

MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEE NSW 2850
ABN: 18 246 198 266 Telephone: (02) 6372 1533 Facsimile: 6372 6321
Website: www.mudgee-h.schools.nsw.edu.au
Email: mudgee-h.school@det.nsw.edu.au
<https://www.facebook.com/mudgeehighschool/>



Monday
1 April
Week 10 Term 1
2019

Principal's Message

You may delay, but time will not

At a Thursday afternoon Positive Behaviours for Learning meeting a few weeks back, discussion turned to the positive buy in we have had from students with regard to mobile phone usage; the great majority have embraced what it is to be a respectful and responsible user of mobile technology.

An analysis of the figures surrounding those few students who have continued to struggle with personal mobile phone use that included both discipline data anecdotal observation, suggested that many of those taking their phones out in class without permission do not possess watches. Their phones are their watches.

In the days that followed that meeting, I became a conscious observer of wrists. When you actively look around, it soon becomes clear that many young people no longer possess watches. But back to the meeting...

Solutions to problems is what teachers do... and the easy solution was this. Put clocks in all learning spaces.

It was at this point that discussion turned to what kind of clocks. "What kind of clocks?" I thought. Analogue clocks, of course. Except there was no "of course". There was genuine concern among some of the PB4L team that quite a few students struggle with reading analogue clocks.



Now I may remember steam engines in regular service, riding in cars without seatbelts that travelled in miles per hour, and schools where discipline was delivered through a slender rod of bamboo cane, but I genuinely believe that an ability to read the time from an analogue clock HAS NOT passed. In fact, I would argue that possessing such a skill is all the more reason to put them in classrooms!

Skip forward to the weekend just passed...

On Sunday, Ms Date threw me a link to an online article in "We Are Teachers" that spoke of the future of time in many United Kingdom schools.

Malcolm Trobe, deputy general secretary at the Association of School and College Leaders (ASCL), told readers of the UK's *The Telegraph* that the younger generations have become more accustomed to digital services and, as a result, "aren't as good at reading the traditional clock face as older generations."

He went on, "They are used to seeing a digital representation of time on their phone, on their computer. Nearly everything they've got is digital so youngsters are just exposed to time being given digitally everywhere."

Trobe, a former principal, said that teachers want their kids to be as relaxed when sitting examinations, and traditional analogue clocks have the capacity to add unnecessary stress. His position is that schools should be doing everything in their power to make school as "easy and straightforward as possible."

"There is actually a big advantage in using digital clocks in exam rooms... it is much less easy to mistake a time on a digital clock when you are working against time."

Lowering the bar as a default position each and every time a children encounters

*A Member of the
Cudgong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 25 April ANZAC Day March
- 14, 15 and 16 May - NAPLAN testing
- 22 May Cross Country
- 27 May P&C meeting
- 31 May Athletics Carnival

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards and SRR Award
- Writing Friday
- Maths news
- Naplan
- Careers news
- The Learning Curve
- HSC Minimum Standard
- Harmony Day poster competition
- Advertisements
- Sponsorship

something a little challenging has the potential to set a course that is nothing more than a continuous downward spiral.

All of this comes on the back of another UK observation, this one from 2018 and made by Sally Payne, head paediatric occupational therapist at the Heart of England foundation National Health Service Trust. Payne noted that children nowadays find it harder to hold pens and pencils as a result of increased technology use.

“To be able to grip a pencil and move it, you need strong control of the fine muscles in your fingers. Children need lots of opportunity to develop those skills... It’s easier to give a child an iPad than encouraging them to do muscle-building play such as building blocks, cutting and sticking, or pulling toys and ropes. Because of this, they’re not developing the underlying foundation skills they need to grip and hold a pencil.”

Payne’s reflections read more like a warning than an observation.

Be aware that Mudgee High will not be going down the same path as a great many schools in Britain.

The ability to read an analogue clock continues to be a valuable skill. The ability to recognise what a quarter past, half past or quarter to the hour means is a valuable segue to understanding fractions for one.

We won’t be asking our students to travel by steam train or ride in cars without seatbelts or even take six of the best when earned, but we will be expecting them to leave their phones in their bags, either off or on silent, and to develop their skills in deciphering the mystery that is... the analogue clock!

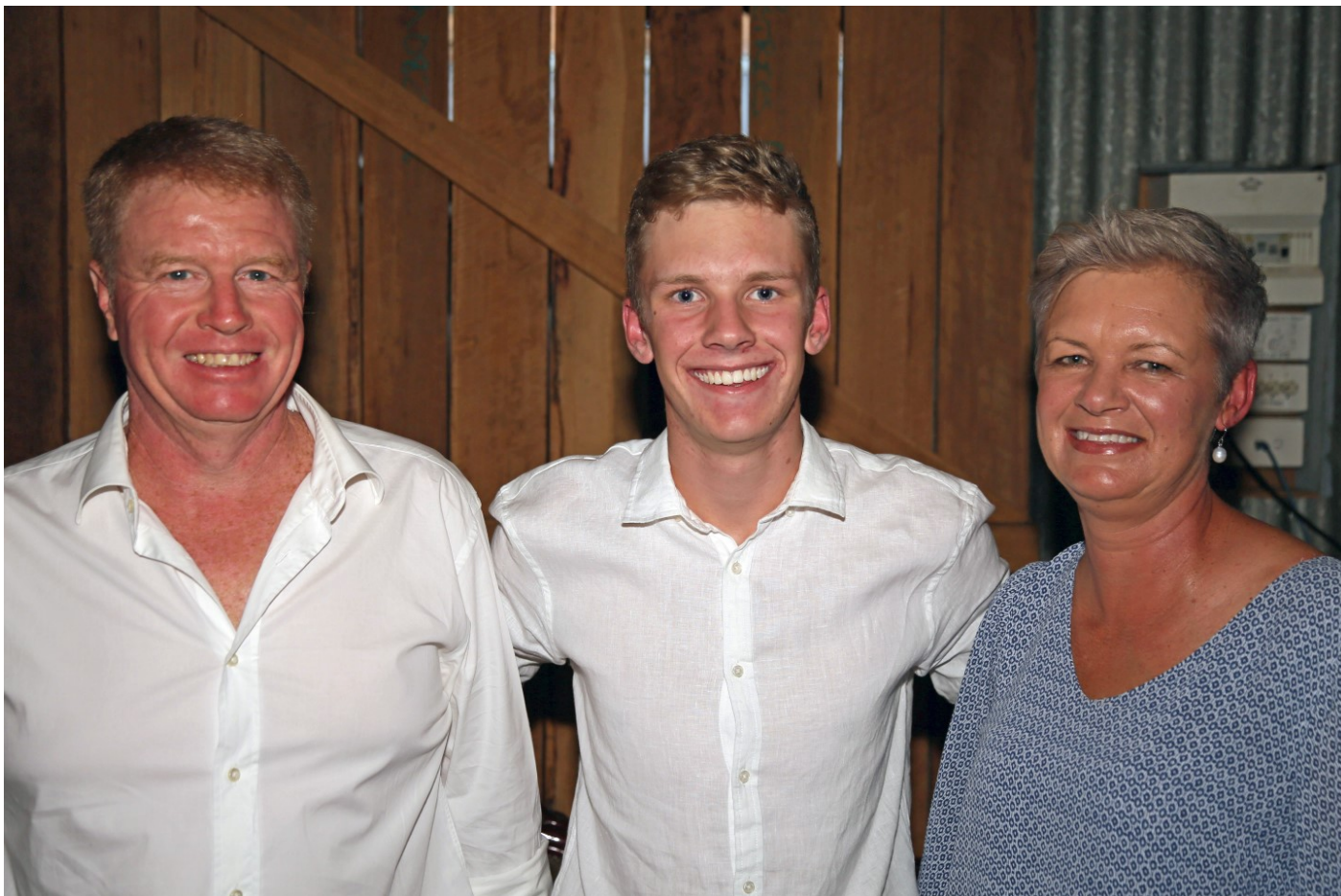
Moolarben Spirit Awards

Well done Lachlan Wall (Year 12) and Sharnie Ekert (Year 10) who were recognised by the folk at Moolarben Coal with Moolarben Spirit Awards for their respective contributions to the community and their personal commitment to their studies.

Pictured is Lachlan at the Spirit Awards presentation evening held at Roths last Thursday. Lachlan is flanked by his parents, Greg and Elizabeth Wall. Unfortunately, Sharnie could not be there on the night.

Until next week...

Wayne Eade
Principal



MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 27 May 2019 at 7pm in the school library.

Entry via Horatio Street.

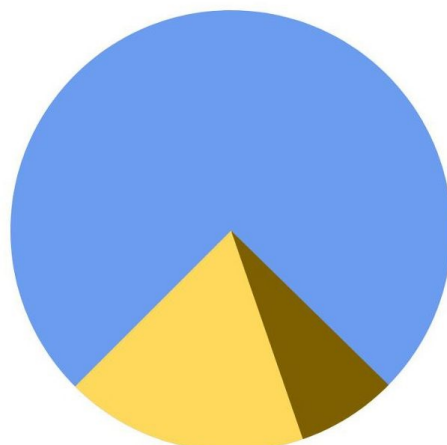
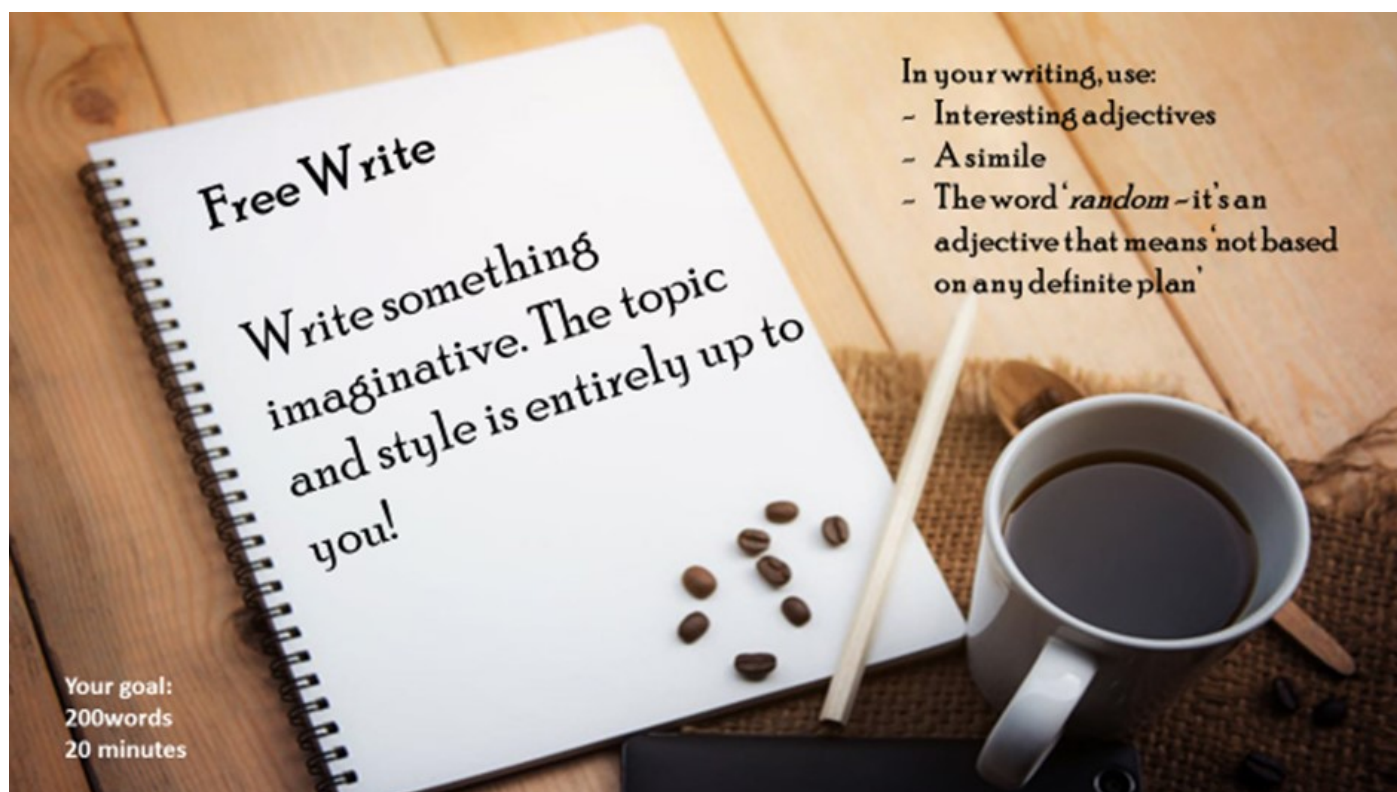
All welcome.

Week 9 Term 1 Awards

P&C AWARDS: Year 8: Emily Gatley, Year 9: Paige Jupp, Year 10: Shanisha Sunderland, Year 11: Jada Le Brocq, Year 12: Taylah Ellis

SRR AWARD: Zoya McCoullough

Writing Friday



Pie Chart Reading for beginners...

- Sky
- Sunny side of pyramid
- Shady side of pyramid

Maths News

Senior Assessment in Mathematics

With the introduction of the new senior courses, there have been some changes to the way students are assessed in Year 11 and 12 Mathematics. This includes the Standard Mathematics and Extension Mathematics courses. Students will be attempting a range of assessment task types such as tests, written assignments and digital submissions. At times, students may find the demands of the senior years challenging and your support as carers and parents is important. You can provide support and encouragement to students to maintain a healthy balanced life style, build resilience and manage time effectively. If students have any queries about what is expected of them in these tasks, they are encouraged to talk to their teacher or someone from the Mathematics Faculty as soon as possible so that assistance can be provided.

Australian Mathematics competition (Thursday 1 August)

Do you like to challenge yourself?

The Australian Mathematics Competition is drawing closer and entries will open early next year. To participate, students need to pay \$6.50 to the front office. To help prepare, students may approach Mr Lynn for some past papers. This will give them an idea of what to expect in the competition and the style of questions asked.

Year 7 Technology and Maths

In Year 7 again this year, two of the Mathematics classes have the opportunity to use computational thinking skills and project based learning to develop their problem solving skills in a technology based initiative. The students are learning basic computer coding skills through guided tutorials. They will investigate space and measurement by programming the movement of Sphero Balls. Sphero Balls are programmable robot devices. One of the projects involves groups of students programming the Sphero Ball to navigate a maze and avoid obstacles. This involves calculating distance, angles and direction. Last year students found the experience to be engaging and challenging. This year's Year 7 will almost certainly find it as challenging.



2019 SRC Induction



Naplan

During May 2019, students at our school in Years 7 and 9 will sit the NAPLAN paper assessments. The schedule for tests is as follows:

Tuesday 14 May	Wednesday 15 May	Thursday 16 May
Language Conventions test (spelling, grammar and punctuation) Writing Test	Reading Test	Numeracy Test

On Friday 17 May, a 'catch-up' day is scheduled for students who missed a test.

Students may be exempt from the NAPLAN tests if they:

- Are newly arrived in Australia (less than one year before the test) and with a language background other than English.
- Have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests.

Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, braille, coloured paper versions and electronic tests are also available to meet the needs of individual students. Access to disability adjustments or exemption from the tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer after consultation with the school principal. To withdraw your child from NAPLAN, a parent or carer consent form must be signed. Please contact the school if you need to discuss your child's participation in NAPLAN.

Any questions? Contact the NAPLAN team on 1300 119 556 or naplan.nsw@nesa.nsw.edu.au. For further information about NAPLAN, visit the [NESA website](#).

Careers News

Upcoming Events at CSU

Explore Day at CSU

If you're in Year 10, 11 or 12, Explore Day at Charles Sturt University (CSU) is the perfect opportunity for you to choose your own adventure and select from lots of dynamic workshops in a broad range of study areas.

Discover more about the courses you're interested in and what it's really like at University Parents and carers are welcome too – be sure to check out our dedicated parents program.

Our friendly students and staff will be your guides and take you behind the scenes. We'll shout you lunch and you'll pick up lots of free stuff!

Register now at futurestudents.csu.edu.au/events



The Learning Curve

At the beginning of the year, all students were issued with a Student Planner. Each week we will publish a parent newsletter from The Learning Curve which provides information about the element students will be focusing on.



Wellbeing Builder:

Wellbeing Element:

Character Strength:

Wellbeing Fitness Challenge:

Wellbeing Reflection Activities:

Parent Wellbeing:

Middle – SMARTER NOTE TAKING

Senior – MAXIMISING NOTE TAKING

SKILLS AND ACHIEVEMENT

CURIOSITY

SELF-IMAGE

Middle – SMARTER NOTE TAKING,
Senior – MAXIMISING NOTE TAKING (see website)

Another component of Self Determination Theory (SDT) is autonomy, the feeling you have a choice in what you do. Describe a time you have felt autonomous and how it motivated you. *(Acknowledgement: Ryan and Deci)*

Note Taking should be much more than purely writing, and there are more effective and intelligent ways to do so. Optimal learning occurs when students use both sides of their brains to gather information by hearing, seeing, feeling and sensing it using their dominant Multiple Intelligences, Learning Styles and drawing idea maps, using thinking tools, making lists, creating flowcharts and using abbreviations. The method described will achieve these things and is called the Cornell method.

