

MHS Newsletter

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Tuesday
July 24
Term 3, Week 1

PRINCIPAL'S MESSAGE

Hiatus Concluded

Welcome back!

Term 3 – always a big'un.

Year 12 major works are due in August. I will pause here to thank all of the staff who willingly gave their time over the holiday period to assist students in the on-going and mammoth effort involved in successfully completing these major works. As an aside, many have plans to continue this assistance over the coming weekends. Teaching has never been a 9-3 game, despite what the shock-jocks and other ill-informed punters may say, but additional time away from one's family at weekends to assist students is something that needs to be made public.

Year 12 will also undertake their Trial HSC examinations... the grand dress rehearsal. Additionally, the cohort will have its farewell formal on the final day of the this term; September 28. This represents a bit of a break with tradition, but does mean that the students will be better focused on achieving their best in their courses as the stress of what frock to wear will have passed.

Year 11 will complete their HSC "period of initiation" courses – I'm deliberately avoiding the word "preliminary" as it has become verbum non grata with NESA – before beginning their Year 12 HSC studies in Term 4.

Not to be forgotten, Year 10 will begin the process of subject selection for their HSC years.

First Day Back – for Staff...

The staff of Mudgee High began the term on Monday 23/7, with a series of in-services. The first one looked at trauma informed practice. It is a given that not everyone who comes through the school gate – staff included – has had a goldilocks life where everything has always been "just right." Using a brain-centred approach to understanding and dealing with some of the emotional and behavioural challenges that can occur in a school setting lay at the heart of this session.

The second session dealt with approaches to difficult conversations; the kinds of conversations that have all the potential to go seriously pear-shaped. Staff members were provided with advice on mindset, emotional regulation, and what constitutes the necessary groundwork that must be undertaken prior to a challenging conversation if there is to be some kind of successful resolution.

Finally, staff members undertook an practical in-service that considered the kinds of evidence necessary to demonstrate the work done at Mudgee High School and where it fits in the State's Schools Excellence Framework. Schools are such busy places, so a little time to reflect on what it is we do – especially collectively – and what we may be able to do better is a good thing.

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- Jul 24 - Students return
- Jul 26 - Yr 11 2019 Parent Information evening 7pm Performance Centre
- Aug 7 - Yr 10 into 11 Subject Market in the Gym 4pm - 7pm
- Aug 9 - Yrs 7, 11 & 12 Parent teacher evening in the Gym 4pm-7pm
- Aug 27 - P&C Meeting 7pm
- Sep 6 - Yrs 8, 9 & 10 Parent teacher evening in the Gym 4pm - 7pm
- Sep 28 - Yr 12 Presentation Assembly in the Gym
- Sep 28 - Yr 12 Formal at AREC 7pm

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Award & SRR Award
- Writing Friday
- Nominations for State Choir
- 2018 Formal Ticket Sales
- Wellbeing Resource of the Week - Reach Out Breathe
- Sponsorship



Even teachers avoid sitting in the front row

P&C

Although the kids came back on Tuesday 24/7, P&C returned on Monday 23/7. Loads discussed, decisions made and things learned. The 2018 model for meetings includes a guest speaker. The June meeting featured Mrs Davies, HT English, speaking about "Writing Friday" and the successes that was achieving with kids from across all years. The July meeting featured Mr Finter speaking about Positive Behaviour for Learning (PB4L) as implemented at Mudgee High. His talk covered PB4L's emphasis on recognising the positive, explicitly teaching what it is to be safe, respectful and responsible in a variety of situations both within and without the classroom, the reward system, and how far the implementation of PB4L has come.

There's always a space at the table with regard to P&C, so lock it into the calendar. The next meeting will take place on Monday 27/8.

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 August 27th at 7pm in the school library. Entry via Horatio Street. All welcome.

TERM 2 WEEK 10 AWARDS

P & C AWARDS: Ashlyn Richardon - Yr 7, Aidan Hargraves - Yr 8, Alexander Treay - Yr 9, Jackson Webster - Yr 10, Ninoska Birchall - Yr 11, Rose Butler - Yr 12

SRR AWARD: Morgan Jones - Yr 10

WRITING FRIDAY

Don't knock it 'till you've tried it!

People are quick to judge! And not understanding something doesn't stop them talking about it!

Write about something you wish people understood *before* they gave their opinion on it.

Inform them about this topic.

Goal:
200 words
20 minutes

- Emotive language
- First person
- A rhetorical question
- A simile

1) An expression of vehement protest.
2) A violent explosion or a flash like lightning.

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

YEAR 12

FORMAL TICKETS 2018

\$80.00

Round 1 - Maximum of 6 tickets

(1 student ticket and 5 guest tickets)

May be purchased from **Mon 30th July – Fri 10th August 3.30pm**

Round 2 – Maximum of 1 ticket

May be purchased from **Mon 13th August – Friday 17th August 3.30pm**

Round 3 – Any remaining tickets are for sale. May be purchased from **Mon 20th – Fri 24th August 3.30pm**

FORMAL TO BE HELD FRIDAY 28th September 2018, 7pm
Australian Rural Education Centre AREC

Wellbeing Resource of the Week

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

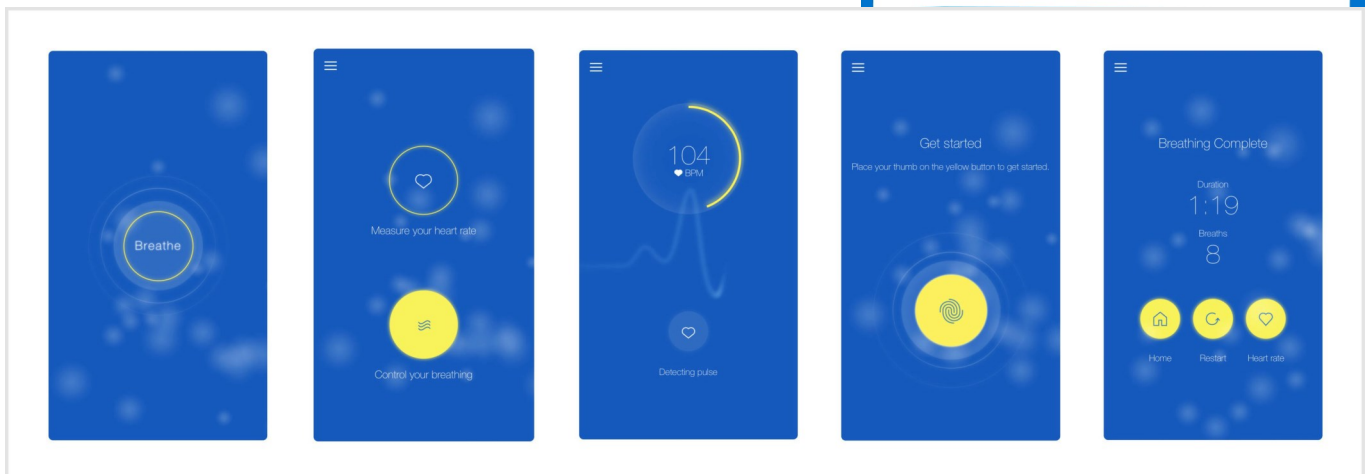
REACH OUT: BREATHE

For more information go to: <https://au.reachout.com/tools-and-apps/reachout-breathe>

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

Research shows that slowing your heart rate can increase feelings of calmness in your body. Using simple visuals, ReachOut Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone. This means that you can actively address the onset of physical stress symptoms such as shortness of breath, increased heart rate and a tightening of the chest.

Download the app **for FREE** on the app store.



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