

MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGE NSW 2850
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Monday
October 22nd
Term 4, Week 2

PRINCIPAL'S MESSAGE

HSC Examinations Underway

HSC examinations began last Thursday. While the figurative hiccoughs were minimal, a word to the wise for 2019; know where the Baptist Hall is located.

Why is Deep Reading Important?

Another confession: I like public transport. I don't always like what I see on public transport – in the past year I have seen one brawl between eight young men while returning from Liverpool on suburban rail service, as well as having been exposed to the screamed ravings of someone quite obviously drug affected on a V set service to Lithgow. The huge number of good trips I have experienced outweigh these occasional anomalous ones.

I guess in its own way, public transport is a microcosm of communal life. By and large, most will just go about their business, catching the train or bus or ferry so as to get from where they are to where they want to be, and without feeling the need to act in anti-social ways.

The other way in which public transport serves as a microcosm is the way in which it will demonstrate each and every time you use it the dependence people now have on their mobile devices. Take a look around a Sydney-bound V set train in the Blue Mountains and the thing you notice is that almost every passenger is absorbed in a mobile phone.

I must admit that I am one of them. "Guilty as charged, m'lud."

I used to take a book, but now I take an iPhone 8 loaded with *Kindle* and, as a result, can take several books at once! If I grow tired of *Kindle*, I can check and respond to emails, check my social media... stay connected... then return to *Kindle*.

We live in an age of connectedness that is without parallel in human history.

Despite this, many commentators see in this eighteenth year of the 21st Century an increasingly fragmented society. We are increasingly 'anxious'. Some observers feel that many of us have lost our sense of community, although this may be a more city-centric issue. Certainly, the pace of change can be stressful, so too feelings of having less control of our futures, especially with increasing mechanisation and the casualisation of employment.

Technology has left many individualistic and self-absorbed; as a society, we have embraced what many observers call the 'me culture'.

Evidence of this 'me culture' must be the selfie*. It would seem the primary uses of social media is not to communicate but to boast. Additionally, personal rights seem to have trumped community responsibilities.

"Think of the epidemic of selfies. Think of the primary uses of social media – not to communicate but to brag. Think of the growing emphasis on personal entitlement rather than civic responsibility."

A Member of the Cudgegong Learning Community

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- Oct 18 - Nov 9 - HSC Examinations
- Nov 12-16 - HSC Exhibition at The Stables
- Nov 13 - Yr.12 Sign out morning
- Nov 26 - P&C Meeting
- Dec 13 - HSC Results available online
- Dec 14 - Yr.12 Farewell BBQ

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Award & SRR Award
- Writing Friday
- Yr 12 Important HSC information and EOY dates
- Love Bites
- Max Potential
- Advertisements
- Sponsorship

It seems a great paradox that in an age of connectedness, more and more people are losing their sense of belonging to something bigger than themselves.

Then there is the influence constant connection is having on communication itself.

There is a growing body of evidence out there that suggests increased connectedness has at least for some become a driving force to seek immediate and often only shallow meaning from the things seen and heard on those tiny screens; a glut of content has led to an abbreviation of meaning and this has become for many younger readers the new norm.

Paradoxically, this new reading norm may be causing us as a society to lose some of the communication skills that allowed us to become connected in the first instance.

I remember listening to a former diplomat who lamented the passing of the days of the diplomatic pouch. The pouch, delivered to an embassy on a Monday, would contain all of matters with which the embassy was expected to deal over the course of that week. Simple matters would be dealt with immediately. The trickier ones could be given a more considered response, the diplomat having five days to respond.

Emails and the 24/7 news cycle killed the diplomatic pouch. Everyone wants an answer yesterday.

Ironically, turning people into speed-readers with the ability to glide over the top of words in a search for instant meaning, is killing reading. Make no mistake, reading for depth is good for you. It's good for your brain. Deep reading sacrificed to the demands of a relentless time schedule – the need to take on board every quirky meme and soundbite – may be the ruin of us all!

Studies of young children who have been the subject of daily deep reading programs have demonstrated that within six months of beginning such a program some profound changes occur. Their brains physically rewire themselves – a thing called neuroplasticity (the ability of the brain to reconfigure itself) kicks in. Even more amazingly, the volume of white matter in the language area of the brain increases. Good news for those of us no longer “young children,” neuroplasticity remains with us well into old age!

The down side of neuroplasticity is that daily there seems to be more evidence that the new technologies are wiring young brains in an altogether different and unwelcome fashion. Reading – now about 6,000 years old – changed the organisation of our brain, expanding the ways in which people were able to think. Internalised knowledge, analytical reasoning, inference, recognising differences in perspective, empathy and insight are all manifestly heightened by an ability to read deeply.

Complex yet essential deep reading processes are under threat as so very many embrace skimming.

Technology has its benefits. It allows us to multitask quickly and gather a great deal of content in a relatively short time. These positives, however, come at the cost of measured consideration. Deep reading feeds and grows the imagination, allows for more considered thought and as a result, is more conducive to the development of a civil society.

As educators and as parents, we need to temper the use of technology, often our own as much as that of the young people in our care. We need the kids in our care to be good observers. We need and they need to be able to look, see, watch and think. We all need to embrace the moment and be in the moment.

Encourage curiosity. Encourage critical analysis. Encourage empathy. By the way, the ability to empathise can play a significant role in curbing tendencies to bully.

All of this can be achieved by encouraging deep reading... and encouraging a more moderated use of technology.

Just some thoughts on an October afternoon.

Until next week...

Wayne Eade
Principal

* The expression ‘selfie’ is now worldwide but can be traced back to Australia for its origin... a student at Armidale’s UNE coined the term in the 1990s.

MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday November 26th at 7pm in the school library. Entry via Horatio Street.


All welcome.

TERM 4 WEEK 1 AWARDS

P & C AWARDS: Kelly Kurtz Yr.7, Nicholas Treverrow Yr.8, Travis McDonald Yr.9, Joshua Kondo Yr.10, Stephanie Bartlett Yr.11

SRR AWARD: Darcy Cavanagh Yr. 8

WRITING FRIDAY



*Effervescent**

Australia, we have to talk... I think you have a problem...

Drinking, we are told, is part of our culture, but is it doing us more harm than good? Write your opinion OR the text for an ad which aims to convince Australians to give up drinking for good.

- A rhetorical question
- Alliteration
- Powerful verbs
- A simile
- Aussie vernacular

Goal:
200 words
20 minutes

**1) (of a liquid) giving off bubbles; fizzy.
2) vivacious and enthusiastic*

Extra Curricular Activities:

When a student wishes to attend a Department of Education approved activity and represent Mudgee High, Western Region or similar they require a Principal or Deputy Principal's signature.

When the student gains this approval/signature from the Principal or Deputy, the student is responsible for taking the signed form to the office for entry into our attendance and reporting systems.

If this process is not followed by the student, the attendance system will show the student as absent.

SMILES ONSITE

Please be advised that the proposed Smiles ONSITE dental van will not be coming in November as previously advertised. Any consent forms received by the school will be securely disposed of by the school.

Attention All Year 9 Students

An exciting opportunity is available for interested students to be involved in a program that has been successfully running in Mudgee for twelve years. Max Potential is a leadership development program that matches students with community coaches. Through one-to-one coaching and interactive group workshops over 22 weeks, students learn valuable life skills and develop their personal leadership abilities.

See the flyer towards the end of this Newsletter for more information. Similar information has also been communicated at the recent Year Meeting. Please see your Year Adviser, Mr Laurie, by Friday 26th October to register your interest.

NSW All Schools Athletics

Congratulations to Ethan Harrison who recently competed in the All School Athletics in Sydney and was placed 6th in his age group in discus and 14th in Shot Put. He has been working hard to improve his throwing distances and is reaping the rewards of this with fantastic results. Well done Ethan.

... from our P&C:

MHS Parents

A recent change to funding processes means schools now have greater flexibility and choice commissioning common maintenance and building works.

Mudgee High School P&C is currently investigating how they can get some local projects up and running in collaboration with the school Principal.

Help us build a priority list for works to be done around the school. Small and large jobs will be considered, so ask your children and let us know what you think needs improving.

YEAR 12 - 2018

IMPORTANT HSC INFORMATION AND END OF YEAR DATES

Oct 18 - Nov 9 Higher School Certificate Examinations

Examinations up until and including Friday 9th November will be held at Baptist Church Hall, 70 Bruce Road, Mudgee. Students must be in full school uniform and bring their student ID cards to every exam. The Music 1 Aural Skills Exam will be held at Mudgee High School on Monday October 19 at 1.55 – 3pm. **Further information will be available to students before the end of Term 3.** Any student or parent who has concerns about transport to the location on any day should contact the Principal as soon as possible.

Nov 10 HSC Assessment Ranks available from www.educationstandards.nsw.edu.au
(Nesa) student number and PIN required.

Nov 12 - Nov 16 HSC Exhibition at The Stables. Opening on Monday 12 at 6.00pm. **Art Students displaying their major work must meet at school at 9.30am (student cars may be needed to help transport artworks) on Monday 12 November** and ALL exhibited works must be collected from The Stables on Friday 16 November between 2.00pm and 3.00pm. All welcome to attend

Nov 13 Sign out morning in the Library. Sign out will occur between 10am and 12 noon. This will include the return of book deposits for all eligible students.

Dec 13 HSC results available on-line from NSW Education Standards Australia (Nesa) Website and telephone service (Nesa PIN number required). HSC results will be available via Students Online, and sent by email and SMS from 6.00am on Thursday 13th December.
<https://studentsonline.nesa.nsw.edu.au/>

Dec 14 ATARs available on-line from UAC website and 'Infoline' (UAC PIN number required).
Year 12 Celebration BBQ. Senior Lawn from 12-2pm
Ex-Students - now citizens - should take this opportunity to collect their free Mirri.

Photos From Yr.12 English Exam





**GOOD LUCK YEAR 12
WITH THE HSC EXAMS**

Mudjee High School



**MUDJEE
HIGH SCHOOL**



WAYNE EADE, Principal | mudjee-h.school@det.nsw.edu.au or ring the school on 6372 1533 for more information.

**THE STAFF OF MUDJEE HIGH
SCHOOL WOULD LIKE TO WISH
OUR YEAR 12 STUDENTS GOOD
LUCK IN THEIR HSC EXAMS!**

You owe it to your children
to discover just what
Mudjee High has to offer
them



MUDGEE HIGH SCHOOL

A.B.N. 25 074 408 459

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Street address: 41 Douro Street MUDGEE N.S.W.2850

Telephone: (02) 6372 1533 Facsimile: (02) 6372 6321

Email: mudgee-h.school@det.nsw.edu.au

"Providing high quality education in a stimulating and caring environment"

Year 10 'LOVE BITES' Parent Information

The Love Bites sexual assault and domestic violence prevention program is going to be run for Year 10 in conjunction with the PD/H/PE core subject. Outlined below is some information for you on the program. If you have any further questions about the program, please contact Karen Quinn at Mudgee High School.

What is Love Bites?

Love Bites is an extremely successful school based sexual assault, domestic and family violence prevention program that has evolved on the Mid West Coast of NSW

Over 10,000 high school students throughout NSW have participated in this interactive and innovative program aimed at Year 10 students.

The Love Bites Program consists of two interactive workshops on sexual assault and family / domestic violence and then workshops that consolidate the information from the morning workshops by working alongside the students to produce a music campaign and/or artworks that will then be printed on posters and resources for the students and community.

The artworks, music and radio advertisements from all students are used to develop a local campaign to challenge violence against women in the community. This campaign is led and delivered by young people.

The Love Bites program presents a consistent approach to the issues of violence against women and children that is firmly focused on factual statistical information that consistently confirm that sexual assault and domestic violence are gender issues as women are overwhelmingly the victims of men's violence and that men are overwhelmingly the perpetrators of this violence. Love Bites advocates that young people can change these statistics and can make different choices, resolve issues in non-violent ways and can develop respectful relationships.

The program will involve all of Year 10 who will be placed into three groups. Each group will then participate in a one day workshop that will take place over three days in Week 5, Term 4.

Group 1: Monday 12th November

Group 2: Tuesday 13th November

Group 3: Wednesday 14th November

Students will need to bring their own morning tea however lunch will be provided. If your student has any special dietary requirements or questions, please see Mrs Quinn by Wednesday 7th November.

Please return this note ONLY if you do not wish your student to participate in this program. If this is the case your student will need to return this note by WEDNESDAY 7th November 2018.

I _____ (Parent / Guardian) **do not** wish my student
_____ (Student) to participate in the Love Bites program.

I understand that my student will still be required to attend school and follow the directions of teachers on this day regarding alternative arrangements.

_____ (Parent/Gaurdian Signature)



It's all about growing leaders

Max Potential (MP) is a community-based program aimed at growing young leaders in local communities. It connects young people with other leaders in their local community. This means that young adults have the opportunity to work with someone who genuinely cares about their future and will invest in it. Your local club is supporting MP as a community initiative in your local area, giving you the opportunity to get involved.

Over 22 weeks, MP connects community leaders with emerging young leaders to:

ACCELERATE	Youth leadership through the personal coaching framework, using the MAXIMISERS™
CHALLENGE	The participants to reach their goals through 8 hours of coaching from community leaders
BUILD	Individual capacity through the delivery of a community project
EXPLORE	The entrepreneurial spirit through the development of the community project

WHY GET INVOLVED?

MP is about building lives, leadership and the future.

FINDING THE TIME

- MP may complement or be part of your current school, TAFE, university, employment or community commitments.
- Requires approximately 40 hours over 22 weeks.

WHAT YOU GET

- A personal community coach who cares about you and will help you develop personal leadership, to make smart choices about life and your future.
- *Certificate 1 in Active Volunteering* if you complete the requirements (optional).
- Learn how to set goals, create plans and work towards achieving those goals by applying leadership thinking and strategies.
- Learn success patterns that can be repeated throughout life.
- Focus, energy, spirit and connections.

What is personal leadership coaching?

A simple, yet active, learning relationship guides individuals on how to maximise their lives and leadership potential. Personal leadership coaching accelerates people's ability to lead themselves and others effectively.

Through one-on-one focused chats, individuals develop their leadership capacity. Coaching fast tracks success through intentional actions aligned with effective goals.

How is it funded?

Coaches and young leaders can be sponsored by an organisation, such as a business or youth group, or by their local club. The MP initiative is funded and supported by your local club and ClubsNSW.

Imagine

Hundreds of young leaders making a difference in their local community.

Hundreds of young leaders getting personal coaching so their lives and their leadership is maximised.

Hundreds of success stories!

What's involved for young adults?

Apply Online

Young adults receive a confirmation letter of acceptance.

Introductory Workshop (4 hours)

Meet other participants and your own coach.

Connect Group 1 (4 hours)

- Share with others your achievements.
- Understand more about your personal leadership.
- Develop a Community Service Project.

Connect Group 2 (4 hours)

- Share your Community Service Project plan.
- Do your Community Service Project.

Showcase Workshop (6-7 hours)

Share with the community all that has been achieved.



Apply Today!
Visit maxpotential.com.au

Program calendars available online.





BreastScreen
NSW



MUDGEES Showground, Douro St.

15 OCT—1st DEC 2018

3—18 JAN 2019

We are all in this together!



Individual and group bookings available!

