

Monday: 6th September 2010

Term 3 - Week 8



MHS Newsletter



*A member of the
Cudgegong Learning
Community*

Coming Events:

- Sept 9th - Year 11 Exams Start
- Sept 20th – Sept 21st Year 10 Trial School Certificate
- Sept 22nd - Year 12 Farewell Social
- Sept 23rd - Year 12 Rainbow Day
- Sept 24th - Year 12 Presentation Day
- Sept 24th - Last day of Term 3
- Oct 11th - First day of Term 4

This issue:

- Principal's Message
- Max Potential Showcase
- Maths News
- Pertussis (Whooping Cough)
- 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 Email: mudjee-h.school@det.nsw.edu.au

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

Principal's Message

Congratulations to our Tournament of the Minds Team who competed in the recent Regional competition. Our maths engineering team were regional winners and will now go on to the state finals in a few weeks. We wish them well. Many thanks to the parents who went along to support our students and to Mr Watts for training and organising the team. We will acknowledge all the students at an upcoming assembly.

Best wishes to Year 11 as they undertake their preliminary exams this week and next week. All students should remember to ask for help from their teachers for last minute preparation. Year 10 recently completed their Trial computing skills test. This exercise involved students using their laptops or computer labs to complete an online test similar to the one they do for the School Certificate in November. The trial exams in other subjects will take place in the last week of this term. The results from these exams contribute to assessments for the School Certificate and enable us to provide estimates in the case of misadventure at the School Certificate.

Enclosed with this newsletter is information on identifying and managing whooping cough (pertussis). Several students at Mudjee High School have been diagnosed with whooping cough in the last few weeks. Parents should ensure they seek medical advice if they are concerned about their child's health and particularly read and follow the information on the pertussis virus.

*Louise Manwaring
Principal*

Max Potential Showcase

On Monday 23rd of August, nine students from Mudjee High completed a 22 week program called Max Potential. The program required the students to work with a community mentor to plan and implement a project of their choosing. The purpose of the program was to develop the students' leadership, public speaking and planning skills under the guidance of their mentors.

The Showcase afternoon took place at Club Mudjee and was the culmination of the program. Students had to present their projects to the public. The event was well attended with Mayor Percy Thompson and Max Potential Co-ordinator Glenn Coombes heaping high praise on all participants.

Students' projects included running afternoon play groups and coaching clinics for younger children, organising Japanese cultural afternoons, workshops on the operations of Barnados, and the development of a Year 6 to Year 7 transition program. Mudjee High School would like to congratulate all the participants and thank their mentors.

Any Year 10 student who would like to be a part of the Max Potential Program for 2010-11 should see Mr Finter in the HSIE staffroom.



Ellie Hawkins & Sally Mullinger



Joshua Gow



Belinda Knight & Fiona Brown

MATHS NEWS

Year 12 2011

Later this term year 11 students will be planning their courses for next year. They will actually start their HSC courses at the start of next term.

Some students, who find the tougher General Mathematics course very demanding, can choose Applied Mathematics. It is a course designed to allow a slower rate of development of the skills for the HSC. The students do not sit for an external exam but are assessed internally based on the outcomes approved by the Board.

All students attempting Applied Mathematics must have six units of Board Developed courses in other subjects.

Those students doing well in Extension 1, also have the option of doing an extra unit of Mathematics and studying the Extension 2 course. The topics studied include harder Extension 1 questions, Complex Numbers, Conics and Mechanics.

If parents or students want more information on these courses they can contact Mr Tooney.

Year 10

The School Certificate Trial School Certificate is on in the last week of term 3. It is very important that students prepare as well as possible for these exams. We will be assisting students in class but they must also aim to prepare by doing extra work at home.

All equipment for these exams **must** be supplied by the student, including calculators and mathematical instruments.

To get in some practice on School Certificate questions, students can go to

<http://www4.boardofstudies.nsw.edu.au/> This site provides questions from the last 6 School Certificate exams and the answers.

Students are also reminded that School Certificate Grades changed in 2006. Schools are now responsible for awarding each student studying Mathematics a grade (A10, A9, B8, B7, C6, C5, D4, D3 or E2) to summarise a student's achievement in the course at the end of Stage 5. The grade awarded is reported on the student's School Certificate record of achievement.

Teachers now will use stage 5 course performance descriptors to determine School Certificate grades for Mathematics. The descriptors have been developed from the Board's general performance descriptors, and provide a more complete description of typical performance in this course at each grade level.

Year 12 2010

Current Year 12 is reminded that we have not finished the Mathematics courses and they are encouraged to attend school and maintain a good level of concentration. A strong effort during the lead up to the HSC exam will enable students to gain the best possible results.

Calculators

All students in **Years 7 to 12** need approved calculators in their Mathematics classes. In most periods students will need to use a calculator. It is important for students to have a calculator of the type approved by the Board of Studies.

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.

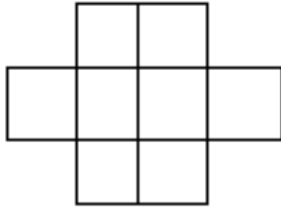
Approved calculators can be purchased from the front office for \$17.00 which is cost price to us.

It can not be emphasized enough that students need to look after their calculator and it will last throughout their time at school and beyond.

In the past some students have disadvantaged themselves by not being properly prepared on a regular basis and practicing with their own calculator.

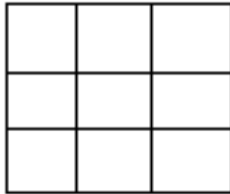
Some Mathematics Problems

1)



Arrange the numbers 1 to 8 in the squares so that no two consecutive integers touch at a side or a vertex (corner).

- 2) Video Villa is giving away free tokens to anyone who can solve this puzzle. Place the numbers 1 - 9 in the squares so that none of the rows, columns, or diagonals have the same sum. Amy won a free token. What was her solution?



Infectious Disease Factsheet

Pertussis (Whooping Cough)

Pertussis affects people of all ages, but can be very serious in babies. It can be prevented by immunisation at two, four and six months of age. Booster shots are needed for four-year-olds and teenagers, and adults living or working with small children.

Last updated: 30 January 2008

What is the pertussis?

Pertussis (or whooping cough) is a disease caused by infection of the throat with the bacteria *Bordetella pertussis*.

What are the symptoms?

- Pertussis usually begins just like a cold, with a runny nose, tiredness and sometimes a mild fever.
- Coughing then develops, usually in bouts, followed by a deep gasp (or "whoop"). Sometimes people vomit after coughing.
- Pertussis can be very serious in small children. They might go blue or stop breathing during coughing attacks and may need to go to the hospital.
- Older children and adults may have a less serious illness, with bouts of coughing that continue for many weeks regardless of treatment.

How is it spread?

Pertussis is spread to other people by droplets from coughing or sneezing. Untreated, a person with pertussis can spread it to other people for up to three weeks after onset of cough.

The time between exposure and getting sick is usually seven to ten days, but can be up to three weeks.

Who is at risk?

- Anyone can get pertussis.
- People living in the same household as someone with pertussis are more likely to catch it.
- Immunisation greatly reduces your risk of infection, but reinfection can occur.

How is it prevented?**Immunise your child on time**

- The vaccine does not give lifelong protection against pertussis, and protection is sometimes incomplete.
- Children need to be immunised at two, four and six months.
- Boosters are needed at four years of age and again at 15 years of age.
- Immunisation is available through general practitioners and some local councils.

Keep your baby away from people who cough

- Babies need two or three vaccinations before they are protected. For this reason, it is very important to keep people with coughing illnesses away from your baby so they don't pass on pertussis or other germs.

Get immunised if you are an adult in close contact with small children

A vaccine for adults is available. It is recommended:

- For both parents when planning a pregnancy, or as soon as the baby is born
- For adults working with young children, especially health care and child care workers.

If you are a close contact of someone with pertussis:

- Watch out for the symptoms. If symptoms develop, see your doctor, take this factsheet with you and mention your contact with pertussis.
- Some close contacts at high risk (e.g., children under one year, children not fully vaccinated, and women at the end of their pregnancy) and others who live or work with high-risk people may need to take antibiotics to prevent infection.

If you have pertussis:

- Get treated early while infectious, avoid other people and stay away from young children, e.g., at child care centres, pre-school and school.

How is it diagnosed?

If a doctor thinks someone has pertussis, a swab from the back of the nose, or a blood test may be done to help confirm the diagnosis.

How is it treated?

A special antibiotic - usually either azithromycin, erythromycin or clarithromycin is used to treat pertussis. These antibiotics can prevent the spread of the germ to other people.

Coughing often continues for many weeks despite treatment.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Further information - Public Health Units in NSW

For more information please contact your doctor, local public health unit or community health centre - look under NSW Government at the front of the White Pages

Metropolitan Areas	Location	Number	Rural Areas	Location	Number
Northern Sydney/Central Coast	Hornsby	02 9477 9400	Greater Southern	Goulburn	02 4824 1837
	Gosford	02 4349 4845		Albury	02 6080 8900
South Eastern Sydney/Illawarra	Randwick	02 9382 8333	Greater Western	Broken Hill	08 8080 1499
	Wollongong	02 4221 6700		Dubbo	02 6841 5569
Sydney South West	Camperdown	02 9515 9420		Bathurst	02 6339 5601
Sydney West	Penrith	02 4734 2022	Hunter/New England	Newcastle	02 4924 6477
	Parramatta	02 9840 3603		Tamworth	02 6767 8630
Justice Health Service	Matraville	02 9311 2707	North Coast	Port Macquarie	02 6588 2750
				Lismore	02 6620 7500

COMMUNITY ANNOUNCEMENTS



Mudjee Indoor Swimming Club

Registration dates are as follows:

Monday 6th September 5pm to 6.00pm at Mudjee Indoor pool 87 Short St

Thursday 16th September 5pm to 6.00pm Mudjee Indoor pool 87 Short St

Our fees this year are:

\$60.00 Per child (for the first 2 children) Additional children \$55.00

Contact Yvette on 63742344 if you have any questions or would like to join but cannot make these dates.



EXPERIENCE ANOTHER CULTURE BRING HOME A BROTHER OR A SISTER

In January 2011, students aged 15 – 18 years, from over 20 countries will be arriving in Australia to study at local schools for 2-10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia New Zealand on 1300 135 331 or visit our website. <http://studentexchange.org.au/>

Mudjee Junior League:

A "Kids to Kangaroos" coaching clinic will be held by ARL Development during the school holidays on Tuesday, 28th September at Cahill Park from 10:00am to 12:00 noon.

Cost is \$15-00 for registered Junior League players or \$25-00 for non-registered players. Each player will receive a "Kids to Kangaroo" pack.

For further details on the clinic please contact Adam Sutherland on 0418 854 479.

Details of players that nominated for the July clinic (washed out) will be retained for this clinic. If these players are not able to attend the clinic on 28th September please contact Adam Sutherland (0418 854 479) or Sue Streat (6372 4669) to obtain a refund.

Mudgee Little Athletics:

Registration Days for Mudgee District Amateur & Little Athletics Club will be held on **Friday 10th, 17th and 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 \$70-00 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

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.

Softball Registration Days 2010/2011

GULGONG

Tuesday's - 7th, 14th & 21st September, 4pm – 5pm in the high school gym

MUDGE

Wednesday's - 8th, 15th, 22nd, 29th September & 6th October, 3.30pm – 5pm at Westend

Saturday's - 11th, 18th & 25th September, 9am – 1pm at Westend

Final Registration Day is on Saturday 9th October 9am – 1pm at Westend

Season Commences Saturday 16th October 2010

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

The Mudgee Touch Football Association is kicking off the 2010 Summer Touch Competition

The competition provides juniors and seniors with an excellent opportunity to develop and showcase their skills in the sport of Touch Football, as well as creating a link between the local Touch Football Association and the Mudgee Community.

The Summer Touch Competition is comprised of Men's and women's divisions. It will be a 6 aside competition running Tuesday and Thursday nights.

For the competition to run successfully we need for as many community members to participate. If you are interested in playing competitively or just socially with friends put a team together and join in the fun of Touch Football

Registration nights

Tuesday 30th August 2010 – 6pm

Monday 6th September 2010 – 6pm

Thursday 10th September 2010 – 6pm

At Glen Willow Sports Complex

Registration Fees

Adults: \$95

High school students over 16: \$85

16 years and under: \$75

The season will kick off on the

Tuesday 12th September 2010

For registration Packs, contact details and other information visit our website mudgee.touch.asn.au

PUMP GOLF – 9 HOLE SHOOT OUT COMPETITION

Sunday 12th September 2010

Maximum age – 16 years

Commencing 9.00 a.m

\$10 – includes golf and lunch

Prizes galore

or if you would prefer

GO-GO Golf

Sunday 12th September 2010

Ages 5 years to 15 years

\$5 – includes golf and lunch

No handicap or membership required

COME ALONG AND HAVE FUN

MUDGEES HOLIDAY ACTIVITIES

Sport and Recreation are holding their holiday activity programs again these Spring school holidays. The program runs from Tuesday 5th to Friday 8th October 2010, for children ages 7-13 years. The program runs from 9am – 4pm and includes heaps of great activities such as netball, touch football, cricket, tennis, soccer, mini Olympics, Frisbee, t-ball, a trip to the pool, Fire Station and much more. There are options to attend for the whole program for only \$100 or individual days for \$30 per day.

So if your children enjoy being active, making new friends and having fun, call the Sport and Recreation office on 6362 6623 to enrol your child.



Join us for any leg, sponsor us or provide support for:

6km fun walk, 14km fun run or Day 1 Bunnings Mudgee to Apple Tree Flat with Paula Duncan AM officiating all starts.

Route: Run from Lawson Park to Lue Rd to Rocky Waterhole Rd to Burrundulla Rd to Lions Drive to Bunnings
Walk from Old TAFE site to Short St to Douro St to Madeira Rd to Robertson St to Lions Drive to Bunnings
Bunnings for Day 1

Time: Walk – 9.00am. Run – 9.15am
Day 1 – Starts at 12.00pm

Date: Sunday 12 September

Distance: Day 1 – 14km

Proudly sponsored by

Family entertainment
kindly provided by
Bunnings Mudgee
with Lions Club
selling drinks &
sausage sizzle.



Mudgee Guardian



Mudgee2Sydney Walk for MS research

Help us raise \$100,000 to
fund research into finding
a cure for MS

Keep us moving towards
a world free of MS

Register now at *Curves* Mudgee
or www.m2s.org.au

Enquiries phone: 1300 356 467
or email mudgee2sydney@gmail.com

Funds raised will be directed to
Foundation 5 million (F5m) –
Multiple Sclerosis Research Australia's
(MSRA) community fundraising initiative

All Donations over \$2 are tax deductible * Conditions Apply – limited numbers and fitness criteria apply to some legs of the walk.