

Monday

9 March 2015

Term 1 – Week 7



MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEE NSW 2850

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*A Member of the
Cudgegong Learning
Community*



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

Coming Events:

- Mar 19 – Yrs 8, 9 & 10 Parent/Teacher evening
- Mar 23 - P & C Meeting 7pm in the Library
- Mar 26 – Apr 2 Year 12 Exams

This issue:

- Principal's Message
- Awards
- Canteen News
- Year 10 Marine Studies
- School Vaccinations
- Agriculture
- CSU MyDay
- Sport
- Tax File Number Application process
- MHS Canteen Price List
- Sponsor - Glencore
- Community Announcements

PRINCIPAL'S MESSAGE

This week I want to talk about attendance, but not the givens like good attendance equals children and young people being in a regulated, safe environment that provides routines and structures, as well as trusted and supportive relationships, weighted with ongoing opportunities for positive social, emotional, psychological and cognitive development, not to mention the development of knowledge about concepts and behaviours that can assist in creating better chances for success in later life or anything like that... because they're givens.

I want to talk about the changes that have been made to the ways in which attendance in ALL schools is recorded in 2015.

In the past, schools were able to provide exemptions from attendance to students who were accompanying their parents or carers on overseas holidays during school time. Since January, if parents are planning such a trip, they are required to notify the school in advance and be issued with an Application for Extended Leave – Travel to complete. If approved by the Principal, the parents will be issued with a Certificate of Extended Leave – Travel to take with them. Recent events where one parent or carer has attempted or even succeeded in leaving the country with children the subject of custody issues, as well as issues surrounding the attempts of young people to join foreign organisations like ISIS have prompted these changes. AFP officers and customs officials will want to see the paperwork of any child leaving the country.

From the beginning of 2015, absences of 2 days or more must be explained in writing from a parent or carer. Absences of 3 days or more must be approved by the Principal no matter what the absence reason.

There are no longer enrolment exemptions granted for holidays or funerals, etc.. These are all now recorded as explained leave. The grounds for exemption are very limited now, applying to things like extended incapacity (where the health of a student would render sick leave or alternative enrolment inappropriate, such as a student excluded from school because of a direction under the Public Health Act 2010) and representation in elite, national sports like the Commonwealth Games or the Olympics.

Be aware too that if a student attends an event that the school has not set up as an excursion the absence is listed as "Leave". This will affect students like those who attend equestrian events outside of those that operate as school excursions.

All of these changes are predicated on the need to know where children and young people are and to keep them safe, excellent reasons for making any change.

*Wayne Eade
Relieving Principal*

Term 1 Week 6 Awards

P & C Awards – Year 7 – Connor McNeill **Year 8** – Kylah-Marea Demmery
Year 9 – Isabel Burke **Year 10** – Alicia Smith **Year 11** – Nathan Lane
Year 12 – Kirstie Bain

SRR AWARD Term 1 Week 6 – Congratulations to: Joel Smith (Yr 7)

CANTEEN NEWS

We apologise, but canteen is unable to re-heat leftover food brought from home. This is due to health regulations. Due to safety issues, we are also unable to fill noodle cups brought from home with boiling water. However, we do have an extensive array of yummy, nutritious food available to purchase.

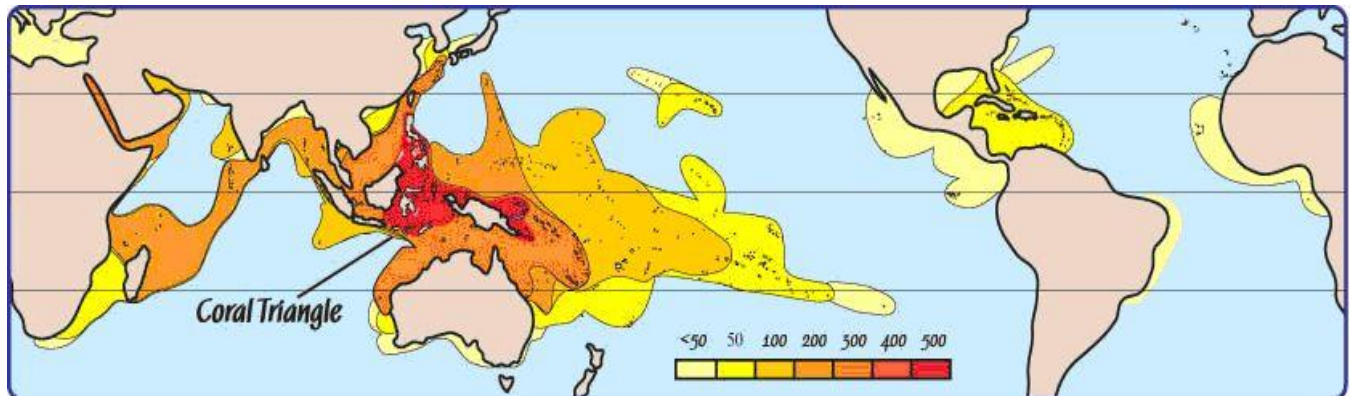
Thank you.

YEAR 10 – STUDY 2 UNIT MARINE IN YEAR 11, 2016
THE IMPORTANCE OF CORAL REEFS - STORE OF BIODIVERSITY

Coral reefs are some of the most diverse and valuable ecosystems on Earth. Coral reefs support more species per unit area than any other marine environment, including about 4,000 species of fish, 800 species of hard corals and 100s of other species.

Scientists estimate that there may be another 1-8 million undiscovered species of organisms living in and around reefs. Discover a new species and it can be named after you!!! Mr Willetts knows many people that have discovered new species and have had them named after them.

This biodiversity is considered key to finding new medicines for the 21st Century. Many drugs are now being developed from coral reef animals and plants as possible cures for cancer, arthritis, bacterial infections, viruses, and other diseases.



Spread over 5.7 million square kilometres, the Coral Triangle has the highest diversity of marine life of any area on Earth. It contains three quarters of the world's known coral species, a third of the world's coral reefs, more than 3,000 species of fish and the world's richest mangrove forests. It generates \$2.3 billion in sea products each year and is a major spawning ground for tuna and other valuable species.



Learn all about this and other amazing facts about the Coral Triangle and the worlds coral reefs by choosing to study 2U Marine Studies in Year 11. See Mr Willetts in the TAS staffroom for more information



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

AG SHOWS HEATING UP AGAIN

It is that time of year where our Agriculture students start preparing the sheep for local shows. This involves breaking them in to lead and stand in the show ring. Keen students who attend the shows also learn how to clean up the faces and legs of the sheep to maximise their appearance.

This year, students and sheep will attend Mudgee, Dunedoo and Dubbo Shows, subject to suitable weather. Three selected students will also be showing the sheep at the Sydney Royal Easter Show for the first time for MHS. This is a great opportunity for the students and a reward for their dedication over the years. Hopefully the sheep can come away with some more ribbons this year.

Along with the sheep shows there are also Junior Judging competitions. These competitions range from meat sheep, wool sheep, wool, beef cattle and grain. MHS students are lucky enough to have the opportunity to attend the Zone finals Junior Judging at the Mudgee Show, where they can compete for a chance to represent our Zone at the Royal Easter Show. MHS students have performed very well in past years, and we wish them the best of luck again for 2015.

Students will also have the chance to participate in handlers' competitions to showcase their skills in sheep handling.

Cassandra Stanford



Curtis Wright, Nick Pearce, Tim Cheetham



Nick Pearce, Brooke Sewell, Mrs Manwaring, Zak Harrop, Miss Stanford, Jarrad Rayner, Dakota Carpenter, Katarna Carpenter, Miranda Riley

CHARLES STURT UNIVERSITY MYDAY 2015

MyDay	Location	Date	Information on
Arts, Psychology, Social Work	Wagga Wagga	20 March	Bachelor of Arts, Psychology, Social Work
Communication and Creative Industries	Bathurst	13 April	Advertising, Radio, Journalism, Sports Journalism, Public Relations, Theatre/Media
Clinical Science, Dentistry, Pharmacy and Physiotherapy	Orange	13 April	Clinical Science, Dentistry, Pharmacy, Physiotherapy
Nursing and Paramedics	Bathurst	23 April	Clinical Practice (Paramedic), Nursing
Nursing	Albury-Wodonga	24 April	Nursing
Accounting, Business and Information Technology	Wagga Wagga	29 April	Accounting, Business Studies, Management, Information Technology
Accounting, Business and Information Technology	Albury-Wodonga	30 April	Accounting, Business Studies, Management, Marketing, Information Technology

REPRESENTATIVE SPORT

Already upon us are a number of the CHS and other sporting competitions that have seen students trialling for representative sporting teams. Most sports have competitions for both junior and seniors, so keep an ear out for the announcements and check the PDHPE noticeboard for information on the opportunities available. Western Area team selection trials are also coming up in various sports so if you think you have the skills to be involved, see Miss McCann or the relevant coach of the sport.

If a student is selected, they will be required to attend training and compete at various times. If your child is representing the school in a team, please ensure you and your child are aware of who the coach is, the team training times and competition dates. This should ensure that sporting excursions are well organised and that students gain maximum enjoyment and benefit from participating.

It is important to note that representative Sport is not deemed a compulsory part of the curriculum and as such, our excursion policy states that students may be excluded for misbehaviour or non-compliance with school rules. Sometimes it is necessary for coaches to make judgements about a student's eligibility to represent the school on these types of excursions. Any exclusion will be discussed with the Deputy Principal and communicated to the student.

SPORT AND PDHPE UNIFORM

We would just like to remind you and your children that Mudgee High School does implement a Sport Uniform Policy and we look forward to seeing students participating during PDHPE and Sport wearing their red shirt and blue shorts.

Shorts should be of an appropriate length and shoes should be running shoes or sneakers.

All students are encouraged to participate in practical PDHPE and sport lessons. To do this, students must ensure they change into their correct uniform and wear appropriate shoes. At Mudgee High School, if a student does not bring their correct uniform without explanation from their parent/guardian students will:

- not be able to participate in the practical PDHPE or Sport lesson
- be given alternative written work to complete during the lesson
- may be given a detention during recess or lunchtime.

Students who provide an appropriate explanation from their parent/guardian will be asked to complete alternative written work during the lesson. Long term illness or injury will be looked at on a case by case basis to determine an individual plan for the student. Please communicate with the PDHPE staff if your child does have a relevant reason for not participating over an extended period.

If a student does not participate satisfactorily or on a regular basis, a letter will be sent regarding non-participation and they may not be able to satisfactorily meet the requirements of PDHPE or Sport.

Students, when swimming, are asked to wear a rash shirt or t-shirt, and boardshorts, not only for protection from the sun, but to ensure they can actively engage in all activities without the fear of a potentially embarrassing situation.

We encourage the wearing of sunscreen at all times. We also ask that students bring a drink bottle to practical lessons and wear a hat during all outside activities.

YEAR 7 SPORT

Students in Year 7 participate in Sport within their allocated class group. Sometimes, groups may be timetabled together. The Year 7 Sport program at Mudgee High School is designed to build on the specific skills developed during practical PDHPE lessons and provide an opportunity for students to participate in a variety of activities, both modified and traditional. The emphasis is on participation as well as getting to know others and developing teamwork and interpersonal skills.

There is usually minimal cost for Sport, however, sometimes students may be required to travel to and from a venue at a cost of \$2-3. If there is a cost, this will be communicated to the student prior to the day.

YEAR 8-10 SPORT TERM 1

Students in Years 8-10 will be participating in a variety of sports over the course of the year. Students have been placed into groups which have been rotating through the sports each week. This organisation is designed to give students variety and allow them to develop skills in a range of sports. As the year progresses, different sports will be offered and students may be given the chance to choose an area of interest to pursue for a term. Whilst costs are kept to a minimum, it may be that throughout the year your child will require some money to access certain activities. This cost will be communicated as necessary. As always, financial assistance can be applied for through the office.

As outlined previously in this newsletter, Mudgee High School does implement a Sport Uniform Policy and students are reminded that this will be enforced.

Please remember to send students with a hat and an extra water bottle on, especially whilst the weather is still so hot.

Any questions can be directed to the relevant Sport organiser in the PDHPE staffroom:

Year 8 – Mrs Burke

Year 9 – Mr Giammarco

Year 10 – Miss Smith

TAX FILE NUMBER APPLICATIONS

Please note that Mudgee High School no longer processes tax file number applications.

Australia Post now verifies your ID for tax file number applications.

Go to www.ato.gov.au/TFNApply to find out more.

MUDGEES HIGH SCHOOL CANTEEN

MENU 2015 EFFECTIVE FROM JAN 27TH 2015

HOT FOOD AVAILABLE EVERY DAY

CHICKEN & CORN ROLL	\$ 1.70
PIZZA ROUNDA	\$ 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
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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
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WEDNESDAY

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

THURSDAY

CHICKEN BURGERS	\$ 3.50
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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

REGISTRATION FOR JUNIOR SOCCER

Mudgee – Glen Willow
14th and 21st March 10am – 2pm

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

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

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.

2014-2015

NSW Family Energy Rebate



\$150*
TOWARDS
ENERGY
BILLS

**APPLY
ONLINE
NOW!**

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
* eligibility criteria apply



Trade & Investment
Resources & Energy



**Apply before
Midnight
16 June 2015**

FOR MORE INFORMATION & ASSISTANCE

PHONE - Service NSW 13 77 88
EMAIL - fer.program@trade.nsw.gov.au
WEB - www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

Safer Drivers Course for young learner drivers



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The Safer Drivers Course is available to learner drivers under the age of 25 who have completed at least 50 log book driving hours.

Saturday 28th & Sunday 29th March

To Book:

Ph: 6330 1400 or email cevans@skillset.com.au

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341 Havannah St Bathurst

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only \$140 for 20 log book
hours**

skillset.



Transport
for NSW