

Monday: 29th August 2011
Term 3 – Week 7



MHS Newsletter



A member of the
Cudgegong Learning
Community

[SEE OUR WEBSITE
FOR THE FULL
CALENDAR OF
EVENTS](#)

Coming Events:

- Aug 31 – CLC Concert, Parklands, matinee 12.00 noon, evening 6pm
- Sep 1 – Y8,9,10 Parent Teacher Evening, 3.45 to 7.00pm
- Sep 7 – Y12 Principal's Gold Medal Interviews
- Sep 8 – 16 Y11 Exams

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

The Importance of a Good Night's Sleep

Getting a good night's sleep often comes down to routines. Avoiding late-night technology use and keeping a regular sleep schedule are two important techniques. Recent studies found that adolescents used multiple forms of technology late into the night, including gaming systems, cell phones, and computers. As a result, they had difficulty staying awake and alert throughout the day.

Any factor that decreases the quality or quantity of sleep will lead to difficulty with school performance and poor behaviour problems. When children stay up late at night texting in bed or playing computer games, they are increasing their risk for neuro-cognitive problems. According to research, having a regular bedtime was the most consistent predictor of positive development outcomes in four-year olds. In this 8,000-person sample, language, reading and maths scores were higher in children whose parents reported enforcing regular bedtimes.

Disrupting the normal sleep pattern whether with technology or not, can reset the brain's circadian clock. A common problem, staying awake late and sleeping-in on the weekends, can make it difficult to fall asleep and wake-up during the week, so it is important to maintain a consistent schedule all week long.

The number of nightly sleep hours required by children varies by age. In general five-year olds should get 11 hours sleep, nine-year olds need 10 hours and fourteen-year olds require at least 9 hours. If the child is not alert and functioning properly during the day, sleep length should be gradually increased or decreased, or the bedtime routine should be adjusted.

For better sleep, it is important to maintain a routine bedtime pattern to prepare the brain for sleep.

Exciting, high-energy activity should be avoided within one hour before lights-out. Pre-bedtime activity like taking a bath, teeth-brushing, and reading a non-stimulating book will signal to the brain that it's time to sleep. Exercise, caffeine, and sugary foods should be avoided.

The ideal sleeping atmosphere is a dark, quiet room that is kept below 20C. Technology should be removed from the bedroom.

Insufficient sleep and poor sleep habits have been linked to health problems such as obesity, cardiovascular disease, diabetes, depression, moodiness, irritability, reduced memory functioning, and delayed reaction time.

Dates to keep in Mind

| | | |
|------------|--|---------------|
| Aug 31 | CLC Concert – Parklands – Matinee & Evening | |
| Sept 1 | Parent/Teacher Evening Years 8, 9 & 10 – Gym | 3.45 – 7.00pm |
| Sept 7 | Year 12 Principal's Gold Medal Interviews | |
| Sept 8-16 | Year 11 Exams | |
| Sept 19-20 | Year 10 Trial School Certificate | |
| Sept 21 | Gold and Silver Presentation | |
| Sept 21 | Year 12 Farewell Social | |
| Sept 22 | Rainbow Day | |
| Sept 23 | Year 12 Presentation Day | |
| Sept 23 | Last day of Term 3 | |
| Oct 10 | First day of Term 4 for Students and Staff | |

This issue:

- Principal's Message
- Important Dates
- Home Ec Department
- Yr 12 CAFS
- Community Items
- Coffin Creek Ad
- Newsletter by email

HOME ECONOMICS DEPARTMENT

The subject selection process has been underway for Yr 10 and there has been keen interest shown in all of the subjects offered by this department. The process will continue when students are asked to select subject on set lines.

On Thursday 11th August **TX02**, Mrs Bailey and Mrs McNamara, travelled to Gulgong to "Spun Out", to dye a variety of textile fibres. They experimented with the dyeing of wool, angora, silk and came up with a huge bag of samples. They also have a good understanding of the dyeing process and suitable dyes to use and effects that can be produced using a variety of techniques.

The afternoon saw the class produce a piece of felted fabric using the huge range of colours and fibres in stock at Spun Out.

The next step is to produce a felted book. Some of the results we will publish in future newsletters.

YR 12 COMMUNITY AND FAMILY STUDIES (CAFS) were involved in the Wheelchair Roadshow on Wednesday 24th August. They have been studying Groups in Society and one of the groups was The Disabled. This visit allowed them to review difficulties experienced by people confined by needing a wheelchair. They also played wheelchair basketball and soon realised that mobility in a chair is much more difficult and needs great skill.

Community Announcements

SUPPORTING COMMUNITIES AFFECTED BY DISASTER

BEYOND BLUE: The national depression initiative is working with communities affected by disaster to provide free Community Support Training on mental health and wellbeing. Community leaders, local business owners and other interested community members are invited to take part. Training is free and there are 25 places on Thursday 15th September from 6.30 to 9.30pm at the CWA Rooms, 48A Market Street, Mudgee.
Please RSVP with Di Gill on 0427 460430

GULGONG AMATEUR SWIMMING CLUB –Now has a qualified swimming coach

Training days – Mon, Wed & Fri 4pm to 5pm – first training session 10th Oct

Clubnights – Tuesdays at 6pm – first club night 11th October

(Swimming goggles will be for sale at training sessions and on club nights for \$10)

If you would like to register to be a part of the Club registration days are 12th, 16th, 19th and 23rd September
At Gulgong Swimming Pool, Cost \$60 per swimmer, \$15 non-swimmer (one non-swimmer to register per family)
Contact Sharmane on 0410 548447 or sharmane@geodata.com.au
or Kym on 63742932 or kymschemioneck@bigpond.com

MUDGEESOFTBALL – Registration Days

Gulgong – in the High School Gym - 14th and 21st September, 3.30pm to 4pm

Mudgee – at Westend Fields – 3rd September 10am – 12noon. Final registration day 1st October 10am to 12 noon.

Sunday 18th September from 9am to 3pm is a come and try day. The Diamond Sports Van will be in Mudgee on that day with a range of softball goods available to purchase. Season commences 15th October.

Any inquiries phone 63740288 or email mudgeesoftball@gmail.com

FOSTER CARER INFORMATION SESSION

Fostering isn't always easy, but if you have what it takes to make a difference to a child's life come along to the NSW Community Services information session on

21st September 2011 at the Community Service Centre, 108-110 Market Street, Mudgee

Either at 11am or 6pm – Contact Marian Imrie on 6372 5700

SPONSOR

COFFIN CREEK ANGUS STUDD

Wollar Road, Mudgee

Telephone 63733838 or 0414669494

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I _____ parent/carer of _____
(please print full name) (name of student/s)

request the newsletter be emailed to me at _____
(please print email address)

_____ (signature) _____ (telephone) _____ (date)