

Monday 5th March 2012

Term 1– Week 7



MHS Newsletter



A Member of the
Cudgegong Learning
Community

SEE OUR WEBSITE
FOR THE FULL
CALENDAR OF
EVENTS

Coming Events:

- Mar 15&16– Y11 & Y12 Business Concierge
- Mar 15 – Y8,9&10 Parent Teacher Evening 3.45 -7pm

Mudgee High School – Locked Bag 2004, Mudgee NSW 2850

ABN: 25 074 408 459 Telephone: (02) 6372 1533 Facsimile: (02) 6372 6321

Website: www.mudgee-h.schools.nsw.edu.au Email: mudgee-h.school@det.nsw.edu.au

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

Principal's Message

You will have heard of the release of the Gonsky Review into funding of education in the media. One of the key findings of this review and much other research is that a significant difference in the quality of education a student receives is a direct result of the quality of the teaching. We are privileged here at Mudgee High School to have high quality teachers who are dedicated to the continual improvement of their skills. We do this by emphasising the sharing of our learning and the support of new and less experienced teachers. We also do this by setting high expectations for ourselves as well as our students.

The designation of Mudgee High School as a Centre for Excellence for Quality Teaching for the third year is a reflection of our reputation and accomplishments in this area.. Our professional learning programs ensure that, not only are our teachers constantly updating and enhancing their skills, but that they lead other teachers in the district and region to develop their skills.

One other element of quality outcomes for students is the key partnership with the community including parents. This is achieved by parents being involved, attending P&C, contacting the school when they have concerns or suggestions and making the effort to come along to school events particularly those which are organised for parents. The next opportunity for this involvement will be for parents of students in Years 8-10 who are invited to attend our parent teacher afternoon on Thursday 15 March. Booking sheets have gone home and I urge all parents to take this opportunity to learn more about their child's courses and expectations and to pass on vital understanding that only a parent can have, of an individual student's needs. Parents of Years 10-12 students have another opportunity to provide vital feedback on the DER laptop program through a survey. More information and the link is included below.

Essential Secondary Science Assessment

Students in Year 8 2011 undertook the Essential Secondary Science Assessment (ESSA). This week individual results will be provided to all students who sat this assessment during last year. Parents of current Year 9 students should look out for these reports to come home with students this week.

I was sent this extract recently and thought you might be interested in reading the views of this eminent author and thinker, John Ralston Saul.

What is the tragedy of a classed based society? Quite simply, it is a society which has institutionalized selfishness.

We all have selfishness within us. We all have our self-interest. And we need it.

But that is quite different from acting as if selfishness were the leitmotif of civilization. A healthy democracy is one which works to avoid that tragedy.

As for public education, it is a simile for civilized democracy. You could say that public education is the primary foundation in any civilized democracy. That was one of the great discoveries of western civilization in its modern form in the middle of the 19th century.

Any weakening of universal public education can only be a weakening of democracy. I personally do not believe that citizens have any desire to abandon the true strengths of their society. I believe that there is a profound understanding in our society of the long-standing essential role universal public education plays in making us a civilized democracy.

**In defence of public education by
His Excellency John Ralston Saul**

This issue:

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- The IQ Café
- Youth Week Comp
- Swimming Carnival
- Community Notices
- Paid Advertisement
- MHS Sponsor
- Useful Tips
- Canteen Price List

2012 DER-NSW Parent Survey

Years 10, 11 and 12 Parent/Guardian,

We seek your views on the NSW one-to-one laptop program.

A formal evaluation of the program is being undertaken by the New South Wales Department of Education and Training in collaboration with the University of Wollongong. It is an effort to determine how the DER-NSW program may impact on learning and teaching education across the state. The evaluation has taken place over 3 years.

Please go to the link below and complete the 2012 survey. It won't take you too long.

<http://www.surveymonkey.com/s/DER-NSWPr2012?c=8128>

To access the link please enter it into the long address bar at the *top* of the page of your internet browser (not into a search engine such as Google) and press enter or go – this will take you to the survey.

Individuals cannot be identified in the data. Evaluation reports to date can be viewed

online: <https://www.det.nsw.edu.au/about-us/how-we-operate/national-partnerships/digital-education-revolution/rrq/research>.

Thank you for assisting us.

Healthy Canteen Policy

The Department of Education and Communities requires that schools implement the *NSW Healthy School Canteen Strategy*. Resources are provided to guide decision making about how the *Nutrition in schools* policy is implemented and applied to all school activities. Schools can refer to the *Canteen Menu Planning Guide* to determine the type and frequency of food and drink to be offered to students.

Food and drink have been divided into three colour categories:

Green (are a good source of nutrition, contain less saturated fat and/or sugar and/or salt) should be encouraged and promoted across all school activities and programs that involve the provision of food and drink to students.

Amber (are moderate levels of saturated fat and/or sugar and salt) should be selected and used carefully, for example, in smaller serve sizes or combined with green healthy food and drink options.

Red (are high in saturated fat, added sugar and/or salt) must be modelled as occasional foods only. Each school community will look at the range of activities they have that offer food and drink to students and ensure that food and drink that fall into the red category are only offered on occasions and are not the dominate type of food and drink offered.

When planning school events we consider the requirement that the food and drink provided should promote the importance of green foods and the use of red foods only as occasional foods.

Louise Manwaring - Principal



THE IQ (INNER QUAD) CAFE opened for seniors on Friday the 24th February and was a huge success. The cafe will run at recess on chosen Fridays and give the Year 12 hospitality students the opportunity to enhance their skills in customer service, coffee making, and point of sale handling procedures.

Many seniors took the opportunity to have a chat while having a hot beverage and cake at the new cafe in the courtyard outside the Hospitality Trade Training Centre. The Hospitality Students running the cafe did an amazing job in keeping up with the huge demand.

YOUTH WEEK COMPETITIONS

Youth week 2012: Friday 13th April- Sunday 22nd April. Many activities will take place during this week in the Mid Western Region including various competitions in photography, short film, short story, poetry and art. Entrants must be aged between 12 and 25 years and live in the Mid-Western Region. The winners and runners up of each category will win great prizes. For more details and entry forms see your Youth Council representative, Maddie Date (yr 8). All entries must be submitted by 30th March 2012

MUDGEES HIGH SWIMMING CARNIVAL

On Friday 17th February Mudgees High held their swimming carnival. It was a fantastic day with large numbers of competitors in all age divisions.

Results: Age Champions

	Boys	Girls
12	Wyatt Sanders	Macy Morley
13	Luke Beckingham	Rebekah Rae
14	Thomas Smith	Zoe Da Roza
15	Angus Menzies	Jordan Addley
16	Hamish McLennan	Jayne Muscat
OPEN	Thomas Armstrong	Georgi York

House Results: Wentworth; Blaxland; Cunningham; Lawson

Records: Congratulations to the following students that set new school records:

Macy Morley – 12 year 50m free, 100m back, 50m fly, 50m back, 100m fly

Thomas Armstrong – OPEN 50m free

Jordan Addley – 15 year 100m back, 200m IM

Thomas Smith – 14 year 50m fly, 200m IM, 100m fly

Luke Beckingham – 13 year 100m breast, 200m IM, 200m free

Georgi York – OPEN 100m back

We wish all students going to Cowra for Western area all the best.

Thank you to **ALL** students that participated in the carnival. It is positive seeing students just get in and have a go regardless of how fast they went. I hope this enthusiasm and fantastic House spirit continues for the upcoming Cross Country and Athletics carnival.

Paid Advertisement

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



NOAH'S ARK HOME PET SITTING - Karen Hobbs
25 years Vet Nursing experience - 0437 133015

Peace of mind while you are away..... Caring, quality in-home care for all your pets.

If They're Happy - We're Happy!

SPONSOR

COFFIN CREEK ANGUS STUD
Wollar Road, Mudgee
Telephone 63 733835 or 0414669494
Proud Sponsor of Mudgee High School Champion Steer Showing Team

Community Notices

Mudgee Disability Support Service

Presents *SNOW WHITE & THE 7 (MAYBE) DWARFS*
Friday 9th March 7pm – Baptist Church Hall – Bruce Road
The concert features clients from MDSS in an hilarious performance
Also featuring Reps School of Dance and other Local Acts
Tickets \$10 – Family \$20, can be booked by phone 6372 3848 or email ingridpuzty@internode.on.net or at the door

MUDGEE JUNIOR GOLF In conjunction with JACK NEWTON JUNIOR GOLF FOUNDATION

Boys & Girls 5 to 15 years – **Sunday 11th March 2012**
Time: 9.30am for 9 hole competition; 10am for Go-Go Golf
Cost \$ 5 - includes golf and sausage sizzle; *Coaching and Go-Go Golf*
Equipment supplied if required. Please ring Pro shop for further particulars 63722686

MUDGEE BLACK SWANS

Registration – Victoria Park 10am on 10th March – Register for under 12, under 14, under 17 age groups
Training has now commenced – Tuesdays and Thursdays at Victoria Park at 5.30pm
For more info please contact Nathan Hiley – 0412 117 298 or nhiley@hileywood.com.au

