

# MHS Newsletter

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Monday  
8 April  
Week 11 Term 1  
2019

## Principal's Message

### ANZAC Day

In history, ANZAC Day marks the day Australian and New Zealand soldiers, along with soldiers from Britain, India and France, landed on the shores of the Gallipoli Peninsula, the sovereign territory of Turkey, to capture the entrance to the Black Sea and secure a warm water port within Russian territory.

It was the beginning of eight hard months that would ultimately be determined a failure. All foreign troops, which included the Australians and New Zealanders, were forced to withdraw when the situation was deemed to be hopeless.

But ANZAC Day has come to mean much more. It is that day when Australia pauses to consider the enormous sacrifice of so very many Australians in war – some popular causes and some quite divisive – that have led directly to the deaths of 100,000 Australians, cutting short so much potential and bereaving so very, very many families.

Currently there are approximately 3300 Australians serving overseas in a number of separate operations including Operation Slipper, securing safe passage through Middle Eastern navigational sea routes and mission safety in Afghanistan; Operation Resolute across the northern and western maritime approaches to Australia, Operations Astute and Tower in East Timor; Operation Anode in the Solomon Islands, alongside troops from New Zealand; Operation Mazurka in Egypt's Sinai Desert; Operation Paladin in Jerusalem; Operations Kruger and Riverbank in Iraq, and; Operations Azure and Hedgerow in the Sudan.

ANZAC Day is a day for individual reflection. Students this week were reminded that as people daily moving from childhood into adulthood, it is worthwhile to reflect that a great many of the soldiers who have served this country were little older than them when they left these shores, some never to return.

ANZAC Day falls on the second Thursday in the April school break this year, just two weeks from now.

Each year, students from Mudgee High School join the commemoration of this important date. Students can take part by joining the Mudgee High contingent in the march and attending the service at the cenotaph in Robertson Park that follows. Other Mudgee High students will mark the day as members of the Army Cadets or Air League.

If your children do wish to take part, they will need to meet the rest of us attending at the southwest corner of Perry and Mortimer Streets by 10:15 on the day. From there the marshals will direct us to our place. The march will begin at 10:30.

Students representing Mudgee High in the commemoration will need to be in full school uniform. Those students who have the privilege of wearing the medals of relatives who have served, a reminder that those medals need to be worn on the right side.

For those wishing to attend the Dawn Service, it begins at 06:00.

*A Member of the  
Cudgegong 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
- Science Faculty News
- Anti-Bullying Alliance update
- Naplan
- The Learning Curve newsletter
- Harmony Day poster competition
- Advertisements
- Sponsorship



### **Last Day/ First Day**

Friday 12 April is the last day of Term 1.

School resumes for ALL students on Tuesday 30 April.

Until next term...

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 10 Term 1 Awards

P&C AWARDS: Year 7: Melodi O'Brien, Year 7: Manning Blackman, Year 8: Dylan Frame, Year 9: Ryan Roberts, Year 10: Eros Misa, Year 11: Ned Dickson, Year 12: Harrison Griffin

SRR AWARD: Hamish Wallace

### Week 11 Term 1 Awards

P&C AWARDS: Year 7: Lola Stewart, Year 8: Laura Smyth, Year 9: Ally Stott, Year 10: Eliza Gayford-Matheson, Year 11: Ella Werth, Year 12: Daniel Frost

SRR AWARD: Tasmin Cox

### Writing Friday

*Free writing...*

Write something imaginative. The topic and style is entirely up to you!

- The five senses
- A simile
- Personification
- Powerful verbs
- A quote from someone you admire

*Bough\**

*\*A main branch of a tree.*

Goal:  
200 words  
20 minutes



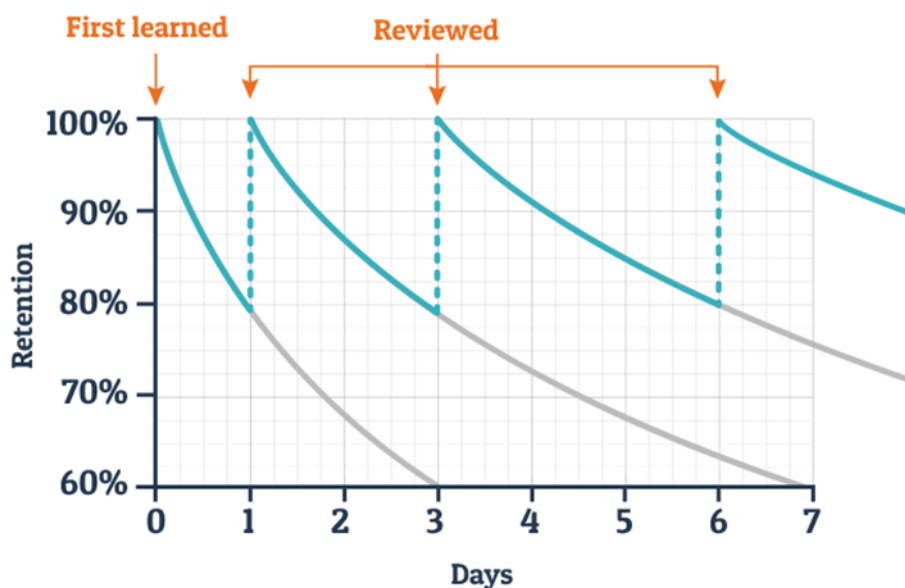
## Science Faculty News

The busy start to the year has continued with Year 7 and 8 submitting their Science assignments in recent days. As part of the new syllabus, Year 12 Biology students have completed their depth study on genetic technologies. It is pleasing to see how high the standard of the work has been, a testament to our many dedicated students, who are maintaining a pleasing consistency in their academic rigour.

For Years 9 and 10, the need to maintain academic rigour is important. The Half-Yearly Science Exams are coming up early in Term 2. Now is the time that study will help consolidate knowledge. The topics being studied at present form the assumed knowledge of our senior courses. The more knowledge that is retained, the easier the transition from stage 5 courses to stage 6 ones.

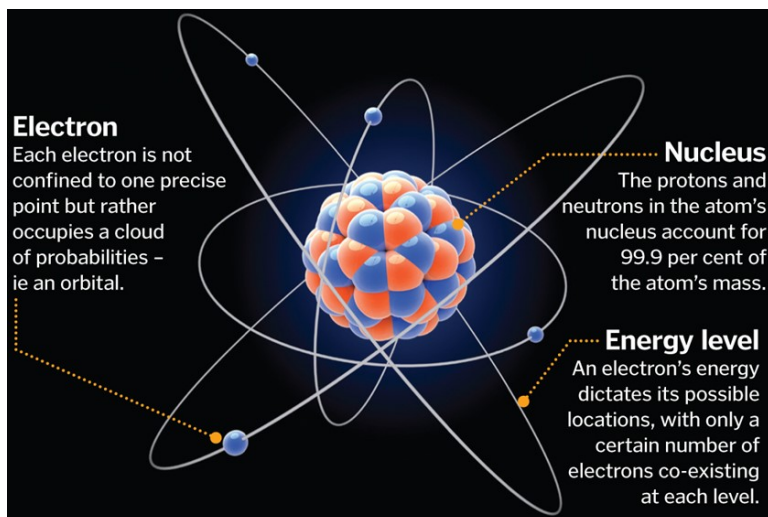
The graph below shows clearly the benefits of reviewing information. Frequent revision will allow a far higher percentage of work to be retained. Cramming the night before or even starting a week before will not provide the benefits that are the hallmark of a consistent study program.

### Typical Forgetting Curve for Newly Learned Information



In science Trivia this week, some interesting and not particularly well known facts:

- Did you know that the Earth really rotates a full 360 degrees in 23 hours 56 minutes and 4 seconds, not really 24 hours?
- The average human body carries ten times more bacterial cells than human cells.



- It takes a photon up to 40,000 years to travel from the core of the sun to its surface, but only 8 minutes to travel the rest of the way to Earth.
- If you took out all of the empty space in the atoms that make up our bodies, the human race could fit into the volume of space consumed by a single sugar cube.

## Anti-Bullying Alliance update

Mudgee High School has many strategies in place to counteract instances of bullying. It is heartening that bullying is not widespread in the school, however, it is a challenge that some students may face at some time.

Many of you know that we have a process in place called Pikas or the Method of Shared Concern, which is designed to help facilitate understanding in the mutual parties and the cultivation of more harmonious relationships.

This process is not punitive. It is about understanding. If there are issues to be dealt with through the discipline system they will be. For example, physical violence is not tolerated at our school. However, if a student submits a *bullying form* then a teacher they nominate will discuss the issue with all students involved and attempt to facilitate a positive resolution. This resolution can be the mending of relationships or simply the cultivation of a respectful distance.

There are three teachers that are on a dedicated Anti-Bullying Team; Michelle Willetts, Jayden Saunders and Johanna May. Each of these teachers is available to discuss any concerns you may have, so please feel free to contact the school and make an appointment to see one of them. This contact can be face to face, over the phone or via email.

If your child/ward is having difficulties, please encourage them to make an official report, which can then start this highly effective process. If cyber bullying is occurring, there is a website run by the Australian Government that allows people to make a report:

<https://www.esafety.gov.au/>

Engaging in the process of lodging these reports helps facilitate open communication around bullying and the development of healthy productive relationships, both in person and online.

## 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](mailto:naplan.nsw@nesa.nsw.edu.au). For further information about NAPLAN, visit the [NESA website](#).

# The Learning Curve newsletter



## Wellbeing Builder:

Wellbeing Element:

Character Strength:

Strengths Booster:

Wellbeing Reflection Activities:

Parent Wellbeing:

Middle – THRIVING THROUGH EXERCISE

Senior – EXERCISE AND LEISURE

EXERCISE AND VITALITY

HOPE

FAMILY STRENGTHS

Middle – THRIVING THROUGH EXERCISE,  
Senior – EXERCISE AND LEISURE (see website)

Plato and Aristotle both believed in the importance of developing three wills: intellectual will – mind, emotional will – spirit, physical will – body. Describe how you could develop each of them further in yourself.

Studies have revealed that our population is becoming increasingly obese through excessive diets of processed foods and a lack of exercise. This has led a much earlier onset in diabetes also. For our young people to thrive and flourish to become their best possible selves, they need to learn how to live a balanced lifestyle, which places an *equal* emphasis on all of their elements of wellbeing. These work together as a family in building resilient mental and physical wellbeing.

Active and positive students are more likely to achieve what they set out to do, are much healthier and flourish on their school journey.

For the last decade, there has been an over emphasis in education on, *Skills and Achievement*, at the expense of the others.

Students' *Personal Timetables* should include an hour's exercise daily, outdoor leisure activities with friends and family, frequent opportunities to have fun and laugh to experience positive emotions and plenty of *timeout* from electronic pursuits.

Some *quality* physical and brain leisure activities include a brisk walk, run, swim or bike ride, yoga, aerobics, pilates, gym workout, tai chi, surfing, skateboarding, bush walking, playing sport, zumba, dancing, gymnastics, resistance training and chess, board games, suduko, crosswords, scrabble and cards.

*"The three words of success – Care, Share and Dare."* Saying

# 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.





## Advertisements



10–18 April 2019

**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](http://midwestern.nsw.gov.au)

### 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** Monday – Friday 10:00am–6:00pm, Saturday 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, or 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 wildcard 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  
**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](http://www.mwrcyouth.eventbrite.com)



# Disability and Community Expo

**Do you have a disability and want to know what services are in your local area?**

**Are you considering applying for the NDIS?**

**Do you have the NDIS and need help accessing services?**

**Then this community EXPO is for you.**

**Date: Thursday 2 May**

**Time: 3.30pm to 5.30pm**

**Location: CWA, Market St, Mudgee**

**For more information  
contact:**

**Audrey Housbey**

National Disability Coordination Officer

**0458 489 597**

**Facebook:**

**NDCO Region9 western NSW**

**Robyn Lang**

Support Teacher Transition

**0409 225 574**

**Who will be here to talk to?**

- **National Disability Insurance Agency**
- **Disability Employment Services**
- **Australian Disability Enterprises**
- **Accommodation services**
- **Day programs**
- **Individualist Support services**
- **School Leaver Employment Support**
- **TAFE**
- **Centrelink**
- **Therapists**
- **University**

# 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.

## Hand Drums & Ukulele Workshops

### The End Festival

Hill End,

Royal Hall

Saturday April 13th

\$20 per workshop.

Ages 8 +

Instruments Provided!!



School Students  
can use their  
\$100 creative  
kids voucher



Hand Drumming

12.30—1.30pm

or

3.30pm—4.30pm

Ukulele

11.00am—12.00pm

or

2pm—3pm



With experienced and trained Group Facilitator, Simone Gough.

Bookings essential at [www.harmoniengrouppfacilitation.com](http://www.harmoniengrouppfacilitation.com) or email on [simonegough77@gmail.com](mailto:simonegough77@gmail.com)

## Sponsorship

Mudgee High School - LINK Program

Proudly supported by

**GLENCORE**

*Ulan Coal Mine*





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

