

MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEES NSW 2850
ABN: 25 074 408 459 Telephone: (02) 6372 1533 Facsimile: 6372 6321
Website: www.mudgee-h.schools.nsw.edu.au
Email: mudgee-h.school@det.nsw.edu.au



Monday
March 26
Term 1, Week 9

PRINCIPAL'S MESSAGE

64 Seconds

Many of us find ourselves in a world swimming in distractions. There's someone at the door, the television is too loud, the dog is barking and the smartphone is indicating another incoming message!

Endless. Distractions.

Some will argue they can take distractions in their stride. They will argue they can multitask. Some actually can, but rest easy in the knowledge that no one can do it well.

To prove the point, try this:

Have someone time you writing the numbers 1 to 20 on a line as fast as you can. When complete, write the following sentence beneath it, "I am a multitasking guru."

You should end up with something that looks like this:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

I am a multitasking guru

Next, try this.

Write the numbers 1 to 20 on one line, and the sentence "I am a multitasking guru" – which just happens to contain 20 letters – on the line beneath.

But with a difference!

The difference this time is that you must write the two lines concurrently, number and letter about. That is, write 1, I, 2, a, 3, m, 4, a, etc.. Make sure you have someone time you for the second effort too.

You should still end up with something that looks like this:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

I am a multitasking guru

Cutting to the chase, you will be markedly slower multitasking, even if you **are** a multitasking guru. If you wrote the first sentence in cursive, I'll bet a brick to London the second iteration was printed. It may have even contained a few mistakes, the result of rushing to beat the clock.

Distraction takes us away from that upon which we should be focused. Distraction and its inherent dangers are the reason there are stiff penalties for those who use their mobile phones while driving.

Worse, research indicates it takes no less than 64 seconds to return to the task from which you have been distracted following an interruption. 56 distractions in a day from any given task and you've just lost an hour. Seriously, one whole hour gone... and that does not include the time spent on the distraction!

Be aware of the potential sources of distraction with which your kids may be faced – not least of which is the amount of "screen time" they have – and never fear putting limits on said distractions. They may not thank you today, but they will be better people for it in the long run.

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- Apr 6-13 - Year 12 1/2 yearly exams
- Apr 13 - Last day of Term 1
- Apr 30 - Staff Development Day
- May 1 - All Students return to school
- May 15-17 NAPLAN Testing Yrs 7 & 9

THIS ISSUE

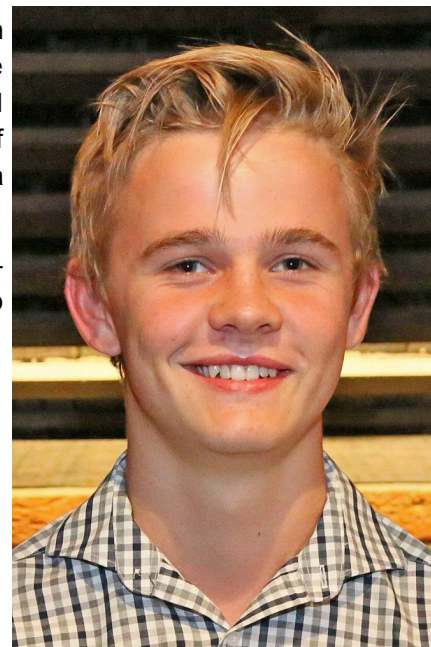
- Principal's Message
- P & C Awards
- SRR Award
- UNSW Science Competition
- English Faculty News
- Honour our Fallen Project
- Advertisements
- Sponsorship

What a pleasure it was to accompany Jacob Barnes (senior finalist) and Ned Dickson (junior finalist) to the Moolarben Spirit Awards last Thursday evening, along with the boys' parents and all of the other worthy finalists from across the district and as far afield as Dunedoo and Kandos. All of the young people there on the night were the kind of people that leave you in no doubt that the future is in good hands. All of them make a significant impact in their respective communities, not least our own Jacob and Ned.

Ned took out the Junior overall winner on the night, while Elle Lane from Dunedoo Central School was the senior winner. Public school kids in the limelight, and a good thing to see.

Until next week...

Wayne Eade
Principal



Ned Dickson - Junior overall winner



Jacob Barnes - senior finalist



Moolarben Spirit Awards - finalists

TERM 1 WEEK 8 AWARDS

P & C AWARDS: Jake Brakel - Yr 7, Elian Lees - Yr 8, Abigail Hamilton - Yr 9, Lauren Reed - Yr 10, Bradleigh Kelly - Yr 11, Olivia Harvey - Yr 12

SRR AWARD: Callum Tyrrell - Yr 10

UNSW SCIENCE COMPETITION

The University of NSW Science Competition will be held on Tuesday 29th May. This is an engaging and challenging international competition and a great way for students to test themselves against other students from across Australia and other parts of the globe. Students who would like to enter the competition, need to give their name and \$9.00 to the front office. Entries close on Tuesday 1st May.

Students, if you need any more details, please see your Science teacher or Mrs Laidlaw in the Science staffroom.

ENGLISH FACULTY

Parents may be aware that in English we are running a new program called Writing Friday. All classes in Years 7-10 and most in Year 11 engage with this program, although the timetable structure means that some classes do it on different days.

Writing Friday aims to improve students' readiness to write. Our students usually write quite well once they get a start, but they do not write easily. We have noticed that many students find it very difficult to begin: to select an idea, think of an approach and start writing. Other students make false starts: they begin a piece, decide it is not good enough, discard it and begin again. If this is done multiple times, a student may never complete a full piece of writing.

Every week, our students have a different writing prompt. Each one has pictures, directions about the style of writing and a goal word to include. We begin the lesson by micro-teaching and revising the skills and clarifying the prompt. Students have 20 minutes to write and their goal is to write 200 words. When the time is up, they count their words: Did they write 200? Did they write more than last week? After this we do:

Directed

Improvement and

Reflection

Time

- known as DIRT. Students read their own or the work of another student and find the features and vocabulary asked for in the task. Students can also comment on the strengths of the writing. Teachers read and offer constructive feedback too.

The premise that underpins Writing Friday is this; regular writing practice will make writing easier for our students. They will be more confident in their approach and adept in using language to achieve different purposes. We are particularly keen to support students approaching NAPLAN as one criteria to get into the higher bands for Writing is writing more than 200 words in the task. Anecdotally, we are already seeing greater engagement, which is a pleasing outcome.

Later in Semester One, a short electronic survey about the program will be sent to parents who've registered their email address with the school. We would really appreciate you taking the few minutes it will take to complete it.

In the meantime, maybe you could ask your child what they wrote about? Or how many words they wrote this week? Or whether this week's topic was funny or difficult or whatever? Every conversation about their writing helps to develop ideas.



Honour Our Fallen Project

In the lead up to this year's Anzac Day commemorations, several students of Mudgee High School, in partnership with St Matthews Central School, Mudgee division of the RSL and the Honour Our Fallen Ltd, will proudly participate in a new initiative to honour those deceased members of the Mudgee district who served in Australian military endeavours overseas. This new initiative involves placing Australian flags on the graves of former service men and women within Mudgee Cemetery. The flags will be donated by **Honour Our Fallen Ltd** and will be placed by students of Mudgee High School and St Matthew's Central sometime near the eve of Anzac Day.

Further to this, students will research several of our local war heroes and make this information available to several local media outlets, the School Newsletter and on other occasions, such as school assemblies in the weeks following Anzac Day.

So far, **Honour Our Fallen Ltd** has a list of 90 ex-servicemen and women who received war injuries and who are buried in Mudgee Cemetery. Everyone on this list has been allotted a flag for Anzac Day, 2018. The spokesperson for **Honour Our Fallen Ltd**, Mr Richard MacCarthy, believes that there could be many more ex-service men and women who should also be recognised, as his records are limited to those on the war injuries' register.

This is where you can help!

If you have a deceased member of your family who served in some capacity in the Australian Armed Forces or Support Units, and who is buried within the Mudgee Cemetery, **you can apply on line for that person to be considered for inclusion in the flag placing ceremony**. Any deceased person who has served in the Australian Army, Navy, Air force, Merchant Seamen, Peace Keeping Forces or any Female Military Services such as nursing is eligible.

To have them included in this year's flag posting ceremony, all you need to do is visit the following website:

Go to <http://honourourfallen.com/> and complete a Flag Request form, then press submit.

All such applications should be submitted no later than March 31st to avoid disappointment

"Lest we forget"

Stewart McNeill

Co-ordinator

Mudgee High School Leadership Group

Catherine McNeill

Co-ordinator

Mudgee High School Student Representative Council

MEDIA RELEASE

Honour Our Fallen Ltd

Honour Our Fallen is a newly raised not-for-profit organisation (registration pending) formed to honour and preserve the memory of those deceased military personnel, buried in Australia, who served our Nation in all conflicts and theatres since the Boer War.

In partnership with local Schools, who will research and locate ex-Service personnel graves in local cemeteries, in any area and thereafter, on each Anzac Day beginning in 2018, place an Australian flag on each gravesite or memorial plaque.

We request all veteran groups, historical, community, ex-Service associations and schools through member newsletters, and individual families and friends of deceased veterans, to all complete a simple "Flag Request" form to assist us in our research and commemorative activities.

Honour Our Fallen was launched on Remembrance Day, 11th November 2017, through media announcements and via correspondence to a number of Government authorities requesting their assistance, with positive results to date. The program will allow us to implement our plans in concert with the 100th Anniversary of the end of World War 1.

Commemoration will include Army, Navy, AirForce, Nursing Corps, Women's Services, Merchant Seamen and Peacekeeping personnel from all conflicts dating back to the Boer War.

Honour Our Fallen's mission is to perpetuate the memory of all deceased veterans and to build pride in our community, particularly our youth, in the virtues of service to our Nation and respect for those who died protecting our freedom and way of life. This in turn should lead to greater recognition and respect for those presently serving in uniform.

Go to honourourfallen.com, complete a Flag Request form and press submit. We do the rest pre ANZAC Day 2018 in all requested areas of the Nation.

Rick McCarthy OAM

Director

Honour Our Fallen

BRAG

bathurst regional art gallery

SCHOOL HOLIDAY PROGRAM

AUTUMN 2018

Get ready for the Waste 2 Art Community Art Exhibition. BRAG is working with BRC these holidays to deliver two Waste 2 Art themed workshops. The theme for the 2018 is "Polystyrene" however, artworks can be made from any recyclable materials.



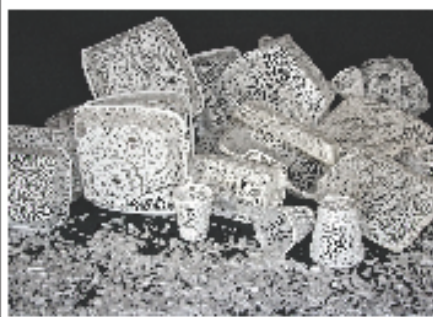
POLYSTYRENE PRINTING

Wednesday 18 April

10.30am - 12.30pm

Age: 6 - 15 years old

Using an up-cycled polystyrene printing tile, learn about print making and create an art work for this year's Waste 2 Art competition.



ALTERED PACKAGING

Wednesday 18 April

1.30pm - 3.30pm

Age: 15 - 25 years old

This Waste 2 Art workshop provides tools, materials and time to get creative. Turning what would otherwise be discarded into an exciting, powerful artwork for the competition.



CONTRASTS

Friday 20 April

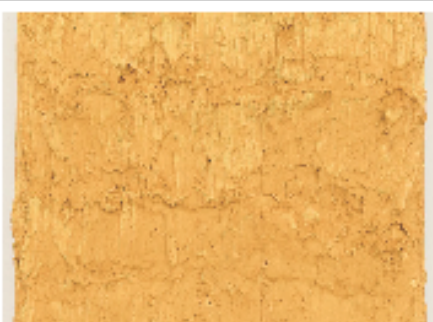
1.30pm - 3.30pm

Age: 8 - 17 years old

Explore the extremes of night/day, earth/sky, natural/artificial and interpret these themes into an artwork using paper and paint.

ALL WORKSHOPS COST \$10 PER CHILD

ADVANCE BOOKINGS & PAYMENT ARE ESSENTIAL



SURFACE

Tuesday 24 April

1.30pm - 3.30pm

Age: 8 - 17 years old

Be inspired by David Serisier's metallic paintings and make a treasured keepsake or gift box. Experiment with gold and silver paints and various finishes to make something that will last forever.



THINGS OF CLAY & WOOD

Thursday 26 April

1.30pm - 3.30pm

Age: 7 - 17 years old

Inspired by the works of Cathe Stack in the current exhibition, you will combine air drying clay with various natural woods, to produce your own amazing take home sculpture.



MATERIALITY

Friday 27 April

10.30am - 12.30pm

Age: 7 - 17 years old

Come and experience the tactile medium of textiles in an easy cut & paste session where we will interpret Hill End artist Mark Dober's painting of Haefligers Cottage by using small pieces of fabric for colour and texture.

Please note: Each child must be signed in by a parent or carer at the Gallery desk. Please take note of the age limits when booking - these are set to ensure the enjoyment of all participants.



BATHURST REGIONAL ART GALLERY
70-78 KEPPEL ST, BATHURST, NSW 2795
(02) 6333 6555

penny.may@bathurst.nsw.gov.au
www.bathurstart.com.au

IMAGES: (Top to bottom L to R) Judith Logan *Like a Fish Out of Water* [detail] Relief print on paper. Eveline Kolijn, *Sublime Waste Foam Spill*, 2011, assorted hand-cut, styrofoam containers & cups. *Day and Night* <https://dribbble.com/shots/1975920-Day-and-Night/attachments/344894>. David Serisier, *Gold Painting*, 2017 oil, wax and enamel on linen, 153 x 153 cm. Cathe Stack *Escarpment 1* [detail]. Courtesy of the artist. Mark Dober *Interior Haefligers Cottage #2* 2017, gouache, 19 x 29cm. Courtesy the artist.

WESTERN REGION SUMMER VOLUNTEER SPORTING SPIRIT AWARD

YOUTH
+ OPEN
CATEGORY



The Western Region Summer Volunteer Sporting Spirit Award is an opportunity to recognise volunteers who are the lifeblood of grassroots sport in regional NSW.

Sporting club and association members are invited to nominate individual volunteers in the open or youth category (25 years and under) who would be deserving of such an award.

To be eligible for the winter award the nominee must have been a volunteer with the club or association during the period from October 2017 to March 2018.

Nominations close on Friday 13 April 2018. Terms and conditions apply.

To nominate your volunteer, tell us in 150 words or less why your nominee is the most deserving volunteer. This might include the:

- Time they dedicate to the club, association or committee
- Positive attitude they demonstrate while volunteering
- Positive role model they provide to younger, and other club members
- Expertise and knowledge they bring to volunteering
- Encouragement they give to others in the club, association or committee.

In October 2018 there will also be an opportunity to nominate someone for the Winter Volunteer Sporting Spirit Award (for those who volunteer between April to October 2018).

Submit nomination online at
sport.nsw.gov.au/clubs/western-award





Father Chris Riley's youth off the streets®

5 weeks to go!

Help a young person you know follow their dreams with a \$6,000 scholarship

NOMINATIONS CLOSE 6 APRIL 2018

Youth Off The Streets is a non-denominational community organisation working for young people who are facing challenges of homelessness, drug and alcohol dependency, exclusion from school, neglect and abuse. We provide a range of services to support these young people as they work to turn their lives around.

It is our belief that education is the key to breaking the cycle of disadvantage and poverty that traps so many of the young people we work with. Our National Scholarship Program is a way in which we offer young people in Australia an opportunity to achieve their best.

National Scholarship Program

The National Scholarship Program celebrates the talents and strengths of young people in Australia who exhibit extraordinary promise but lack the personal support networks and resources that will allow them to fulfil their potential.

Every year over 20 young people throughout Australia are awarded scholarships valued at \$6,000 to pursue further education or training so they may realise their potential for a positive future. In addition each recipient and their guest will be brought to Sydney to attend a special award ceremony in October 2018 to be formally acknowledged of their achievement.

Who can be nominated?

Nominations are invited from young people aged 16 to 21 inclusive with genuine talent, ability and determination in any education or training course, including (but not limited to): academic skills; visual or performing arts; sport; trade skills; and music.

Nominations must be made by the young person themselves; however assistance in completing the nomination is encouraged and is your opportunity to help a young person follow their dreams.

Please visit www.youthoffthestreets.com.au/programs/scholarship for further information, read the Nomination Guidelines & Conditions, download and complete a 2018 National Scholarship Program Nomination Form or to complete the form online.

Nominations close on Friday, 6 April 2018 at 4pm. No late applications will be accepted.

Please forward this email to your relevant networks to ensure all eligible young people have a chance to apply for this great opportunity.

For further information please contact the scholarships team at scholarships@youthoffthestreets.com.au or phone (02) 9330 3537.

Kind regards,

Youth Off The Streets

LDC Regional Seminar: Orange, 7 April 2018

Seminar One

Language Friendly Classrooms

Presented by Dr Julia Starling, Speech-Language Pathologist;
Adjunct Lecturer, University of Sydney

Seminar Two

Behaviour Management Strategies

Presented by Andrew Greenfield, Child and Educational
Psychologist

VENUE Orange City Bowling Club,
Skylight Room,
61-89 Warrendine St, Orange, NSW

DATE

Saturday 7th April 2018

TIME

Registration 10am

Seminar One: 10.30am to 12.45pm

Break for Lunch: 12.45pm to 2.15pm

Seminar Two: 2.15pm to 4.15pm

PARKING

Free parking at the club

COST (includes both seminars)

Seminar Payment Only

\$70 Seminar - LDC Member

\$140 Seminar - Non LDC member

Seminar & NEW Membership Offer

\$90 Seminar entry & NEW Individual
membership (until 31 May 2019)

\$120 Seminar entry & NEW School
membership (until 31 May 2019)

WEBSITE: www.ldc.org.au

Seminar One: Language Friendly Classrooms

Many students with language-based learning difficulties face challenges to their learning in language and literacy rich classrooms. Dr Julia Starling, a speech-language pathologist, will present a model of collaborative support where teachers, other professionals and parents can work together to support children and adolescents with learning difficulties. A wealth of practical strategies will be presented, based on Julia's extensive experience in this field.

Seminar Two: Behaviour Management Strategies

In this seminar Andrew will discuss specific, practical and common sense strategies to assist parents and teachers with behaviour management. These strategies will be useful for managing every day struggles for parents of children and adolescents with behavioural issues. Andrew will also present classroom strategies to assist teachers who have students with behaviour problems associated with learning and developmental issues such as intellectual disability, ASD and ADHD. Andrew enjoys answering questions from parents and teachers and will endeavour to make the seminar as interactive as possible.

2 registrants @ member rates per Individual Membership (Member + guest)

6 staff @ member rates per School/Organisation Membership

Register online @ www.ldc.org.au OR send completed form with payment to the LDC.

REGISTRATION & PAYMENT must be received by Friday 30th March 2018

(Please note: LMBR/ EdConnect payments accepted late)

Name: _____ School Name (if applicable): _____

Address: _____ Suburb: _____ Post Code: _____

Ph: _____ Email (PRINT CLEARLY): _____

Payment type (please tick)

GST FREE

TAX INVOICE

ABN 93 046 401 929

☐ Paypal OR credit card (go to www.ldc.org.au)

☐ Cheque (Made out to "Learning Difficulties Coalition") Post to: LDC Office, PO Box 140, Westmead, 2145

☐ Direct Deposit (St George Bank, BSB 112 879, A/C No: 044 050 245 Please insert your surname as the reference to verify payment)

Payment amount (please tick)

Seminar Payment

☐ \$70 Seminar entry LDC Member

☐ \$140 Seminar entry Non LDC Member

Seminar & NEW Membership Offer

☐ \$90 Seminar entry & NEW individual membership (until May 31, 2019)

☐ \$120 Seminar entry & NEW school membership (until May 31, 2019)

Refund of fees, less 30% administration, will be available up to 14 days prior to conference commencement. No cancellations accepted later than 14 days to conference. Substitute delegates welcomed at no extra charge.

SPONSORSHIP

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine