

Monday

29 May 2017

Term 2 – Week 6



# MHS Newsletter

Mudjee 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:

- Week 6 – Yr 12 Reports issued
- May 31 - Cross Country
- June 16 – Yr 11 & 12 vaccinations
- June 19 – Yr 11 Reports issued
- June 30 – Yrs 7-10 Reports, Silver & Gold Awards issued

## This issue:

- Principal's Message
- P&C Awards
- SRR Award
- PBL Focus
- Combined High Schools
- Black Dog Institute Presentation
- Community Announcements
- Sponsorship

## PRINCIPAL'S MESSAGE

### SHOOSH for Kids

The school Athletics Carnival held last Friday was a corker! Postponed from the previous week when "rain (would have) interrupted play," Friday 26 May turned out to be one of those late autumn pearlers; no wind, an azure sky, temperature in the mid to high teens and kids overwhelmingly involving themselves in all of the events on offer.

It was a well-organised, well-run and well-attended event.

It was also good too to see quite a few guests - parents, grandparents and carers – also there to cheer on their kids; a feature for many years of both our swimming and athletics carnivals.

The only disappointment, however, was to later be informed that not all of our guests had been on their best behaviour.

Now just last week I spoke of the findings from a Harvard study on what it is that makes for the effective raising of good kids. There were five points the study made. This week I want to revisit Point 2. *Let your children see a strong moral role model and mentor in you.* I specifically wanted to revisit this point in reference to our Athletics Carnival, as it ties in well with a push coming from the NSW Government's *Office of Sport* called "Shoosh for Kids".

The Harvard boffins' advice was simple; be mindful of your manners and actions and when you make mistakes, don't be afraid to admit to them.

The "Shoosh for Kids" campaign is a collaboration between the *Office of Sports* and state sporting organisations that seeks to address the role we play as adults in modelling good manners and good behaviour in sport. It is all about promoting positive sideline behaviour at junior sports events.

"Shoosh for Kids" has a general rule: if you can't say anything nice, don't say anything at all.

The issues the *Office of Sports* seeks to address that stem from poor sideline behaviour are:

- Abuse to officials
- Reduced volunteer numbers
- Reduced participation rates (due to poor experiences/ non-enjoyment/ too competitive)





Sport should be a positive experience for all kids. As passionate as some of us can become about our sport, at the end of the day our kids are seldom “playing for sheep stations” so maintaining a little decorum while on the sideline behoves us all.

... and it won't leave children feeling embarrassed because mum or dad is behaving like a proper pork chop!

It should be remembered that sporting carnivals are run to encourage house participation, allow students the opportunity to compete in what are friendly games and, in the case of our more athletic students, create a platform from which those same students can move on to CHS selection. Schools are not obliged to allow guests to attend school events like sporting carnivals. As a staff, we do so because we want parents and carers to be involved.

All that said, I need to make this next point very clear. If guests at future events were to demonstrate an unwillingness or indeed inability to embrace “Shoosh for Kids” then those same guests may find themselves asked to leave. Such an outcome would be lamentable. But if we are serious about modelling good manners and good behaviour for all of Mudgee High's kids, it may be necessary.

Until next week...

Wayne Eade  
Principal

## TERM 2 WEEK 5 AWARDS

**P & C AWARDS:** Brodie Laidler – Yr 7, Cameron Roach – Yr 8, Ethan Beard – Yr 9, Jessica Stokes – Yr 10, Michael Dowell – Yr 11, Oliver Johns – Yr 12

**SRR AWARD:** Emily Cowden – Yr 7

# 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** in the playground



## To be Safe

- . Follow staff instructions
- . Stay in bounds
- . Report issues of concern

## To be Respectful

- . Maintain appropriate personal space
- . Place rubbish in the bins

## To be Responsible

- . Care for your equipment and that of others
- . Use active and passive areas appropriately



## COMBINED HIGH SCHOOLS

CHS – Combined High Schools – representation is, quite frankly, a pretty big deal. It is with this in mind that the staff of Mudgee High would like to take this opportunity to congratulate Billy Carberry on his selection as a NSW CHS team member in Rugby Union.

CHS representation is the highest sporting honour a student in New South Wales can attain. In achieving this representation, Billy has become part of a great tradition.

Well done, Billy!



**Book a Black Dog Institute presentation on:**

# Breaking down depression & building Resilience



### About this presentation

Delivered by a trained presenter who has a personal experience of a mood disorder or of caring for a loved one, 'Breaking down depression and building resilience' is a 60 minute presentation suitable for general audiences with, or without a mood disorder. This presentation will provide accurate information about what mood disorders are, their causes, how to spot early warning signs, what to do and how to build personal resilience. The desired outcome is that people will be better informed, better equipped to identify warning signs and feel more comfortable seeking help and communicating more openly and honestly.

**Cost:** Gold coin donation

**Location:** Performance Centre, Mudgee High School, 41 Douro St,  
Mudgee, NSW

**When:** 3:45pm Monday 5th June

**For more information please email** [KAREN.QUINN@det.nsw.edu.au](mailto:KAREN.QUINN@det.nsw.edu.au)

**Website:** [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



**Black Dog  
Institute**



MUDGEE  
PERFORMING  
ARTS SOCIETY



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: 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> 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](http://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!

#### COMMUNITY ANNOUNCEMENTS

**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