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/



Done and Dusted

What a pleasure it was to attend *Seussical the Musical* last week. If you missed it, you really did miss it. School musicals are so very much fun. Seeing the familiar – the faces of young people you see every day in the corridors, in classrooms or crossing the quad – in an unfamiliar and demanding situation: on stage! Singing. Performing. Challenging themselves in collaboration with like-minded people to bring to fruition such a huge undertaking. Brilliant stuff!

Now done and dusted, it is more than appropriate to say to all involved – students and staff – well done, people! Well done!

Access

Australia... what a great place to live.

We have access to clean drinking water and bountiful food.

We are the subjects of systems of government founded on the principles of democracy – people's choice. A reason to feel both safe and secure in that knowledge that you will probably never be the subject of some authoritarian, secret-state house call at 2 in the morning.

We have access to medical services. Access to free education.

We are able to move with few restrictions except those which apply to private property.

We are girt by sea – nice to be able to drive in any direction and find an ocean – and have boundless plains to share, a real land of opportunity...

What a great place to live indeed!

Access – literally the method or possibility of getting near to a place or person – is, however, not always easy for everyone in our community.

If you are incapacitated in some way – whether by injury or disability – physical access to some places can be difficult.

Mudgee High is a government facility. As such, many changes have occurred in its 103 year history as people have become increasingly aware that not everyone has the capacity to access what the rest may take for granted.

It is for this reason we have a lift.

It is for this reason we have ramps throughout the school for those for whom stairs are all but impossible to navigate.

Access to almost every room in the school is possible by lift, ramp or a combination of the two. In fact, the only rooms not readily accessible via ramp or lift or a combination of these are C3 and C4, and we are mindful of this in our room scheduling.

An area that has been identified as having problematic access issues has been the taxi set down and pick up area on the eastern side of the library, used by students and their carers associated with the Support Unit.

A Member of the Cudgegong Learning Community

PLEASE SEE OUR WEBSITE FOR THE COMPLETE CALENDAR OF EVENTS



COMING EVENTS

- 19 June Year 7 2020 information evening
- 24 June P&C meeting
- 5 July Presentation of Gold and Silver awards
- 30 July Japanese exchange
- 1 August Australian Mathematics Competition

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- School hats
- Year 7 2020 information evening
- Bawamarra
- Beanie for Brain Cancer Day
- Positive Behaviour for Learning
- Anti-bullying Alliance update
- The Learning Curve
- Advertisements
- Sponsorship



Many of our support unit students who access the taxi service and for whom stairs are a tricky option – particularly if in a wheelchair – have been obliged to travel the long way around via the quad. When it's raining, it has meant getting wet.

Next Monday, construction will begin on the installation of a covered ramp from the eastern side of the existing ramp immediately north of the library entrance. The new ramp will finish at a place within the senior quad. This will necessitate the closure of the main library entrance for the remainder of the term. Library access will be via the eastern door, closest to the senior COLA... the same ones used by members of our P&C when attending P&C meetings.

The construction work will mean a little temporary inconvenience for almost all of our students and staff. It also means that once complete and while ever this place – this school – stands, improved access for some of its most sorely put upon students will have been greatly improved. A small price to pay.

Until next week...

Wayne Eade Principal



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 7 Term 2 Awards

P&C Awards: Year 7 - Breanna-Rose Conley; Year 8 - Isabel Denford; Year 9 - Connor Van Reason;
Year 10 - Taliah Miller; Year 11 - Emalee Van Bruchem; Year 12 - Makayla Morris
SRR Award: Mark Selman

Writing Friday

What is our most important scientific discovery?

Write your opinion about the discovery you would not want to live without.

In your writing, use: • First person (I) • Reasons for your choice • The term *'life-changing'*

Your goal: 200 words 20 minutes



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!



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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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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Positive Behaviour for Learning

What's in a note?

As the term and the semester draw to a close, the PB4L team is excitedly planning our acknowledgement celebrations. There are two celebrations coming up at the end of Term 2.

One is to recognise the year group that was able to collect the most Tick-Its by upholding our focus of the week.

All teachers can hand out Tick-Its across all school settings. This includes in class, on the playground, at assembly, on the sporting field and on excursions. The Tick-It is a tangible recognition that the student is making a positive contribution to the school community. To those students who have been given a Tick-It, whether it is one or twenty, you have made our school a better place for everyone in some small way. Thanks, it counts!

The other is the culmination of the Colour Recognition System for Semester One. You may have been shown the Bronze and Silver certificates that acknowledge their progression on this system. Now we are in Gold phase.

Students who have reached Gold level are given access to a celebratory activity in acknowledgement of their positive contribution to the following areas:

- attendance
- uniform
- behaviour
- completing work to the best of their ability.

We recognise that there are times when students are not able to wear full uniform for a short period of time. We also recognise that there are times when students are not able to attend school. From the perspective of the Colour Recognition System, all we ask is that these matters be explained with a note from home. This permission note preserves their points accumulation and helps them get to Gold, where they can join their fellow Gold level students in the celebration.

We are currently reviewing our Gold Celebration activities, by surveying students and obtaining input from our dynamic SRC and Captains, to gather a wide list of possible inclusive and innovative activities. Stay tuned for the activities selected for Semester One's Gold Celebration.

If you have any concerns or queries regarding your child/ward's progression in the colour recognition system, please contact the school and we can refer you to their roll call teacher or year adviser for more information.



Anti Bullying Alliance update

When is it bullying?

"He's bullying me Miss!" said one student as a joke, referring to his best friend sitting next to him.

"No, he's not, you shouldn't say that unless it's true." Said another student from across the room.

These students could recognise that this one-off incident was not bullying and that using the term incorrectly is not a joke. This was a positive recognition of the negative impact bullying can have on a person. In order to understand what bullying is, we must also be aware of what it is not.

According to the Bullying. No Way! Website bullying is not:

- Mutual arguments and disagreements (where there is no power imbalance).
- Not liking someone or a single act of social rejection.
- One-off acts of meanness and spite.
- Isolated incidents of aggression, intimidation or even violence.

Bullying is a specific set of conditions, that are best understood through the national definition of bullying for Australian schools. It says:

"Bullying is an **ongoing and deliberate misuse of power** in relationships through **repeated verbal, physical and**/ or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects for those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying."

We encourage students to **Report it! Don't Support it.** This means to fill in a Bullying and Harassment Form and submit it to a teacher who is a member of the Anti-Bullying Alliance or another trusted teacher who will notify our team. The reporting process begins with individual student interviews that aim to find out the anatomy of the relationship dynamic. We consider the questions:

- Does it involve a power imbalance?
- Is it repeated and ongoing?
- Is there a deliberate intention to cause any kind of harm?

If the teacher finds that this is *not* a case of bullying, there are a range of paths that we take to resolve the conflict. The teacher may decide to continue the Method of Shared Concern, used for all of our bullying cases, as a way of promoting empathy between the parties. This method is often successful. They may refer the matter to the Wellbeing Team to assist the students in gaining access to conflict resolution programs and/or one-on-one sessions with our Counsellor or Wellbeing Officers. In some cases, it may also become a discipline issue, if other strategies do not work and the students refuse to follow teacher instructions to cease from engaging in the mutual conflict. In this case, relevant Head Teachers and Deputies are involved.

The Anti-Bullying Alliance is an integrated part of the Wellbeing Team and we work together to use the best strategies possible on a case by case basis. Data is collected by the ABA and shared regularly with the team.

As with all staff at Mudgee High School, we are interested in the cultivation of a school environment where all students can connect, succeed and thrive. Whether it is bullying or a different type of conflict, all reports are taken seriously and our caring and committed team works together with the broader school systems to restore harmony.

Remember for any questions or queries we now have a dedicated email for bullying concerns, questions and suggestions. This is: antibullying@mudgeehighschool.net



SECONDARY

Parent Newsletter

Wellbeing Builder:

Wellbeing Element: Character Strength: Wellbeing Fitness Challenge: Wellbeing Reflection Activities: Middle – PLANNING TIME TARGETS Senior – TIME TARGETS SKILLS AND ACHIEVEMENT PRUDENCE MUSIC MAGIC Middle – PLANNING TIME TARGETS, Senior – TIME TARGETS (see website)

The Learning Curve

Parent Wellbeing:

Mindfulness is about connecting with yourself and the present moment. To achieve this, you need to find unplanned and unstructured time. Describe opportunities you may have to do this.

While students' Personal Timetables effectively allocates their time to their subjects and commitments, they also need to learn how they are going to organise that time to complete what they need to do. The willingness to plan and set time targets is a growth mindset to overcome these challenges. Once they have set time targets, they need to use their strengths to achieve them.

There is an effective structure and process to follow this week to enable students to master this more intelligent way to approach what they need to do. The Five E's of Learning thinking tool on the website is ideal to assist them in this pursuit.

Students need to set time target for tasks such as:

- Completing unfinished learning.
- Practising subject material to reinforce concepts in their minds (If they can do it at home on their own, then they know it).
- Connecting with and applying new knowledge learned to new situations.
- Revising what they have learnt to build strong and fast brain pathways.
- Reviewing notes from class in a structured manner; time targets are a must here.
- Going off on tangents which interest them and investigating new possibilities to explore and experiment with.
- Reading, researching, evaluating, reflecting, thinking and imagining.

"To master your time is to master your life." Alan Laekin



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 (GLU	TEN 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



Exhibitors include providers of HSC resources, universities, TAFE, training colleges and employers.

PLUS

Seminars on HSC subjects, tertiary courses, career, employment, gap year and study advice.

General admission \$10 online, \$12 at the door.

Tickets are valid for all 4 days of the Expo and include all seminars.

See website for more details: westernsydneycareerexpo.com.au



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!



Shoosh for Kids is proudly supported by

f 🔰 #shooshforkids | sport.nsw.gov.au

Some tips for adults at kids sport:

e	Keep it fun - don't take it too seriously
8	Be enthusiastic - but don't scream and shout instructions from the sideline
9	Emphasise trying hard - not winning
	Cheer and acknowledge good play from all sides and teams
0	Accept decisions from officials. They're human - they make mistakes.
	Let coaches do the coaching.
•	Always remember - volunteers run kids sport.
	Understand, uphold and support your club's code of conduct.
P	Allow your child to play for themselves. Let kids make decisions, on and off the field.
**	Think before you speak - your words may harm others.
SHOOSI FOR KID	H W #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 Q 02 6378 2850		

Bookings essential: www.mwrcyouth.eventbrite.com

Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine