

MHS Newsletter

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Monday
March 5
Term 1, Week 6

PRINCIPAL'S MESSAGE

School photographs are on this week: Tuesday and Wednesday, although Wednesday is a catch-up day and day for family portraits.

What can your kids do to be best prepared for school photographs? Bring a smile. These are the photographs that will appear in *Mirri*. These photographs visually chronicle your child's place at Mudgee High School in 2018.

With those facts in mind, encourage them to bring those smiles.

Last week saw a number of our regular events run. Parent/ Teacher evening for Years 7, 11 and 12 went well on Thursday with quite reasonable attendance.

The Open Boys' cricket team met with success in Dubbo.

Finally, on Friday, Mudgee High's swimming carnival was held at the local pool.

It was a great day for a swimming carnival; warm but not hot. If your child attended, well done him or her! Sadly, numbers were down this year, but the students who did attend had a great day, whether in their chosen events or the numerous novelty events that seemingly had the greatest buy-in from the kids.

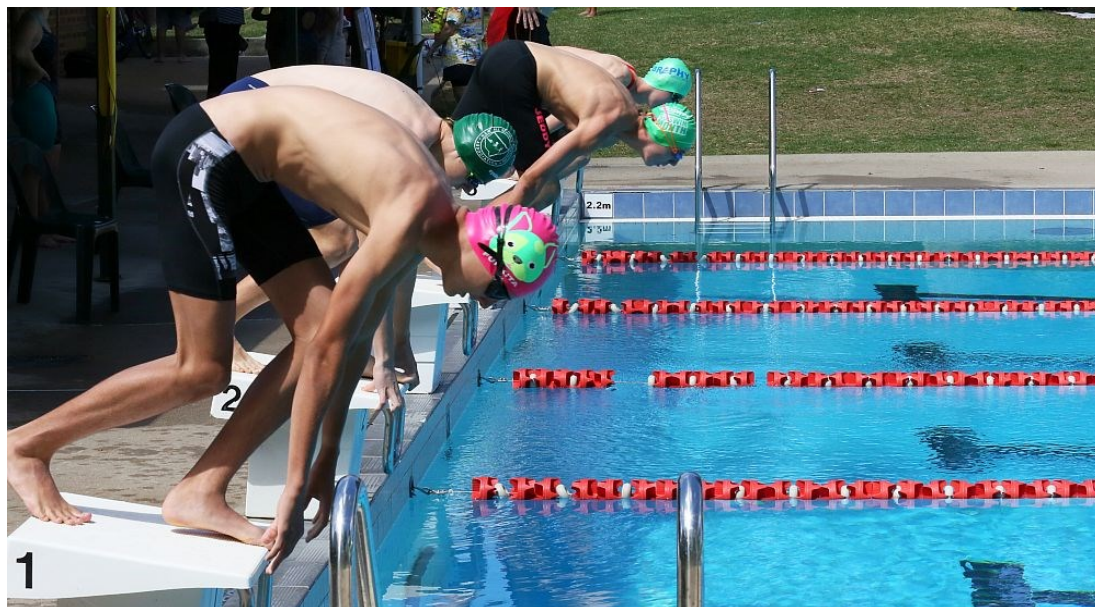
The concern I want to share regards the number of calls received at the school's front office that morning. Largely many of them went something like this:

"Johnny won't be at the swimming carnival today. He doesn't want to go."

Johnny doesn't want to go.

When did school attendance – and Friday was a school day – become conditional on a student's desire to be present?

We each have about 18 years with our kids to instil in them the values that will make them well-balanced, productive, employable citizens. Kids need responsibilities, whether they be chores, homework or attempting things that may take them out of their comfort zones, like swimming carnivals. Our kids will have plenty of friends in their lifetimes, and some will be good. They will only ever have two parents. As parents, it is our job to have expectations of our kids.



*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- Mar 6 - School Photos
- Mar 7 - School Photos catch up day
- Mar 13 - Yr 7 Vaccinations
- Mar 15 - Parent Teacher evening - Yrs 8, 9 & 10 4pm - 7pm in Gym
- 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
- Survivor Life Skills Workshop
- Yr 10 Work Experience
- School Photos
- Regional Teacher Mentorship
- Vaccinations—Yr 7
- NAPLAN letter to Parents
- Welcome BBQ/Close the Gap Event for Aboriginal and Torres Strait Islander Students & Families
- Advertisements
- Sponsorship

Expectations are so much more powerful than excuses.

