

MHS Newsletter

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Wednesday
June 6
Term 2, Week 6

PRINCIPAL'S MESSAGE

More successes this week

Sam Sbisá, Youth Services Officer with Midwestern Regional Council, in company with Nicola Hayes and Daniel Trevethan, two youth counsellors and students in respectively Years 10 and 11, presented the school with the Champion Team trophy, won at the recent "Battle of the Brains" competition. The competition is in its 6th year and pits against each other secondary students from across the four high schools in Midwestern Regional Council's catchment. In the six years the competition has been staged, Mudgee High has been victorious. It would be fair to say that as a school, we are beginning to feel a reasonable modicum of ownership with regard to the cup.

In other news, our debaters and public speakers met with success at last week's Lithgow Festival of Speech. The stalwarts were there, as well as some new faces. Mrs Saboisky's preparation with the students clearly paid off and you should watch these pages in coming weeks for a proper write-up.

James Pegg, one of Mudgee High's year 8 students, was interviewed by Prime 7 news regarding his recent musical achievements, featuring last Monday. James had previously accepted an invitation to tour with the Sydney Youth Orchestras' Symphonic Wind Orchestra. This offer had come as part of the Orchestras' *Join the Orchestra* program. To make it into the tour, James had had to meet a high standard of technical competence. He was the only non-permanent member of the Symphonic Wind Orchestra on the tour. James performed with the Orchestra in Gilgandra, Forbes, Dubbo and Orange.

... and then there was the excellent buy-in we had from the kids with regard to our athletics carnival last Tuesday and the cross-country on Friday. The drought may be hitting hard, but the silver lining in the on-going cloudless sky was the glorious weather afforded us on both days.

In the spirit of "a picture is worth a thousand words," take a look at the pictures that accompany this editorial over the next page. They cover the athletics carnival. I'll throw up some from the cross-country in the next newsletter.

Until next week...

Wayne Eade
Principal



*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

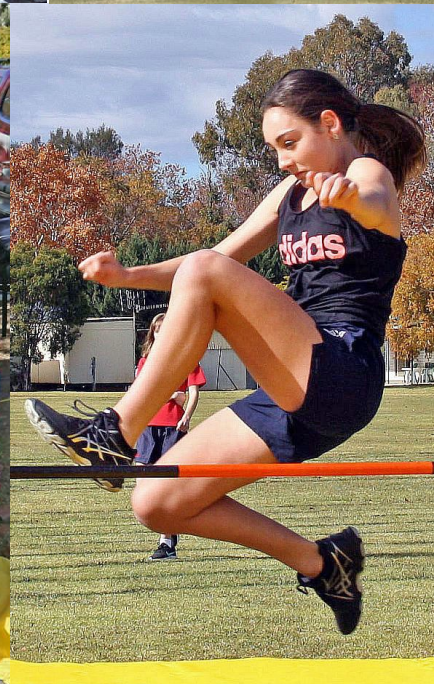
- Jun 8 - Yr 12 Reports Issued
- Jun 13 - Yrs 10-12 Glencore Apprenticeship Information Visit
- Jun 15 - Yr 11 Reports Issued
- Jun 25 - P&C Meeting 7pm
- Jul 4 - NAIDOC Day
- Jul 6 - Last day of Term 2
- Jul 23 - Staff Development Day
- Jul 24 - Students return

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- SRR Award
- Writing Friday
- Library News
- Wellbeing Resource of the Week - 1 Giant Mind
- Maths News
- Advertisements
- Sponsorship

2018 Athletics Carnival







TERM 2 WEEK 5 AWARDS

P & C AWARDS: Not awarded Week 5

SRR AWARD: Grace Quinn - Yr 10

MUDGEES 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.

WRITING FRIDAY

All views accepted and respected – but encourage explanation of why this opinion is held. Evidence is welcomed.

What do you *really* think about climate change?

- A simile
- Alliteration
- An allusion
- Strong personal voice

**involving calamity; catastrophic or disastrous.*

Calamitous*

Is the weather getting wilder or is climate change a load of trash?

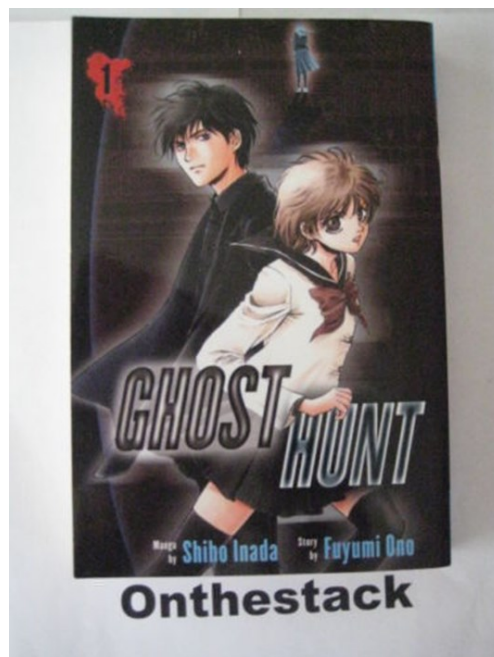
Write an opinion piece which reflects your views on this controversial topic.

Goal:
200 words
20 minutes

LIBRARY NEWS

We are seeking a copy of the Ghost Hunt No 1 book (see below) to complete our series in the school library, our copy seems to have gone missing. If you have a spare copy of this at home that you are no longer using and would like to donate it, the students of Mudgee High School would really appreciate it.

Many thanks, *Library Staff*



Wellbeing Resource of the Week

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

1 GIANT MIND

Link: <http://www.1giantmind.org/>

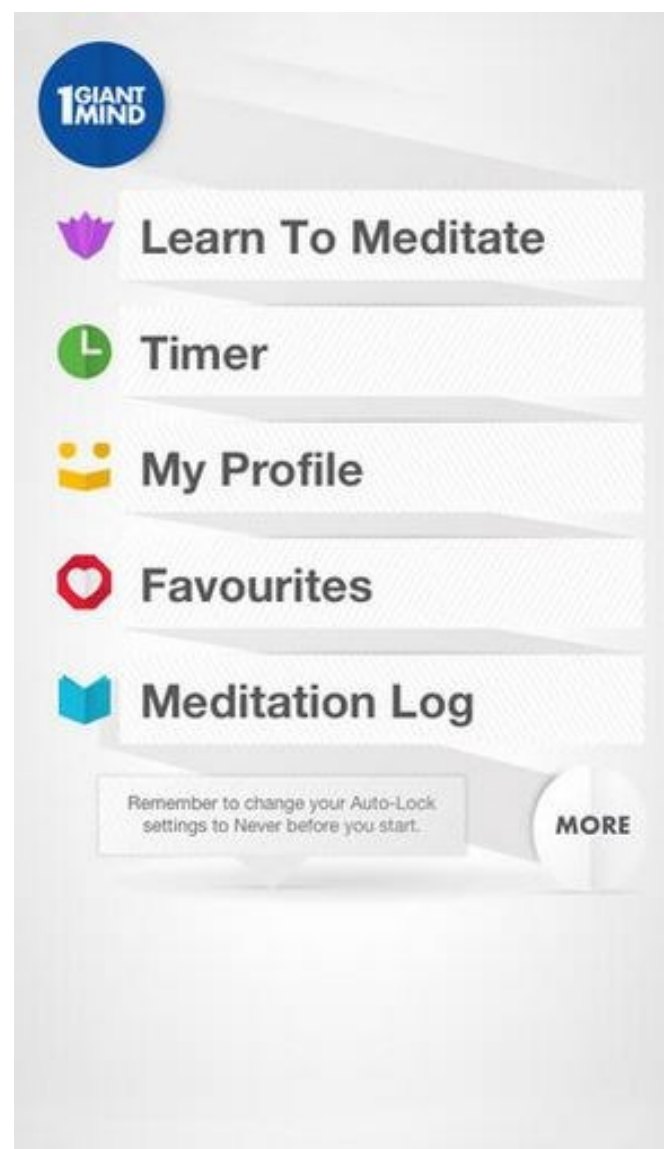
1 Giant Mind is an Australian guided meditation app that can help young people learn how to meditate for improved mental health and wellbeing. It teaches the skills of meditation, using simple step-by-step instructions. The user is guided using videos and audio through the basics of meditation, what it can be used for and the potential benefits.

The app has levels and sessions that the user enters. They can't jump to the next level until they have finished all the sessions in their current level. The app also has a log of all the meditations completed as well as a timer (with a choice to have background audio) for when the user wants to mediate without the guide.

For self-assessment, the app also includes a brief pre- and post- meditation assessment of your mental state, and your attitude towards the practice of meditation.

This tool can assist with:

- teaching young people the skills of meditation
- reducing and managing anxiety or stress
- managing early signs and symptoms of mood disorders
- improving wellbeing and resilience.



AUSTRALIAN MATHEMATICS COMPETITION (THURSDAY 9TH AUGUST)

This year's Australian Mathematics Competition draws closer with entries closing Friday 8th June. To participate, students need to pay \$6 to the front office. In order for students to prepare, they can approach Mr Lynn for some past papers. This will give them an idea of what to expect in the competition especially with regard to the style of questions that may be asked.

YEAR 7 TECHNOLOGY AND MATHS

In Year 7 this year, two of the Mathematics classes have had the opportunity to use computational thinking skills and project based learning to develop their problem solving skills in a technology based initiative. The students have learnt basic computer coding skills through guided tutorials. They have investigated space and measurement by programming the movement of Sphero Balls. Sphero Balls are programmable robot devices. One of the projects involved groups of students programming the Sphero Ball to navigate a maze and avoid obstacles. This involved calculating distance, angles and direction. Students have found the experience to be both engaging and challenging.



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



Wood Fired Pizzas & a great Menu Platters, Picnic Basket Lunch (Pre-Order)

Fully Licensed: Beer, Spirits & Wine...

Fireworks!! June Long Weekend, Sunday 8pm



Open Friday, Saturday & Sunday

280 Henry Lawson Drive, Mudgee

Phone: 0429 900 729



Fireworks!!

Sunday
June Long Weekend

Buses to and from
the winery

\$5 per head return

first bus from 5pm

Pickup points

- Ingenia Caravan Park - Lions Drive
- Cudgegong Valley Public School - Madeira Road.
- St Matthew's Catholic School - Lewis Street.
- Mudgee Valley Caravan Park - Bell Street.

Open Friday, Saturday & Sunday



280 Henry Lawson Drive, Mudgee

Phone: 0429 900 729



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.



Foster Carers needed in our local region now.

Samaritans in Mudgee provide a Foster Care Program, supporting local children and young people who are unable to live with their families.

Samaritans will be hosting an information night for potential new carers:

When: Thursday 7 June at 6.30pm

Where: Legacy House, 133 Market Street, Mudgee

Contact Kylie on 6370 9900 for more information or to RSVP your attendance.

SPONSORSHIP

Mudgee High School - LINK Program

Proudly supported by

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Ulan Coal Mine