

MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEE NSW 2850
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<https://www.facebook.com/mudgeehighschool/>



Monday
19 August
Week 5 Term 3
2019

Principal's Message

Welcome

Last week, we welcomed Mr Dayne Rosolen to Mudgee High School.

Mr Rosolen was successful in his application for the position of Deputy Principal vacated by Mrs Thommeny after her successful application for the position of Principal at Kandos High.

Mr Rosolen has already made his presence felt, attending a P&C meeting before he had officially started, and bringing to that meeting quite some experience in moving a retail business to cashless purchasing; something our P&C-run canteen will implement very soon. He also comes with a great deal of successful teaching experience in both computing and mathematics.

A product of the state-school system – a graduate of Glen Innes High – and a service life that has seen him work in a number of New England schools, Mr Rosolen is very much across what it is to live and work in a rural setting and is already getting well stuck into his new role.

Mr Rosolen is the Deputy Principal with oversight of Years 8, 10 and 12.



Screen Time

Screen time is in the news again.

Screen time – the amount of time young people spend in front of television, computer and mobile device screens either passively watching or playing games – has the potential to leave some parents and carers feeling guilty, others self-righteous and still others a little ... meh.

It is worth noting that national guidelines urge zero screen time for children under two. This would seem fair given that between birth and three, children are best employed establishing themselves as cognizant entities through play and meaningful interactions with the world around them. Research shows, however, that a great many little ones in this age bracket spend nearly an hour a day in front of a screen before they turn one!

The findings were contained in a study by University of Queensland researchers, who are now calling for an awareness campaign for soon-to-be parents attending antenatal classes.

Of course, if your kids are in high school, that boat has already sailed. The question becomes, "What is a healthy amount of screen time for a young person attending high school?"

*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
- 29 August Parent Teacher Evening Year 8, 9 and 10
- 16-20 September Preliminary HSC exams
- 26 September Year 12 Farewell Assembly
- 27 September Year 12 Farewell Dinner

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- Year 12 Farewell Dinner
- Geography Competition Media Release
- Aboriginal Banner Competition
- Positive Behaviour for Learning
- Anti-bullying Alliance update
- The Learning Curve
- Cyber Safety
- Advertisements
- Sponsorship

The recommended amount of screen time for children and young people aged 5-17 – which includes just about every young person at Mudgee High save for a handful of Year 12s – is no more than 2 hours of recreational screen time per day.*

So why limit screen time?

The less time spent inactive in front of a screen, the better an individual's overall health will be. The UQ researchers argue that young people need to be encouraged to break up long periods of sitting as often as possible. They should be encouraged to play games outside, undertake chores (a hill worth dying on, trust me) and play with other young people so as to build their capacity for effective social interaction.

UQ's School of Public Health Associate Professor, Leigh Tooth, acknowledged that "It's very easy to use screen time with children because there are so many child-friendly apps and games developed for young children and parents," but added "the potential negative implications far outweigh any perceived benefits."

Those negative implications of excessive screen time can include:

Physical

- Less physical activity
- Inactivity which can lead to obesity
- Poor sleeping patterns and routines
- Poor posture
- Deteriorating eyesight
- Poor diet and unhealthy snacking

Social

- Poor social skills
- Difficulty making friends

Psychological

- Reduced motivation
- Reduced self-esteem
- Depression

Cognitive

- Reduced verbal interactions
- Language delays
- Poor attention span and challenges with problem solving

Who would have thought that parenting could come with so much potential for guilt? But if we're on the same page regarding managing acceptable screen time with the young people in our lives, they will almost certainly be all the better for it both now and in later life. The optimist in me would like to think that one day they may even thank your efforts.

Until next week...

Wayne Eade
Principal

* <https://www.growinggoodhabits.health.qld.gov.au/need-to-know/screen-time-guidelines/>



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 4 Term 3 Awards

P&C Awards: Year 7 - Hamish Lynn; Year 8 - Madison Cook; Year 9 - Daniel Drewe; Year 10 - Emily Nott; Year 11 - Steven Marshall; Year 12 - Shelia Riley

SRR Award: Fiona Logronio

Writing Friday

Bullying spoils the school experience for some students.

Write a story about a bully and their victim. Think about what you know about how to deal with bullies and make the bullied kid triumph!

In your writing, use:

- * Third person
- * A simile
- * The word '*confront*' – it's a verb that means 'face up to' in both personal and aggressive ways.

Your goal
200 words
20 minutes



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.



Mudgee North-West Legacy

Legacy Badge Day, 6 September 2019

One unique organisation stands by the dependants of veterans who gave their lives or health in the service of their nation. Legacy cares for the families of defence force personnel killed in war or other hazardous service, in peacekeeping operations or in accidents whilst training for war, and those who have died subsequently or are incapacitated. Caring for this extended family is a big task as we seek to assist them in coping with their lives, both financially and emotionally, whether they are young or old. We help organise housing, education, medical expenses and important special things, like simple companionship. Legacy is funded by public donations, which enable us to perform our legacy of care.

There are many widows and dependants in Mudgee North West Division who depend on Legacy.

Badges are available at our office at 133 Market Street, Mudgee, and Bunnings Mudgee during Legacy week, as well as various locations in other towns within our Division on Badge Day. We also have pens, wristbands and Army, Navy, Nurse, Digger and Air Force bears.

For enquiries please call: 1800 356 550 or 6370 8600



Geography Competition Media Release

Mudgee High School Geography Students Excel in Australian Geography Competition

Geography students from Mudgee High School tested their geographical skills and knowledge against students from all around Australia in the 2019 Australian Geography Competition.

Claire Windeyer, Head Teacher HSIE, has recently received the results and was pleased with how students had performed.

“We have a number of student geographers at our school who performed to a very high level in the competition this year with one student in the top 2% in their Year level across Australia, three gaining high distinctions, four distinctions, and five credits,” said Miss Windeyer.

“Over 73,500 students from 792 schools across Australia entered the Australian Geography Competition so the results give us an external benchmark as to how our students are going in certain aspects of geography,” she added.

Some particular achievements to be noted include, Ethan Reinhard and Connor McNeill achieving Distinctions placing in the top 20% of the country. Alexis Gaffney and Manning Blackman achieving High Distinctions and placing in the top 8% of the country, and an outstanding achievement by Ethan Blamire, who earned a High Distinction, placing him in the top 2% of the country.

Bernard Fitzpatrick, the competition’s national coordinator, said; “The competition aims to encourage interrelationships between people and place. It helps students appreciate the complex nature of local, regional and global social, economic, and environmental interactions,” said Mr Fitzpatrick.

High-achieving Year 11 students from the 2019 Australian Geography Competition will take part in a week training/selection event, Geography’s Big Week Out being held on Kangaroo Island, South Australia in early December this year. From this event, four students will be chosen as members of the Team that will represent Australia at the 2020 International Geography Olympiad in Istanbul, Turkey. Funding to support the Geography’s Big Week Out and the Australian Team to the International Geography Olympiad is provided by the Australian Department of Education and Training.

The Competition is a joint initiative of the Australian Geography Teachers’ Association and the Royal Geographical Society of Queensland, and in NSW it is sponsored by Macquarie University.



Left to right:
Ethan Blamire, Connor
McNeill and Ned Dickson



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.'

Positive Behaviour for Learning

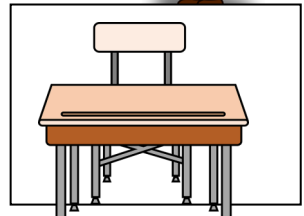
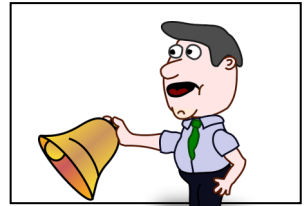
This week, all students will be focusing on 'Wrap it up'. This is an initiative designed to finish class in an orderly manner to allow optimal teaching time and less distraction in the learning environment.

The 'Wrap It Up' poster expectations are as follows:

Towards the end of your lesson, your teacher will ask you to

“Wrap it up!”

- Record homework in your Student Planner
- The bell is for the teacher
- Leave the learning space neat and tidy
- Reflect: Have you done your best?



Anti Bullying Alliance update

Defining Bullying - Behaviours that Cause Harm

The final feature of the National Definition of Bullying to look at is if the behaviour causes physical or psychological harm.

Here is the link to the video shown at assembly:

<https://bullyingnoway.gov.au/resources/videos/pages/videoplayer.aspx?VideoID=94>

The video explains that bullying is often named by the type of behaviour that is involved. The behaviours can be verbal, physical or social in nature. The common theme for these behaviours is that they are meant to cause harm. These behaviours can be online or in person.

Remember, 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.

We hope you have enjoyed this series and have a clear idea of the definition of bullying used at MHS.

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 to: antibullying@mudgeehighschool.net





SECONDARY

Parent Newsletter

The Learning Curve™

Wellbeing Builder:

Middle – MINDFULLY ACTIONING STRENGTHS

Senior – STRENGTHS AT WORK

Wellbeing Element:

STRENGTHS AND EMOTIONS

Character Strength:

KINDNESS

Strengths Booster:

VALUED STRENGTHS

Wellbeing Reflection Activities:

Middle – MINDFULLY ACTIONING STRENGTHS,
Senior – STRENGTHS AT WORK (see website)

Parent Wellbeing:

What is awesome in your work place? How could strengths come alive in your work place? Describe a time you felt really excited at your work place?

A key strategy in developing our state of wellbeing is to consciously use our strengths in our thoughts, words and actions. Many people have completed the VIA Survey to identify their top strengths, but unfortunately, that's where it stops. It's a bit like owning a horse and not knowing how to ride it.

It takes courage to leave our comfort zones to try new things, such as deliberately using our strengths, but when we do the benefits to our wellbeing will be immense. Wellbeing Fitness Challenges, Strengths Boosters and Weekly Character Strengths were created to provide varied activities for students, parents and teachers to actually use their strengths. Being disciplined and rigorous to complete them every week will in time build strengths based habits.

To further instil a school strength's based focus, half-way through every term there are Strengths for Relationships Weeks, such as, Kindness Week. Every student, class and teacher focuses their energies on creating actions and activities to use the specific strength to help other people shine. These are then collated and published for the entire school community to celebrate. Many families have also got involved enthusiastically by having Strengths for Relationships Weeks at home.

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." Buddha



FAMILY ONLINE SAFETY CONTRACT



❖ Look overleaf for our Family Online Safety Contract.

Take a few minutes to sit down with your child and discuss what you expect from them online.

Use this time to come to an agreement on how you'd like them to use the internet and what you will do as a family if something goes wrong.

Also explain that there is a section for parents to sign and consider as well.

This is a two way agreement. Parents, will you agree to not embarrass your children with photographs and comments on social media?

Here's some examples to include.

For kids

- I will never meet someone in person that I have only spoken to online, and I will tell my parents if someone asks to meet me.
- I will not respond to emails, instant messages or friend requests from people I don't know.
- I will put my devices to bed at night to help me get a restful sleep.

For parents

- If you see or hear anything online that makes you feel unsafe or worried for yourself or someone else, please know that you can come to me at any time with this concern, and we will work together to find a solution. **NOTHING IS EVER SO BAD YOU CAN'T TELL A TRUSTED ADULT.**

Need help filling it out? For a version with included suggestions, visit thinkuknow.org.au



FAMILY ONLINE SAFETY CONTRACT

This contract helps us stay safe when it comes to what we SEE, SAY and DO online.

CHILD

I _____, will:

PARENT/CARER

I _____, will:

Signed: _____
(Child)

Signed: _____
(Parent/carer)

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

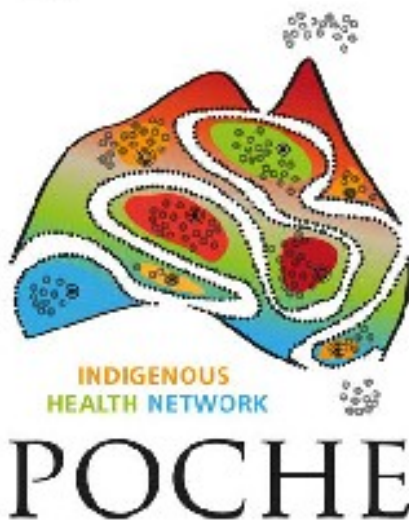
CHICKEN BURGERS	\$ 4.00
GF CHICKEN BURGER	\$ 4.00
GF Order only	

FRIDAY

THAI CHICKEN ROLL OR BOWL ORDER ONLY	\$ 6.00
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THE UNIVERSITY OF
SYDNEY



KEY THINKERS FORUM

Allied Health Careers – Pathways for Success

When

Monday, 9th September 2019
11:45 – 15:15
Lunch will be provided

Where

Tangney Alcove
Parliament House
Parliament Drive
Canberra
ACT, 2600

More information

poche.admin@sydney.edu.au
02 9114 0829

Register

Information on how to register.
www.tinyurl.com/KTF-pathways

We know that an Aboriginal and/or Torres Strait Islander health local workforce is vital for the success of Closing the Gap in health disparity in Australia. We also know that allied health is vital for overall health. Allied health career pathways for Aboriginal and/or Torres Strait Islander people provide a culturally appropriate 'scaffold' for health service delivery to our Aboriginal and/or Torres Strait Islander population.

Panel Members

- Prof. Michelle Lincoln
- Nicole Turner
- Prof. Pat Dudgeon
- Paul Talbot
- Facilitated by Prof. Tom Calma (AO)

TOWN HALL CINEMA

Showing September 6th, 7th & 8th

Tickets available online from Monday 26th of August

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



The Keeper

Fri 6 th Sept	7:00pm
Sat 7 th Sept	7:30pm
Sun 8 th Sept	4:30pm



Spider-Man: Far From Home

Sat 7 th Sept	4:30pm
Sun 8 th Sept	2:00pm



The Secret Life of Pets 2

Sat 7 th Sept	11:00am
Sat 7 th Sept	2:00pm
Sun 8 th Sept	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

Proudly supported by



Combined Rotary Clubs of Mudgee



Communities for Children
presents

Angry Anderson

talking about

“The importance of men in the family”



Wellington RSL

75 Arthur Street, Wellington

Wednesday 4th September 2019

10:30am - 12:30pm

Light refreshments provided

Please register your interest

Phone 6883 4600 or email

cfc@ccwf.org.au



CatholicCare
Wilcannia-Forbes

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





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

Sponsorship

Mudgee High School - LINK Program

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GLENCORE

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