

# MHS Newsletter

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



Monday  
23 November  
Week 7 Term 4  
2020

## Principal's Message

### Handwriting

A revelatory piece of research from the other side of the world was released last week. It confirmed what many of us in education have reasonably suspected for years.

Writing by hand improves an individual's capacity to learn.

The newly published research, which comes from Norway, appeared on the World Economic Forum website, and it could not come at a more opportune time.

There is at present a NSW government push to improve reading in all state schools; reading that is more often than not assessed through, you have probably guessed it, written responses.

This push comes on the back of an independent review of National Assessment Program – Literacy and Numeracy (NAPLAN), conducted by Victoria, NSW, Queensland and the ACT. That review found that in the period between 2008 and 2019, writing performance among students has plateaued between Years 3 and 5. Worse, in that 12 year period, writing has demonstrated a marked decline between Years 7 and 9.

As an aside, while it may be correlation rather than causation, it is worth noting that in that same time period there has been a marked uptake of mobile devices by young people. Just saying.

The Norwegian study dovetails nicely with work that has been previously undertaken in this area by researchers at Western Australia's Murdoch University. That institution's long-term study looked into how fast and easily pre-school to Year 1 children can write. What they found was substantial evidence linking students who write with pen and paper being producers of better learning outcomes later on in their academic lives.

The Norwegian University of Science and Technology's researcher is a neuroscientist, Professor Audrye van der Meer. She says of handwriting that it provides, "more 'hooks' to hang your memories on." She added, "A lot of senses are activated by pressing the pen on



*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- Tuesday 24 November Jay Laga'aia Drama Workshop
- Friday 27 November Peer Support Leaders training day
- Wednesday 2 December Year 6 into 7 orientation day
- Monday 22 February 2021 P&C meeting

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards
- Science Photography competition results
- Holocaust Talks
- HSC Drama
- Anti-bullying Alliance
- Identity and Education - A Deadly Combination poster competition
- Advertisements
- Sponsorship

paper, seeing the letters you write and hearing the sound you make while writing.” In her paper, Professor van der Meer then goes on to explain that the experience of hand writing creates contact between different parts of the brain, opening it up for learning.

The study shows that handwriting stimulates both learning and memory. Handwriting shakes into action the neural pathways that fire an individual’s capacity to remember.

The same research also reveals that drawing by hand has a similar effect on learning and memory.

The findings suggest strongly that the movement and cognitive effort required by both activities – writing and drawing, as opposed to keystrokes on a keyboard or thumb swipes across a screen – better enable the brain to encode new information.

The word is out. Encouraging the kids in our collective care to take up the pen over the keyboard pays better dividends.

By the way, the irony isn’t lost on me that weekly I put together my part of the school newsletter using a keyboard.

*That's the reason I've chosen to finish this part of my spiel using my favourite kind of digital technology; the humble pen. I'm feeling more creative already!*

## End of Year Presentation

NSW appears to have turned a pandemic corner. A good thing. That said, restrictions are still in place. The school is obliged to provide 4sqm per adult on site.

With this requirement firmly in mind, our annual Presentation Night assembly will need to be modified so that no more than 140 people are within our 560sqm gymnasium at any one time.

On Monday 23 November, a short survey was sent out to all parents for whom we have email addresses. A link to the survey was also placed on our Facebook page.

The options available are those our presentation committee, working in concert with the school’s executive, have determined as the three best possible ways forward.

The options are:

1. Two back to back assemblies in the evening. Years 7 and 8, followed by Years 9, 10 and 11. Two guests per student allowed.
2. One evening assembly including Years 7 to 11. Only one guest per student.
3. Individual Year group assemblies run throughout the day. No guests invited. Assemblies will be recorded and posted after the event.

In the spirit of “the world is run by those who turn up,” collectively we look forward to your responses. Be aware too that if you have problems with the link, you can contact the school and have your choices recorded over the phone.

Here’s the link:

[https://docs.google.com/forms/d/e/1FAIpQLSfVSEcJaYJUxAjIUsLqcmR2Bm4VeiO-8nu0yAMq4uUM35iZPw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfVSEcJaYJUxAjIUsLqcmR2Bm4VeiO-8nu0yAMq4uUM35iZPw/viewform?usp=sf_link)

Until next week...

Wayne Eade  
Principal

**MUDGEES HIGH SCHOOL P&C**

**The next meeting of the Mudgee High School P&C will be held on Monday 22 February 2021 at 7pm via Zoom.**

**Link will be published on the MHS Facebook page.**

**All welcome.**

## **Week 6 Term 4 Awards**

**P&C Awards: Year 7 - Macy Dowler; Year 8 - Emma Scarbrow; Year 9 - Jarvis Ullrich;  
Year 10 - Sam Couch; Year 11 - Maree Ioane**

## **Writing Friday**

### **Task Seven: Anime Adventure**

Strange and beautiful lands and incredible, sometimes deadly characters, are a feature of the storytelling of Japanese Anime and Manga adventures. Wouldn't it be fun to write something which might fit into an Anime world?

Compose an IMAGINATIVE piece of writing which uses this setting in a significant way. You might choose to write an entirely original story, or you might choose to use characters from an existing Anime world in a new and interesting way.





# Photography competition

Students at Mudgee High were invited to celebrate the Spring Equinox this year with a photo competition.

In Australia, calendar Spring starts on 1 September. Astronomically speaking, it doesn't start until 22 September thanks to an event called the Vernal Equinox. Equinox occurs when the Sun is directly above the Earth's equator at noon causing day and night hours to be of approximately equal length.

At Equinox, the tilt of the Earth's axis is neither towards nor away from the Sun. This happens twice a year, in March and again in September. After Spring or Vernal Equinox, the axis of the Earth begins to tilt the Southern Hemisphere closer to the Sun, bringing us toward Summer.

Along with the gorgeous scent of flowers buzzing with bees, Spring is a great time to get out and see the stars at night. To celebrate Spring, Mudgee High's Science Department held a photography competition. The competition ran for 3 weeks from 1 September and was open to all students.

In recognition for outstanding skill in capturing Spring with a camera, the winning photo prize of a \$50 gift voucher was awarded to Gemma Ryan of Year 10 for her entry called *Coming out of hibernation*. The competition was so close, that a second place prize of a \$20 gift voucher was awarded to Charlie Johanson from Year 7 for his entry titled *Living with giants*.



*Coming out of hibernation* by Gemma Ryan



*Living with giants* by Charlie Johanson

# Holocaust Talks

On 10 November, students at Mudgee High participated in a talk titled 'Understanding the Holocaust', presented by the Sydney Jewish Museum. The interactive session was designed to help students understand the importance of studying the Holocaust. The program also introduced students to significant factors that can help them understand how this cataclysmic event unfolded.

The seminar examined:

- How Nazi ideology operated as a driving force behind the decision to destroy European Jewry.
- Key historical events that culminated in the mass shootings of Jews and the subsequent establishment of extermination camps.
- An explanation of how the persecution and murder of Jews was central to the aim of the Nazi regime to establish an empire in Europe.



On 13 November, students were given the chance to talk to Tomas Fleischmann.

Tomas Fleischmann was born in what is now Slovakia on 27 June 1938. Tomas is one of only 123 survivors of 16,000 children who went through Terezin Concentration Camp during WWII. He and his pregnant mother Lolli were arrested, sent to Szedred Camp, transported to Auschwitz and interred at Terezin where Lolli gave birth to another son, Peter. After the war, Tomas migrated to Australia.

Two students commented:

SM - *The session was very mind-opening. It is very important to get a first person perspective. In particular, when studying the Holocaust, it was nice to have a positive story interwoven with the tragedy.*

EB - *It provided a human outlook on the Holocaust, rather than the numbers aspect that is taught when studying the Holocaust. It grabbed your attention with the way he spoke about his experiences, and how close he came to death.*





# HSC Drama

Year 12 Drama students show their excitement at having completed their last examination.

Drama students around NSW completed their examination on Wednesday 11 November. It was the last examination of the HSC. The relief and delight of being finished can be seen on all their faces.

We wish you the best of luck for your future endeavours.





## WHO WE ARE

The Anti-Bullying Alliance is a team of teachers who are members of the school learning and support team. The Anti-Bullying Alliance is a central point of communication for all cases of bullying and/or harassment. We also engage in whole school and group education around the nature of bullying and what we can do both individually and as a community to minimise harm. It is a positive and proactive approach that links into our Positive Behaviour for Learning and Wellbeing Team initiatives.

**We have an open door policy for all inquiries regarding bullying. We encourage everyone to take a stand, lend a hand.**

## WE OFFER

Assembly presentations and education on the definition of bullying, being a helpful bystander and bringing more kindness to our school community.

Educational material on the definition of bullying and being a helpful bystander in the Newsletter and the Facebook page.

We have a regular presence at the P&C. We welcome all queries and questions so come along! The dates are posted in each newsletter.

We will be working in conjunction with our SRC and student body to bring various kindness promoting initiatives to the students.

## OUR APPROACH

We treat all cases of bullying, whether it is occurring online or in person, using the Method of Shared Concern. This evidence-based method is non-punitive and encourages students to become more empathetic. We may also use restorative strategies for cases that do not respond to the method of Shared Concern. The aim of these approaches is to build interpersonal connections and belonging to the greater school community.

## CONTACT US

(02) 6372 1533

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](mailto:antibullying@mudgeehighschool.net)

**Our school rejects all forms of bullying behaviours, including online (or cyber) bullying by maintaining a commitment to providing a safe, inclusive and respectful learning community that promotes student wellbeing.**



## ANTI-BULLYING ALLIANCE

**Mudgee High School**







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](mailto: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



<b>1st</b>	<b>Cunningham</b>	<b>161 807</b>
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<b>2nd</b>	<b>Blaxland</b>	<b>159 496</b>
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<b>3rd</b>	<b>Lawson</b>	<b>156 547</b>
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<b>4th</b>	<b>Wentworth</b>	<b>153 739</b>
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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

# 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](mailto:samantha.cecchini@midwestern.nsw.gov.au)

a 86 Market Street | PO Box 156 Mudgee NSW 2850

w [www.midwestern.nsw.gov.au](http://www.midwestern.nsw.gov.au)

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



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



**Where**

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

**Call 13 20 50**

**When**

**14<sup>th</sup> November 2020  
to  
28<sup>th</sup> 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](https://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](https://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](mailto:erind@fpnsw.org.au)

**[Click here to register online](https://fpnsw.org.au/education-training)**





# 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](http://www.textbitesstudy.com)

OR contact us directly on

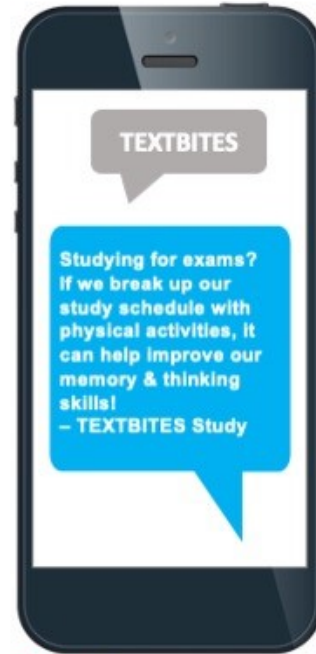
**0412 961 432** OR email

[warc.textbites@sydney.edu.au](mailto: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](mailto:careers@jossgroup.com.au)



Check us out on Facebook [Joss Cleaning](#)

or visit our webpage  
[www.jossgroup.com.au](http://www.jossgroup.com.au)



## Sponsorship

**Mudgee High School - LINK Program**

**Proudly supported by**

**GLENCORE**

***Ulan Coal Mine***