CALL 13 20 50



BreastScreen
NSW



Health
Western NSW
Local Health District

Aboriginal Women's Yarning Circle

Are you an Aboriginal woman?

Then you're invited to join in our

FREE Yarning Circle on

WHEN: Tuesday 13 November at 11am

WHERE:

Mudgee Showground

96 Douro Street (Look for our big pink van)

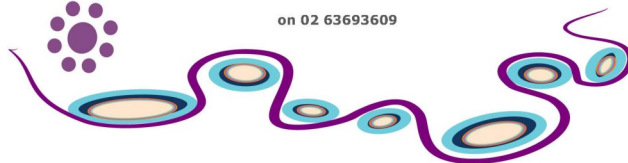
Informal gathering to yarn about the importance of breast screening. If you are 40+ you can have a FREE breast screen on the day if you want to.

Free refreshments and goodie bags provided.

PLEASE RSVP TO:

Christine (BreastScreen Aboriginal Engagement Officer)

on 02 63693609



CENTRAL WEST DISABILITY EXPO 2018

FREE COMMUNITY EVENT

Interactive social event for all to attend

Up to 50 exhibitors showcasing products & services

Latest technology, specialised equipment & hands on trials

Games, activities and information for all ages

NDIS - What's out there? Come find out!

PRIZES to be won on the day

Gold COIN Sausage Sizzle

Wednesday, 7 November 2018

10 am to 2 pm

PCYC Orange at 2-10 Seymour Street

For more information contact Giovanna Cox - 02 6362 4563

Don't forget to like our Facebook page
Central West Disability Expo



Proudly supported by the Central West Disability Expo Organising Committee:
Ability Links NSW, Department of Education, Interact People Solutions, Job Centre Australia,
LiveBetter Community Services, National Disability Coordination
Officer Programme, OCTEC Limited, Orange City Council,
VERTO and Wangarung Industries.



2019 M.D.N.A Debutante Ball + the beyOUTiful Project



**Information Night
+ Sign Up**

MONDAY, 29TH OCTOBER 2018 | 4:30 - 5PM

@ MUDGEES NETBALL CLUBHOUSE

Contact: Rachel Jackson

E: mdnadeb@gmail.com M: 0402378702



VOTE & WIN!

PETRIES MITRE 10 SCHOOL TRADE AWARDS 2018

Year 12 Technology Students from Mudgee High will
be displaying their work instore
Tuesday 23 October to Thursday 8 November

**YOUR CHANCE TO WIN
A \$50 MITRE 10
GIFT VOUCHER**
Vote for your
favourite piece to
go in the draw!

Travis Clarkson

Brock Coleman

Faith Douglas-Williams

Bayley Mason

Bailey McMurtrie

Addison Roberts

Jack Swords

Hayden Woods

Barry Nemeth



**AWARDS NIGHT WILL BE HELD AT PETRIES MITRE 10
THURSDAY 8 NOVEMBER 2018 FROM 6 – 7PM**

MIGHTY HELPFULTM MITRE 10

PETRIES MITRE 10, 144 CHURCH ST, MUDGEE. PH 6372 1111

How to Adult

Helping you on the road to becoming an adult

Need help with your job seeking skills? Looking for tips on how to budget and manage your finances? Seeking information about mental health? Want help with scholarship applications? Then this free monthly program is for you.

October's Topic:

Mental Health

Mudgee

First Thursday of the month
Starts 4:30pm
Mudgee Library
64 Market Street

Kandos

Third Monday of the month
Starts 4:30pm
Kandos Library
40 Angus Avenue

Gulgong

Third Tuesday of the month
Starts 5:00pm
Gulgong Library
109 Herbert Street

An accredited mental health professional will speak on various aspects of mental health, with a focus on managing anxiety, stress, and depression.

This is a free program
for those aged 15 – 25 only

Bookings essential: mwrcoyouth.eventbrite.com

Enquiries: Youth Services Officer – 6378 2850

Kindly Supported by KEPCO Bylong

SPONSORSHIP

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine