

MHS Newsletter

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<https://www.facebook.com/mudgeehighschool/>



Monday
9 September
Week 8 Term 3
2019

Principal's Message

The Upstanding Stand Up

It was good to see so many of our Year 11s demonstrate a preparedness to stand up to be school captains for 2020.

Seriously, hats off to Cooper Cowden, Ned Dickson, Alexis Gaffney, Celine Gironda, Nicole Hayes, Bethany Lawrence, Riley Leeson, Steven Marshall, Connor McNeill, Grace Quinn, Connor Rae, Lauren Reed, Ella Werth and Grace Woodgate. It is not easy to stand before all of your peers and put yourself out there. Their candidate speeches bespoke thoughtfulness and made, in many instances, very compelling cases for election.

The votes have been counted and the results are in.

Well done Ned Dickson and Alexis Gaffney, who won the vote for school captains.

Well done Connor McNeill and Ella Werth, who won the vote for vice captains.

The student body has four very fine young people to represent their interests.

It was a nice touch that 2019's outgoing captains were on hand to congratulate the incoming captains when the results were announced.

Until next week...

Wayne Eade

Principal

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 16-20 September Year 11 Exit examinations
- 23 September P&C meeting
- 24 September Rainbow Day
- 25 September staff vs students soccer match
- 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 Presentation Assembly
- Mental Health Month
- School calculator price change
- Pull-up banner design competition
- Positive Behaviour for Learning
- Canteen News
- Bawamarra
- Anti-bullying Alliance update
- The Learning Curve
- Cyber Safety
- Advertisements
- Sponsorship



MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 23 September 2019 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

Week 7 Term 3 Awards

P&C Awards: Year 7 - Natalie Knowles; Year 8 - Jayden Roberts-Wellsmore; Year 9 - Summer Leighton; Year 10 - Jack Waller; Year 11 - Jordan Harris; Year 12 - Grace Pearce

SRR Award: Ashon Behrens

Writing Friday



Write a narrative about a scientist who discovers this creature. What is it? Where is it found? Describe it carefully.

Your Goal:
200 words
20 minutes

In your writing include:

- * The word 'archaic' – it's an adjective that means 'very old'
- * A simile
- * 3 interesting adjectives

Year 12 Presentation Assembly

On Thursday 26 September, Mudgee High will formally farewell the class of 2019 at the Year 12 Presentation Assembly.

The assembly will commence at 11.00am and conclude at approximately 12.45pm. Family and friends of the students should aim to be seated in the Gymnasium by 10.45am.

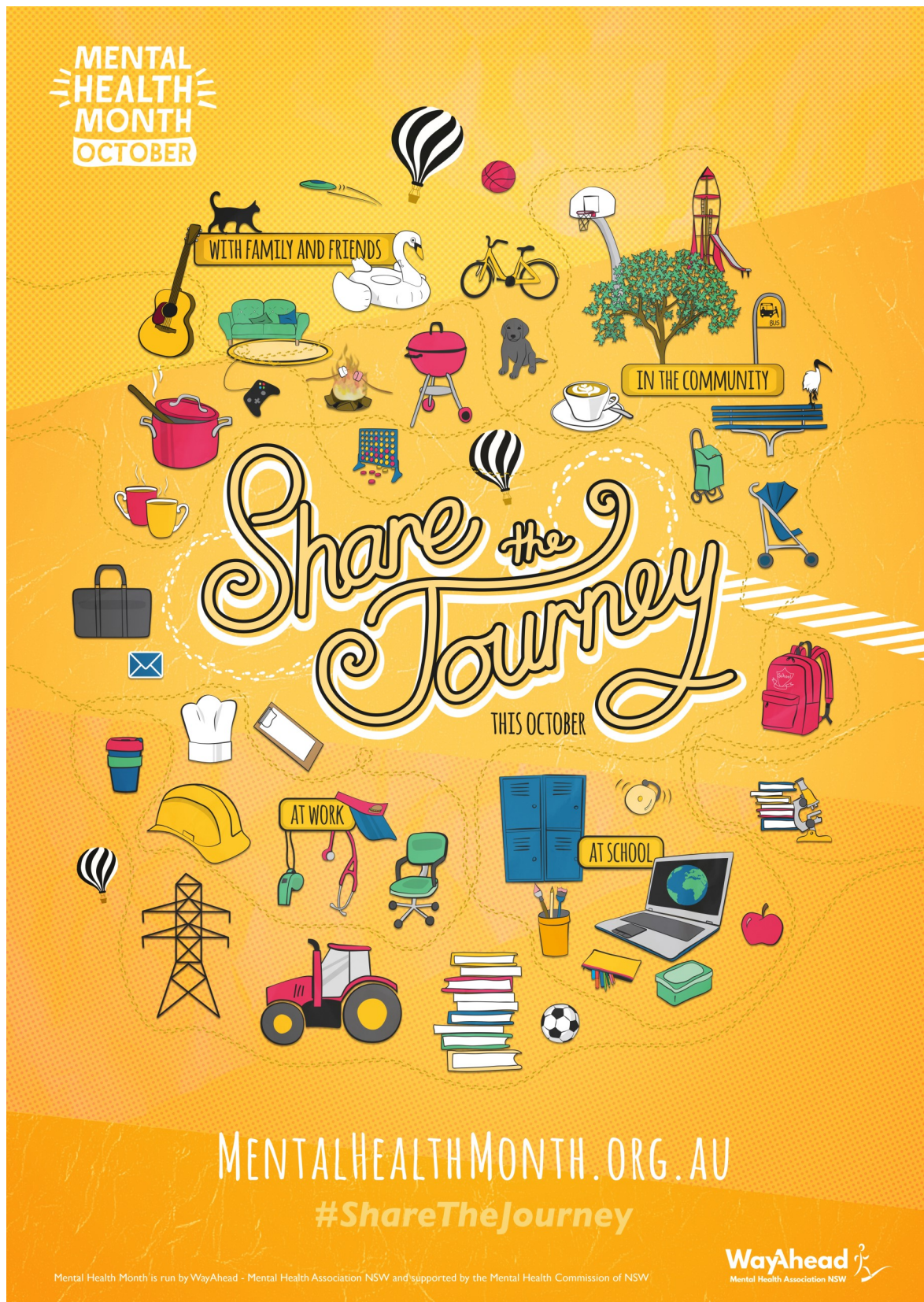
We look forward to seeing you there.

Stewart McNeill

Presentation Assemblies Coordinator.

Mental Health Month

Mudgee High School has been successful in gaining a grant to promote and acknowledge Mental Health Month, which is celebrated in October each year. We are planning to build on the great artworks Ms Smith and her band of Year 10 students created in the PE change rooms earlier this year. We are looking to enlist the support of our students to create artworks and positive wellbeing messages around the shared spaces of our school such as corridors, stairwells and the playground. We want staff and students to work together to promote Mental Health Month in our school community.



School calculator price change

Please be advised that the cost of calculators purchased from the school office has risen to \$23.60



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, our students will be focusing on expectations whilst using the canteen.

As you can imagine, this area of the school is extremely busy during recess and lunch. As a result we have particular expectations in place to foster safety and a smooth flow through the canteen lines.

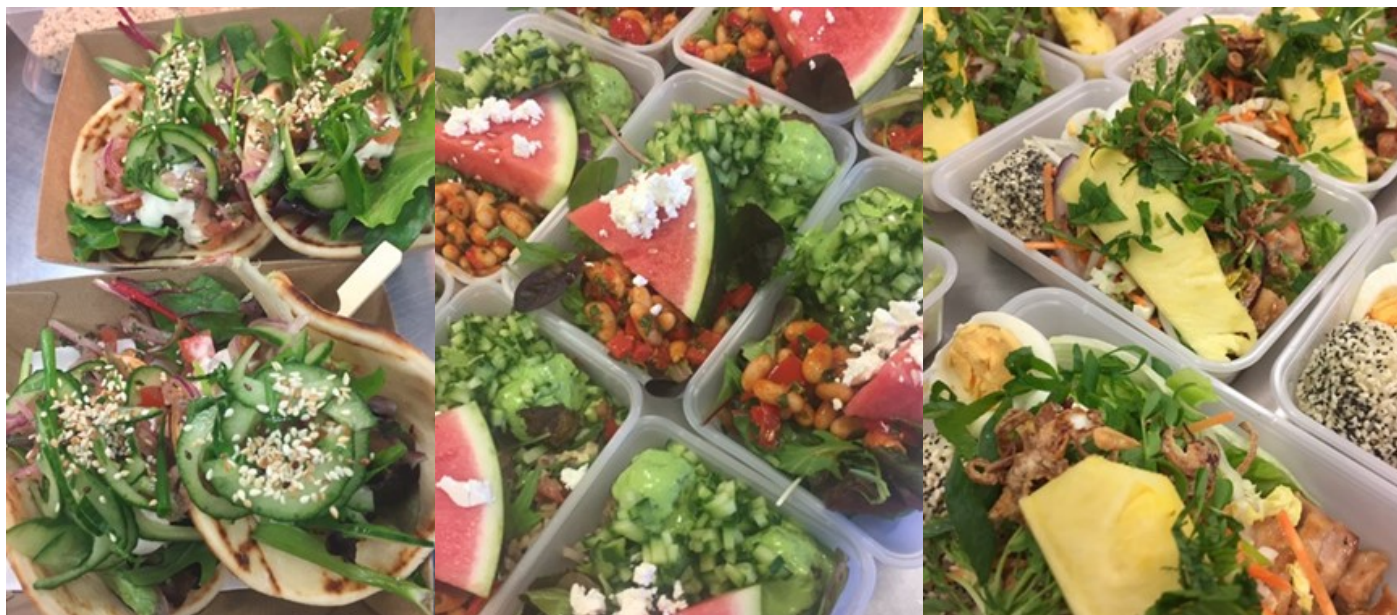
During roll calls this week, students will be reminded how to be Safe, Respectful and Responsible when using our fabulous canteen...and making sure they arrive at class on time!

Canteen News

The school canteen provides a range of delicious and nutritious meals.

Each day there is the standard menu, as well as 'special pop up' items available. These could include buddha bowls, bento boxes, buer buns, mini taco sliders and beef sliders!

To order a 'special', students can pre-order and pay before the end of recess and collect at lunch. Eftpos will be available from Term 4!





Bawamarra

(Relate news, communicate)



Applications for CSU 2019 programs are now open

The Indigenous Access Program is a 5 day testing and assessment program offered to Indigenous participants wanting to study at Charles Sturt University.

Successful completion of this program will gain you entry into a range of CSU Bachelor courses.

(<https://study.csu.edu.au/get-support/indigenous>)

All travel, meals and accommodation are covered for eligible participants.

Places are filling fast! Visit our website today: [csu.edu.au/iap](https://study.csu.edu.au/get-support/indigenous)

Alternatively if you have any questions please feel free to contact the team on (02) 6933 4020 or email afb@csu.edu.au



Walanga Muru's Aboriginal and Torres Strait Islander Entry Pathway (ATSIEP)

An opportunity for Aboriginal and/or Torres Strait Islander students to gain entry to study an undergraduate level course at Macquarie University.

In 2019 they are hosting interviews in the 2nd week of each month from NOW to January 2020.

Walanga Muru's ATSIEP is a 2-stage process, comprising of an online application and an interview. Interviews will be held on campus to give students the opportunity to elaborate on their application in a casual setting and hopefully gain entry into any undergraduate degree here at Macquarie University in 2020 prior to the main round offers.

The on-campus interview days also gives students the chance to meet with other Aboriginal and Torres Strait Islander students currently studying at Macquarie University, learn more about our centre and the University campus, the events they run, and find out about any scholarships and accommodation options, and sporting opportunities etc. that you may be eligible for.

Each student that completes an online application (check out the link below for more info on the application) will be notified within 3 days of submitting an application whether their application is ready for an interview.

From the students interview date they will know within 2 weeks from the day they attend their interview whether they have been successful.

There are no prerequisites and students can apply if they:

- Would just like the peace of mind of an early offer.
- Are not going to receive an ATAR.
- Think that they may receive an ATAR score lower than is required for admission to their chosen degree.

APPLY NOW as applications are NOW OPEN

https://it-mqu.formstack.com/forms/aboriginal_and_torres_strait_islander_entry_pathway



Sydney University Indigenous Australian Engineering School

From **12-18 January 2020**, the Faculty of Engineering and Information Technologies at the University of Sydney will host the Indigenous Australian Engineering School (IAES), funded by Engineering Aid Australia.

The IAES Program gives 25 Indigenous high school students from across Australia, who are entering years 10, 11 and 12 in 2020, the opportunity to come to Sydney and explore the possibilities of studying and working within various fields of engineering.

The IAES Program is fully sponsored with all activities, accommodation, flights and meals covered by Engineering Aid Australia and the University of Sydney.

The week-long program will involve site visits to key Sydney locations, curriculum exercises and participation in cultural activities. Further highlights include networking opportunities with engineering industry representatives and recreational activities on Sydney Harbour.

If you are an Indigenous student with a high aptitude for mathematics and science and are interested in engineering, you are strongly encouraged to apply.

Application closing date: **18 October 2019**.

See Miss Windeyer in HSIE for application forms and details.



Applications are now open for the UNSW Science & Engineering Pre-Program

Coordinated by Nura Gili, UNSW's Indigenous Programs Unit, the program is designed to provide support and training for Indigenous school leavers to better prepare them for study in the fields of Science and Engineering through an immersive experience at UNSW.

This program is for current year 12 students. Travel and accommodation costs are covered by Nura Gili. Successful completion of the Pre-Program may lead to entry into an undergraduate degree with UNSW Science or Engineering.

Apply here: <https://www.nuragili.unsw.edu.au/study/indigenous-preparatory-programs> or email any questions to Science.EDI@unsw.edu.au



Anti Bullying Alliance update

This week, we looked at the psychological phenomenon of the 'bystander effect'.

Please see the link to the video below. You will also find it on our Facebook page.

<https://www.youtube.com/watch?v=Wy6eUTLzcU4>

Britannica.com mentions that "positive moods", such as happiness and contentment, encourage bystanders to notice emergencies and provide assistance, whereas negative moods, such as depression, inhibit helping."

<https://www.britannica.com/topic/bystander-effect>

At Mudgee High, we aim to cultivate a culture of empathy and kindness through the anti-bullying processes and education. Positive Behaviour for Learning also supports this promotion of a positive culture. Lately, through our handling of some bullying issues, students have been more than willing to increase their understanding and empathy, and improve their helpfulness towards others.

If you have any questions regarding our Anti-Bullying approaches, please do not hesitate to contact us via antibullying@mudgeehighschool.net

If your child is potentially experiencing bullying, please submit a Bullying and Harassment Report via the link

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





SECONDARY

Parent Newsletter

The Learning Curve™

Wellbeing Builder:

Middle – RESEARCHING

Senior – STRUCTURED RESEARCH
PROCESS

Wellbeing Element:

SKILLS AND ACHIEVEMENT

Character Strength:

CURIOSITY

Wellbeing Fitness Challenge:

WHAT WENT WELL

Wellbeing Reflection Activities:

Middle – RESEARCHING,
Senior – STRUCTURED RESEARCH PROCESS (see website)

Parent Wellbeing:

Ask a friend about the good things that happened for them today,
why they happened and how they can make them happen again.

The main thing students will be doing in their lives in the 21st century is learning. Combine this with them being electronically connected 24/7 to a myriad of others, and we have a situation where they seldom slow down enough to be in the moment to think hard about what they looking at.

Teaching students to follow an intelligent research process enables them to slow down to think hard about each step they are doing. To support this process even further, you can ask them to identify and describe how they are thinking using Habits of Mind. Also, using the brain pathway building structure of Thinking Tools, provides opportunities and structure for them to analyse, evaluate and predict.

Adopting these approaches cultivates effective research habits which include knowing what to do when they don't know what to do, relating how what they learn connects to their world and identifying and finding the information they need to learn more about the topic. Their organisation skills improve by planning time targets, analysing their findings and looking for bias, patterns, inference and implied messages and presenting what they learned with clarity and precision. Once they have mastered these things, they can make predictions from their findings.

"If we knew what it was we were doing, it would not be called research, would it?" Albert Einstein





Fact sheet

SNAPCHAT (For parents)



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What is Snapchat?

Snapchat is an application which is free to download on iOS and Android devices that allows users to send images and videos ('snaps') to each other. Snaps can be viewed for up to 10 seconds before they 'dissolve'.

Operating the app requires use of the device's data plan or a wireless internet connection. Images can be drawn on using a whiteboard-style tool and can be given a caption. Snapchat also gives users the ability to put special effect filters and emojis over images or videos to create different looks or themes.



What is the age restriction for Snapchat?

The age classification for Snapchat is 13 years and over, although much of the content may be inappropriate for that age group. If children under the age of 13 sign up for an account they are given access to 'SnapKidz' which is a limited version of the app where users are not able to send images to other users. It is important to note that these classifications are set by the app's creator and are not overseen by an independent body.

How are kids using Snapchat?

Snapchat is used by many young people to connect with their friends and to send photos to each other. However, Snapchat can be used for inappropriate purposes and it is important to sit down with your child and explain to them that it is not okay to share images that are rude, offensive or sexualised.

Should I be worried if my child is using Snapchat?

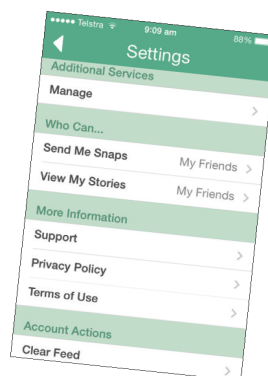
Any application when used incorrectly has the potential to cause harm. It is important that you communicate openly with your child about how they may be using an application and the legal and ethical ramifications of inappropriate use. Children and young people also need to be aware of the risks of communicating with people they don't know via any mobile application.

Does an image really delete on Snapchat?

There are many ways an image can be saved, even on Snapchat. iOS and Android devices have a feature which allows the device to take a photo of what is on the screen (screenshot). Snapchat notifies the sender if an image they have sent has been captured, however there are also other ways images can be saved without the sender being notified, so it is important to encourage children to think before they send a snap.

What are the privacy settings on Snapchat?

Snapchat has limited privacy settings so it is important to monitor your child's usage of the application. One privacy setting that is available is the ability to restrict who can send your child photos or videos, 'snaps'. This can be enabled by going into the **Settings** menu, select 'Who can send me snaps', then select 'My friends'. This will ensure that only users in your child's contact list can send images.



It is important to read the Snapchat privacy policy as it provides information about how the images and videos are stored and used. Users need to be aware that Snapchat has the right to reproduce, modify and republish photos and videos, and save them to the Snapchat servers, particularly in relation to the 'Live Story' feature.

Is Snapchat a 'safe sexting' application?

It is important to know that there is no such thing as 'safe sexting' and Snapchat is no exception. Young people need to be aware that as soon as they send an image they have lost control over where it ends up. Sending sexually explicit images of someone under the age of 18, with or without their permission, could be an offence under State and Commonwealth legislation.

What are the potential problems with Snapchat?

Sharing images that are rude, offensive or sexualised can see young charged under State and Commonwealth legislation which carries serious legal consequences. Ethically, young people need to be aware of the impact that their online behaviour has on their reputation and others.



Fact sheet

SNAPCHAT (For parents)



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Sexting is commonly defined as the sharing of sexualised or naked images via the internet or mobile phone, this includes mobile applications like Snapchat. Children and young people need to realise that as soon as that image is sent they have lost control of it. It is possible that images shared privately between people on social networking services could end up elsewhere online. Taking, sending and saving these sorts of images can also constitute child pornography offences and can have long term legal ramifications on a child's future.

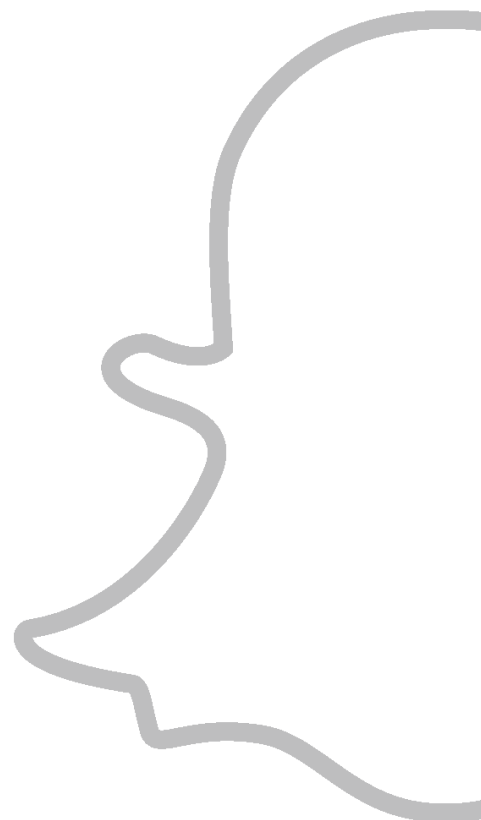
If these images become public, the child in the image can be subject to bullying and cyberbullying. This may happen face-to-face at school or even online with people posting and sharing the image on social networking sites or through instant messenger applications. It is important that parents and carers are aware of the issues associated with various apps and websites so that they can openly communicate with their child about safe and responsible use.

How do I delete my child's Snapchat account?

After talking with your child about the ethical use of Snapchat and your family's rules around technology, you may feel it's appropriate to delete the Snapchat account.

Open discussions are vital in ensuring your child understands their responsibilities when using technology. Removing technology from your child when they have used it inappropriately is not the best response as it may lead the child to access technology through other means making it more difficult to monitor, supervise or support them if something goes wrong.

However, in some cases it is necessary for a parent to delete an account. To do this, you need to go to <https://support.snapchat.com/delete-account> and enter your child's account username and password. If you do not have your child's password you can submit a deletion request to Snapchat.



thinkuknow.org.au



AFP
AUSTRALIAN FEDERAL POLICE



Microsoft

DATAKOM



Commonwealth Bank

Advertisements

MUDGEE 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	\$ 5.00
WRAP (ORDER ONLY)	

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	\$ 6.00
ORDER ONLY	

**TAKE
\$100 OFF***

YOUR REGISTRATION FEES
Claim your voucher today



PLAY CRICKET!

**PLAY MORE SHOTS, FACE MORE BALLS AND TAKE MORE WICKETS!
GET BACK INTO THE ACTION OF JUNIOR CRICKET AND
TAKE YOUR GAME TO THE NEXT LEVEL**

Mudgee & District Junior Cricket Association

19/10/19

Jamie Gallen 0478226620

mudgeejuniorcricket@gmail.com

*MORE INFO AT SERVICE.NSW.GOV.AU/ACTIVEKIDS



JOIN A TEAM NEAR YOU TODAY



PLAY CRICKET

**PROUDLY
PRESENTED BY**



**Cricket season commences 19 October.
Cost is \$100 for children 4 to 14 years.**

Gulgong Folk Festival

After some re-planning and juggling of Committee roles, Gulgong Folk Club Inc. now has a new Festival Director, and it is FULL STEAM AHEAD for the 34th annual Gulgong Folk Festival:

29-31 December 2019.

Sponsors still have time to jump on board.

Accommodation choices are varied, and will be eagerly sought.

The **Bushwackers Bush Band** has top billing.

On offer will be concerts, jam sessions and 'blackboard concerts (walk-ups), relaxed /informative workshops for instruments and voice.

Poets' Breakfasts, too. And, Buskers' Corner for morning music on Mayne Street.

*Special news for songwriters ... **two (2) song writing competitions.**

- a) A new comp for any freshly penned folk song, with age categories up to 21 years/ over 21.
- b) The established and respected John Dengate political parody songwriting competition.

* It is obvious that there is plenty of material around for folk songs and, especially, parodies!!

The main Festival venues have efficient air-con.

A Gulgong Treat:

Pianists are welcome to display their talents on the Steinway in the Prince of Wales Opera House in the Open Recital.

Do check out some details at www.gulgongfolkfestival.net.au and like us on Facebook.

TryBooking is our online ticket sales contact of choice, with an impressive 'early bird' offer.

Children under 12 years of age gain FREE entry for the Festival.

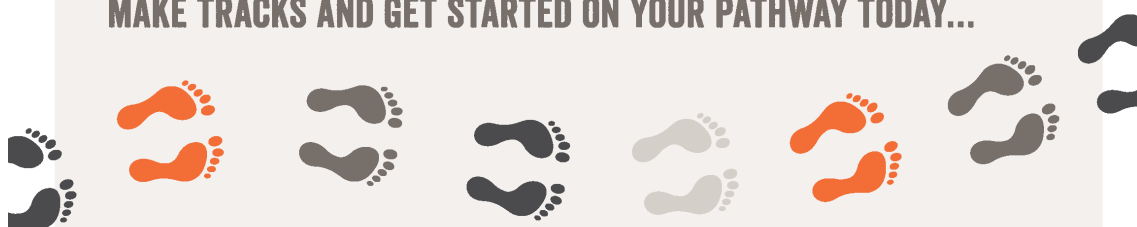
Volunteers devoting 8-9 hours of Festival duty will earn a free 3-day Season Ticket.

Queries:

Please contact Di Clifford:- 0458 032 150 e:- di.clifford15@gmail.com

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**



F5680 Charles Sturt University CRICOS 00005E

Sponsorship

Mudgee High School - LINK Program

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