

Monday  
8 May 2017  
Term 2 – Week 3



# MHS Newsletter

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A Member of the  
Cudgegong Learning  
Community



SEE OUR WEBSITE  
FOR THE FULL  
CALENDAR OF EVENTS

## Coming Events:

- May 9 – May 11  
Naplan Testing
- May 19 – Athletics  
Carnival
- May 22 – P&C  
Meeting in Library  
7pm
- May 31 - Cross  
Country
- June 16 – Yr 11 & 12  
Vaccinations

## This issue:

- Principal's Message
- P&C Awards
- SRR Award
- PBL Focus
- Athletics Carnival
- Cross Country
- Open Girls Netball
- Year 10 Geography
- National Disability  
Information Sessions
- Community  
Announcements
- Sponsorship

## PRINCIPAL'S MESSAGE

### Making Good Decisions – Wellbeing

In case you're not aware, there is a service out there called **headspace** that provides early intervention mental health services to 12-25 year olds. The service is designed to make it as easy as possible for young people and their families to get the help they need for problems affecting their wellbeing.

In this vein, **headspace** this past week came out to raise attention about the potential risk posed by the *13 Reasons Why* series. If the mainstream media is any guide, many young people are currently watching the series. The nature of the program and ways in which teachers can respond to any student-initiated discussion of the program was dealt with last Thursday through a whole-school staff meeting.

But what if it becomes a discussion point at home?

It is important that parents are aware of the risks associated with the content portrayed, and are prepared to discuss this content with their children. And like teachers, it is important that parents and carers are informed so that they may be better prepared to challenge notions like the normalising or even romanticising of suicide.

Being informed and prepared puts us, the adults in the lives of the children at this school, in the driver's seat when supporting young people to manage their emotional responses to the show, should they see it.

Being informed and prepared empowers your children to seek appropriate information and support for their difficulties from you if necessary.

I have included below the URL for the headspace page. It really is worth a look.

<https://www.headspace.org.au/news/how-to-talk-to-young-people-about-13-reasons-why/>

... and as if that were not enough, along came the **Blue Whale Game**.

The NSW Secondary Principals' Council advised principals at the beginning of last week to be aware of an online "game" that dares its participants to engage in increasingly dangerous activities before eventually making the demand that the participant kill himself, if he's not inadvertently already done so.

At the beginning of last week, there was no evidence that the **Blue Whale Game** had become "a thing" in Australia, but then there was a time when no one had heard of Pokémon Go... All staff were made aware of the "game" and advised to treat it as serious if they became aware of its use by students.

It was heartening when a Year 7 student came to my office on Friday to report that he and his dad had become aware of the "game" and that dad wanted the school informed. He wanted us to be in as good a position as possible to respond to it should the need arise. It was also good to be able to show this obviously concerned young man what proactive steps had already been taken and he was asked to share this information with his dad. He appeared genuinely relieved after our discussion.

"Who invents this stuff?" seems the obvious question. Imagine if they put their talents to combatting ignorance, inequity, climate change or Sydney's home ownership blues... if they did good instead of evil. Lament.

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## Beware the Signs

An officer of the Highway Patrol made contact with the school last week to share his concerns about the stopping and parking habits of some visitors to the school. Douro Street was the focus of the discussion, but the same road rules apply wherever you are in New South Wales.

Please be aware that parking or even stopping to set someone down against the advice of a NO STOPPING sign breaks RMS Rule 167 and currently attracts a fine of \$253. Parking in an area against the advice of a no parking sign – often rendered a “P” in a circle with a line through it, breaks RMS Rule 168 (1) and attracts a fine of \$108.

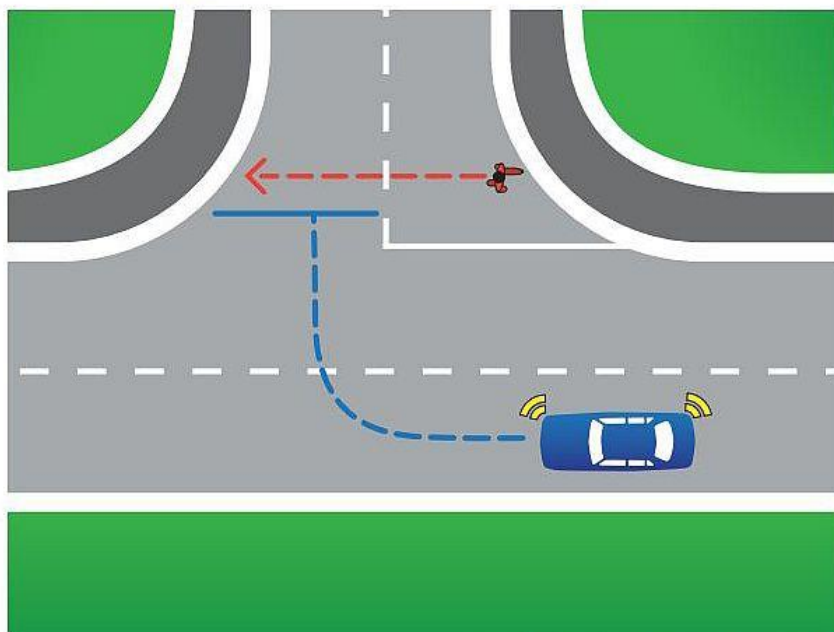
The killer fine is reserved for those who stop or park in disabled parking spots when they have no right to do so. Stop or park in a disabled parking space breaks a rule within the Local Government Act (1993) Section 650 (1) *Stand vehicle in disabled persons parking space without authority* and attracts a fine of **\$541** and 1 demerit point from your licence!



## Giving way to pedestrians when turning at an intersection

When turning into a road at an intersection, a driver must give way to any pedestrian who may be crossing the particular road the driver is entering. The image below illustrates this.

**Penalty: 3 demerit points (4 in a school zone) and \$298 (\$397 in a school zone)**



*Giving way to pedestrians*

Taken from...

<http://www.rms.nsw.gov.au/documents/roads/safety-rules/nsw-road-rules-2012.pdf>

Take heed, park and/ or stop appropriately, and you may avoid inflammation of the hip-pocket nerve.

Until next week...

Wayne Eade  
Principal

## TERM 2 WEEK 2 AWARDS

**P & C AWARDS:** Madison Ellis – Yr 7, Emma Hawkins – Yr 8, Ebony Roach – Year 9, Gordon Nemeth – Yr 10, Olivia Harvey – Yr 11 and Chloe Hopson – Yr 12

**SRR AWARD:** Rogan Edwards – 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** whilst in the front office



### To be Safe

- . Follow staff instructions. Move safely and quietly.**
- Enter the area only when necessary**

### To be Respectful

- . Use manners please and thankyou**

### To be Responsible:

- . Always carry your ID card**
- . Only attend office during breaks or when requested by staff**



## 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 card 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 underpins the carnival is 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.



## MUDGEES 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.

## OPENS GIRLS NETBALL TEAM

The Opens Girls Netball Team recently competed in the Western Region Netball Knockout, finishing in fourth position. They competed in the Regional Knockout at Dubbo and were undefeated. They then proceeded to the Western finals in Orange.

The team was made up of Year 10 and Year 11 students. The team was successful in defeating Cobar, Narromine, Delroy and Lake Cargelligo but unfortunately lost to Cowra and Orange.

All students were excellent ambassadors for Mudgee High School, representing the school with excellent sportsmanship.

A special thankyou to the parents who assisted with umpiring and refereeing duties. Without their assistance, the players would have been unable to compete.



## YEAR 10 GEOGRAPHY

Year 10 Geography students recently completed mandatory fieldwork as part of their studies at Lawson Park. Students had the opportunity to test the water quality of the Cudgegong River as well as conduct a site assessment of the riparian zone near the Riverside Estate subdivision. Students tested and recorded results for temperature, salinity, pH, turbidity and macro-invertebrae.

This fieldwork enabled students to learn practical skills involved in water testing as well as being able to apply theoretical knowledge learnt in class to a real life situation.

Students then utilised these results to write a Cudgegong River Site Assessment Report. Their results concluded that the water quality of the Cudgegong River is good which has a positive impact on the surrounding ecosystem.





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.

**Date:** Monday 22<sup>nd</sup> May 2017

**Venue:** Mudgee High School  
Performance Centre  
Entry via Denison Street, Mudgee

**Time:** 2:00pm to 3:00pm  
or  
5:30pm to 7:00pm

**ndis** National Disability  
Insurance Scheme



**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

**MUDGEE DIRTBIKES**  
MUDGEE & DISTRICTS MOTORCYCLE CLUB

**CLUB MUDGEE**  
THE MUDGEE SOLDIER 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*

**Sponsors:** VIRGO SECURITY SERVICES, NSW First Aid, The Shed Company, PARAGON HOTEL MUDGEE, MUDGEE Honda Centre, coateshire, BUTCHERY, BIKEWORK MUDGEE, YAMAHA, SUZUKI, TRAIL ATV AG GENERATORS, Electrical Services, ROB MC, Zeromx Graphics, LocalSearch.

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

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

**MACQUARIE RIVER**  
Classes back 14/2  
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	4.00-4.45....3-8 yrs
4.45-5.30....9-12 yrs	4.45-5.30....9-12 yrs
5.30-6.15....13-16 yrs	5.30-6.15....Ladies
6.15-7.00....Ladies	6.15-7.00....Seniors
7.00-7.45....Seniors	

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

## SPONSORSHIP

**MUDGEE HIGH SCHOOL – LINK PROGRAM**  
**GENEROUSLY SPONSORED BY**  
**GLENCORE**  
*Ulan Coal Mine*