

Monday  
16 October 2017  
Term 4 – Week 2



# MHS Newsletter

Mudjee High School – Locked Bag 2004, MUDGEE NSW 2850  
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A Member of the  
Cudgegong Learning  
Community  
PLEASE SEE OUR  
WEBSITE FOR THE FULL  
CALENDAR OF EVENTS



## COMING EVENTS

- Oct 16 – Nov 7 HSC Examinations at AREC
- Oct 19 & 20 – Yr 9 Science Examination
- Oct 23 – P&C Meeting in Library 7pm
- Oct 24 – Yr 10 Maths Examination
- Oct 26 – Pink Up Day
- Nov 3 – Yr 11 Reports issued to students
- Nov 6 – HSC Exhibition Opening 6pm The Stables
- Nov 7-9 HSC Exhibition The Stables 10am-4pm
- Nov 10 – HSC Exhibition The Stables 10am-2pm
- Nov 10 – Yr 12 Sign out 10am – 12noon in the Library
- Nov 17 – Yr 12 Formal at Parklands 6pm-8pm
- Nov 29 – Yr 7 2018 Orientation Day
- Nov 29 – Yr 7 2018 Parent Information Night 6pm – School Tour 6.30pm – Meeting in the Performance Centre

## THIS ISSUE:

- Principal's Message
- P & C Awards
- SRR Award
- Community Announcements
- Sponsorship

## PRINCIPAL'S MESSAGE

Human beings have never before been so connected as they are today.

Living in a Westernised nation and not all that long ago, it was enough to have a television set or radio, or maybe both, a telephone and a postal service to stay connected. If one lived beyond the settled areas, a CB (citizen band) radio became a necessity... a necessity that is still very much a reality in some parts of Australia.

Nowadays, connectivity is grounded on mobile phone ownership.

Not those old Nokia ones that allowed the individual to make calls, text – four presses of the “7” key in rapid succession to achieve an “s”... no wonder we kept messages brief – and play “Snake”.

No. I'm talking Smart Phones; those devices with more computing power than the warehouses of computers that allowed humans to travel to the moon.

Using my Smart Phone, I can complete my banking; see the latest tea-leaf-reading results from the Bureau of Meteorology; read The Guardian, The Sydney Morning Herald and even The New York Times; catch up on Facebook with like-minded people with whom I have shared interests; listen to music via Spotify; check to see if I am in an area where drones can be flown legally; read emails; text and; make the occasional phone call... as well as a host of other things.

The challenge for me and indeed for all smart phone users is to know when it is appropriate to do so.

Lunch out with friends or family: hmmm... inappropriate.

During a meeting with the local Director of Public Schools (my boss): again... inappropriate.

At a formal occasion like a wedding: no brainer... inappropriate.

While driving my car: exceedingly inappropriate and downright dangerous.

This week at Mudjee High, we are focusing in roll call on what constitutes appropriate telephone usage. The main focus is quite naturally usage at school; when is it and even more importantly when **isn't** it appropriate to whip out the smart phone.

Considerations of what is appropriate usage go beyond the classroom and indeed the school. One of the resources teachers have been asked to show students in their roll classes is a recent ABC news story (17 September 2017) titled: *Documentary captures young drivers using phones, taking selfies behind the wheel*. Appropriate stuff given that the vast majority of young people in our care will be of an age when they can earn a driver's licence well before they finish school.

The news item begins: “What do you get when you take five young people and put cameras in their cars for 10 days? Shocking footage of the reality of mobile phone use while driving.” This is accompanied by videoed scenes of young drivers sailing along in traffic, seemingly oblivious to the peril they and other road users face because of their thoughtless actions, staring into their laps.

The documentary which is at the centre of the item is titled “People Like Us”. It was commissioned by Victoria's Transport Accident Commission (TAC). The young people featured came from a variety of backgrounds. Perhaps the most worrying thing after viewing the attachment was the statement that followed: “None believed they had a problem or did anything wrong.” Every one of them is shown repeatedly looking down, texting and even taking selfies while driving, yet felt prior to agreeing to have the cameras in their cars that they were responsible drivers.

Given this remarkable hubris, the TAC knows it has quite a challenge ahead in changing what are very bad habits. An online survey of 505 drivers aged between 18 and 30 revealed more than half check their phone immediately if they receive a text, and that includes while driving.

And it's not just young people. Earlier this year, NSW police advised that in 2016, 900 P-plater drivers were fined for mobile phone use while driving, while more than 38,000 fully licensed drivers were similarly fined.

Phones now seemingly fill every kind of space in so many people's lives. They are checked before heading going to bed, and are the first thing sought by a groping hand as many awake in the following morning.

The dopamine rush that comes with their use is addictive and addictive they have become.

Students were advised last term that they constitute a real threat to learning and effective teaching and that, as such, they can and will be confiscated if used inappropriately.

Like so many things, smart phones are a tool that when used appropriately can be a powerful support in a modern world. This is very much the thinking that underpinned our move away from prohibition in 2013. That said, we also realise that they can be a terrible distraction and worse, as the TAC documentary makes all too clear. That's why we feel education rather than proscription is the better way to approach phone usage.

Take a look at the news story for yourself. I have provided the link below. It's not all doom and gloom. Towards the end, the responses of the participants after seeing just what they do while driving was a sobering experience for each of them, perhaps best summed up by the young woman, Belle, who commented:

"Anything happens, it's not just me. It's confronting, for sure."

If they don't kill themselves, they may kill you.

Here's the link: <http://www.abc.net.au/news/2017-09-21/doco-captures-young-drivers-using-phones-behind-the-wheel/8965066>

Until next week...

Wayne Eade  
Principal

### **TERM 3 WEEK 10 AWARDS**

**P & C AWARDS:** Mark Selman – Yr 7, Daniel Kubowicz – Yr 8, Sam Callaghan – Yr 9, Sarah Bridger – Yr 10, Jacob Wyles – Yr 11

**SRR AWARD:** Ryan Staub – Yr 10

### **TERM 4 WEEK 1 AWARDS**

**P & C AWARDS:** Samuel Couch – Yr 7, Logan Jones – Yr 8, Brianna Willoughby – Yr 9, Grace Pearce – Yr 10, Felicity Smith – Yr 11

**SRR AWARD:** Emily Hemingway – Yr 7

### **BANDANA DAY**

This October, Mudgee High School will be taking part in National Bandanna Day to make a difference to the lives of young Aussies impacted by cancer.

**Every day, 63 young Aussies are faced with a cancer diagnosis** - either themselves or of an immediate family member. The impact of a cancer diagnosis has long-term emotional, mental and financial implications for young people, who are at considerable risk of isolation and psychological distress.

CanTeen is the game changer.

The people from CanTeen help young people cope with cancer in their family, which is why the SRC will be selling bandannas for \$5 to raise money for CanTeen on Friday 27th October.

**Please remember to send \$5 to school with your child/ren on Friday, October 27** so that they can take part and help support this great cause!

We're stronger when we [#BandTogether](#).



**MUDGEE HIGH SCHOOL**

LOCKED BAG 2004, MUDGEE NSW 2850

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## Year 10 'LOVE BITES' Parent Information

The Love Bites sexual assault and domestic violence prevention program will run for Year 10 in conjunction with the PD/H/PE core subject. Outlined below is some information on the program. If you have any further questions about the program, please contact Karen Quinn at Mudgee High School on 6372 1533.

### What is Love Bites?

- Love Bites is an extremely successful, school based sexual assault, domestic and family violence prevention program that evolved on the Mid Coast of NSW
- Over 10,000 high school students throughout NSW have participated in this interactive and innovative program aimed at Year 10 students

The Love Bites Program consists of two interactive workshops on sexual assault and family/domestic violence and then workshops that consolidate the information from the morning workshops by working alongside the students to produce artworks that will then be printed on posters and resources for the students and community.

The artworks, music and radio advertisements from all students are used to develop a local campaign to challenge violence against women in the community. This campaign is led and delivered by young people.

The Love Bites program presents a consistent approach to the issues of violence against women and children that is firmly focused on factual statistical information that consistently confirm that sexual assault and domestic violence are gender issues as women are overwhelmingly the victims of men's violence and that men are overwhelmingly the perpetrators of this violence. Love Bites advocates that young people can change these statistics and can make different choices, resolve issues in non-violent ways and can develop respectful relationships.

The program will involve all of Year 10 who will be placed into three groups. Each group will then participate in a one day workshop that will take place over three days in Week 7, Term 4.

- Group 1: Monday 20<sup>th</sup> November
- Group 2: Tuesday 21<sup>st</sup> November
- Group 3: Wednesday 22<sup>nd</sup> November

Students will need to bring their own morning tea but lunch will be provided. If your student has any special dietary requirements or questions, please see Mrs Quinn by Wednesday 8<sup>th</sup> November.

.....  
**Please return this note ONLY if you do not wish your student to participate in this program. If this is the case your student will need to return this note by WEDNESDAY 8<sup>th</sup> November 2017.**

I \_\_\_\_\_ (Parent/Guardian) **do not** wish my student  
\_\_\_\_\_ (Student) to participate in the Love Bites program.

I understand that my student will still be required to attend school and follow the directions of teachers on this day regarding alternative arrangements.

\_\_\_\_\_ (Parent/Guardian Signature)



## THE MYER FOUNDATION & SIDNEY MYER FUND

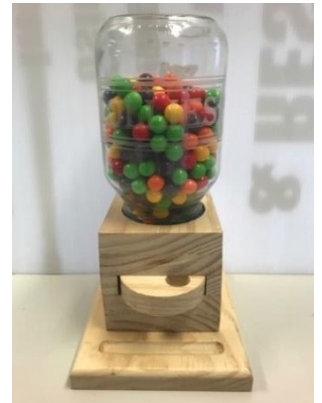


### TAS FACULTY

The TAS faculty has enthusiastically welcomed the purchase of a 50 watt VLS 4.60 Universal Systems Laser Cutter to enhance the STEM and whole school learning around current technology. The purchase has been facilitated by a generous \$10,000 Donation from the Sidney Myer Foundation.

Other generous donations were received from The Oriental Hotel, Peters Refrigeration, Bunnamagoo Wines and Logan Wines. This assistance combined with Mudgee High school funding has ensured that students at Mudgee High have access to state-of-the-art equipment to kick start them in developing skills that will be transferable to future careers in technology.

Students are now able to cut intricate shapes and engrave most materials to produce exciting projects in timber, metal, fabric and acrylic. Currently an Industrial Technology Wood class is making projects in a combination of timber and glass that uses the laser cutter to engrave recycled jars with appropriate and personalised graphics. This is made possible using the amazing rotary attachment purchased to allow the production of etchings on cylindrical surfaces such as bottles and glasses.



The gradual conversion of a technology room to a STEM environment will provide the school with a facility that houses the existing 3D printer, a vinyl cutter and the new laser cutter, along with a suite of computers. This is an exciting prospect and an extremely valuable resource that promises to allow a new focus on project-based Learning. This all points toward exciting and innovative teaching and learning experiences for students who attend Mudgee High.



An example of recycling using a glass jar that has been laser etched to produce an excellent Year 8 Industrial Technology Timber Project.

Thanks to all of the generous sponsors who helped make our laser cutter possible.



*Logan*





# Mudgee Triathlon Club

## *Pink Up Mudgee Club Race I: Sunday 22nd October*

**Fundraising Day for the McGrath Foundation**

**\$5 Pink Note Donation**

**Raffles, Prizes and Team Relays**



Long Course/Team Relay - 8am

Little Devils - 9.15am

Big Devils - 9.30am

Short Course/Team Relay - 10am

Presentation - 10.30am



**WEAR  
SOMETHING  
PINK**



**For full details visit our website  
[www.mudgeetriclub.hwy.com.au](http://www.mudgeetriclub.hwy.com.au)**



 Find us on  
**Facebook**

Dento Ryu Karate

Traditional non contact Karate

Mudgee Public School 6 -7pm

Tuesday and Thursday

Gulgong Public School

Wednesday and Friday

6 - 7 pm

Cooyal Hall

Monday 6 -7pm

Ages 5 years and over \$ 3.50 per class

Sensei Harvey 6373 8304

## CALM, CLEAR AND CONFIDENT

Clear your mind, feel calm,  
confident and grow strong  
through the magic of yoga for teens at Country Physio,  
Monday afternoons at 4pm,  
\$10. Bookings Essential.

Call Country Physio 63726907 or  
call Suava 0427580632 for a chat.





GIRL GUIDES  
AUSTRALIA  
NSW & ACT

**Mudgee Girl Guides invite**  
girls aged 6-14 years to  
**Come and Try Guides**



on

**Mondays**

**5:00-6:30pm**

**Uniting Church Hall Mortimer St (opposite  
Woolworths)**



**Do you want to inspire and empower girls?**  
**Leadership opportunities available for**  
**Girls 14+ and Women**

**Girls are welcome to try Guides for 2 weeks before joining.**

Annual Membership starts from the time Guides join.

**For more information please email**  
**mudgeegirlguides@gmail.com**

**Or visit the website [www.girlguides-nswact.org.au](http://www.girlguides-nswact.org.au)**

**SPONSORSHIP**

**MUDGEE HIGH SCHOOL – LINK PROGRAM**

**GENEROUSLY SPONSORED BY**

**GLENCORE**

*Ulan Coal Mine*