

# MHS Newsletter

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



Monday  
30 November  
Week 8 Term 4  
2020

## Principal's Message

### November

Well done our SRC students and their fabulous leader, Ms Shearman, who made this month a month to reflect on men's health.

The statistics around men's health are quite sobering.

On average, men die six years earlier than women. Prostate cancer rates rise yearly. Across the planet, testicular cancer is the most common cancer among men aged 15-39 years.

Globally, one man dies by suicide every minute of every day, with males accounting for 75% of all suicides. Deaths by suicide in Australia are three times higher for men than for women. By the end of this year, 65,000 Australian males will have attempted suicide.

Movember is about raising awareness of men's health issues, encouraging people to be open about the things that ail them and raising much needed funds for a diversity of organisations involved in supporting men's health – both physical and mental – and researching the best ways in which to make a difference, "... engaging men where they are to understand what works best and accelerate change."

Several members of staff did their best to encourage a little growth. So too some of our more senior students, with extraordinarily mixed results.



### End of Year Presentation: the Electoral Outcome

A very big thank you to all of those people who engaged with the survey as to the format in which this year's presentations will be delivered.

The options were:

1. Two back to back assemblies in the evening. Years 7 and 8,

*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- Wednesday 6 December Year 6 into 7 orientation day
- 4 - 5 December Year 7 BIG Sleepover
- 10 - 11 December White Card General Induction for Construction, at school, Years 10 and 11
- Thursday 10 December presentation evenings. 6pm Years 7 and 8, 7.15pm Years 9, 10 and 11

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards
- Change to school payments by credit card
- Important Asthma information
- Bringing basic equipment to every lesson
- Did you know?
- House Championship tally
- Advertisements
- Sponsorship

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.

The vote has been cast and the results were:

1. 62.4%
2. 7.6%
3. 30%

Two back to back assemblies it is.

Invitations will be sent out with students – the mail is extraordinarily slow these days. Student should also check their Year noticeboards to see if they have been included.

The Years 7 and 8 presentation will begin at 6pm. The Years 9, 10 and 11 presentation is slotted in for 7:15pm. Our normal presentation nights have been pared back to approximately 90 minutes in recent years. We have built in time to clean down all high-touch surfaces between the two presentations.

And just a reminder, two guests per student is the maximum permitted if we are to keep attendance within the 140 maximum allowed.

Until next week...

Wayne Eade  
Principal



Movember effort by Mr Laurie and Mr Dalforno



### **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 7 Term 4 Awards**

**P&C Awards: Year 7 - Sage Matheson-Gayford; Year 8 - Charlotte Boal;  
Year 9 - Jet McAuliffe; Year 10 - William Darcy; Year 11 - Alanna Drent**

## **Writing Friday**

**Task Eight: Gross Out!**

*I looked down at the steaming mess I'd made. A fly the size of a marble whacked me in the face. Another buzzed in my eye. I smelled the hot, foetid odour rising from the pile at my feet. What had I got myself into now?*



Compose a NARRATIVE about something WEIRD or GROSS.  
(You can write about any subject as long as you keep your content and characters appropriate to the classroom.)

You MUST include the passage at the top of this page somewhere in your story.

Use the word REPULSIVE.

## **Change to school payments by credit card - keeping card details safe**

All NSW state schools have been directed to follow the rules below when accepting debit/credit card payments:

- Don't enter card details into Parent Online Payments (POP) on behalf of a parent or carer.
- Don't ask for or accept card details over the phone or via email.
- Don't record card details in any form, whether in hard copy, such as on a piece of paper, or electronically in an email, Word document or spreadsheet.

The last TWO points all relate to the fact that the number, name, expiry date and CVV are private and sensitive.

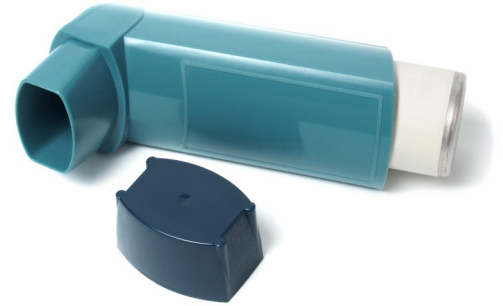
Therefore, schools can no longer take eftpos payments over the phone.

## Important Asthma information

Due to COVID-19, there are limits imposed on the purchase of certain common medications including Ventolin inhalers. As a result, school supplies are limited.

We encourage all students who suffer from asthma to carry their own Ventolin inhalers with them during school hours and on excursions. The school has a limited supply for emergencies.

Thank you for helping to keep our students safe.



## Bringing basic equipment to every lesson

To facilitate learning in the class room, students need to bring a set of basic tools to every lesson.

- exercise books (one for each junior subject)
- pens (make sure to have a spare)
- lead pencils
- eraser
- 30cm rule
- coloured pencils

Year 10 students:

It's time to transition to senior school. If all your old exercise books are full, consider purchasing a ring binder folder.





## Did you know?

Australia has more than 240 known species of frog, almost all of which are found nowhere else in the world. Some species, such as the Striped Marsh Frog (found in Mudgee), are flourishing. Other species have declined dramatically since the 1980s, and four have become extinct. Frog populations are an important indicator of environmental health. Their thin, porous skin is sensitive to air and water pollution and a reduction in frog populations in an area can be an indication of contamination. On some mining and industrial sites, frog surveys in the local area have been used to detect accidental pollution of waterways.



Striped Marsh Frog

FrogID is a national citizen science project aiming to learn more about what is happening to Australia's frog population. Using the FrogID smartphone app, anyone can record frog calls and submit them, via the app, to the Australian Museum. A group of scientists review the recordings and record the information in a database. The person recording the frogs will be notified within the app and by email which species they have recorded as well as links to further information.

Participation in citizen science projects, such as FrogID, is not only fun but also an invaluable source of information. Monitoring frog presence at sites over time is helping scientists understand how frogs and their ecosystems are responding to a changing planet - from fires, droughts, floods and urbanisation. This would otherwise be impossible for scientists to achieve on such a broad scale.

Take the earbuds out and listen while you walk. There's a lot of fascinating stuff going on out there.

If you're interested in participating or just learning more about frogs, visit the [FrogID](https://frogid.org.au) website.

Below are some more frogs living in and around Mudgee.



Common Eastern Froglet



Eastern Banjo Frog



Perons Tree Frog



Eastern Dwarf Tree Frog



Broad-palmed Rocket Frog



Smooth Toadlet



Bibron's Toadlet



Sudell's Frog



Tyler's Tree Frog

# 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

t 0418 515 047

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

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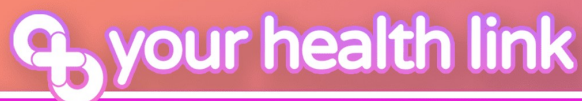


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your health link

# PHOTOGRAPHIC COMPETITION

OPENS 1 DEC 2020

GREAT  
PRIZES  
TO BE WON

FREE  
ENTRY

THEME

WE'RE ALL IN THIS TOGETHER  
KEEPING SAFE AND HEALTHY DURING THE PANDEMIC

PRIMARY - HIGH SCHOOL -  
OPEN - MOBILE CATEGORIES

ENTRIES CLOSE 24 JAN 2021

[YOURHEALTHLINKPHOTOCOMP.COM.AU](http://YOURHEALTHLINKPHOTOCOMP.COM.AU)



Health  
Mid North Coast  
Local Health District

**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.**



# 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

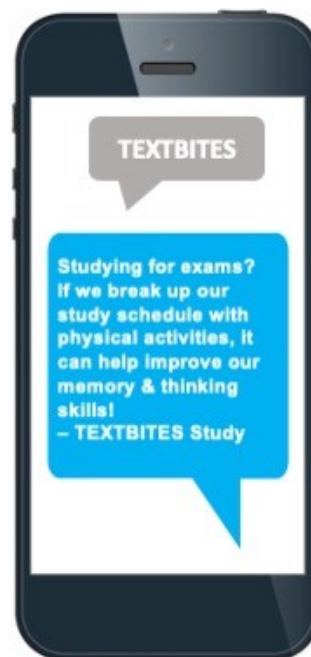
**0412 961 432** OR email

[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***