

MHS Newsletter

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Monday
5 August
Week 3 Term 3
2019

Principal's Message

Yokoso!

Seventeen.

A prime number.

A South Korean boy band consisting of thirteen members that formed in 2015.
Probably more accurate to call them Twenty-one these days.

A magazine aimed at tweeny girls that deals with "the latest fashion, beauty, dating, and health tips."

An unlucky number in Italy, XVII being an anagram of VIXI, which is Latin for "I lived" implying the speaker is now dead.

The number of inbound visits Mudgee High has hosted with our Japanese sister schools.

Students and their teachers from Hokusetsu-Tsubasa, Ohkanmuri and Suita-Higashi High Schools, all schools within Osaka prefecture, arrived last Tuesday and will be with us for the remainder of this week.

Despite one case of homesickness – a student, not a teacher – our Japanese visitors and their hosts all appear to be having a great time.

These exchanges promote greater cultural understanding between our two nations. These exchanges are always educational and marked by a lot of fun. These exchanges often produce friendships that endure well beyond school years.

A big thank you to the many parents and students who have volunteered to host our visitors, as well as the teaching staff who are hosting the teachers from Osaka. Well done Mr Saunders, who has co-ordinated this year's inbound visit. It has been a big ask, but he has not failed in rising to the challenge!

By the way, "Yokoso" means "Welcome!"



*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 6 August Year 10 into 11 Subject Market
- 8 August Parent/Teacher evening for Years 7, 11 and 12
- 15-23 August Year 12 Trial HSC exams
- 26 August P&C meeting
- 16-20 September Preliminary HSC exams

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- Transport trainee and apprentice intake 2020
- Buckley Shield
- HSIE Junior Assessment Schedule
- Australian Mathematics Competition
- Positive Behaviour for Learning
- Student Support Process
- Careers
- Anti-bullying Alliance update
- The Learning Curve
- Advertisements
- Sponsorship

Who's right?

Last week a local motorist contacted the school and it would be fair to say that the local motorist's emotional state was somewhat elevated.

The local motorist had just had an encounter with a scooter-riding student from Mudgee High immediately after school had finished for the day. The scooter rider had crossed from the northwest corner to the northeast corner of the intersection between Horatio and Perry Streets as the local motorist was turning into Perry Street from Horatio. The emotionally elevated local motorist was particularly taken aback by the scooter-riding student's failure to check that it was clear to cross!

A demand was made. The school must do something about it!

I can tell you that our students are regularly reminded of what safe road use looks like, especially the need to dismount from bicycles, skateboards and scooters before using pedestrian crossings. They are also regularly reminded about what safe, respectful and responsible road crossing looks like in Perry Street, particularly when the buses are running.

I can also tell you that the scooter-riding student had right of way.

Transport for NSW advises that:

Drivers must give way to pedestrians crossing the road into which their vehicles are turning. You must also give way to pedestrians if there is a danger of colliding with them, even if there is no marked pedestrian crossing. As a vehicle's speed increases, so does the risk of injury or death to pedestrians hit in a crash.

Safety advice

- *Slow down on roads where there are likely to be a lot of pedestrians, especially near schools and shopping centres; near hotels there are likely to be pedestrians who have been drinking*
- *Be aware that pedestrians are hard to see at night and in poor weather*
- *Don't assume that a pedestrian has seen you and will wait for you to go past*
- ***Be mindful that vulnerable pedestrians may need extra time to cross – children can be difficult to see and may act unpredictably***

I added the bold to the original.

You can find more on this, including an instructional video, at: <https://roadsafety.transport.nsw.gov.au/stayingsafe/pedestrians/needtoknow/index.html>

Transport for NSW also advises that

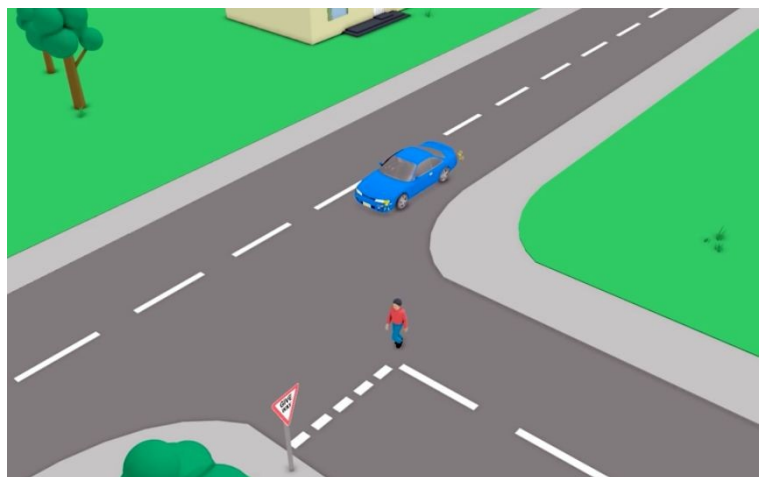
A pedestrian includes "a person in or on a wheeled recreational device or wheeled toy". This includes rollerblades, a skateboard, scooter, unicycle or similar wheeled device ...

The law does not extend to roundabouts. Perhaps that's why they have those refuges halfway across each approach road and the places for crossing are set back from the intersections so governed.

So, next time you're turning out of Douro into Denison or Horatio Streets, or Horatio into Perry Street, or Perry into Denison, you'll all know who has right of way. But if you're like me, you'll still counsel your kids on keeping an eye out for the motorist who may not be quite up on the rules, lest they become some kind of oversized hood ornament.

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 2 Term 3 Awards

P&C Awards: Year 7 - Lachlan Philpott; Year 8 - Evie Tanke; Year 9 - Connor Goodman;
Year 10 - Tayla Large; Year 11 - Caoimhe Griffiths; Year 12 - Duncan McNeill

SRR Award: Jasmin Hill

Writing Friday



Your goal:
200 words
20 minutes

Write the story of how this beautiful boat ended up under the sea. You can write a narrative or a newspaper article.

In your writing, use:

- A simile
- 3 good adjectives
- The word 'catastrophe' - it's a noun that means 'a terrible disaster'.

Transport trainee and apprentice intake 2020

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>



Transport
Roads & Maritime
Services

Buckley Shield – Under 14s Rugby League... from the vault

Earlier this year, and after a thrilling semi-final win over Narromine High – 20 to 12 – our Under 14s Boys' Rugby League side progressed to the Western Final.

Western Final turned out to be a true battle of the giants.

A shortage of reserve players and some pre-existing injuries hampered the boys' chances, but not their enthusiasm. Despite having opportunities on the Dubbo line, they were only able to break that line once and score. Dubbo managed to score six tries to finally knock our Mudgee boys out of the competition.

Coach Mr Laurie said afterwards that every boy in the team should be congratulated for what we brought to a campaign that took the team all the way to the Western Final.

He said, "It has been a long time since we have gone so far in the Buckley Shield competition and the keenness and commitment the players showed was a big reason for their success." Mr Laurie also wanted to thank Mr Kalaizis, who helped coach and train the team as well as run water in each of the four games played.

Team: Joey Annetts (C), Demiah AINU, Connor Casley, Lachlan Clayton, Kelly Constable, Ricky Constable, Blake Coulthard, Josh Gould, Caidan Horton, Freddy May, Jett McAuliffe, Mario Minnie, Jacob O'Brien, Jay O'Brien, Jackson Pascoe, Corey Pye, Brad Riley, Jordi Robertson, Matthew Robinson, Will Stott, Jamie Underwood & James Wilson-Tuckey.



HSIE - Junior Assessment Program - Semester 2 2019

Students in Year 7 are studying Stage 4 Geography for the whole year. Students in Year 8 are studying Stage 4 History for the whole year. Year 9 are studying Geography in Semester Two. Year 10 are studying History in Semester Two. Some students in Years 8, 9 and 10 have elected to study either Commerce 08, Commerce 11, Commerce 12, and/or Elective History.

The following assessment schedule is a guideline. There may be some minor variations, however, students will be adequately notified of any changes to due dates.

Year and Subject	Assessment Task	Task Weighting	Due Date Please note that the due date for the task falls within the listed week. The exact due date for each task will vary within that week depending on which day the student has that class.
Year 7 Geography	Water in the World Research Assignment Interconnections Examination Progressive Bookmark Class Participation	40% 30% 20% 10%	Week 9 Term 3 Week 2 Term 4 Ongoing Ongoing
Year 8 History	Vikings Museum Display Research Assignment Polynesian Expansion Examination Progressive Bookmark Class Participation	40% 30% 20% 10%	Week 8 Term 3 Week 3 Term 4 Ongoing Ongoing
Year 9 Geography	Sustainable Biomes Research Assignment Sustainable Biomes Examination Progressive Bookmark Class Participation	40% 30% 20% 10%	Week 10 Term 3 Week 2 Term 4 Ongoing Ongoing
Year 10 History	Holocaust Depth Study Research Assignment Course Examination Progressive Bookmark Class Participation	40% 30% 20% 10%	Week 5 Term 3 Week 2 Term 4 Ongoing Ongoing
Commerce 08	Promoting and Selling Research Assignment Course Test Class Participation	60% 30% 10%	Week 9 Term 3 Week 3 Term 4 Ongoing
Commerce 11	Starting a Business Research Assignment Class Test Class Participation	60% 30% 10%	Week 4 Term 1 Week 3 Term 4 Ongoing
Commerce 12	Law in Action Research Assignment Employment Issues Class Test Class Participation	60% 30% 10%	Week 7 Term 1 Week 3 Term 4 Ongoing
Elective History	JFK Extended Response Group Choice Group Project Course Examination Class Participation	20% 40% 30% 10%	Week 5 Term 3 Week 10 Term 3 Week 3 Term 4 Ongoing

Assignments may be handed in either hand-written or typed. If students wish to submit their work digitally, this should be done through Google Classroom “Turn In” function. This is the preference for digital submissions. Work may be handed in on paper, so please do not assume that everything has to be digital!!

If your child is unable to meet the due date for an assessment task, they will need to complete an application for Special Consideration. These forms can be collected from the HSIE staffroom. It is the responsibility of the student to collect this form, complete it and return it to the head teacher of HSIE or their classroom teacher.

Accessing Google Classrooms

Students should be making the most of the Google Classroom facility for their HSIE studies. To access these classrooms they will need the following entry codes:

Subject	Entry Code		Subject	Entry Code
Year 7 Geography	8446kj0		Elective History	jh7xeen
Year 8 History	q425lj		Commerce 08	eillvr
Year 9 Geography	ovfabn		Commerce 11	1gwpizq
Year 10 History	ws1muw0		Commerce 12	yojupq

Australian Mathematics Competition

Last Thursday 1 August, 20 brave students from Mudgee High accepted the challenge that is the Australian Mathematics Competition. While this was a smaller entry than in previous years, the quality of the candidates was clearly strong. The students were challenged with 25 multiple choice and 5 open ended questions in a 75 minute period. It is good to see our students putting their hands up for such competitions and Mr Lynn would like to see an even stronger representation in 2020. The results will take quite a few weeks to return as this paper is sent away to be marked.

Congratulations to all students who attempted this rigorous competition!

Positive Behaviour for Learning

The PBL focus this week is on “Get Ready!”.

When students arrive at class, the teacher will tell them to “Get Ready!”.

This means:

- Orderly and Quiet entry.
- Sit down.
- Equipment out (including student planners).
- Hats off.
- Bags placed away appropriately.
- Phone and earbuds away.
- Quietly wait for your teachers instructions.

When all students can do this well, more effective teaching can begin quickly because everyone is ready to learn.

All students need to remember to bring their Students Planners to school every day. They are a wonderful resource to help students be organised and use time efficiently. Included in the planners is a wellbeing section that covers a range of topics like personal strengths and resiliency. If your child/student needs a replacement planner, please phone the school for details on how to obtain one.

Student support request process

We are pleased to launch a new way for students to seek support at Mudgee High School. We hope this process will help make it easier for students to ask for assistance at school and promote positive help-seeking by students. Students are able to use the process to self-refer to wellbeing staff members such as the Wellbeing Support Officers, Learning and Support Teachers, Year Advisors, Anti-Bullying Alliance and School Counsellor. This process will be presented to students over the next week on assembly and on the daily notices.

Who is the best wellbeing staff member to help me?

Year Advisor

For general support with many aspects of school life.

This may include: letting them know about important changes and things happening in your life, mentoring, debriefing and checking in, help with concerns related to classwork, teachers, assignments, stress, attendance and/or friendships.

Wellbeing Teacher/Officer (Ms Mclean, Bec and Mrs Lang)

For support and mentoring.

This may include: support with friendship concerns, social skills, resilience, self-esteem, problem solving, stress, managing your emotions, coping strategies and talking privately to someone about home and school life.

Anti-bullying Alliance (Mrs Willetts, Ms May and Mr Saunders)

For support with bullying and harassment concerns, resolving conflict and other concerns around interactions with peers.

Learning and Support Teachers (Mrs Burke, Mr Hurley, Mrs Broadley, Mrs Hudson and Mrs Duclos)

For support with learning and other aspects of school life.

This may include: support with classwork, assessment tasks, learning difficulties, special provisions, catching up work, attendance, medical concerns, managing your behaviour and emotions, and checking in/debriefing with a support person.

School Counsellor (Ms Walsh)

For counselling and psychological intervention.

This may include: mental health or wellbeing concerns, anxiety, low mood, managing emotions and behaviour, coping skills, identity, motivation and talking to someone confidentially about serious or sensitive things happening for you.

Careers

'Women in Engineering' Breakfast

Interested Years 9 to 12 girls are invited to a 'Women in Engineering' breakfast on Friday August 16 8.00 - 9.30 am at Club Mudgee. There is no cost to those who attend.

Find out about engineering career opportunities and speak with successful female engineers about their career journey.

Limited places available so 'first in best dressed'. Please register with Mr Kempton by Wednesday August 7.



STUDENT SUPPORT REQUEST

WHEN DO I NEED TO SEE SOMEONE?

URGENTLY

WHEN POSSIBLE

IMMEDIATE:

I have significant concerns about my safety or the safety of someone else

URGENT:

I require support today please

WHEN POSSIBLE:

I would like support when a staff member is next available please

PLEASE GO TO A STAFF MEMBER IMMEDIATELY WHO CAN SUPPORT YOU

Go to the noticeboard outside the LaST staffroom/Learning Centre.
LOOK AT THE LIST OF SUPPORT STAFF
Who can support you best?

Fill out the support request slip provided and place it in the locked box and an appropriate staff member will get back to you.



SCHOOL COUNSELLING SERVICE

I would like to see the school counsellor

IMMEDIATE SUPPORT REQUIRED:

I have significant concerns about my safety or the safety of someone else

Please knock on the door. If the school counsellor does not answer please go to another staff member **immediately** who can support you or call the 24/7 Mental Health Access Line on 1800 011 511

SELF-REFERRAL:

1. Please go to the noticeboard next to the LaST Staffroom/Learning Centre.
2. Fill out the STUDENT SUPPORT REQUEST slip provided, circling 'School Counsellor'.
3. Place the slip in the locked letterbox.
4. The school counsellor will then arrange an appointment with you when possible.

If you do not feel comfortable completing a support request slip and would like to make a confidential self-referral directly to the school counsellor, please knock on the door (during a break time) and discuss this with the school counsellor.

Please be aware that the school counsellor is not available every day.

DID YOU KNOW....

Did you know that Mudgee High School has a WELLBEING SUPPORT TEAM?

Year Advisors, Learning and Support Teachers, Wellbeing Support Officers, the Anti-Bullying Alliance teachers and other supportive staff members are all also available to support you.

To request to see these staff members, please go to the noticeboard next to the LaST staffroom/Learning Centre and complete a SUPPORT REQUEST SLIP.

Anti Bullying Alliance update

Defining Bullying – The misuse of power in a relationship

We have been exploring the national definition of bullying over the last couple of weeks. After an overview of the definition of bullying, we now look at the misuse of power.

Here is a link to the video shown at assembly last week:

<https://bullyingnoway.gov.au/resources/videos/pages/videoplayer.aspx?VideoID=86>

This video explains that power imbalances exist between people and groups throughout society. The problem occurs, however, when someone takes advantage of that power imbalance to coerce or mistreat others.

Power can come from:

- Belonging to an exclusive or popular group.
- Having possessions or belongings that the other person or group does not.
- Personal characteristics, such as being older, stronger or good at activities considered important by peers.
- Being supported by more powerful people.

Situations that do not involve a power imbalance are not called bullying, they are called conflict.

Having a clear understanding of the definition of bullying may provide the confidence required to report any bullying they may experience or witness to a trusted teacher or the Anti-Bullying Alliance members. It also allows other students to effectively recognise when bullying is occurring to their friends or peers.

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 enquiries. Direct them to: antibullying@mudgeehighschool.net





SECONDARY

Parent Newsletter

The Learning Curve™

Wellbeing Builder:

Middle – SLEEP MATTERS

Senior – ESSENTIAL SLEEP

Wellbeing Element:

EXERCISE AND VITALITY

Character Strength:

SELF-REGULATION

Strengths Booster:

BREATHING STRENGTHS

Wellbeing Reflection Activities:

Middle – SLEEP MATTERS,
Senior – ESSENTIAL SLEEP (see website)

Parent Wellbeing:

With your knees slightly bent, sway forward till your heels leave the ground and then sway back till your toes leave the ground. Feel your weight transferring and finding your balance for five minutes.

Sleep deprivation is a massive issue for many students and is having a profound effect on their physical and mental wellbeing, because both their bodies and minds are not being rested and recharged. How can we expect them to function well as students and as people?

Their 24/7 addiction of being electronically connected to their peers by having their phones on all night communicating with others, makes deep and uninterrupted sleep more than difficult. Interestingly, studies have revealed that some 60 percent of adolescents are unhappy with and exhausted by this, don't understand the consequences of a lack of sleep and rest, but continue to stay connected because of FOMO; Fear Of Missing Out. Also, the blue screen light from mobiles stimulates adrenaline release, further preventing sleep.

Assertive parenting of insisting no mobile or computer after 9.00pm is the answer; it may lead to defiance, but to improve their health and wellbeing it is well worth weathering the storm.

At least 9 hours deep and uninterrupted sleep and rest are non-negotiable essentials for the healthy development of young people. Student voice is an important aspect in building cohesive school communities, but only in areas where they are informed and knowledgeable.

"The future belongs to those who believe in the beauty of their dreams." Eleanor Roosevelt



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

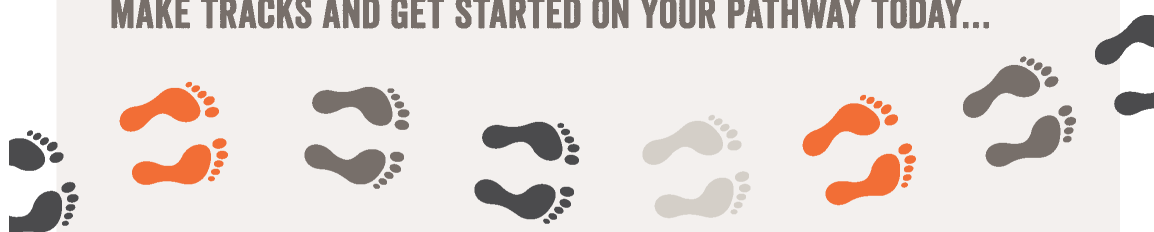
CHICKEN BURGERS	\$ 4.00
GF CHICKEN BURGER	\$ 4.00
GF Order only	

FRIDAY

THAI CHICKEN ROLL OR BOWL ORDER ONLY	\$ 6.00
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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



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Sponsorship

Mudgee High School - LINK Program

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