MUDGEE WOLVES

Registration Days – Mudgee – Glen Willow 10th March from 10am to 2pm
Rylstone Showground – 8th March 4 – 6pm
Gala Weekend at the New Glen Willow Stadium – Sat 10th March & Sun 11th March – Free Entry
Gold coin donation will be appreciated by Can Assist – BBQ and Kiosk Facilities
Registrations, Free Junior Coaching, Coach the Coach Clinic
7.0pm Sat Main Event – Australasian Soccer Academy Team versus Mudgee Wolves Men's Invitation Team
Lots more go to www.mudgeewolvesfc.com.au

MID-WESTERN REGIONAL COUNCIL - 2012 Youth Week Competitions

Categories for Photography, Short Film, Short Story, Poetry and Art –First prize \$75, Second \$25 in each category
All entries must be received by 4.30pm on 30th March 2012 - Entry forms are available at MHS front office
By email to youthweek@midwestern.nsw.gov.au or mail to PO Box 156, Mudgee
They can be delivered to Carmel Croan Community Centre, Cnr Market and Douro Streets
For more information please visit www.facebook.com/midwesternyouthcouncil

STS STUDENT EXCHANGE

Is a not-for-profit student exchange organisation, with over 50 years of experience and global network of 22 offices
The organisation is registered with the Department of Education
They have a number of exchange students who are arriving in July 2012 and are keen to become part of an Australian family
If you are interested in obtaining more information call 1800 263 964 or email stsf@people.net.au
Or visit website www.sts-education.com.au

DO YOU HAVE AN EMAIL ADDRESS? We can contact you online and send newsletters directly. Please complete the slip below and return it to the office.

Parent/Carer Email Address _____ (please print email address)

Name _____ parent/carers of _____ (please print full name)

Student Name _____ Year _____

Student Name _____ Year _____

Student Name _____ Year _____

I would like to receive the Newsletter by email

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

USEFUL TIPS FOR PARENTS AND STUDENTS OF YEAR 7

This advice to parents and students is designed to reinforce information already given to you and to highlight other important information which can be useful during this first term transition to Mudgee High School. A number of staff and faculties have contributed to this summary:

- Your child is encouraged to wear a paint shirt in Art, to protect their clothes. One of Dad's old shirts is ideal. They can be left in the student's art room.
- If paint gets on your child's school uniform, DON'T put it in the wash! It needs to be rinsed in cold plain water, then hand soap the garment and when the paint has disappeared, it can be laundered in the usual way.
- A 2b pencil is a very useful drawing tool and it will often be used in art classes.
- If your child plays a woodwind or brass instrument they are encouraged to join our School Band programme. Please speak with your Music teacher to find out more.
- In the HSIE department desirable pieces of equipment include a thumb drive to store work and earphones so that your child can work independently at computer stations.
- Some of your child's school work can be accessed through the school's Moodle and this can be accessed from your home computer.
- Look at your child's books regularly and see that they are up to date and ask questions about the work in their workbooks.
- Give your child every opportunity to write - even a shopping list
- Encourage your child to read each day and don't assume that once they're in high school they won't want to be read to – they still enjoy it.
- Watch the news together - kids often don't understand it and need your help. The information gained from the news can be used in many subjects.
- Monitor and limit the use of electronic devices in the evening both for appropriate usage and that your child has the required amount of sleep for a young teenager.
- Next time you purchase a science exercise book could it be 160 plus pages. Science requires students to write up experiments, construct graphs and tables - this process uses a number of pages.
- **The timetable** - to keep track of all the lessons and classrooms, your child was given a weekly timetable with their subjects, times and room locations listed. They will be required to check their timetables each night to make sure they have the correct books, equipment and completed homework for the next day's classes. It is wise to paste their timetable into a book or diary which comes to school each day. Pack and take all necessary equipment for the school day e.g. sports/cooking gear. Please only pack what is needed.
- Leave passes for appointments during school hours – your child must have a written permission note from a parent/carer to present to the school office before roll call to enable them to collect a printed leaver's note. Parents/carer will need to organise with your child, a meeting spot.
- A booklet of leavers forms is available from the front office, this is a prepared booklet in which you complete the gaps regarding various reasons for absence. This booklet can be collected by either a student or parent. It is your child's responsibility to present this note to the class teacher which will enable them to leave at the designated time.
- Last minute appointments - at times, your child will need to leave school early or attend appointments at the last minute. Parents are requested to contact the school office to organise a leaver's slip. The office staff will organise a leaver's slip and contact your child. Parents are to sign out a student leaving the school grounds when collecting the student from the front office.
- Parents please note that your child is not permitted to use a mobile phone during school hours. It must be turned off and placed in their bag until the end of the school day. If your child uses a mobile during school time it will be confiscated and will need to be collected by you on the second offence. Your child should not contact you during school hours by using their mobile. If your child is unwell the office staff will contact you. If your child has a need to contact you they should seek the permission of a deputy principal who will, if appropriate, ensure that this takes place.
- Collection of items from the office - if your child knows that you will be leaving an item for collection at the front office please remind them that it is their responsibility to collect the item from the office, the office staff will not send a reminder slip.
- Private conveyance travel / bus forms – as your child has now entered high school a new private conveyance form must be submitted to the Department of Transport (address on form) these forms are available from the Office. Bus forms are also available from the Office, when completed these are given to the bus driver.
- **The difference between homework and study** - homework will vary in amount and type because of the number of teachers and subject variations, but your child will probably need to do some homework each night - whether it be a review of the day's lesson, completion of exercises or starting an assignment that is due down the track. Then there needs to be study time - which is separate from completing homework. Your child should go over the day's work, read their text-books or notes and try to increase their understanding, and remember concepts touched on in the class.
- **Problem solving** - if you are worried about something that affects your child and their schooling, or you have a minor issue that you need to discuss, you may wish to speak to your child's year adviser or subject teacher in the first instance. If there is a bigger issue, or you believe that the original problem was not solved, please speak firstly to the head teacher of the faculty and if necessary then to the deputy principal or principal.
- **Bullying is not tolerated** - all parents want reassurance that their child is not going to be bullied at school nor do you want your child to bully others. It's an issue that Mudgee High School always takes seriously. Bullying is an ongoing persistent deliberate attempt to make your child feel uncomfortable or unhappy. Bullies can be anywhere...at school, at work, even neighbours! It is important that your child learns how to deal with bullies. We have an excellent Anti-bullying Plan, which includes specific ways to deal with bullying behaviours.

