

Monday

22 May 2017

Term 2 – Week 5



MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEE NSW 2850

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A Member of the
Cudgegong Learning
Community



SEE OUR WEBSITE
FOR THE FULL
CALENDAR OF EVENTS

Coming Events:

- May 22 – P&C Meeting in Library 7pm
- May 26 – Postponed Athletics Carnival
- May 31 - Cross Country

This issue:

- Principal's Message
- P&C Awards
- SRR Award
- PBL Focus
- ENID – Aim high, think big
- Cross Country
- Open girls soccer
- Charles Sturt University (CSU) - Dubbo Info Day
- National Disability Information Sessions
- Community Announcements
- Sponsorship

PRINCIPAL'S MESSAGE

Communication and Organisational Effectiveness

If you are reading this newsletter as an attachment to an email sent from the school, well done you! If you are reading it via an upload to our website or Facebook page that is good too, but you will not see it as soon as those to whom it is emailed.

At various times through the year, Mudgee High offers parents the opportunity to receive the weekly school newsletter via email. In fact, if you walked in off the street and made the request, it would occur from the very next issue.

Take up of this offer to date looks very promising. The following details the number of email subscribers we have relative to the cohorts in which they have children:

- Year 7 – 99
- Year 8 – 120
- Year 9 – 96
- Year 10 – 50
- Year 11 – 35, and
- Year 12 – 27.

It is worthwhile noting that this year's Year 7 is numerically the smallest cohort to enter the school in more than a decade (a demographic thing, as next year's Year 7 promises to be one of the largest the school has enrolled). It is also worth noting that the push to have parents and carers sign up for emailed notifications really notched up at the beginning of 2015, when this year's Year 9 started high school.

Long story short, if you're reading this via our web page or Facebook page, do not worry. You will still be able to do so as there are no plans to change this arrangement. However, if you want to see the newsletter and/ or receive messages and alerts from the school just a little earlier, share with us your email address and we will put you on the mailing list.

Raising "good" kids

I like to keep up with what the "experts" have to say on matters of pedagogy and wellbeing. Sometimes the stuff read is quite insightful and stretches the lateral thought processes. Sometimes it all seems so obvious that it's a little like being taught how to suck eggs.

However, sometimes the obvious isn't so obvious and without explicit demonstration, personal discovery of what may appear obvious to a great many may just be missed altogether. If what follows reads like an "of course" list and allows you to check off in tick-a-box fashion what happens at your place, that's not such a bad thing. If what follows makes you stop and reflect upon what you do at home, that's a good outcome.

So here are the "five secrets" to raising "good" kids, revealed by Harvard University psychologists.

1. Spend quality time with your children.
This seems like a no-brainer, but it comes with instructions nonetheless. Be open in your communication, listen carefully to what they say and do things together. A caveat in all of this is that your children will not love you more, but they will learn what it is to be considerate, what it is to care, and remember their youth as a positive time.
2. Let your children see a strong moral role model and mentor in you.
The best part about this one is that in its practise, you don't need to be perfect. Be mindful of your manners and actions and when you make a mistake, don't be afraid to admit to them. Fairness and honesty practised at home becomes the expectation of all within that home.

3. Teach your children to care for others and set high ethical expectations.
It turns out that caring for others' happiness and avoiding selfish behaviours brings its own benefits to the practitioner of such behaviours. Make them accountable for the obligations and responsibilities that fall on them, including chores, manners, school responsibilities, friends, and the promises they make to others. The message they receive should not be "*The most important thing is that you are happy.*" It should be "*The most important thing is that **you're kind and you're happy.***"
4. Encourage your children to practise appreciation and gratitude.
It turns out that people who regularly practise gratitude are more likely to be helpful, generous, compassionate and forgiving. They are also more likely to be both mentally and physically healthy. Children should be encouraged to both give and **receive** gratitude; accept praise when merited.
5. Teach your children to see the bigger picture.
The vast majority of children are able to empathise with and care about those within their family and within their circle of friends. The challenge is to encourage our children to see beyond these small groups and engage with the big picture. Children need to learn how their thoughts and actions can affect the whole community.

Personality is shaped almost entirely in childhood. Building "good" adults" begins in childhood. Being mindful of this enormous responsibility is the key to success.

For more, here's the link to the Harvard page... and no, you won't need to have a dictionary at your side.

<https://mcc.gse.harvard.edu/parenting-resources-raising-caring-ethical-children/raising-caring-children>

... and finally, for those who say you mustn't place a comma before "and" I dedicate this last line to my children, Eric Clapton and Big Ted.

Until next week...

Wayne Eade
Principal

.....
Dear Parent/Carer

Mudgee High School may often use email as a method of communication, including contact from Year Advisers and absence notifications.

Parents can access and explain their child's attendance records via the parent portal. An Access key will be sent to your email address as listed below.

In addition, if you wish to receive the newsletter by email, please indicate below.

Yes, we would like the Mudgee High newsletter emailed to the email address below.

Please complete the following to update our database.

Student Name Year

Email Address

Parent Name

Contact Ph Number

Date

OFFICE USE ONLY		INITIAL
N/L	PP	DATE

TERM 2 WEEK 4 AWARDS

P & C AWARDS: Lucy Campbell – Yr 7, Ebony Cottam – Yr 8, Parker Henwood – Yr 9, Amelia Sauerbier – Yr 10, Samantha Seaman – Yr 11 and Emma Pooley – Yr 12

SRR AWARD: Jarrod McMurray – Yr 9

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** at assembly.

