

Monday
23 February 2015
Term 1 – Week 5



MHS Newsletter

Mudjee High School – Locked Bag 2004, MUDGEE NSW 2850
ABN: 25 074 408 459 Telephone: (02) 6372 1533 Facsimile: (02) 6372 6321
Website: www.mudjee-h.schools.nsw.edu.au Email: mudjee-h.school@det.nsw.edu.au

*A Member of the
Cudgegong Learning
Community*



**SEE OUR WEBSITE
FOR THE FULL
CALENDAR OF EVENTS**

Coming Events:

- Feb 23 – P&C Meeting
School Library
- Feb 26 - Yrs 7, 11 & 12
Parent/Teacher evening
- Mar 12 – Yrs 8, 9 & 10
Parent/Teacher evening

This issue:

- Principal's Message
- Awards
- Year 10 Marine Studies
- CSU MyDay dates 2015
- Geography
Competition
- News from the Science
Faculty
- Vaccination Program
- MHS Canteen Price List
- Sponsor - Glencore
- Community
Announcements

PRINCIPAL'S MESSAGE

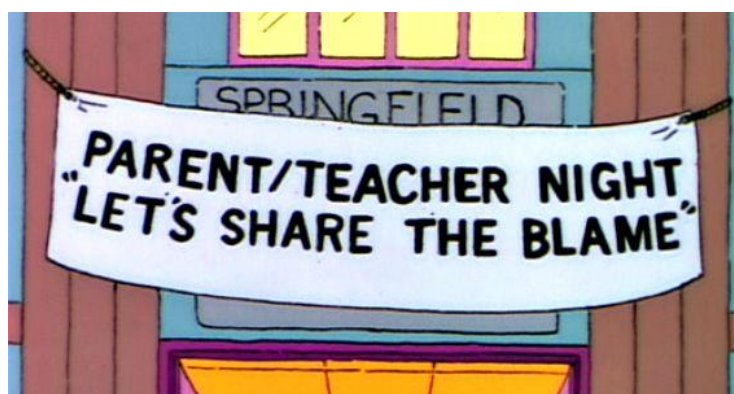
I have another confession to make. I am a fan of *The Simpsons*.

Now when I say I'm a fan, I'm not talking about being a supporter of the more recent incarnations of this twenty-five year-old cartoon series. I like the old-school episodes – the stuff from the early 1990s – simpler times when the suspension of disbelief required to view the program did not require a strenuous act of mental athleticism that nowadays will take the average punter to the Olympics.

But I digress.

In one of those early episodes, Springfield Elementary School held a parent teacher evening. A banner outside the school proclaimed: "PARENT TEACHER NIGHT: LET'S SHARE THE BLAME". Funny as... but NOT the reason we have parent/teacher evenings at Mudjee High.

Parent/teacher evenings are a chance to come up to the school and discover what educational opportunities your children experienced, how well they are doing and where they can go from here. It's a formative assessment of progress, delivered well before reports are written, that allows our teachers to build the kinds of partnerships with parents and carers that optimise the chances of success of the students in their care. On Thursday this week, parents of Year 7, 11 and 12 students are invited to take up this opportunity and meet with the other adults in the lives of their children; the teachers. If you are one of those parents, I urge you to take up this opportunity. Please do so, not to "share the blame" but rather to discover just what your children are achieving here at Mudjee High.



On another issue, daily we have up to 20 students who arrive late with neither note nor explanation from a parent or carer as to where they have been.

If your child is going to be late to school, we ask that you always send a note of explanation, as you would for any other absence. If your child is recorded as arriving late without explanation on a regular basis, we will generally send a letter informing you of our concerns.

This term, we intend to trial an email notification system. Each day a student arrives late without explanation, an email will be to that student's parents or carers. We hope to encourage all students to be punctual, as well as keep parents informed. If a student is late for a reason but there has been insufficient time to write a note or call, this can be communicated to the school via a return email.

This system is not about causing angst at home. It is merely a means of streamlining our processes and ensuring that students are in roll call on time and ready to start the school day. Aside from being a necessary part of attendance recording for students, roll call is one of the main methods of communicating key information about school activities and as such, we consider it to be an integral start to the school day.

As with all 'trials' there may be some issues and even some failures. As such, we would be happy for feedback or if you have any questions, please contact Alison Wilson (Head Teacher PDHPE). We envisage that for many students, their late arrival could be avoided with a little more organisation and encouragement.

It would be appreciated if you could update and/or communicate a contact email address that can be used by the school as these details may be used more regularly for communication purposes such as notifying whole day absences and sending out information about school programs and activities.

Wayne Eade
Relieving Principal

Term 1 Week 4 Awards

P & C Awards – Year 7 – Temika Stewart Year 8 – Braith Hartfield

Year 9 – Adam O'Connell Year 10 – Jordan Norris Year 11 – Hayden Wake

Year 12 – Jock Whiteside

SRR AWARD Term 1 Week 4 – Congratulations to: Jason Selman (Yr 10)

YEAR 10 – MARINE STUDIES 2016

Symbiosis refers to two species that have a close relationship with each other. Commensalism from last weeks' newsletter with the pearlfish and sea cucumber, is a type of symbiotic relationship. Fans of Nemo, would be familiar with another example, that of the anemone and clown fish (anemone fish). The clown fish is unaffected by the anemone's stings and takes shelter in the anemone where predators can't get to it because the predators are not immune to the anemone's poison. This is mostly a commensal relationship but the clown fish may also act as bait bringing the anemone its next meal. This would be a mutualistic relationship.



Learn all about this and other amazing marine relationships by choosing to study 2U Marine Studies in Year 11. See Mr Willetts in the TAS staffroom for more information.

CHARLES STURT UNIVERSITY MYDAY 2015

MyDay	Location	Date	Information on
Exercise and Sports Sciences	Bathurst	27 February	Exercise and Sport Science, Health and Physical Education, Sports Journalism
Biomedical Sciences, Medical Radiation Sciences and Nursing	Wagga Wagga	27 February	Medical Science, Nursing, Pharmacy, Medical Radiation Science
Teaching, Nursing and Social Work	Dubbo	27 February	Early Childhood and Primary, Nursing Social Work
Arts, Psychology, Social Work	Wagga Wagga	20 March	Bachelor of Arts, Psychology, Social Work

AUSTRALIAN GEOGRAPHY COMPETITION

Dear Parent/Carer

Your child has the opportunity to participate in the Australian Geography Competition. This is an excellent opportunity for them to test their geographical knowledge and skills. In doing so they have the opportunity to win great prizes, including being a part of the Australian team for the International Geography Olympiad in Beijing China, participating in the Geography Big Week Out Challenge, books, medals and certificates.

The cost of this competition is \$3. Students must pay this to the front office by 27th February 2015. The actual competition date will be set for the end of March.

If you have any questions about this competition please contact me directly through the school phone number 6372 1533.

Claire Windeyer
Head Teacher HSIE

SCIENCE

It has been a very busy start to the year for the Science faculty. The Science and Engineering challenge is an activity for our creative and talented students willing to take on a challenge. They will compete against a number of schools in some problem solving activities.



We have also made some changes to our assessment of Year 10 in 2015. There will be a Term 1 test at the start of term 2, and a yearly exam in term 4. It is important that students start to study for these exams sooner rather than later. These tests will contribute towards their ROSA (record of student achievement).

There are always a number of competitions throughout the year such as the University of NSW tests and the Rio Tinto Big Science competition .



These competitions do cost a small amount of money but are highly beneficial to students as they allow students to identify areas of strength as well as areas for development in their analytical skills. Students will be notified by their teacher of the due date and money can be paid at the front office for these competitions.

In Science Trivia this term, Britain will test Driverless cars this summer. A great deal of money was invested in this project and no doubt it is a sign of our ever-changing technological times.





NSW SCHOOL VACCINATION PROGRAM

Mudgee High School Clinic 1- 17th March 2015

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program. In 2015 the following vaccines will be offered:

Year 7 students*

- ☐ dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- ☐ varicella vaccine (chickenpox) as a single dose; and
- ☐ human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

Year 11-12 students*

- ☐ measles-mumps-rubella (MMR) vaccine as a single dose as part of a catch-up vaccination program for students who are not fully protected.

