

Monday: 7th March 2011

Term 1 – Week 7



MHS Newsletter



A member of the
Cudgegong Learning
Community

Coming Events:

- Mar 8 – Uni Roadshow – Year 12
- Mar 17 – Parent/Teacher Evening Yr 8, 9 & 10
- Mar 23 – Y7 2012 Parent Info Evening 7pm
- Mar 28 – School Council Meeting/P&C AGM 7.30pm - Library
- Mar 31 to Apr 8 – Y12 Half Yearly Exams

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

Principal's Message

Year 10 Information Night

As part of our parent information night for Year 10 held last Wednesday we discussed options for this year and next year. The diagram below is a summary given out to parents to help with understanding the new requirements for staying in education and training up to the age of 17.

Year 9 Laptops

The next round of laptops will be issued during this week to students in Year 9. This carries a significant responsibility for the care of such an important resource. From now on Year 9 students should be careful where they put their bags and how they carry them with laptops inside. No longer will it be safe to pile your bag on or under other bags, leave them where they can be stepped on or sling them to the ground. The new laptops will open up wonderful new opportunities for learning. If treated well students will still be using them when they leave school. Remember they must be brought to school fully charged every day just as books and equipment are put in bags each day.

Congratulations to the following students who have made it to State for swimming:

Jordan Addley – 100m freestyle, 200m freestyle, 100m breaststroke

Olivia Haidle – 50m freestyle

Hamish McLennan – 100m freestyle, relay (15)

Thomas Smith – 100m freestyle, 200m freestyle, 100m breaststroke, relay (15)

Jock Whiteside – 50m freestyle, relay (15), 100m backstroke

Jake Smith - relay

Louise Manwaring

Principal

PRIZES & PURCHASE – MUDGEE SHOW

At various times over the last 10 years students have brought to school objects that they have won or purchased at the show. On a number of occasions these objects have either been highly dangerous and illegal (such as laser pointers) or replicas of dangerous objects such as guns and knives.

Mostly these objects would never be found on sale in normal shops for obvious reasons.

The staff ask that for the safety of their own children and for the safety of others parents monitor very closely what their children obtain from the show and insist that dangerous or replica items are not brought to school.

NEWS FLASH!

There will be a Parent Teacher evening on Thursday March 17 for parents of students in Years 8, 9 and 10. Be aware that this is *earlier* than last year's Parent Teacher evening. Parent Teacher evenings are a great way to find out just what's happening in the school life of your children and, in some circumstances, resolve any issues that may be causing concern before those issues become problems.

Booking sheets were distributed in the week beginning February 28, so please encourage your child to make those bookings as soon as possible.

Mr Eade -Deputy Principal

Snake Tails – Friday 1 April - \$6.00 per student

Bob Withey, an expert in reptiles from Australian Reptile Displays will be visiting the school with his collection of snakes, lizards and turtles. His presentation will cover how reptiles fit into the environment and how we can avoid being injured by them. Students will see venomous snakes in tamper proof boxes and will have the opportunity to handle turtles, lizards and pythons. Some volunteers may be selected to handle some of the non-venomous reptiles during the presentation. Students have been advised to bring \$6 to school for collection during their Science class in Week 7.

If any parents have a concern with these arrangements please contact G Evans HT Science.

Food Technology

We have had a very exciting start to 2011. The new 100hr V.I. course FT20 has commenced with great success. There are three FT20 classes running this semester.

The brand new commercial kitchen is in full operation and although it is a **Hospitality Trade Training Centre** it is also being utilised by many of our very excited junior V.I. classes. It is a terrific thrill and opportunity for our students to be able to work in such an environment surrounded by exactly the same equipment you would find in a large comprehensive city restaurant.

Assessment tasks.

All V.I. Food Tech classes have by now received their assessment task for this semester. This task forms a solid component in determining the outcome grades for the semester report. Most of these assignments have two components, a theory or research section and a practical application. These assignments are due later this term, thus allowing your child a considerable time to complete the task and seek help if needed. Please check the due date with your child and encourage them to complete this task early.

The practical component involves your child producing a dish or meal at school, as outlined in the assignment description.

Exploring Early Childhood

The Yr 12 class is currently studying the 'starting school', component of the syllabus. The class is assisting the kindergarten classes at Mudgee Public School.

These placements are very helpful in understanding the transition of children to a school setting. Once again, we sincerely thank Mudgee Public School staff for generously assisting in this course.

Marine Studies



Congratulations.

In January, Brooke Thomas furthered her dive experiences by travelling to Beqa Lagoon in Fiji with Mudgee Dive and Travel to get up close and personal with up to 8 species of shark. Ranked as the top shark dive in the world, Brooke came face to face and **patted** sharks up to 4m in length! Including Bull, Nurse and TIGER SHARKS – as described by Brooke as “the pretty ones with the stripes”!!



At the end of last year, the class of 2010 Marine Studies spent 5 days in Nelson Bay completing a range of dive courses, researching the temperate / sub-tropical marine environment and identifying tagged seahorses. By the end of the year the following students had completed or were in the process of completing Open Water (learn to dive), Adventure and /or Advanced Courses:

Toby Woods, Daniel James, Samuel Thomas, Brooke Thomas, Kirstie Gardner, Aidan Young, Mitchell O’Gorman and Brittany Skinner.



At the same time, concluding that sharks really are just big puppy dogs and not at all to be feared. The pictures are of the 4m Tiger shark that Mr Willetts and past MHS student Bridget Harvey patted the belly of as it swam 20cm over head!

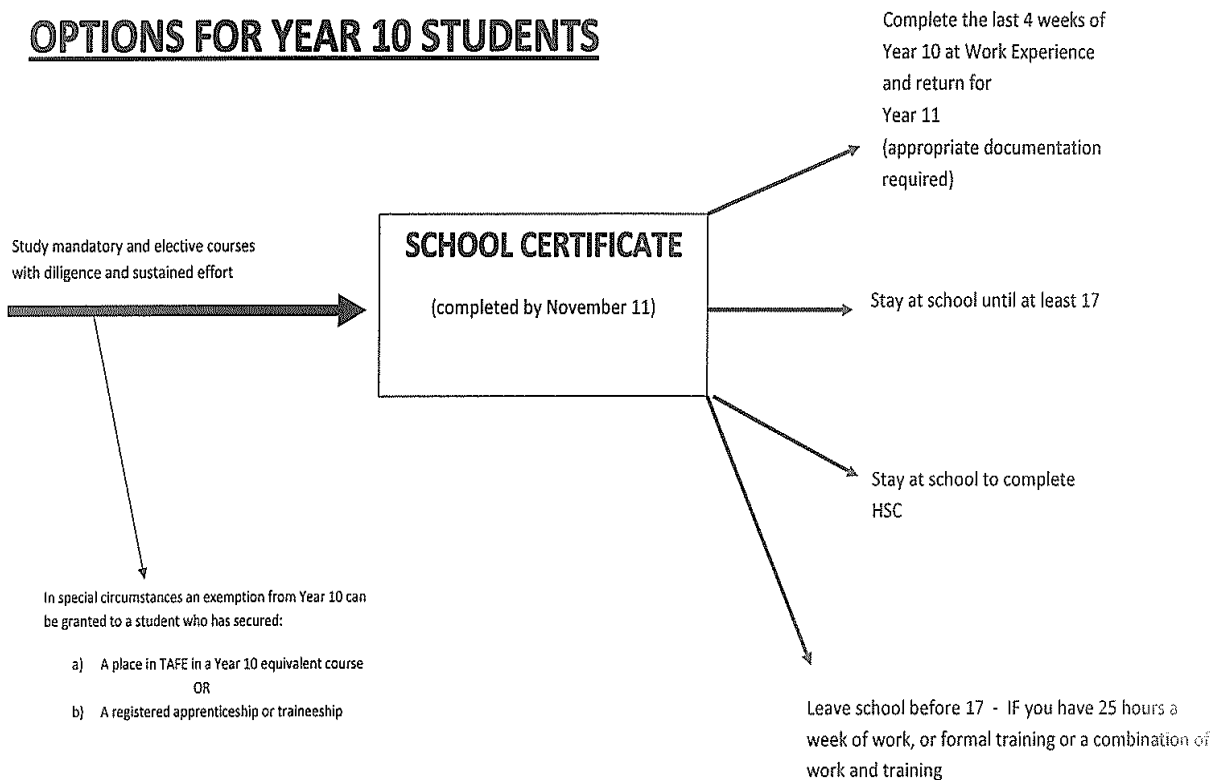


END OF SUMMER PLANT & POULTRY SALE
Mudgee High School – Corner Denison and Perry Streets
SATURDAY 12TH MARCH 8AM – 12NOON

- Wide variety of plants. New varieties available, including natives
- Wide variety of poultry breeds

Light Sussex – large & bantam, Blue Leghorn Bantam, Pekin – range of colours: blue, black splash buff & more, Silkie – blacks & whites, Wyandotte – silver & gold laced Young Isa Brown layers, Ducks – Indian Runners, Day old chicks – in most of these breeds, Young & older birds, Trios, pairs and single

OPTIONS FOR YEAR 10 STUDENTS



Community Announcements

Free Community Education Seminar – Navigating Teenage DEPRESSION

What is depression? How to spot early warning signs; how to build resilience; what to do.
 For parents, teenagers and people who work with young people.
 Presented at Club Mudgee on 30th March from 6.30 to 8.30pm

Building Personal RESILIENCE

What is resilience? Strategies for building resilience to combat stress.
 Presented at Winning Post Motor Inn
 31st March from 10am to 12 noon

Please RSVP for either or both by 25th March

By going to the website www.blackdoginstitute.org.au

For more information contact Chris Rule on 02 93828203 or c.rule@blackdog.org.au

Mudgee Junior Rugby League

Registrations will be held on 8th March and 22nd March at Cahill Park 5pm-6pm
 Fees for Registration are Under 6 to Under 9 - \$50; Under 10 to Under 16 - \$70
 Each player receives a Club shorts and socks. Any players that were not registered with Mudgee Club in 2010 will be required to provide identification (ie birth certificate, passport) when registering.

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.

PARTY TIPS from NSW Police

When planning for a huge party or just chilling with some friends, the main objective is to create memories and have a great time. The last thing you need is to remember the broken plasma, the hole in the wall or the vomit stain on your carpet....

Some tips to having a great night...

Idiot proof your house

Lock away items that can be broken or damaged like the LCD TV or family heirlooms. Don't forget about the things that can get stolen too like your iPod, mobile phone, camera, laptop etc.... These are things that can easily walk out of your home.

Food & Drink

You can't have party without having food & drinks! There are heaps of websites that can help you find great food and drink recipes. It doesn't have to be complicated it just has to be available. Food is also seriously important if you are serving alcohol. Food does not stop you or your guests from being intoxicated, but it does slow down the rate that alcohol is absorbed in the system. So be a good host and provide lots of food at different times during the night. Don't forget to also provide non-alcoholic drinks too, not everyone wants to be sloshed, someone may need to be sober enough to drive your guests home.

Also remember that if your guests are under 18 you can't serve them alcohol it's against the law. If you supply alcohol to, or obtain alcohol for, anyone under 18 it's a pretty hefty fine of \$5500 or \$11,000 and/or 12 months prison in aggravated circumstances. This law applies to anyone who provides alcohol to anyone under 18 even if you are under 18 yourself!

Gatecrasher proof your house

Gatecrashers or unexpected guests disrupt you and your friends from having a great time, they eat all your food and finish all your drinks, they are also the biggest reason why you'll call the police – to get rid of them.

If you can, have some kind of security at the door that can discourage unwelcomed gatecrashers. Sometimes it's a good idea to hire professional security guards or organise responsible friends to be at the door to let only those invited in.

Notify Police of your event

Why you ask?? They will help you if and when things get out of control, especially when you have heaps of people turn up and you don't know what to do with them. Police will also:

- Advise your neighbours that you have notified Police about your party and it will be over at a nominated time.
- Call you on the phone and inform you of complaints instead of turning up
- Consider doing a drive by or walk through just to make sure things are alright.
- Help remove unwanted/unwelcome guests
- Help you if you need any other emergency service like the fire brigade or the ambulance.

Remember that most of the time police turn up because you will need them to, not because they want to shut down your party.

Transport

Think about how your friends are getting to and from the party or a night out. It makes sense that someone is the designated driver. Remember P plater drivers have a zero alcohol limit, that's no alcohol at all.

And remember police now can randomly test drivers for all types of drugs.

In Case of an Emergency

In any medical emergency call an ambulance by dialling Triple Zero (000). If your friends have had too much to drink or have taken drugs and have passed out, this is a medical emergency and you should call Triple Zero (000). The ambos are there to help, but you need to provide them with as much information as possible. You should tell them how much the person has drunk and/or the substance(s) that are affecting them. The ambulance officers do not have to call the police unless they are in danger themselves, someone dies, or there are other non-drug crimes such as violence or theft.

So there's no reason not to call them if your friend drops. **For more information please go to www.mynite.com.au**

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