

MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEE 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
May 28
Term 2, Week 5

PRINCIPAL'S MESSAGE

Is sport important?

Mudgee High will offer its students the opportunity to compete against each other in its annual Athletics Carnival tomorrow (Tuesday 29 May).

A small minority will lament the passing of a school day that did not involve classroom lessons. Another small minority – with some overlap – will vote with their feet and fail to show, sadly with the consent (capitulation?) of their parents.

With that last point in mind, here is a personal observation that has the backing of science: physical activity – and that includes athletics carnivals – is good for you.

Straight up, engaging in sporting activities has the very real potential to lift an individual's levels of physical fitness. Doing so at school has the very real possibility of playing a significant part in hardwiring a tolerance, acceptance or even love of lifelong physical fitness. Researchers have noted that those who in their youth played sports are the same people most likely to engage in physical activity as senior citizens. High school sports would seem a wise investment in your child's lifetime health.

Another reason to embrace sporting opportunities in one's youth is the effect physical activity can have on academic results.

Researchers have discovered that regular exercise improves memory and increases focus. In one study, researchers found physical activity and participation in sport boosted girls' academic performance. The same positive correlation was observed in boys, and especially in those who engaged in team sports.

The data is in. Young people who participate in sports not only stay physically fit because they are playing, they also become conditioned to the need to practice to do well, hardwiring self-discipline.

In another study, Harvard Medical School researchers discovered that regular exercise helps stave off cognitive decline. It is hard to get serious about Alzheimer's when you are 15 years-old, but no one remains 15 forever. *Scientific American* noted recently that the chemicals released during physical exercise not only help an individual focus, they also improve short-term memory (there will be a test at the end of this, so make sure you are working out as you read).



*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- May 28 - MHS P&C Meeting in the Library 7pm
- May 29 - Athletics Carnival at Walkers Oval
- Jun 1 - Cross Country Carnival
- Jun 8 - Yr 12 Reports Issued
- Jun 13 - Yrs 10-12 Glencore Apprenticeship Information Visit
- Jun 15 - Yr 11 Reports Issued
- Jul 4 - NAIDOC Day

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards
- SRR Award
- Writing Friday
- State Junior Wind Band
- Minimum HSC Standards
- Wellbeing Resource of the Week - BRAVE
- Bawamarra - NAIDOC Shirts for Sale
- Advertisements
- Girls' Uniform
- Sponsorship

There is one last and incredibly important “brain-boosting” reason for undertaking sport: it assists in warding off depression.

There is a wealth of research out there that draws a real connection between exercise and its power to diminish depression. Exercise releases endorphins. Endorphins assist in focus, including enhancing an individual’s ability to focus on something other than their troubles. The *Journal of Adolescent Health* recently broadened this connection to participation in school sports. Specifically, it would seem that such participation has the potential to help stave off the blues even into adulthood. Adults who once participated in high school sports reported lower depression symptoms, perceived a lower amount of stress, and even reported feeling mentally healthier than those who had not.



With so many reasons to be at the carnival, it is a reasonable expectation that all but the most seriously ill will be there. Comedic sports callers Roy and HG had a mantra back in the day: “Too much sport is barely enough.” It seems they may have been onto something.

Thanks

Thank you to all of the parents and carers who assisted on Friday when so many staff were absent at the funeral for Mrs Tooney in Gulgong. A thanks too to the students who were here on Friday and who conducted themselves very well on what was a trying day for many.

Until next week...

Wayne Eade
Principal

MUDGEES HIGH SCHOOL P&C

**The next meeting of the Mudgee High School P&C will be held on Monday May 28th at 7pm in the school library. Entry via Horatio Street.
All welcome.**



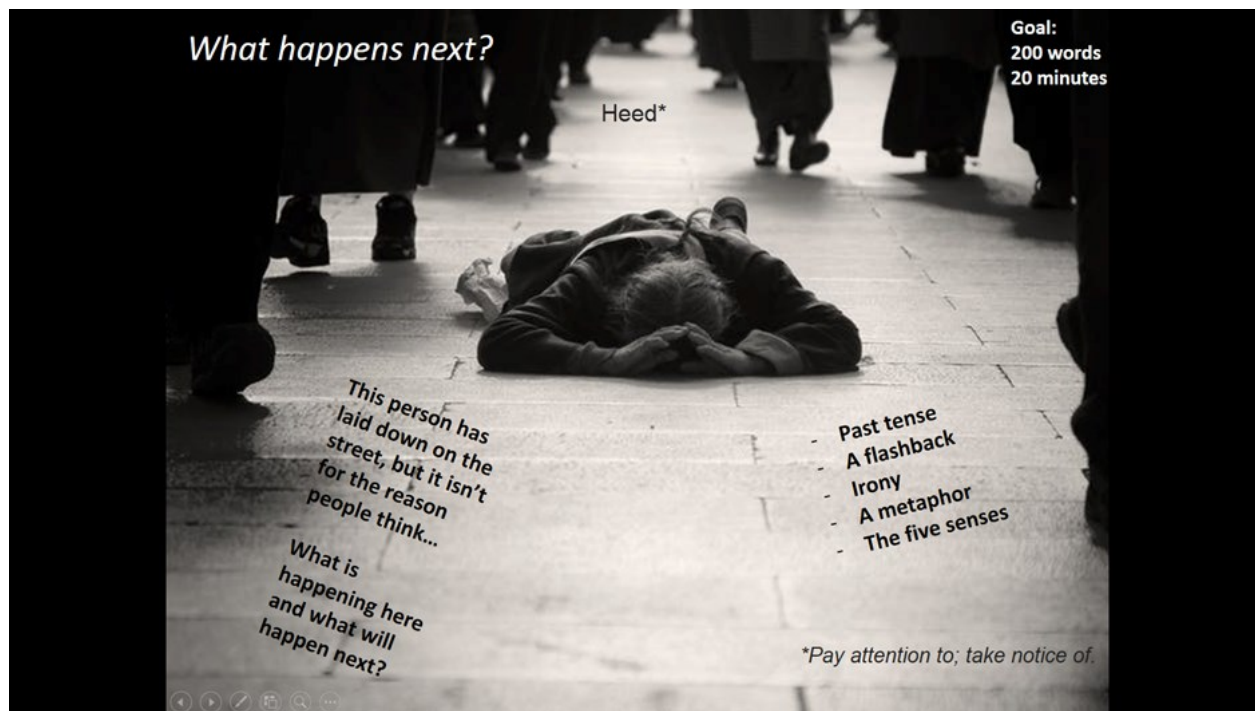
TERM 2 WEEK 4 AWARDS

P & C AWARDS: Cooper Martin - Yr 7, John Wiseman - Yr 8, Kyle Kurtz - Yr 9, Fiona Logronio - Yr 10, Milla Jones - Yr 11, Ebonique Lees - Yr 12

SRR AWARD: Codie May - Yr 9

WRITING FRIDAY

Consider all the reasons this person may be on the ground.



STATE JUNIOR WIND BAND

On Sunday 20th and Monday 21st May, Dominic Lynn of Year 8 represented Mudgee High School at the Sydney Opera House. Dominic was selected to be part of the State Junior Wind Band that performed a piece of music each evening as part of the Festival of Instrumental Music concerts. The group, which included students from Year 5 through to Year 8, was chosen after showing their wares at a series of camps held earlier in the year at various venues across the state. Dominic's invitation to apply came after attending the Western Band Camp at Lake Burrendong this past February.

In Sydney, the band joined at Lewisham Public School for two full days of intensive rehearsal prior to two days at the Opera House, involving both a rehearsal and performance. The band played a piece called 'Exuberance' by Adrian Hallam and another called 'Passages' by Michael Sweeney, each led by a different conductor. Dominic also had the honour of introducing the band on the evening of the second performance before a daunting sell-out audience.

Dominic spoke brilliantly and played brilliantly, proudly representing Mudgee High School and the wider Mudgee community.



FACT SHEET

HSC minimum standard

Literacy and numeracy skills are essential for success in life after school. This is why a minimum standard of literacy and numeracy is required to receive the Higher School Certificate from 2020.

Students show they meet the HSC minimum standard by passing online tests of basic reading, writing and numeracy skills needed for everyday tasks.

Students master skills at different rates so there are multiple opportunities available to pass the minimum standard online tests, from Year 10 until a few years after Year 12.

Year 9 NAPLAN tests are no longer used as an early way for students to demonstrate the standard. However, students who achieved a Band 8 or above in a 2017 Year 9 NAPLAN reading, writing or numeracy test are recognised as having met the HSC minimum standard in that particular area and will not need to sit the corresponding online test. If they did not achieve a Band 8 in any one of the NAPLAN tests, they will need to sit the online test for that area.

What does meeting the HSC minimum standard mean?

Meeting the HSC minimum standard of literacy and numeracy means your child has the basic reading, writing and maths skills needed for everyday tasks such as:

- following safety instructions in equipment manuals
- understanding a mobile phone plan
- writing a job application
- creating a personal weekly budget.

How will my child meet the standard?

Your child will show they meet the standard by passing online tests of basic reading, writing and numeracy skills:

- Minimum Standard Reading Test – 45 multiple choice questions
- Minimum Standard Numeracy Test – 45 multiple choice questions
- Minimum Standard Writing Test – up to a 500-word response to one question based on a visual or text prompt.

Your child decides with their teachers when the time is right for them to take each test, and they don't have to sit or pass all tests at once. After passing an online test, they don't have to sit it again.

Your child's school enrolls them in the tests.

The tests will be available on the following school days:

Term 1: 19 February to 23 March 2018

Term 2: 21 May to 22 June 2018

Term 3: 13 August to 14 September 2018

Term 4: 5 November to 7 December 2018.

After your child completes an online test, your school and child will receive a results report indicating, for each area whether they have reached the HSC minimum standard or need to sit the test again.

Disability provisions and exemptions

Some students with disabilities will be eligible for extra provisions for the minimum standard online tests, or an exemption from the HSC minimum standard requirement. Your child should enquire with their teacher if they think they are eligible for extra provisions.

Support for my child

Students learn and develop literacy and numeracy skills from Kindergarten to Year 12 through quality teaching of the NSW curriculum.

Teachers and schools know their students best, and will provide additional support if your child is identified to be at risk of not meeting the HSC minimum standard of literacy and numeracy by Year 12.

Further literacy and numeracy resources, as well as sample online test questions, answers and practice tests, are available on the NESA website.

What if my child doesn't pass the tests by Year 12?

Your child will have many opportunities to meet the HSC minimum standard, including after they leave school. Importantly, students do not need to meet the HSC minimum standard to:

- study HSC courses

- sit HSC exams

- receive HSC results

- receive an ATAR

- receive a Record of School Achievement.

Further information

For further information on the HSC minimum standard and the online tests, visit:

<https://educationstandards.nsw.edu.au/HSCminimumstandard>

Students taking minimum standard online tests this term

Year 10 students who have not yet reached minimum standards will be enrolled in this term's minimum standard online tests which will take place during class time. The tests allow our students to demonstrate they meet the HSC minimum standard, which is required to receive the Higher School Certificate from 2020.

There are three tests the students must pass to achieve the HSC minimum standard – reading, writing and numeracy. Students have two opportunities a year to meet the standard in each of these areas, from Year 10 until a few years after Year 12.

If you **do not** wish for your child to be enrolled please return the slip below to Karen Quinn or Robyn Burke in the LAST staffroom by Wednesday 30th May.

Go to the NESA website to:

- understand what to expect in these tests
- see sample questions and answers
- take a demonstration test.

www.educationstandards.nsw.edu.au/HSCminimumstandard

Please do not enroll my child _____ in this term's testing OR

I do not wish my child _____ to do any of the HSC minimum standard testing

Wellbeing Resource of the Week

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

BRAVE

Link: <https://brave4you.psy.uq.edu.au/>

The BRAVE program is an **online self-help program** that contains both resources and information for **children, teenagers and their parents**. It is designed specifically to help young people with anxiety overcome their worries and improve the quality of their lives. The BRAVE program was developed to help young people and their parents develop skills and coping strategies so that your worries and anxiety don't stop young people from doing the things you want or need to do.

The BRAVE Team also know how hard it can be to make the time to fit everything in! The BRAVE program is an **online program that you can work through at your own speed** in the privacy of your own home. The BRAVE Program is **free of charge** to all young people, parents/carers, and professionals who live within Australia.



The BRAVE Program.
for the management of anxiety in children and young people

for children

for teens

beyondblue
Depression, Anxiety

BRAVE Self-Help is an online program for the prevention, early intervention and treatment of anxiety in children and young people.

In 2014, for the first time, **BRAVE Self-Help** will be available to all young people and children living in Australia between 8 and 17 years and their parents.

 THE UNIVERSITY OF QUEENSLAND AUSTRALIA

 Griffith UNIVERSITY

 UNIVERSITY OF SOUTHERN QUEENSLAND

 UniQuest

For more information, or to access the program, please visit www.brave4you.psy.uq.edu.au
You can also find us on Facebook at www.facebook.com/braveforanxiety

USQ 14-5666 BL/1264-05_14



Bawamarra

(Relate news, Communicate)



BECAUSE OF HER, WE CAN!

8-15 JULY 2018

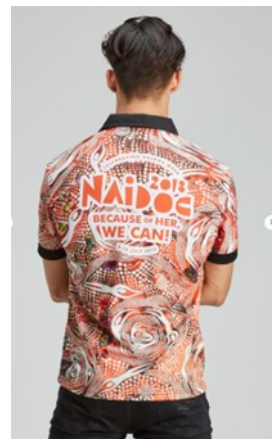
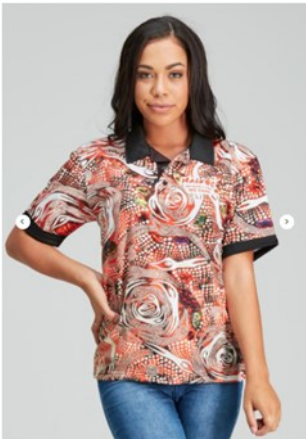
NAIDOC Shirts

This year MHS is selling NAIDOC Shirts to Staff, Students and Community members. The shirt's design is based on this year's theme 'Because of Her, We Can'. These shirts will be allowed to be worn on NAIDOC day, 4th July 2018. The sizes run from XS-8XL (Men's) and 8-30 (Women's). Get in quick as the **closing date** is the 1st June 2018.

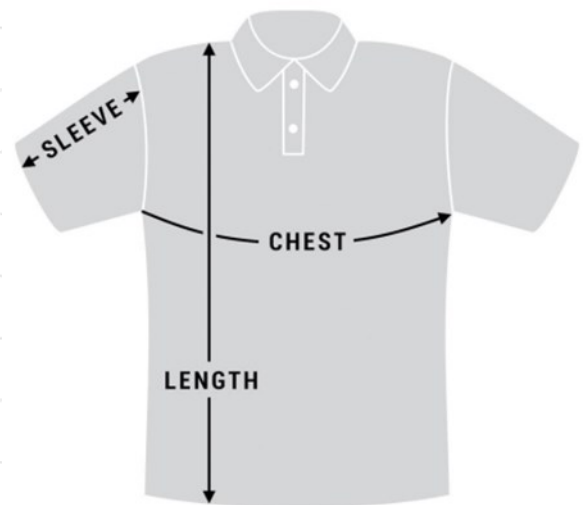
There are two steps to get these shirts:

Step 1: Pay \$40 to the front office.

Step 2: Bring your receipt to Miss Potts in HSIE staffroom to order your size.



SIZE	CHEST	LENGTH	SLEEVE
XS (8)	89-94	64	22
S (10)	95-99	68	22
M (12)	99-104	70	23
L (14)	104-109	71	25
XL (16)	109-115	74	27
XXL (18)	115-120	75	27
3XL (20)	124-128	76	28
4XL (22)	132-136	78	29
5XL (24)	142-147	81	29
6XL (26)	149-154	84	30
7XL (28)	156-160	87	31
8XL (30)	164-170	90	32



Glencore Coal apprenticeship program 2019

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Earning while I'm learning works for me. Doing my apprenticeship could set me up for life.

This is your opportunity to join the 2019 Glencore Coal Apprenticeship Program.

Our four-year Apprenticeship Program will allow you to develop your skills, experience and knowledge, and provide you with challenges and opportunities along the way. With onsite, offsite and TAFE training, our Apprenticeship Training Program offers a great mix.

You will have the opportunity to:

- Gain skills and experience and become a qualified tradesperson;
- Take advantage of strong career pathways for your future; and
- Work with one of the world's largest and most diversified natural resource companies.

INFORMATION NIGHT

WHEN: 13th June, 5.30pm for a 6pm start

WHERE: Windamere Room, Parklands Resort & Conference Centre, Mudgee, NSW



Callum Barlow
Electrical Apprentice
Ulan West Underground Mine, Mudgee

DIVERSIFIED. DEDICATED. DRIVEN.

GLENCORE

ADVERTISEMENTS

UNIFORM

In the uniform review last year, a concern raised was the warmth of the current girls' pants.

Available at BISEC now are navy cotton pants for girls. These are another alternative to those pants already available. Sizes range from 6-22 women's.



Julie Harris
Embroidery
Clothing
Sales

1/31A Sydney Road
MUDGEE NSW 2850

Phone: 02 6372 0600
Fax: 02 6372 0699
Email: embroidery@bisec.com.au

SPONSORSHIP

Mudgee High School - LINK Program

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Ulan Coal Mine