queries contact: Belinda Hawes - 0429 191 200 belindahawes@countryenergy.com.au

Softball Registration Days 2010/2011

GULGONG

Tuesday 21st September from 4pm – 5pm in the high school gym

MUDGEE

Wednesday 22nd September from 3.30pm – 5pm at Westend

Saturday 25th September, 9am – 1pm at Westend

Teams will be arranged on the 25th Sept, registrations taken after this date will be placed in a team where there is a vacancy. Final Registration Day is on Saturday 9th October 9am – 1pm at Westend.

Registrations will take place in the following divisions:

Age as of 31st Dec 2010

Benny Ball (4 – 7 years)

T-Ball (8 – 10 years)

Juniors (11 – 13 years)

Youth (14 – 18 years)

Open 15+

Mudgee Softball Association

PO Box 237

Mudgee NSW 2850

6374 0288

mudgeesoftball@gmail.com

SEASON COMMENCES SATURDAY 16TH OCTOBER 2010

Any inquiries to the contacts above

September/October School Holiday Events

- Mon 27 Sept:** Waste2Art Workshop: free workshop to turn junk into fabulous art, Mudgee Stables, 10am to 3pm – **bookings required**
- Tues 28 Sept:** Waste2Art Workshop: free workshop to turn junk into fabulous art, Gulgong Memorial Hall, 10am to 3pm – **bookings required**
- Thur 30 Sept:** Waste2Art Workshop: free workshop to turn junk into fabulous art, Kandos Town Hall, 10am to 3pm – **bookings required**
- Mon 4 Oct:** Why not spend the last day of the long weekend at the Mudgee, Gulgong or Kandos pools? Open from 6am-7.30am, and again from 9.30am-6pm.
- Tues 5 Oct:** Newton's Nation Experiential Tour hits Mudgee: Mudgee Skate Park, 11am-2pm. Pro-riders, DJ, Skate comp, prizes, giveaways, textathon comp, BBQ. Limited bus service from Gulgong (10.30am Post Office), Kandos (10am Post Office), Rylstone (10.10am Council Chambers). All entrants must have signed entry form + wear a helmet to participate.
- Wed 6 Oct:** Rylstone/Kandos District Family Fun Day: Rylstone Showground, 10am to 2pm. Free games and activities, jumping castle, face painting, teddy health checks, Dance with Attitude performance, SMS launch their new EP, sausage sizzle and more. Prizes to be won. Limited transport is available from Clandulla, Charbon, Kandos: contact Jan 6372 3497 or Cathy 0408 635 933 for details.
- Thur 7 Oct:** Wollar Circus Skills: free workshop to learn the tricks of the trade, Wollar Hall, 10am to 1pm, followed by BBQ for participants
- Fri 8 Oct:** Games, Games, Games: fitness fun and activities, prizes to be won, Billy Dunn Park Gulgong, 10am to 12pm – free



For further information or to book,
please contact Cathy Leisfield 0408 635 933
or cathy.leisfield@midwestern.nsw.gov.au

Go4Fun
Healthy • Active • Happy • Kids

FREE fun program for kids to become fitter, healthier & happier

**Do you have children 7 to 13 years old?
Are you worried they might be above their healthy weight?**

The Go4Fun® program helps kids get healthy and fit in only 10 weeks and helps them stay that way! The program has been specifically designed for children aged 7-13 years and their parents.

Places on the program are limited, so call today on 6841 5589 to see whether your child qualifies and to get more details on how to register.

Greater Western Area Health Service

Phone 6841 5589 or mobile 0418 454 592



Rylstone/Kandos District
**Family & Friends
Fun Day**


Wednesday 6 October

10am-2pm

Rylstone Showground

- Free games and activities
- Jumping castle
- Face painting
- Teddy health checks
- SMS! launch their new EP
- Dance with Attitude
- Sausage sizzle
- ...and lots more



**Come along for a great day
with family & friends**



Transport to/from the Family Fun Day may be available

For more information contact Jan 6372 3497 or Cathy 6378 2712

Hosted by Rylstone/Kandos Child & Adolescent Network
Proudly supported by



Get on your bike!

To celebrate Bike Week in the Mid-Western Local Government Area the Australian Rural Education Centre (AREC) in association with Mid-Western Regional Council are hosting free bike safety sessions, for children aged 5 to 12.

Date

Saturday 25th September 2010

Times

10am- Free bike safety talk for children by Mid-Western Regional Council's Road Safety Officer.

11am- Free bike safety talk for children by Mid-Western Regional Council's Road Safety Officer.

Event Details

Two bike safety sessions will be conducted by the Road Safety Officer.

The topics covered include- bike safety, bike laws and the Australian Road Rules. All participating children receive a free sample bag which includes a Bike week drink bottle and slap band!

Please register for the event as numbers are limited.

Please bring your bike and helmet!

Location

The Australian Rural Education Centre is situated on Ulan Road. For further information please contact Kym Snow at Mid-Western Regional Council on 0447 224 268 or for details on bike week events visit www.rta.nsw.gov.au



www.rta.nsw.gov.au

EARLY ACHIEVERS' PROGRAM AT AUSTRALIAN CATHOLIC UNIVERSITY (ACU)

Do you demonstrate leadership at school, coordinate a community initiative, volunteer in a local cultural, sporting or religious group or provide care to someone in need?

Australian Catholic University's (ACU) Early Achievers' Program recognises students potential to achieve great things, and rewards exceptional students with an early university offer.

To find out more or to apply : www.acu.edu.au/counts

Applications close on 30 September 2010

MUDGEES TRIATHLON CLUB REGISTRATION

Sign up online at www.mudgeetriclub.hwy.com.au

All competitors MUST be registered before race day.

New registrations will NOT be accepted on the day of the first race on 26th September 2010. See website for details.

PAID ADVERTISEMENTS

(Please note that paid advertisements do not carry the school's endorsement)

BABY SITTERS' FIRST AID COURSE

For all your current and budding Baby Sitters at the school, I'm running a Baby Sitters' First Aid course during the school holidays. The course is designed to give young teens the confidence to approach time alone at someone else's house with someone else's children.

They will learn how to:

- Recognise the danger signs in young children and babies
- What to look for if they suspect a developing illness
- How to plan for an emergency in a strange environment
- How to respond appropriately to a danger or a threat
- How to prepare documentation to give both the Baby Sitter and the parents confidence
- How to prepare checklists of important information before the parents leave
- What to do if a child becomes sick or is injured
- How to prevent many typical childhood injuries

It's all about providing both the Baby Sitter and the departing parents a level of satisfaction that everything has been done to leave the kids at home safely.

The course will run during the holidays on Wednesday the 29th of Sept from 10am, typically for about 3 – 4 hours. Parents are encouraged to stay and take an active role in the learning process.

Bookings can be made by calling Karl Fletcher on 6372 3888 or 0417 683 069