

# MHS Newsletter

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Monday  
4 May  
Week 2 Term 2  
2020

## Principal's Message

### Gratitude

Last week, I talked to the kids about pragmatism; the need to be flexible in an environment where things change daily. The notion that if life dishes up lemons, look to make lemonade.

In times of crisis and doubt, when anxiety can be up and levels of tolerance can be tested, it is often a good time to reflect on the things for which we should be grateful. Doing so is far more affirmative than dwelling on the things that are going wrong or worse, contemplating all of the things that may do so.

A positive mindset is a valuable tool when goal posts seem to be on skates and the sands keep shifting; and gratitude is one of those things that serves well to build that positive mindset.



Mudgee High's Google Classroom titled "Wellbeing 2020" provides a great place to kick off a move toward a positive mindset. Our kids can tap into challenges, talk about their achievements, acknowledge one another's successes, listen to some great music, the occasional podcast from Mr Rosolen (because who doesn't miss our assembly catch-ups) and of course the Word of the Day.

At the staff level, we weekly say thanks to the many from within our ranks who, over the previous week, have helped us, others or indeed the entire school in some way that was "above and beyond". One nominee is drawn from the lot and gifted a small prize – a box of chocolates – but everyone nominated feels the gratitude. Personally, I pin mine to my office noticeboard!

It was Shakespeare's character Hamlet who remarked that "... there is nothing either good or bad, but thinking makes it so." Mindset is just that. Adversity can be seen as opportunity. A pandemic is a terrible thing. A pandemic has also revealed for the people in the Punjab the majesty of the Himalayas, 160km to their north and invisible for the past 30 years because of pollution. In this country, a pandemic has more people exercising than ever before; getting out and getting fit. Take the Mudgee Cudgegong River walk any afternoon of the week or a stroll through the Avisford

*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- Phase 1 students return 1 day a week beginning Monday 11 May

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C and SRR Awards
- Writing Friday
- Library News
- Australian Share Market Game
- Work Experience
- Languages at MHS
- Well being this week
- The Learning Curve newsletter
- Advertisements
- Sponsorship

Reserve, but be prepared for company!

Maybe even consider how much rain we have had since January.

Gratitude, that willingness and readiness to appreciate the many things we each have and the kindness we are shown by others, is a powerful and beneficial tool to possess when everything seems to be going the wrong way.

Making positive recognition and gratitude a habit is a great way to meet adversity head-on.

Isolation and on-line learning may work well for some, but for others these things have allowed them to develop a real appreciation for the simple, normal things they previously took for granted. Those simple, normal things have turned out to be quite important.

We need to remind ourselves as well as make the kids within our spheres of influence to be grateful for our families, friends, community and maybe even institutions like our schools and hospitals that have all continued to be there and through which often comes our respective senses of belonging.

I am daily grateful that having been forced to endure a pandemic with the rest of you, I am doing it here in Mudgee Australia.

## Looking Yondr

Next week, students will begin to make their phased return to school.

With regard to school rules and expectations, it has been made explicit to those students of essential service workers that they all still apply. We remain a safe, respectful and responsible place of education.

I have already been asked whether students will have access to their devices so that they can monitor their COVIDSafe apps at school. Please be aware that our device procedures too have not changed.

The reasoning behind no reversal of our smart phone/ device procedures are these; we will have all gates locked after 09:20, strictly controlling who comes and goes; we are fully cognisant that there have been no confirmed COVID19 cases in Mudgee since March, and; school rules around uniform, phone usage, the PB4L universals, etc., are very much alive and well at Mudgee High.

If parents or carers still feel school is not a safe place to be for their children, and while ever their children continue with their on-line learning/completing work packages, they can keep their children at home and those children will be marked as being on Flexible leave.

We have worked hard to put in place the current expectations around device usage, and not without a handful of suspensions for those few who have continued to resist. The students who have embraced the new order overwhelmingly realise that they were fast becoming addicts. No one at Mudgee High is looking to backslide on what has been an extraordinarily beneficial change.

The app can always be checked at 3.25pm.

Until next week...

Wayne Eade  
Principal



**MUDGE HIGH SCHOOL P&C**

**Next meeting to be advised.**

**Week 1 Term 2 Awards**

**P&C Awards:** Year 7 - Alex Skinner; Year 8 - Mia Cross; Year 9 - Tahni Casley;  
Year 10 - Thomas Knezevic; Year 11 - Claire Finter; Year 12 - Tom Collins

**SRR Award:**

**Writing Friday**

*Don't  
go into  
the...*

Have you even heard a really spooky story? Why do you think people like scaring each other with dark and scary tales?

Write a description of a person or a place which creates a sense of fear or suspense in your audience.

You should:

- Use powerful verbs and adjectives
- Think about tone and mood in your writing
- Use a simile
- Use the words *prodigious*, *ominous*, and *anticipation*.





## Library News

Our school Library has certainly looked and felt a different place in recent times. The routine of period by period 'turnaround' as classes arrive and depart to utilise computer rooms and learning spaces has ceased of late. The constant flow of staff filtering through the doors for administration, work preparation and meeting purposes has also been interrupted. Recess and lunchtimes as Library staff have come to know them with familiar faces, student requests, resource borrowings and social interaction have been 'strangely' missing.

It has been replaced since the start of the decision to send NSW schools into online learning back in the last two weeks of Term One as the place for students of essential workers to attend MHS in the safest practical learning environment. Open spaces has allowed social distancing to be prioritised for student learning. The Library from the earliest days of the COVID 19 pandemic has focused on daily sanitising of student desks, computers and frequently touched surfaces by Library, teaching and cleaning staff. The message to wash hands at every opportunity has also been a part of our daily protocol. Teaching staff have been rostered onto supervision of students learning through online platforms and class teachers have been on hand to help students one on one at various times of the day.

The Library has continued to play its part at the start of Term Two. With increased attendance and resource use, students are being socially distanced throughout all Library computer areas. More teachers and support staff have been utilised to help with online learning and after breaks all students have sanitised their hands .

Week 3 this term will see the beginning of a phased return to our school. It is timely to remind students who have Library books and resources on loan to please return or renew them on their first designated day at school in Week 3 as a priority. This also applies to anyone returning a Chromebook who no longer requires it. We understand that due to circumstances, some of these loans might be overdue. No student will be penalised in any way for loans returned that are overdue. With so many resources outstanding, all returns and renewals will be welcomed with open arms!

The Library is looking forward to seeing returning students filter through its doors next week so educational and social needs can be further supported moving forward into Term Two.



# Australian Share Market Game

## Top 10 results this week at Mudgee High School

Students need to activate their enrolment in the game by making at least four transactions, if they wish to qualify for the potential prize pool.

As at 6 May 2020, 12:40pm, our school's top ten were:

School Rank	Student name	Portfolio Value	Profit/Loss
1	John Wiseman	\$69865.27	\$19865.27
2	Jed Hayes	\$62780.43	\$12780.43
3	Joshua Meers	\$61176.47	\$11176.47
4	Mitchell Bartlett	\$58964.96	\$8964.96
5	Lachlan Burke	\$54256.84	\$4256.84
6	Benjamin Jeeves	\$53809.56	\$3809.56
7	Henry Boxsell	\$53189.3	\$3189.3
8	Ethan Blamire	\$51871.03	\$1871.03
9	Alex Wohciechowski	\$51367.615	\$1367.615
10	Tristan Van Reason	\$51009.7	\$1009.7

## Work Experience

With a phased return of students to school commencing 11 May and rolling out over coming weeks, some of the school's work experience programs may also re-commence providing the following conditions are met:

- The participating business is open.
- The business, parents/carers and the school are in agreement that the student attend that workplace.
- All safe distancing and hygiene protocols are observed while the student undertakes work experience.

In the first instance, this arrangement will particularly apply to Years 11 and 12 Work Studies students who attend work experience each Wednesday.

If you have any enquiries regarding these arrangements, please contact the school on 6372 1533 and ask to speak to Mr Kempton for mainstream students, or Mrs Nicholas for students in the Support Unit.

