

Monday

30 October 2017

Term 4 – Week 4



MHS Newsletter

Mudjee High School – Locked Bag 2004, MUDJEE 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
- 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
- Yr 10 Love Bites
- Library News
- Community Announcements
- Sponsorship

PRINCIPAL'S MESSAGE

I wish to register a complaint!"

... and so begins a Monty Python sketch that is now more than 40 years old, in which Mr Praline (played by John Cleese) complains to a pet shop owner (played by Michael Palin) that "this parrot what I purchased not half an hour ago from this very boutique" is in fact dead. The proprietor attempts to fob off Mr Praline with various claims that the Norwegian Blue parrot he has sold him is resting following a prolonged squawk, stunned and finally pining for the fjords!



Finally the store owner agrees the parrot is dead... and offers Mr Praline a slug as recompense.

At Mudjee High, we take complaints more seriously than Palin's pet shop owner.

I have included in this newsletter a copy of the official paperwork associated with complaints, suggestions and compliments. It would be a fair thing to say that most of these things are made verbally rather than in written form, but it is always good to know what the documentation looks like.

Be aware that all complaints are treated as confidential. The complainants personal information and details as well as the nature of the complaint remain confidential. That said, the information offered may be provided to the NSW Ombudsman, the Independent Commission against Corruption, the Employee Performance and Conduct directorate or the NSW Police as required.

If you would like to know more about how complaints, suggestions and compliments are handled by the DoE, go to <http://www.dec.nsw.gov.au/about-us/how-weoperate/how-we-handle-complaints/>

Be aware that compliments are always passed on to those who've earned them, and suggestions taken seriously. Fresh eyes often see where the "dead dogs" lie, while the rest of us continue to step over them.

... or perhaps they're dead parrots.

Two weeks ago, I wrote about some worrying trends related to mobile phone use.

I later came across a little test to gauge whether an individual demonstrates tendencies that may suggest phone addiction. It must be stated that addiction to anything is a mental health issue and to date, phone usage has not been included in the Diagnostic and Statistical Manual of Mental Disorders. That said, there are worrying parallels in behaviour between excessive mobile phone usage and addictions like gambling and substance abuse.

Here is the test:

1. Do you find yourself spending more time on your mobile phone than you realise?
2. Do you find yourself mindlessly passing time on a regular basis by staring at your mobile phone even though there might be better or more productive things to do?
3. Do you seem to lose track of time when on your mobile phone?
4. Do you find yourself spending more time texting, tweeting, or emailing as opposed to talking to real-time people?
5. Has the amount of time you spend on your mobile phone been increasing?
6. Do you wish, secretly or otherwise, that you could be a little less wired or connected to your mobile phone?

7. Do you regularly sleep with your mobile phone on or under your pillow or next to your bed? Do you find yourself viewing and answering texts, tweets, and emails at all hours of the day and night, even when it means interrupting other things you are doing?
8. Do you find yourself viewing and answering texts, tweets, and emails at all hours of the day and night, even when it means interrupting other things you are doing?
9. Do you text, email, tweet, or surf the internet while driving or undertaking similar activities that demand focused attention?
10. Do you feel your use of your mobile phone actually decreases your productivity at times?
11. Do you feel reluctant to be without your mobile phone, even for short periods of time?
12. When you leave the house, must you ALWAYS have your mobile phone with you, and do you feel uncomfortable or even sick if you accidentally leave your mobile phone in the car or at home, or you have no service, or it is broken?
13. When you eat meals, is your mobile phone always part of the table place setting?
14. When your mobile phone rings, beeps or buzzes, do you feel an intense urge to check for texts, tweets, or emails, updates, etc.?
15. Do you find yourself robotically checking your mobile phone many times a day even when you know there is likely nothing new to see?

If any of those questions left you feeling uncomfortable, chances are you recognise there may be a problem.

Until next week...

Wayne Eade
Principal

TERM 4 WEEK 2 AWARDS

P & C AWARDS: Angus Fothergill – Yr 7, Charlotte Waterford-Maytom – Yr 8, Courtney Chetcuti – Yr 9, Laura Treverrow – Yr 10, Sarah Forgione – Yr 11

SRR AWARD: Angus Blackwell – Yr 9

An Invitation to Parents of Year 7 Students...

Students in Year 7 will soon be moving into Year 8. Next week, they begin the process of subject selection for Semester 1, 2018.

Parents, you are invited to a *Parents' Information Evening* next **Monday 6th November**, commencing at **7pm in the Performance Centre**.

At this meeting you will:

- have outlined for you the way in which the junior curriculum is structured at Mudjee High
- be taken through the process of junior subject selection
- be shown the place of Year 8 subjects in a pattern of study, and be shown the operation of Vertical Integration and Semesterisation.

An understanding of the processes and rules that underlie the junior curriculum better prepares parents to help their children plan a pattern of study over the next three years.

The staff of Mudjee High is very proud of the number of subject choices available to its students. To take full advantage of what is on offer, both students and parents should have a clear understanding of the system.

Please take this opportunity to discover what Mudjee High has to offer your child.

Mr Troy Whittington
Relieving Deputy Principal

Complaints and compliments form

If you have a complaint, compliment or suggestion about any aspect of our school services we're keen to hear from you.

Please complete this form **in English**, and send it to either the school principal or the Director of School Education in your area.

To find out the name of the person, and their mail, fax or email details:

- ask the administrative officer at the school, or
- call the Department's switchboard on 02 9561 8000.

General information

Please select from the following. This is a:

☐ complaint ☐ compliment ☐ suggestion

Please select from the following. I am a/an:

☐ parent ☐ student ☐ supplier ☐ contractor ☐ member of the public ☐ employee

Your details (*you must provide these details)

*First name	<input type="text"/>		
*Family name	<input type="text"/>		
*Street Address	<input type="text"/>		
*Suburb	<input type="text"/>	*Postcode	<input type="text"/>
		*Phone	<input type="text"/>
Email address	<input type="text"/>		

Compliment or suggestion

Complaint details

- Please set out your information as clearly and as briefly as possible.
- Focus on facts.
- Mention the steps you have taken to resolve the problem.
- Have you raised this complaint with anyone before? If so, who did you speak to and what was the result?
- What is the result you are seeking?

Note: You can provide details of your complaint on a separate piece of paper if you need more space. Please attach it to this form when you send it to us.

Do you require an interpreter?

☐ Yes

☒ No

If so which language?

Please provide details of any disability or special need that we should consider when communicating with you.

Date

*Please note

If you require an interpreter to help you to get more information please call the interpreter service on 131 450. Tell the operator which language you need and the phone number of the person you want to contact. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

Confidentiality

Your personal information and details of your complaint will remain confidential. However, the information you provide may be provided to the NSW Ombudsman, the Independent Commission against Corruption or the NSW Police if required.

For more information visit:

<http://www.dec.nsw.gov.au/about-us/how-we-operate/how-we-handle-complaints/>



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 20th November

Group 2: Tuesday 21st November

Group 3: Wednesday 22nd 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 8th November.

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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 8th 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)

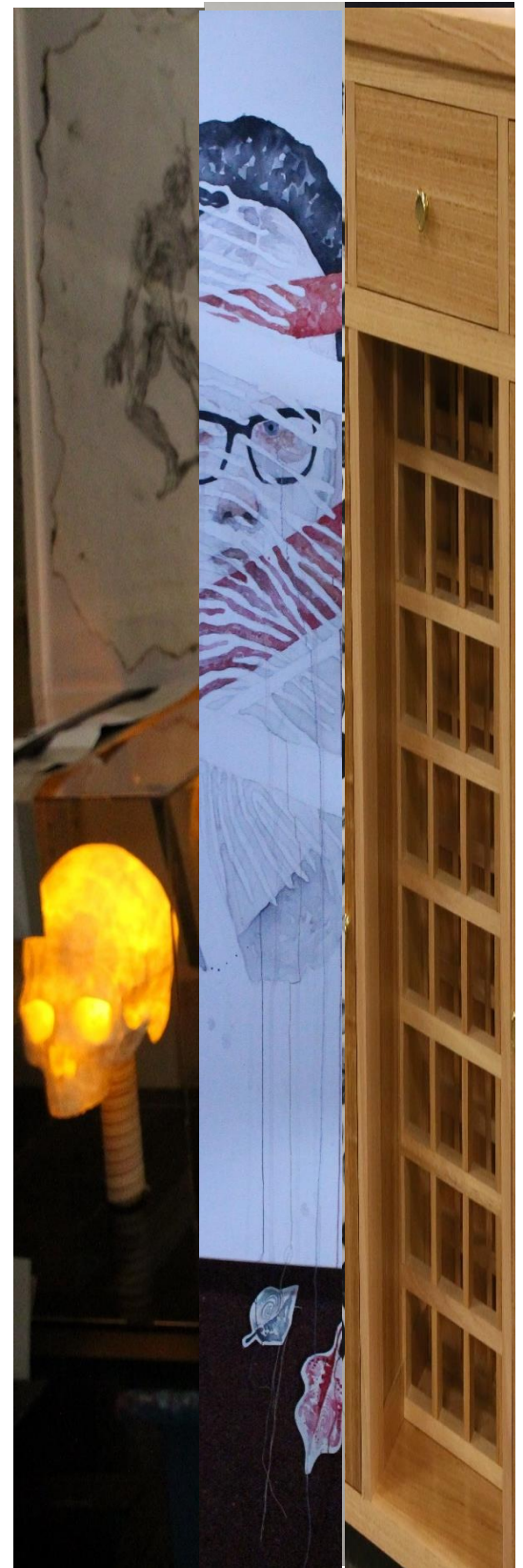
HSC 2017 Exhibition

Opening 6pm
Monday 6th November
Stables Gallery, Market Street

Exhibition Times:
7th – 10th November
Tuesday, Wednesday,
Thursday
10.00am – 4.00pm
Friday
10.00am – 2.00p

This exhibition celebrates the very high standard of work achieved by Mudgee High School's students of Visual Arts, Textiles and Design, Industrial Technology: Multi Media, and Society and Culture in 2017.

Catering for opening organised by MHS
Hospitality students



**Supported by
MHS P & C**

Library News

“Reading. The Essential Life Skill”

The beautiful or not so beautiful thing about the internet is that ‘with a few clicks’ anyone can find some form of research or ‘evidence’ to support literally any claim, argument or justification they are willing to make. Without citing examples that bombard us every day in mainstream and social media, a quick Google search of ‘Are fairies real?’ is a good case in point. The ‘evidence’ is compelling.

However, a Google search of ‘reading and literacy’ or ‘the importance of reading’ produces some equally surprising results.

An overwhelming theme of this research directly referenced and evidenced (for what it is worth) is that learning to read is one of the most important factors in school success and early exposure to books substantially contributes to success in literacy. There are strong links between literacy, school performance, self-esteem and life chances, while poor literacy skills are linked with lower education, earnings, health and social outcomes.

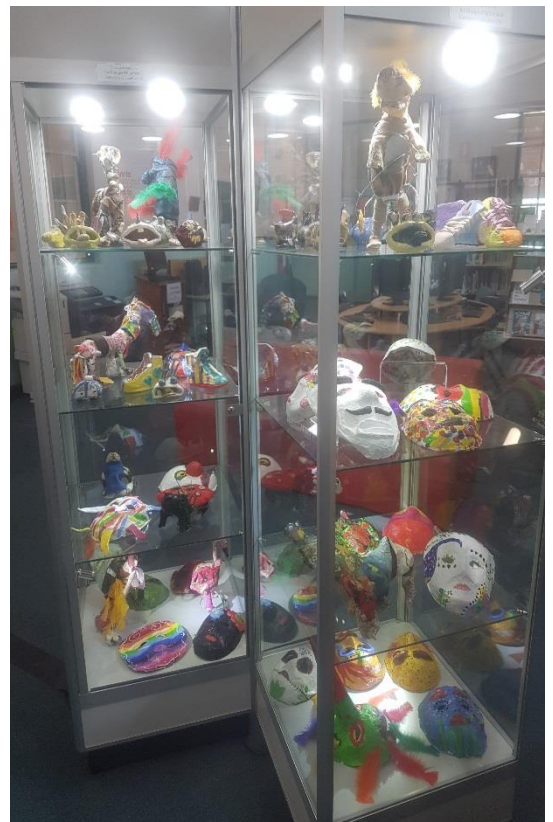
What is probably more surprising is that Australia has a significant literacy issue. 2013 Australian Bureau of Statistics figures show that ‘44% of Australian adults do not have the literacy skills they need to cope with the demands of everyday life and work’. The ‘National Workforce Literacy Project’ of 2010 found that 75% of employers reported that their business was affected by low levels of literacy’.