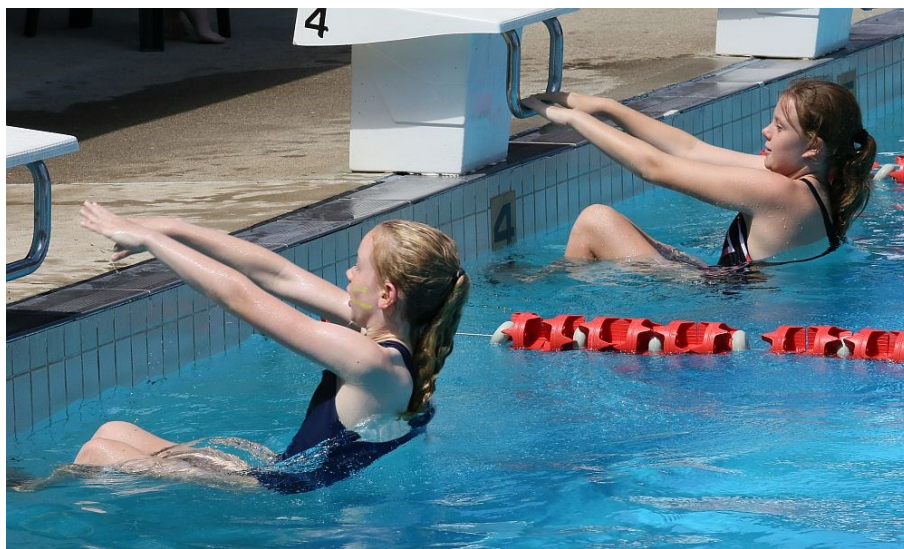
I read an article recently with some powerful tips on raising young people who are more resilient, better focused and maybe even a whole lot less entitled. Here is the link:

<https://www.yourmodernfamily.com/less-patient-more-lonely/>

It is worth a look if you've ever been tempted to serve up an excuse when an expectation was sorely needed.

Until next week...

Wayne Eade



TERM 1 WEEK 5 AWARDS

P & C AWARDS:

Darius Minnie - Yr 7, Lachlan Thyrd - Yr 8, Malakye O'Brien - Yr 9, Adison Hough - Yr 10, Amy Kabowicz - Yr 11,
Jacob Barnes - Yr 12

SRR AWARD: Darcy Robertson - Yr 8

'SURVIVOR LIFE SKILLS' WORKSHOP'

The Business Concierge Training and Development Company from Sydney will visit Mudgee High school on **Wednesday, Thursday & Friday March 14 - 16**. This organisation presents 'Survivor Life Skills' workshops on topics such as budgeting, goal setting, work rights and responsibilities etc., to secondary students.

The Business Concierge company will provide their expertise to Mudgee High School Years 7, 10 and 11 groups this year.

The workshop topics are:

Year 7 (Wed 14/3) - Financial Literacy, including budgeting & managing money.

Year 10 (Thurs 15/3) - Interview Skills and Techniques.

Year 11 (Thurs 15/3 and Fri 16/3) - Stress and the HSC, Goal setting and Action Plans.

The workshops are practical and interactive, and students have the opportunity to gain valuable skills to assist with future career planning as well as general living skills.

Feed back from students who have participated in these workshops in the past has been positive. The overall cost of the 'Survivor Life skills' program is \$11.00 / student which covers the cost of the presentation, transport, accommodation and workbook. As the program is generously subsidised by local Mudgee businesses and Mudgee High School, the **contribution requested from student's families is only \$4.00 / student.**

The \$4.00 contribution will be payable at the door on the day.

If you have any questions regarding any aspect of the upcoming "Survivor Life skills' workshops, please contact Mr Bill Kempton at the school.

YEAR 10 WORK EXPERIENCE

What is **the** best way to assist a Year 10 student make a decision about a career they may be considering post school? The answer is **work experience**.

Mudgee High School Year 10 students have the opportunity to sample careers of choice first hand through the school's work experience program.

Students are asked to participate in the program for up to 1 week, at some stage during 2018. Students are supported in this process, with the school's Careers Advisor assisting with suggestions for placements, making initial contact with employers, etc..

Besides an authentic experience in a work place, the record of work experience engagement is also a powerful addition to a student's resumé for future job seeking and tertiary training.

Year 10 students at Mudgee High are expected to participate in work experience during 2018 and students and parents are supported in all aspects of arranging and undertaking the placement.

If parents/carers require more information regarding the Mudgee High School Year 10 work experience program, please contact the school's Careers Advisor, Mr Kempton.

SCHOOL PHOTOS

Photo envelopes were issued to students on Monday 19/2/18.

On Tuesday 6th of March (week 6) school photos will be taken. Wednesday 7th of March will be a catch up day. All students are to have their photo taken for their ID card, and there is no cost to having their photo taken. ***Students wishing to purchase photographs should pre-pay online or bring correct amount of cash in the envelope on the day as the office is unable to issue change.***

Students wishing to have a family photo taken should collect an envelope from the PD/H/PE staffroom.

Any queries, contact Penelope Smith in PD/H/PE

REGIONAL TEACHER MENTORSHIP BELL SHAKESPEARE THEATRE COMPANY

Mudgee High School, and in particular, Ms Saboisky of the English Faculty, has been awarded a Regional Teacher Mentorship for 2018. This is a fully-funded, year-long mentorship with Bell Shakespeare Theatre Company.

Each year, thirty teachers from regional, rural and remote Australian schools are selected to take part in the programme. Ms Saboisky will attend four days of Professional Learning at Bell Shakespeare HQ in Sydney where she will receive specialist training in practical and innovative strategies for teaching Shakespeare, as well as see a Bell Shakespeare production at the Sydney Opera House.

On her return to Mudgee, Ms Saboisky will apply her new teaching strategies and receive ongoing support from Bell Shakespeare artists and staff, as well as have access to in-school and in-theatre programs where possible. She has always loved Shakespeare and is looking forward to learning new skills. If you would like to be part of an after-school Drama Group on Monday afternoons, please contact Ms Saboisky in the English Staffroom or Ms Potts in the HSIE Staffroom.



VACCINATIONS YEAR 7 2018

NSW Health works in partnership with schools to offer the vaccines recommended for adolescents by the National Health and Medical Research Council (NHMRC) in a school-based vaccination program.

Parent information kits were sent home to parents earlier in the school year. To consent to vaccination, parents are advised to read all the information provided, complete and sign the consent form and return it to school ASAP. Thank you to those families who have already done so.

Year 7 students who have returned a signed consent form will receive the free vaccination for Diphtheria-Tetanus-Pertussis (dTpa) and/or Human Papillomavirus HPV.

The school vaccination clinic will be held on Tuesday 13th March 2018.

"I hate the term anti-vax.
It's so negative."

"How about pro-disease."



National Assessment Program – Literacy and Numeracy (NAPLAN) **2018**

LETTER TO PARENTS

In May 2018 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Student background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The NAPLAN tests will be conducted from 15-17 May 2018.

TUESDAY 15 MAY	WEDNESDAY 16 MAY	THURSDAY 17 MAY
Language Conventions (Spelling, Punctuation and Grammar)	Reading test	Numeracy test
Writing test		

In the numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be one numeracy test with two parts: Part A calculator is allowed and Part B where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

Friday 18 May – A 'catch-up' day is scheduled for students who missed a test or were absent on a test day. Students may be considered for exemption from the tests if they:

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustments or exemption from the tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with the school principal. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed.

Please make an appointment with the principal of the school your child attends if you would like to discuss your child's participation in NAPLAN.

Additional information about NAPLAN can be found at <http://www.nap.edu.au/naplan/parent-carer-support>

National Assessment Program – Literacy and Numeracy (NAPLAN)

PARENT/CARER CONSENT FOR EXEMPTION AND WITHDRAWAL 2018

In May 2018 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by all students in Years 3, 5, 7 and 9. NAPLAN will assess the literacy and numeracy learning of students in all Australian schools.

The results of the tests will provide important information to schools about what each student can do and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement and will be able to compare their child's performance against the national minimum standard.

Consideration for exemption can be given to students:

- newly arrived in Australia (less than a year before the tests) and with a language background other than English,
- or
- with significant intellectual disability and/or significant co-existing conditions that severely limit their capacity to participate in the tests.

Exemption must be discussed with the principal.

Students may also be withdrawn from the tests at the request of the parent/carer.

NAME OF CHILD

YEAR

I have discussed my child's participation in the National Assessment Program – Literacy and Numeracy (NAPLAN) 2018 with the school principal and understand that my child will be exempt or a parent withdrawal from the following tests.

(PRINCIPAL PLEASE TICK)

	Exempt (Language)	Exempt (Disability)	Parent Withdrawal
Language Conventions test	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Writing test	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reading test	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Numeracy test	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

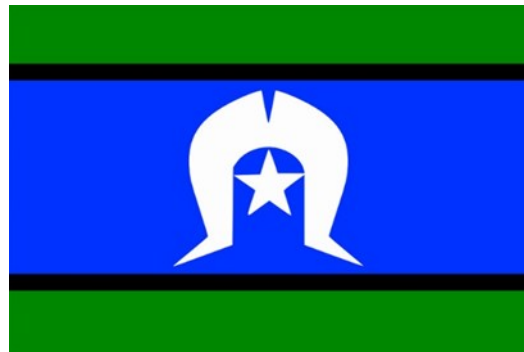
PRINCIPAL'S SIGNATURE

NAME OF PARENT/CARER

SIGNATURE OF PARENT/CARER

DATE

PRINCIPAL please note: This signed consent form should be filed at the school by 4 May 2018.



Welcome BBQ/Close the Gap Event for our Aboriginal and Torres Strait Islander Students and Families

You are invited to the Mudgee High School Welcome BBQ. This is an opportunity for our Aboriginal and Torres Strait Islander students and their families to meet with the school and community in an informal and fun way.

As well as a BBQ, we will also be showing some short films to mark Close the Gap day and there will be an opportunity to play some half-court basketball.

Date: Wednesday 7th March

Time: 5pm to 7pm

Place: Mudgee High School gymnasium area; enter the school from Denison Street

An invitation has been given out to all our Aboriginal and Torres Strait Islander families. Please return the slip at the bottom of the invitation to the front office of Mudgee High School to let us know if you will be attending the event. This will allow us to adequately cater.

For further information please call Ms McCann or Miss Windeyer.

We look forward to seeing you.



MEDIA RELEASE



THE CHALLENGE RIDE AGAINST CANCER

As a cancer survivor herself, blind Paralympian Sue-Ellen Lovett is riding through Central West NSW to raise money for a cause passionate to her heart

Sue-Ellen's goal for 2018 is to raise money for the new Integrated Wellness Centre to be located within the Oncology Department of Dubbo Base Hospital. The ride will be taking place between October 6, 2018 and October 21, 2018. The ride will take Sue-Ellen across the region, visiting the communities of Dubbo, Geurie, Wellington, Goolma, Mudgee, Gulgong, Dunedoo, Coolah, Binnaway, Mendooran, Gilgandra, Collie, Warren, Trangie and Narromine.

The ride will cover more than 800kms, starting in Dubbo then travelling through Central West NSW and finishing at Dubbo Racecourse. Functions with entertainment and auctions will be held in each town.

Sue-Ellen, riding trusty Australian Stock horses with her amazing guide dog Armani, will be guided by her vigilant sighted guides mounted on Australian Thoroughbred horses supplied by Racing NSW from their re-homing programme for ex-racehorses. She will add this to her previous nine long distance rides, having ridden in excess of 16,000kms and raising over 3.1 million dollars for worthy causes, reinforcing to all, that being blind does not stop you from making a difference.....

Mudgee Lions Club are the coordinators of the ride, once again. Her goal for 2018 is to raise money for the new integrated Wellness Centre at Dubbo Base Hospital.

Donations can be made via funds transfer to the following:

Mudgee Lions Club

BSB: 082 726 Account number: 631002002

Reference: Ride Against Cancer

For more information or to arrange an interview/photo opportunity with Sue-Ellen, please call her on
0417546765

About Sue-Ellen Lovett



From humble beginnings growing up on a farm near Mudgee, Sue-Ellen had visions of representing her country. She knew what she had to do, how to do it but had no idea it would take her on the journey she has travelled thus far. Her vision was much more than just seeing.

"If I can just help one person achieve their potential then it is all worth it."

As well as representing Australia, Sue-Ellen is already an accomplished fundraiser. She has completed an incredible nine long-distance horse rides, covering 16,000km, raising a phenomenal \$3.1 million for organisations such as Guide Dogs NSW, Sydney Paralympian Committee, Riding for the Disabled, Children's Cancer Unit and Lions Save Sight.