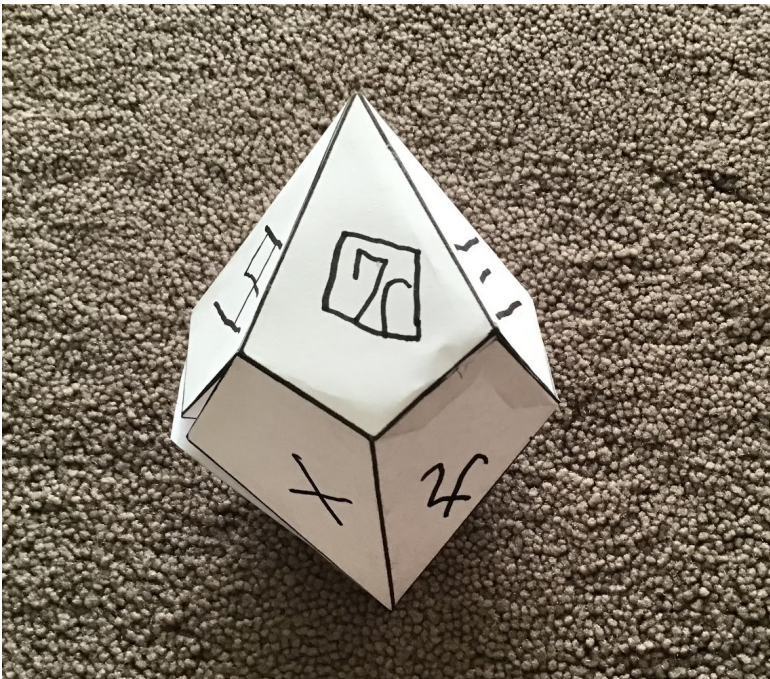
## Languages at MHS

This term, we have welcomed to our staff Miss Erin Kenny. Miss Kenny replaces Mr Jayden Saunders who transferred to Rutherford at the end of last year. First Term saw classes capably covered by Mr Ash Hurley and Mrs Jodi Anderson. Their time and effort were appreciated.

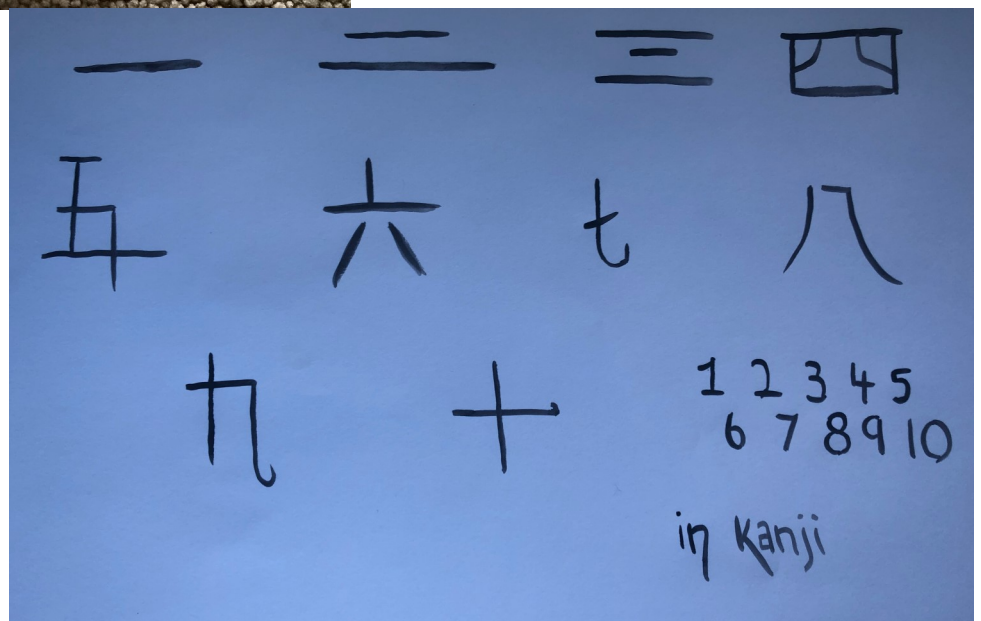
Miss Kenny is a local Mudgee girl and a past student of Mudgee High School. For the past year she has been working in Japanese schools supporting their English language curriculum. From this, she has gained a wealth of knowledge about Japan, living in Japan and understanding the complexities of language and society. It is exciting having Miss Kenny on staff and we look forward to her enthusiasm for teaching Japanese brought to life in our students.

Mr Fitzgerald and Mrs Anderson busily put together Google Classroom for our language students in Term 1, setting the standard for Term 2. At the moment, students have been challenged with Japanese numbers. Some of their efforts have been quite creative. Well done to all students who have met this particular challenge thus far.

As we phase back into school life, students may find the languages room (B15) looking a little different. Mr Fitzgerald and Miss Kenny have washed, tidied and reorganised to ensure students have a fresh learning space.



A ten-sided die labelled in Japanese



Sophia Milson-Hamer's calligraphy work - the numbers 1 to 10 in Japanese



## Wellbeing this week

As our families and students adjust to returning to school, we would like to remind students of the need to remember to bring their student planners. Not only are they useful for recording activities and tasks to complete but they have interesting wellbeing topics each week. Published in the newsletter will be an outline of what wellbeing focus your children will be looking at for the week. This is called The Learning Curve Parent Newsletter

As our on-line teaching and learning continues, we would also like to make students aware of the wellbeing web page and the Additional learning web page that have been created.

The wellbeing web page has a wide variety of online support, apps and wonderful activities to support student wellbeing.

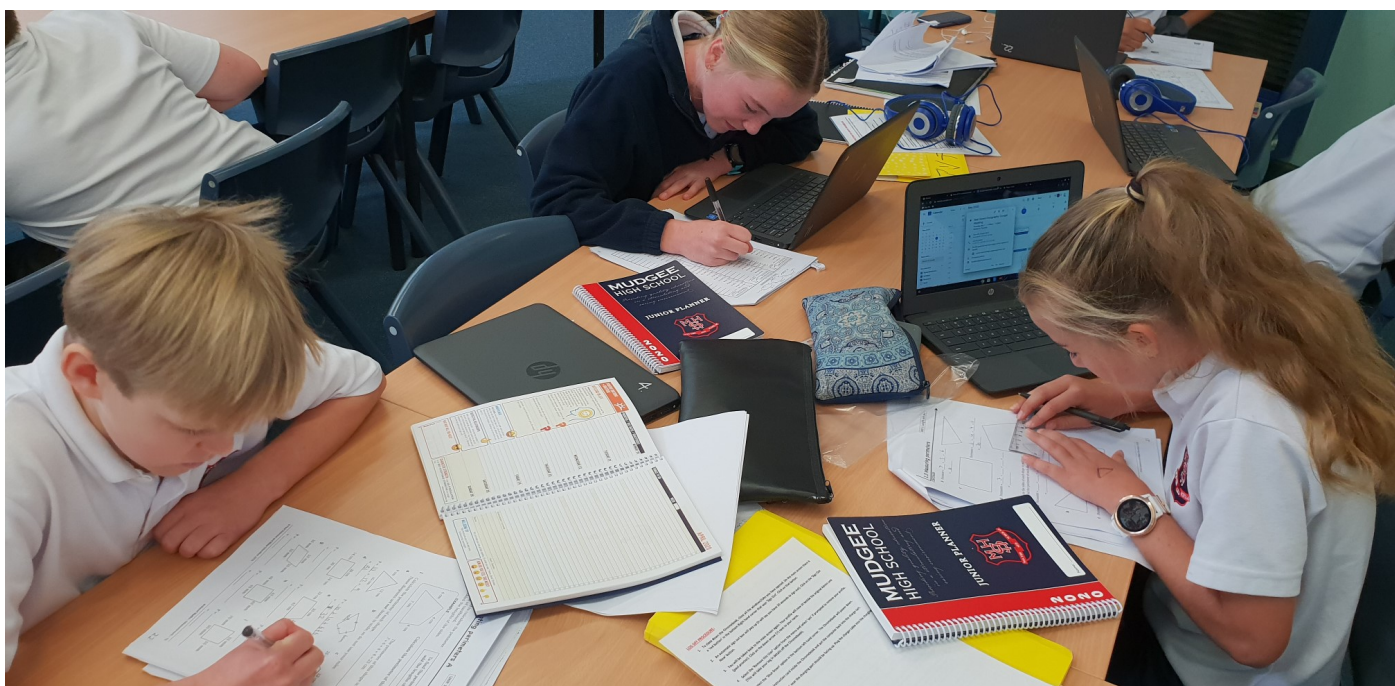
The additional learning web page has been created to support the on-line learning needs of our students and includes links to sites that can assist learning and also for students wanting to extend their current knowledge. The site below is how you can access these. Students will need to be logged into their @mudgeehighschool.net Google account.

<https://sites.google.com/mudgeehighschool.net/mudgee-high-school/home>

<https://sites.google.com/mudgeehighschool.net/mhs-wellbeing/home>

From the Learning and support and Wellbeing Team.... we are missing everyone's smiling faces and we are looking forward to seeing back at school!

Mrs Hudson and Mrs Burke





## SECONDARY

### Parent Newsletter

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The Learning Curve™

#### Wellbeing Reality:

Middle – LIFE COMPASS

Senior – ETHICAL AND RESPECTFUL

Wellbeing Element:

MEANING + PURPOSE

Character Strength:

BRAVERY

Wellbeing Fitness Challenge:

PHOTO 7

Wellbeing Reality Activities:

Middle: LIFE COMPASS

Senior: ETHICAL AND RESPECTFUL (see website)

Parent Wellbeing:

Gilbert Chesterton once said, “there are no uninteresting things, only uninterested people.” Describe three things you are uninterested in, but really need to be interested in to achieve what you have set out to do.

To quote Howard Gardner from his book *Five Minds*, “I have nothing against excellence, but at the end of the day, the world doesn’t need more of the brightest and the best, but more of those of good character.” The five minds he describes are the creative, critical, synthesising, respectful and ethical minds.

For over a decade, the relentless pursuit of literacy and numeracy through standardised testing, has seen insufficient time allocated to building students’ social-emotional resilience, wellbeing, ethical mindsets and the capacity to nurture respectful relationships. This has seen a huge escalation in adolescent mental health and relationship issues. It’s time to put wellbeing ahead of data collection.

Teaching students about what living ethically looks like, sounds like and feels like, will sow the seeds to strengthen their characters. These include acting in ways which they know will benefit their and others’ wellbeing because they matter, and making choices based on what their minds tell them is the right thing to do for them. Also, not doing something for personal, material or prestige gain at the expense of others, being grateful for good things that happen and using their top strengths in their every thought, word and action to do good to feel good.

*Acknowledgement: Kabat Zinn & Sinek*

Wellbeing Measurement Tool: Students, staff and parents can measure the state of their wellbeing by taking the free PERMAH survey at <https://permahsurvey.com>

*Acknowledgement and thanks: Dr Peggy Kern & Michelle McQuaid*

*“Our characters are a result of our conduct.” Aristotle*



## 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



Get writing for Youth Week(s) 2020 and share your opinion on a 'hot topic' affecting youth.

Young people aged 12-25 are invited to write a 300-700 word opinion piece on one of the following topics: Mental Health; Employment; Social Media; or The Environment.

**Two entry Categories: 12-16 years; and 17-25 years**

Not sure how to write an opinion piece? Visit our Youth Week webpage for some tips and hints on how to make your piece stand out to the judges: [bit.ly/YouthWeeks2020](http://bit.ly/YouthWeeks2020)

**\*Note: Submission deadline has been extended until Wednesday 20 May\*.**

Email your entry with your full name, age, and postal address to:  
[sam.sbisa@midwestern.nsw.gov.au](mailto:sam.sbisa@midwestern.nsw.gov.au).