Across Australian and international studies into reading and literacy, the findings are similar. The children of parents who read to them and encourage them to read as they get older do better at school. Having access to books to read at home improves literacy. Children who read regularly develop stronger reading and writing skills. The more types of reading material there are in the home, the more proficient readers children become. Reading literacy has direct impacts on school success and later educational and employment opportunities.

For all of the above reasons, our school library is a good place to direct your child to come and visit. It can be as simple as starting the conversation that you would ‘like to see them borrow a book from the library and bring it home’. It could be a fiction novel or a non-fiction book on a particular topic.... anything! It might be as simple as purchasing a magazine subscription as a Christmas present to get them reading more. If we encourage our children to engage with reading, the benefits may prove to be ‘the magic dust’ for life-long success.



In other news, our library is hosting at present a very colourful display of Yr 7 mask making, clay model work and soft sculptures from the Art department. The imagination, talent and ‘quirkiness’ evident in this display is amazing and is a real credit to both the students and staff involved.



Library News continued.....

Lastly, HSC special provision examinations commenced last week. For the next fortnight in an effort to reduce 'outside' noise and disruption, the Library will be working on 'minimal noise' for classes and 'limited access' during recess and lunchtimes. This will assist our HSC students during this stressful period. Our intention is to minimise the impact as much as possible on our whole school community and continue to support all staff and students with their teaching and learning.

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.



TIPS FOR ADULTS AT KIDS SPORT

1. **Keep it fun**
don't take it
too seriously
It's not the World Titles



6. Let **coaches**
do the
coaching



2. **Be enthusiastic**
but don't *scream*
& *shout* instructions
from the sideline



7. *Always remember,*
volunteers
run kids sport



3. **Emphasise**
trying hard
not winning



8. *Understand, uphold*
and *support* your club's
code of
conduct



4. **Cheer &**
acknowledge
good plays by
all players,
both teams



9. Allow your child to
play for
themselves
Let kids make the decisions
on and off the field



5. **Accept decisions**
by officials
they are human &
can make mistakes



10. **Think before**
you speak
Your words may
harm others



SHOOSH

FOR KIDS

If your comment
is negative,
then **SHOOSH!**

Reward good
effort with applause;
if you can't then
SHOOSH!

If your negative
comment is directed
at an official, then
SHOOSH!

If your negative
comment is
directed at a child,
then **SHOOSH!**

Show respect to kids and officials. **Remember, sport should be fun!**



Shoosh for Kids is proudly supported by:



#shooshforkids | sport.nsw.gov.au

The Mudgee Miniature Railway *Invite you to enjoy:*

a train ride in a 95 Year Old Vintage Rail Motor

Saturday 18th November 2017

Depart from Gulgong at 4.30pm & travel to Dunedoo
for a 3 course meal and a 'murder mystery show'.

Fare \$80 per person - inc. meal & entertainment.

Sunday 19th November

Depart Gulgong at 9.30am, travelling to
Dunedoo & return. **Fare \$20 per person**

Depart Gulgong at 11.45am, travelling to
Ulan & return. **Fare \$15 per person**

**For details and
to book tickets:**

Peter King
0458 555 929

Email:

kingpeter2850@gmail.com



SPONSORSHIP

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