

MHS Newsletter

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



Monday
17 February
Week 4 Term 1
2020

Principal's Message

OnSTAGE

Last week, I had the pleasure of driving a cohort of dramatic types from Year 7-12. On checking my diary, I discovered that this was the first excursion I'd been on in three years... nice to know you can be let off the leash on occasion and a big thanks to the Deputy Principals for holding the fort.

What a great bunch of students and what an experience. In two jam-packed days they experienced a pre-dawn departure from Mudgee; the joys of bustitution (the Blue Mountains trains have been variously stopped by bush fires and more recently floods) and Opal-carding the Sydney public transport network; the Museum of Sydney; a NIDA (National Institute of Dramatic Arts) workshop and tour, OnSTAGE (Year 12 2019 Group Performances at the Seymour Centre); an Australian Youth Theatre workshop; a Belvoir Theatre workshop, and; the camaraderie of a group of like-minded people all there to learn from and enjoy some great opportunities.

A big thanks to Ms Potts for her organisation and an equally big thanks to the twenty-three young people who took on the adventure, demonstrating a very real and determined resolve to step out of their comfort zones and embrace the experiences offered.

Swimming Carnival

The swimming carnival was held last Friday and from all accounts was a great success. Well done to all students who made the most of the day, representing their houses in a range of events. Well done Ms Shearman and indeed our team of teachers and other staff who made it the success it was.

... and well done the staff snake wranglers, who guided Mr Joe Blake out of the pool area.

Electronic Devices at School

Yondr pouches and explanations of how they are to be used were rolled out to all students this week.

It should be noted that Yondr pouches are merely a tool to assist students in complying with our school rule that electronic devices brought from home will not be seen in school at any time. The pouches make easier the provision of an opportunity to put those devices in a place that cannot be accessed, allowing for six and a half hours of learning and socialising without unnecessary interruption.

They allow teachers to better teach and learners to better learn.

The positive feedback from so very many of our parent and carer community is



*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 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
- Mudgee High is an aerosol-free school
- Yondr at Mudgee High
- Wellbeing support
- Anti-Bullying Alliance Update
- NSW school vaccination program
- The Learning Curve
- Cyber Safety
- Advertisements
- Sponsorship

welcomed. Thank you.

Be aware that Mudgee High's device ban is consistent with the New South Wales Department of Education's *Student Use of Digital Devices and Online Services Policy* (1 January 2020), specifically:

1.3 Secondary school principals, in consultation with their communities, have discretion to make decisions about restricting or permitting student use of digital devices and online services in all school-related settings, including at recess, lunch and during class.

That consultation occurred at P&C meetings in 2019.

Voluntary Contributions

We may have had rain in recent weeks, but it will take a great deal more of the wet stuff and several years before this drought and its effects on rural economies can be safely called as having ended.

With this in mind, Mudgee High will not be seeking voluntary contributions from the families of our students. Government schools may not match their private school counterparts in the funding they attract, but they are in a better financial position these days when compared with previous years thanks to funding reform. We will still seek fees when students undertake electives that make use of consumables like steel, timber and food stuffs, creating things those students can then take home, but voluntary contributions are on hold for 2020.

Until next week...

Wayne Eade
Principal



OnSTAGE excursion participants 2020

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 3 Term 1 Awards

P&C Awards: Year 7 - Alexander Wojciechowski; Year 8 - Ricky Constable; Year 9 - Gianna McEwan; Year 10 - Dylan Craig; Year 11 - Bronte Dickie; Year 12 - Ed Bevage

SRR Award: Miriam Haibisch (Week 2); Adison Hough (Week 3)

Writing Friday



Your goal:
200 words in 20 minutes.

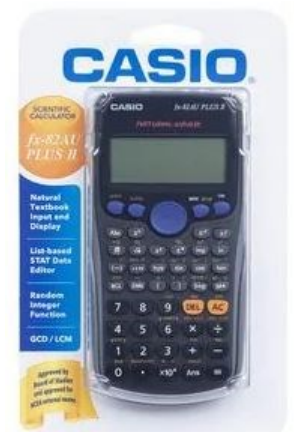
Things to include:

- First person
- Description of the setting
- Series of events
- 2 Similes
- Fast paced verbs

The driver is confused about where a paddock basher should be. Write the narrative about why the car is racing around dirt roads.

School calculator price change

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



Mudgee High is an aerosol-free school

The use of aerosol deodorant or perfume sprays is banned at Mudgee High. Some members of the school community suffer severe reactions to the drift from aerosols resulting in potentially life threatening asthma or anaphylactic shock. This is a serious matter and staff will confiscate any aerosol products being used at school.

Please note the following:

- Aerosols are banned from school premises, excursions, sporting events and all events where students are in confined spaces.
- Students are encouraged to apply deodorant at home.
- Roll-on and stick deodorants are permitted at school.



Yondr pouches at Mudgee High

This week, Mudgee High School will implement Yondr to assist students in meeting our electronic device rules. More and more research is currently informing us of the negative, addictive and disruptive effect that electronic devices can have.

This week, students will be all issued with a pouch to store their phones. They will lock their phones into these pouches at the start of each day and unlock them as they leave the school at the end of the day. This will, in effect, mean that students will be banned from having access to their phones during the school day.

This option was inspired by the introduction of the same pouches at Wauchope High School last year, and at Dubbo South towards the end of last year. Both schools have reported a significant increase in engagement in classrooms, and a significant decrease in disputes in the playground.

There will be unlocking stations at several key locations around the school that will be opened in the morning and again in the afternoon.

A recording of the presentation given to students as well as the document outlining the school's implementation processes has been issued to students. Both will also be uploaded to the school's website.



Wellbeing Support at MHS

Bushfire and drought support

It has been a great start to the term with many smiling faces returning to school. While many of us enjoyed the holiday break with friends and family, for some it has proved a challenging time, whether some have been affected directly or indirectly. Even though we have received some much appreciated rain over the last few weeks and many of our spaces are greener, it has unfortunately not been enough to replenish water supplies.

With these recent and ongoing events, some students may require and benefit from wellbeing support at school. The Wellbeing Team are located in the office next to the Learning Centre (room E4). Students are welcome to visit the Learning Centre and organise to meet with one of the team, otherwise students are encouraged to speak with their Year Advisor or another trusted teacher who can help support them.

Drought support service

At Mudgee High School, we understand that families in our area may be doing it tough due to the drought. In term 4 last year, students were offered to discretely use the showers in the performance centre. This service is offered again to all of MHS students. Students can go to the Learning Centre from 8:30-9:15am any school morning and a wellbeing staff member will assist students to use the service discretely. Clean towels are provided and washed daily along with toiletry supplies.

Students are encouraged to approach their Year Advisor, Wellbeing Support Team or another teacher they have a positive relationship with if they would like more information as to how they can use this service.

Wellbeing activities

The Wellbeing Team facilitate lunch time programs such as 'Crafternoon' (Tuesdays), 'For Fitness Sake' (Wednesdays) and 'Chill, Tunes and Chats' (Thursdays). These activities are a great chance for students to be involved in different activities, try new skills and get to know new students. Students can keep an eye out for other activities and details in the daily notices during roll call and at assemblies. All students are welcome to attend these activities, new ideas and suggestions are also welcome.

Wellbeing Support Team



Anti-Bullying Alliance Update

National definition of bullying for schools Developed by educators across Australia

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening. Bullying can happen in person or online, via various digital platforms and devices, and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records). Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.



Fast facts

Approximately **one in four** Year 4 to Year 9 Australian students (27%) reported being bullied every few weeks or more often.



Approximately **one in five** young school students reported experiencing online bullying in any one year.



Prevalence varies across student ages, with bullying reported most frequently among Year 5 (**32%**) and Year 8 (**29%**) students.

83% of students who bully others online also bully others in person.



84% of students who were bullied online were also bullied in person.

Peers are present as onlookers, and play a central role in the bullying process in **85%** of bullying interactions.



A NSW Government initiative: antibullying.nsw.gov.au.

An Anti-Bullying Alliance information and resource strategy in conjunction with Mudgee High School's Anti-Bullying Plan.

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.



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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TOWN HALL CINEMA

Showing March 6th, 7th & 8th

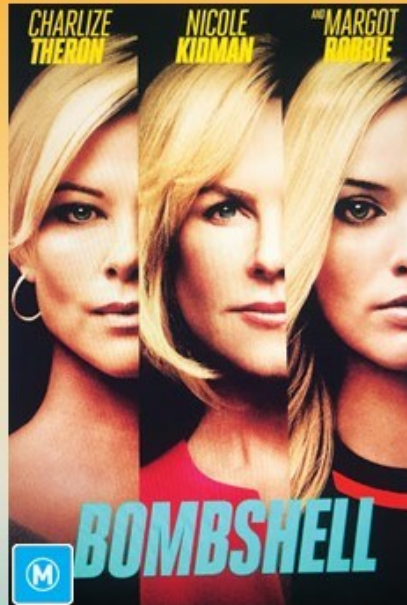
Tickets available online from Monday 24th of February

Visit trybooking.com and search 'Mudgee Town Hall Cinema'.



Little Women

Sat 7 th Mar	4:30pm
Sun 8 th Mar	4:30pm



Bombshell

Fri 6 th Mar	7:00pm
Sat 7 th Mar	7:30pm



Dolittle

Sat 7 th Mar	11:00am
Sat 7 th Mar	2:00pm
Sun 8 th Mar	11:00am
Sun 8 th Mar	2:00pm

* Tickets also available at the door (if not sold out prior).

For more information visit
midwestern.nsw.gov.au
or Mudgee Town Hall Cinema
on Facebook

Ticket prices

Adults	\$15
Children/Concession	\$10
Children under 5 years	Free

Proudly supported by



Combined Rotary Clubs
of Mudgee



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/tZoJXvq2uNnXDiSs9
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/>

Rotary Youth Exchange

Would you like an opportunity to develop an understanding of different cultures, learn a new language, make international friends and much more?

Come along and find out more or ring Jim McCreadie on 0407913954.



Are you in Years 9, 10 or 11?

Come along and find out more!

Thursday 12 March 2020

Club Dubbo Meeting Room (Downstairs) 6pm

All your questions answered.

Bring a parent/carer.



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 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 Junior Golf

Pizza Registration Day for Term 1

Where: Mudgee Golf Club

When: Tuesday 18 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

2020 Dubbo Comp Recruitment



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



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
Free Call: 1800 502 175



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Mudgee High School - LINK Program

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