

MHS Newsletter

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Wednesday
April 4
Term 1, Week 10

PRINCIPAL'S MESSAGE

Quiz Time

Half-Yearly Year 12 Examinations kick off this Friday. This is the first of three examination periods for this cohort, the last students to study the HSC in its current form.

Some young people stress in the lead up to examinations. As the adults in their lives, it falls to us to remind them that they are better viewed as opportunities than hurdles. Examinations are an opportunity to shine; to take all of that collected wisdom – practised skills and assimilated knowledge – of the previous (in this case) six months and apply it to a series of unseen questions.

If you have a child at home undertaking the HSC and about to begin Half-Yearly Examinations, be aware that they may stress. They may even be a little irritable. Quiet space and the occasional general reminder that the examinations are mere quizzes of knowledge and ability to apply that knowledge to new situations, not the Spanish Inquisition (which, I am unreliably informed, nobody expects)

Great work

Recognising outstanding work is one of the perks of the big chair. Mrs Bailey from our TAS faculty alerted me this week to the Tech. Mandatory sewing work of Jamie Underwood in Year 7. Faultless, extraordinarily well-executed stuff.

I'll let the photograph do the rest of the talking.

Rabbeting on...

Finally, I'd like to share with you a vicarious pleasure from last week:

Last Thursday's "WORD of the DAY" was "rabbet".

Trap set.

Later that day, Ms Tetley reported that she had been approached by no fewer than three people outside the school on Thursday morning as she attempted to let herself in – Ms Tetley arrives earlier than most – all telling her that we had "spelled rabbet wrong" on the school's electronic sign.

Trap sprung!

While not a common word, rabbet is indeed an English word. It is a channel, groove or recess cut out of the edge or face of a surface; especially when that face or surface is intended to receive another member, such as a panel. It has been in English usage since the late 1300s. It comes from the Old French *rabat* meaning, "a recess in a wall, or a lower section."

It is certainly not the small, furry rodent possessing long ears that seemingly filled the thoughts of the good Samaritans (so appropriate at Easter time) who stopped Ms Tetley.

It is good to know people are reading our sign! And what fisherman doesn't enjoy it when the fish are biting?

Until next week...

Wayne Eade
Principal



*A Member of the
Cudgong 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
- Yr 7 Trial of Best Start
- Bawamarra
- UTS Galuwa Engineering & IT Experience
- Yr 11 & 12 Parent Evening - University 2019/2020
- UNSW Science Competition
- MindStrength
- Advertisements
- Paid Advertisements
- Sponsorship



7M Code Writers. More to follow...



TERM 1 WEEK 9 AWARDS

P & C AWARDS: Emilie Martin - Yr 7, Darcy Robertson - Yr 8, John Cain - Yr 9, Thomas Collins - Yr 10, Toby Forrest - Yr 11, Braydon Webster - Yr 12

SRR AWARD: Jack New - Yr 7

YEAR 7 TRIAL OF BEST START

Students start secondary school with different skills and abilities in literacy and numeracy. It is important that Year 7 teachers have access to information about their new students, to plan their teaching accordingly. The Best Start literacy and numeracy assessment package for Year 7 will be trialled in 2018, and made available to all NSW secondary schools in 2019.

The package is designed to:

- provide teachers with consistent and up-to-date information about new students' skills and abilities in literacy



Bawamarra



Mudgee Zine-Makers

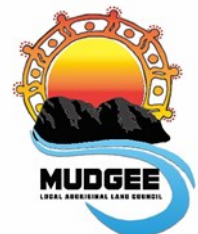


Term 2

8 x Wednesday afternoons:

9, 16, 23, 30 May and 6, 13, 20, 27 June, 4–5pm

at the Mudgee Local Aboriginal Land Council office



FREE, but registration essential: mudgeelalc@bigpond.com or in person at the Mudgee Local Aboriginal Land Council office.

Ages 12–16.

Learn how to create your own magazine – from coming up with stories and images to design and layout – and make a zine with your friends! Over eight weeks you will work together to create a zine based around your own stories: you at school, you at home, you in outer-space or you with superpowers!

Artist and writer Sam Paine will lead the project and special guests will teach you about different aspects of design and writing. During the sessions you'll work together to create your own zine, which will be launched at the Mudgee Readers' Festival in August by a special guest author!

UTS GALUWA ENGINEERING & IT EXPERIENCE

Our Galuwa Experience is a fantastic opportunity for Aboriginal and Torres Strait Islander high school students in years 10-12 to gain first-hand university experience in this fully-funded engineering and IT program.

When: July school holidays (16 – 20 July 2018)

Cost: Free (includes all meals, transport and accommodation)

Where: University of Technology Sydney and city locations

Limited places are available. **Application deadline: 3 June 2018**

For more information, contact [Jumbunna Institute for Indigenous Education and Research](mailto:atsievents@uts.edu.au) on 1800 064 312 or atsievents@uts.edu.au

Kind regards,

Faculty of Engineering & IT
University of Technology Sydney



YEAR 11 & 12 PARENT EVENING - UNIVERSITY 2019/2020

A **university information evening** will be held for Year 11 & 12 students and their parents/carers on **Tuesday May 15** at 6.30 pm in the MHS Performance Centre. A CSU prospective student adviser will present the information in conjunction with the school's Careers Adviser.

Year 11 & 12 students who are intending to apply for university to study in 2019 or 2020, are advised to attend.

Topics which will be covered are:

University - a general overview

Courses and Careers

Costs

Accommodation

Scholarships

Alternate pathways for entry

Gap year - pros and cons

ATAR's and the UAC process

....and more.

Please put this date in your diary.

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 names and \$9.00 to the front office. Entries close on Tuesday 1st May (the first day back for all students in Term 2).

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

Wellbeing Resource of the Week

Contact the School Counselling Service for more details, if required.

MIND STRENGTH

<https://www.blackdoginstitute.org.au/education-training/community-and-schools/free-school-resources/mindstrength>

MindStrength online courses are short interactive modules aimed at increasing understanding of resilience and developing useful resilience-building strategies, including:

- mindfulness meditation
- taming your emotions
- identifying and using your strengths
- problem solving.

The MindStrength courses are suitable for young people (14-16 years), their parents and carers who want to boost their resilience. Using MindStrength is free. Access the course online at: www.BLACKDOGLMS.com



MindStrength

A free interactive online learning course about how you can become mentally stronger through resilience

WHAT'S IT ALL ABOUT?

MindStrength is an online course developed by Black Dog Institute for young people aged 14 - 16. It's designed to help you understand what resilience is and how it can help you get through the tough stuff in life. The course includes:

- five short, interactive and engaging modules supported by helpful explainer videos
- useful resilience building strategies including mindfulness meditation, controlling emotions, identifying your strengths and a step by step process for problem solving

Access the course online at: www.BLACKDOGLMS.com

The graphic features a brick wall background with a sun, moon, and stars. A purple dog is walking on the right. A central panel shows a diagram of a person's head with five numbered steps: 1. What is resilience?, 2. Why should I build resilience?, 3. Taming my emotions, 4. Identifying & using my strengths, and 5. Using my head. Below the diagram is a cartoon character holding a shield with a YouTube logo.

Other supporting resources

For parents and people who work with young people

Building resilience in young people: this free online course includes five short, interactive, engaging modules designed to help you understand what resilience is and the role you can play building resilience in the young people you care for. Includes a range of practical strategies and helpful explainer videos.

Navigating teenage depression: this free online course includes five short, interactive, engaging modules designed to help you understand mood disorders such as depression and bipolar disorder, what to look out for in young people, how to provide support and where to seek help. Includes several short, helpful explainer videos.

For HPE teachers

HeadStrong: Black Dog Institute's free school curriculum resource for teaching about mental health and resilience. Aligned with the Health & Physical Education Australian Curriculum for Years 9-10. Free teacher development webinars also available. Free to download at: www.HEADSTRONG.org.au

All course available at: www.BLACKDOGLMS.com

More information at: www.HEADSTRONG.org.au

This initiative is proudly supported by:



www.blackdoginstitute.org.au



ADVERTISEMENTS

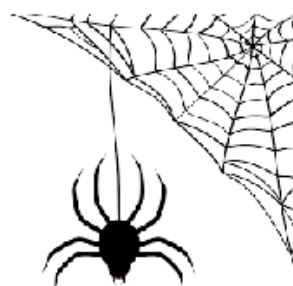
Mudgee Hockey will take registrations and begin our winter season on Saturday May 5th at Westend Sports Complex. Juniors from 11am and seniors (high school age and adults) from 1pm.

All welcome! If you haven't played before, come along and try it for free the first week. We have equipment for you to borrow or buy and a terrifically friendly atmosphere.

Highly skillful and incredibly enjoyable - hockey could be your new favourite sport!

We have a seven-a-side competition and fun day on April 14th if you'd like to try it out before the season starts.

For more information visit us at Mudgee District Hockey Association on Facebook or at www.mudgeedistricthockey.com.au



Trivia Night Entry Form

Friday the 13th

Friday 13 April 2018, 6.00pm – 8.30pm

Mudgee Town Hall Theatre, 64 Market Street, Mudgee

Have you got the mind of a genius, or a brain full of "useless" facts?
Put it work and win fame and glory!

PRIZES!

- Best Dressed - 'Friday the 13th' theme
- Individual *Lightning Round* prizes
- \$400 to the Winning Team's School

Refreshments will be available for purchase on the night.
Refreshments provided by, and supporting, Kandos High School.

Complimentary Bus Service Available

Bus schedule will be communicated to those wishing to use the service prior to the event.

Route One

Gulgong High School to
Mudgee Town Hall and return

Route Two

Kandos High School, Rylstone Council
Chambers, Lue Public School to Mudgee
Town Hall and return.

Passengers are not permitted to alight before Mudgee Town Hall on
outbound trip.

Get your completed team registration form returned by Tuesday 10 April

Completed forms can be dropped into any Mid-Western Regional Council office or Library,
or email them to: sam.sbisam@midwestern.nsw.gov.au

Art and Photography Competition

Entry Form



Artworks will be on display
Saturday 14 – Saturday 21 April

Mudgee Library

64 Market Street, Mudgee

* Works will be collected from high schools on
Wednesday 11 April, or deliver works by
12.00pm Thursday 12 April to Mudgee Library



THEME

While not compulsory, artists are encouraged to create a work inspired by this year's Youth Week theme *"Unity Through Diversity"*.

PRIZES

1ST PRIZE \$100 gift card
2ND PRIZE \$75 gift card

3RD PRIZE \$50 gift card
People's Choice Award
\$50 gift card

All entries **MUST** be submitted with a signed entry form, with the name of the artist and title of the work clearly marked on the back/underside of the work.

Details of Artist

NAME

ADDRESS

AGE

PHONE NUMBER

EMAIL

SCHOOL

(if applicable)

Details of Entry

TITLE OF ENTRY 1

TITLE OF ENTRY 2

I agree to the terms and conditions, and publication rights as stated.

Signature of Artist

Signature of Parent / Guardian
(if artist is under 18 years)

Date

Terms and Conditions: 1) All entries must be original work by the artist listed on the entry form. 2) Entrants must be aged 12–21, and live or study in the Mid-Western Regional Council area. 3) Entrants can submit a maximum of two entries. 4) All entries must be accompanied by a completed entry form. 5) Entries may be displayed publicly and/or used for publicity purposes. 6) Prize winners' likeness may be used for publicity purposes. 7) Entries will be judged by a panel of at least two persons, comprising at least one representative from both Mid-Western Regional Council and Orana Arts Inc. 8) The judging panel reserves the right not to award a prize if entries are not of a suitable standard. 9) All judging decisions are final and no correspondence or discussion will be entered into. 10) Voting for the People's Choice Award is open to all members of the general public; voting can be done in person at the Mudgee Library. 11) Prize winners will be announced during Youth Week 1.2) Council will take all reasonable care with entries, but will not accept responsibility for any loss or damage that may occur. 13) Council will endeavour to display all entries, but may not be able to do so due to display area restrictions. 14) Entries can be collected from Monday 23 April 2018 to 7 May 2018 during Mudgee Library's opening hours. 15) Any unclaimed entries will be disposed of. **Privacy Policy:** To read the privacy policy visit: <http://www.midwestern.nsw.gov.au/Privacy-Statement/>



Flash Fiction Competition Entry Form

While not compulsory, authors are encouraged to write a story inspired by this year's Youth Week theme "Unity Through Diversity". Stories will be displayed at the Art & Photography Competition Exhibition at the Mudgee Library.

Saturday 14 – Saturday 21 April 2018

* Email entries to sam.sblsa@midwestern.nsw.gov.au or drop them into any Mid-Western Regional Council Library by 6pm on 11 April 2018



CATEGORY ONE (ages 12–16)

1ST PRIZE \$75 gift card
2ND PRIZE \$50 gift card
3RD PRIZE \$25 gift card

CATEGORY TWO (ages 17–21)

1ST PRIZE \$75 gift card
2ND PRIZE \$50 gift card
3RD PRIZE \$25 gift card

Details of Author

NAME	<input type="text"/>		
ADDRESS	<input type="text"/>		
AGE	<input type="text"/>	PHONE NUMBER	<input type="text"/>
EMAIL	<input type="text"/>		

Details of Entry (Entries will not be accepted without a title)

TITLE OF ENTRY 1	<input type="text"/>
TITLE OF ENTRY 2	<input type="text"/>

I agree to the terms and conditions, and publication rights as stated.

Signature of Author

Signature of Parent / Guardian
(If author is under 18 years)

Date

Terms and Conditions: 1) Entries must be original works by the author named on the entry form. 2) Entries must be accompanied by an entry form and received by 6pm 11 April 2018. 3) All stories must have titles. 4) Stories must be between 50 – 500 words in length only. 5) Entrants must be aged 12–21, and live or study in the Mid-Western Regional Council area. 6) Competition entries will not be returned after the exhibition. 7) Entries may be displayed publicly and/or used for publicity purposes. 8) Prize winners likeness may be used for publicity purposes. 9) Entries will be judged by a panel of at least two persons, comprising at least one representative from both Mid-Western Regional Council and Mudgee Readers Festival. 10) The judging panel reserves the right not to award a prize if entries are not of a suitable standard. 11) All judging decisions are final and no correspondence or discussion will be entered into.
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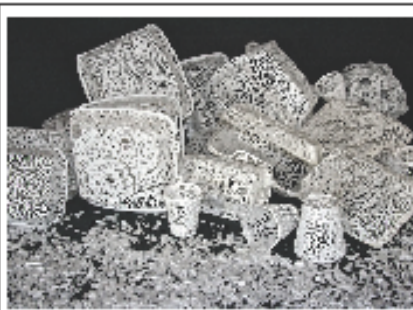
Get ready for the Waste 2 Art Community Art Exhibition. BRAG is working with BRC these holidays to deliver two Waste 2 Art themed workshops. The theme for the 2018 is "Polystyrene" however, artworks can be made from any recyclable materials.



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

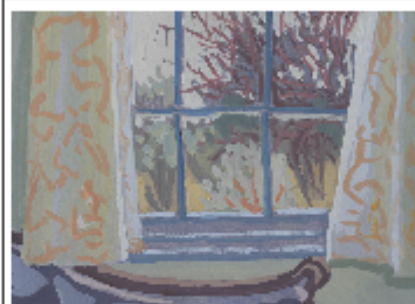
Be inspired by David Serisier's metallic paintings and make a treasured keepsake or gift box. Experiment with gold and silver paints and various finishes to make something that will last forever.



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.

PAID ADVERTISEMENTS



Kitchen Hand

Casual Position Available

About us

Lowe Wine is an organic and biodynamic farm, vineyard and winery in Mudgee. The Lowe Cellar Door is a popular venue for both locals and visitors to the region. Our kitchen caters lunch to individual and group visitors to the cellar door year round.

About the role

We require an experienced kitchen person to join the Lowe Wine team to fulfil the following duties:

- Hours - casual shifts are available weekdays and most weekends in the coming months

- Preparing lunch platters and serving to customers

- Safe food preparation and storage

- Monitoring of fridge temperatures

- Dishwashing and daily kitchen cleaning duties

- Stocktake, ordering and pick-up from local suppliers

The person may also be required to at times complete tasks around our winery and cellar door

About the person

Lowe Wine is a customer focused business and requires a team player with a friendly and vibrant, yet professional disposition. Kitchen experience preferred, but a positive, willing-to-learn attitude is a must. Immediate start required for weekday and weekend shifts.

To Apply,

Email a short resume and cover letter to the Cellar Door Manager Mike Martin via cellardoor@lowewine.com.au or phone 02 6372 0800 if you have questions.

SPONSORSHIP

Mudgee High School - LINK Program

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