

Monday: 7<sup>th</sup> February 2011

Term 1 – Week 3



# MHS Newsletter



A member of the  
Cudgegong Learning  
Community

## Coming Events:

- Feb 8 & 9 – School photos
- Feb 16 – Swimming Carnival
- Feb 24 – 7/11/12 Parent Teacher Evening 4-7pm
- Feb 28 – P&C/School Council Meeting 7.30pm Library
- Mar 8 – Uni Roadshow – Year 12

## This issue:

- Principal's Message
- Careers Y11 & 12
- Science News
- Sport
- Ag News
- CSU Myday
- Canteen Price List
- Community Announcements
- Coffin Creek Ad

**Mudgee High School – Locked Bag 2004, Mudgee NSW 2850**

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

## Principal's Message

Welcome to all students and parents to Term 1 2011. The year started with some wonderful accolades for Mudgee High School students and ex-students. Our 2010 school captain Timothy Blackman was named Young Citizen of the Year in the Australia Day Awards. We congratulate Tim on his outstanding contribution to the community. Congratulations also go to Danica Roberts named Junior Sportsperson of the Year and ex-student Nicholas Kastelein Senior Sportsperson of the Year. Their achievements are an inspiration to other students to make the most of the many opportunities available.

The first week has been a challenge for both students and staff with the very hot conditions. We are pleased that despite this students have participated enthusiastically in lessons and showed good sense in the playground. Remembering to drink water and to avoid the sun in the hottest breaks is good advice. Students are also reminded to bring a hat and use blockout during outdoor lessons.

This week school photos will be taken on Tuesday and Wednesday. Students need to hand their envelope with correct money to the photographers on the day and be in correct school uniform.

In week three our swimming carnival is a big event to look forward to. All Year 7, 8 and 9 students are expected to attend. Students in Years 10, 11 and 12 may opt to compete or attend normal lessons at school. No student should be absent on that day without a note from a parent. We ask for your support in making the carnival a success by ensuring your student attends or is at school.

## School Uniform

We would like to thank our local suppliers for their efforts in adjusting to the new requirement to have logos on shorts and skirts. The students who are wearing them look fantastic – over one third of the school so far.

All students will be expected to have the logo on their shorts or skirts by the end of this term. That means if a student wears long pants Terms 2 and 3 they need to have the correct shorts by next summer. It is possible to get the logo on old shorts by obtaining a note from the office. Mudgee Embroidery and Langswear will put the logo on approved items.

Anyone who has difficulties meeting the new requirements should phone or call in and see me. I am happy to assist and we will ensure no student is disadvantaged by this change.

Just a reminder – very short legged shorts such as ruggers will not be permitted after the end of Term 1 under any circumstances. Other non-approved shorts such as CCC brand will also not be permitted. Please do not buy these as school uniform – they do not look appropriate and are not allowed.

*Louise Manwaring*  
Principal

## PARENTS OF YEAR 11 & 12 – CSU MYDAY

Charles Sturt University is holding a number of one day 'Myday' events this year (commencing 25<sup>th</sup> Feb) in many course areas at various campuses. CSU Myday is a great way for students and parents to investigate CSU courses; meet staff and inspect facilities. A copy of the 'Myday' schedule for 2011 is included in this newsletter. Students who intend participating in any of the 'Myday' activities are required to register with the School's Careers Adviser. If you are seeking more information regarding CSU 'Myday', please contact the school.

## SCIENCE NEWS

Firstly I would like to welcome all students back to 2011 and I hope that the Christmas break was enjoyed by all.

This year also brings some new staff members to the Science faculty at Mudgee High School. I would like to welcome Ms Monica Howard (permanent appointment) and Mr Neil Manwaring (temporary appointment for 2011).

- Ms Howard joins us from Newcastle University where she recently completed her Science and Teaching qualifications. Monica brings expertise in plant physiology and has been heavily involved in coordinating interactive science demonstrations throughout Australia.
- Although Mr Manwaring spent a few weeks with us last year after finishing his teaching qualifications, we are happy to see him return in a more substantial science teaching capacity this year. Mr Manwaring has a PhD in Genetics and joins teaching after working as a research geneticist in Royal North Shore Hospital. His expertise in this area will be of great benefit to students and science staff alike. We wish these two new members of staff the best of luck this year.

Being so early in the school year there is not very much news to report, however it is a good opportunity to draw your attention to a few aspects of Science

1. **Practical Footwear** – It is an OH&S requirement that ALL students conducting practical work in a laboratory have fully enclosed non-porous shoes. This means that open footwear like sandals, dance style shoes etc are not appropriate. This also includes canvas gym shoes that will readily absorb liquids. We would greatly appreciate your assistance in keeping your student safe in the laboratory.
2. **Long Hair** – If your student has long hair it is essential that they bring with them an elastic to tie it back during practical work.
3. **Science Books** – most students have already presented to class fully prepared and are to be congratulated. However, I would like to request that if your student's book has not been covered with a protective layer, such as contact, it should be done as soon as possible. This will assist in maintaining the student's book in a suitable manner for the duration of the year. More information on books required for each course will be given to students in class.

## Student Opportunities

This year will see ALL students have the opportunity to engage in experiences designed to enhance the science curriculum. These may range from excursions to competitions and visiting exhibitions. I would like to request that you encourage your student to participate in as many of these as they can. This will help assist the students engagement in this subject area and also provide an opportunity to gain a deeper understanding of science.

## SPORT

Very soon a number of the CHS competitions will begin and many students will be trialling for representative sporting teams. If a student is selected, they will be required to attend training and compete at various times. If your child is representing the school in a team please ensure you and your child are aware of who the coach is, the team training times and competition dates, this will ensure that sporting excursions are well organised and that students gain maximum enjoyment and benefit from participating.

Important Sporting Dates to remember: (please note that some dates may change)

| SPORTING EVENT   | DATE  |
|--|---|
| MHS Swimming Carnival<br>(compulsory for years 7,8 and 9 and competitors only from years 10-12)  | Wednesday 16 <sup>th</sup> February   |
| Western Area Swimming Carnival<br>(note- students are not selected for this carnival based on our carnival results. Students will nominate for events and trials will take place if necessary) | 2 <sup>nd</sup> March   |
| Western Area Lawn Bowls  | 18 <sup>th</sup> February (Parkes)  |
| Boys Soccer Trials   | 7 <sup>th</sup> March   |
| All Schools Triathlon<br>(nomination forms to be collected from the PDHPE staffroom)   | 8 <sup>th</sup> and 9 <sup>th</sup> March (Penrith)   |
| Boys Softball (Knockout and Trials)  | 9 <sup>th</sup> March (Mudgee)  |
| Secondary Golf   | 21 <sup>st</sup> March (Venue TBA)  |
| Year 9/10 All schools touch  | 24 <sup>th</sup> March (Dubbo)  |
| Boys Basketball (Trials)   | 29 <sup>th</sup> March (Orange)   |
| Girls Soccer Trials  | 30 <sup>th</sup> March (Dubbo)  |
| Girls Basketball (Trials)  | 31 <sup>st</sup> March (Bathurst)   |
| Rugby League (U15's and Opens)   | 31 <sup>st</sup> March (Blayney –ZONE TRIALS) 7 <sup>th</sup> April (2 <sup>nd</sup> selection day PEAK HILL) |
| Boys Hockey  | 30 <sup>th</sup> March  |
| Girls Hockey   | 31 <sup>st</sup> March  |
| Girls and Boys Netball (Divisional Day)  | 28 <sup>th</sup> April  |
| Rugby Union  | 28 <sup>th</sup> April (Venue TBA)  |
| Girls and Boys Touch   | 6 <sup>th</sup> May   |
| Girls Netball Trials   | 12 <sup>th</sup> May  |

Please note there will be other trials and knockout games being played throughout the year. It is imperative that students listen to announcements and see the coach responsible for each sport.

#### Western Area Swimming Trials

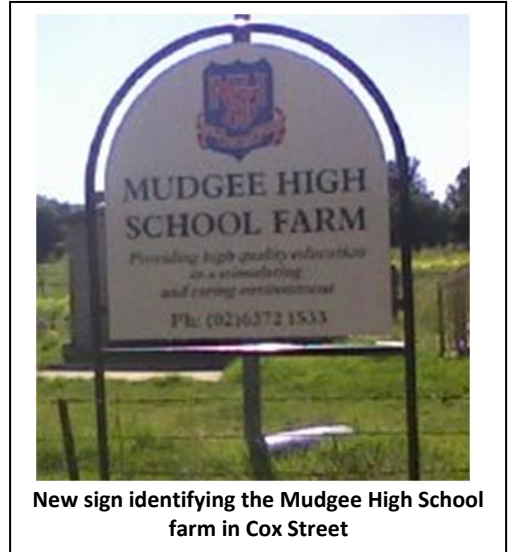
Any students wishing to attend the Western Area swimming trials on the 2<sup>nd</sup> March need to compete in our swimming carnival and see Mr Smith. We can only send two competitors per event so the best times at the carnival will qualify.

#### AG NEWS

Christmas came early for the Ag staff when the school purchased a self feeder for the show cattle. This allowed staff some respite from feeding over the Christmas period and the savings in feed from reduced wastage has made this a cost-effective investment. We wish to thank Mudgee Rural Supplies and Arrow Farm Quip for a generous discount and accelerated delivery on this purchase.

Also in the holidays we acquired an identity at Cox Street. A sign recognising the farm was erected near the main gate. The farm fences are beginning to take shape again after washing out in last year's flood. Our farm assistant, Sam Loveday has worked hard over the vacation to replace a substantial portion.

Looking ahead, we have plans to enter sheep and cattle in the Mudgee Show. Students will begin preparing our stud White Suffolk sheep and led steers this week. Some Primary Industries students will undertake the preparation and showing as part of their compulsory Work Placement. The three Angus steers, which were donated by Coffin Creek stud, have been given intensive work over the vacation to prepare them for student handling. They have responded well and are looking good. This year we will exhibit at the Royal Easter Show and a team of 6 students are being sought to assist.



New sign identifying the Mudgee High School farm in Cox Street

Our annual 'End of Summer' plant and poultry sale is tentatively scheduled for Saturday March 12. Details will follow later but you are asked to diary this date. At present there is expected to be more than 200 individual poultry from day old to point of lay. We have young Isa Brown layers for the first time with our regular pure breed animals. Also a range of new plant varieties. Proceeds from sales go directly to the Ag Plot to fund capital improvements and consumables.

Year 12 Primary Industries students will begin picking corn this week to complete one of the competencies begun last year. It is an interesting observation to compare the slightly stunted early crop, which went under water in the flood, to the vigorous later sown crop. Pumpkins have suffered significantly as a result of flooding. It is very clear to see the effect on farm income from recent widespread flooding following even minor inundation.

Our poultry have been very productive over summer and, for a short time, there are day-old chicks available in several breeds. Contact the Ag staff for details.

Clean used plastic supermarket bags are always in demand at the farm. If you have any at home, they can be delivered to the office or the staff rooms for Science or Agriculture.

#### SCHOOL PHOTOS Tuesday 8<sup>th</sup> and Wednesday 9<sup>th</sup> February 2011

Please note that the front office is unable to supply change for photo envelopes.

Students should hand the envelopes with the correct money enclosed to the photographers on the day.

# MUDGEES HIGH SCHOOL CANTEEN MENU 2011

Effective from 31<sup>st</sup> January 2011

## HOT FOOD

|                             |         |
|-----------------------------|---------|
| CHICKEN & CORN ROLL         | \$ 1.50 |
| PIZZA ROUND                 | \$ 2.50 |
| BEEF TRAVELLER PIE          | \$ 2.50 |
| CHICKEN TRAVELLER PIE       | \$ 2.50 |
| SAUSAGE ROLL (LITE)         | \$ 2.50 |
| BEEF & GRAVY ROLL           | \$ 4.50 |
| HOT DOG                     | \$ 2.50 |
| HOT DOG WITH CHEESE         | \$ 3.50 |
| 2 PAC SNAC PIE(winter only) | \$ 2.20 |

## ROLLS & SANDWICHES

|  |         |
|--|---------|
| A VARIETY OF ROLLS INCLUDING<br>HAM, SALAMI, CHEESE, EGG &<br>CHICKEN ALL WITH SALAD         | \$ 3.50 |
| CHICKEN CAESAR ROLL  | \$ 4.50 |
| SWEET CHILLI CHICKEN<br>AND AVOCADO ROLL   | \$ 4.00 |
| VEGETARIAN WRAP with Tzaziki,<br>chick peas, semi dried tomatoes and<br>salad (Mondays only) | \$ 4.00 |
| CHICKEN AND AVOCADO WRAP<br>with salad (Mondays only )                                       | \$ 4.00 |

## SALADS

|                   |         |
|-------------------|---------|
| GARDEN SALAD      | \$ 5.00 |
| MEAT & SALAD      | \$ 5.00 |
| FRESH FRUIT SALAD | \$ 3.00 |
| SEASONAL FRUIT    | \$ 1.00 |

## CHECK AVAILABILITY OF THESE SALADS

|                      |        |
|----------------------|--------|
| CHICKEN CAESAR SALAD | \$5.00 |
| GREEK SALAD          | \$5.00 |
| COUS COUS SALAD      | \$4.00 |
| SUSHI                | \$4.00 |
| PASTA SALAD          | \$4.00 |

## MILK AND DAIRY

|                       |         |
|-----------------------|---------|
| MOOVE 300ML           | \$ 2.00 |
| MOOVE 500ML           | \$ 3.50 |
| PLAIN MILK            | \$ 2.00 |
| THICK& CREAMY YOGHURT | \$2.00  |
| DARE 500ML            | \$ 3.50 |
| NIPPY'S MILK 375ML    | \$ 2.50 |
| CUSTARD 600ML         | \$ 2.50 |
| BREAD ROLL            | \$ 1.00 |
| MAYO/SAUCE PORTIONS   | \$ 0.20 |

## JUICES

|       |         |
|-------|---------|
| 200ML | \$ 1.50 |
| 375ML | \$ 2.00 |
| 500ML | \$ 2.50 |

## BEVERAGES

|                        |         |
|------------------------|---------|
| PUMP WATER 750ML       | \$ 2.50 |
| WATER 600ML            | \$ 1.50 |
| HOT MILO (Winter only) | \$ 1.50 |

|                       |         |
|-----------------------|---------|
| COKE ZERO             | \$ 2.00 |
| SPRITE ZERO           | \$ 2.00 |
| PEPSI MAX 600ML       | \$ 3.00 |
| SPARKLING FRUIT DRINK | \$ 1.50 |
| LOL                   | \$ 2.00 |

## SNACKFOOD

|                     |         |
|---------------------|---------|
| RED ROCK DELI CHIPS | \$ 1.00 |
| JJ SNACKS           | \$ 1.00 |

## ICECREAMS

|                |         |
|----------------|---------|
| PADDLEPOPS     | \$ 1.30 |
| FROZEN YOGHURT | \$ 1.50 |
| LEMONADE TWIST | \$ 1.00 |
| SUNNYBOY       | \$ 1.00 |

|            |         |
|------------|---------|
| MILO SCOOP | \$ 2.50 |
| CYCLONE    | \$ 1.60 |

## DAILY SPECIALS

### MONDAY

|   |         |
|---|---------|
| SWEET CHILLI CHICKEN<br>WRAP (ORDER ONLY) | \$ 4.00 |
|---|---------|

### TUESDAY

|           |         |
|-----------|---------|
| PIZZA SUB | \$ 2.00 |
|-----------|---------|

### WEDNESDAY

|                               |         |
|-------------------------------|---------|
| WEDGES                        | \$ 2.00 |
| sour cream/sweet chilli sauce | \$ 0.50 |

### THURSDAY

|                 |         |
|-----------------|---------|
| CHICKEN BURGERS | \$ 3.00 |
|-----------------|---------|

### FRIDAY

|                   |         |
|-------------------|---------|
| THAI CHICKEN ROLL | \$ 5.00 |
|-------------------|---------|

ORDER ONLY

**CHECK OUT OUR DAILY MENU BOARD FOR OTHER EXCITING SPECIALS INCLUDING HOMEMADE SOUPS, PASTAS, FOCACIAS, TURKISH MELTS, CURRIES, BURGERS AND SALADS**

*Please note these prices are subject to change throughout the year due to the increase in wholesale prices*



| MyDay   | Location       | Date   | about/information  |
|---|----------------|--|--|
| <b>Dentistry and Allied Health</b>            | Orange         | 25 February  | Dentistry; Physiotherapy; Pharmacy; Clinical Science; Health and Rehabilitation  |
| <b>Teaching and Education</b>                 | Wagga Wagga    | 8 March  | Primary; Technology and Applied Studies; Educational Studies; Secondary-English; Mathematics; Science  |
| <b>Environmental Science</b>                  | Albury-Wodonga | 10 March   | Adventure Ecotourism; Parks Recreation and Heritage; Environmental Science and Management  |
| <b>Communications</b>                         | Bathurst       | 15 March   | Journalism; Public Relations; Theatre Media; Advertising; Commercial Radio   |
| <b>Nursing / Paramedics</b>                   | Bathurst       | 29 March   | Nursing; Clinical Practice (Paramedic)   |
| <b>Allied Health</b>                          | Albury-Wodonga | 7 April  | Speech Pathology; Health and Rehabilitation Science; Physiotherapy; Occupational Therapy; Podiatry   |
| <b>Exercise Science</b>                       | Bathurst       | 7 April  | Exercise Science; Health and Physical Education  |
| <b>Information Technology and Computing</b>   | Bathurst       | 5 May  | Computer Science; Computer Science (Games Technology); Information Technology; Information Technology (Business Services); Computing Studies (Business)                |
| <b>Teaching and Education</b>                 | Bathurst       | 13 May   | Primary; Early Childhood and Primary; Health and Physical Education  |
| <b>Teaching, Education and Sports Science</b> | Albury-Wodonga | 19 May   | Early Childhood and Primary; K-12 Middle Schooling; Educational Studies; Sports Science  |
| <b>Business / IT</b>                          | Albury-Wodonga | 2 June   | Accounting, Management, Marketing; Business Studies; Information Technology; Information Technology – TAFE; Computing Studies (Business)                               |
| <b>Business</b>                               | Bathurst       | 7 June   | Accounting, Management, Marketing; Business Studies  |
| <b>Business / IT</b>                          | Wagga Wagga    | 16 June  | Accounting, Management, Marketing; Business Studies; Information Technology; Computing Studies; Computing Studies (Business)   |
| <b>Creative Industries</b>                    | Wagga Wagga    | 28 June (Course specific. Suitable for Yr 11 & 12)<br>23 -25 August (Sampling all courses. Suitable for Yr 10) | Television Production; Jewellery; Graphic Design; Acting for Screen and Stage; Photography; Design for Theatre and Television; Animation and Visual Effects; Fine Arts |
| <b>Animal and Veterinary Science</b>          | Wagga Wagga    | 7 & 8 July   | Animal Science; Veterinary Biology/Veterinary Science  |
| <b>MyDay</b>                                  | Dubbo          | 16 August  | Education; Nursing; Social Work; Business (TBC)  |

# STUCK?

- Homework for Years 4-12?
- 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!

Call the Library on 6378 2740 or drop in for more  
information.

## JUNIOR BASKETBALL

Mudgee Basketball will hold a registration day for all Junior basketball players in Year 7 to 11 on Wednesday 16<sup>th</sup> February at the Mudgee PCYC from 4pm until 5.30pm

## ANGLICARE – Western NSW – No Interest Loan Scheme

A NILS loan is an alternate form of credit, not emergency relief, with no fees or charges. The aim is to provide low income earners the means to purchase essential household items. Loans are provided to people who have the ability to repay the loan in small fortnightly repayments. You are eligible to access a loan from us if you live in the Mid Western Regional Council area and are on a Centrelink benefit or are a low income earner. The money can be used to purchase things like electrical goods, furniture, baby items, medical equipment, mobility aids or something else that will improve the quality of life for you. It cannot be used for living expenses, rent and bond money or debt repayment. The maximum amount of the loan is \$1200 for 18 months. If you are interested please phone 1800 644 556 (Anglicare Western, Dubbo) to check your eligibility and receive the information pack. If you wish to proceed with your application it will then be dealt with locally.

## ST MARY'S SACRAMENTAL PROGRAMME FOR 2011

Confirmation – 14<sup>th</sup>/15<sup>th</sup> May during weekend parish Masses

*(available for baptised Catholic students Y6 and above)*

First Eucharist – 18<sup>th</sup>/19<sup>th</sup> June and 25<sup>th</sup>/26<sup>th</sup> June during weekend parish Masses

*(available to baptised Catholic students who have received First Reconciliation and are in Y3 or above)*

First Reconciliation – September

*(available for baptised Catholic students who are at least in Y2)*

If interested please contact Sister Alice at least two months before the dates listed above

Scripture classes are held weekly at the school, there is a shortage of helpers, if you could assist please contact Philipa Adams on 6372 1822 – there is help and training available.

## SPONSOR

**COFFIN CREEK ANGUS STUD**

Wollar Road

Mudgee

**Telephone 63733838 or 0414669494**

*Proud Sponsor of Mudgee High School Steer Showing Team*