Some of her recognitions, awards and achievements include:

- 1996 Atlanta Paralympian
- 1999 Member of the Bronze winning Australian Team at the Denmark World Dressage Championships
- 2000 Placed 5th in the Sydney Paralympics Freestyle to Music event
- 2000 Made Life Member of Equestrian Australia
- 2000 Ministerial Sport Award
- 2004 Australian Sports Medal
- 2009- 2013 Qualified for the Competition Dressage International in Sydney

THE INTEGRATED WELLNESS CENTRE

The new Integrated Wellness Centre at Dubbo Base Hospital will focus on cutting-edge oncology treatments as well as research. There will be four main components to the centre:

- **Diagnosis** - Early imaging and pathological diagnosis.
- **Treatment** - Chemotherapy, radiotherapy and survivorship at one site.
- **Research** – Giving patients access to clinical trials and cutting edge treatments.
- **Education** – Raising awareness about cancer prevention, detection and treatment.

ROTARY DISTRICT 9670 AUSTRALIA YOUTH EXCHANGE

INFORMATION NIGHT

WOULD YOUR SON OR DAUGHTER LIKE 12 MONTHS OVERSEAS AS A YOUTH EXCHANGE STUDENT?

TUESDAY : 6th MARCH 2018

VENUE: MUDGEES GOLF CLUB

TIME: 5:30pm

The Rotary Clubs of Mudgee will be holding an information night for interested students and parents. Students between 15 to 17 year age group, and must be in year 9,10 or 11 in the year they make application, to spend twelve months attending a secondary school and living with host families in another Country.

Countries that may be available include: Austria, Belgium, Brazil, Canada, Denmark, Finland, France, Germany, Italy, Japan, Netherlands, Norway, Poland, Slovakia, Spain, Sweden, Switzerland and USA.

If you are interested in attending the information night, please email, Jenny Dowdy, District Youth Exchange Committee: jenniferdowdy2@gmail.com with your name, age, school attending at present and contact details or phone 0429 658 915. You can also contact David Roach, Chairman on 0428 338 489.



2018 Walk for Autism

One of our proactive parents has asked that you all be made aware of a movement called Walk for Autism.

The group is looking to encourage people to take on the 10,000 steps challenge from the 8-15 April.

From the Walk for Autism Facebook page, the group offers the following:

“Register today at www.walkforautism.org.au and start stepping towards a world where no-one on the autism spectrum is left behind.”



Tuning in to Kids

For parents and carers of children and young people

Parents & Carers skills course March/April 2018- MUDGEE

Tuning in to Kids offers an approach to parenting which supports children's emotional development and intelligence. It also provides strategies for parents to help kids through difficult moments in ways that bring children and parents closer and promotes learning.

Participants learn **EMOTION COACHING** principles and skills to help kids....

- recognise and understand their own and other people's feelings
- talk about and manage their emotions in safe and appropriate ways
- grow in confidence in solving problems and managing disagreements

These skills are often called 'emotional intelligence', and research shows they are really important for kids. Children with higher emotional intelligence:

- enjoy greater success with making friends and managing conflict with peers
- have better concentration, so they are more likely to succeed academically
- are more able to self soothe when upset or angry
- tend to have fewer childhood illnesses
- have more stable and satisfying relationships as adults; and
- have greater career success ...
emotional intelligence may be a better predictor of academic and career success than IQ!



There will be 5 sessions, held weekly on Tuesdays- 13th, 20th and 27th March, and 3rd and 10th of April. The daytime session will run 10am-12midday, and the evening session 6.30pm to 8.30pm.

Cost: \$190 per person / \$295 per couple. Places are limited. For further information call Angela 0412 159 591, or contact via email at angela jean middleton@gmail.com Online registration is available at www.mudgeetherapyroom.com

Angela Middleton is a Social Worker who provides counselling to children, adults, families and couples, especially with interpersonal difficulties, life transitions, and recovery from abuse and trauma. An accredited Tuning In to Kids facilitator, she enjoys supporting parents and carers in finding new parenting tools.

Marea Farley is a Social Worker in private practice in Mudgee. Her main areas of counselling expertise are child and family, parent and caregiver support, grief and loss, and trauma. She has 40 years experience working with children, parents, carers and teachers across a range of community and therapeutic settings.

Michelle Evans is a Social Worker with 25 years' experience in counselling and family work. Michelle works with children, adolescents, adults and families. She has expertise in trauma recovery and draws on strengths based, dialectic and cognitive behavioural perspectives.

Tuning in to Kids was developed by the University of Melbourne- www.tuningintokids.org.au