

# MHS Newsletter

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Monday  
12 August  
Week 4 Term 3  
2019

## Principal's Message

### Why Maths?

Each year a growing number of students drop the study of mathematics as soon as they can.

While mathematics is mandated for the junior school 7-10, the only compulsory subject set for HSC study is English. Mathematics is purely optional.

This issue has been recently highlighted by Rachel Wilson, senior lecturer of research methodology and educational assessment and evaluation at the University of Sydney, and fellow University of Sydney lecturer Deborah Chadwick.

Wilson and Chadwick, clearly alarmed by the movement away from mathematics, have been champions of the benefits the study of this discipline brings, not least increasing the likelihood of future employability – earning money and more of it – as well as becoming smarter. More on this second point later.

Wilson and Chadwick said, "Many industry and economic experts predict future economies – specifically those using technology to rapidly create goods and services – will be built on maths and science knowledge and skills."

The research is there to support this argument. The changing nature of employment suggests that by 2030, those employed will spend 77 percent more time, on average, using skills gained through the study of science and mathematics.

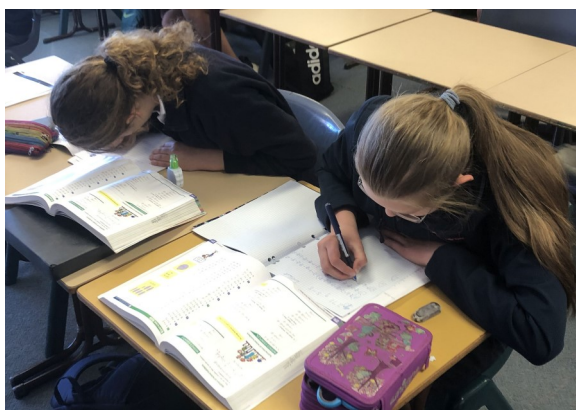
So if for no reason other than the protective shield mathematical skills may provide from unemployment, the study of Mathematics makes perfect sense.

Wilson and Chadwick also make the point that there, "... are more engineering jobs in Australia than skilled people to fill them. Between 2006 and 2016, the demand for engineers exceeded the number of local graduates. Employers often look overseas for suitable applicants, with some figures showing more vacancies are filled by overseas engineering graduates than locals."

The law of supply and demand, given the scarcity of engineering graduates, has also seen a spike in the money earned by people in these fields. Wilson and Chadwick noted that students taking higher mathematics courses at school often go on to have higher earnings in adulthood.

"The relationship between studying higher-level maths and earning more may be one of causation, correlation, or a bit of both. But, either way, it exists."

And then there's the matter of being smarter.



*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- 15-23 August Year 12 Trial HSC Exams
- 26 August P&C meeting
- 16-20 September Preliminary HSC exams
- 27 September Year 12 Farewell Dinner

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- Transport trainee and apprentice intake 2020
- Careers Capers!
- Junior Girls Basketball
- Open Girls Futsal
- Aboriginal Banner design competition
- Year 12 Farewell Dinner
- Mental Health Month
- Positive Behaviour for Learning
- Anti-bullying Alliance update
- The Learning Curve
- Advertisements
- Sponsorship

In their work, Wilson and Chadwick referred to a UK study which examined the association between intelligence and educational achievement in relation to 25 secondary school subjects.

The study demonstrated a strong correlation between the study of mathematics and what the Brits call the “g” factor, which is a mark of underlying intelligence. It is worth noting that the second biggest correlation is that associated with ability demonstrated in English (the English teacher within me had to make sure that was included).

“The g factor, or general ability, is the foundation of cognitive abilities and affects all learning, including in maths and science.”



A US study demonstrated a general lift in a population’s IQ when mathematics education was mandated rather than being made a disposable option. Linked to this is the no-brainer (excuse the pun) reality that in a nation where the national IQ is higher than the world norm – one where the population is obliged to undertake studies in mathematics – is the without exception tangible link between GDP and economic growth.

We are in the process now of working with our Year 10 students to build subject choice lines for Year 11. These lines will meet the demands of the greatest number of students entering the senior school in 2020. The HSC, as already stated, does not require students study mathematics. It is up to individuals to choose the subjects in which each will achieve their best.

A consideration of the potential mathematics could play in that mix may prove more than worthwhile.

## **Self-referrals**

At last week’s assembly, I spoke to our students about the importance of knowing one’s limitations.

Knowing when you’re physically ill and taking action to address that which ails is an adult skill. Knowing when learning support may help and seeking that help is also quite a mature thing to do. Seeking out counsellor support when it is needed is an equally mature thing to do.

Unfortunately, a small minority of students seek to self-refer in class time. A class test or a subject that doesn’t “float the boat” is enough to see some bolt for the learning centre or counsellor’s office.

Students were reminded that our expectation is that self-referrals to the learning centre, a well-being officer or the counsellor will only be made during breaks – during student free time. The teaching staff in the learning centre, our well-being officers and our counsellor will triage those referrals and seek to make appointments as soon as possible, but these people are not at student beck and call and are certainly not people with whom to “hang out” because someone is looking to dodge a unit test.

Of course, if a student becomes sick or is physically hurt, they should report it to a teacher immediately. In doing so, they may be referred to one of our first aid officers or we may call parents or carers to collect them... we will even call an ambulance when it is necessary and at school cost.

The other expectation we have of students is that they NOT call home if ill. We will do that. Please reinforce this message with your children. If they are sick, we will call home. If they call you without telling us, and you turn up at the counter expecting them to be waiting for you, you may well be disappointed. We cannot be expected to deal with things of which we are unaware.

Thanks for your understanding and assistance in reinforcing these messages at home.

Until next week...

Mr Eade  
Principal

## 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 3 Term 3 Awards

P&C Awards: Year 7 - Ebony Chapman; Year 8 - Mark Maskell; Year 9 - Lorinda McEwan;  
Year 10 - Tayla Large; Year 11 - Grace Woodgate; Year 12 - Gabrielle Dziura

SRR Award: Justin Dolanski

## Writing Friday



Your goal  
200 words  
20 minutes

In your writing include:

- A simile
- 3<sup>rd</sup> person
- The word 'cope' – it is a verb that means 'managing a situation'.

Choose one picture and tell the life story of this woman. Who is she? What has she experienced? What matters to her? What successes has she had?

## Transport trainee and apprentice intake 2020

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

Applications are open and close 18 August.

Interviews will be held from 16 September to 27 September 2019. Recruitment will be finalised prior to 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>



Transport  
Roads & Maritime  
Services

# Careers Capers!

## Year 10

Year 10 students have been completing lead up work with a view to compiling resumés in Careers classes.

Some classes have also had the benefit of presentations delivered by local employers regarding matters such as, career decision-making and roles and responsibilities in particular jobs. Year 10 students are also in the process of selecting subjects for the senior school. It is important that all Year 10 students participate in this process to better ensure they have the choice of senior courses they are most likely to enjoy, and in which they will be better placed to perform their best.

Mudgee High School also has an expectation that all Year 10 students will have completed at least one week of work experience before the end of 2020. Work experience provides significant benefits to students in assisting with future career planning and decision-making.

Has your son or daughter completed work experience?

## Year 11 Work Studies

The Year 11 Work Studies class recently participated in mock interviews with local employers.

This activity gave students valuable interview experience to assist in preparing them for future job seeking. Senior Work Studies students also attend work experience one day per week (usually Wednesdays). This program is excellent not just for future career planning, but also for students to develop skills and knowledge in their chosen fields.

## Year 12

Year 12 are currently in the process of preparing for their Trial examinations. Once completed, it is envisaged they will focus some of their attention on considering their post school options.

Students who have university on their radar should be applying through UAC (University Admissions Centre – [uac.edu.au](http://uac.edu.au)) for courses in 2020. Up to five course preferences can be selected. The closing date for this on-line, on-time application is Monday 30 September. Each Year 12 student has been offered a free 2020 UAC Guide to assist with this process. Year 12 students should also be investigating accommodation options for 2020 if they intend living on campus. All university information is available on their websites and each university will have an Open Day in the coming months.

SRS (School Recommendation Scheme) or 'Early Entry' programs are an excellent alternate pathway into university where students can be recommended by the school for entry based on their school performance and can potentially receive an offer prior to the release of HSC results and ATARs.

Year 12 students are also advised to apply for scholarships (free money!) in the coming months. A large number of university scholarships are not awarded each year because students simply do not apply!

Year 12 students who consider they have encountered educational disadvantage such as, health, family disruption, financial difficulties during Years 11 and/or 12 (minimum of 6 months), may be eligible for an ATAR allowance. This is known as the EAS (Educational Access Scheme) and details are available by visiting [uac.edu.au/eas](http://uac.edu.au/eas) or contacting the school.

Students who are considering apprenticeships or traineeships, or going direct to employment post school, are advised to have an up-to-date resumé and should commence their research into potential employment opportunities at the conclusion of the trial exams. They should check out the popular job search sites and keep in touch with local employment providers such as Skillset.

Students who are looking at TAFE next year will have the opportunity to attend an excursion to Mudgee TAFE in early September to hear about 2020 courses, talk to staff and inspect facilities.

## Upcoming MHS Career Events

**CSU (Charles Sturt University)** Prospective student adviser presentation **Wednesday 28 August** at 1.00 pm in the Performance Centre. Topics for discussion will include: 2020 courses; direct entry; accommodation; scholarships and more.

**Mudgee TAFE excursion Tuesday 3 September** between 9.30 and 11.30 am. Topics for discussion as mentioned above.

**UAC (University Admissions Centre) presentation Wednesday 11 September** at 1.00 pm in the Performance Centre. Topics for discussion to include explanation of the ATAR and 'Applying for University via UAC'.

Parents and carers are welcome to attend the above careers activities. Likewise, if you have any questions relating to any the above mentioned information, please contact the school.

## Junior Girls Basketball

On 26 July, the under 15s girls basketball team travelled to Dubbo to participate in the Western Area competition.

The team consisted of Georgia Bowland, Harriet Etherington, Rebekah Lowe, Montana Rheinburger, Tara Sunderland, Emma Thyrd and Maggie Virgona. The girls encountered some tough competition from Gilgandra High School (43-22) and Dubbo High School South Campus (57-19). The girls went into each game with a fantastic attitude and, regardless of the score, played their best to the end of each game. Their skills have greatly improved with this being the first competitive game for many in the team.

Well done girls!



## Open Girls Futsal

The Open team qualified for the state finals held at Hawkesbury Indoor Centre on 26 July. After a nice early start, the girls played Caringbah High School in the first match. Games are short in duration consisting of nine minute halves. The Mudgee girls packed plenty of action into their first game winning 4-2, including a hat-trick of goals to Lucy Sebelic.

Game 2 was a close match against Crestwood. Despite a weak first half, Mudgee attacked the goals and defended well to finish with a 4-3 loss.

Game 3 was against Mater Dei, with a 4-2 loss which could have gone Mudgee's way if their attack wasn't thwarted by some good goal keeping.

Game 4 was against Central Coast College, a team which was skilful and well drilled. Central Coast scored three early goals which made Mudgee tighten their defence and work hard to keep them from scoring during the middle part of the game. Unfortunately, they scored another two goals late in the game to take it to a 5-0 loss.

The last pool game was against TIGS where the girls lost.

Overall, the team did extremely well against some tough opponents. They are a team which does not play Futsal on a regular basis together and they share the goal keeping responsibilities. Special mention goes to Year 12 girls Abby Lynch, Grace Pearce, Stephanie Bartlett and Laura Treverrow as this was their last sporting representation for Mudgee High. These students have been an integral part of many teams over the years.

A big thank you to all the parents who drove down and supported the girls on the day.

Team: Abby Lynch, Stephanie Bartlett, Laura Treverrow, Grace Pearce, Rachel Bennett, Charli Hayes and Lucy Sebelic





ABORIGINAL BANNER

# PULL-UP BANNER DESIGN COMPETITION

*Submit a design for Mudgee High Schools pull up banner and win a \$10 canteen voucher!*

**SUBMISSION MUST BE BROUGHT TO  
THE HSIE STAFFROOM BY 27TH  
SEPTEMBER 2019**

Must include this acknowledgement 'Mudgee High School would like to respectfully Acknowledge the Wiradjuri people who are the Traditional Custodians and First Peoples of the land on which we stand.'

## Year 12 Farewell Dinner

**Friday 27 September**

**Venue:** Australian Rural Education Centre  
Cassilis Road, Mudgee

**Time:** 7.00pm to 10.00pm  
Doors close at 7.15pm

**Cost:** \$85 per ticket

**Printed tickets will not be replaced if lost.**

Tickets are available now from the school office or over the phone - no online payment.  
Ticket sales close Thursday 5 September at 2.08pm.

**Dress:** Semi-formal. Gentlemen, please wear a tie.



## Mental Health Month

Exciting news!

Mudgee High has been successful in their submission for a small grant to promote Mental Health Month. October is Mental Health Month in New South Wales, Victoria, and the ACT. Mental Health Month is an opportunity to raise awareness around mental health and wellbeing, and focuses on World Mental Health Day, which occurs each year on 10 October.

Stay tuned to hear about our plans!



[MENTALHEALTHMONTH.ORG.AU](http://MENTALHEALTHMONTH.ORG.AU)



## Anti Bullying Alliance update

### Defining Bullying – Is the behaviour ongoing and repeated?

The next feature of the National Definition of Bullying to look at is if the behaviour is ongoing and repeated.

Here is the link to the video shown at assembly:

<https://bullyingnoway.gov.au/resources/videos/pages/videoplayer.aspx?VideoID=102>

The video defines bullying behaviours as those that are repeated and ongoing. The video explains that while single incidents of meanness or aggression are not respectful or acceptable, they do not constitute bullying.

Bullying involves behaviours that are repeated, or it can be through the use of threats which create the fear that it will happen again. This fear alone can cause distress and harm. The video explains that “the ongoing nature of bullying adds to the power imbalance, as the person being bullied feels powerless; unable to stop it from happening.”

These behaviours can be in person or online.

Our school encourages all students involved in bullying, whether it is directly as the person being bullied, or indirectly as the bystander, to make a Bullying and Harassment Report.

### Is reporting bullying snitching?

One common misconception is that reporting bullying will give students the reputation of being a ‘snitch’. In the case of bullying this is not correct. Snitching is where a student deliberately tries to get other people in trouble by ‘telling on them’ for minor indiscretions, hoping to see the other person “cop it”. The process for dealing with bullying is *non-punitive*. In other words, there is no one getting in trouble, and there is no punishment for anyone involved. The Method of Shared Concern used by the staff of MHS is promotes understanding and empathy. This is achieved through discussion and reflection. The outcome in the majority of cases is that the bullying stops, and students can have a more harmonious time at school.

Parents/carers and concerned community members can report bullying via the school's webpage. Follow the link:

<https://mudgee-h.schools.nsw.gov.au/supporting-our-students/student-health-and-safety/anti-bullying.html>

We welcome any enquiries made to: [antibullying@mudgeehighschool.net](mailto:antibullying@mudgeehighschool.net)





## SECONDARY

### Parent Newsletter

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The Learning Curve™

#### Wellbeing Builder:

Middle – POSITIVE MINDSETS

Senior – OPTIMISM AND MINDSET

Wellbeing Element:

MEANING AND PURPOSE

Character Strength:

HOPE

Wellbeing Fitness Challenge:

BRIGHT AND LIGHT

Wellbeing Reflection Activities:

Middle – POSITIVE MINDSETS,  
Senior – OPTIMISM AND MINDSET (see website)

Parent Wellbeing:

A skill of social-emotional resilience is being able to solve your social problems. Describe a time you have done this and how you could do it better. *(Acknowledgement: Rieivich and Shatte)*

Encouraging students to look at life optimistically and search for what is good in things and right about what they are doing generates positive emotions in students. They are thriving and flourishing. Happy people enjoy better health, are more likely to achieve what they set out to do and welcome challenges.

When we teach our students about the amazing benefits of adopting an optimistic outlook in their lives and introduce them to the little positive actions they can do often, they shine. Their preparedness to adopt growth mindsets to learn and try new things to build their brains abilities is enhanced.

The alternative is to look at life pessimistically and search for what is wrong with things. And guess what, people who adopt this negative way of thinking find plenty of things they perceive to be not right, because that is all they are on the lookout for. It's a pity they miss out on the great things that are happening and could happen. As such, they seldom have those warm feelings of gratitude and appreciation.

The zest of optimistic thinkers is contagious and rubs off on those around them. Unfortunately, this is also true for negative thinkers. Mix with positive people.

*"Thinking positively creates uplifting spirals of hope for the future." MW*



# 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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BreastScreen  
NSW



The mobile van is  
coming to MUDGEE

## NEW LOCATION

**Mudgee Railway Station Carpark**  
Inglis Street  
Mudgee NSW 2850

From 10th September to end October 2019



Call 13 20 50 to book  
your **free** screening  
mammogram

**13 20 50**

20 minutes every 2 years  
could save your life

For women aged 50-74 years  
[breastscreen.nsw.gov.au](http://breastscreen.nsw.gov.au)

# 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](https://csu.edu.au/iap)**

## For more information, contact:

**Email:** [afb@csu.edu.au](mailto:afb@csu.edu.au)

**Website:** [csu.edu.au/iap](https://csu.edu.au/iap)

**Phone:** (02) 6933 4020



Charles Sturt  
University





**MUDGEES UNIT is now recruiting for Girl Guides to join our fabulous unit.**

Calling all young girls aged 7 to 15 who are interested in new adventures, making friends and having lots of fun.

Join us for two, obligation free, COME AND TRY NIGHTS.

Mondays 5:00pm - 7:00pm at the Uniting Church Hall Mortimer St (opposite Woolworths).

Contact Dianne Dalton on 0412 941 007

Email [mudgeegirlguides@gmail.com](mailto:mudgeegirlguides@gmail.com)

or visit [www.girlguides-nswact.or.au](http://www.girlguides-nswact.or.au) for more information.

### Sponsorship

**Mudgee High School - LINK Program**

**Proudly supported by**

**GLENCORE**

**Ulan Coal Mine**