

Monday 18th February 2013
Term 1 – Week 4



MHS Newsletter



A Member of the
Cudgegong Learning
Community

SEE OUR WEBSITE FOR
THE FULL CALENDAR
OF EVENTS

Coming Events:

- Feb 20 to 22 - Y12
Geography Excur
to Sydney
- Feb 21&22 – All
Schools Triathlon
at Penrith Feb 5&6
– Y12 Wollongong
Uni
- Feb 25 – P&C
Meeting, Library
- Feb 28 – Y7,11,12
Parent/Teacher
Evening 3.45-7pm
- March 1 – Ag
Excursion to
Mudgee Show
- March 7 – Textiles
Excursion

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

Congratulations Henry Van Laeren who won the Lion's Youth of the Year public speaking competition. He will receive a scholarship and have opportunities as our town's Youth Representative.

From this week our newsletter will be emailed to all parents who have given their email address to the office. Please be aware that if you have a limitation on the size of emails you receive into your mailbox the newsletter may be too large and we will be unable to send it to you. All students will also receive a newsletter through their school email. You can also get a copy from our website each week.

Our first P&C Meeting will be held on Monday 25th February. New parents are particularly encouraged to attend. We start at 7pm and conclude by 8pm. Use the Horatio Street entrance to the library where the meetings are held

We have not finalized the points for the swimming carnival. On Wednesday this week swimmers will compete in the longer events. Only competitors attend and as the numbers are small there will be no changes to lessons for most students.

Louise Manwaring
Principal

P&C Awards – Week 3

Year 7: Alexandra Harris; **Year 8:** Georgia Edwards; **Year 9:** Emma Kurtz;

Year 10: Heathcliffe Auchinachie; **Year 11:** Laura Kurtz; **Year 12:** Chris Perring

CORRECTION – CANTEEN PRICES

Unfortunately we published the wrong prices for two items on the list we supplied with the Newsletter of 4th February. They were Plain Hot Dogs \$2.50 not \$3.50 and Pepsi Max 600ml \$3.50 not \$2.00. We apologise for any inconvenience. A new list is published with this edition of the newsletter.

HOMEWORK TIPS

Decide with your child at the beginning of the year what time homework is to be done and where he or she will be doing it. It is best to have an organised space where they will do their homework. It doesn't have to be in their bedroom, but make sure all the necessary stationery and reference books.

Don't agree to having the TV or music playing while your child is doing his or her homework. It's nothing but distracting and teaches a habit that will be hard to break when the HSC course comes around and there is much memorising to be done.

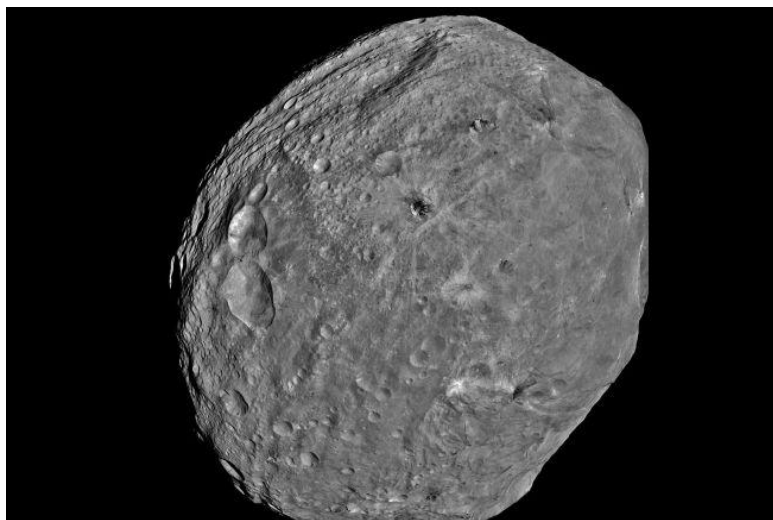
Boys find it harder than girls to settle down to their homework. To help focus, set some boundaries, a clear work space, and goals, such as a time limit. By placing a clock near their work space and agreeing to a time limit, boys will then know how long they are expected to work.