To be Safe

- **Follow staff instructions**
- **Enter and exit by the correct door**
- **Sit where directed**



To be Respectful

- **Listen attentively**
- **Acknowledge achievements appropriately**

To be Responsible:

- **Move swiftly to assembly**
- **Leave bags where directed**



ENID – AIM HIGH, THINK BIG

This Wednesday 24th May, all Year 9 & 10 girls will be involved in the ENID production which will be held in the Performance Centre from Period 1 to 4 (this includes the assembly).

ENID is a school presentation program dedicated to **empowering girls' futures**. The focus is to address the issues young girls are currently facing so as to enhance their self-belief, confidence and personal purpose.

ENID showcases the **diverse array of career, educational, life and post-school opportunities** available, particularly those in which females are underrepresented. Equality of opportunity begins with awareness of what's really out there, and continues by instilling in girls the confidence, self-belief and strategies to discover their purpose and make informed decisions.

Through **educating, equipping and connecting** young female school students before and throughout their professional careers and further study, ENID facilitates the inevitable transition between Schools, Higher Education and Industry.

OUTCOMES

- Raise awareness of diverse and accessible **pathways** and **opportunities** including STEM and entrepreneurial careers
- Showcase role models and female leaders of similar age to show tangible pathways and facilitate goal setting
- Increase **confidence** and self-belief through mentoring and equipping girls with practical and tangible skills (e.g. motivation, mindsets), to make better informed decisions
- Develop soft and hard skills to discover **personal purpose** e.g. confidence, leadership and public speaking, resume and application writing
- Build an accessible and trustworthy **support network**

MUDGEES HIGH CROSS COUNTRY 2017

The Cross Country will take place on Wednesday 31st 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.



OPEN GIRLS SOCCER REPORT 2017

Round 1 – V Gulgong

The girls played Gulgong HS in the 1st round of the State KO Competition and won with a very convincing score line 12-0. Goals were plentiful and the scorers were Stephanie Bartlett, Abigaile Lynch, Magdalan Newton, Molly Forrest and Kylie Campbell.

This put the girls through to round 2, playing Kandos HS again at home on the school oval. The score increased in this game and looked more like a different sports scoreline, with 19 goals finding the back of the net. Goals were scored by Abi Lynch, Lily Smith, Kylie Campbell, Stephanie Bartlett, Molly Forrest, and Kylie Campbell.

Round 3 was an away fixture at Lithgow HS. The match was close throughout the first half and despite some good shots the score was 0-0 at the half time break. Lithgow scored twice in the second half and the Mudgee girls were unable to respond, with the full time score being 2-0.

The girls were all fantastic representatives of Mudgee High School and should be proud of their efforts.

Team: Claire Finter, Lily Smith, Rachel Bennett, Charli Hayes, Ebony Roach, Tara Sandry, Stephanie Bartlett, Kylie Campbell, Molly Forrest, Abigaile Lynch, Magdalan Newton, Grace Pearce, Laura Treverrow and Grace Woodgate.
Coach Ms McCann

Info Day Dubbo 2017

Schedule – Day Session*

DAY SESSION – Open to Senior High School students and Parents	
11:30 – 11:50	Registration
11:50 – 12:20	General Information Session
12:30 – 1:30	Student Session - Bachelor of Nursing - Bachelor of Social Work - Bachelor of Education (Early Childhood and Primary)
	Parent Information Session - All parents attend
1:30 – 1:55	Break
2:00 – 2:35	Course Information Session - Bachelor of Nursing - Bachelor of Social Work - Bachelor of Education (Early Childhood and Primary)
2:40	Optional Campus Tour OR Depart

*Schedule may be subject to change

www.csu.edu.au

The Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS) Provider Number for Charles Sturt University is 00200R. ABRN: 69 874 769 501

Dubbo Info Day Registration Form

Tuesday 20 June 2017
Day Session: 11:30am – 2:40pm
Evening Session: 4:00pm – 6:30pm

Please either scan and email or fax the completed Registration Form by 13 June 2017

Fax: 02 6338 6011

Email infoevents@csu.edu.au

Student details

First Name: _____ Surname: _____

Date of Birth: ____/____/____

Phone Number: _____

*Email address: _____
(*This is a required field)

School Name: _____

Postcode: _____ Citizenship: _____

School Year: 12 11

Please indicate your area of interest in order of preference (1-3).

Early Childhood & Primary

Nursing

Social Work

I would like to attend: (Please choose one)

Morning Session 11:30am – 2:40pm
(recommended for school students)

Evening Session – 4:00pm – 6:30pm

Do you have a medical condition that we need to be aware of? Yes No

If yes please provide details _____

Parent / Carer Information Sessions

We will be conducting information sessions on the day for parents / carers.
Please indicate if a parent/carer would like to participate in the sessions.

Attending parent session No Yes If Yes how many will be attending _____

www.csu.edu.au

The Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS) Provider Number for Charles Sturt University is 00200F. ABN: 69 879 768 501

COMMUNITY ANNOUNCEMENTS



ROBIN HOOD

MPAS' much awaited 2017 pantomime production of "Robin Hood" opens June 16 at Mudgee's iconic Town Hall Theatre! Cheer the dashing outlaws! Boo the wicked Sheriff! Gasp at the amazing swordfighting! Shudder at the One Doored Tower of Doom!

Terrific panto fun for all ages!

Dates: 16th, 17th, 18th, 23rd, 24th and 25th June. Matinees available.

Cost: Adults \$20, Conc \$15 (High School student, senior), Child \$10 (primary and preschool) Family \$50 (2 adults and 2 primary aged children).

Tickets: Online at mpas.org.au, over the counter (cash only) from Hannaford Cox, Market St (between the Library and the Anglican Church). Please book early – assigned seating and our pantos usually sell out.

Info: 0458 017 527 or 63723592 Or like MPAS on Facebook!

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
Ulan Coal Mine