

# MHS Newsletter

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



Monday  
23 March  
Week 9 Term 1  
2020

## Principal's Message

### Home Delivery +

Today we have moved to an online platform of educational delivery.

The platform will be the subject of regular updates as additional content becomes available. Please be aware that many of our teachers already had an online presence on Google Classroom, making the shift from total classroom delivery to almost total home delivery relatively easy. Other teachers, all specialists in their respective academic fields, have had to broaden their skills base so as to develop their online presence to include Google Classrooms.

What is available through Google Classrooms is what would have been taught at school. We do not know how long the COVID-19 situation will endure, but the expectation is that students will keep up with their schooling so that when we do return to a more normal situation, students will pick up not where they were but where they should be.

Please be aware that if connectivity is an issue for you, hard copies of work will be available from the school beginning Wednesday 25 March for those students who cannot access online content from home. We ask that you phone the school to request work and allow at least an hour for it to be collated before coming to the office to collect it.

We should also soon have a clearer idea of what Stage 6 – Years 11 and 12 – assessment will look like in 2020. The NSW Educational Standards Authority (NESA) – the owner of the HSC – is meeting today to thrash out its response.

Your patience in these extraordinary times is greatly appreciated.

The link below is to our website. Click on the "Remote Delivery (COVID-19) link in the red navigation toolbar:

<https://mudgee-h.schools.nsw.gov.au/>

### Keep Calm and Carry On

Although a Sydney boy by birth, I have spent more than half my life living in rural NSW, thirty-five years to be precise.

Anyone who has lived in rural NSW will understand the idea of marsupial roulette, a game played each and every time one takes a drive on a country road. I have hit kangaroos. I have hit them in Narrabri, Newbridge, Sofala and Wee Waa... and had narrow misses with more than I can count.

Easily the worst was the one that brought my then reasonably new AU Falcon to a halt in the Waterloo Range between Glen Innes and Inverell one freezing July night. The beast involved, a big buck, must have weighed about 90kg. He had come without warning from the left, leaving no time for evasive action. The outcome; front end... stoved in; headlights... gone; radiator... gone.

After stopping, I exited the car. I quick assessment determined we were going no further. I checked my phone... no service. This was back in the early days of mobile phones. I had one of those little blue Nokia jobs, the kind with the "Snake" game that required multiple presses of the number keys to spell out words if you really felt the

*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- 3-9 April Year 12 half-yearly exams
- 27 April staff development day Term 2
- 28 April students return for Term 2

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C and SRR Awards
- Writing Friday
- Stewart House Donation Drive
- English Faculty News
- Wellbeing News
- Culture Club
- Advertisements
- Sponsorship



need to send a text.

I began the uphill trek towards Glen Innes. Eventually one bar appeared on the phone. I checked my NRMA card in the phone's green light and dialled the number.

"Where am I? About 30 kilometres west of Glen Innes on the Gwydir Highway. Nearest cross street? Really? New England Highway, 30km east (such a city-centric question). What's my telephone number? Isn't it on your screen." It was a simple question, but I really could not remember for the life of me my telephone number. Then my legs grew unsteady and I had to sit down on the side of the road.

Stressful situations, like destroying your car in the middle of the night on a country road far from anywhere – or finding yourself a player in a global emergency – have the potential to rob any of us so affected of the simplest things like memory and focus. Stress hormones – the ones that separate the brain from rational, frontal lobe thought, and put the older more primitive survival parts of the brain in charge – do nothing for memory, or learning or even teaching.

The teachers with whom I work are very much dedicated to what they do. It is a stressful job at times, but also a highly rewarding one a great deal of the time. Last week the job, the nation and indeed the planet took a turn for the surreal. It is true that there is a national emergency unfolding. It is true too that we all have a part to play in keeping the wheels turning, keeping each other safe and keeping things as normal as possible.

Importantly, there is no academic emergency.

Many of us are drained and many are stressed. Neither of these things is conducive to teaching and learning. Nonetheless, we are here and we are doing all we can to keep your kids focused on learning and feeling safe, whether remotely or in person, while adhering to the advice we receive from the Departments of Health and Education.

Yesterday (Monday 23/03), the NSW Premier Gladys Berejiklian stated that: "for practical reasons, we are encouraging parents to keep their students at home, however, I want to stress that for parents who have no option; for parents that are workers... school is safe for children to attend. Schools will remain open... and no child will be turned away." With that in mind, if you keep your children at home please make contact with the school on the first day of that absence. Absences will be recorded as Explained Flexible Leave from and will remain thus until they return or you advise us otherwise. Remember, you only have to tell us once.

As the adults in the room, let's all try to stay focused on keeping things as normal as possible for the younger ones in our midst, and keeping safe. In doing so, we have a better chance of keeping this situation as relaxed(!) as possible...

... and continue to wash your hands with soap regularly.

## **From NSW Health:**

*Who is most at risk?*

*In Australia, the people most at risk of getting COVID-19 coronavirus infections are those who have:*

- *recently returned from overseas*
- *been in close contact with someone who has been diagnosed with COVID-19.*

*There is also evidence of limited spread of COVID-19 in the community in Australia.*

*Based on what we know so far about COVID-19 and what we know about other coronaviruses, those at greatest risk of serious infection are:*

- *people aged 65 years and over*
- *Aboriginal people (as they have higher rates of chronic illness)*
- *people with chronic medical conditions, such as lung disease, heart disease, kidney disease, neurological conditions and diabetes*
- *people with impaired immune systems (such as people who have cancer or HIV, or who take high dose corticosteroids).*

*People living in group residential settings are at greater risk of being exposed to outbreaks of COVID-19 if a case is diagnosed in a resident or staff member. This includes:*

- *people living in residential aged care facilities and disability group homes*
- *people in detention facilities*



- *students in boarding schools*
- *people on Cruise Ships.*

You will note that school students, apart from those in boarding schools, are not mentioned specifically. That said, several staff members at Mudgee High and/or their partners have hit the 65 dot point, the chronic medical condition dot point or the impaired immune systems dot point. They will be working from home, like the majority of our students.

Until next week, keep calm and carry on!

Wayne Eade  
Principal



Hannah Robertson (left) and Indy Rose Myers with Mr Evans dissecting a heart.





## MUDGEES HIGH SCHOOL P&C

Next meeting to be advised

### Week 8 Term 1 Awards

P&C Awards: Year 7 - Harry Gallen; Year 8 - Audrey Walker; Year 9 - Jake Ellem;  
Year 10 - Jessica Taylor; Year 11 - Guy Rohr; Year 12 - Lachlan Sargent

SRR Award: Sophie Johanson

### Writing Friday



Things to include:

- Commentary
- Names
- Race details
- Change in tone
- Build up of suspense

Goal:  
200 words in 20 minutes.

You are the announcer on the day of the great swim... provide a running commentary of what occurs. Don't forget to include updates on scores and swimmers.

### Stewart House Donation Drive

Each year, about 1700 students from public schools across NSW and the ACT attend Stewart House. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. This is balanced with health and educational programs as well as out of school activities to boost their self-esteem and to promote a healthier lifestyle.

The Stewart House Donation Drive helps to support the children who attend Stewart House and helps to ensure the program is accessible to all children in need. All you need to do to help is pop a \$2 coin (or more) in the envelope and return it to the LaST staffroom by Friday 22 May. You could even win a holiday worth \$4000.

Your support is very much appreciated!





## English News

Friday 13 March was Mr McNeill's official last day of full time teaching in the English Faculty at Mudgee High School. He has been a dedicated member of staff for more than twenty years and as such his expertise, knowledge of the literary canon and sense of humour will be missed greatly by staff and students alike. We wish him the very best for his retirement, but know that he is only a phone call away and I'm pretty sure that we will be seeing more of him around the school later this year.

A couple of weeks ago a Gifted and Talented Taster Day for Year 7 was run by numerous members of staff. I was lucky enough to be involved in the English/HSIE sessions in which students had to solve a missing person case. It was interesting to see how the students worked together and came up with their hypotheses. Some were correct, others were unsure what the evidence was telling them. It appeared that most of the students were very well engaged and looked to be enjoying themselves. The students were enthusiastic and doing their best to solve the mystery of John James Leigh.

The Year 12 Extension 1 class viewed a live streamed performance of *Hamlet* by Bell Shakespeare last week. The lead role was played by a woman and this was celebrated by the students. The play was set in Denmark in the 1960s in a cold, family living room. This provided a new take on the play. Most worthy of mention was the character of Polonius and the excellent portrayal and acting. Sometimes his part is downplayed, but he is there as a wise counsellor and to offer humorous relief from the build-up of tension. This is an example of adaptation by the school to the current situation.

The Year 12 Extension 2 class attended a webinar run by the English Teachers Association on how to progress with their major works and how to undertake a literary review. By all accounts this was also a success and provided much valued insight into their learning.

Melissa Tetley

Head Teacher English

## Wellbeing News

Good personal hygiene, such as washing your hands, is one of the most effective ways to protect others and ourselves from many illnesses. Most infections are transmitted when we put our unwashed hands to our mouth. Some infections are caught, when other people's dirty hands touch the food we eat. You should always wash your hands:

- After using the toilet.
- Before making or eating food.
- After handling dogs or other animals.
- If you have been around someone who is coughing or has a cold.

The school amenities are stocked with soap and paper hand towel to ensure we all do our little part in staying healthy.

### Wellbeing and COVID-19

COVID-19 can affect us in many ways. While the Australian Government has implemented national measures in an attempt to slow the spread of the virus, people all around Australia are feeling vulnerable. Even in our community we have seen growing responses; people stocking supplies; self-isolating as prevention and continual discussions about closures and lock down. Feelings of worry and unease can be expected following a stressful time such as a global pandemic. For some, feelings of anxiety have been triggered as we prepare students to remain diligent with reducing the risk of possible transmission through safe practices. It is important we learn to manage our stress or anxiety as a result of the coronavirus outbreak.

The wellbeing team has been meeting with and supporting a range of students who have already expressed feelings of unease about COVID-19. Staff have been encouraged to refer students for support if they have noticed changes in student behaviour surrounding this. The Australian Psychological Society (APS) has released some tips for supporting young people who may become anxious during this time:



- Remaining calm and providing students with clear information will assist in reducing unease.
- Clarifying misunderstandings- sometimes the truth gets skewed.
- Important not to overwhelm young people with information.
- Limit the amount of media access.
- Keep doing activities that you enjoy and make you happy.

If you are concerned that your child is feeling overwhelmed or anxious about COVID-19, please do not hesitate to contact the Wellbeing Team and we can action support.



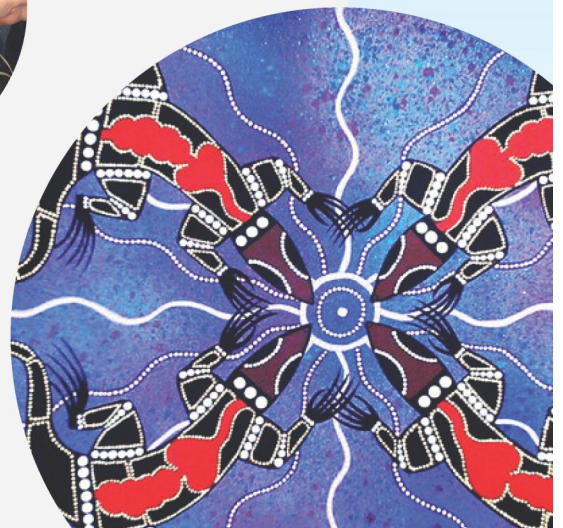
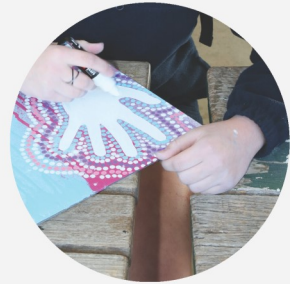


**MUDGEES HIGH SCHOOL**

# **CULTURE CLUB**

**THEME: INSTILLING GREAT  
VALUES THROUGH PLAYING SPORTS**

**EVERY ODD WEEK AT  
LUNCH IN THE  
PERFORMANCE CENTRE**





## 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	2.50
(choc/van, Straw/van, mango/watermelon)	
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	4.00
(gluten free available – order only)	

##### 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



# TOWN HALL CINEMA

**Showing April 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup>**

**Tickets available online from Monday 23<sup>rd</sup> of March**

**Visit [trybooking.com](http://trybooking.com) and search 'Mudgee Town Hall Cinema'.**



## Miss Fisher and the Crypt of Tears

Sat 4 <sup>th</sup> Apr	4:30pm
Sun 5 <sup>th</sup> Apr	4:30pm



## Fantasy Island

Fri 3 <sup>rd</sup> Apr	7:00pm
Sat 4 <sup>th</sup> Apr	7:30pm
Sun 5 <sup>th</sup> Apr	2:00pm