We hope these points are useful tips and information for you and your child.

David Roach - Chair – Mudgee High School Community Partnership Committee

MUDGEE HIGH SCHOOL CANTEN
MENU 2012 EFFECTIVE FROM JAN 30TH 2012

HOT FOOD AVAILABLE EVERY DAY

CHICKEN & CORN ROLL	\$ 1.50
PIZZA ROUNDA	\$ 2.50
BEEF TRAVELLER PIE	\$ 2.50
CHICKEN TRAVELLER PIE	\$ 2.50
SAUSAGE ROLL	\$ 2.50
BEEF & GRAVY ROLL	\$ 4.50
HOT DOG WITH CHEESE	\$ 3.50
HOT DOG	\$ 2.50
MAYO/SAUCE PORTIONS	\$ 0.30

ROLLS & SANDWICHES

A VARIETY OF ROLLS INCLUDING

HAM, SALAMI, CHEESE, EGG & CHICKEN ALL WITH SALAD	\$ 3.50
CHICKEN CAESAR ROLL	\$ 4.50
SWEET CHILLI CHICKEN AND AVOCADO ROLL	\$ 4.00
VEGETARIAN WRAP with Tzaziki, chick peas, semi dried tomatoes and salad (Mondays only)	\$ 4.00
CHICKEN AND AVOCADO WRAP with salad (Mondays only)	\$ 4.00
PLAIN BREAD ROLL	\$ 1.00

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

JUICES

BERRI 350ML	\$ 2.00
Apple/blackcurrant, apple/mango, pineapple, orange, tropical, multi V, passionfruit	
DAILY JUICE 500ML	\$ 2.50
Apple, orange, orange/mango	

BEVERAGES

PUMP WATER 750ML	\$ 2.50
WATER 600ML	\$ 1.50
HOT MILO (Winter only)	\$ 1.50
LOL	\$ 2.00
COKE ZERO	\$ 2.00
SPRITE ZERO	\$ 2.00
PEPSI MAX 600ML	\$ 3.50
SPARKLING FRUIT DRINK	\$ 2.00

SNACKFOOD

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

ICECREAMS

PADDLEPOPS	\$ 1.30
MILO SCOOP	\$ 2.50
FROZEN YOGHURT	\$ 1.50
LEMONADE TWIST	\$ 1.00
SUNNYBOY	\$ 1.00
CYCLONE	\$ 1.60

DAILY SPECIALS

MONDAY

SWEET CHILLI CHICKEN WRAP (ORDER ONLY)	\$ 4.00
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TUESDAY

PIZZA SUB	\$ 2.00
SPUDSTERS WITH GRAVY	\$ 2.50

WEDNESDAY

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

THURSDAY

CHICKEN BURGERS	\$ 3.50
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FRIDAY

THAI CHICKEN ROLL ORDER ONLY	\$ 5.00
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**CHECK OUT OUR DAILY MENU BOARD FOR OTHER EXCITING SPECIALS
 INCLUDING HOMEMADE SOUPS, PASTAS, FOCCACIAS, TURKISH MELTS
 CURRIES, BURGERS AND SALADS**

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