

Monday 25th June 2012
Term 2 – Week 10



MHS Newsletter



A Member of the
Cudgegong Learning
Community

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THE FULL CALENDAR
OF EVENTS

Coming Events:

- June 29 Last Day
Term 2
- July 17 Students
Return for Term 3

This issue:

- Principal's Message
- North West Equestrian
Expo
- MAD Sampler Concert
- Sponsor
- Whooping Cough

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

Welcome to the last week of the term and the last week of the semester!

On Tuesday of this week, the Gold and Silver Awards for Years 11 and 12 will be held in the performance centre, beginning at 11:30. Early in Term 3 – Tuesday 24 July to be precise – Years 7 to 10 will be presented. Gold and silver awards celebrate academic success and the contribution made by some students to the school through representation and service.

At last Wednesday's whole school assembly, and in the spirit of explicit teaching and proactive planning, all students were given instruction on how best to receive an award. It was explained to all present that the collection of any award demands a certain propriety; award ceremonies come with their own etiquette and what better place to be schooled in such matters than a school?

Students were advised that dress standards befitting the occasion were a necessary consideration. Full school uniform, recently laundered and neatly worn was a reasonable expectation.

Deputy Principal, Mr Jones, then provided himself as a "stunt-student" and demonstrated precisely what **not** to do when receiving an award. His acceptance included; an awkward gait; no eye contact with the presenter; awkward failure to decide which hand with which to shake; rushed, limp-fish handshake, and; snatch-and-grab taking of the award before heading off stage in the wrong direction and completely against the tide following.

After the laughs, it was then explained to students that awards like Golds and Silvers are things of which they should be justifiably proud. The award recipient should walk with measured purpose to the presenter. The award recipient should hold his or her head high and maintain eye contact with the presenter – this is a moment from which the recipient should take pride. Unless there is a physical reason that makes it impossible, the right hand should be extended to shake hands with the presenter of the award. The hand itself should be clean, dry and firm; neither boneless nor an arm wrestle! The award recipient should take the award with the left hand and thank the presenter. In some award ceremonies, the recipient should pause long enough for a photograph to be captured of the moment. The recipient should then continue to move from the stage in the same direction, allowing other worthy recipients to follow.

Mr Jones, again playing the "stunt-student", then demonstrated what receiving an award should look like.

It will be a pleasure to see our students putting this instruction into practice over the coming days and weeks.

In other news, pertussis, or whooping cough, is with us again and there have been confirmed occurrences in Mudgee in recent weeks, including a Year 7 student attending Mudgee High. The highly infectious and potentially lethal nature of this disease is such that students who present with it are required to stay at home. Most of us have been immunised against pertussis at some stage in our lives, but it wears off over time and boosters are necessary to maintain that immunity.

Attached to this newsletter are a couple of pages from NSW Health on what pertussis is, what it looks like, who is at risk and how it is treated. I urge you to read those pages.

... and finally. Mrs Stephens, who for several years has worked in our Support Unit and bolstered the school's ability to deliver quality instruction in Music, finished at Mudgee high at the end of last week. Her husband has taken a position at Charles Sturt University in Wagga Wagga. Mrs Rayner, who has worked block loads in HSIE for several years, has taken leave from Mudgee High, as she will soon be a new mum. Both are wished all the best.

School holidays begin at the end of this week. School will resume for ALL students on Tuesday 17 July. Encourage your kids to keep up with their studies but also encourage them to take time to recharge their batteries as both are necessary if they are to be fully prepared for the coming term. Those of you with kids in Year12, be aware that they will have just 49 days left of school when we return...

Wayne Eade
Relieving Principal

North West Equestrian Expo

From the 1st to the 5th of June, eleven students from Mudgee High School competed in the North West Equestrian Expo at Coonabarabran. The riders included: Adelle Beer, Ryan Martin, Savannah Mealing, Brooke Munro, Cody Nemeč, Madison Nemeč, Samantha Perring, Skye Rochester, Mimi Tym, Annalise Wilson and Laura Wurth. The weather conditions were less than favourable with flooded campsites and ankle deep mud a reality for the majority of the event. This did not discourage the students who still competed in the events that were able to run and represented Mudgee High with pride. Some of the results included: Ryan placed first in the inaugural Warrenbungles Way event in his age group. In the D grade One Day Event in their respective groups: Skye 2nd, Ryan 3rd, Samantha 5th, Laura 6th, Cody 6th and Brooke 9th. Madison received 9th in the Combined Training. Cody received 5th in the 75cm show jumping, Savannah received 7th and Annalise received 10th overall in dressage, while Adelle received a 3rd in hacking.

A big thank you to all of the students and their parents who were involved in the expo.

Emma O'Neill

MAD Sampler Concert

Another very enjoyable performance and exhibition opportunity occurred on Tuesday 19th of June. The Performance Centre was well filled as we were treated to a variety of Drama and Music acts. The concert featured students from all years, 7 to 12. During interval the audience made its way to F1 where all were treated to a display of artworks reflecting the creative output of many students during this semester. Congratulations to all students who participated in making this another very enjoyable arts event.

Thanks to the Creative Arts staff who made it all possible.



Alexandra Murphy



Hamish McLennan



Ethan Marsh

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Whooping Cough (Pertussis) affects people of all ages.

It can be especially serious for babies.

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School Immunisation Program

Immunisation for adults

A booster for adults is recommended for:

- Both parents when they are planning a pregnancy, or just after the baby is born
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers. *For a limited time, a free booster is available from GPs for new parents grandparents and carers of babies under 12 months.*

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is whooping cough diagnosed?

Your doctor may ask about your symptoms and whether there you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

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.

Identify - Protect - Prevent

NSW Health whooping cough

campaign <http://www.health.nsw.gov.au/PublicHealth/Infectious/whoopingcough/index.asp>

Rural Areas	Location	Number
Far West NSW LHN	Broken Hill	08 8080 1499
Western NSW LHN	Dubbo	02 6841 5569
	Bathurst	02 6339 5601