

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



Tuesday
June 12
Term 2, Week 7

PRINCIPAL'S MESSAGE

Register

My paternal grandmother, who passed away almost twenty-eight years ago, had a saying: If you can't say anything nice, don't say anything at all.

I've been reminded of this saying of hers more than a couple of times in recent days.

At last week's assembly, I spoke to the gathered students about register as it applies to the ways in which each of us speaks.

Diction determined by circumstance has a name: register.

Register varies dependent upon the peculiarities of the circumstances in which we find ourselves.

The way in which we speak to the parish priest versus the way in which we may speak to mates will almost certainly generate a change in register.

The language of the front bar at the local pub will almost certainly present a different register to that of the wedding ceremony, Christening or funeral.

The language of the penitent – "Sorry officer, I didn't realise I was speeding" – versus the language of the recalcitrant – "You're just a revenue-source for the state... why don't you go catch some real criminals!" – makes use of two distinct registers, the latter possibly earning a bigger sting to the hip pocket nerve!

Students were reminded that we all possess these ranges of register. They were also reminded that most of us know where particular registers are appropriate and critically, where some are highly inappropriate.

They were also reminded that those guttural, plosive, monosyllabic utterings that make verbally clear pain or distress or frustration – most of them Germanic in origin, an indication of their enduring attraction to a great many – that we call swear words have little place in what I will call school register.

Sadly, over the long weekend a photo and brief article about a new jacket design endorsed by the school's P&C attracted a punter or two in possession of such a register. Worse, these same punters had no qualms about using that register on our Facebook page. I get that social media can tease out the worst in some, but seriously... a school page?

Anyway, the comments were removed and thankfully did not reappear, so that's a kind of plus. That and the fact that they were not made by current students.

When our kids go away on excursions, the school is often contacted by those with whom they have come into contact desirous to tell us about how impressed they have been with the manners and behaviour of our students. The same is true by and large when we have visitors to the school. Unfortunately, on occasion I have had visitors to the school express their displeasure after they have found themselves within listening range of a student or two seemingly oblivious to what constitutes school register.

A Member of the Cudgegong Learning Community

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- Jun 13 - Yrs 10-12
Glencore Apprenticeship
Information Visit
9.20-10.30
- Jun 15 - Yr 11 Reports
Issued
- Jun 25 - P&C Meeting 7pm
- Jul 4 - NAIDOC Day
- Jul 6 - Last day of Term 2
Yrs 7-10 Gold, Effort &
Achievement Awards &
Reports issued
- Jul 23 - Staff Development
Day

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Yrs 7-10 Reports & Awards
Presentation Information
- P&C Awards
- SRR Award
- Cross Country Photos
- Writing Friday
- From the Careers' Room
- Wellbeing Resource of the
Week - This Way Up
- Nominations for State
Choir
- Philip Green - Aboriginal
Survival Technology
Presentation
- NAIDOC Day Information
- Gap Year Information
- MHS Canteen Menu
- Advertisements
- Sponsorship

Being neither deaf nor stupid, I've not been in a position to do anything but agree. We do have some students who struggle with appropriate register. The fact that I have had to make apology for **all** of them because of a small **some** of them was also conveyed to students last Wednesday.

Those visitors so offended have been assured, just as the students were last Wednesday and are individually when necessary, that the staff of Mudgee High does not accept swearing at school and that swearing leads to sanctions. An inability or unwillingness to embrace what constitutes reasonable school register can even lead to suspension – the withdrawal of a student's right to an education.

I also pointed out to the kids that just as we do not condone swearing at school, we do not teach it either.

Those who swear at school, seemingly oblivious to the very real existence of what constitutes appropriate register in an educational environment, come fully stocked with swear words long before they start high school.

So with that last point in mind, I look forward to your continued assistance in making it unambiguous with those in our collective care, those over whom you have the greatest sway, your own kids, the importance of register; knowing the time and the place and what constitutes appropriate is an excellent preparation for later life.

Cross-Country

As promised last week, a selection of images from the Cross-Country, held on Friday 1 June, can be found within these pages.

Until next week...

Wayne Eade
Principal

MUDGEE HIGH SCHOOL P&C

**The next meeting of the Mudgee High School
P&C will be held on Monday June 25th at 7pm in
the school library. Entry via Horatio Street.
All welcome.**

Presentation of Reports & Awards - Friday 6th July

All parents are welcome to join us at the presentation where students will receive their Semester 1 Report as well as Effort & Achievement Awards and Gold awards that they have attained during term 1 & 2.

Lists of students receiving Effort & Achievement awards will be posted on the Year Adviser Notice Board the week prior to the Assembly. Please encourage your child to check the board. A list of recipients will also be at the School Office.

Presentations will be held in the Gym.

Year 7 P 5&6 commences 12.40

Year 8 P 3&4 commences 11.15

Year 9 P 1&2 commences 9.40

Year 10 P 7&8 commences 2.30

***** Students who are not in attendance at the presentation will not be able to collect their reports until Term 3. Reports will be available for collection from Year Advisers in Term 3. *****

TERM 2 WEEK 6 AWARDS

P & C AWARDS: Leticia Peterson - Yr 7, Tully Myers - Yr 8, Braith Campbell - Yr 9, Lucy Frame - Yr 10, Drew Cini - Yr 11, Ethan Blinkhorn-Doble - Yr 12

SRR AWARD: Alexis Gaffney - Yr 10

2018 Cross Country







A change of heart...

Write something to convince your boss to let you leave your job and pursue your dreams.

You are an employee of an evil villain but you have begun to rethink your chosen career...

What do you really want to do?



- A pun
- Listing
- A platitude
- Alliteration
- A simile

Goal:
200 words
20 minutes

** Having or showing great energy or enthusiasm in pursuit of a cause or an objective.*

Many people have jobs that they don't love. Sometimes they wonder how their lives might have been different if they had followed their dreams. In a perfect world, what would you do?

FROM THE CAREERS' ROOM

- WHS White card training Tues. and Wed. June 26 and 27. Permission notes from Mr Roberts or Mr Kempton
- Local apprenticeship and traineeship opportunities. See skillset.com.au
- Glencore Coal apprenticeship career presentation Wednesday June 13 periods 1 and 2 Register with Mr Kempton
- Charles Sturt university (CSU) 'Myday' Friday June 15. Showcase of all courses, tour the campus etc.
- TAFE/Employment (Skillset) Year 12 Student and Parent evening Tuesday June 19
- University of Newcastle Year 12 excursion Thursday July 5. Attend lectures of choice, tour the campus etc.

Permission notes from Mr Kempton.

Year 12 Interviews with Careers Adviser to discuss post school options and opportunities. (Withdrawal from class for allocated double period between May 30 - June 29).

Details regarding any of the above activities available from Mr Kempton.

Wellbeing Resource of the Week

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

THIS WAY UP

LINK: <https://thiswayup.org.au/>



THIS WAY UP was jointly designed and developed by Professor Gavin Andrews and his team of psychiatrists and clinical psychologists at St Vincent's Hospital, Sydney. As a non-profit initiative, THIS WAY UP is sponsored by the Australian Government and [the Clinical Research Unit for Anxiety and Depression \(CRUfAD\)](#) at St Vincent's Hospital, Sydney.

This Way Up offer a free online 'Coping with Stress Course'. The self-paced free course utilises a Cognitive behaviour therapy (CBT) approach for stress management. This course involves learning how to reduce your demands and increase your resources to help you manage the stressors in your life. A large emphasis is placed on active coping. This is all about doing something to change your situation, get extra help, or support yourself through the difficult time.

The course is free and is for people who are experiencing acute or chronic stress related to life demands, such as work, study, relationships, or caring for a family member. The course is self paced, but is designed to be completed within 2 months, at most. Lessons become available automatically 5 days after you complete the previous one. They recommend completing one lesson every week. The lessons are in a comic-based format, where you can follow the journey of a character as they learn practical skills to cope with their stress. They also learn how to maintain these skills, manage and reduce difficulties, and prevent symptoms from returning.

SIGN UP AT: <https://thiswayup.org.au/how-we-can-help/courses/coping-with-stress/>



Nominations for the 2018 State Choir are now open!

The State Choir brings talented male and female singers from years 8 to 12 from NSW Government schools together to sing challenging repertoire under the direction of some of Australia's leading choral directors.

Every year the Choir rehearses for two days before performing on stage at the Sydney Opera House as part of the Department of Education Festival of Choral Music.

For more information about this amazing opportunity please visit the State Choir website:

<https://www.artsunit.nsw.edu.au/music/music-ensembles/state-choirs>

Please note that a subsidy is available for students from non-metropolitan and rural and remote schools.

Applications close: Tuesday 31 July 2018



MUDGEES HIGH SCHOOL

LOCKED BAG 2004, MUDGEES NSW 2850

PH: (02) 6372 1533 FAX: (02) 6372 6321

ABN: 25 074 408 459



Thursday, 3 May 2018

Dear Parents / Guardians,

As part of your child's Year 8 History studies of the topics "Investigating the Ancient Past" and "Contact and Colonisation," the HSIE faculty has arranged for a presenter to visit the school.

The Aboriginal Survival Technology presentation combines the sciences of anthropology, archaeology and ethno-biology. The presentation is delivered by researcher and science educator Philip Green. This presentation does not look at Dreaming traditions, spirituality or modern socio-political issues. The presentation focuses on the science of 8 technologies from pre-European contact, including clothing, hunting, medicine, bush tucker, fighting weapons, utensils and tools, water and fire.

The show combines live and interactive audio-visual demonstrations of artefacts. Students will be able to handle culturally appropriate artefacts. These artefacts are models; no sacred or taboo artefacts are used. No information presented is secret knowledge or specific to one Aboriginal group. It is generic and readily available in museums, books, DVDs and the internet.

This presentation will be partially subsidised to ensure all students in Year 8 can attend; however, we ask that your child bring a gold coin donation on the day to go towards the cost of the event.

All Aboriginal and Torres Strait Islander students from all school years are welcome to attend the presentation if they wish. Students who are not in Year 8 will need to give their name to Miss Windeyer on the day so that attendance can be accounted for in our school rolls.

Date of presentation: Monday 18th June 2018


Time: periods 3 to 5 (10:52 to approximately 12:30pm)

Location: MHS gym

Cost: Gold coin donation

All Year 8 students will be expected to attend the presentation. If you would prefer your child not to attend or if you have any questions regarding this presentation, please contact me via the school phone number 6372 1533.

Claire Windeyer
Head Teacher HSIE

 mudgee-h.school@det.nsw.edu.au
WEB: www.mudgee-h.schools.nsw.edu.au

 www.facebook.com/MudgeeHighSchool
 www.twitter.com/MudgeeHS





Because of Her We Can!

NAIDOC WEEK 2018

Mudgee High School is Celebrating NAIDOC Day on Wednesday 4th July

Parents, carers and community are welcome to join us in our celebration of NAIDOC Day.

| | |
|--|---|
| 11:30am – Whole School Assembly in the gym | Welcome to Country; student presentation of what NAIDOC is about; other presentations by students. |
| 12:18 to 1:34pm – Aboriginal Astronomy session in the Library | Presented by William Stevens, a Muruwari man “ <i>For me, it’s about teaching culture,</i> ” he explains. “ <i>I love to share my knowledge with my community.</i> ” (https://cosmosmagazine.com/space/the-passions-of-aboriginal-astronomy-guide-willy-stevens) |
| 1:34 to 2:08pm – Whole school BBQ lunch. | |
| 2:08 to 3:25 – Weaving workshop in the Library or the Senior Area (depending on the weather) | Aboriginal and Torres Strait Islanders make a variety of objects from animal and plant fibres. Their skills in basket weaving, knotting and utilising animal skins are evidenced in everyday tools such as baskets for collecting food, nets for fishing and skin cloaks for warmth. They also make ceremonial items such as headgear. Michele McFarlane will provide guidance and instruction to teach us to do some simple weaving. |

All students need to register with Miss Windeyer in the HSIE staffroom if you wish to be involved in the workshops.

All parents, carers, community members will need to sign in at the Front Office as a visitor to the school on the day.

If you have any further questions please contact Claire Windeyer in the HSIE faculty.



BECAUSE OF HER, WE CAN!

8-15 JULY 2018

INVITATION TO ATTEND INFORMATION EVENING

FILL IN THE GAP with SKILLS

"I need employability skills for immediate employment after I complete my HSC"

"I need skills to work while I continue my studies"



THEN WE HAVE THE PERFECT COURSE FOR YOU!

Please join us for Course Information, Canapés and Drinks

Thursday, 21 June, 2018

5.30 - 7.00pm

Hospitality Restaurant

Ulan Road Mudgee

RSVP via Email:

YEAR 12 GAP YEAR

susan.greer@tafensw.edu.au

damien.beard7@tafensw.edu.au

(Include your name, school and additional guests for catering)

For more information contact:

Sue Greer: 02 6883 3600

Or Damien Beard: 02 6378 2643



MUDGE HIGH SCHOOL CANTEN MENU 2018

HOT FOOD AVAILABLE EVERY DAY

| | |
|----------------------------|---------|
| CHICKEN & CORN ROLL | \$ 1.70 |
| PIZZA ROUND | \$ 3.00 |
| BEEF TRAVELLER PIE | \$ 3.50 |
| CHICKEN CHEESE & BACON PIE | \$ 4.00 |
| POTATO PIE | \$ 4.00 |
| CHILLI BEEF SAUSAGE ROLL | \$ 3.50 |
| SAUSAGE ROLL | \$ 2.70 |
| BEEF & GRAVY ROLL | \$ 5.00 |
| HOT DOG WITH CHEESE | \$ 4.00 |
| HOT DOG | \$ 3.50 |

| | | |
|--------------------------|---------|-------------|
| GLUTEN FREE BEEF PIE | \$ 3.50 | (winter |
| GLUTEN FREE SAUSAGE ROLL | \$ 3.00 | Order only) |
| MAYO/SAUCE PORTIONS | \$ 0.30 | |

ROLLS & SANDWICHES

A VARIETY OF ROLLS INCLUDING

HAM, SALAMI, CHEESE, EGG &

CHICKEN ALL WITH SALAD PRICES

CHICKEN CAESAR ROLL START

SWEET CHILLI CHICKEN FROM

AND AVOCADO ROLL \$5.00

VEGETARIAN WRAP with Tzaziki,
chick peas, semi dried tomatoes and

salad (Mondays only) \$ 5.00

CHICKEN AND AVOCADO WRAP
with salad (Mondays only) \$ 5.00

PLAIN BREAD ROLL \$ 1.20

SALADS

GARDEN SALAD GF \$ 5.00

MEAT & SALAD GF \$ 5.00

FRESH FRUIT SALAD \$ 4.00

SEASONAL FRUIT \$ 1.00

CHECK AVAILABILITY OF THESE SALADS

CHICKEN CAESAR SALAD \$5.00

GREEK SALAD \$5.00

COUS COUS SALAD \$4.00

SUSHI \$4.00

PASTA SALAD \$5.00

ANTI PASTO SALAD \$5.00

SNACKFOOD

RED ROCK DELI CHIPS \$ 1.00

JJ SNACKS \$ 1.50

GRAIN WAVES \$ 1.00

MILK AND DAIRY

MOOVE 300ML \$ 2.50

MOOVE 500ML \$ 4.00

PLAIN MILK \$ 2.00

THICK & CREAMY YOGHURT \$ 2.50

DARE 500ML \$ 4.00

NIPPY'S MILK 375ML \$ 3.00

CUSTARD 600ML \$ 3.50

BEVERAGES

PUMP WATER 750ML \$ 4.00

WATER 600ML \$ 2.00

POWERADE ZERO \$ 4.00

HOT MILO (Winter only) \$ 2.00

PEPSI MAX 600ML \$ 4.00

COKE ZERO \$ 2.50

SPRITE ZERO \$ 2.50

KYNETON MINERAL WATER \$ 3.00

BERRI FRUIT JUICE 350ML \$ 3.00

ICECREAMS

PADDLEPOPS \$ 1.60

Bulla FROZEN YOGHURT \$ 2.50

Twisted FROZEN YOGHURT \$ 2.50

MILO SCOOP \$ 3.50

CYCLONE \$ 2.00

SHAKY SHAKE \$2.00

LEMONADE TWIST \$ 1.00

DAILY SPECIALS

MONDAY

SWEET CHILLI CHICKEN \$ 5.00

WRAP (ORDER ONLY)

TUESDAY

PIZZA SUB \$ 2.50

WEDNESDAY

WEDGES \$ 2.50

sour cream/sweet chilli sauce \$ 0.50

THURSDAY

CHICKEN BURGERS \$ 4.00

GLUTEN FREE CHICKEN BURGER \$ 4.00

GF Order only

FRIDAY

THAI CHICKEN ROLL \$ 6.00

ORDER ONLY

CHECK OUR DAILY MENU BOARD FOR OTHER SPECIALS INCLUDING HOMEMADE SOUPS, PASTAS, FOCACIAS, TURKISH MELTS, CURRIES, BURGERS AND SALADS

HOT DRINKS WILL NOT BE SERVED AFTER 2PM

PLEASE NOTE: PINENUTS ARE USED IN PESTO, CASHEWS, ALMONDS & WALNUTS MAY BE USED IN SOME SPECIALS. IF YOU HAVE NUT ALLERGIES

PLEASE CHECK WITH CANTEN LADIES

Please note these prices are subject to change throughout the year due to the increase in wholesale prices

*** GLUTEN FREE LUNCHES...ALL DAILY SPECIALS CAN BE ADAPTED TO GLUTEN FREE**

PLEASE ENQUIRE AND THESE WOULD NEED TO BE PRE ORDERED

ADVERTISEMENTS

Glencore Coal apprenticeship program 2019

“

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

SPONSORSHIP

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine