

MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEES 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
29 July
Week 2 Term 3
2019

Principal's Message

Senior Area Mini-CoLAs

For too many years, the pecking order that is the Senior Area adjacent Horatio Street has seen Year 12 students housed beneath the large Covered Learning Area (CoLA) and Year 11 students left to the outlying seats, prone to the vagaries of the weather.

This situation has been overcome, to a degree, through the installation of six covered tables. The work began at the close of last term when the covers were delivered as a kind of Meccano set. Mr Howe, Mr Peebles and Mr Segal spent a fair chunk of that cold first week of the break erecting the covers and the final roofing material was attached this week.

Top soil is being delivered this week to smooth out the undulating parts of the area, making it a far more amenable place for our senior students to spend their break down-times regardless of the weather.



Leadership

Year 12's days at Mudgee High are coming to an end. They have fewer than fifty days left of lessons.

Soon they will hand on the role of being the most senior students in the school to our Year 11s... the class of 2020.

Monday 29 July – today – marks the first day of the captains' selection process.

Potential candidates for the role of captain, pretenders to the throne, will have the opportunity to collect nomination forms and prepare their applications. When completed, potential candidates' nominations will be scrutinised carefully to ensure that each possesses a demonstrable history of safe, responsible and respectful

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 30 July Year 10 into 11 Information Night
- 1 August Australian Mathematics Competition
- 6 August Year 10 into 11 Subject Market
- 26 August P&C meeting

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- Transport trainee and apprentice intake 2020
- Days for Girls update
- Senior study support
- Anti-bullying Alliance update
- Positive Behaviour for Learning
- The Learning Curve
- Advertisements
- Sponsorship

engagement in all that he or she has undertaken at school in the previous nine months.

Potential candidates must be exemplars of good attendance. They must have a demonstrable history of adherence to the uniform policy and they must be able to demonstrate that they apply themselves to their academic studies.

The field is often large and the potential candidates almost always well qualified for the role.

The potential candidates are always required to address their peers, as well as a good number of teaching staff and even some parents. They do this through individual campaign speeches in which each must speak of his or her respective visions for the captaincy and what he or she will bring to the role. Some find this part of the application quite stressful. I once had a potential candidate tell me that she intended to make application for the captaincy but did not want to speak on before her peers. I suggested she would do better not to apply for the captaincy.

On Thursday 26 September, the reign of the out-going candidates will come to an end as they hand over the reins to the newly-elected in-coming captains at the Year 12 Farewell Assembly.

Our new captains will need to understand in their role that they have spheres of influence – areas where they can exercise leadership. In fact, we all have three basic spheres of influence.

There is the sphere we can control, the sphere over which we have influence and the sphere over which we have no influence; no control.

As individuals, we can wring our hands and lament aloud our seeming lack of control in the face of huge problems. By way of example, it would be all too easy to look at an issue like anthropogenic climate change – fundamental changes wrought on global weather systems that are the result of human activity – and conclude that there is nothing we can do.

Each of us has more control over what happens in our homes than we do over what happens in our street. Each of us has more control over what happens in our street than what occurs in our country. But what each of us does in our homes and in our street can have an effect on the larger spheres of the state, nation and ultimately the planet.

So yes, it would be easy to despair. It would be easy to lament a seeming powerlessness and do nothing, but a simple search of the internet will provide a range of ideas for things that you can do locally that have an impact globally.

This is what true leadership is all about.

True leadership begins with the self.

Control what you can control – put your garbage in the bin, turn off lights when leaving a room, walk or cycle when you can, where a jumper rather than crank up the heat, open a window rather than switch on the a/c... adopt the tactic of sharing your concerns with others when you see things that you find concerning.

Personal leadership is about developing practices that eventually become habits.

Habits can become life-long, so develop good ones.

We each need to control what we can control; which includes everything from getting out of bed at a reasonable time to brushing your teeth, tying your laces, and doing your best in all that is expected of you.

Teaching our kids to positively influence the things over which they have influence, and not to despair the things over which they have little control or which sometimes leave them feeling let down, is a great start. Persevere!

Think globally and act locally... I'm sure our new Captains and Vice-Captains – whoever they turn out to be – will do just that.

Until next week...

Mr Eade
Principal



14s League team vs Gulgong

MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 26 August 2019 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

Week 1 Term 3 Awards

P&C Awards: Year 7 - Emma Scarbrow; Year 8 - Ruby Dyke; Year 9 - James Pegg; Year 10 - Levi Jacobs; Year 11 - Nicholas Ghanem; Year 12 - Tegan Ashlin

SRR Award: Chelsea Burnard

Writing Friday



Use this image to write a narrative. This may be a horror story, or it might be a scene from a fairy tale. Let your imagination run wild!

In your writing use:

- * 3rd person
- * A simile
- * The word 'trepidation' – it's a noun that means 'fear or anxiety'.

Your goal:
200 words
20 minutes

Transport trainee and apprentice intake 2020



Transport
Roads & Maritime
Services

Below is a link to the current Trainee and Apprentice intake for 2020.

Applications are open from today and close 18 August.

Interviews will be held from 16 September to 27 September 2019. Recruitment will be finalised prior the start of the HSC.

Trainees and Apprentices will commence employment from 13 January 2020. There will be an orientation day in Sydney for all new Trainees and Apprentices 28-29 January 2020.

<https://iworkfor.nsw.gov.au/jobs/all-keywords/transport/all-organisations--entities/all-categories/all-locations/all-worktypes?divisionid=23>

Days for Girls update

Days for Girls Refugee Project 2019

Our first 35 kits are off to join the Australian distribution of feminine hygiene supplies to displaced girls and women in the Lebanon.

This year, Days for Girls aims to reach 11,000 women and girls in refugee camps and we are proudly contributing to this project.



Senior study support

What: The Wellbeing Support Team is offering a study support program. Students are given study tips, tricks and skills to help them study smarter and more effectively.

When: Wednesdays Period 6, senior students are encouraged to go to the Community Room (in the library). Ms McLean (Wellbeing Support Officer) will be running the study support program.

Who: Years 11 and 12 students.

Why: Senior students lead busy lives. Juggling school, work, social lives, family and ensuring they keep healthy through all of this can be a challenging task. Figuring out how to manage this can also be tricky. Establishing good routines and strategies can help busy students find a healthy balance.

Looking forward to seeing you there!

Ms McLean (Wellbeing Support Officer)

Anti Bullying Alliance update

What is bullying?

Mudgee High School's Anti-Bullying Alliance uses the national definition of bullying for Australian Schools. This reads:

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 on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

On our Facebook page and at Wednesday assemblies, we are sharing the educational videos from the Bullying, No Way! website that outline this definition in detail. We encourage you to take a look. The link to the first video is below if you are not on Facebook.

<https://bullyingnoway.gov.au/resources/videos/pages/videoplayer.aspx?VideoID=82>

Remember, you can contact the Anti-Bullying Alliance via our email: antibullying@mudgeehighschool.net

We are happy to answer any questions or concerns.

To report bullying, go to this page for the link to the online form: <https://mudgee-h.schools.nsw.gov.au/supporting-our-students/student-health-and-safety/anti-bullying.html>



Positive Behaviour for Learning

This week our PB4L focus will be Tick-its.

When a teacher identifies a student is being Safe, Respectful and Responsible they may acknowledge this by handing out a Tick-it.

At the end of last term, we measured our Tick-it boxes. Congratulations to Year 8 who had the most tick-its. Year 8 was rewarded with a barbecue on Friday Week One. The Tick-its count will begin again this term.

Good luck to each year group!



SECONDARY

Parent Newsletter

The Learning Curve™

Wellbeing Builder: Middle – T.E.E.L. PARAGRAPHS
Senior – T.E.E.L. PARAGRAPH STRUCTURE

Wellbeing Element:

SKILLS AND ACHIEVEMENT

Character Strength:

CREATIVITY

Wellbeing Fitness Challenge:

HIDDEN PEOPLE

Wellbeing Reflection Activities:

Middle – T.E.E.L. PARAGRAPHS,
Senior – T.E.E.L. PARAGRAPH STRUCTURE (see website)

Parent Wellbeing:

Your self-belief is built upon you mastering things and this relies on you setting goals to achieve, called creating willpower and waypower. Describe how you currently set goals and what you could do to how you do this. (*Acknowledgement: Rievich, Shatte and Synder*)

The ability to construct well structured and logical paragraphs enables students to clearly express the message they wish to convey in what they are writing about. The T.E.E.L. method builds this capability and there is a T.E.E.L. Thinking Tool on the website which will assist in using it.

All too often, students may have investigated a topic or created a story very well, but through their inability to construct meaningful paragraphs, their efforts are not rewarded. A step by step intelligent plan to follow creates new brain pathways which become faster and stronger every time they use it, which enables them to confidently and capably construct paragraphs.

T.E.E.L. stands for:

- TITLE – the first or topic sentence explains to the reader what the paragraph will be about
- EXPLANATION – expand on the Title sentence and discuss your thoughts, reasons and arguments about the topic
- EVIDENCE – provide support for your thoughts and reasons as proof to the reader
- LINK – one or two sentences relating back to the Title or topic sentence.

T.E.E.L. is also a very effective strategy to use when reviewing their notes and revising for assessment tasks and tests, because it organises and codes learnt material logically in students' minds.

"Well done is better than well said." Benjamin Franklin



Advertisements

MUDGE 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
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ROLLS & SANDWICHES

HAM SALAD	\$ 5.00
EGG SALAD	\$ 5.00
CHEESE SALAD	\$ 5.00
CHICKEN MAYO & SHALLOTS	\$ 5.00
CHICKEN CAESAR	\$ 5.00
SWEET CHILLI CHICK/AVOCADO	\$ 5.00

ALL ROLLS CAN BE MADE ON GLUTEN FREE ROLLS

PLAIN BREAD ROLL	\$ 1.20
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SALADS

GARDEN SALAD GF	\$ 6.00
CHICKEN CAESAR SALAD	\$ 6.00
FRESH FRUIT SALAD	\$ 4.00
SEASONAL FRUIT	\$ 1.00

CHECK AVAILABILITY OF THESE SALADS

BUDDHA BOWLS	\$ 7.50
POTATO SALAD WITH CURRIED CHICKEN	\$ 7.50
MEXICAN CHICKEN WITH GUACAMOLE	

BROWN RICE & JALAPENO SALAD	\$ 7.50
GREEK SALAD	\$ 6.00
COUS COUS SALAD	\$ 5.00
PASTA SALAD	\$ 6.00

SUSHI	\$ 5.00
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SNACKFOOD

RED ROCK DELI CHIPS	\$ 1.00
JJ SNACKS	\$ 1.50
GRAIN WAVES	\$ 1.00

CHECK OUR DAILY MENU BOARD FOR OTHER SPECIALS INCLUDING HOMEMADE SOUPS, PASTAS, FOCCACIAS, TURKISH MELTS, CURRIES, BURGERS AND SALADS

PLEASE NOTE: PINENUTS ARE USED IN PESTO, CASHEWS, ALMONDS & WALNUTS MAY BE USED IN SOME SPECIALS. IF YOU HAVE NUT ALLERGIES PLEASE CHECK WITH CANTEEN LADIES

Please note these prices are subject to change throughout the year due to the increase in wholesale prices

*** GLUTEN FREE LUNCHES...ALL DAILY SPECIALS CAN BE ADAPTED TO GLUTEN FREE PLEASE ENQUIRE AND THESE WOULD NEED TO BE PRE ORDERED**

MILK AND DAIRY

MOOVE 300ML	\$ 2.50
MOOVE 500ML	\$ 4.00
PLAIN MILK	\$ 2.00
THICK& CREAMY YOGHURT	\$ 2.50
DARE 500ML	\$ 4.00
NIPPY'S MILK 375ML	\$ 3.50
CUSTARD 600ML	\$ 3.50

BEVERAGES

COOLRIDGE WATER 750ML	\$ 4.00
WATER 600ML	\$ 2.00
GATORADE G2	\$ 4.00
HOT MILO (Winter only)	\$ 2.00
PEPSI MAX 600ML	\$ 4.00
COKE ZERO	\$ 2.50
SPRITE ZERO	\$ 2.50
KYNETON MINERAL WATER	\$ 3.00
BERRI FRUIT JUICE 350ML	\$ 3.00

ICECREAMS

SHAKY SHAKE	\$2.00
PADDLEPOPS	\$ 1.60
Bulla FROZEN YOGHURT	\$ 2.50
Twisted FROZEN YOGHURT	\$ 2.50
MILO SCOOP	\$ 3.50
CYCLONE	\$ 2.00
RASPBERRY ICY POLE	\$ 1.30
LEMONADE TWIST	\$ 1.00

DAILY SPECIALS

MONDAY

SWEET CHILLI CHICKEN WRAP (ORDER ONLY)	\$ 5.00
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TUESDAY

PIZZA SUB	\$ 2.50
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WEDNESDAY

WEDGES	\$ 2.50
sour cream/sweet chilli sauce	\$ 0.50

THURSDAY

CHICKEN BURGERS	\$ 4.00
GF CHICKEN BURGER	\$ 4.00
GF Order only	

FRIDAY

THAI CHICKEN ROLL OR BOWL ORDER ONLY	\$ 6.00
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TOWN HALL CINEMA

Showing August 2nd, 3rd & 4th

Tickets available online from Monday 22nd of July

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

Yesterday, everyone knew
The Beatles.

Today, only Jack
remembers their songs.

He's about to become
a very big deal.

YESTERDAY



Yesterday

Fri 2 nd Aug	7:00pm
Sat 3 rd Aug	4:30pm
Sun 4 th Aug	2:00pm



Red Joan

Sat 3 rd Aug	7:30pm
Sun 4 th Aug	4:30pm



Toy Story 4

Sat 3 rd Aug	11:00am
Sat 3 rd Aug	2:00pm
Sun 4 th Aug	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

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Mudgee

INDIGENOUS ACCESS PROGRAM

MAKE TRACKS AND GET STARTED ON YOUR PATHWAY TODAY...



Are you curious about university, but not sure if you'd get in?

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.

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



**Charles Sturt
University**



**Club Mudgee
Max Potential
SHOWCASE
2019**



Be inspired by our future community leaders from Mudgee High School, St Matthews Catholic School, Gulgong High School and Kandos High School, as they share the challenges and the change experienced in their six month personal leadership journey with the Club Mudgee Max Potential program.

Explore the expo stands and celebrate the difference these young leaders have made locally through their community service project.

**FRIDAY 2 AUGUST 2019
5PM – 7PM**

Official presentation from 6 pm
Light refreshments served

Club Mudgee
99 Mortimer Street, Mudgee

RSVP: Friday 26 July
Damian Walsh – Program Manager
damian@maxpotential.com.au



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THE MUDGEE SOLDIERS CLUB LIMITED

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Mudgee High School - LINK Program

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