When taking notes in class, many students try to write down everything that the teacher says and consequently, find great difficulty keeping up, which in turn, puts them under pressure and tests their resilience to stay focussed and engaged. For many students this leads to anxious feelings.

The 80/20 Principle is an effective listening and note taking technique and involves listening attentively for 80% of the time and writing/ posing questions/ recording/ drawing for 20% of the time.

Questioning what they are listening to, lights the fire in their brains to start looking for connections to what they already know. Their brains are engaged in exploring and searching for meaning and patterns, which is real learning. Encourage them to use the character strengths open-mindedness, perspective and curiosity in their note taking.

"I hear and I forget, I see and I remember, I do and I understand." Confucius

HSC MINIMUM STANDARD

You need **reading, writing and maths skills for everyday life** after school. This is why you are required to demonstrate a **minimum standard of literacy and numeracy** to receive the Higher School Certificate (HSC) from 2020.



To make sure you have the basics right, and show you meet the minimum standard, you need to pass short online tests of everyday reading, writing and maths skills.

- ✓ The tests will be available to take at school up to twice a year in Year 10, Year 11 or Year 12, and even after the HSC.
- ✓ Sample questions and answers are available online, as well as practice tests and advice from students who have completed the tests.
- ✓ Your school will help you decide when you are ready to take each test.
- ✓ You do not need to sit the reading, writing or numeracy online test(s) if you achieved Band 8 or above in the respective 2017 Year 9 NAPLAN test(s).

STUDENTS WITH DISABILITIES

Some students with disabilities will be eligible for extra provisions for the online tests, or an exemption. Talk to your teachers to determine whether you are eligible for provisions. A Disability Provisions, Exemptions and Appeals policy is available on the NESAs website.

MORE INFORMATION

Contact your school principal or visit educationstandards.nsw.edu.au/HSCminimumstandard

STAY UP TO DATE

NSW Education Standards Authority



educationstandards.nsw.edu.au/HSCminimumstandard



@NewsAtNESA



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.



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
------------------	---------

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
-------	---------

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	\$ 5.00
WRAP (ORDER ONLY)	

TUESDAY

PIZZA SUB	\$ 2.50
-----------	---------

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	\$ 6.00
ORDER ONLY	

Advertisements

TOWN HALL CINEMA

Showing April 12th, 13th, 14th 2019

Tickets available online from Monday 1st April

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



On the Basis of Sex

Sat 13 th April	4:30pm
Sat 13 th April	7:30pm
Sun 14 th April	4:30pm



Captain Marvel

Fri 12 th April	7:00pm
Sat 13 th April	2:00pm
Sun 14 th April	2:00pm



Storm Boy

Sat 13 th April	11:00am
Sun 14 th April	11:00am

* 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

Ticket prices

Adults	\$15
Children/Concession	\$10
(Seniors card not accepted)	
Children under 5 years	Free

Proudly supported by



Combined Rotary Clubs
of Mudgee



**MUDGE
PERFORMING
ARTS SOCIETY**

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!

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 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

Mudgee Girl Guides

Girl Guides offer girls aged 5 to 17 years a unique experience – a safe, welcoming girl-only space where girls get access to a great variety of activities year-round all aimed at helping your daughter become a strong, confident young woman.



Guiding is open to all girls and we offer a place where girls can learn and have fun, free from the pressures of society. Guiding has been shown to help young people to build resilience and to increase their chances of achieving more in life.

Guides meet every Monday from 5 to 7pm at the Uniting Church Hall, 87 Mortimer Street, Mudgee

District Manager

Jacinta Thatcher

0418 631 684



Mudgee Tri Club

Club Race 7 & End of Season Presentation Sunday 7th April

Long Course - 8.00am

Little Devils - 9.30am

Big Devils - 9.45am

Super Sprint - 10am

Season Presentation 11am

Followed by End-of-Season Celebration

4pm Mudgee Golf Club

Finger Food provided by Mudgee Tri Club



 Find us on
Facebook



10–18 April 2019

NYW
NSW YOUTH WEEK
2019

Mid-Western Regional Youth Council
is proud to present a range of activities and
events across the region, as part of
Youth Week 2019.

▲ For more information visit midwestern.nsw.gov.au



Family &
Community
Services

MUDGEES READERS'
FESTIVAL

@orana
arts inc



TOWN HALL
CINEMA



BYLONG COAL
100% BYLONG AUSTRALIA

Mid-Western
Youth Council

Art and Flash Fiction Competitions Exhibition – Launch

Celebrate the talent of local youth artists and writers, and be among the first to see the exhibition at the official launch. The winners of each competition will be announced at the launch. Thanks to Orana Arts and Mudgee Readers' Festival for their judging assistance.

WHEN Tuesday 9 April, 6:30pm – 7:30pm

WHERE Mudgee Library, 64 Market Street Mudgee

FOR All ages

COST FREE | NO BOOKINGS REQUIRED

Art and Flash Fiction Competitions Exhibition

Check out the Art and Flash Fiction talent of local youth. Thanks to Orana Arts and Mudgee Readers' Festival for judging. Get in on the award action by voting in the People's Choice Award for the Art Competition; voting open till 17 April, and the winner announced on 18 April.

WHEN Mon – Fri 10:00am–6:00pm, Sat 9:30am–12:30pm

WHERE Mudgee Library, 64 Market Street Mudgee

FOR All ages

COST FREE | NO BOOKINGS REQUIRED

Captain Marvel Screening

In conjunction with the Town Hall Cinema, we're screening the latest Marvel film – *Captain Marvel* across the weekend.

WHEN Friday 12 April, 7:00pm (Saturday and Sunday 2:00pm)

WHERE Mudgee Town Hall Theatre, 64 Market Street Mudgee

FOR All ages (Please note *Captain Marvel* is rated M)

COST Concession ticket \$10 (prices vary for other ticket types)

Tie Dye

Bring along a light coloured cotton t-shirt or bag, and give it a permanent dose of your own artistic flair.

WHEN Monday 15 April, 2:00pm – 3:30pm

WHERE Kandos Library, Angus Avenue, Kandos

FOR Ages 12 – 20 years

COST FREE | BOOKINGS REQUIRED

Netball Clinic

Coaches from Pivot Netball Academy will run you through a skills and drills session, followed by a fun game of netball to incorporate the new skills you will learn. This session is suitable for beginners to expert players. **Note: Enclosed shoes must be worn at all times.**

WHEN Tuesday 16 April, 10:00am – 1:00pm

WHERE Netball Courts, Billy Dunn Oval, Nandoura Street Gulgong

FOR Ages 12–18 years

COST FREE | BOOKINGS REQUIRED

Millennium Trivia

Test your knowledge on a range of topics from the year 2000 to now; get a team of 4-8 friends and see if you can take out the winner's trophy, or the prize for team name that makes the Youth Council chuckle the most. There is a wild-card entry team for those whose friends are away.

WHEN Wednesday 17 April, 5:00pm – 7:30pm

WHERE Mudgee Town Hall Theatre, 64 Market Street Mudgee

FOR Ages 12 – 25 years

COST FREE | BOOKINGS REQUIRED: Tables of 4-8 players

Level Up

Gamers wanted! We're super-excited to be launching our new monthly game club as part of Youth Week. Various tabletop games and role-playing games will be available.

WHEN Thursday 18 April, 3:45pm – 5:45pm

WHERE Mudgee Library, 64 Market Street Mudgee

FOR Ages 12 – 25 years

COST FREE | BOOKINGS REQUIRED

Skateboard Workshop

An international skateboard competitor will show you the fundamentals, how to get the most out of your board, and master some new tricks on street and transition. Suitable for beginners to expert skaters. **Note: Enclosed shoes and helmet to be worn at all times, and a waiver signed to participate.**

WHEN Tuesday 23 April, 1:30pm – 3:30pm

WHERE Mudgee Skate Park, Cnr Horatio & Perry Street Mudgee

FOR Ages 12 – 20 years

COST FREE | BOOKINGS REQUIRED

To book into one of these events, visit www.mwrcyouth.eventbrite.com

Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine



**Coming to Mudgee High School
Mid-June 2019**