FIRST PRIZE (Category 1 and 2)	SECOND PRIZE (Category 1 and 2)	THIRD PRIZE (Category 1 and 2)
<b>\$75</b> Mudgee Money Gift Card	<b>\$50</b> Mudgee Money Gift Card	<b>\$30</b> Mudgee Money Gift Card

**Terms and Conditions:** 1) All entries must be original work by the entrant. 2) Entrants must be aged 12 – 25, and live, study, or work in the Mid-Western Regional Council area. 3) Persons under the age of 18 should ask permission from their guardian before entering the competition. 4) Entries must be between 300-700 words in length. 5) Entrants can submit a maximum of one entry. 6) All entries must be submitted as a Word document. 7) Entries may be displayed publicly and/or used for publicity purposes. 8) Entrants likeness' may be used for publicity purposes. 9) Entries must be submitted via email and be suitable for display on Mid-Western Regional Youth Council and/or Mid-Western Regional Council's social media pages. 10) Suitability of entries for publication on social media will be at the discretion of Mid-Western Regional Council staff, and discussion will not be entered into. 11) Entries will be judged by a panel of at least three persons, comprising representatives from Mid-Western Regional Council. 12) The judging panel reserves the right not to award a prize if the entries are not deemed of a suitable standard. 13) Determination / awarding of prizes is final and no correspondence will be entered into. 14) Prize winners will be announced via Mid-Western Regional Youth Council's social media channels, and winners contacted privately via email – prize distribution may be delayed due to social distancing requirements. 15) Mid-Western Regional Youth Council will take all reasonable care with entries, but will not accept responsibility for any entries not received due to technological failure, damage, distortion, or similar that may occur to entries. 16) Council will endeavour to display all entries, but may not be able to do so due to display area restrictions. 17) Prizes not claimed by 31 December 2020 will be forfeited by the winner.  
**Privacy Policy:** To read the privacy policy visit: [midwestern.nsw.gov.au/Privacy-Statement](http://midwestern.nsw.gov.au/Privacy-Statement)





Show off your photography skills by creating a portrait of your family pet.

You can use a digital camera, a phone camera, or even a traditional film camera; but all entries need to be electronic. Please note, photos containing recognisable images of people will not be eligible for entry into the competition.

Email your entry (not exceeding 10MB) by 6 May 2020 with the title of the work, your full name, age, and postal address to: [sam.sbisa@midwestern.nsw.gov.au](mailto:sam.sbisa@midwestern.nsw.gov.au).

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	PEOPLE'S CHOICE AWARD (voting closes 13 May 2020)
<b>\$60</b> Mudgee Money Gift Card	<b>\$50</b> Mudgee Money Gift Card	<b>\$40</b> Mudgee Money Gift Card	<b>\$60</b> Mudgee Money Gift Card

**Terms and Conditions:** 1) All entries must be original work by the entrant. 2) Entrants must be aged 12 – 25, and live, study, or work in the Mid-Western Regional Council area. 3) Persons under the age of 18 should ask permission from their guardian before entering the competition. 4) Entrants can submit a maximum of two entries. 5) All entries must have titles. 6) Entries may be displayed publicly and/or used for publicity purposes. 6) Entrants likeness' may be used for publicity purposes. 7) Entries must be submitted via email and be suitable for display on Mid-Western Regional Youth Council and/or Mid-Western Regional Council's social media pages. 8) Suitability of entries for publication on social media will be at the discretion of Mid-Western Regional Council staff, and discussion will not be entered into. 9) Entries will be judged by a panel of at least two persons, comprising at least one representative from Mid-Western Regional Council and an artist from the region. 10) The judging panel reserves the right not to award a prize if the entries are not deemed of a suitable standard. 11) The winner of the People's Choice Award will be by members of the public via a voting system on Facebook. 12) Winners of the People's Choice Award will be determined by the most 'likes' received per image/entry by 4:30pm on the date advertised. 13) Determination / awarding of prizes is final and no correspondence will be entered into. 14) Prize winners will be announced via Mid-Western Regional Youth Council's social media channels, and winners contacted privately via email – prize distribution may be delayed due to social distancing requirements. 15) Mid-Western Regional Youth Council will take all reasonable care with entries, but will not accept responsibility for any entries not received due to technological failure, damage, distortion, or similar that may occur to entries. 16) Council will endeavour to display all entries, but may not be able to do so due to display area restrictions. 17) Prizes not claimed by 31 December 2020 will be forfeited by the winner.

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## Sponsorship

**Mudgee High School - LINK Program**

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