

# MHS Newsletter

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Monday  
11 March  
Week 7 Term 1  
2019

## Principal's Message

### "People are being mean to me..." Part II

Last week, I wrote in these pages about friendship and friendship groups. The purpose of those jottings was to provide a possible "in" when talking to your child about the nature of friendship, particularly if that child is going through a patch where their perception is that everyone is being mean to them.

Last week focused on a number of issues. These included knowing that conflict in any friendship is normal; knowing one's personal boundaries and what behaviours are deal breakers, the kinds of behaviours from "so-called" friends that leave you feeling awful, and; the perils in looking to punish those who have hurt your feelings.

This week's final instalment begins with:

### **You don't own your friends.**

It is almost universally understood that being possessive of one's friends is a huge turn off for those same friends. It also makes the possessive person look needy when they are unhappy that their friends have other friends.

Kids, like adults, need to realise as early as possible that their friends are allowed to have other friends, or even just be with other people.

It will not always feel good, but it is not necessarily a personal rejection.

There are different levels of friendship. An individual can be friends – or at least friendly – with the people in their class or those with whom they share after school activities like sport, band or the musical without it being a rejection of a long-standing friendship. Some friendships developed in such situations will seldom go further, the people involved being more like acquaintances than true friends.



And that is perfectly normal.

Good friends should be prepared to allow their friends to explore other friendships without jealousy or frightening projections like, "I'm being replaced." Importantly, your kids should know that they can do the same; allow other friendships into their lives without the need to make every one of those new friendships a "Best Friend for Life" (BFFL) deal.

### **Friends with some but kind to all**

It is important for our children to realise that no student needs to be friends with everyone at school, but every student needs to be kind.

*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- 12 March Year 7 vaccinations
- 14 March Parent/teacher night for years 8, 9 and 10
- 25 March P&C meeting
- 26 March Year 10 vaccinations plus Year 7 catchup

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards and SRR Award
- Writing Friday
- P&C AGM
- Japanese news
- Cultural diversity at MHS
- Vaccinations
- Qld Flood Appeal
- What do I do when?
- Harmony Day poster competition
- Bawamarra news
- Advertisements
- Sponsorship

Why?

Because school is so much easier and more enjoyable when those within it make the decision to look out for each other's wellbeing. At some point or perhaps even several times in each of our lives, we each will suffer a moment of humiliation. It would be reassuring to think that those with whom we spend so very much of our waking hours were more prepared to treat us with compassion and kindness at those times, rather than see such moments of vulnerability as opportunities to "get" us.

Learning how to navigate friendships is a tricky road and often a lifelong process. As adults, experience will have ensured that we know this all too well.

Kids, like the rest of us, will make bad judgement calls at times.

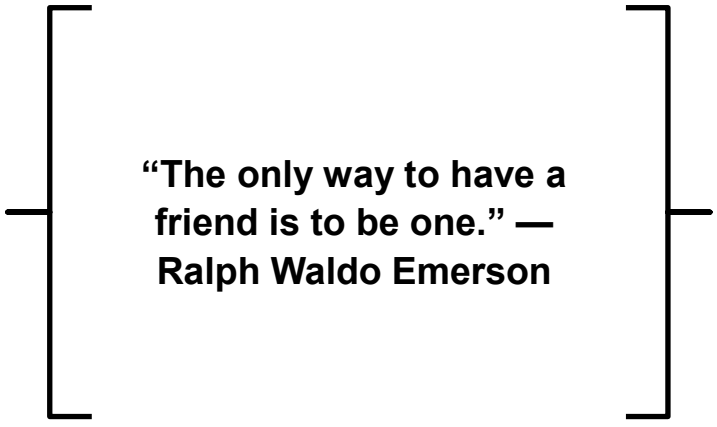
The poor choices our kids make when navigating friendships are often based on fear or ignorance rather than kindness or knowledge.

Our job is always to make it possible for them to learn from the good days what works and learn from the bad days what they can do better in the future... even in friendships.

Until next week...

Wayne Eade

Principal



**"The only way to have a friend is to be one." — Ralph Waldo Emerson**

**MUDGEES HIGH SCHOOL P&C**

**The next meeting of the Mudjee High School P&C will be held on Monday 25 March 2019 at 7pm in the school library and will include the AGM.**

**Entry via Horatio Street.**

**All welcome.**

## Week 6 Term 1 Awards

**P&C AWARDS:** Year 7: Miriam Halbisich, Year 8: Tyler McCallum, Year 9: Gibson Jackson, Year 10: Trinity Ryan, Year 11: Alexis Gaffney, Year 12: Jayden Williams

**SRR AWARD:** Alyssa Boland Year 8

## Writing Friday



**I love a sunburnt country...**

**Your goal:**  
200 words  
20 minutes

**Write about the Australian outback.**  
**What's special about it?**

Use:  
First person.  
The word '*unique*' – it's an adjective that means 'one of a kind'.  
Three more interesting adjectives.

## P&C Annual General Meeting

The Mudgee High School P&C AGM will be held on Monday 25 March at 7pm in the school library.

At this meeting, the committee for 2019 will be elected.

This committee will consist of:

- President
- Vice President (Canteen)
- Vice President
- Treasurer
- Secretary.

A General Meeting will be held after the AGM.



Japanese

# 日本語

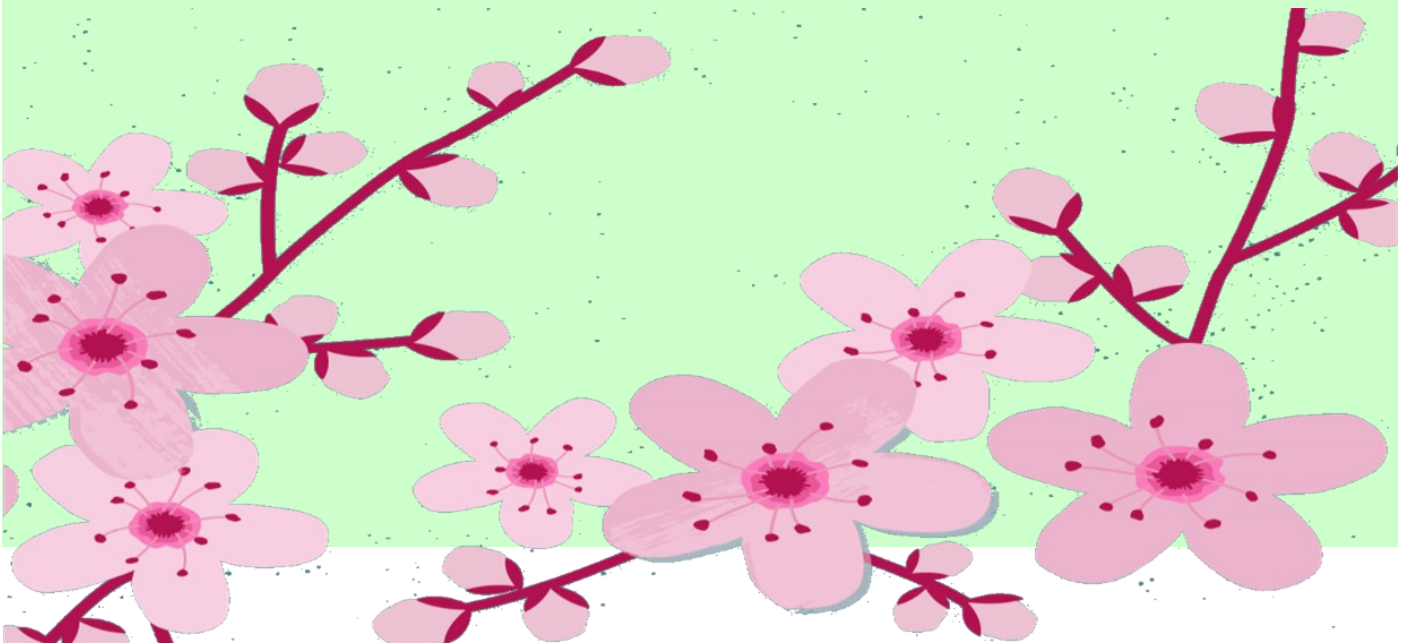


Year 7 are off to an amazing start in their language studies. They have recently completed their first topic learning a little bit about Japan, the language and its society.

Year 8 have started down the path towards mastering the written script of Hiragana, a feat that should be commended. がんばって。

Year 9 and 10 this year make up the VI class and are working through the Obento series textbooks. They are working to build upon the foundation of their previous studies.

Year 11 Beginners and Continuers are also working to build upon their foundation studies, as they have only three short terms to 'Get Ready' for the HSC course.



Below is a snapshot of the upcoming assessment tasks for Japanese. Please ensure that any consideration forms, including known absences for the day, are negotiated with teachers.

Japanese Assessment		
Year 7	Introduction to Japanese	Term 1 Week 7
Year 8	To be advised	
VI (9 and 10)	To be advised	
Year 11 (B and C)	じこしょうか い L / S	Term 1 Week 9



ありがとうございました。

Thank you

Date 先生

Saunders 先生

## Cultural Diversity at Mudjee High School

*This week, we continue to profile one of the many cultures represented at Mudjee High School. This week's profiled culture is that of **Finland**.*



The flag of Finland was officially adopted on May 29, 1918. The off-centered blue cross is based on the Scandinavian Cross, a cross widely used on the flags of Scandinavian countries. The blue color is symbolic of blue skies, and the thousands of lakes in Finland. The white represents the winter snows.

Source: <https://www.worldatlas.com/webimage/flags/countrys/europe/finland.htm>

Finland (Suomi in Finnish) is a country in Northern Europe and is a member state of the European Union. Finland is one of the Nordic countries. Finland's neighbours are Sweden to the west, Norway to the north, Russia to the east and Estonia to the south, beyond the sea called Gulf of Finland. Most of Finland's western and southern coasts are on the shore of the Baltic Sea.

The capital of Finland is Helsinki. 5.3 million people live in Finland. Finnish and Swedish are the official languages of Finland. Most people in Finland speak Finnish, but about six percent of Finland's people speak Swedish as their mother tongue, living mostly in the western part of Finland and on Åland (Finnish Ahvenanmaa). Finland became independent from Russia in 1917.

Finland is a highly industrialised First World country. The most important Finnish industrial products are paper, steel products such as machines, and electronics.

Nokia (the mobile company) is originally a company of Finland, named after the small town of Nokia.

The most important festivals that Finnish people celebrate are Midsummer and Christmas. Santa Claus is an old Finnish tradition, although later the Coca-Cola company introduced him to the world.

There is a very small group (a minority) of a few thousand Samis (also called Lapps) in the most northern part of Finland, called Lapland. Most of the Samis live in Norway and Sweden. Many Sami people farm reindeers. Originally Samis were hunter-gatherers. In the past, the Sami were nomads, but nowadays they live in regular houses.

Source: <https://kids.kiddle.co/Finland>

The population of Finnish students at Mudjee High School: 0.1%

## Vaccinations

The first vaccination clinic is Tuesday 12 March for Year 7 only.

The second clinic is Tuesday 26 March for Year 10 and catch-up for Year 7.

## Support the Queensland Flood Appeal – Mufti Day

Next Friday 15 March, Students at Mudjee High School are encouraged to come in mufti to support the farmers of the Townsville region where upwards of half a million cattle were lost in the recent flood disaster.

In stock losses alone, this is an unprecedented disaster.

It is expected that students will dress like farmers where possible, however, the main idea is to raise money for the flood victims.

A gold coin donation is all that is required for a student to come in mufti on the day. Students who prefer not to contribute should come in full school uniform.

## What do I do when?

### **I wish to leave the class during lesson time.**

This is allowed only in emergencies. Check with your teacher. You must have a note if you are out of class.

### **I was absent from school because I was sick.**

You must bring a note explaining why you were away (on the day you return to school) and put it in the Absence box located in the student foyer of the Front Office. Absence booklets are available at the front counter for parents to take home and fill in when needed.

Absences can also be recorded on the Mudjee High School Parent Portal.

### **I know I will be absent for a family reason.**

Bring a note to the office. The Principal must approve all absences longer than 3 days.

Overseas holidays require a form to be filled out at the Front Office.

### **I am late for school.**

After 9.10am, report to the front office. Unless you bring a note, you may be placed on detention. **You must not go to class without a late note.**

### **I want to leave school early or have an appointment during the day.**

You must bring a note giving the reason for early departure and take it to the office before 9.00am. The note should indicate whether you will be returning and if so, when. Students are not permitted to leave school to just visit the shops. Students leaving school must be signed out.

(Printed leave booklets are available from the front office)

### **I am feeling sick at school.**

If a student is sick during the day he/she must obtain a note from their classroom teacher or from a teacher on duty during breaks and report to the Front Office. Students must not come to the Front Office without a note unless it is an emergency. Students must not make their own phone calls or texts to parents or carers unless directed by staff. Front Office staff will make all efforts to contact a parent or carer to collect a student if they need to go home. Accurate contact details are essential for this process to run smoothly. If warranted, an ambulance will be called. Please be aware that the cost of the ambulance is borne by the school.





# Harmony Day Poster Competition

## 2019 Competition

Each year, the Harmony Day Poster Competition attracts thousands of entries and brings out the creativity and passion of school students motivated by a desire for a peaceful and inclusive society.

The competition is open to all primary and secondary students across NSW and the ACT.

### Theme

Students are encouraged to visually articulate their interpretation of the 2019 theme:

**‘Harmony – it’s up to us’.**

### Closing date

The closing date for entries is Friday 12 April 2019.

### Prizes

Prizes are awarded in two categories – Senior (Year 7 – Year 12) and Junior (K -Year 6).

In each category the following prizes are awarded:

State Winner           \$500

Regional Winner   \$150

State Winner’s School   \$500

Winners will be decided in May 2019 and a prize giving function is scheduled to be held at the

NSW Parliament in June 2019



For more information and to download the entry form and the entry rules, go to <http://movingforwardtogether.org.au/harmony-day-poster-competition/>



There is also a **Song Writing Competition** for those of you with a lyrical prowess!! Go to <http://movingforwardtogether.org.au/harmony-day-song-writing-competition/> for more details on this one.

For more information about any of this, see Miss Windeyer in the HSIE staffroom.







## **Bawamarra**

(Relate news, Communicate)



**2019 Arts Initiatives**

**NSW Public Schools**

# **Secondary Aboriginal Dance Workshops**

**Presented by the Arts Unit in partnership with**

## **Bangarra Dance Theatre's Youth Program**



Aboriginal students from NSW Public Schools are invited to participate in these one day workshops run by the Department of Education in collaboration with the internationally renowned Bangarra Dance Theatre. These workshops cater for both experienced and inexperienced Aboriginal and Torres Strait Islander dancers. Aboriginal and Torres Strait Islander boys and girls from Years 7-12 are invited to attend. Students with exceptional talent and potential will be identified from these workshops and shortlisted to be invited to join the 2019 NSW Public Schools Aboriginal Dance Company. In 2018, the Aboriginal Dance Company and Schools Spectacular Aboriginal Dance Ensemble performed to great acclaim at a range of high profile and televised events.

The cost for each full day workshop is \$33.00 per student including GST  
All workshops will run from 9.15am - 2.30pm

### **Applications are now open for the following 2019 workshops:**

Workshop: Batemans Bay HS  
Workshop: Nowra  
Workshop: Sydney - Robyn Webster Sports Centre  
Workshop: Brewarrina CS  
Workshop: Wellington HS  
Workshop: Duval HS  
Workshop: Deniliquin HS  
Workshop: Leeton HS

Date: Tuesday 12 March 2019  
Date: Wednesday 13 March 2019  
Date: Friday 15 March 2019  
Date: Tuesday 19 March 2019  
Date: Wednesday 20 March 2019  
Date: Friday 22 March 2019  
Date: Tuesday 26 March 2019  
Date: Wednesday 27 March 2019

Download the information package and apply for workshops here: <https://www.artsunit.nsw.edu.au/events-initiatives/secondary-aboriginal-dance-workshops>



# MUDGEE HIGH SCHOOL CANTEN MENU 2019

## HOT FOOD AVAILABLE EVERY DAY

CHICKEN & CORN ROLL	\$ 1.70
PIZZA ROUNDA	\$ 3.00
BEEF TRAVELLER PIE	\$ 4.00
CURRY CHICKEN PIE	\$ 4.50
POTATO PIE	\$ 4.50
CHILLI BEEF SAUSAGE ROLL	\$ 3.50
SAUSAGE ROLL	\$ 3.00
BEEF & GRAVY ROLL	\$ 5.00
HOT DOG WITH CHEESE	\$ 4.00
HOT DOG	\$ 3.50
GLUTEN FREE BEEF PIE	\$ 4.50
MAYO/SAUCE PORTIONS	\$ 0.30

## ROLLS & SANDWICHES

HAM SALAD	\$ 5.00
EGG SALAD	\$ 5.00
CHEESE SALAD	\$ 5.00
CHICKEN MAYO & SHALLOTS	\$ 5.00
CHICKEN CAESAR	\$ 5.00
SWEET CHILLI CHICK/AVOCADO	\$ 5.00

## **ALL ROLLS CAN BE MADE ON GLUTEN FREE ROLLS**

PLAIN BREAD ROLL	\$ 1.20
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## SALADS

GARDEN SALAD GF	\$ 6.00
CHICKEN CAESAR SALAD	\$ 6.00
FRESH FRUIT SALAD	\$ 4.00
SEASONAL FRUIT	\$ 1.00

## CHECK AVAILABILITY OF THESE SALADS

BUDDHA BOWLS	\$ 7.50
POTATO SALAD WITH CURRIED CHICKEN	\$ 7.50
MEXICAN CHICKEN WITH GUACAMOLE	

BROWN RICE & JALAPENO SALAD	\$ 7.50
GREEK SALAD	\$ 6.00
COUS COUS SALAD	\$ 5.00
PASTA SALAD	\$ 6.00

SUSHI	\$ 5.00
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## SNACKFOOD

RED ROCK DELI CHIPS	\$ 1.00
JJ SNACKS	\$ 1.50
GRAIN WAVES	\$ 1.00

**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 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**

## 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	\$ 3.50
CUSTARD 600ML	\$ 3.50

## BEVERAGES

COOLRIDGE WATER 750ML	\$ 4.00
WATER 600ML	\$ 2.00
GATORADE G2	\$ 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

SHAKY SHAKE	\$2.00
PADDLEPOPS	\$ 1.60
Bulla FROZEN YOGHURT	\$ 2.50
Twisted FROZEN YOGHURT	\$ 2.50
MILO SCOOP	\$ 3.50
CYCLONE	\$ 2.00
RASPBERRY ICY POLE	\$ 1.30
LEMONADE TWIST	\$ 1.00

## DAILY SPECIALS

### MONDAY

SWEET CHILLI CHICKEN WRAP (ORDER ONLY)	\$ 5.00
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### TUESDAY

PIZZA SUB	\$ 2.50
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### WEDNESDAY

WEDGES	\$ 2.50
sour cream/sweet chilli sauce	\$ 0.50

### THURSDAY

CHICKEN BURGERS	\$ 4.00
GF CHICKEN BURGER	\$ 4.00
GF Order only	

### FRIDAY

THAI CHICKEN ROLL OR BOWL ORDER ONLY	\$ 6.00
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## Advertisements



presents...



**MPAS' much awaited 2019 pantomime production of "Cinderella" opens March 29 at Mudgee's iconic Town Hall Theatre!**

**Cheer the sweet heroine! Boo the Evil Baroness! Join in the wonderful songs! Gasp at the amazing magical effects!**

**Terrific panto fun for all ages!**

**Dates: March 29, 30 and 31, April 5, 6 and 7. Matinees available.**

**Cost: Adults \$25, Conc. \$15 (high school student, senior), Child \$10 (primary and preschool) Family \$60 (2 adults and 2 primary aged children).**

**Tickets: Online at [mpas.org.au](http://mpas.org.au) or drop in to our pop-up box office every Saturday morning at Mudgee Library. Please book early – it's assigned seating and our pantos usually sell out.**

**Info: 0458 017 527 or visit [mpas.org.au](http://mpas.org.au)**





## THE 39<sup>TH</sup> GULGONG



### PRINCE OF WALES EISTEDDFOD 2019

**COMMENCES: (SUBJECT TO No. OF ENTRANTS)**

**DANCE: 5<sup>th</sup> – 11<sup>th</sup> MAY 2019**

**SPEECH: 23<sup>rd</sup> – 27<sup>th</sup> MAY 2019**

**MUSIC: 29<sup>th</sup> – 31<sup>st</sup> MAY 2019**

**Gala Concert Friday 31<sup>st</sup> May 7pm**

The Eisteddfod is open to **ALL** and is a wonderful opportunity to participate in a range of arts alongside others of your same age or ability, **including beginners!**

**ALL ENTRIES CLOSE**

**DANCE/SPEECH/MUSIC:**

**31<sup>st</sup> March 2019, 11:59pm**

*(NOTE: Late entries will not be accepted)*

#### **Further Information:**

Copies of the 2019 Syllabus and the Entry Form are available on the website:

[www.gulgongeisteddfod.com](http://www.gulgongeisteddfod.com).

Preferred entry is via:

<http://www.stardom.com.au>

where the 2019 Syllabus can also be accessed.

# Blue Healers is coming to Mudgee

a program to help people manage mild to moderate  
**Depression, Stress & Anxiety**  
and develop learning strategies for coping

**\*FREE**

## Register today for the Blue Healer Education Program

Do you feel:

- Worthless
- Tired and Irritable
- Hopeless & Angry
- Suicidal

Finding it hard to:

- Sleep
- Eat Regularly
- Concentrate
- Enjoy things you used to

The NALAG Centre will be holding the Blue Healers  
Depression, Stress and Anxiety in Mudgee

**Friday 29 March 6-9pm**

**Saturday 30 March 9-4pm**

For more information please contact

Phone: 6882 9222

email: [shelleycarolan@nalag.org.au](mailto:shelleycarolan@nalag.org.au)  
to register today!

\* Free to all suitable applicants

NALAG Centre for  
Loss & Grief



**TXT 'EXCHANGE' TO  
0428 246 633  
FOR A FREE INFO PACK!**

## IF NOT NOW, WHEN?

**AT A GLANCE!**

- Choose from 27 countries
- Attend school overseas
- Live with a local host family
- Make memories to last a lifetime!

"THIS HAS BEEN THE MOST  
AMAZING ADVENTURE,  
THERE ARE NO WORDS!"  
CAITLIN, CANADA

**SCHOLARSHIPS AVAILABLE!**

## Sponsorship

**Mudgee High School - LINK Program**

**Proudly supported by**

**GLENCORE**

**Ulan Coal Mine**