

MHS Newsletter

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Monday
4 March
Week 6 Term 1
2019

Principal's Message

"People are being mean to me!"

I have a confession to make.

I am a shameless bowerbird when it comes to stories and articles that have some educational merit. A few weeks ago I was reading a collection of articles that focused on the internecine warfare that is sometimes waged between young people – usually girls – who would otherwise describe one another as friends. Over the next couple of newsletters, I want to explore what was revealed in some of the things I read.

I make no apologies for the fact that what follows is the synthesis of those readings and, in places, more or less direct appropriation.

As teachers, sometimes we hear that there is a cohort or group of students who are being "mean to each other." The group is often female, but this is not a necessary qualification in a world where sorting your issues with a little bit of biff has no place.

When these behaviours – this meanness – manifests in more than one place, it is not uncommon to hear a cry that there is a "culture of meanness", suggesting that meanness, in some, is almost a part of their DNA.

Garbage.

Mean behaviour is a learned behaviour. If it can be learned – the brain trained to respond in a certain way to certain stimuli – it can be unlearned.

Here are some tips for helping your kids understand some of the fundamentals that underpin good friendships, as well as how to recognise when people are genuinely being mean and as a result, when it is time to move on.



*A Member of the
Cudgong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 5 March school photos
- 12 March Year 7 vaccinations
- 14 March Parent/teacher night for years 8, 9 and 10

THIS ISSUE

- Principal's Message
- Year 10 shirts 2019
- MHS P&C Meeting
- P&C Award and SRR Award
- Writing Friday
- Health Care Plans
- Business Concierge Workshops
- Year 12 Regional University Roadshow
- School photo days
- Cultural diversity at MHS
- Best Start Year 7 assessment
- Harmony Day poster competition
- Bawamarra news
- Advertisements
- Sponsorship

KNOW that conflict in a friendship is normal.

All friendships have conflict!

Don't throw away a friendship because of a fight. If you're not sure if you should forgive your friend, ask "Is our friendship bigger than this fight?"

Step back and look at the friendship. Be willing to apologise or reach out if you want to keep the friendship because overall you think it is a good one.

REALISE that boundaries are EVERYTHING.

School friendships are a great time for young people to learn the important lesson of boundaries; a lesson that will carry them through school friendships, romantic relationships and even workplace dynamics. The sage advice I would offer here comes from Maya Angelou, the American poet and civil rights activist, who said:

"You teach people how to treat you."

Our kids, just like us, need to work out for themselves what are their friendship deal-breakers are. If someone treats you badly, you should be able to challenge their behaviour.

A challenge may sound like:

"I really like being with you but I'm not prepared to be spoken to like that."

or

"When you make fun of me like that - I feel humiliated/ embarrassed/ demeaned. So I'm asking you to stop."

Like us, kids should consider how to best achieve this. I wouldn't recommend the very public and theatrical "call out" of bad behaviour. They need to realise that they are not a star in a reality TV program. They really should be looking to avoid creating "a scene."

If you want to have a private word with someone about what you see as poor form on their part, take them aside or, if you find yourself with them and without an audience, take the opportunity to then have that word.

NEVER SEND A TEXT MESSAGE!

Conversations like this have no place online. They must be undertaken in person. That said, our kids need to realise that if their "best friend" routinely puts them down and/ or makes fun of them, or excludes them, that what they have with that person IS NOT FRIENDSHIP. They must never be so desperate to be a part of something that you are prepared to be treated like dirt just to be included. That price is way too high.

"I'M UPSET! Someone's gonna get PUNISHED!"

If someone upsets you, don't look for ways to punish them and certainly don't look to discuss it with everyone else. It's dramatic. It's theatrical. It's also emotionally draining and entirely stressful. Worst: it achieves nothing productive. Ask your kids to ask themselves this: Do I need additional stress in my life?

No one needs additional stress in their life. Life is stressful enough, and it doesn't get a whole lot better with age.

If someone upsets them, they should consider talking with that person causing them upset about that upset in a respectful yet assertive manner. Let's be clear, if someone has hurt our feelings or has annoyed us, we really only have two choices for moving forward. We can:

Do nothing and GET OVER IT! It is not entirely impossible the person did not intend to hurt your feelings.

or

Be proactive and TALK TO THEM ABOUT IT!

[illegible]

MUDGEES HIGH SCHOOL P&C

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

All welcome.

Week 5 Term 1 Awards

P&C AWARDS: Year 7: Charlotte Boal, Year 8: Jemima James, Year 9: Douglas Bowman, Year 10: Blake Mann, Year 11: Jess Lynch, Year 12: Bronte Cox

SRR AWARD: Grace Sievers

Writing Friday

Inside this chest is something incredibly important.

Use your imagination to write a story about it:

- What is it?
- Why is it important?
- Why is it in this box?
- Who might discover it?
- What effect might it have?

In your writing include:

- The word 'incredulous' it's an adjective that describes when you can't believe something because it's very surprising.
- A simile
- 2 interesting adjectives

Your goal:
200 words
20 minutes



Health Care Plans 2019

Mudgee High School works closely with students and parents to ensure that all health concerns are managed well at school. Late last year, students with health care plans were sent documents for signing and revising. If you are still to return those documents, please do so at your earliest convenience. This will allow us to make sure records are as up to date as they can be.

If your child has developed a health concern or has had changes to their health concerns/medications, please inform the school in writing at your earliest convenience.

Business Concierge Workshops

Years 7 and 10 'Survivor Life Skills' workshops

The Business Concierge Training and Development Company from Sydney will visit Mudgee High School on Thursday 14 March and Friday 15 March 2019.

This organisation specialises in presenting information on topics such as budgeting, goal setting, work rights and responsibilities, etc., to Years 7 to 11 students. For Year 7 in 2019, the topic will be 'Financial Literacy' and for Year 10 'Interview Skills and Techniques'.

The workshops are practical and interactive in nature, and the students will gain valuable skills to assist with future career planning as well as general living skills.

Feedback from students who have participated in these seminars in the past has been very positive.

The overall cost of the 'Survivor Lifeskills' program is \$11.00 per student which covers the costs of transport, the presentation and workbook in which students record useful information for future reference. **A contribution of \$3.00 per student** is requested from each student's parent/carer, with the remainder of the cost being subsidised. The \$3.00 student contribution will be **payable at the door at the commencement of the session**.

Your co-operation in this matter is appreciated.

If you have any questions relating to your child's involvement in the 'Survivor Lifeskills' workshops, please contact the school.

Mr. B Kempton

Careers Adviser

Year 12 Regional University Roadshow

'Year 12 students will attend a 'Regional University Roadshow' in the Mudgee High School gymnasium this Friday 8 March, Periods 3 and 4 (10.50 am - 12.05 pm).

Prospective Student Advisers from 5 regional universities, i.e. Charles Sturt, Southern Cross, Newcastle, New England (Armidale) and Wollongong will provide information on entry pathways, ATARs, the UAC process, financial considerations and accommodation.

Students will also have an opportunity to speak with representatives on a one-to-one basis to discuss specific career plans with regards to university courses.

Parents and carers are also invited to attend.

This session represents a fantastic opportunity for students to access a number of university representatives all under one roof.

If required, more information is available from the careers adviser, Mr. Kempton.

School Photo days

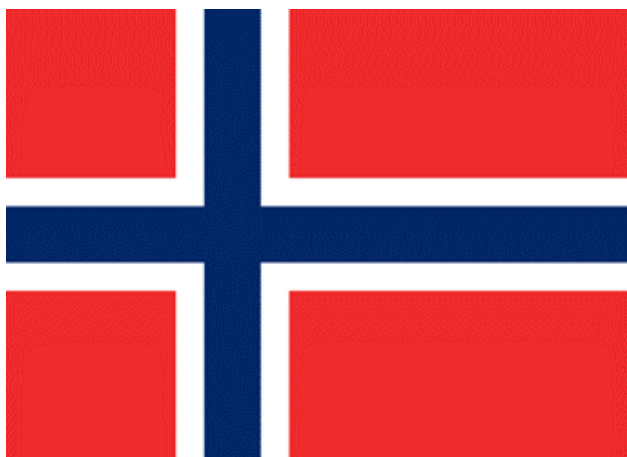
On Tuesday 5 March, Mudgee High School students and staff will have their school photos taken. Apart from an attractive keepsake, this process also involves generating important ID cards for new students. All students must have their photo taken **in full school uniform** in the designated periods on Tuesday. If any student is absent on Tuesday, they may be able to have their photo taken on Wednesday, as the photographers will conduct a catch up day.

Students should receive order forms and envelopes in the coming days. These are vital as they are individually bar-coded for each student. New students may not have their own barcode and will be given further information closer to the event. Payment can be made on the day with the correct cash/cheque/money order. There is also an ONLINE payment option which is increasing in popularity. Instructions for this method of payment will come with the envelopes when they arrive.

Any questions relating to school photos should be directed to the Maths staff.

Cultural Diversity at Mudjee High School

Each week we will be profiling one of the many cultures represented at Mudjee High School.



Norway provides this week's cultural profile.

Norway lies in Scandinavia, above the Arctic circle. A trip to Oslo is a 2-hour flight from London, or a 6-hour flight from New York.

Norway is a fjord country with many great fjords (sunken glacial valleys) to visit, like the Sognefjord, which is the biggest fjord in Norway with its 180km long finger peninsula.

Norway has a king and a queen. They are very popular with the Norwegian population. King Harald V and Queen Sonia have two sons, Crown Prince Haakon, who is married to Crown Princess Mette-Marit, and a daughter, Princess Märtha Louise. The royal palace is in Oslo and this is the main residence of the Royal Family.

Norwegians speak Norwegian, which is a Germanic language. This language is very similar to the Swedish and Danish languages. Almost all Norwegians can speak English, which is taught in schools as a second language.

In the northern parts of Norway, some indigenous people also speak the Sami language. The Sami people or Laplanders, also called Laps, live in the northern parts of Norway that border Sweden as well as Finland. They are the indigenous people of the arctic circle.

Population: Over 5.2 million people live in Norway (2017)

Capital: Oslo, with over 660,000 inhabitants.

Name: Kingdom of Norway, short: Norway, and in Norwegian: Norge

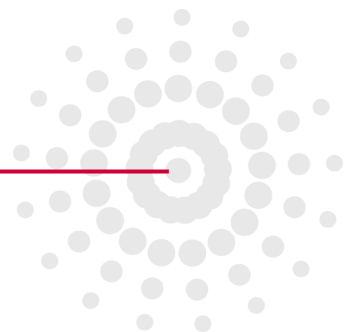
Government: Constitutional Monarchy

Religion: mainly Christians (more than 70% are Evangelical Lutheran)

Life expectancy: 79 years

At Mudjee High School the percentage of the school population that is Norwegian: 0.1%

Source: <https://www.kids-world-travel-guide.com/norway-facts.html>



Best Start Year 7 Assessment 2019 Information for parents and carers

Dear parents and carers

Best Start Year 7 is a new online assessment for students that helps provide information for teachers on the literacy and numeracy skills of students at the beginning of Year 7.

The Best Start Year 7 will take place at our school in **Term 1 2019**.

The assessment, covers key literacy and numeracy skills that are important to a student's success in all subjects in high school. Students come to high school with a range of experiences, skills and abilities in literacy and numeracy. It is important that teachers have current information about their students so that they can plan programs and lessons that best support the learning needs of every student.

The Best Start Year 7 Assessment will be completed at school during class time.

No preparation is needed for this assessment. Its purpose is to provide our teachers with additional information to best support the teaching of your child.

Please contact the school if you have any questions regarding the Best Start Year 7 assessment.

Telephone Interpreter Service

If you need an interpreter to assist you to contact the school, please call the Telephone Interpreter Service on **13 14 50** and ask for an interpreter in your language. The interpreter will call the school and will stay on the line to assist with the conversation. You will not be charged for this service.

Robyn Burke
Mudgee High 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 CANTEEN 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 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**

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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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
to register today!

* Free to all suitable applicants

**NALAG Centre for
Loss & Grief**



TOWN HALL CINEMA

***** SHOWING March 8th, 9th, 10th 2019 *****



Tickets available online from Monday 25th February

<https://www.trybooking.com/eventlist/mudgeetownhallcinema>

Mary Queen of Scots

Friday 8th March 7.00pm

Saturday 9th March 7.30pm



Mary Poppins Returns

Saturday 9th March 4.30pm

Sunday 10th March 11.00am

Sunday 10th March 4.30pm



How to Train Your Dragon: The Hidden World

Saturday 9th March 11.00am

Saturday 9th March 2.00pm

Sunday 10th March 2.00pm

Tickets available online from
Monday 25th February 2019
or at the door (if not sold out prior).

For more information visit

www.midwestern.nsw.gov.au or visit

Mudgee Town Hall Cinema on Facebook.

TICKET PRICES

Adults: \$15.00

Children/Concession: \$10.00

(Seniors Card not accepted)

Children under 5 years: Free

PROUDLY SUPPORTED BY



Combined Rotary Clubs of Mudgee

MWRC Youth Council



**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!

WEP.ORG.AU INFO@WEP.ORG.AU 1300 884 733

Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine



Coming soon to Mudjee High School

Mid June 2019

Stay tuned!