

Monday July 28 2014

Term 3 – Week 3



MHS Newsletter

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A Member of the
Cudgong Learning
Community

SEE OUR WEBSITE FOR
THE FULL CALENDAR
OF EVENTS

Coming Events:

- July 28 – P&C Meeting 7pm in Library
- July 28 – August 1 Education Week
- August 7-15 Y12 Trial Exams
- August 7 – Maths Competition
- August 10-15 Ski Excursion
- August 19 – CLC Gala Concert
- August 27 – Bruce Sullivan for parents

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- Principal's Message
- Max Potential
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- Year 10 Parent/Students
- PBL Playground
- Anti-Bullying Speech
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- Community Announcements
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Principal's Message

We have a busy few weeks ahead with many exciting events for students. The CLC leadership forum will be held today here at Mudgee High School. Students are very excited about the guest appearance of Lisa Forrest who will talk to them about her experiences as a medallist at Commonwealth Games and Olympics. We are also pleased to welcome Lara Brett a former student of Gulgong PS who has gone on to make a name for herself in the local area as a businesswoman and performer. Students from Mudgee High School will also lead activities for student leaders from other CLC schools. Many thanks to Mrs McNeill for her organisation of this major event here at Mudgee HS and her work with Mr Finter from Gulgong HS to ensure the day runs smoothly.

On Tuesday from 4-7 pm we welcome students from year 10 and their parents to a subject market. This event is open to all year 10 students and parents from Mudgee and district. It is an opportunity to discuss subject and pathway options post year 10. Also in attendance will be representatives from TAFE. This event is an important step in making decisions about the future for year 10. The choices made in the next month will impact on what options are open to them over the next few years. They need as much information as possible to get those choices right for their own goals and dreams.

On Friday we will welcome over twenty principals from secondary and central schools in western NSW. They will meet at Mudgee High School to discuss important new directions in education and public schools for the future. Their presence in Mudgee brings in some useful business to local accommodation providers and hospitality providers. It also showcases to other schools the positive aspects of Mudgee High School which we are so proud to show off.

We are also showcasing the positives of Mudgee as a school and town to our visitors from our Japanese sister schools in Osaka Prefecture. Many thanks to the families who are hosting students and staff from our three sister schools. This return visit helps to cement our positive cultural exchange and to broaden the horizons of all our students. More on this in coming newsletters!

Thank you to the large numbers of parents who attended our parent teacher meetings for years 7, 11 and 12 last Thursday. Anyone who was unable to make it is welcome to contact teachers directly for feedback on their child's progress. Years 8, 9 and 10 parent meetings will be held on August 27 so look out for the booking sheets in coming weeks.

An exciting and worthwhile opportunity for all parents and other interested members of the community will be the return visit of Bruce Sullivan on August 27 here in the Mudgee HS gym from 7 pm. He will speak about developing resilience in your children. He is an internationally renowned speaker, very entertaining and knowledgeable. Having heard him speak at staff development days I recommend you put this date in your diaries as one not to miss. Further details will come home in the next few weeks. The next morning he will address senior students on making the most of their opportunities.

In coming weeks too we will be looking for feedback from parents about how well we are meeting the needs of students and what priorities we should be focussing on for the next three years. There will be opportunities to participate directly through surveys and in person at our P&C meetings. Please make sure your views are heard so we can plan to meet the needs of every student attending Mudgee High School.

The CLC Gala concert will be held on Tuesday August 19. Students from the CLC will perform in instrumental, dance and vocal ensembles. The concert this year is being held at Mudgee High School and we hope many parents and families will attend to support their children and be amazed at the array of talent of our students. Tickets will be on sale from next week at all CLC schools. For the matinee tickets will be \$5 for the evening performance tickets will be \$10 for adults and \$5 for children with a family ticket available for \$25.

In the past week I have been notified of a case of pertussis (whooping cough) in the community. With this newsletter is a fact sheet from the Health Department. If you have any concerns about your child's health please see you doctor sooner rather than later.

Term 3 Week 2 Awards

P & C Awards – Year 7 – Daniel Trevethan, **Year 8** – Dylan Hayes, **Year 9** – Dominic Ghanem, **Year 10** – Ashley Whittington, **Year 11** – Chloe Beckley, **Year 12** – Daniel Butler

SRR AWARD Term 3 Week 2 – Congratulations to: Macy Morley Year 9

Louise Manwaring
Principal

**2014 MAX POTENTIAL – MUDGEE
SEE SHOWCASE – Our Future Leaders**

Hear Their Stories – Celebrate Their Achievements – Share Their Journeys

This is your opportunity to meet the young adults who participated in the
2014 Max Potential youth leadership program sponsored by Club Mudgee

Friday 1st August 2014 3pm – 5pm at Club Mudgee

RSVP: David Lang 0263721922 or functions@clubmudgee.com.au

ENGLISH FACULTY NEWS

Lithgow Festival of Speech

On 27 May, eighteen students from Mudgee High travelled to Lithgow High to compete in the annual Lithgow Festival of Speech. This year we had two teams competing in the Senior debating section and one in the Junior section. We also had two Junior and two Senior public speakers. All competitors performed extremely well in the debating competition with the Year 7 debating team consisting of Gabrielle Dziura, Daniel Trevethan, Laura Treverrow, Eliza Pirie and Elizabeth Laidlaw narrowly missing the final.

Mudgee High students also excelled in the Public Speaking competition, with Bianca Roach in Year 8 winning the Junior Public Speaking, Alice Roach in Year 7 coming runner-up and Heathcliffe Auchinachie coming runner-up in the Senior Public Speaking competition.

Congratulations to all eighteen students who maintained the integrity and high standards of respectful and responsible behaviour for which Mudgee High is renowned. *Mrs Daniels (English Teacher)*

ICAS competitions

This year 40 students sat the University of New South Wales **Writing Competition**; a competition that is open to all students attending schools in the South Pacific and South East Asian Regions. This is the highest number of Mudgee High School students to ever enter this competition, so congratulations must go to all participants. We anticipate some highly creditable results and some exhaustive individual feedback from the University of New South Wales marking centre.

Further to this, 105 students will be sitting the ICAS **English Competition** next Tuesday 29th July. This is also a record number of participants, reflecting very well on the culture of striving for excellence that is always fostered here at Mudgee High School.

If your child is one of the participants in the English Competition, you may wish to remind them to go straight to the school gym at 9.00am, armed with at least two 2B or HB pencils, a pencil sharpener and an eraser. *Mr McNeill*

“A drum a drum, Macbeth doth come...”

On Monday, August 4, 80 students will be travelling to Sydney to see a Bell Shakespeare performance of Macbeth at the Sydney Opera House. Included in the package is a half hour guided tour of the building.

The excursion will provide an excellent opportunity to consolidate and further develop an understanding of Shakespeare for prospective Advanced English Students from Year 10 as well as Year 11 Drama students and Year 11 Extension English and Advanced English students.

A reminder to parents and students that the bus will be departing from Mudgee High School at 5.45am sharp on the day of the excursion as it is imperative that we arrive in Sydney in time for the guided tour. The bus is expected to return to Mudgee High School by 8.00pm. *Mr McNeill*

Miss Bowen's Year 8 English class completed the unit “Perilous Journeys: Representations of Refugees in the Media”. They concluded the unit by composing a creative piece to reflect their understanding of the refugee experience. These were completed in just a double period (970 minutes) without access to any notes.

The standard of the work was high across the cohort. These are a couple of examples of particularly moving and insightful pieces of work.

“The sun couldn't pierce the smog that covered the town like a thick blanket. Faint sounds of gunshots rang in my ears. Vague images of fearful people against the rundown buildings of Cambodia's capital Phnom Penh danced through my mind.

The Khmer Rouge had forced us to flee our home city the previous night. They forced us to leave the rice mill, other family and friends. My father was scared, my mother was scared, I was scared.

The village we were made to live and work in was dirt poor, each of us living on a handful of rice each day. U asked to be a seamstress but I often had to harvest rice with my parents. The labour was intensive and my lack of shoes often meant my feet were torn and bleeding.

My father was often taken to a deserted temple, always coming back with bruises and deep cuts all over his body.

One day he was taken away, but never came back. I later found out he was shot at the Killing Fields. His is one of the 3 million bodies layered there, rotting away. I never knew the reason for his execution.

That was when I decided to escape. It took my mother and I two weeks to organise and plan. My uncle drew a simple map of villages along the way to the boarder of Cambodia and Thailand. It wasn't much, but it would help us.

On the second night of the third week we ran. Into the dark, humid jungle. We could barely see where we were stepping, only using the moon as a source of light.

We hid by day and travelled by night, trying to avoid ground mines and members of the Khemer Rouge. As we ran out of rice, our only food, we became very weak.

About two weeks after we started our journey, we reached the edge of the third village on the map. My ageing mother and I were thrilled. We were more than half way there. As we hid in the bushes on the outskirts of the village, I heard a sould, a sound I had always dreaded. My mother had stood on a land mine! We both stopped still, dead silent.

The only way for the mine to not explode was to even out the weight with other objects. I tried collecting large branches and rocks, but my small amount of muscle had shrivelled to nothing. Fortunately, one of the villagers was transporting rice bags around to a storehouse nearby. He saw us and immediately saw the worry on our faces.

I was extremely disappointed when he ran back to the village.

In the middle of the night I heard very quiet footsteps. Mother was resting on my shoulder, I was trying to take some of the weight. About twenty villagers had brought bags of rice to even out the weight. I couldn't believe they were all risking their lives for one stranger.

After that night we ran, never stopping until we got to the boarder. Mother and I cried with joy. We had done it, we had made it to Thailand.

We were put in a refugee camp and we have been here since. One whole year has gone by and we haven't been accepted to start a new life.

Is this a better place?

Will we ever know?

Are we refugees forever" Ebonique Lees

"Children cry but I sit. I watch the waves lap the side of our boat and look at the blue. If Mama was here she would have told me not to sit so close to the edge but she is not and I no longer care if I fall in. I look at the blue and I walk to a new spot on the deck. The boards groan under my feet and I feel like if I were to jump, the sea would have me forever.

I try to keep Mama's face in my mind but sometimes the shadows won't move. Her voice rings in my ears though, "RUN! RUN!", she was crying and screaming. But I fell when the booms got her. I lay on the dust and wailed and my body ached. Then the man picked me up and we ran. I do not like to remember her in this way though.

I like to remember the hot dinners and her laughter and how she protected us. She protected us always.

Today I look at the blue again. Everything is blue except us. We are brown and sharp, not like the ocean's curves. We are not the water but I fear that soon that is what we will become. I am so hungry today. People cry a lot and I am not sure what to do around them. It is hard being alone.

I made a friend today. His name is Asa and he is happier than me. He says I should be happy too because we are going to a nice home. I said maybe. I'm not sure if we will ever make it to the new home but Asa gives me some hope. All night I talk to the stars, but they never say anything.

We sit. Asa and I talk about everything. Except the blue. Sometimes I want to ask him how much blue there is in the world but I am scared that he will say there is more than what we see. So I ask the stars but they never answer. They twinkle so beautifully though and I believe that Mama is dancing with them. So instead I tell Mama about things. I tell her about Asa and the blue and about me. But I always tell her about the new home and how I will live for her there. I like to think she enjoys listening to me.

People have been whispering about sickness and death. I hope it does not get us. The blue is darker today but Asa says not to worry. People pray and I wonder if anybody listens to their pleas.

I was right about the water. It rained so heavily last night that I thought our boat would crumble. The sick people died but I think those who are left are too tired to cry. They look at the blue like me now. The sea takes them somewhere else, like it does with Asa.

Asa was sad today, which is not usual. I think that the blue takes him to a bad place sometimes. He talked about before the boat which he hasn't done previously. He frowned and asked, "Ava, do you think all of this will be worth it? Maybe I should have stayed."

I crinkled my nose, "If I had stayed at home my Mama would be alive. I would be eating yummy dinners. I would also be trapped in my own home and I would be shamed my whole life. We would be alive, but not living."

Asa didn't look at me for a long time then. And he cried for his sisters that he left behind. And we sat.

The blue shattered this morning! At first it was a brown line. I shook Asa awake because I thought I was asleep too, but every few minutes it got bigger and the others started to notice as well. Soon everyone was smiling and crying and dancing.

And I knew Mama was too." Madison Richards

YEAR 10 PARENTS/STUDENTS

A reminder that this Tuesday 29th July the Year 10 – 11 Subject Market will operate in the school gym from 4 to 7pm. Please take the opportunity to speak with staff who teach the various subjects. This will enable you to make an informed choice as to your Preliminary and HSC study. *Relieving Deputy - David Roach*

POSITIVE BEHAVIOUR FOR LEARNING

This week Mudgee High School's PBL focus will be 'Language in the Playground'. Students are reminded to be respectful in the language that they use in the playground. They are ultimately responsible for what they say and are held accountable for it. Students should look to use language that is positive and appropriate so that Mudgee High School can be a better place.

ANTI-BULLYING SPEECH – BRITAIN'S GOT TALENT

At our last assembly, two of our Year 12 students made the following speech.

"Often people find it hard to express the way bullying occurs in their life and the way it makes them feel. For one young man, Leondre, he found an outlet by writing down his thoughts and creating rap songs that reflected the way he felt during a particularly hard time of being bullied.

He found a friend, Charlie, when he entered high school who shared his passion for music, and together they have been able to create a performance that reflects the effects of bullying. This is the performance"

A performance was then given.

"There are many reasons people bully and are bullied. Leondre was targeted because of his family situation, specifically the separation of his parents and their socio-economic status. We would like to remind everyone of the effects of judging other people, especially when you are not aware of what is happening in their personal lives. It can lead to feelings of inadequacy, loneliness, confusion, and helplessness. Today, think about how you treat others, and add to their happiness rather than take from it. Thank you". Abbey and Hollie, Year 12 Students.

MUDGEE PROBUS CLUB

Recently our school Captain Gerard Tioseco and Vice-Captain Jonathan Harris, visited the members of Mudgee Probus Club and gave a presentation on the school's Rainbow Day. The following letter was sent to our school from Mudgee Probus Club.

Dear Mrs Manwaring,

The President and members of Mudgee Probus Club wish to express their thanks and appreciation for the way in which the Captain and Vice-Captain conducted themselves at our June meeting.

Their presentation on Rainbow Day was most enlightening and members thought they were a credit to the School and themselves.

Thank you for allowing them to speak at our meeting and for giving us their time.

Yours sincerely

Margaret-Anne Cant - Acting Secretary

Community Announcements

TOWN HALL CINEMA – AUGUST SCREENINGS

The Fault in our Stars – Fri 1/8 7pm; Sat 2/8 4.30pm & 7pm; Sun 3/8 4.30pm

How to Train Your Dragon 2 – Sat 2/8 11am & 2pm; Sun 3/8 11am & 2pm

Adults \$14, Children/Concession \$10; Under 5yrs free

Tickets available at MWRC from 28/7 or at the door if not sold out.

TRIVIA NIGHT – Mudgee Hockey Tour of Samoa 2014 – FUNDRAISER

Club Mudgee – 2ND August 2014 from 7pm

\$10 adults, \$5 children, \$30 family – Tickets available West End Hockey Fields Saturdays 11am – 2pm or at the door

Get a team of 8-10 together or join a team on the night. Meals and drinks available at the venue.

MUDGEE RUNNING FESTIVAL

SUNDAY August 24 – Lawson Park

Start training and bring the family down for a great morning

Choose your distance: Marathon 7am; Half Marathon 7am; 5km Fun Run 9am; 10km Fun Run 9am

Festival Shirts available to order; Jumping Castle; BBQ; Food Kiosk; Coffee Van

Register online at MUDGEETRICLUB.HWY.COM.AU

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NSW HEALTH

Infectious Disease Factsheet

Pertussis (Whooping Cough)

Pertussis affects people of all ages, but can be very serious in babies. It can be prevented by immunisation at two, four and six months of age. Booster shots are needed for four-year-olds and teenagers, and adults living or working with small children.

Last updated: 30 January 2008

What is the pertussis?

Pertussis (or whooping cough) is a disease caused by infection of the throat with the bacteria *Bordetella pertussis*.

What are the symptoms?

- Pertussis usually begins just like a cold, with a runny nose, tiredness and sometimes a mild fever.
- Coughing then develops, usually in bouts, followed by a deep gasp (or "whoop"). Sometimes people vomit after coughing.
- Pertussis can be very serious in small children. They might go blue or stop breathing during coughing attacks and may need to go to the hospital.
- Older children and adults may have a less serious illness, with bouts of coughing that continue for many weeks regardless of treatment.

How is it spread?

Pertussis is spread to other people by droplets from coughing or sneezing. Untreated, a person with pertussis can spread it to other people for up to three weeks after onset of cough.

The time between exposure and getting sick is usually seven to ten days, but can be up to three weeks.

Who is at risk?

- Anyone can get pertussis.
- People living in the same household as someone with pertussis are more likely to catch it.
- Immunisation greatly reduces your risk of infection, but reinfection can occur.

How is it prevented?

Immunise your child on time

- The vaccine does not give lifelong protection against pertussis, and protection is sometimes incomplete.
- Children need to be immunised at two, four and six months.
- Boosters are needed at four years of age and again at 15 years of age.
- Immunisation is available through general practitioners and some local councils.

Keep your baby away from people who cough

- Babies need two or three vaccinations before they are protected. For this reason, it is very important to keep people with coughing illnesses away from your baby so they don't pass on pertussis or other germs.

Get immunised if you are an adult in close contact with small children

A vaccine for adults is available. It is recommended:

- For both parents when planning a pregnancy, or as soon as the baby is born
- For adults working with young children, especially health care and child care workers.

If you are a close contact of someone with pertussis:

- Watch out for the symptoms. If symptoms develop, see your doctor, take this factsheet with you and mention your contact with pertussis.
- Some close contacts at high risk (e.g., children under one year, children not fully vaccinated, and women at the end of their pregnancy) and others who live or work with high-risk people may need to take antibiotics to prevent infection.