

Monday

17 August 2015

Term 3 – Week 6



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:

- Aug 27 – Parent/Teacher evening yrs 8, 9 & 10
- Sep 3 – Yr 11 Exams begin
- Sep 11 – Yr 11 Exams finish
- Sep 16 – Yr 12 Farewell Social
- Sep 17 – Rainbow Day
- Sep 18 – Yr 12 Presentation Day

This issue:

- Principal's Message
- P&C Awards
- Maths Faculty
- Science Faculty
- Bawamarra – Aboriginal News
- Y12 Formal Info
- Sponsor – Glencore
- Community Announcements

PRINCIPAL'S MESSAGE

Warning... you're about to encounter some shameless plagiarism, although now that I have begun with that warning, perhaps what follows falls more into the category of appropriation.

Recently *The Sydney Morning Herald* published an article titled "Bonsai parenting: Why so many children end up in therapy". Now I know that the fourth estate can sometimes take liberties with the truth and indeed dabble in a little hyperbole if it sells, but this article had more than a ring of truth to it. As a result, I felt a need to share some of its observations.

The article featured a précis of "The Bonsai Child", a new book by clinical psychologist, Judith Locke. A "bonsai child" is one Locke would argue has been reared in an extremely controlled environment and assiduously cultivated by its parents. There is an over-emphasis on the child's happiness, and an expectation that the child will excel at life, which can breed anxiety and perfectionism.

Locke's concern stems from fifteen years of research in which she has seen a marked increase in what she describes as over-involvement of parents. The over-involved parent is constantly trying to solve the problems of their children and will often harbour unrealistic expectations of their potential. When the over-involved parent is confronted by their child's shortcomings or difficulties, they immediately seek out clinical diagnoses.

"A sense of melancholy is labelled depression; any trepidation is labelled anxiety. A friendship fight is bullying," Locke writes in her book. She adds that, "Many are labelling any experience of difficulty as a mental health issue." She reports too that when many young people – some as young as 4 – are asked why they are sad, will label their condition as "anxiety" or "depression". These are adult words.

Of the 130 school counsellors and psychologists Locke interviewed for her doctorate on over-parenting, more than 90 reported that they had encountered these kinds of parents.

But maybe all of this intervention assists?

Unfortunately, Locke reports that of the over 450 children she surveyed as part of her research, those who were over-parented presented as being no more satisfied with their lives than children whose parents were less hands-on.

Locke believes many parents have become amateur psychologists. She believes many see their mission as discovering what's wrong with their children. According to Locke, these same parents struggle with the idea that their child may do a thing the parent wishes they had not simply because they felt like it, or their child will resist a thing because they are just no good at it...

Locke said that, "... in the face of parents wanting an answer, it takes nerves of a steel as a psychologist to say, 'That's just your kid'."

The caution in all of this is that seeking expert help is sometimes warranted, particularly if parents are aware that traits like anxiety and depression run in their family.

Balance is the key and resilience training a key to long-term happiness.

Wayne Eade
Principal

The signs that indicate you are a "helicopter parent":

- you pack your child's school bag each night so they don't forget anything
- you hide in the bushes to spy on your child at lunchtime to see if they are playing with others
- you email your child's school to demand your child doesn't have to do a detention

TERM 3 WEEK 5 AWARDS

P & C AWARDS: Year 7 – Jarmarra Goolagong, Year 8 – Kyah Priest, Year 9 – Faith Douglas, Year 10 – Edward Milton, Year 11 – Elise Stanley, Year 12 – (Exams)

SRR AWARD: (Yr)

Australian Mathematics Competition

On Thursday 30th July a small but talented group of students accepted the challenge that is the Australian Mathematics Competition. While some of the questions encountered were quite daunting, this was a great opportunity for some of MHS's most gifted mathematicians to test their skills in some unfamiliar problem solving situations. All those who participated are congratulated for extending themselves and pushing beyond the comfort of the regular Mathematics classroom. The results for these competitions usually take quite a few weeks to return but it is hoped that this information can be relayed in the coming weeks.

All students are encouraged to enter this competition and others in future years to add to their experiences at Mudgee High School and to extend themselves mathematically.

