

MHS Newsletter

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



Monday
16 November
Week 6 Term 4
2020

Principal's Message

Year 12 2020 Graduation

The Year 12 Graduation Assembly occurred on Thursday 12 November within the larger AREC hall. Among a host of speakers, Vice-Captain Ella Werth announced that the cohort had raised \$17,251.20 for the Vinnie's Drought Appeal. Perpetual award winners, those who had earned the Newcastle University and Glencore scholarships, and a great number of other Year 12 students were all recognised for their contributions this year.

The Graduation Formal was held at the same venue on Friday night, 13 November. It was very well attended and the graduating class polished up very well.

HSC results are out on Friday 18 December... one more time to come up and see us here at school and share the joy! Rumour has it that there will be a sausage sandwich thrown in to sweeten the deal, as well as a chance to collect a copy of the *Mirri* magazine.

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- Monday 23 November P&C meeting
- Tuesday 24 November Jay Laga'aia Drama Workshop
- Wednesday 25 November Year 6 into 7 orientation day
- Friday 27 November Peer Support Leaders training day

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards
- Girls cricket report
- Identity and Education - A Deadly Combination poster competition
- Advertisements
- Sponsorship



End of Year Presentations

The latest COVID advice from the Department of Education, received on Thursday 5 November, makes clear that the 4sqm rule still applies to all school functions to which visitors are invited. As a result, the

school gymnasium, at 560sqm, only has space for 140 people. Our end of year Presentation Night function attracts a great many more than 140 people. As a result, we are looking at some possible alternatives. In the next day or two, and if you have a current email address that can be accessed by the school, you should receive brief survey. The survey will flesh out some possible alternatives and seek an indication of preference. It will not be a carte blanche deal but more a seeking of support for what are some well-considered alternatives.

Contagion

Chickenpox has turned up in town. At least one student from Mudjee High and another at Mudjee Public are in isolation.

It is a good thing that we are all well-practiced in what COVID-safe routines look like; coughing into elbows; washing hands regularly; using hand sanitiser; staying at home when unwell, etc..

Be aware that while chickenpox usually causes only a relatively mild illness response in children, the same is not so for adults. The reaction to chickenpox in adults and the immunosuppressed can be severe. Chickenpox infection in pregnant woman can be devastating, with the potential to cause foetal malformations.

If you'd like to know more, visit the [NSW Health Chickenpox and Shingles factsheet](#).

P&C

Monday 23 November is the next meeting of the P&C.

Recently a question was raised as to why a particular school organisational matter had been resolved without parent input – why had parents not been involved in the decision making process? The question seemed reasonable. It would have seemed even more reasonable had the matter not been raised and addressed at a P&C meeting some time before.

P&C is an opportunity.

P&C is an opportunity to bring together the school's senior executive staff, parents, carers and the broader Mudjee community so as to establish links that achieve the best educational and personal outcome for the young people in our care. P&C provides opportunities for parents to communicate their collective needs to the school. P&C provides an opportunity to discover what is happening at one of this community's largest assets, Mudjee High School.

I don't know who originally said what follows but it was a favourite catchcry of Quirindi-born Tony Windsor when he was my local member: "The world is run by those who show up."

I think the former state MLA and later federal MP was on solid ground with this one.

Until next week...

Wayne Eade
Principal

Graduation Assembly Year Adviser
Award - Eric Milne and Celine Gironda
presented by Mr Couch





Year 12 Graduation Formal

Teaching someone to drive?

Mid-Western Regional Council is partnering with Transport for NSW to deliver a **FREE online information session** to parents and guardians teaching someone how to drive this summer. The program is called Helping Learner Drivers Become Safer Drivers.

The presentation will offer practical advice and information about the Graduated Licensing Scheme, its log book requirements and useful tips on being a supervising driver.

The session will be delivered **via Zoom** on Thursday 10 December 2020 starting at 6pm.

Registrations can be made online at <https://www.trybooking.com/BMALZ>

To find out more, please call Council on 6378 2850.

Samantha Cecchini (pronounced *cha-kee-nee*) Wednesday - Friday

Road Safety Officer, Operations

Mid-Western Regional Council

t 0418 515 047

f 02 6378 2815 | e samantha.cecchini@midwestern.nsw.gov.au

a 86 Market Street | PO Box 156 Mudgee NSW 2850

w www.midwestern.nsw.gov.au

[facebook](#) | [twitter](#) | [youtube](#)



MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 23 November 2020 at 7pm via Zoom.

Link will be published on the MHS Facebook page.

All welcome.

Week 5 Term 4 Awards

**P&C Awards: Year 7 - Jack Boal; Year 8 - Miriam Halbis; Year 9 - Jacob Manson;
Year 10 - James Pegg; Year 11 - Jenny Jeamtua**

Writing Friday

Task Six: Into the Wild...

The Australian wilderness is an incredible, breathtaking place, but it can be dangerous at times. Awe-inspiring views and ancient wonders are balanced by wild creatures, unpredictable weather and the threat of floods and fires. So what draws us into our wild places? And what happens there when something goes wrong?

Compose a piece of writing about SURVIVING in the Australian bush.

In your writing, describe a significant setting using powerful adjectives.

Use the word 'Spectacular'.



Girls cricket report

On Tuesday 3 November, Mudjee High played against Canobolas High at Walkers Oval in a Western Area competition in lieu of the usual knockout competition which had been cancelled earlier in the year due to COVID.

They lost the toss and were sent into bat. The opposition had one strong bowler who did some early damage. However, some steady efforts from our batters allowed a healthy tally from the sundries accumulate. Hopes of defending the total went out early with some exceptional attacking batting from Canobolas in the first part of the innings. The game went on to allow players to have a bat and bowl.

Despite the score line, both teams played in a great spirit and were obviously very happy to be able to conduct the day with many COVID restrictions.

Training and selections will commence again in 2021. With most of the team only in Years 7 and 8, they did well to improve their knowledge and skills of the game and will hopefully have more confidence in future games.

A big thank you to the umpires, Hamish Lynn and Lachlan Philpott, who assisted on the day.

Team members: Jessie Orth, Amy Ioane, Chelsea Mottershead, Arya South, Phoebe Virgona, Alexxia Wake, Mollie Blackman, Tahlia Cooke, Edana England, Macy Dowler, Ella Martin, Montana Rheinberger





Aboriginal Outcomes and Partnerships NSW Department of Education

Identity and Education: A Deadly Combination

Poster and Multimedia Competition

Entries for the Poster and Multimedia Competition are now open. You are invited to submit a poster or multimedia piece reflecting on key messages such as:

being and staying at school

the importance of completing Year 12 with a HSC

HSC completers have greater opportunities for success, including more varied career options, increased employability and higher earning potential, all of which contribute to a lifetime of better outcomes.

Your target audience is fellow students, teachers, principals and communities across NSW.

Reminder to keep your messages short and catchy.

Prizes


Up to 10 selected winning Individual entries - \$500
(\$200 to purchase the artwork and \$100 each year to end of 2023)

Up to 5 selected school entries - \$1000

A panel consisting of the representatives from the department, AECG and Aboriginal community will select the winning entries.



Education



Identity and Education: A Deadly Combination

Permission for every entry

Dear Parent/Caregiver,

Congratulations on entering your child's Work for consideration in this competition. Aboriginal Education and Communities now requires your permission to allow the Department to use your child's Work, which might be an artwork, image, photo, multimedia artwork, in promotional and publicity materials both for the competition, and broader uses related to the promotion of Aboriginal education and public education generally.

Your child's Work may be reproduced in printed and electronic publications, including:

- Department of Education publications such as its Annual Report, school newsletters, magazine articles and promotional material;
- Public websites of the Department of Education including the Aboriginal Education sites, Arts sites and school websites, blogs and wikis;
- The Department of Education intranet (staff only) site;
- Official Department and school social media accounts on networks such as YouTube, Facebook and Twitter;
- Public media including websites, broadcasts and publications showcasing student achievements.

Your child will be identified as creator of the Work by their first name only and may also reference their age, class or school. Parents should be aware that when information is published on public websites and social media channels, it can be discoverable online for a number of years, if not permanently. Search engines may also cache or retain copies of published information. Published information can also be linked to by third parties.

Please complete the permission slip below and return to Des Crawford by **27 November 2020**.

Address for entries: Des Crawford

Address: Ground Level, 140 William Street Bathurst, NSW 2795 or by email PremierspriorityCorro@det.nsw.edu.au

Name of Student: _____

Name of School: _____

Class/Year Level of Student: _____ **Date of Birth:** _____

Permission

I, the parent / legal guardian of the student named above agree to and provide permission for the student's image and personal information to be disclosed by Department of Education in relation to the Work. I also give the Department a royalty-free licence in perpetuity to reproduce the Work for promotional purposes as explained above.

I understand the work may be used, modified or reproduced at the discretion of the Department of Education.

This signed permission remains effective until I advise the Department otherwise.

I, the student named above, warrant that I am the sole creator of the Work and that any Indigenous Cultural and Intellectual Property included in the Work has been used with the consent of the owners or custodians.

I also give my permission and licence for the publication of my Work by the Department of Education as set out above and understand that my work will be credited with my first name only, if at all.