## Sonic the Hedgehog

Sat 4 <sup>th</sup> Apr	11:00am
Sat 4 <sup>th</sup> Apr	2:00pm
Sun 5 <sup>th</sup> Apr	11:00am

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

For more information visit  
[midwestern.nsw.gov.au](http://midwestern.nsw.gov.au)  
or Mudgee Town Hall Cinema  
on Facebook

## Ticket prices

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

## Proudly supported by



Combined  
Rotary Clubs of  
Mudgee





Mudgee & District

# Relay For Life 2020

4th - 5th April 2020

Victoria Park, Mudgee

[cancercouncil.org.au/mudgeerelay](http://cancercouncil.org.au/mudgeerelay)

 [mudgeerelayforlife](https://www.facebook.com/mudgeerelayforlife)

Join the movement today



LIVE MUSIC



OVERNIGHT



GREAT FOOD

Help us  
give cancer  
the boot!



Celebrate.  
Remember.  
Fight Back.



## Soccer Season 2020

The Mudgee Gulgong Wolves have opened registrations for this season.

**The season starts on Saturday 2 May.**

All mini-roos and junior games are played at Glen Willow.

Mini Roos (Turning 3 and 4 this year).

<https://membership.sportstg.com/regofrm.cgi?formID=92086&programID=49141>

Junior Competition (Turning 5 to 16 this year).

<https://registration.playfootball.com.au/common/pages/reg/welcomeregplus.aspx?entityid=74971&id=79648>

Seniors Competition (14 and over, Women's and Men's).

<https://registration.playfootball.com.au/common/pages/reg/welcomeregplus.aspx?entityid=74972&id=80036>

Registrations are completed on-line, just follow the links.

We have registration assistance days, along with sales of shorts, socks and other merchandise on the 14, 21 and 28 March between 10am and 2pm at the Glen Willow Clubhouse.

Earlybird registrations for Juniors attract a \$20 discount until 14 April 2020.

Don't forget to utilise your Active Kids Vouchers.

For any enquiries head to our Facebook page (Mudgee Gulgong FC Inc)

or Website (<https://mudgeewolvesfc.com.au/>)



## 2020 Dubbo Comp Recruitment



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-fc.com](http://northwest-falcons-fc.com)
- 📞 North West Falcons FC
- 📞 0457 304 646 -Greg



## 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



# Carp Muster

A free event for all ages  
and fishing abilities!

**Saturday 28 March 2020**

**9am to 12pm, Putta Bucca Wetlands, Mudgee**

**FREE Sausage Sizzle from 11.30am**

Register on the day\*  
**REGISTRATION  
IS FREE!**

Prizes will be presented at 11.30am for the following categories:

- ★ Junior under 12 yrs
- ★ Junior 13-18 yrs
- ★ Adult male
- ★ Adult female
- ★ Most fish caught
- ★ Smallest fish
- ★ Lucky Door Prize (donated by Mudgee Camping and 4WD)

**COME ALONG AND HAVE SOME FUN!**

For more information contact Matthew Butterworth on 6378 2850

\* Entrants over 18 years must have a fishing license and comply with the NSW fishing rules. Further details can be found at [www.dpi.nsw.gov.au/fisheries/recreational/licence-fee](http://www.dpi.nsw.gov.au/fisheries/recreational/licence-fee) or 1300 369 365. License or receipt of license must be presented upon entry. All native fish caught on the day must be released.



**Local Land  
Services**  
Central Tablelands







Enjoy a fun-filled experience at camp full of action and activities. Our Junior Kids' Club at our Sport and Recreation Centres are a great way to keep the kids entertained, while they learn new skills and make life-long friends. Camps range from a single day to 3-4 night residential camps.

#### Activities may include:

- Kayaking
- Canoeing
- Raft building
- Archery
- Rock climbing
- Flying fox
- Basketball
- Tennis
- Fishing
- Orienteering
- Cookout

#### Day packages include:

- Morning tea
- Lunch
- Afternoon tea

#### Residential packages include:

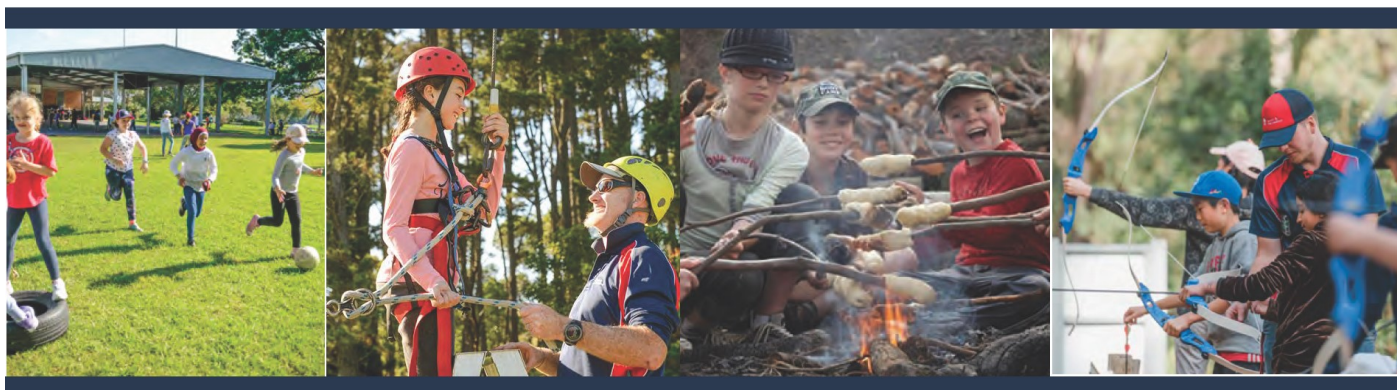
- Accommodation
- Morning tea
- Lunch
- Afternoon tea
- Dinner

#### Sport and Recreation Centres

- Berry
- Broken Bay (Hawkesbury)
- Milson Island (Hawkesbury)
- Sydney Academy of Sport (Narrabeen)

#### Online booking:

- Go to [sportandrecreation.nsw.gov.au](http://sportandrecreation.nsw.gov.au)
- Click on the program you would like to book into
- Click 'Book Now' and complete the online booking form.



**Phone booking: CALL 13 13 02**





## THE 40<sup>TH</sup> GULGONG



### PRINCE OF WALES EISTEDDFOD 2020

**COMMENCES: (SUBJECT TO No. OF ENTRANTS)**

**DANCE: 3<sup>rd</sup> – 9<sup>th</sup> MAY 2020**

**SPEECH: 21<sup>st</sup> – 25<sup>th</sup> MAY 2020**

**MUSIC: 27<sup>th</sup> – 29<sup>th</sup> MAY 2020**

**Gala Concert: Friday 29<sup>th</sup> May-7pm**

The Eisteddfod is open to **ALL** and is a wonderful opportunity to participate in a range of arts alongside others of your same age or ability, **including beginners!**

#### ENTRIES CLOSE

**DANCE: 29<sup>th</sup> March 2020, 11:59pm**

**SPEECH: 5<sup>th</sup> April 2020, 11:59pm**

**MUSIC: 5<sup>th</sup> April 2020, 11:59pm**

*(NOTE: Late entries will not be accepted unless approved by the section convenor. Late fees will apply)*

#### Further Information:

Copies of the 2020 Syllabus and the Entry Form are available on the website:

[www.gulgongeisteddfod.com](http://www.gulgongeisteddfod.com).

Preferred entry is via:

<http://www.stardom.com.au>

where the 2020 Syllabus can also be accessed.

The Gulgong Prince of Wales Eisteddfod wish to advise that the dance section will be postponed for the foreseeable future. We remain positive it will be held sometime this year.

Music will be decided in early April.

Speech will be cancelled for 2020.

For those wishing to receive refunds for their entries please email [gulgongeist@hotmail.com](mailto:gulgongeist@hotmail.com) with your bank details. Our treasurer is on holidays till the end of the month and your requests will be actioned upon their return.

We are still taking entries for dance and music. Payment will not be required until after the new information is shared.

With regards to dance, once everything has settled the committee will review new dates and give families the best opportunity to participate with new deadlines.

Please follow our Facebook page to keep up date with the new information as it becomes available.

Thank you for your patience and support.

## Sponsorship

**Mudgee High School - LINK Program**

**Proudly supported by**

**GLENCORE**

**Ulan Coal Mine**