

Wednesday  
26 April 2017  
Term 2 – Week 1



# MHS Newsletter

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A Member of the  
Cudgegong Learning  
Community



SEE OUR WEBSITE  
FOR THE FULL  
CALENDAR OF EVENTS

## Coming Events:

- Apr 26 – Students return to school Term 2
- May 9 – May 11 Naplan Testing
- May 19 – Athletics Carnival
- May 22 – P&C Meeting in Library 7pm
- June 14 – Regional Cross Country
- June 16 – Yr 11 & 12 Vaccinations

## This issue:

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

## PRINCIPAL'S MESSAGE

Welcome back!

Term 2 has kicked-off and we're already back into the swing of things.

I will begin this missive with a thank all of the parents who took advantage of the Sunday 23/4 session with Dr Michael Carr-Gregg, child and adolescent psychologist. The presentation was first-rate and the questions from the floor at the session's conclusion thought provoking.

It almost universally understood that raising healthy young adults is as much about getting mental wellbeing right as it is the physical. Indeed, the two are linked inextricably. If we want the young people in our care to do well not just in school but in life, we must forge strong bonds with them at an early age. In other words, we must take a keen interest in what they do and be good – not necessarily perfect – role models if they're to develop the kinds of emotional intelligence and resilience needed to make it in this world.

Chances are I'm singing to the choir on this point. Chances are that if you are reading the school newsletter, you already take a keen interest in the children in your care. But it is good to have reinforced that you are on the right track in what is often a fraught business with no handbook that covers all contingencies.

One of the questions from the floor on Sunday evening that I found particularly timely concerned access to news and world events. The concern raised was that the mainstream media is full of stories of war and conflict, death and mayhem, and that children exposed to so much negativity may be affected negatively.

Dr Carr-Gregg's response was equally as interesting. He suggested that pre-schoolers should be protected from the mainstream media as much as possible. For them, the world should be a place of delights; a place of bright colours and positive experiences. However, he acknowledged that once students start school, they will almost certainly be exposed to the grinding ugliness of those elements of the human condition with which the mainstream media concerns itself.

It is our responsibility as carers to be prepared to discuss such matters and bring a little perspective to the conversation.

How can we be better at this? Know the facts. Reinforce with your children, as we do at school, the very real need to challenge the "facts". In my dealings with children, and indeed a great many adults, there are some rich veins of "understanding" that are just ripe for challenge. For example, many young people fear the possibility of being caught up in a terrorist attack. They need to be made aware that terrorism is nothing new – consider the actions of groups like the IRA in the 1970s and 1980s – but statistically they have more chance of either winning Powerball or being eaten by a shark, or quite possibly winning Powerball *while* being eaten by a shark, than dying at the hands of a terrorist.

Children and adolescents need us at their side to decipher a world that, if the mainstream media were to be believed, grows crazier by the day. They need to feel an attachment to adults in whom they can place trust. The rest should follow.

In this column, I'll touch on other wellbeing issues over the coming weeks.

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I'd also like to thank all of the students who represented at the ANZAC service on Tuesday 25/4, whether on behalf of the school, the Army Cadets, the Air League, the combined band or, in some cases, two or more ways on the day.

Recognising and paying respect to all who have worn a uniform in the service and defence of this nation is a noble act in and of itself, so thank you all.

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"Winter is coming."

Students have been reminded at our assembly this week of the simple fact that Mudgee High is a school where students are required to wear uniform. In the colder months, some students choose to wear mufti jumpers *beneath* their school jumpers when making the trek to school. That's fine, while ever those mufti jumpers remain buried *beneath* school jumpers. If the day grows warm and a student wishes to discard a jumper, it must be the mufti jumper stuffed in the bottom of the school bag and NOT the school jumper.

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Be aware that we have moved! The front office is back where it belongs and can be accessed via the Douro Street entrance once more.

Until next week!

Wayne Eade  
Principal



## PBL Focus this week

One of the factors that drives the student colour recognition system is having 100% explained full and part day attendance. This will accrue 5 points towards the movement towards gold level

### IT IS A LEGAL REQUIREMENT TO EXPLAIN ALL YOUR FULL AND PART DAY ABSENCES

#### HOW CAN MY PARENTS/ CAREGIVERS DO THIS:?

- Parent portal
- Note written from parents and handed into the front office.
- Email [mudgee-h.school@det.nsw.edu.au](mailto:mudgee-h.school@det.nsw.edu.au)
- Ring the school 63 721 533

#### M.H.S Colour Recognition System

**Students accrue points in the following ways:** Uniform= 5 points, Attendance = 5 points, Behaviour= 5 points, Completion of work= 5 points, Recognition Certificate= 2

Students have the opportunity to accrue points all the time but are tallied every 3 weeks.



All students start here. (restart from here after Level 3, 4 or

Maintain 120 + points or return to silver 2

**TERM 1 WEEK 11 P&C AWARDS**

**P & C AWARDS:** Yr 7: Joshua Gould Yr 8: Ebony Cottam Yr 9: Justin Riley Yr 10: Ninoska Birchall  
Yr 11: Max Beechey Yr 12: Alysha Papps

**SRR AWARD:** Kristian Chadwick Yr: 10

**COMMUNITY ANNOUNCEMENTS**

**MUDGE DIRTBIKES**  
MUDGE & DISTRICTS MOTORCYCLE CLUB

CLUB MUDGE THE MUDGE SOLDIERS CLUB LIMITED

**18-MARCH**  
**8-APRIL**  
**20-MAY**  
**5-AUGUST**  
**21-OCTOBER**

**ARENA-X RACING**  
**FREE SPECTATING FULL CANTEEN**  
**RACING STARTS AT 9AM**

*Family fun*

**Zeromx Graphics**

**LocalSearch**

**VIRGO SECURITY SERVICES**  
**NSW First Aid**  
**THE Shed Company**  
**PARAGON HOTEL MUDGE**  
**Mudgee Honda Centre**  
**coateshire**  
**BUTCHERY**  
**BIKEWORK MUDGE**  
**4B Electrical Services**  
**ROB MC**

**Free Trial Classes**  
**EP PHYSI**

Classes back 15/2  
**CUDGEGONG VALLEY** physical culture

Classes back 14/2  
**MACQUARIE RIVER** physical culture

**WEDNESDAY'S MUDGE CLASSES**  
Perry Hall Studios  
18 Perry St (Upstairs Studio)  
4.00-4.45....3-8 yrs  
4.45-5.30....9-12 yrs  
5.30-6.15....13-16 yrs  
6.15-7.00....Ladies  
7.00-7.45....Seniors

**TUESDAY'S DUBBO CLASSES**  
St Johns Primary School  
138 Sheraton Rd  
4.00-4.45....3-8 yrs  
4.45-5.30....9-12 yrs  
5.30-6.15....Ladies  
6.15-7.00....Seniors

**info@physicalculture.net.au**  
**0417 225 948**

**SPONSORSHIP**

**MUDGE HIGH SCHOOL – LINK PROGRAM**  
**GENEROUSLY SPONSORED BY**  
**GLENCORE**  
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