Student Signature: _____ **Date:** _____

Name of parent/caregiver: _____
(Please print name) (Signature of parent/caregiver)

Date: _____



House Championship 2020

Tally as at 13 November 2020
Week 4 Term 5



1st	Cunningham	161 807
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2nd	Blaxland	159 496
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3rd	Lawson	156 547
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4th	Wentworth	153 739
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Blaxland: Surnames A to D

Cunningham: Surnames E to K (Leading by 2311 points)

Lawson: Surnames L to R

Wentworth: Surnames S to Z



Advertisements

Mudgee High School Canteen – Price List 2020

Hot Food

Chicken and corn roll	2.00
Pizza rounds	3.00
Beef traveller pie	4.00
Curry chicken pie	4.50
Potato pie	4.50
Beef and gravy roll	5.00
Hot dog	3.50
Hot dog with cheese	4.00
Beef pie (gluten free) order only	4.50
Mayonnaise/sauce portions	0.30

Rolls and Sandwiches

Can be made on gluten free rolls by request – order only.

Ham and salad	5.00
Egg and salad	5.00
Cheese and salad	5.00
Chicken, mayo and shallots	5.00
Chicken Caesar	5.00
Sweet chilli chicken and avocado	5.00
Salami, cheese and tomato	5.00

Snack Food

Red Rock Deli chips	1.50
Grain Waves	1.50
Chip Roll	2.70
Choc Chip Muffin	1.50
Pear and raspberry bread	2.00
Blueberry Muffin	1.50
Watermelon tubs	2.50
Trail mix pots	2.50
Seasonal fruit	1.00

Milk and Dairy

300ml Big M flavoured milk	2.50
500ml Dairy Farmer's Classic flavoured milk	4.00
600ml plain milk	2.00
500ml Dare flavoured milk	4.00
375ml Nippy's flavoured milk	3.50
Yoghurt – thick and creamy	2.50

Cold Drinks

750ml Cool Ridge Spring Water	4.00
600ml Spring water	2.00
Assorted juice	3.50
600ml G2Gatorade (Citrus Blast or Raspberry)	4.00
600ml Pepsi Max	4.00
375ml Coke No Sugar	2.50
375ml Sprite No Sugar	2.50
500ml Chilli Aqua flavoured mineral water (no sugar)	4.00

Ice Creams

Paddle Pop (chocolate, banana, rainbow)	1.60
Bulla frozen yoghurt (mango, strawberry)	2.50
Twisted frozen yoghurt (choc/van, Straw/van, mango/watermelon)	2.50
Lemonade Twist	1.20
Quelch Icy Tubes	0.60
Mini Callipos	2.00

Salad of the Day

Availability varies day-to-day

Curried chicken potato salad	7.50
Mexican chicken and guacamole salad	7.50
Greek salad	6.00
Pasta salad	6.00
Sushi	5.00
Fresh fruit salad	5.00
Garden salad	6.00
Chicken Caesar salad	6.00
Buddha bowl	7.50

Nuts may be used in salads. If you have an allergy, check with canteen staff before ordering.

Everyday Daily Specials

Monday

Sweet chilli wrap (order only)	5.00
Garlic bread	2.00

Tuesday

Pizza sub	2.50
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Wednesday

Oven baked spiced potato wedges	2.50
Sour cream/Sweet chilli sauce	0.50

Thursday

Chicken burger (gluten free available – order only)	4.00
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Friday

Thai chicken roll/bowl (order only)	6.00
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Nuts may be used in some specials. If you have an allergy, check with canteen staff before ordering.

Changing Daily Specials

Check our daily menu board or student notices for other specials which may include:

Soup – Pasta – Focaccia – Turkish melts – Curries – Sliders

**Book
your free
breast
screen
at our
clinic in
Mudgee.**



Where

**Mudgee Railway Station
Carpark – Inglis Street,
Mudgee**

Call 13 20 50

When

**14th November 2020
to
28th January 2021**



**We recommend women aged 50 - 74 have a mammogram every two years.
Book your free mammogram online at book.breastscreen.nsw.gov.au or call 13 20 50.**

IN CASE YOU MISSED IT

Puberty, Sexuality and Relationships:

A webinar for parents and carers of people with intellectual disability and autism

Find out how to support your family member's personal development and sexuality in a positive way!



Come join the team at Family Planning NSW for an interactive webinar that will cover issues across the lifespan including:

- Disability and sexuality
- Preparing for puberty
- Decision making and safety
- Taking care of health and hygiene
- Supporting positive and safe sexual expression
- Tips for talking about sex and answering tricky questions

Parents, foster parents, relatives and other unpaid carers of people with intellectual disability and autism spectrum disorders of all ages are welcome.

Unfortunately we are unable to accept registrations from professionals for this event

Visit fpnsw.org.au/education-training to check out courses for support workers, teachers and other professionals.

Date & time:

Tuesday November 17th
Morning session - 10:00am - 12:30pm

Wednesday December 2nd
Evening session - 5:00pm - 7:30pm

Venue:

Zoom link provided on registration

Cost:

These courses are funded by the Hunter New England & Nepean Blue Mountains Local Health Districts



For more information:

Erin Donnelly

Family Planning NSW

E: erind@fpnsw.org.au

[Click here to register online](#)



It's in the Bag

Help those living in crisis this festive season by donating a pre-loved bag and fill it with essential and luxury items that would make someone feel special at this time of year.

Share the Dignity is an Australian charity bringing dignity to women and girls experiencing homelessness, domestic violence and period poverty through the distribution of period products.

It's In The Bag is a simple idea which works like this:

- Donate a handbag in a good, used condition that you no longer use
- Fill it with items that will make a difference to the daily life of a woman in need
- Be sure to include the essentials such as a sealed packet of pads and tampons, roll-on deodorant, toothbrush, toothpaste, shampoo, conditioner and soap
- Add little luxuries like lip balm, new socks, a magazine, anything that would make a woman or teenage girl feel special
- You can also add a thoughtful note into the bag to show the recipient they are thought of
- Donate the bag at your local Bunnings store (subject to government regulations)

Donate at Bunnings between
20th and 29th November 2020



#ITSINTHE Bag

ESSENTIAL ITEMS FOR YOUR ADULT BAG

Shampoo & Conditioner | Toothbrush & Toothpaste
Soap | Roll on Deodorant | Sealed Period Products



#ITSINTHE Bag

ESSENTIAL ITEMS FOR YOUR TEEN BAG

Period products suitable for younger bodies
Shampoo & Conditioner, Roll on Deodorant
Soap, Toothbrush & Toothpaste



#ITSINTHE Bag

ESSENTIAL ITEMS FOR YOUR MUM & BUB BAG

Maternity Pads, Breast Pads, Newborn Nappies
Shampoo & conditioner, toothbrush & toothpaste, roll
on deodorant, baby shampoo, disposable nappy bags,
baby wipes, dummies, baby wash, nappy rash cream.

For further information contact Joy Shawe on 0408 255 334
<https://www.sharethedignity.org.au/event/its-in-the-bag>

JOIN OUR TEXT MESSAGING STUDY

We want to find out if the TEXTBITES program can help improve your health through support with physical activity, nutrition and wellbeing via text messages to your mobile phone

We invite you to participate if you are aged 13-18 years, above a healthy weight and own an active mobile phone. Scan the QR code to get started!

For more information please go to

www.textbitesstudy.com

OR contact us directly on

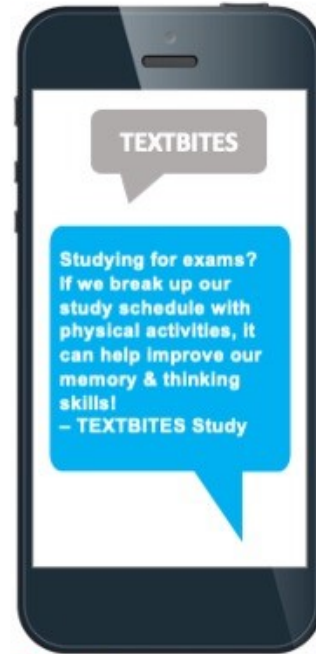
0412 961 432 OR email

warc.textbites@sydney.edu.au



SCAN ME

This research project has been approved by the Sydney Children's Hospital Network Human Research Ethics Committee (HREC/18/SCHN/374)



THE UNIVERSITY OF
SYDNEY



Health
Western Sydney
Local Health District

Mudgee Respiratory and Fever Clinic

The Mudgee Respiratory and Fever Clinic opened on Wednesday 13 May as a joint community initiative delivered by local GPs and Council through Federal Government funding.

The clinic has been established to relieve pressure from GP practices and local hospital emergency departments heading into the winter cold and flu season.

Who can attend

Anyone experiencing respiratory symptoms such as fever, cough, runny nose and sore throat. The clinic will test and treat for COVID-19, influenza, pneumonia and other respiratory illness.

Appointments

Bookings are essential via telephone on **0417 072 652** or by calling South Mudgee Surgery on **6372 4355**. This service is available to medicare and non-medicare card holders, free of charge.

Location

Mudgee Showground (Douro Street entrance).

Opening hours

Open 7 days 9am to 1pm via appointment only.





CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on careers@jossgroup.com.au



Check us out on Facebook [Joss Cleaning](https://www.facebook.com/JossCleaning)

or visit our webpage
www.jossgroup.com.au



Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine