

Wednesday
21 September 2016
Term 3 – Week 10



MHS Newsletter

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A Member of the
Cudgegong Learning
Community



SEE OUR WEBSITE
FOR THE FULL
CALENDAR OF EVENTS

Coming Events:

- Sep 21 – Year 12 Farewell Social
- Sep 22 – Rainbow Day
- Sep 23 – Year 12 Presentation Assembly 11.30am-1.30pm in Gym
- Sep 23-Oct 12 – Year 12 Study Leave
- Sep 23 – Last day of Term 3
- Oct 10 – Day one Term 4 – Staff and Students

This issue:

- Principal's Message
- Awards
- Year 11
- MHS Centenary
- Community Announcements
- Sponsor – Glencore

PRINCIPAL'S MESSAGE

Asgard Calling!

Year 12's time with us draws to a close this Friday. Sure they've still the state-wide HSC quizzes to sit in October and a graduation dinner at Parklands in November, but their days in classes, playing handball at lunchtime and generally being kids will be at an end.

But before they tumble from the nest and test those new wings, I thought I'd say a little about the rainbow.

Rainbows are of course a prismatic effect, caused by sunlight passing through raindrops, splitting the white light of the sun into the range of visible light we perceive from red through violet.

That's the technical side of rainbows, but they are much more than that.

Rainbows have been powerful things in human mythology for millennia.

The Aborigines saw the rainbow as a giant serpent. In the rainbow's curve they saw the creator of rain, the maker of rivers and the giver of all life.

In the Northern Hemisphere, Greek mythology had it that the rainbow was a means by which messages from the gods on Mt Olympus could be delivered to mere mortals like you and I. The Vikings called the rainbow Bifrost. In it they saw a bridge. This bridge joined Midgard – the world of Earth – to Asgard – Viking heaven. Bifrost was a means by which warriors slain in battle could make their way to heaven. In heaven they could fight all day and even if killed again, they would rise at the close of day, retire to Valhalla and drink themselves silly through all eternity. I think it fair to say that the Viking afterlife sounds quite tiring!

In the Judeo-Christian tradition, according to the Book of Genesis and on God's command, Noah saved the animals from the Great Flood. When the rains ceased a rainbow appeared. The Great Flood must have been a shocker because it reportedly killed all other living beings not on board the Arc. The rainbow came to symbolise God's promise that he would never again send a flood to destroy all living things. It symbolically came to represent a covenant – a kind of peace treaty – between man and God.

Rainbow Day for the students of Mudgee High School and indeed the Mudgee community has also come to be a symbol. While many schools experience the stupidity and wanton vandalism of "muck up" days, a day on which the very people who have been nurtured so as to become the fine young adults they are turn on the very place that has done so much for them; literally biting the hand that has fed.

It's a bizarre practice, seldom tolerated by school authorities and certainly not endured by the police.

But here at Mudgee High and since its humble beginnings in 2002, Year 12 have finished their school days in the most positive of ways.

RAINBOW DAY!

This year, Year 12 have and continue to raise funds for the NSW Ambulance Service and the theatre department of Mudgee Hospital.

So, if you're in town on Thursday morning between 08:00 and 09:15, watch out for the coin-drop roadside stations – there will be three of them. It will almost certainly be raining but that's not an entirely bad thing because you don't get a rainbow without rain.

Until next term...

Wayne Eade

TERM 3 WEEK 9 AWARDS

P & C Awards: Year 7 – Emma Clulow Year 8 – Edward Zhong Year 9 – Gerel Waddell Year 10 – Holley Napper
Year 11 – Hannah Webster Year 12 – Rhyan Pickering

SRR Award: Colby Warren – Year 7

Big decisions ahead for Year 11

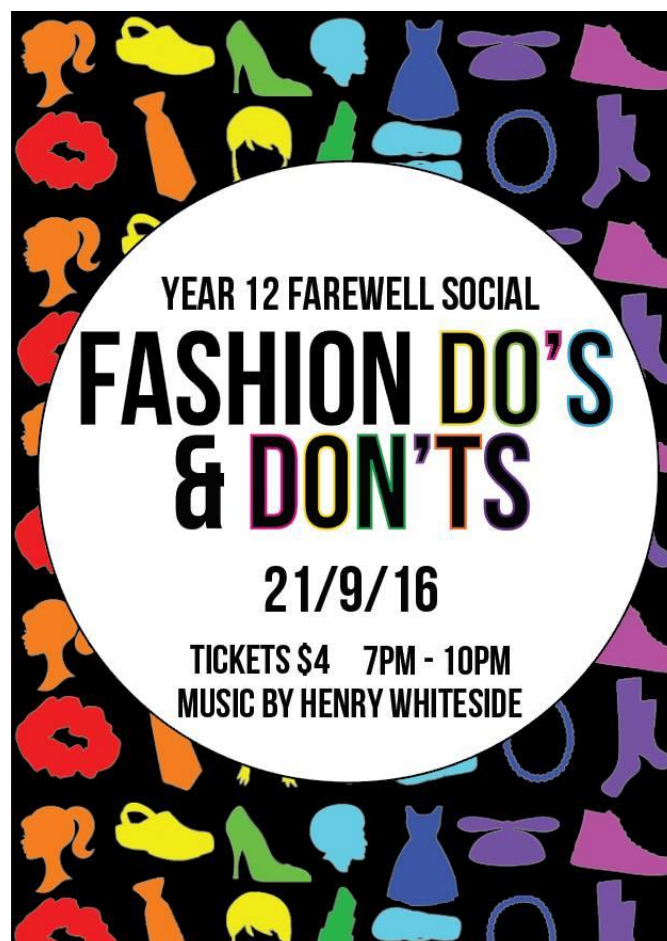
Year 11 have just completed the examinations that mark the end of the preliminary year, but this leaves them with some choices to make. In English students may want to change level – from Advanced to Standard or from Standard to English Studies. Extension 1 students may want to pick up an extra unit and enrol in Extension 2 – the major work.

These are important choices because they are binding: the HSC courses begin on Day One of Term Four and students need to be in the right course by then. There are few chances to change once the term begins.

Next week, students will be asked to make a decision about the level of English they will study for the HSC. Some students are really clear about this but others need some help: parents, this is where you come in.

You can help by having a discussion about:

- Future plans: is a particular level of English a pre-requisite for a realistic goal that they have? For example, English Studies is an HSC course, but it doesn't allow you to get an ATAR – a university entrance rank.
- Current achievement: how well are they doing in their current course? If their achievement is not what they would like, do they have enough time to commit to improvement? Do they use tutoring Tuesday? (This is the free tutoring time from 3.30 to 4.30 on Tuesday afternoons) Is the course too difficult?
- Learning styles: You know your child best: do they need to have a challenge? Do they do their best when they feel totally in command of the work? What are they interested in?
- Expert advice: At Mudgee High we have many years of experience in the HSC – and we're here to help. If your young adult is unsure about which English course would suit them, and you don't know what to do for the best, please get in touch with us. We know the rules and the potential pitfalls.





Presents:

Sensory Processing and Supporting Regulation “Making Sense of it All”

A presentation by Meagan McGregor BAppSc (Occupational Therapy), Paediatric Occupational Therapist which highlights some key factors to consider to understand sensory processing challenges and how these can impact behaviour and function.

A primary focus of this talk will be on understanding the key neurological components of sensory processing, what it means when there are deficits and how we can use these observations to understand behaviour of children across different settings.

Finally, this talk will discuss how to use sensory based approaches to help support the child's ability to regulate and be able to function at their best in a variety of different settings, including practical easy to implement ideas and advice around how to truly support your child in a way that promotes growth and participation in all daily roles and routines.

Where: Cudgegong Valley Public School Class 2L, Madeira Road, Mudgee

When: **Wednesday 21st September 2016**

Time: 6.30pm to 7.30pm

For further information, please contact: info@mudgeekidsot.com.au

Master Builders Pre Apprenticeship Program

Do you want to
start your
apprenticeship
in 2017?



Come along to our Information Evening to find out more!

When: 22nd of September
Time: 6pm - 7:30pm
Where: Orange City Bowling Club
61/89 Warrendine St, Orange, NSW, 2800

Book Now!
Limited Places

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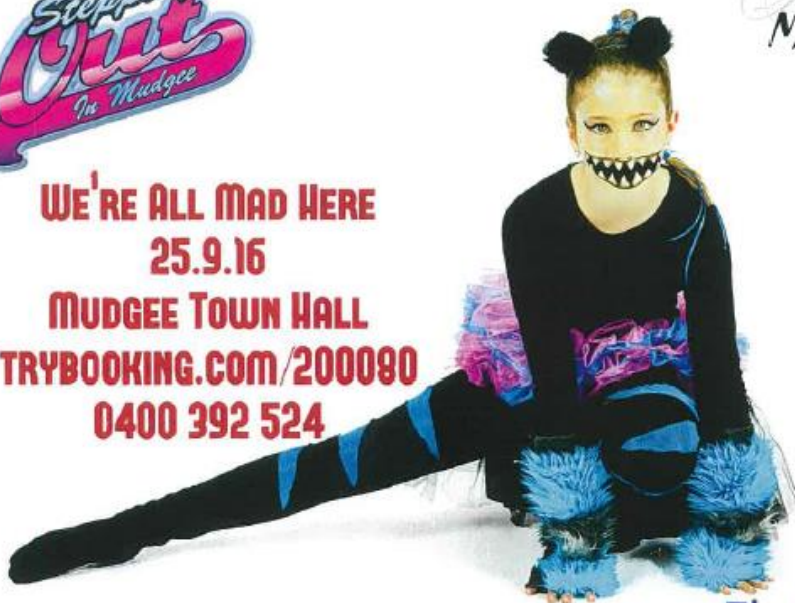


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RECYCLING

Rylstone/ Kandos
FAMILY




FUN DAY

Wednesday 5th of October

Rylstone Showground

10am-2pm

Disco, Zumba, Jumping Castle, Activities, BBQ, Foster a toy, Bubble Soccer, Art Competition and much much more!

Organised by the Family Fun Day committee, hosted by Rylstone/Kandos Interagency. For more information please contact:
Marian: 0427 163 674 OR Sue: 0424 751 099



Rylstone/ Kandos
Family Fun Day 2016

Waste to Art Competition

Use things that would otherwise be rubbish to make a beautiful artwork that will be displayed at the 2016 Family Fun Day!



Prizes for "Best in Show" and for Age Categories:

- ❖ Preschool (3-5 years)
- ❖ Primary School (6-11 years)
- ❖ High School (12 - 18 years)
- ❖ Seniors Open (18+ years)



Great Prizes!

Entries to be submitted to Rylstone Council Chambers by Wednesday 28th September.

Organised by the Family Fun Day committee, hosted by Kandos Interagency. For more information please contact:
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Rylstone/ Kandos
Family Fun Day 2016
Waste to Art Competition

Entry Form

Artist name: _____

Age: _____ years

School: _____

Contact Phone Number: _____

Age Category (select one):

Preschool (3-5 years)

High School (12- 18 years)

Primary School (6-11 years)

School Leavers (18+ years)

Artwork Title (Optional): _____

Entries to be submitted to Rylstone Council Chambers by close of business on Wednesday 28th September.

Organised by the Family Fun Day committee, hosted by Kandos Interagency. For more information please contact:

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Celebrate 100 years of public education at Mudgee High School over two days:

14th October 2016 - School based activities - more information to come

15th October 2016 - Celebration activities at school 10-2pm

15th October 2016 - Celebration dinner - Robert Oatley Vineyards 7pm start - tickets via Trybooking.com



MUDGEE HIGH SCHOOL CENTENARY



Friday 14th and Saturday 15th October 2016



FRIDAY 14 OCTOBER - MUDGEE HIGH SCHOOL

School based celebrations for current students and their parents. Further details will be sent home via students, the school newsletter and the school website.

SATURDAY 15 OCTOBER - MUDGEE HIGH SCHOOL

Time: 10:00am to 2:00pm

Public Celebration Day. All are welcome to celebrate 100 years of public education and meet again the students and staff who attended Mudgee High School. There will be tours, interviews, memorabilia on display, cadets parading and a BBQ lunch.

SATURDAY 15 OCTOBER - ROBERT OATLEY VINEYARDS

Time: 6:30 for a 7:00pm start

Cocktail Dinner - All welcome (18+ event). Catering by Rachael McCarthy.

Ticket price includes cocktail style menu and return transport via Ogden's Coaches. There will be a cash bar offering wine and beer.

Tickets will go on sale 25th July and can be purchased via www.trybooking.com / buy tickets / Mudgee High School Centenary 2016.

We are also publishing a keepsake Centenary Magazine that can be purchased via www.trybooking.com or directly from Mudgee High School for \$25.00 (available from October).

Further information can be accessed via our Facebook page [Mudgee High School Centenary 2016](https://www.facebook.com/MudgeeHighSchoolCentenary2016), or via www.mudgee-h.schools.nsw.edu.au/centenary-celebrations or the Mudgee Guardian.

COMMUNITY ANNOUNCEMENTS SPONSORSHIP

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



Mid-Western Regional Youth Council is in the process of their annual call out for new members. On Youth Council you get to represent the Youth in your area, learn about issues that affect your community and be involved in fun activities.

Some of the recent events and equipment Youth Council has assisted with or paid for out of their budget include;

- Lights on at Mudgee Skate park,
- Free Film making workshops
- 3 D printing workshop
- Support for The Loft drop in centre in Kandos
- Bubble Soccer during Youth Week
- Regular movie nights at The Stables in Mudgee
- New DVDs for teens at Mudgee Library
- Artist presentation visit to all MWRC high schools (Abdul Abdulla)

If you would like to join in please fill in a nomination form and give it to a Youth Councillor or your school SRC Co-Ordinator or bring it to a Council admin office.

Here's some comments from Youth Councillors;

Nicola; It's a great opportunity to help the community and to make new friends.

Brody; Youth council is a very rewarding experience and worthwhile time. You get to learn and experience how formal meetings are run. It's a good chance to help get what you and your community wants done in your town and region and talk about your opinions in a non- judgmental environment. Most employers would find this experience a plus when looking for new employees.

Louise; I have enjoyed being Youth Mayor as a student and now that I am in the workforce. My employer is supportive of my involvement and I have a greater understanding of the lives of young people in our region.

Eddie; It's been great getting involved in running events in different places within the Council area. I have learnt lots and had positive responses to what Youth Council has been doing.

FB; midwesternyouthcouncil