MHS Newsletter

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



Monday 10 June Week 7 Term 2 2019

Principal's Message

Seussical!

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..." and if that isn't to Mudgee High's Seussical, then you've little appreciation of the power of a musical!

After many months of preparation, Seussical the Musical begins this week.

Musical theatre, in fact theatre in general, is so good for kids.

It teaches patience and respect. Remaining quiet for extended periods is no easy feat for many young people, but standing in the wings, awaiting an entry while others are on stage requires just that! Backstage, the butterflies doing loop-the-loop and hearts moving into the territory of tachycardia, reminders to mute the excitement, respect those who are currently out there and await your turn are all big demands.

It teaches resilience. Facing one's fears is always a tough call. Many fear public speaking almost as much as they do death. Fear of failure or rejection are a part of life, and the microcosm of the stage makes for a hard ask... but the rewards are so very rich. Facing the crowd, speaking and singing in choreographed unison with peers before a supportive audience... what better place to face those fears and move beyond personal discomfort? Such experiences build within an individual a capacity and resilience to 'face the crowd' in any situation.

Classrooms often demand silence. Musical theatre demands those involved be over the top and speak or sing with the volume turned to LOUD. The flamboyant finally have their moment! Theatre provides energetic performers a platform to let go and be free in what can be the most exhilarating of undertakings. Best of all, their performances will earn them applause instead of rebuke!

Learning lines, songs and movement routines demands responsibility and attention to detail. Mobile phones and other all-pervasive technologies tend to take a backseat while the important business of developing one's place within an ensemble occurs. Some may feel that musical theatre has the potential to crowd what can be the

already busy schedule of a young person. The power of theatrical performance to lift a young person's reading, language, teamwork, resilience and general happiness should not be underestimated. Many a student I have taught, who has collected a swag of Band 6 HSC results and an ATAR in the 90s at the end of their high school days, has also had a significant taste of theatre. Musical theatre puts paid to the notion that if you want a thing done, give the job to a busy person.

Get your tickets to *Seussical the Musical* from the front office. When you do...

"Congratulations! ... You're off to Great Places! You're off and away!"

Until next week...

Wayne Eade

A Member of the Cudgegong Learning Community

PLEASE SEE OUR WEBSITE FOR THE COMPLETE CALENDAR OF EVENTS



COMING EVENTS

- 13, 14, 15 June Seussical the Musical
- 19 June Year 7 2020 Information Evening
- 24 June P&C meeting
- 30 July Japanese exchange
- 1 August Australian Mathematics Competition

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- School hats
- Jpanese exchange
- Year 7 Geography
- Captains visit to Government House
- WWI Living History
 presentation
- Year 7 2020 information evening
- Bawamarra
- Beanie for Brain Cancer Day
- Anti-bullying Alliance update
- Positive Behaviour for Learning
- The Learning Curve
- Advertisements
- Sponsorship





Mudgee High School Presents

- Where? Town Hall Theatre
- When? 13, 14 and 15 June
- Time? 7pm, 2pm matinee Saturday 15
- Cost? \$20 adult, \$15 conc., \$10 Child (School age and under)

Tickets available from the school office



MUDGEE HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 24 June 2019 at 7pm in the school library.

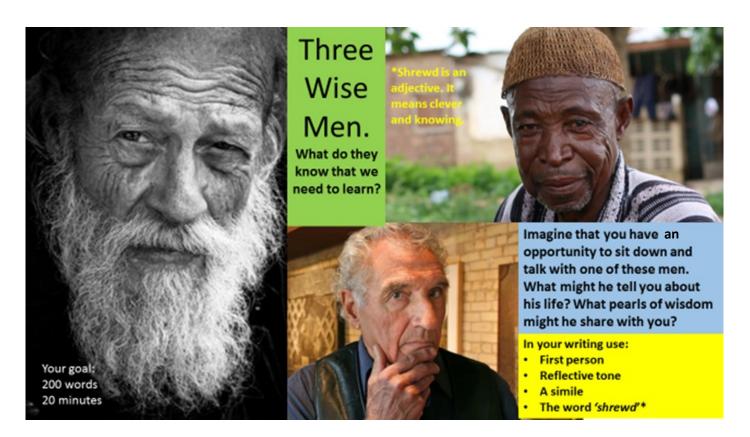
Entry via Horatio Street.

All welcome.

Week 6 Term 2 Awards

- P&C Awards:Year 7 Logan King; Year 8 Mathew Dayrit; Year 9 Ethan Harrison;Year 10 Bailey Rowe; Year 11 Eric Milne; Year 12n Tyler Flick
- SRR Award: Emilie Martin

Writing Friday



School hats

Great News!

Mudgee High School hats are available for purchase from the school. Your choice of cap or bucket style are here to keep you warm and protected from the elements. Payments of \$15 can be made at the office, then present your receipt to the staff in the library to collect your hat.

Help support this MHS incentive to protect our staff and students!



Japanese exchange 2019

30 July – 10 August

For sixteen years, Mudgee High has conducted a cultural exchange with schools from Japan. As a result of this relationship, we have been fortunate to host school visits and homestays. Three of our friendship schools from Osaka, Japan



will return during Term 3. We have received notification that Ohkanmuri, Suita Higashi and

Hokusetsu High Schools have requested a Mudgee visit of twelve days.

Among the study tour group, 26 students and 3 teachers will require homestay arrangements. The valuable support of our school community to assist with the hosting of our visitors greatly contributes to the success of the program.

This is a fantastic opportunity for all students, whether they study Japanese or not.



Year 7 Geography - 'Enhancing Liveability'

Dear Parent/Carer,

Your child has an opportunity to participate in an interactive class project for the topic Enhancing Liveability in Stage 4 Geography.

Students will be issued with a 350ml bottle of Thankyou Water. These bottles come with a tracking number allowing the consumer to see where their consumer dollar is going. They will be able to track the money as it makes its way into global aid programs working on water security and access in developing nations.

We ask that your child brings in a gold coin to contribute towards the cost of the water. Students are encouraged to bring their coin in to their teacher as soon as possible. Their name will be ticked off the list as paid.

If you have any concerns regarding this event, please contact the school.

Claire Windeyer Head Teacher HSIE

Captains Visit to Government House

On Wednesday 5 June, the captains of Mudgee High School, Georgia Christofis and Lachlan Wall, travelled to Sydney for a Student Leadership Program, visiting Parliament House and Government House respectively.

The day began with the captains meeting various MPs, including the recently elected Dugald Saunders in his third week of parliament, and making friends with captains from across NSW. That day, there was the initial reading of the *library amendment bill* NSW (2019) and the second reading of the *ageing and disability commissioner bill* NSW (2019). The arduous proceedings in both houses quickly displayed an unadulterated side of politics, seldom shown by today's media. However, as the captains learnt, a bunch of politicians sitting quietly in the Upper house won't sell newspapers; drama and brutality will.

Afterwards, it was a walk through the frigid Sydney rain to Government House. The captains were met by an open fire in the sitting room of Government House, where they could thaw. The trip through Government House displayed history, and just how much it had changed since its beginnings, a tent for the first 14 months of settlement. The captains then met *Her Excellency Margaret Beazley* before she addressed them with her vision of future leaders and the potential the student leaders hold in their school, as well as the power they will have in the future. She believed that the future of leaders was strong and expected much of all the captains present, well in the future.

"No matter whether you become an Engineer, politician, entrepreneur, or spend the rest of your life driving around the world, everyone can be a leader, you start by leading yourself." – L.J. Wall





World War 1 Living History presentation

Year 9 History, Year 11 and 12 Modern History and Special Education students have an opportunity to participate in the World War 1 Living History presentation. This variation to routine will bring into the school displays of World War 1 equipment, weaponry, uniforms, and a range of other elements related to World War 1 history. These displays will be accompanied by a talk and an interactive learning opportunity for students.

The variation to routine directly relates to the Stage 5 History syllabus – "The Difficulties of Trench Warfare" and "The Use of Chemical Weapons." There is also a connection to the Stage 6 Modern History syllabus "The Shaping of the Modern World – World War 1."

Period	Classes attending presentation	
Periods 1 and 2	09HisB Windeyer 09HisM Vidaic	
Periods 3 and 4	09HisD Lang 114MH Eslick 125MH Lang	
Periods 5 and 6	09HisG Spinner 09HisN Kable	
Period 7 and 8	Special Ed classes	

This variation to routine will be on Thursday 13 June 2019. The session goes for 2 periods.

We ask that your child brings in a gold coin to contribute towards the cost of the variation to routine. Students are encouraged to bring their coin in to their teacher as soon as possible. Their name will be ticked off the list as paid.

If you have any concerns regarding this event, please contact the school.

Ms Windeyer Head Teacher HSIE



Year 7 2020 Information Evening

Mudgee High School will stage an information evening for the parents/carers of Year 6 students interested in enrolling at Mudgee High in 2020. The evening will be held on **Wednesday 19 June**, starting with a tour of the school at 6pm and a presentation in the Performance Centre at 6.30pm.

We would also like to extend the invitation to any parents/carers of Year 5 students who are thinking of their child's high school placement for 2021. This would be a great opportunity to see what Mudgee High School has to offer.







Bawamarra

(Relate news, communicate)



Naidoc is coming...

This year's NAIDOC theme is "Voice. Treaty. Truth. Let's work together."

Mudgee High School will celebrate NAIDOC on **Wednesday 3 July**. More details will be advertised in the coming weeks about what will be happening on the day. To begin the preparations, student are invited to participate in the following opportunities:

NAIDOC Writing Competitions – There are two writing competitions. The Creative Writing Competition is open to students in Years 7 to 9. The Essay Writing Competition is open to students in Years 7 to 12. There are a range of prizes available for outstanding entries. See the following articles for further details on the questions, the stimulus material and the prizes. **All entries for this must be received by 25 June**.

See the following entry forms for more details on these opportunities.

See Miss Windeyer if you have any questions about any of this.

Keep an eye out for more details on our school's NAIDOC Day.

Beanie for Brain Cancer Day - Friday 21 June

You may be surprised to learn that, in Australia, brain cancer kills more children than any other disease and more people under 40 than any other cancer, yet it is one of the most underfunded and under researched cancers. Your participation in the Mudgee High School Beanie for Brain Cancer Day will enable us to, not only increase awareness of this terrible disease, but also raise much needed funds for brain cancer research.

Mudgee High School will help the Mark Hughes Foundation by participating in the annual Beanie for Brain Cancer campaign. It's easy, fun and a great opportunity for students to experience firsthand how a small effort by many can make a big difference!







MARK HUGHES

markhughesfoundation.com.au

NAIDOC Week Celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait **Islander** Peoples

Creative Writing Competition

Entry is open to all students in Years 7-9

WRITE AN EDITORIAL FOR A NEWSPAPER: "How has Australia progressed through the reconciliation process between Indigenous and non-Indigenous."

1000 words or less.

Entry must be typed and on A4 paper. Please ensure name and grade are clearly included on both your work and on the official NAIDOC School Initiatives entry form.

Indigenous Australians to Aspire to



Jessica Mauboy Indigenous Recording Artist



Lance Franklin Indigenous AFL Player

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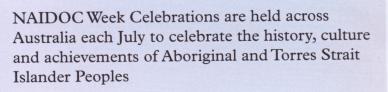
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All competitions: Entries must be recieved by close of business on Tueday 25th June 2019 at the co-ordination centre, GPO Box 454, Sydney NSW 2001. Judging will take place on Friday 28th June 2019. Winners will be notified through principals, presentations will take place at school assemblies with your local Mayor, Elders and other dignitaries.



Essay Writing Competition

Entry is open to all students in Years 7-12

"Explain the importance of reconciliation and detail the progress that has been made, and how best to achieve reconciliation."

Maximum of 1500 words

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(entries will be judged on knowledge of subject and quality of essay)

**Please ensure name grade are clearly included on both your work and on the official NAIDOC School Initiatives entry form.

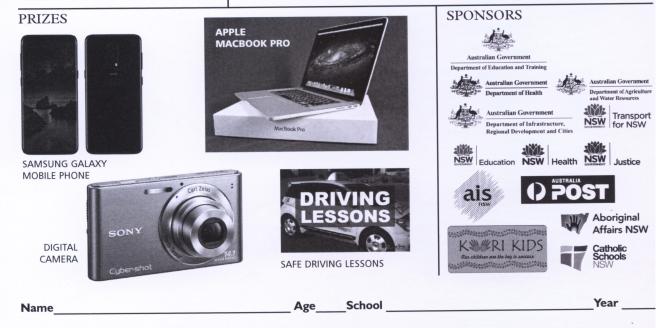
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Anti Bullying Alliance update

Bullying. No Way! is a wonderful resource and our go-to for all information on bullying. Here is some information from the site about how to recognise if your child/ward may be being bullied, in person or online.

https://bullyingnoway.gov.au/WhatIsBullying/Pages/Signs-of-bullying.aspx

Signs a parent or carer might notice include if their child:

- Doesn't want to go to school or participate in school activities.
- Changes their method or route to school or is frightened by walking to school.
- Drops in academic performance.
- Changes in sleep patterns.
- Changes in eating patterns.
- Has frequent tears, anger, mood swings.
- Takes money from home.
- Has unexplained bruises, cuts, scratches.
- Loses or brings home damaged belongings or clothes.
- Arrives home hungry.

The signs of possible bullying online can be the same as signs of other bullying, but include other behaviours with phones and computers, for example:

- Being hesitant about going online.
- Seeming nervous when an instant message, text message or email appears.
- Being visibly upset after using the computer or mobile phone, or suddenly avoiding it.
- Closes the screen, or hides the mobile phone when others enter the room.
- Spending unusually long hours online in a more tense, pensive tone.
- Receiving suspicious phone calls, emails or packages.

Please remember, you can contact the Anti-Bullying Alliance if you have any concerns or questions. The ABA now has an email address which takes your enquiry direct to the team. Our email is:

antibullying@mudgeehighschool.net

Positive Behaviour for Learning

Encouraging co-operation

We all know how important co-operation is in life. Life becomes rather difficult when someone or something just won't co-operate. It is the same for us at school. Students who do not co-operate with the rules in handball create conflict with their peers, a photocopier that won't co-operate frustrates teachers, students who will not co-operate with their teachers and fellow class mates can also create difficult situations. The result is a poor outcome for everyone.

Positive Behaviour for Learning uses a teaching cycle for encouraging behaviours that are fundamentally about cooperation. This includes co-operation on the playground, in the classroom, at the canteen, on the sporting field and during interactions with others. We know a positive and productive time is had by all when co-operation permeates our actions. This is even reflected in our universal expectations of being safe, respectful and responsible.

Reinforcing this concept of co-operation is important at home as well. Home life is a micro community too, which works more harmoniously when there is co-operation. In this way, life at school and at home have common goals. We invite you at home and in the community to encourage co-operation from our young people, in all settings of life, just as we do in all settings at school.

SECONDARY

Parent Newsletter

Wellbeing Builder:

Wellbeing Element: Character Strength: Strengths Booster: Wellbeing Reflection Activities:

Middle – TEAMS OF LEARNERS Senior – TEAM LEARNING POWER RELATIONSHIPS AND OPTIMISM

FAIRNESS FRIENDS' STRENGTH Middle – TEAMS OF LEARNERS, Senior – TEAM LEARNING POWER (see website) Buy a packet of M+Ms and describe which emotions each colour reminds you of, when you last experienced it and what your thoughts, feelings and actions were. Don't eat them all.

The Learning Curve'

Parent Wellbeing:

When students practise using their top strengths doing the Wellbeing Fitness Challenges, Strengths Boosters and Weekly Character Strengths, they build their confidence and capabilities to share and combine their strengths with other students and teachers. This develops their resilience through social connectedness with those around them.

Group learning is an effective way to harness students' strengths by combining a wide range of abilities, points of view and attitudes to issues. Peer learning enables students to have input, be valued for their ideas and perspectives and learn how to cultivate collaborative and interdependent habits through mindful and empathetic listening.

Learning in teams also goes a long way to removing the perceived stigma of asking for help from their teachers. When students teach each other, they remember over 90 percent of the processes involved, and they are actively participating in real learning, not just filling the bucket.

Keys to a well functioning group include a valuing, tolerance and acceptance of individual differences and a clear set of agreed expectations for the group to operate by. To avoid having groups of similar thinking clones, set the expectation that they have two ears and one mouth and as such should listen twice as much as they talk.

"Alone we can do so little, together we can do so much." Helen Keller



Advertisements

MUDGEE HIGH SCHOOL CANTEEN MENU 2019

HOT FOOD AVAILABLE EVERY DAY		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	ICECREAMS			
SWEET CHILLI CHICK/AVOCADO	\$	5.00	SHAKY SHAKE		\$2.00	
			PADDLEPOPS	\$	1.60	
ALL ROLLS CAN BE MADE ON GLUTEN 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			MONDAY			
BUDDHA BOWLS	\$	7.50	SWEET CHILLI CHICKEN	\$	5.00	
POTATO SALAD WITH CURRIED			WRAP (ORDER ONLY)			
CHICKEN	\$	7.50	TUESDAY			
MEXICAN CHICKEN WITH GUACA	MOL	Æ	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	<u>THURSDAY</u>			
			CHICKEN BURGERS	\$	4.00	
SUSHI	\$	5.00	GF CHICKEN BURGER	\$	4.00	
<u>SNACKFOOD</u>			GF Order only			
RED ROCK DELI CHIPS	\$	1.00	FRIDAY			
JJ SNACKS	\$	1.50	THAI CHICKEN ROLL OR BOWL	\$	6.00	
GRAIN WAVES	\$	1.00	ORDER ONLY			
CHECK OUR DAILY MENU BOARD FOR OTHER SPECIALS 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



Women's Health Clinic

The Western NSW Local Health District Women's Health Service provides **free** and **confidential** health care for women, with a focus on early detection, illness prevention and health screening. We can discuss contraception advice, menstruation, puberty, continence, menopause and more....

The service is run by trained Women's Health Nurses (Annie & Wendy) who can assist females from puberty to menopause and beyond. For a **free** comprehensive women's health check and/or Cervical Screening Test (Pap Smear), make an appointment at the next Women's Health Clinic.

Venue: Mudgee Community Health Date: 27th June, 11th July, 22nd July 2019 Time: 8am-4pm Phone 63786236 for an appointment Appointments also available in Gulgong, Coolah, Dunedoo & Rylstone



WNSWLHD Women's Health Clinic Flyer Form No: 702 Date Created: 24/10/2017 Date Reviewed: 24/10/2020





Shoosh for Kids is a collaborative effort between the Office of Sport and State Sporting Organisations to promote positive behaviour to members, clubs and associations.

The general rule is if you haven't got anything nice to say, not to say anything at all.

Visit the Office of Sport website to find out more and show spectators and members where you stand on poor spectator behaviour during awareness week, **20 - 26 May**. Let's keep kids coming back to junior sport!



Basketball

Shoosh for Kids is proudly supported by

f 🎽 #shooshforkids | sport.nsw.gov.au

🔮 🚵 🎆 🖅 🗑 💒 northall

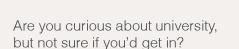
Some tips for adults at kids sport:



У #shooshforkids | sport.nsw.gov.au

INDIGENOUS ACCESS PROGRAM MAKE TRACKS AND GET STARTED ON YOUR PATHWAY TODAY...





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.

Charles Sturt

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





Then this free program is for you.

JUNE'S TOPIC

Centrelink and Medicare

Want to know if you're eligible for support from Centrelink, or have questions about Medicare and how it applies to you? Representatives from the Department of Human Services will be talking about everything you need to know.

FOR AGES: 15-25

DATE	Thursday 13 June	Monday 17 June	Tuesday 18 June
TIME	4:30pm	4:30pm	5:00pm
VENUE	Mudgee Library 64 Market Street	Kandos Library 40 Angus Avenue	Gulgong Library 109 Herbert Street
CONTACT	Youth Services Officer 02 6378 2850		

Bookings essential: www.mwrcyouth.eventbrite.com

Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine