

Monday

15 May 2017

Term 2 – Week 4



# MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEE NSW 2850

ABN: 25 074 408 459 Telephone: (02) 6372 1533 Facsimile: 6372 6321

Website: [www.mudgee-h.schools.nsw.edu.au](http://www.mudgee-h.schools.nsw.edu.au) Email: [mudgee-h.school@det.nsw.edu.au](mailto:mudgee-h.school@det.nsw.edu.au)

A Member of the  
Cudgegong Learning  
Community



SEE OUR WEBSITE  
FOR THE FULL  
CALENDAR OF EVENTS

## Coming Events:

- May 16 – Yr 11 & 12 Vaccinations
- May 19 – Athletics Carnival
- May 22 – P&C Meeting in Library 7pm
- May 31 - Cross Country

## This issue:

- Principal's Message
- P&C Awards
- SRR Award
- PBL Focus
- Languages - Japanese
- Extension English
- Athletics and Cross Country
- Junior Girl's Soccer
- 9/10 Girl's Touch
- National Disability Information Sessions
- Community Announcements
- Sponsorship

## PRINCIPAL'S MESSAGE

### Fidgeting and the need to be bored now and again

I have yet to meet a parent genuinely driven by a conscious desire to make the life of their child miserable.

As parents, we look out for our kids. We want them to be happy and to be successful in achieving success in adulthood. We want them to connect, succeed and thrive, long after we are gone.

I know it. You know it.

Marketing jocks know it too.

Enter the fidget spinner!

Marketing jocks regularly tap into that parental desire. More recently, they have shamelessly reached out to parents of kids who present as having some kind of attention deficit disorder, telling them that the fidget spinner will provide comfort in stressful situations and the improved focus of students so afflicted.

Despite the claims of those who would have us buy their wares, experts say that there's no tangible research that proves the fidget spinner provides any real benefit as a therapeutic tool. Some even offer up quite the reverse finding. Through my own reading, the thinking behind this decision I've provided below.

In our heads, each of us has a brain.

Each of those brains is an amazing feat of evolutionary development for one very simple reason.

Our brains possess a thing called plasticity. Brain plasticity is the means by which our brains can reconfigure themselves to adapt to changing conditions. Best of all, brain plasticity doesn't really slow until you hit 70.

Brain plasticity has allowed our brains to take us from the caves of prehistory to a world in which space travel is a reality with little change in shape or size.

The world in which now we live has shaped our brains.

Perhaps unfortunately, the modern world offers our brains so very many different sources of a special kind of gratification; instant gratification.

Gratification in any shape works just like a drug. When you feel good it is chemistry at work. You feel good because your brain releases a neurotransmitter called dopamine and dopamine provides a natural high.

Eating releases dopamine.

Sex releases dopamine.

Likes on Facebook release dopamine.

The more gratification we offer our brains, the more our brains crave it.

Modern living has rewired the brains of an entire generation – our children's generation – to expect not just plain old, everyday, garden-variety gratification. Increasingly, younger generations expect instant gratification.

And why wouldn't they? iPads, videogames, content on demand, continuous and continual connectedness are all readily available and excellent sources of instant gratification.

The problem is that instant gratification deprives the brain of the opportunity to be bored. Boredom allows us to meet responsibilities. Boredom allows us to understand the limits.

Once a brain is wired for instant gratification it craves it... constantly. It no longer functions under lower levels of stimulation. The brain comes to expect special effects at all times and unfortunately, real life seldom offers special effects at all times.

As a result, real life becomes, well... boring.

But doing nothing or at least having nothing to do is increasingly becoming viewed by neurologists, psychologists and their ilk – the kinds of people who study the brain and its functions – as a valuable opportunity for stimulating unconscious thought processes.

Unconscious thought excels at integrating and associating information, by subconsciously carrying out associative searches across the broad database of knowledge each of us carries. In this region of the mind, each of us is less constrained by conventional associations and more likely to generate novel ideas than when we consciously focus on problem solving. Although the outcome of these processes may not always enter our consciousness immediately, needing time to incubate, being bored just a little more often may just be what each of us – and especially our kids – needs to resolve complex issues.

Being bored may in fact be the *best* way in which to arrive at good decisions.

Unfortunately, those in possession of devices like fidget spinners take their brains to the next level of instant gratification. The fidget spinners serve only to stimulate brains that are already overstimulated. The more the brain is stimulated the more it craves stimulation. No delayed gratification, no time for reflection, no emotional availability, **no real ability to learn...**

Everybody needs oxygen. Everybody needs water. Everybody needs food.

Nobody *needs* a fidget spinner.

What some kids most need is help to calm down. Help to settle their brains.

Mudgee High's students were advised last week that if fidget spinners appeared in class they would be confiscated.

They have real potential for disrupting teaching and learning. If your kids have them, please encourage them to leave the things at home.

Why? Because increasingly it would seem that they are as good for conditions like ADHD as pizza is for obesity.

Until next week...

Wayne Eade  
Principal



## TERM 2 WEEK 3 AWARDS

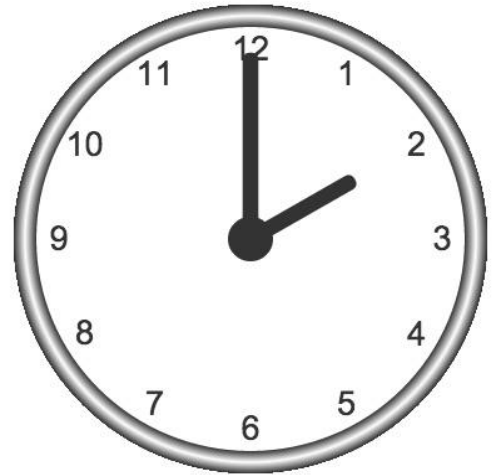
**P & C AWARDS:** Emily Hemingway – Yr 7, Eloise Boland – Yr 8, Liam Robinson – Yr 9, Duandre Jordaan – Yr 10, Adam O'Connell – Yr 11 and Talia McLennan – Yr 12

**SRR AWARD:** Logan Lane – Yr 8

# PBL Focus this week

Mudgee High School is a positive behaviour for learning school.

We expect all students to follow our universals and be **SAFE**, **RESPECTFUL** and **RESPONSIBLE** and arrive to class on time.



## To be Safe

- **Follow staff instructions**
- **Move quickly and quietly to class and between lessons**

## To be Respectful

- **Be prompt so as not to disrupt your teachers and your class**

## To be Responsible:

- **Start Moving to class when you hear the music**
- **Be accountable for your own learning**





## LANGUAGES – JAPANESE

All Year 7, junior elective classes and senior Beginners and Continuers classes have been working their way through the programmed topics and the majority of students are applying themselves in a positive manner. Students have completed the majority of their assessment for this semester. Those who have shown a thorough understanding of the language presented have consistently applied themselves in class, and have revised their work regularly.

A great study tip for language learners is to create revision cards for the topics covered. This is particularly good for learning vocabulary and kanji/hiragana/katakana (script) characters. On one side of the card write the Japanese word and on the other write the English meaning; or the kanji/hiragana/katakana character on one side and pronunciation on the other. Punch a hole in the corner and put them on curtain rings based on themes. For example: greetings, food, activities, time etc. Students can study their cards anytime, anywhere. In fact, as little as five minutes, four times a week can make a huge difference. Parents can also help with this technique by testing their child every once and awhile. Encourage your child to help you learn the Japanese words. Teaching someone else is the best way to remember something!

## EXCHANGE VISIT

We have had recent confirmation of dates for our exchange visit this year. Fukui High, Ohkanmuri High and Hokusetsu-Tsubasa High will be visiting Mudgee from July 25<sup>th</sup> until August 5<sup>th</sup>. This is an 11 night homestay and 7.5 days school program.

The exchange program is being organised based on last year's program with a few additional activities. The school has requested single homestay placements, which will enable us to have more of our own families participate in the experience.

We are currently seeking expressions of interest from families that may be interested in hosting an exchange student. For new families to the school, this exchange program is one of the highlights of the school year and the friendships formed are indeed strong and long lasting. To register your interest, please collect a form from Ms Date or Mr Saunders in the Languages/Careers staff room. If you would like more information or have any enquiries with regard to the program please don't hesitate to contact us at school.

## JAPANESE CULTURE

May 5<sup>th</sup> in Japan is a day celebrating children called "Kodomo no Hi" or 'Children's Day'. It is one of the most popular national holidays. It actually started long ago as "Tango no Sekku" or 'Boy's Day', a holiday celebrating the male child. After World War II it was changed to celebrate the health and growth of all children, in hopes of uplifting the spirits of Japan. Many of the traditions and decorations related to Children's Day still reflect those of Boy's Day.

To bring good fortune to the boys in the home, 'Koinobori' (colourful carp streamers) are flown outside of houses to wish them luck for the future. Koinobori are believed to be strong, spirited fish, known for their determination in fighting up streams and through powerful waterfalls. Families also display 'Kabuto' (samurai helmet) and samurai dolls representing Kintaro, Momotaro and others that symbolise courage.

Another tradition is the offering of kashiwa-mochi, a rice cake stuffed with bean paste and wrapped in an oak leaf, which is also a symbol of strength. Iris flowers also bloom during this time, and are placed in the home to ward off evil.

Ms Date            Mr Saunders



koinobori

Yr 7 classes have been making their own version of the こいのぼり. They look great on display in the classroom.

## YEAR 11 EXTENSION ENGLISH

The Year Eleven Extension English class were given a creative writing task to adapt the ideas from their chosen literary movement and create their own works. The following is an example, which has adapted the concepts and techniques from the Romantic Era and transposed it to address concerns of the 21<sup>st</sup> Century.

### Ocean

Daylight portrays her absolute beauty,  
With sunlight shining on her rippling body.  
And golden beams cascading down her glassy physique,  
The blackness of night split solely by the glitter of stars,  
Examines her mysterious majesty in an intimate fashion.

Her luscious waves,  
Ushered by the wind,  
Stoop to instil a saline caress,  
Upon the golden sprawl,  
Known as sand.  
She then draws a breath,  
And sighs deeply,  
Before retreating.

She's never tranquil, yet constantly still.  
Always moving, yet never the same.  
Constantly amending, yet remaining unchanged.  
Despite her peaceful façade,  
When a storm is a'r brewing, forth transpires her astonishing power.  
Like the pounding of war drums,  
Her army of torn peaks siege the fortified shoreline with indomitable fury.

A living breathing realm resides deep within her stomach.  
One for which all must experience.

## ATHLETICS CARNIVAL 2017

The athletics carnival is on Friday, 19<sup>th</sup> May (Week 4) at Walkers Field. This is a normal school day and attendance is required. Students will need to bring their ID cards to swipe in at the beginning of the day and events will start at 9am.

The events held on the day will include 100m, 200m, Long Jump, High Jump, Discus, Shotput, Javelin and novelties (the 400m will be held at 8:30am before the carnival). The ideas that underpin the carnival are participation, having fun and getting involved in house spirit. Students are encouraged to participate in all events and to get dressed up in house colours – Blaxland – red, Cunningham – yellow, Lawson – blue and Wentworth – green

The school canteen will be running on the day and Yr 12 will once again be providing goodies for their fundraising.

Bus companies will be diverted to Walkers Oval and students will need to be at the carnival by 8.55am.

The longer events will be held on Tuesday 16<sup>th</sup> May during class time and students will be informed of the procedures for this day in the daily messages during roll call. This includes the 800m, 1500m, 3000m and triple jump. Students must nominate to attend. They can do this at the PE staffroom.

Parent helpers are greatly appreciated. If you would like to help, please contact the school on 6372 1533.



## MUDGE HIGH CROSS COUNTRY 2017

The Cross Country will take place on Wednesday 31<sup>st</sup> of May (Week 6). It is compulsory for students in years 7, 8, 9 and 10. Students in Years 11-12 may nominate if they wish to participate and are encouraged to do so. Students must participate in the school event to be eligible for Western Area Trials selection.

The course will start and finish at Walkers Oval and run along the walking track to Lawson Park. Students will walk under teacher supervision to Walkers Oval after lunch and will be brought back to school by 3.25pm. Races will be run in age groups.

Students will need to listen to the announcements in roll call and on assembly for further information.



## JUNIOR GIRL'S SOCCER – BILL TURNER TROPHY

Monday 8<sup>th</sup> May, saw Mudgee High School's Junior Girl's soccer team travel to Bathurst to take on Bathurst High School. In a hard fought battle the girls went down to a skilful Bathurst side 3 - nil. It was a meritorious defeat for the girls as six of the players were debutants who had played little or no soccer in the past. The girls, led by Rachel Bennett and Charli Hayes, battled hard and showed a great deal of grit and determination. Lily Smith made some outstanding saves in goal and our defence held up well against some relentless and skilful attack from the opposition.

While victory was achieved, the game was played by both sides in fine spirit and our girls represented their school with great pride and respect. They are congratulated on their efforts.

The team members were: Elizabeth Jupp, Stevie-Rae Gant, Lucy Sebelic, Lily Smith, Chai Kondo, Claire Finter, Emily Hemingway, Kiara-Lee McDonald, Jayda Feneck, Ebony Roach, Rachel Bennett, Charli Hayes, Kasey Hayes, Tara Sandry and Grace Woodgate.



## 9/10 GIRL'S TOUCH – DUBBO

On Thursday 4 May, the Mudgee High School Girls touch team travelled to Dubbo to compete at the regional all school qualifying competition for State Cup. The team consisted of: Stephanie Bartlett, Lucy Burke, Mackenzie Callaghan, Kylie Campbell, Keely Croft, Molly Forrest, Ruby Forrest, Paige Gorrie, Abigaile Lynch, Grace Pearce, Grace Quinn and Laura Treverrow.

The girls played outstanding in the pool rounds with the following results:

MHS v Dubbo Christian School 8-0  
MHS v Wellington High School 2-0  
MHS v Parkes High School 5-1  
MHS v Dubbo Delroy 4-0

After only letting in one try in the pool rounds the girls played Dubbo South in the Semi Final and won 4-1.

The team was very excited, as they had made it through to the grand final against Redbend from Parkes. It was a hard fought game with both teams playing well, the girls pulled together and with excellent defence and communication won 3-1.

The girls will now play in Parramatta on 24 May in the NSW All School State Touch competition.

A special thanks to Penny Smith for coaching the team and to Felicity Smith and Adam O'Connell for their assistance in training the girls.





**Education  
Public Schools**



*National Disability Coordination Officer Programme*  
AN AUSTRALIAN GOVERNMENT INITIATIVE

# **NDIS Information Sessions**

## **Free Community Event**

The Department of Education and the National Disability Coordination Officer Program will be holding an interactive, social and all-inclusive event for families with children with disabilities.

These sessions are designed to learn more about the NDIS from an NDIA representative, meet Department of Education staff and will give an opportunity to ask questions.

<b>Date:</b>	<b>Monday 22<sup>nd</sup> May 2017</b>
<b>Venue:</b>	<b>Mudgee High School Performance Centre Entry via Denison Street, Mudgee</b>
<b>Time:</b>	<b>2:00pm to 3:00pm or 5:30pm to 7:00pm</b>

**ndis** National Disability  
Insurance Scheme



# SHOOSH

FOR KIDS WEEK

15-21 May 2017

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

Reward good  
play by both teams  
with applause; if you  
can't then **SHOOSH!**

If your comment is  
directed at a referee  
or match official,  
then **SHOOSH!**

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

Show respect to players and game officials. **Remember it's their game.**



Shoosh for Kids Week is proudly supported by:



#shooshforkids | [sport.nsw.gov.au](http://sport.nsw.gov.au)



Office  
of Sport





**21 May 2017** \*

**RECITAL 2.00pm**

David Henry – Trombone, Aimee Rossler - Piano/Flute  
Jacqui Waddell – Flute and Alto Flute

Mudgee Uniting Church – 89 Mortimer St Mudgee

Music by: Bernstein, Pergolesi, Sandstrom, and more.

Tickets: ADULTS \$15, CHILDREN \$10, FAMILY \$40 at the door, afternoon tea included

ALL PROCEEDS GO TO THE UNITING CHURCH FRONTIER SERVICES



**Tutors Field** is an educational blog for high school students who are in their year 10 - 12.

The blog gives study tips for taking high school exams, as well as ideas and inspiring stories shared by past ATAR 95+ students.

Blog: [www.TutorsField.com.au/articles](http://www.TutorsField.com.au/articles)

## COMMUNITY ANNOUNCEMENTS



**MUDGEES DIRTBIKES**  
MUDGEE & DISTRICTS MOTORCYCLE CLUB

CLUB MUDGEE  
THE MUDGEE SOLDIERS CLUB LIMITED

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


**ARENA-X RACING**

**FREE SPECTATING**  
**FULL CANTEN**

**RACING STARTS AT 9AM**

*Family fun*

**SPONSORS:** VIRGO SECURITY SERVICES, NSW First Aid, The Shed Company, PARAGON HOTEL MUDGEE, Mudgee Honda Centre, coateshire, BIKESWORK MUDGEE, BIKESWORK MUDGEE, 4D Electrical Services, ROB MC, Zeromx Graphics, LocalSearch.



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

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

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

**WEDNESDAY'S MUDGEE CLASSES**  
Perry Hall Studios  
18 Perry St (Upstairs Studio)

**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....13-16 yrs**  
**6.15-7.00....Ladies**  
**7.00-7.45....Seniors**

**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

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