

Monday 16<sup>th</sup> December 2013  
Term 4 – Week 11



# MHS Newsletter

Merry Christmas – Happy New Year



A Member of the  
Cudgegong Learning  
Community

SEE OUR WEBSITE FOR  
THE FULL CALENDAR  
OF EVENTS

### Coming Events:

- Dec 17 – Y7,8,9 & 10 Assembly – Reports, Gold/Silver & Y7 concert 12.15 – 1.30pm
- Dec 18 – Final Day for Students
- Dec 20 – Final Day for Staff
- Jan 28 – Day 1 – Term 1 for Staff
- Jan 29 – Day 1 for Years 7, 11 & 12
- Jan 30 – Day 1 for Years 8, 9 & 10



### This issue:

- Principal's Message
- P&C Awards
- Presentation of Awards
- AB Team Tips
- Community Notices
- Sponsor



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

## Principal's Message

I would like to take this opportunity to say thank you to the many parents who have assisted our work on behalf of students of Mudgee High School. A very special thank you to the members of the P&C who do so much to enhance opportunities for our students. Our gratitude also extends to the many parents and community members who have assisted with student representation in sport, creative and performing arts and citizenship activities. So many parents have provided their expertise to assist students to participate at school, regional and state representation. Without your support our students would not have these opportunities.

At this time of the year we also need to thank the many businesses, including our local media who provide sponsorship and publicity for our activities. A large number of businesses have supported our students through work experience and VET work placements and helped students to develop work ready skills which make them more competitive in the labour market. The Mudgee guardian and Weekly have ensured student and staff achievements receive the profile they deserve. Our regional support personnel also earned our thanks for the opportunities they have provided for students through regional teams, bands, camps, student leadership and competitions.

Finally I would like to thank the hard working staff of Mudgee High School who have made 2013 such a full and successful year. Our students have benefitted from your dedication and expertise to once again demonstrate they are the best students in NSW in so many ways. This week our HSC results are expected to highlight the expertise of our teachers and the dedication of our students to achieving their personal bests. Our memories of 2013 will centre on the many accolades students and staff have received for their work, many of which you can find within the pages of our magazine. If you haven't purchased your copy of the MIRRI you still have a few days to secure one of these beautifully produced mementos of 2013. In later years students who don't have one for a souvenir will regret not taking the opportunity when it was available.

We look forward to welcoming continuing students and parents to 2014 and new students and parents to our school. Staff return on 28 January. New enrolments and all of years 7, 11 and 12 return on Wednesday January 29. Years 8, 9 and 10 return on Thursday January 30 with any new enrolments who were not able to come in on Wednesday. The start of any year is always busy. 2014 will be particularly significant because we will be implementing changes to our student welfare policies and programs. You have all had a hand in their development and we look forward to explaining their implications to both parents and students in the first weeks of 2014.

I wish all families the very best for Christmas and the New Year. While we will miss retiring staff and Year 12 students we hope that 2014 brings all of you new dreams and happiness as you move on to a future without attending Mudgee High School every day. I am sure that your school will always be a part of you and don't forget to visit regularly and tell us how you are going.

*Louise Manwaring*  
Principal

**P & C AWARDS Term 4 Week 10 - Congratulations to: Year 7 – Tamika Moore; Year 8 – Caleb Lynch; Year 9 – Courtney Brackenrig; Year 10 – Cameron Howe; Year 11 – Madoc Fielding**

## PRESENTATION OF SCHOOL REPORTS + GOLD/SILVER AWARDS

Tomorrow 17<sup>th</sup> December school reports and gold/silver awards will be distributed for Years 7 – 10. You are invited to attend this celebration of your child's success during Semester 2 at Mudgee High School. The presentations will be organised as follows in the school gym:

Year 8	9.20am – 10.30am	Report + Gold/Silver Presentation
Year 7	10.55am – 12.00 noon	Report + Gold/Silver Presentation
Year 7	12.15pm – 1.30pm	Concert in the Performance Centre (Year 7 parents invited to attend)
Year 10	12.15pm – 1.30pm	Report + Gold/Silver Presentation
Year 9	2.10pm – 3.20pm	Report + Gold/Silver Presentation

## Anti Bullying Team Advice

You always have the right to feel safe at school. It is never your fault if bullying happens to you.

### If you're being bullied...

Tell the person to stop. Use neutral language to respond to the bullying, like 'maybe' or 'that's what you think'. Walk away. Try to act unimpressed.

### But if it's been going on for a while and these don't work...

Talk to your friends and ask for support. Talk to your parents. Talk to your teacher.

If you see someone else being bullied...

Tell the person acting like a bully to stop. Talk to a teacher. Don't watch or join in. Try to change the subject. Try to comfort and/or include the person who's being targeted. Explain to the person being bullied that it's nothing to do with them—it's about the other person's behaviour.

### If you are cyberbullied...

Don't respond to the message or image. Save the evidence. Block and delete the sender. Report the situation to the website or Internet Service Provider. Tell trusted people—friends, adults, teachers, parents and police if necessary.

### Who can help?

Remember...bullying hurts and it should not be part of anyone's growing up.

If it is happening to you, tell someone. If you need to know more, or you need to speak to someone there are always people who can help.

## Where to Go For Help With Bullying

**Phone 000** or your local police if you, or someone you know, is in immediate danger or risk and requires an urgent response.

### Kids Helpline 1800 551 800

Kids Helpline is a 24-hour, seven day a week counselling service for Australian young people aged between 5 and 25 years. Kids Helpline talk to more than 6,000 kids each week, about all sorts of problems. Young people can access Kids Helpline by calling 1800 551 800 or visiting their website.

### Lifeline 13 11 14

Lifeline offer a free 24-hour telephone counselling service. Anyone can call Lifeline at any time. As well as providing telephone counselling, Lifeline can provide you with information about other support services available in your area.

### Child protection

If you are a victim of child abuse or know a child needing protection contact Child Protection Service in your area Child Protection & Family Services 132 111 (24 hours) or 1800 212 936 (TTY)

### Grief counselling 1300 554 786

If you have recently lost someone close to you and need someone outside of your support network to speak to, phone the Australian Centre for Grief and Bereavement counselling service. This service provides face-to-face counselling. For more information visit the Centre for Grief Education's website

### Sexual assault support services

If you are a victim of sexual assault or know someone who is, phone the support service in your area.

NSW Rape Crisis Centre 1800 424 017

### Domestic violence prevention and support services

If you are a victim of domestic violence or know someone who is, contact the support service in your area.

NSW Domestic Violence Line 1800 656 463 (24 hours) or 1800 671 442 (TTY)

### Cybersafety

The Australian Communications and Media Authority's Cybersmart website provides cybersafety information for young children, teens and parents. It also has an Online Helpline for young people who have had negative online experiences, such as cyberbullying.



# Seasons Greetings



## Community Announcements

**MUDGEE JUNIOR BOWLS**  
**Junior Gala Lawn Bowls Day for all "Under 18s"**  
**Tuesday 14<sup>th</sup> January 2014**  
**10am – 1pm : Mudgee Bowling Club – 12 Burrundulla Avenue**  
**Cost \$5 for the day includes lunch**  
*For more information or registration please contact Alan Clarke at  
Mudgee Bowling Club 6372 1774 or 0427 723758*

## MUDGEE DISTRICT TENNIS CLUB

*The Mudgee Tennis Club will soon have four brand new courts designed specifically for juniors. They will be smaller courts with lower nets and great fun for kids and families. They are expected to be open to the public before the end of December 2013.*  
*We will also have a brand new coach starting in February next year – running private and group coaching (including kids Hot Shots). To be kept up-to-date on the exciting junior courts and our new coach send us an email ([mudgeetennis@gmail.com](mailto:mudgeetennis@gmail.com)) and we will add you to our database alternatively you can 'Like' our Facebook page "Mudgee District Tennis Club".*



## HELPING YOU TO SAVE!

Hi I'm Kel, Savings Specialist at the Commonwealth Bank in Mudgee.  
Here are some tips to help you make the most of your money!  
Set yourself a goal, whether it be a new phone, a bike or that pair of shoes you have been eyeing off. Break down the cost to a weekly or fortnightly amount, this will make it easier to save. Keep it separate from your 'spending money'.  
Take pleasure in knowing the value of your item.  
It is never too late to start saving!

## SPONSOR

**FAMILY FIRST CREDIT UNION – Mudgee**  
2 Church Street Telephone 63782330  
Proud Sponsor of Mudgee High School Celebration Sing Out