Tackle big projects with small steps. Together set a schedule for completing the project, taking into account other homework, extra curriculum commitments and fun time. If you break it down into a number of smaller tasks the project won't seem so overwhelming, and you won't be left sitting up till midnight the night before it is due to be finished

This issue:

- Principal's Message
- Correction
- Homework Tips
- Science News
- Accident Insurance
- Community Notices
- Sponsor
- New Canteen Price List

SCIENCE NEWS



The start of the new year has brought new and interesting science discoveries and events. Confirmation that an asteroid hitting Earth 66 million years ago did have an impact on the extinction of dinosaurs. In all probability it was the death knell for a group of animals on the verge of extinction from climatic change.

On Feb 15th an asteroid will pass very close to earth. How close? Inside the orbit of our geostationary satellites. In fact so close it will be able to be seen in Australia with binoculars or a telescope, but not with the naked eye. It is about half the size of a football field.

Meanwhile on Mars, NASA's Curiosity Rover has been the first machine to drill into a rock on the planet. It is expected the information it obtains will support the present evidence that Mar's had a watery past.



On the school front, Year 10 students have been issued with their Independent Research Project. All students have been emailed a copy of the task as well as being given a paper copy. Parents and caregivers should feel free to discuss an appropriate task that their students could do. Teachers will be happy to provide lots of advice and pointers to help students achieve their best results.

Years 7 to 9 are also about to be issued with their assignments. All students should ensure that they are aware of the due date to ensure they are handed in on time.

For senior students who are by now studying very hard, one of the most important things is for you to do is to always ask for help when you have problems from your teacher. It is no coincidence that top students are often the ones that ask the most questions. By being prepared to ask for help you increase your knowledge and understanding of the course.

The Big Science Competition which costs \$7.00 per student is on in May. It is for students of all abilities from Years 7 to 12. There are also great prizes for just taking part. This competition tests critical thinking, problem solving skills and science knowledge and is aligned to the Australian Curriculum. We certainly encourage students to enter these competitions. Make sure you let your teacher know you want to enter.

CLOTHING POOL

If you have any unused uniform in good condition could you please send it in to the school as our pool of clothing is very low. Thank you

STUDENT ACCIDENT INSURANCE

Mudgee High does have ambulance cover for all students while at school but not accident insurance. If you wish to insure your student EBI Insurance can offer cover for students 24 hours per day during school activities. For more information visit www.studentcover.com.au You can also apply online at that site. We have flyers available at the front office if you would like your student to collect one.

Community Notices

LIONS YOUTH EXCHANGE PROGRAM FOR AUSTRALIAN YOUTH AGED 17-21 YEARS

The Lions Youth Exchange Program gives Australian youth the opportunity to live with Lions families overseas during the school holidays. The Program does not involve tuition or school attendance but is rather a cultural holiday whereby students can immerse themselves in a new culture, enjoy supervised sightseeing and practise second language skills such as French, German, Japanese, Italian, etc. More information can be found at www.lionsclubs.org.au/ye

CUDGEGONG VALLEY PHYSICAL CULTURE

Dance into Physical Culture - Physi is a syllabus of disciplined choreographed routines – Competitions not compulsory
Cudgegong Valley Physical Culture Club harbours Strength, Courage & Confidence
Special 2013 Offer – No Weekly Lesson Fees
Enquiries info@physicalculture.net.au

AUSTRALIAN DECORATIVE AND FINE ARTS SOCIETY

Would you enjoy a lecture and powerpoint presentation by an acclaimed international or Australian lecturer on a range of arts and literary-based topics? Would you enjoy meeting the lecturer and chatting with like-minded people over a drink and sandwich? For an average cost of less than \$14 per lecture, come and discover what ADFAS is all about – easily the best value entertainment in town. All welcome.

Lectures are held Friday evenings at 6.30pm sharp at Cudgegong Valley School Hall, Madeira Road, Mudgee
Upcoming lectures are: 22nd February – Pauline Chakmakjian – The City of Kyoto and the Cult of Beauty
15th March – Michael Bligh – Creating Colour and Interest for Every Season of the Year
26th April – Lars Tharp – Tales from the Travelling Roadshow – or a Thousand Ways to Say “I’m Sorry...”

TEACHING SOMEONE TO DRIVE CAN BE A HAPPY EXPERIENCE

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop which will be held at Club Mudgee
On 4th March from 5.30 to 7.30pm
Book now on 0434 964764
Or email parentworkshop@optusnet.com.au.

MUDGEE LIONS CLUB INC

Sponsoring the Literature Awards at the Mudgee Show
Entries Close Wed Feb 27; All entries must be the original of the exhibitor; Exhibitors must attend a school in the Mudgee district; Only one entry per class per exhibitor; Exhibitor's name, school attended and class entered must be on the back of each entry, as well as a statement by parent, guardian or teacher, indicating it is the bona fide work of the exhibitor.

Section 41001 Poetry Writing – Free Choice – Maximum 20 lines
Section 41002 Story Writing – Free Choice – Maximum 1 x A4 pages
Prize Money: 1st \$25, 2nd \$15, 3rd \$10 for each class

SPONSOR

COFFIN CREEK ANGUS STUDD

Wollar Road, Mudgee

Telephone 63733838 or 0414 669494

Proud Sponsor of Mudgee High School Champion Steer Showing Team

MUDGEE HIGH SCHOOL CANTEEN MENU 2013

(Effective from 28.1.13)

NOT FOOD AVAILABLE EVERY DAY

| | |
|-----------------------|--------|
| Chicken and 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 |
| SPC Big Bean Bar | \$3.00 |
| Mayo/Sauce Portions | \$0.30 |

ROLLS & SANDWICHES

A variety of rolls including ham, salami, **Prices start from** cheese, egg & chicken – all with salad

| | |
|--|--------|
| Chicken Caesar roll, Sweet chilli chicken and avocado roll | \$4.00 |
| *Vegetarian Wrap with Tzaziki, chick peas, semi dried tomatoes and salad | \$4.00 |
| *Chicken & Avocado Wrap with salad (*Mondays only) | \$4.00 |
| Plain bread roll | \$1.20 |

SALADS

| | |
|-------------------|--------|
| Garden Salad | \$5.00 |
| Meat & Salad | \$5.00 |
| Fresh Fruit Salad | \$3.50 |
| Seasonal Fruit | \$1.00 |

CHECK AVAILABILITY OF THESE SALADS

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|----------------------|--------|
| Chicken Caesar Salad | \$5.00 |
| Greek Salad | \$5.00 |
| Cous Cous Salad | \$4.00 |
| Sushi | \$4.00 |
| Pasta Salad | \$4.00 |
| Anti Pasto Salad | \$5.00 |

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 | \$3.00 |

JUICES

| | |
|--|--------|
| Berri 350ml | \$2.50 |
| Apple/Blackcurrent, Apple/Mango, Pineapple, Orange, Tropical, Multi V, Passionfruit, Daily Juice 500ml | \$3.00 |
| Apple, Oranges, Orange/Mango | |

BEVERAGES

| | |
|------------------------|--------|
| Pump water 750ml | \$2.50 |
| Water 600ml | \$1.50 |
| Hot Milo (Winter only) | \$2.00 |
| LOL | \$2.00 |
| Coke Zero | \$2.00 |
| Sprite Zero | \$2.00 |
| Pepsi Max 600ml | \$3.50 |

SNACKFOOD

| | |
|---------------------|--------|
| Red Rock deli chips | \$1.00 |
| JJ Snacks | \$1.00 |

ICE CREAMS: Paddlepop

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|----------------|--------|
| 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) | \$4.50 |
|--|--------|

TUESDAY

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|----------------------|--------|
| 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 |
|-----------------|--------|

FRIDAY

| | |
|--------------------------------|--------|
| Thai Chicken Roll (order only) | \$5.00 |
|--------------------------------|--------|

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