** The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.*

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- ☐ read all the information provided
- ☐ complete the consent form in blue or black ink ONLY, including signing their name next to the vaccine/s they would like their child to receive
- ☐ return the completed consent form to their child's school
- ☐ ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child's name) on the consent form, as this is required to record the student's information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Western NSW Local Health District
ABN 88 0186 92002

Mudgee Health Service
Cnr Meares and Church St
PO Box 29 Mudgee NSW 2850
Tel 02 6378 6222 Fax 02 6372 3587
Community Health Service
Tel 02 6378 6236 Fax 02 63727341
www.gwahs.nsw.gov.au

MUDGEE HIGH SCHOOL CANTEEN

MENU 2015 EFFECTIVE FROM JAN 27TH 2015

HOT FOOD AVAILABLE EVERY DAY

CHICKEN & CORN ROLL	\$ 1.70
PIZZA ROUND	\$ 2.80
BEEF TRAVELLER PIE	\$ 3.00
CHICKEN CHEESE & BACON PIE	\$ 3.50
SAUSAGE ROLL	\$ 2.50
BEEF & GRAVY ROLL	\$ 4.50
HOT DOG WITH CHEESE	\$ 3.50
HOT DOG	\$ 3.00
MAYO/SAUCE PORTIONS	\$ 0.30

ROLLS & SANDWICHES

A VARIETY OF ROLLS INCLUDING HAM, SALAMI, CHEESE, EGG & CHICKEN ALL WITH SALAD	PRICES
CHICKEN CAESAR ROLL	START
SWEET CHILLI CHICKEN	FROM
AND AVOCADO ROLL	\$4.00
VEGETARIAN WRAP with Tzaziki, chick peas, semi dried tomatoes and salad (Mondays only)	\$ 4.50
CHICKEN AND AVOCADO WRAP with salad (Mondays only)	\$ 4.50
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

CHICKEN CAESAR SALAD	\$5.00
GREEK SALAD	\$5.00
COUS COUS SALAD	\$4.00
SUSHI	\$4.00
PASTA SALAD	\$5.00
ANTI PASTO SALAD	\$5.00

MILK AND DAIRY

MOOVE 300ML	\$ 2.00
MOOVE 500ML	\$ 3.50
PLAIN MILK	\$ 2.00
THICK & CREAMY YOGHURT	\$ 2.50
DARE 500ML	\$ 3.50
NIPPY'S MILK 375ML	\$ 2.50
CUSTARD 600ML	\$ 3.00

JUICES

BERRI 350ML	\$ 2.50
Apple/blackcurrant, pineapple, orange, tropical, multi V, apple	
DAILY JUICE 500ML	\$ 3.00
Apple, orange, orange/mango	

BEVERAGES

PUMP WATER 750ML	\$ 3.50
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
POWERADE ZERO	\$ 3.50

SNACKFOOD

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

ICECREAMS

PADDLEPOPS	\$ 1.30
MILO SCOOP	\$ 3.50
FROZEN YOGHURT	\$ 2.00
LEMONADE TWIST	\$ 1.00
SUNNY BOY	\$ 1.00
CY CLONE	\$ 1.80

DAILY SPECIALS

MONDAY

SWEET CHILLI CHICKEN	\$ 5.00
WRAP (ORDER ONLY)	

TUESDAY

PIZZA SUB	\$ 2.50
-----------	---------

WEDNESDAY

WEDGES	\$ 2.50
sour cream/sweet chilli sauce	\$ 0.50

THURSDAY

CHICKEN BURGERS	\$ 3.50
-----------------	---------

FRIDAY

THAI CHICKEN ROLL	\$ 5.00
ORDER ONLY	

CHECK OUT OUR DAILY MENU BOARD FOR OTHER EXCITING SPECIALS INCLUDING HOMEMADE SOUPS, PASTAS, FOCACIAS, TURKISH MELTS, CURRIES, BURGERS AND SALADS

PLEASE NOTE: PINENUTS ARE USED IN PESTO, CASHEWS, ALMONDS & WALNUTS MAY BE USED IN SOME SPECIALS. IF YOU HAVE NUT ALLERGIES PLEASE CHECK WITH CANTEEN LADIES

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

SPONSORSHIP

MUDGEES HIGH SCHOOL - LINK PROGRAM
GENEROUSLY SPONSORED BY
GLENCORE
Ulan Coal Mine

COMMUNITY ANNOUNCEMENTS

MUDGEES JUNIOR RUGBY LEAGUE

MUDGEES JUNIOR RUGBY LEAGUE will be holding registration on Friday 27th February 2015 between 5pm and 6pm at Cahill Park.

Registrations can also be done online at:
Mudgees Junior League Sporting Pulse.

Registration fees are U6's to U9's \$70.00 and U10's to U16's \$90.00
All registered players receive shorts, socks and training singlet.

REGISTRATION FOR JUNIOR SOCCER

Mudgees – Glen Willow
7th, 14th and 21st March 10am – 2pm

Rylstone – Rylstone Showground
5th and 12th March 4pm – 6pm

Gulgong – Billy Dunn Oval
12th March 4pm – 6pm & 14th March 10am – 12noon

ROTARY EXCHANGE STUDENTS

The annual information night for potential Rotary exchange students will be held at the Mudgees Golf Club on Tuesday 3 March 2015 commencing at 6.30pm. The Rotary Youth Exchange program has been running for many years and the Mudgees area has been a strong supporter of the program by providing outbound students and hosting inbound students over many years.

We are preparing for the next round of outbound students to leave our shores in January 2016 for a choice of 15 countries and twelve months overseas.

MUDGEES DISTRICT HOCKEY ASSOCIATION SEASON 2015

Registration day's 21st March, and 28th March and then throughout the season.

Age 3 – 90; play Saturdays at West End complex.

Time 10:30am for juniors and 1pm for Adults.

1st child \$50, 2nd \$40, 3rd \$20 and 4th free.

Teenagers playing Adults \$65 and must be 12 years old.

Adults part time \$65, and Fulltime \$85.

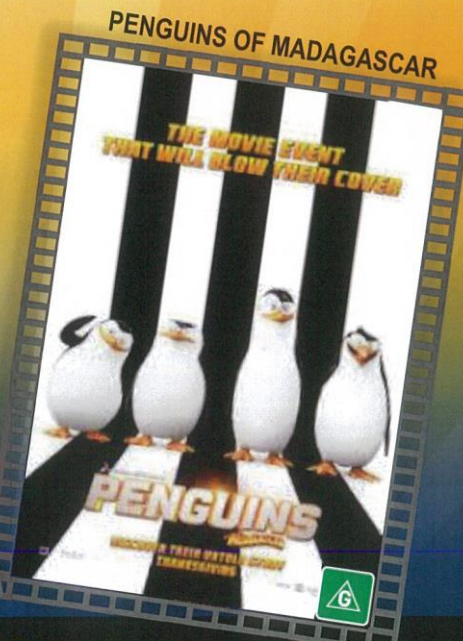
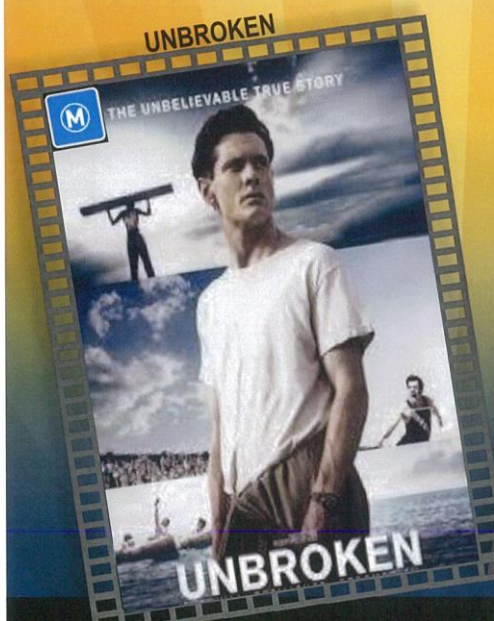
7 a side carnival the 28th March from 8:30am cost \$20 per player, 10 to a side, 3 females, 4 males format.

Contact Jenny 63726630, Kristel 0408742494, Ben 0408619696.

TOWN HALL CINEMA

*** SHOWING MARCH 6th, 7th, and 8th 2015 ***

Tickets on sale Mon 2nd March at all Council offices



SESSION TIMES

UNBROKEN

Friday March 6	7.00pm
Saturday March 7	4.30pm
Saturday March 7	7.00pm
Sunday March 8	4.30pm

PENGUINS OF MADAGASCAR

Saturday March 7	11.00am
Saturday March 7	2.00pm
Sunday March 8	11.00am
Sunday March 8	2.00pm

TICKET PRICES

Adults:	\$14.00
Children/Concession:	\$10.00
Children under 5 years:	Free

Tickets available at Mid-Western Regional Council offices from Monday March 2nd 2015 or at the door (if not sold out prior). For more information, visit www.midwestern.nsw.gov.au like Council on Facebook or follow us on Twitter.

PROUDLY SUPPORTED BY



Combined Rotary Clubs of Mudgee

MWRC Youth Council



PHYSI. IT'S NOT JUST DANCE. Physical Culture 2015 COME & JOIN US!

CLASS TIMES

Wednesdays

(Mudgee Public School Hall)

5-7 years	4.00 - 4.45pm
9-12 years	4.45 - 5.30pm
13-16 years	5.30 - 6.15pm
Ladies	6.15 - 7.00pm
Seniors (17 yrs+)	7.00 - 8.00pm

Day Classes

(St Matt's Central School Mudgee)

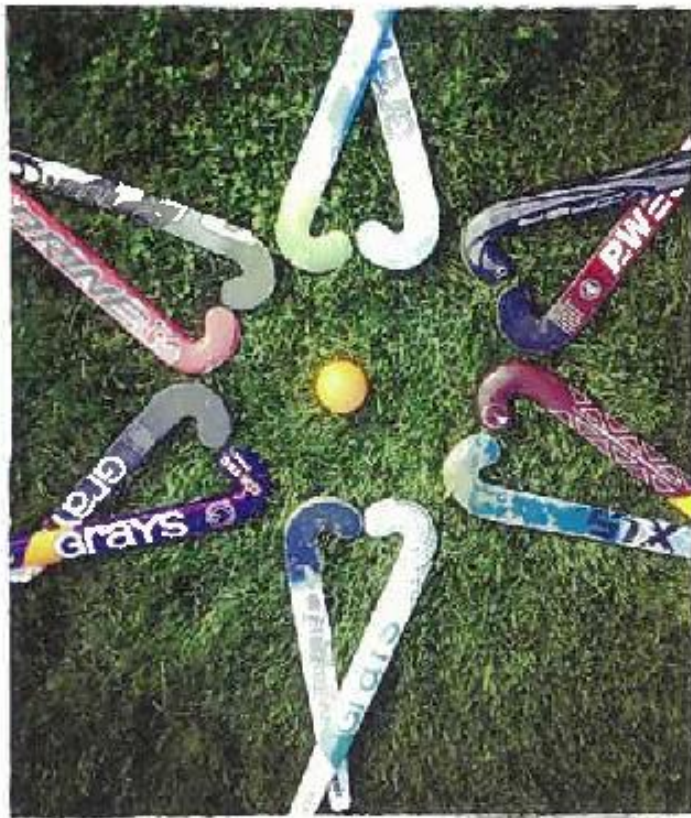
Days to be advised/confirmed.

For more information, go to our website or email us:

e: info@physicalculture.net.au
w: physicalculture.weebly.com



SATURDAY
MARCH
28TH
2015



MUDGE HOCKEY 7-A-SIDE

West End Sports Complex
Starting at 8:30am

Love hockey? Been out of the game for a while or are you just looking for a new sporting experience? Why not try hockey!

Get a mixed team of 10 mates together (minimum 3 women), choose a fancy dress uniform and come along for a day of fun and fast paced 7-a-side hockey. A fully stocked canteen and BBQ facilities available on the day, with prizes for best dressed, champion teams and extra-curricular events throughout the day.

No previous experience required - only a sense of humour.

To nominate a team contact:

Ben 0408 619 696

Kristel 0408 742 494

Jenny 6372 6630

Team nominations by

March 18th 2015