

MHS Newsletter

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Monday
10 February
Week 3 Term 1
2020

Principal's Message

Phone Addiction

Everyone who has owned or owns a smartphone has had that moment when they realise they have been mindlessly scrolling through their phone while real life passes by.

Everyone.

We also know that smartphones can affect personal self-esteem and mental health.

Some studies have shown links between loneliness and isolation, particularly among people aged 13-19. The science had not been exactly clear on whether some rely on their smartphones because they are lonely and depressed, or whether they are lonely and depressed because they rely on their smartphones.

Worry no more.

At the end of last year the science became clear. A report in The Journal of Adolescent Health reported the most recent research had revealed that smartphones contributed to feelings of loneliness and depression.

We already knew that they are addictive in the same way that heroin is addictive, that they cause our brains to release dopamine... and We. Feel. GOOD! Now we know they also contribute to mental health issues!

Hours lost staring into a small screen should be a wake-up call to any of us found guilty of doing so. If you reach blindly for your phone the instant you wake, take it as a bit of a hint you may have a problem. Touching your pocket constantly to make sure your phone is still there is another not-so-subtle body hint. Going into a blind panic when you've put your phone down "somewhere" and it's on silent... that's a dead giveaway that you may have a problem.

Associate Professor of Marketing at New York University's Stern School of Business and author of "Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked", Adam Alter, said this of smartphones:

"They are adult pacifiers (dummies), because they act the way (dummies) do for young kids: They soothe anxiety and other forms of psychological discomfort."

Addiction research has proven time and time again that the more readily available a drug is, the worse the addiction will be. We know that smartphones are addictive. If we carry our drug – our digital drug – with us everywhere we go, what chance we kick the habit?

... and it's not the phone part of your smartphone that is the problem. Making phone calls isn't the issue. The real problem is the dopamine hit of the internet.

The internet is the world's biggest poker machine. It defies logic, but that should go without saying because it bypasses the frontal lobes – the tertiary level thinking parts – of the brain, and taps into the primordial, lizard parts. It taps into that place where the four f's of evolution live; fighting, fleeing, feeding and fornicating. The basic instincts. And like the last pair, it taps into pleasure.

Worse still is that its effects are fleeting, transitory, ephemeral... short-lived. Diehard

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 10-11 February Drama Excursion to On Stage and NIDA
- 14 February 2020 swimming carnival
- 24 February 2020 P&C meeting
- 11 March Aboriginal Welcome Barbecue - 5pm start

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C and SRR Awards
- Writing Friday
- School calculator price change
- English Faculty News
- School swimming carnival
- Year 7 Gifted and Talented program 2020
- NSW school vaccination program
- Advertisements
- Sponsorship

users keep chasing the hit, only to be left with what some researchers call a “mild-to-moderate malaise,” a sick longing that has reached epidemic proportions.

Think about it. That vibration, or “bling” or “gong” or “hoot” that is a notification pulls you in with the promise of some potential of being something interesting, but how often does it leave you feeling dopamine-depleted afterwards. A real letdown.

Turning off notifications is a good thing. Taking a walk WITHOUT your smartphone is a good thing. Being present at the dinner table WITHOUT your smartphone is a good thing. Sleeping in your bedroom while your phone sleeps in another room IS A GOOD THING!

If you have to have your phone with you, keep it out of sight. Seeing your phone makes you more likely to pick it up to see what’s happening elsewhere... and provides the perfect opportunity to miss what’s right in front of you.

Don’t just accept downtime... welcome it. There seems to be a modern day intolerance for boredom and inverse need for immediate satisfaction. Yet out of boredom comes some of our best ideas.

Standing in the shower, riding a bike or sitting beneath a tree are some of the greatest places to have the most revelatory inner monologues; thinking time to be embraced.

Boredom increases creativity and increases the desire for real social interaction.

Reputedly, Sir Isaac Newton was sitting beneath an apple tree when the law of universal gravity came to him. He was enjoying down time in the northern summer of 1687... no smartphone distraction back then! Archimedes was in the bath when he came up with the law of displacement!

Both Android and iOS include screen-time tools that can reveal just how much time you’re wasting without a clear goal in mind. Remove the apps you don’t need. All of those apps exact a price, and the price is your attention.

Become a conscious user of technology!

The mindful use of technology will allow you to establish a critical distance from that same technology. Ask yourself, “How do I want to spend my life?”

Eating well, sleeping well, exercise, and self-care are all crucial to mental health.

Ask yourself this, “How does my phone help me to accomplish these things and care for myself?” If it doesn’t, then any rational person would know what comes next.

When you’re lying on your death bed, will it make those final moments any better knowing that you spent 15–20 percent of your life mindlessly scrolling through social media?

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 24 February 2020 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

Week 2 Term 1 Awards

P&C Awards: Year 7 - Blake Irwin; Year 8 - Demiah Ainuu; Year 9 - Marco Carbone;
Year 10 - Gemma Ryan; Year 11 - Hunter McMurtrie; Year 12 - Jackson Webster

Writing Friday

Train journeys can be so much fun. Write a persuasive text which seeks to convince your teacher to take you on a train trip from Lithgow to Sydney.

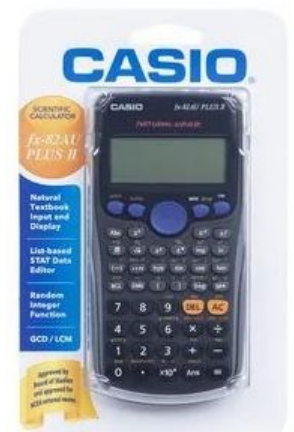
Things to include:

- Persuasive format
- Rhetorical questions
- Emotional language
- Repetition

Your goal:
200 words
in 20
minutes.

School calculator price change

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



School swimming carnival

The swimming carnival will be held **Friday 14 February**.

It is compulsory for ALL students at Mudgee High School to attend the carnival.

Students may arrive at the pool from 8.30am or, if they catch the bus, get off at St. Matthews School and walk to the pool supervised by staff members. The roll will be marked as students enter the pool. The carnival starts at 9am. Students are expected to be there before this time.

As always, the spirit of the carnival is for students to have fun and participate. Students are expected to participate in at least two events. If your son/daughter is not a strong swimmer, there will be assistance available to enable them to swim and earn valuable House points.

The house colours are:

Cunningham - Yellow

Blaxland - Red

Lawson - Blue

Wentworth - Green



Students are encouraged to get into the spirit of the carnival and dress in their house colours.

They need also to remember to bring sunscreen and a hat.

Canteen facilities are available and Year 12 will be running activities throughout the day so students are encouraged to bring some money to support Year 12 fundraising.

If students are interested in representing Mudgee High in swimming they need to see Mr Smith.

It would be great to see students attend and get into the school spirit.

More information will be put in newsletters to come regarding buses, swimming attire and canteen availability.

If students have any questions, they should seek out Miss Shearman in the PDHPE staffroom.

Year 7 Gifted and Talented program 2020

Work is currently underway to put in place a program for Gifted and Talented Year 7 students (GATS) in 2020.

The first part of the program will involve a GATS enrichment day on Wednesday 11 March, Week 7. Students will rotate through four challenge activities and their participation in this day will form the basis to select a small group to be involved in a term long GATS program in Terms 2 and 3. There are only 60 places available for the enrichment day.

Students will be required to nominate to participate in the enrichment day and nomination forms will be available from Mrs Lang (Year 7 Adviser) in the HSIE staffroom. Students need to check the daily notices at roll call for information as to when the forms are available and when they are due back.



NSW school vaccination program

Each year, NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2020 the following vaccines will be offered:

Year	Vaccine	Number of doses
Year 7	Human papillomavirus (HPV)	2 doses at least 6 months apart
	Diphtheria/Tetanus/Pertussis (whooping cough)	Single dose
Year 10	Meningococcal ACWY	Single dose

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- Read all the information provided.
- Complete the consent form, including signing their name next to the vaccine/s they would like their child to receive.
- Return the completed consent form to their child's school.
- Ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that, to improve vaccination completion, students will be opportunistically offered any missed doses during Year 7 or 8 (for HPV and dTpa vaccination) and during Year 10 or 11 (for Meningococcal ACWY vaccination).

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at: www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx

A Record of Vaccination will be provided to each student vaccinated at each clinic either as a physical card or a text message sent to the mobile number recorded on the consent form. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.



Need assistance with your English?

The English faculty is running an **after school** tutoring and homework help on Tuesday afternoons **until 4:30pm in K06**.

Come along and receive help with your class work, assignments, homework or just to ask a question.

All years are encouraged to attend and you can stay a little while or the whole hour.

See you there!

Advertisements

Mudgee High School Canteen

HOT FOOD

Chicken & Corn Roll.....	2.00
Pizza Rounda.....	3.00
Beef Traveller Pie.....	4.00
Curry Chicken Pie.....	4.50
Potato Pie.....	4.50
Chilli Beef Sausage Roll.....	NA
Beef & Gravy Roll.....	5.00
Hot Dog.....	3.50
Hot Dog with cheese.....	4.00
Beef Pie (Gluten Free - Order Only).....	4.50
Mayonaise / Sauce Portions.....	0.30

ROLLS & SANDWICHES

· Can be made on gluten free rolls on request · order only

Ham & Salad.....	5.00
Egg & Salad.....	5.00
Cheese & Salad.....	5.00
Chicken, Mayo & Shallots.....	5.00
Chicken Caesar.....	5.00
Sweet & Chilli Chicken & Avocado.....	5.00
Salami, Cheese & 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 & 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 & Creamy.....	2.50

COLD DRINKS

750mL Cool Ridge Spring Water.....	4.00
600mL Spring Water.....	2.00
Assorted Juice.....	3.50
600mL G2 Gatorade (Citrus Blast, Raspberry).....	4.00
600mL Pepsi Max.....	4.00
375mL Coke - No Sugar.....	2.50
375mL Sprite - No Sugar.....	2.50
375mL Coke - Diet.....	2.50
500mL Chill 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/Vanilla, Straw/Vanilla, Mango/Watermelon).....	2.50
Lemonade Twist.....	1.20
Quech Icy Tubes.....	0.60
Mini Callipo's.....	2.00

EVERYDAY DAILY SPECIALS

· Can be made on gluten free rolls on request · order only

Monday

Sweet Chilli Chicken 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.....	4.00
(Gluten Free Available - Order Only)	

Friday

Thai Chicken Roll / Bowl (Order Only).....	6.00
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Cashews & Walnuts may be used in some specials.

If you have nut allergies, check with the canteen staff before ordering.

SALAD OF THE DAY

· Availability varies day-to-day

Curried Chicken Potato Salad.....	7.50
Mexican Chicken & Guacamole Salad.....	7.50
Greek Salad.....	6.00
Pasta Salad.....	6.00
Sushi (When Available).....	5.00
Fresh Fruit Salad.....	5.00
Garden Salad.....	6.00
Chicken Caesar Salad.....	6.00
Buddha Bowl.....	7.50

Pine Nuts, Cashews, Almonds & Walnuts may be used in some salads.

If you have nut allergies, check with the canteen staff before ordering.

CHANGING DAILY SPECIALS

Check our daily menu board, or student notices for other specials that include:

- Soup, Pasta, Focaccia,
- Turkish Melts, Curries, Sliders

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- Make international friendships
- Learn a language
- Make memories to last a lifetime!

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AMAZING ADVENTURE, THERE ARE
NO WORDS!" CAITLIN, CANADA**

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FAST5 NETBALL
IT'S YOUR PLAYTIME



Mudgee Netball Association Fast5 Competition

Venue	Glen Willow Regional Sports, Ulan Rd & Pitts Lane, Mudgee NSW 2850
Division	Mixed (aged 12-18)
Start Date & Times	2nd March – 6th April 2020 (6 week competition)
Register	https://forms.gle/tZoJXvg2uNnXDIs9
Registration cut off date	17th Feb 2020
Contact	Tash Smith: 0434 252 397 Natasha.smith2@hotmail.com

Brush up on the Fast5 Rules at <https://playfast5.com.au/rules/>

Mudgee District Hockey Association

Junior hockey will start in Term 2.

Sessions will be held for Minis (4-7 years), Primary and High School age groups on Friday afternoons/early evenings at Victoria Park.

For further information please visit <https://www.revolutionise.com.au/mudgeedha/home/>

Facebook Mudgee District Hockey Association

or email Nico and Jo loane (Junior Coordinators) at mudgeejuniorhockey@gmail.com

Registration day - Junior girls and boys basketball

A registration day for the junior girls and junior boys basketball competitions from Years 5 to 10 will be held on Monday 10 February at the Mudgee PCYC from 3-30 to 6pm.

Geoff Robinson

President - Mudgee Basketball Association

Mudgee Relay For Life registrations are now open!

Please join us for the Mudgee Relay For Life in April 2020 as we come together to celebrate survivorship, remember loved ones lost and fight back against cancer.

Event details

Date: 4 – 5 April 2020

Place: Victoria Park, Mudgee

To register, please visit www.cancercouncil.org.au/mudgeerelay

For more information, please like our Facebook page '[Mudgee & District Relay For Life](#)' for updates.

Mudgee District Hockey Association

Come and Try Twilight Competition will start **Monday 24 February at 7pm.**

Games will be held for ages over 13 with modified rules at **Victoria Park.**

This will be a 6 week competition with a registration fee of \$10 or bring a friend for free.

For Further information please see <https://www.revolutionise.com.au/mudgeedha/home/>

Facebook Mudgee District Hockey Association <https://m.facebook.com/mudgeedistricthockey/>

or email mudgeehockey2850@gmail.com



Mudgee Junior Golf

Registration Day for Term 1

Where: Mudgee Golf Club

When: Tuesday 11 February 2020

Time: 4 pm



- Tuesday Sports Hour – 9 years and under \$5 per afternoon
- Junior Development Squad – 10 years and over \$40 per term
- Mudgee Golf Club is registered for the “Active Kids Programme”
- Open to all boys and girls 5 to 16 years
- For more information ring Peter Mayson Pro Shop 63722686 Ext. 2

We look forward to seeing you all there for another term of golf and good fun



NORTH WEST FALCONS FC 2020 ONLINE REGISTRATIONS ARE NOW OPEN

Ladies 14 years +
Men 16 years +

Come along and join our Falcon family.
All levels of experience welcome.

Active kids' voucher (all school aged players are eligible for an active kid voucher from the NSW Government)

For players re-registering to play this season.
<https://registration.playfootball.com.au/common/pages/reg/WelcomeRegPlus.aspx?entityid=75039&save=0>

For new players wishing to join the North West Falcons FC, please contact Co-Captains Greg Reid 0457304646 or Matt Cremona on 0475309537

For any questions regarding the registration process, please contact Registrar Jackie Perring 0414742042

2020 Dubbo Comp Recruitment



Gulgong's soccer team
Ladies 14 yrs +
Mens 16yrs +

Gulgong's North West Falcons FC would like to invite you to join our friendly club. Our aim is to run inclusive teams with a fun atmosphere. All levels of experience are welcome!

For more information:

- northwest-falcons-fe.com
- North West Falcons FC
- 0457 304 646 -Greg



85TH
ANNIVERSARY



Australian
Air League

JOIN NOW

NSW Group

Mudgee Squadron is Now Enrolling



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

Mudgee Squadron welcomes boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

Mudgee Squadron

Meeting Night: Friday

Meeting Times: 7.30pm till 9.30pm

**Meeting Place: Aero Club clubhouse, George Campbell Dr,
Mudgee Airport, Mudgee**

FOR MORE INFORMATION PLEASE CONTACT

Mark Woodhead 0411 435 756 or

Thomas McAdam 0421 794 065

Email: mandiwoodhead@optusnet.com.au or

oc.georgecampbell@airleague.com.au



www.airleague.com.au Email: info@airleague.com.au

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