Year 12 HSC Mathematics Courses

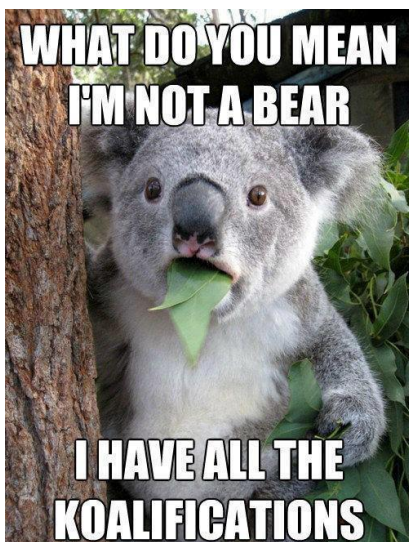
Year 12 students have just completed their Trial HSC Examinations. This usually forms the final part of the in-school assessment in the Mathematics courses offered at Mudgee High School. Despite this, there is still content to be covered in order to complete each of the courses. Students are encouraged to leave no stone unturned in their final weeks at school to put the finishing touches on their education prior to the HSC Examinations. All students are urged to communicate any areas of difficulty with their teachers to make the most of their remaining time. Extra study sessions are usually offered during the September holidays as well as some weekend opportunities. More information about these sessions will be available as the term progresses.

Science News

The Science faculty has had an interesting start to the semester. The Year 11 physics class have been studying the heavens in their astronomy unit and developing their knowledge of the features of the universe.



Year 7 have visited the zoo as part of their learning about living creatures and classifying them. As more and more species become threatened or endangered it is important that young people become aware of ecological interactions and the need to maintain biodiversity.



The science faculty has also fielded many questions about senior courses for 2016. One of those being the difference between Biology, Physics, Chemistry and Senior Science. The main difference is that Senior Science incorporates all of the sciences with a strong emphasis on how science impacts on our lives. This includes looking at a diverse range of topics such as water treatment to replacing body parts using artificial joints and cochlear implants, and how modern digital technologies work.



All year 10 students should feel free to discuss their subject choices with any of the science teachers.

In other science news, researchers have captured and tagged the Australian Night Parrot, one of the most elusive birds in the world. This bird thought to be extinct for more than a century. Experts were delighted to have

re-discovered the habitat of this incredibly rare parrot in Queensland and are now conducting further studies on these elusive birds.

In a major breakthrough a vaccine for Ebola is being developed. A single dose of an experimental Ebola virus vaccine appears to completely protect monkeys against the current EBOV outbreak strain, EBOV-

Makona, when given at least seven days before exposure, and partially protects them if given three days prior. The experimental vaccine is currently undergoing testing in a global clinical trial in humans.



Bawamarra

(Relate news, Communicate)
Wiradjuri



The University of Sydney is offering two summer camp programs for Aboriginal and Torres Strait Islander students. The **Wingara Mura** camp is for students starting years 9 or 10 in 2016.

The **Bunga Barrabugu** camp is for students starting years 11 or 12 in 2016.

The camps are held from 10th to 14th January 2016. Students will stay on campus in one of the university colleges within Sydney University.

The camps are designed to give students an experience in the opportunities that come with studying at Sydney University.

Students will participate in a range of hands-on activities with academics and university students. They will learn entry pathways to the University of Sydney.

Other experiences include a theatre visit, a harbour cruise, a talent quest and much more.

More details available from Miss Windeyer in the HSIE faculty.



THE UNIVERSITY OF
SYDNEY

Indigenous Australian Engineering Summer School 10-16 January 2016

The Indigenous Australian Engineering Summer School (IAESS), now in its 19th year, is an annual event established by Engineering Aid Australia. It provides Aboriginal and Torres Strait Islander students from around Australia with the opportunity to experience engineering studies and careers.

In January 2016, the University of Sydney will host the IAESS. Open to 20 Aboriginal and Torres Strait Islander students entering Years 11 and 12, the six-day live-in summer school gives these students a taste of engineering as a university course and career. It involves hands-on and challenging activities within the Faculty of Engineering and Information Technologies as well as site visits to engineering companies.

Studying engineering helps you develop excellent problem-solving, design and research skills that will allow you to drive and lead innovation that will help shape our future.

If you are good at maths and science, like working with machinery or practical tools and enjoy tackling challenging problems, then engineering maybe just what you're looking for.

See Miss Windeyer if you would like to know more about this opportunity.



EngineeringAid Australia

Building futures

YEAR 12 FORMAL INFORMATION 2015

On behalf of the school community of Mudgee High School, I have much pleasure in inviting all Year 12 students and their parents/caregivers, to the Year 12 Formal, on Friday 20 November 2015, at the Parklands Resort.

The Year 12 Formal is one of the most significant occasions on our school calendar, celebrating the final step in the school education of Year 12 students. It is one to be shared by the students, their parents and loved ones.

The organisation of the evening is outlined below:

- The Formal commences at 6.00pm and concludes at approximately 8.00pm. **Please note that doors will close at 6.15pm and reopen after the formal introduction of students (6.45pm).**
- Dress is Ladies "After 5" and Gents "Tie".
- Tickets may be purchased at the school's main administrative office, at a cost of \$75 per person. This year, the following procedures will apply:
 - Each student is allocated four (4) tickets, one student ticket and three guest tickets
 - Students need to pay for their ticket as well as those of their guests
 - Tickets will be numbered and a register of tickets will be kept
 - Sales for allocated tickets will commence on Monday 17 August and must be purchased by 3.30pm on Friday 28 August
 - Sales for all remaining tickets will commence on Monday 31 August, there will be a limit of 1 per family. Sales will conclude at 3.30pm on **Friday 4 September** in order to finalise numbers for catering purposes.
 - **If there are any remaining tickets, they will be available for sale from Monday 7 September on a first come - first served basis. Ticket sales close at 2.00pm on Friday 11 September. No Exceptions**
 - **Tickets may not be replaced if lost – please store your tickets in a safe place as entry is by ticket only**
 - **With regard to seating, private arrangements between ticket bearers CANNOT be accommodated without prior arrangements (4 week's notice) with the Year Advisor**
- In keeping with the Department of Education and Training Drug Policy, no alcohol will be served during, nor should be brought to, the Formal.
- The establishment will not allow bags to be brought into the function. An evening purse for ladies is acceptable.
- Anyone bringing alcohol onto the premises will be asked to leave the function.

Post Formal

Those attending the Year 12 Formal are invited to remain after the official ceremony is finished to enjoy music and dancing until 12 midnight as guests of the licence holder.

This is not a school function and those participating must comply with the following guidelines of the licence holder.

- Any patrons under the age of eighteen years must not consume alcohol and must leave the premises by 11pm.
- No person, other than guests who have attended the Year 12 Formal, will be allowed into the function.
- Guests are to remain within the function room until they leave.
- Once guests leave the function room, they must leave the property of the Parkland Resort.

SPONSORSHIP

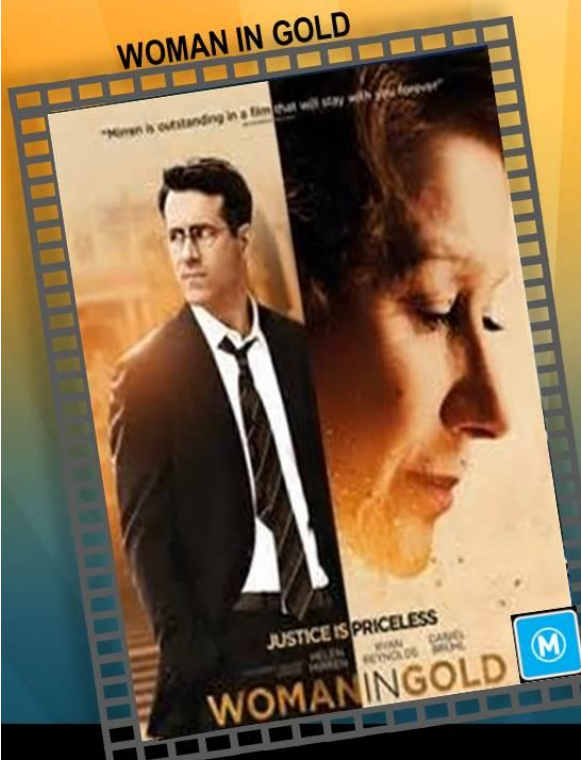
MUDGEE HIGH SCHOOL - LINK PROGRAM
GENEROUSLY SPONSORED BY
GLENCORE
Ulan Coal Mine

COMMUNITY ANNOUNCEMENTS

TOWN HALL CINEMA

*** SHOWING SEPTEMBER 4TH, 5TH & 6TH 2015 ***

Tickets on sale Monday 31st August 2015 at all Council offices



SESSION TIMES

WOMAN IN GOLD	Friday Sept 4	7.00pm
	Saturday Sept 5	4.30pm
	Saturday Sept 5	7.00pm
	Sunday Sept 6	4.30pm
MINIONS	Saturday Sept 5	11.00am
	Saturday Sept 5	2.00pm
	Sunday Sept 6	11.00am
	Sunday Sept 6	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 August 31st 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



CALLING ALL YOUNG STORYTELLERS!



We're looking for bold stories about a human experience with nature, to inspire a new generation.

What inspires you? **The (re)Generation Project** is calling on 15-25 year olds for your stories about the people and places that keep you connected. Personal connections with nature are powerful. They are essential to our health and mental well being, and they encourage ties with the earth that we depend on. So, in this ever-increasing modern world, how do we inspire a new generation back to the bush?

The ten best story ideas will be given editorial and production training including digital storytelling workshops and a mentor to help you craft it into a powerful and impacting digital story. You will then have the opportunity to participate in a premier event and online campaign, to share it with NSW youth.

Build valuable skills and networks, win prizes, show your work and have a lot of fun in an opportunity to create a positive change for our planet.

Online applications due 6 September 2015.

To apply and for more information, visit research.science.mq.edu.au/theregenerationproject

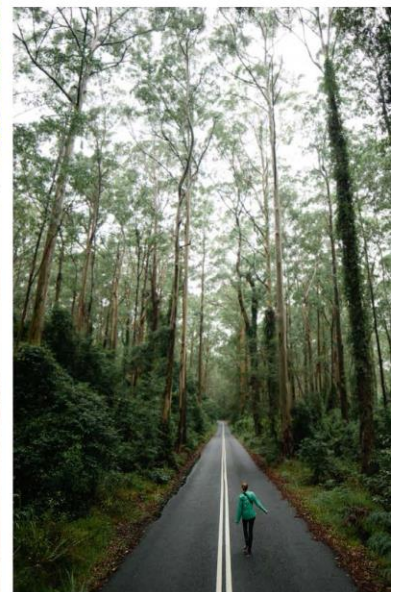
- ✉ theregenerationprojectmq@gmail.com
- f facebook.com/theregeneration.inspirenature
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- 🐦 [@the_reGen](https://twitter.com/the_reGen)

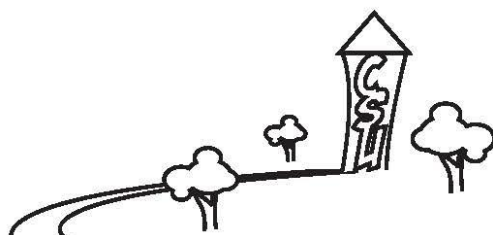
the
**(re)Generation
Project**



**MACQUARIE
University**

Supported by
the NSW Environment Trust





CSU information evening for parents and students

Charles Sturt University (CSU) is holding an information session for students in Years 10 to 12 and parents who would like to know more about CSU. Find out about:

- courses and opportunities
- ATARs and pathways into uni
- how to apply
- early entry schemes
- important dates
- accommodation options
- scholarships and help with costs.

A Universities Admissions Centre (UAC) representative will also be presenting an information session on applying for study through UAC.

When: 5.30pm, Wednesday, 26 August 2015

Where: CSU Dubbo Campus

REGISTER NOW TO ATTEND:

www.csu.edu.au/parents

1800 334 733



*Youth Council's
AMAZING MOVIE
night
ELF at 6pm
Mockingjay Part One
at 8pm
2 movies selected by YOU
The Stables, Mudgee
Friday 21st August
5.30– 10.00pm*

There will be Music happening and Refreshments for sale

Cost \$3 for 1 movie \$5 for 2 movies

For more information please
call Virginia 63782850 or
check
out

[www.facebook.com/
midwesternyouthcouncil](http://www.facebook.com/midwesternyouthcouncil)

