MHS Newsletter

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https://www.facebook.com/mudgeehighschool/



Monday 18 November Week 6 Term 4 2019

Principal's Message

HSC Works Recognition

Congratulations to Milla Jones of Year 12 whose Visual Arts major work has been shortlisted for consideration to be included in ARTEXPRESS. ARTEXPRESS is an annual series of exhibitions of exemplary artworks created by New South Wales Visual Arts students for the Higher School Certificate.

Milla's Industrial Technology Major Work has also been shortlisted for consideration to be included in "InTech". InTech is an exhibition of outstanding Major Projects from HSC Industrial Technology students.

We will know early in next month if the works have made it into these statewide exhibitions.

Bushfire Situation

Last week an unprecedented number of schools were closed as a preventative measure due to risk from bushfires. This meant that a decision had to be made concerning the "School of Rock" excursion on the Tuesday morning. Thankfully the agents at Ticketek were able to seek agreement from the performance producers to allow us to reschedule the booking. The excursion will now take place on the 11th December. We hope all those students who had paid to go last week can attend on the revised date. If students cannot, a credit or refund for the excursion can be arranged with the front office.

Principal's Gold Medal Applications

Students are reminded that applications for the Principal's Gold Medal close this week. Mr Eade will have the pleasure of interviewing those students who applied next week upon his return.

Four Corners

If you did not get a chance to watch the ABC's Four Corners last week on "Digi Kids", I'd highly recommend you catch it up on iView. It certainly helps to inform current thinking around the use of technology in schools, in particular mobile phones. A reminder that at next week's P&C Meeting (Monday evening 7pm), the rules and procedures surrounding mobile phones, and the YONDR system, will again be discussed.

Make sure your dictionary is at the ready next week, when the usual editor resumes from his break.

Dayne Rosolen

Relieving Principal

A Member of the Cudgegong Learning Community

PLEASE SEE OUR WEBSITE FOR THE COMPLETE CALENDAR OF EVENTS



COMING EVENTS

- 25 November P&C meeting
- 27 November Year 6 into 7 orientation day
- 5 December MAD Concert
- 12 December Presentation Evening
- 18 December last day for students
- 29 January Years 7, 11 & 12 commence

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- School calculator price change
- Writing Friday
- Bawamarra Relate news, communicate
- Anti-bullying Alliance update
- The Learning Curve
- Cyber Safety
- Canteen Menu
- Advertisements
- Sponsorship



Milla Jones



MUDGEE HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 25 November 2019 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

Week 5 Term 4 Awards

P&C Awards: Yr 7 Kai Fisher, Yr 8 Jade Devenish, Yr 9 Rhapsody Leaver, Yr 10 Russell Ross,

Yr 11 Bethany Lawrence

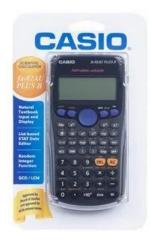
SRR Award: Not awarded this week

Writing Friday



School calculator price change

Please be advised that the cost of calculators purchased from the school office has risen to \$23.60





Bawamarra

(Relate news, communicate)



Applications for CSU 2019 programs are now open

The Indigenous Access Program is a 5 day testing and assessment program offered to Indigenous participants wanting to study at Charles Sturt University.

Successful completion of this program will gain you entry into a range of CSU Bachelor courses.

(https://study.csu.edu.au/get-support/indigenous)

All travel, meals and accommodation are covered for eligible participants.

Places are filling fast! Visit our website today: csu.edu.au/iap

Alternatively if you have any questions please feel free to contact the team on (02) 6933 4020 or email afb@csu.edu.au



Walanga Muru's Aboriginal and Torres Strait Islander Entry Pathway (ATSIEP)

An opportunity for Aboriginal and/or Torres Strait Islander students to gain entry to study an undergraduate level course at Macquarie University.

In 2019 they are hosting interviews in the 2nd week of each month from NOW to January 2020.

Walanga Muru's ATSIEP is a 2-stage process, comprising of an online application and an interview. Interviews will be held on campus to give students the opportunity to elaborate on their application in a casual setting and hopefully gain entry into any undergraduate degree here at Macquarie University in 2020 prior to the main round offers.

The on-campus interview days also gives students the chance to meet with other Aboriginal and Torres Strait Islander students currently studying at Macquarie University, learn more about our centre and the University campus, the events they run, and find out about any scholarships and accommodation options, and sporting opportunities etc. that you may be eligible for.

Each student that completes an online application (check out the link below for more info on the application) will be notified within 3 days of submitting an application whether their application is ready for an interview.

From the students interview date they will know within 2 weeks from the day they attend their interview whether they have been successful.

There are no prerequisites and students can apply if they:

- Would just like the peace of mind of an early offer.
- Are not going to receive an ATAR.
- Think that they may receive an ATAR score lower than is required for admission to their chosen degree.



APPLY NOW as applications are NOW OPEN

https://it-mqu.formstack.com/forms/aboriginal_and_torres_strait_islander_entry_pathway

Applications are now open for the UNSW Science & Engineering Pre-Program

Coordinated by Nura Gili, UNSW's Indigenous Programs Unit, the program is designed to provide support and training for Indigenous school leavers to better prepare them for study in the fields of Science and Engineering through an immersive experience at UNSW.

This program is for current year 12 students. Travel and accommodation costs are covered by Nura Gili. Successful completion of the Pre-Program may lead to entry into an undergraduate degree with UNSW Science or Engineering.

Apply here: https://www.nuragili.unsw.edu.au/study/indigenous-preparatory-programs or email any questions to Science.EDI@unsw.edu.au

Anti-Bullying Alliance Update



POWERFUL CONVERSATIONS ON BULLYING

Week 6: Prevention: Environment can make a difference

What factors help your child feel safe at school?

What does the school do really well to create a safe environment for everyone?

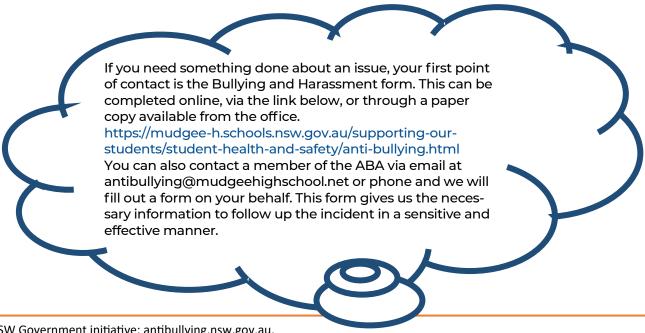


A large and growing body of research indicates school-based interventions can be successful in reducing bullying activities. Bullying is most effectively addressed through interventions that take a holistic, whole-school approach, include educational content that allows students to develop social and emotional competencies and learn appropriate ways to respond bullying; provide support and professional development to teachers and other school staff, and ensure systematic program implementation and evaluation.

How Mudgee High School successfully promotes positive social interactions



- A Whole-School Approach: Bullying extends far beyond school and is embedded in the values and norms of wider society. In order to address this, it is necessary to take a holistic whole-school and whole-community approach. This recognises that a positive school environment emphasises student wellbeing whilst reinforcing a norm of inclusiveness and diversity. Mudgee High School's Anti-bullying Policy provides a framework for a whole-school approach.
- Focus on preventing bullying in key school environments. At MHS we have preventative strategies that target key environments where bullying can occur – including the classroom and the playground – as a means of developing a positive school environment. In order to provide positive social interactions, we provide visible and responsive supervision; clear and consistent expectations for positive behaviour; constructive and engaging activities for social learning; and engagement of student leadership and peer support for social connections.
- **Promoting a culture of reporting bullying.** We encourage all students to report any forms of bullying. The expectation of a culture of reporting will both deter students from bullying others and enable the school staff to provide support to students experiencing bullying.
- Partnering with parents and carers. Our strategies support parental or carer involvement, weekly newsletter reports, and consultation on policy.
- Anti-bullying content in the classroom and/or Assembly. Students view age appropriate activities such as literature, audio-visual materials, videos and music.
- Promoting upstander behaviour. 'Upstanders' are active bystanders who defend who defend victims in order to reduce or prevent bullying.



A NSW Government initiative: antibullying.nsw.gov.au.

An Anti-Bullying Alliance information and resource strategy in conjunction with Mudgee High School's Anti-Bullying Plan.











Wellbeing Builder: Middle – OVERCOMING PROCRASTINATION

Senior – AVOIDING PROCRASTINATION

Wellbeing Element: POSITIVE ENGAGEMENT
Character Strength: SOCIAL-INTELLIGENCE
Wellbeing Fitness Challenge: FORGIVENESS LETTER

Wellbeing Reflection Activities: Middle – OVERCOMING PROCRASTINATION.

Senior – AVOIDING PROCRASTINATION (see website)

Parent Wellbeing: A skill of social-emotional resilience is being able to think flexibly.

Describe a time you have done this and how you could do it more

Often. (Acknowledgement: Rievich and Shatte)

Most students know when they are procrastinating, but don't have positive coping strategies to overcome it. An effective strategy is Takeoff Five. It works like this. Students make a list of tasks they regularly put off doing, choose one and apply themselves solidly for five minutes with no interruptions. Then repeat the process.

Using positive self-talk, setting self-expectations and the strength bravery will assist their effort to do this. Introducing students to assertive help seeking approaches is another effective strategy.

Procrastination can be caused by many issues including:

- . Perfection wanting to produce the "perfect" piece of work; being obsessed with detail
- Organisation wanting to be totally prepared and as a result not getting started or lacking the necessary study and research skills to perform the task
- Self-Doubts lacking the self-confidence to tackle the task at hand
- · Prioritising being unable to prioritise their activities to get the things done that they have to do
- Motivation lacking a purpose for being at school; "having to" rather than "wanting to."

Whatever the cause for procrastination may be, recognising and then addressing it immediately is a must. One certain thing is that it will not go away by ignoring it.

Cyber Safety





What is Minecraft?

Minecraft is a video game where players are given a 3D world to create and adapt as they see fit. It is popular with primary school-aged children, but is played by millions of people of all ages from all over the world. It's like a huge virtual sandbox in which players use a variety of tools to gather resources



from the environment and use them to build structures and craft tools. Players can create weapons and armour to fight monsters and interact with other players.

What devices can Minecraft be played on?

The original version of Minecraft is available for Windows, Mac, and Linux computers. A console version

is available on the PS3, PS4, PS Vita, Xbox 360, and Xbox One. There is a condensed 'pocket edition' of Minecraft for phones and tablets running Android, iOS and Windows Phone.

How do children interact with other players?

Players can interact with others players in several ways when playing Minecraft. While you can play offline and play on your own, players can also join small private servers where a group of friends play cooperatively online, or huge servers with thousands of players from all over the world.

To play Minecraft you need a username, and players select their own username to identify them in the game. If you want to restrict your interaction with others, it's important players know their friends usernames, and vice versa, so they know who they are playing against.

What are the benefits of playing Minecraft?

When played alone, Minecraft is a game that enhances creativity and

problem-solving skills. It can help children with their reading, writing, maths, and basic geometry. Played online with others, it can encourage teamwork and improve social skills.

What are the potential problems with Minecraft?

As with any online environment, children playing Minecraft online may be exposed to undesirable content or malicious individuals. Players can message each other privately or participate in a public chat with all other players connected to the same server. (A server is like a 'room' in which the game is played in, so only the people allowed into the room can play and everyone within that room can see what everyone else is doing.)

Bullying, swearing and rudeness are not uncommon in online gaming and, because servers in Minecraft can be hosted by anyone, there's no guarantee that server administrators will moderate the chat or stop negative behaviour when a complaint is made. Online gaming may also be an environment in which young people are exposed to inappropriate content or unwanted contact from adults for exploitative purposes.

Can I restrict who my child plays Minecraft with?

If your child plays on a server administered by someone who you don't know, then you have no control over who your child plays with. Some servers

may have hundreds or even thousands of players on them.

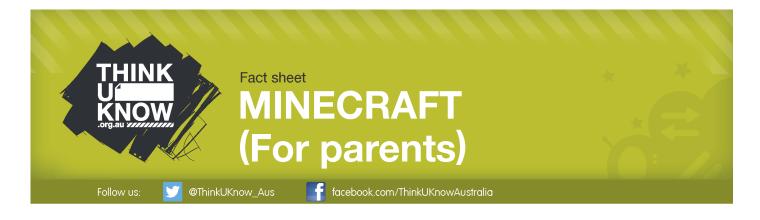
If your child wants to play online with their friends we recommend they play on a server administered by a trusted adult, such as a parent. Whitelisting mode (where only players on the approved list, the 'whitelist', can access the server)











should be turned on and configured to ensure that only your child and their friends are provided with access to the server that they play on.

Advice on how to configure a private server, or how to purchase hosting through a third-party, can be found at minecraft.net.

Disabling the chat function

Chat can be disabled in multiplayer mode by selecting Options > Multiplayer Settings and clicking on the chat button to toggle it between 'Shown', 'Hidden', and 'Commands Only'.

By setting the chat function to hidden, your child will not be able to see private messages or the public chat.

Disabling multiplayer mode

In single player mode, a user does not interact with other users of the game; however, you can still access the multiplayer mode and enable online play with others. The ability to access this multiplayer mode cannot be disabled.

Downloading 'mods'

Mods are user-created files which modify the game by adding new features or changing existing features. Mods are not inherently dangerous; however some malicious users attach viruses and other malware to the mod files they post online. If your child wants to download mods for Minecraft, we recommend that they only download them from reputable websites and that the files are scanned by up-to-date anti-virus software.

What can I do if another player is harassing my child?

Server administrators are able to control which players are given access to multiplayer servers. You should contact the server administrator for the specific server that your child plays on and report the abuse to them. However, it is up to the server administrator to determine what action should be

taken. While some servers have strict rules and codes of conduct for players, others may operate with no rules.

If you are unhappy at the response from the administrator you should consider having your child move to another server with more strictly enforced rules, or hosting your own server for your child and their friends to play on privately.

More information

The Minecraft website (minecraft.net) contains further information on the game and links to further resources.





thinkuknow.org.au



Advertisements

MUDGEE HIGH SCHOOL CANTEEN MENU 2019

HOT FOOD AVAILABLE EVERY	DAY	<u>Y</u>	MILK AND DAIRY	
CHICKEN & CORN ROLL	\$	1.70	MOOVE 300ML	\$ 2.50
PIZZA ROUNDA	\$	3.00	MOOVE 500ML	\$ 4.00
BEEF TRAVELLER PIE	\$	4.00	PLAIN MILK	\$ 2.00
CURRY CHICKEN PIE	\$	4.50	THICK& CREAMY YOGHURT	\$ 2.50
POTATO PIE	\$	4.50	DARE 500ML	\$ 4.00
CHILLI BEEF SAUSAGE ROLL	\$	3.50	NIPPY'S MILK 375ML	\$ 3.50
SAUSAGE ROLL	\$	3.00	CUSTARD 600ML	\$ 3.50
BEEF & GRAVY ROLL	\$	5.00		
HOT DOG WITH CHEESE	\$	4.00	BEVERAGES	
HOT DOG	\$	3.50		
GLUTEN FREE BEEF PIE	\$	4.50	COOLRIDGE WATER 750ML	\$ 4.00
			WATER 600ML	\$ 2.00
MAYO/SAUCE PORTIONS	\$	0.30	GATORADE G2	\$ 4.00
			HOT MILO (Winter only)	\$ 2.00
ROLLS & SANDWICHES			PEPSI MAX 600ML	\$ 4.00
HAM SALAD	\$	5.00	COKE ZERO	\$ 2.50
EGG SALAD	\$	5.00	SPRITE ZERO	\$ 2.50
CHEESE SALAD	\$	5.00	KYNETON MINERAL WATER	\$ 3.00
CHICKEN MAYO & SHALLOTS	\$	5.00	BERRI FRUIT JUICE 350ML	\$ 3.00
CHICKEN CAESAR	\$	5.00	<u>ICECREAMS</u>	
SWEET CHILLI CHICK/AVOCADO	\$	5.00	SHAKY SHAKE	\$2.00
			PADDLEPOPS	\$ 1.60
ALL ROLLS CAN BE MADE ON O	JLU	TEN FREE ROLLS	Bulla FROZEN YOGHURT	\$ 2.50
PLAIN BREAD ROLL	\$	1.20	Twisted FROZEN YOGHURT	\$ 2.50
SALADS			MILO SCOOP	\$ 3.50
GARDEN SALAD GF	\$	6.00	CYCLONE	\$ 2.00
CHICKEN CAESAR SALAD	\$	6.00	RASPBERRY ICY POLE	\$ 1.30
FRESH FRUIT SALAD	\$	4.00	LEMONADE TWIST	\$ 1.00
SEASONAL FRUIT	\$	1.00	DAILY SPECIALS	
CHECK AVAILABILITY OF THESE SALADS			<u>MONDAY</u>	
BUDDHA BOWLS	\$	7.50	SWEET CHILLI CHICKEN	\$ 5.00
POTATO SALAD WITH CURRIED			WRAP (ORDER ONLY)	
CHICKEN	\$	7.50	TUESDAY	
MEXICAN CHICKEN WITH GUACAL	MOL	E	PIZZA SUB	\$ 2.50
BROWN RICE & JALAPENO SALAD	\$	7.50	WEDNESDAY	
GREEK SALAD	\$	6.00	WEDGES	\$ 2.50
COUS COUS SALAD	\$	5.00	sour cream/sweet chilli sauce	\$ 0.50
PASTA SALAD	\$	6.00	THURSDAY	
			CHICKEN BURGERS	\$ 4.00
SUSHI	\$	5.00	GF CHICKEN BURGER	\$ 4.00
SNACKFOOD			GF Order only	
RED ROCK DELI CHIPS	\$	1.00	<u>FRIDAY</u>	
JJ SNACKS	\$	1.50	THAI CHICKEN ROLL OR BOWL	\$ 6.00
GRAIN WAVES	\$	1.00	ORDER ONLY	
CHECK OUR DAILY MENURO	ARD	FOR OTHER SPEC	IALS INCLUDING HOMEMADE	

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

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



Australian Australian Air League

NSW Group

Mudgee Boys Squadron is now enrolling.







Since 1934, the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills such as leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls the age of 8 years from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out or our young Australians.



Mudgee Boy Squadron

<u>Meeting Night:</u> Friday

<u>Meeting Times:</u> 7.30pm till 9.30pm

<u>Meeting Place:</u> Aero Club clubhouse, George Campbell Dr,

Mudgee Airport, Mudgee



FOR MORE INFORMATION PLEASE CONTACT

Mark Woodhead 0411 435 756 or Thomas McAdam 0421 794 065

Email: mandiwoodhead@optusnet.com.au or oc.georgecampbell@airleague.com.au www.airleague.com.au Email: info@airleague.com.au

Free Call: 1800 502 175



YFU Student Exchange is a not for profit, volunteer supported organisation that operates in more than 50 countries worldwide. We have students arriving in Australia in 2020 and they need host families!

Phone: +61 2 9659 2420

Free Call: 1800 654 947 (Australia) Free Call: 0800 833 624 (New

Zealand)

Websites: www.yfu.com.au www.yfu.co.nz





The Schools Spectacular is an iconic cultural event, unequalled in the world.

With a 2700 voice choir, 2300 diverse dancers, an 80-piece symphony orchestra, a world-class stage band and a vast number of outstanding solo performers, the Schools Spectacular is unparalleled in the world in terms of sheer size, scale and scope.

In fact, this world-class performance is a Guinness World Record holder! Showcasing incredible talent of all ages from public schools in all regions of NSW, this is a not-to-be-missed event.

Tickets are selling fast and time is running out so grab your tickets today.

INDIGENOUS ACCESS PROGRAM

MAKE TRACKS AND GET STARTED ON YOUR PATHWAY TODAY...













Are you curious about university, but not sure if you'd get in?

You're not alone. Which is why Charles Sturt University has developed the Indigenous Access Program.

It's a five-day alternative entry program for Australian Aboriginal and Torres Strait Islander people, of all ages, wanting to study at Charles Sturt.

How does it work?

You will undertake a range of testing and assessments which will determine your suitability for study. It's a chance to work out what you want to do and see if your chosen course is a good fit. Together we'll create a personalised plan for your academic future. You'll also get to try out uni life and discover all the different services available at Charles Sturt.

If you're successful, you'll be guaranteed a place in a host of Charles Sturt undergraduate courses.

Where and when?

Dubbo Campus

8-12 July 2019

Wagga Wagga Campus

18-22 November 2019

Port Macquarie Campus

2-6 December 2019

Bathurst Campus

3-7 February 2020

For eligible participants we'll even provide your travel, accommodation and meals for the week.

Hurry – places are limited.

Apply today at csu.edu.au/iap

For more information, contact:

Email: afb@csu.edu.au Website: csu.edu.au/iap Phone: (02) 6933 4020



Charles Sturt University













After some re-planning and juggling of Committee roles, Gulgong Folk Club Inc. now has a new Festival Director, and it is FULL STEAM AHEAD for the 34th annual Gulgong Folk Festival:

29-31 December 2019.

Sponsors still have time to jump on board.

Accommodation choices are varied, and will be eagerly sought.

The **Bushwackers Bush Band** has top billing.

On offer will be concerts, jam sessions and 'blackboard concerts (walk-ups), relaxed / informative workshops for instruments and voice.

Poets' Breakfasts, too. And, Buskers' Corner for morning music on Mayne Street.

- *Special news for songwriters ... two (2) song writing competitions.
- a) A new comp for any freshly penned folk song, with age categories up to 21 years/ over 21.
- b) The established and respected John Dengate political parody songwriting competition.
- * It is obvious that there is plenty of material around for folk songs and, especially, parodies!!

The main Festival venues have efficient air-con.

A Gulgong Treat:

Pianists are welcome to display their talents on the Steinway in the Prince of Wales Opera House in the Open Recital.

Do check out some details at www.gulgongfolkfestival.net.au and like us on Facebook.

TryBooking is our online ticket sales contact of choice, with an impressive 'early bird' offer.

Children under 12 years of age gain FREE entry for the Festival.

Volunteers devoting 8-9 hours of Festival duty will earn a free 3-day Season Ticket.

Queries:

Please contact Di Clifford:- 0458 032 150 e:- di.clifford15@gmail.com

TOWN HALL CINEMA

Showing December 6th, 7th & 8th

Tickets available online from Monday 25th of November

Visit trybooking.com and search 'Mudgee Town Hall Cinema'.





After the Wedding

Sat 7th Dec	7:30pm
Sun 8th Dec	4:30pm

* Tickets also available at the door (if not sold out prior).

For more information visit midwestern.nsw.gov.au or Mudgee Town Hall Cinema on Facebook



Zombieland: Double Tap

Fri 6th Dec	7:00pm
Sat 7th Dec	4:30pm

The Al

The Angry Birds 2 Movie

Sat 7th Dec	11:00am
Sat 7th Dec	2:00pm
Sun 8th Dec	11:00am
Sun 8th Dec	2:00pm

Ticket prices

Adults	
Children/Concession	
(Seniors card not accepted)	
Children under 5 years	

Proudly supported by



\$15

\$10





Sponsorship

Mudgee High School - LINK Program
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Ulan Coal Mine