

# MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEES NSW 2850  
ABN: 18 246 198 266 Telephone: (02) 6372 1533 Facsimile: 6372 6321  
Website: [www.mudgee-h.schools.nsw.edu.au](http://www.mudgee-h.schools.nsw.edu.au)  
Email: [mudgee-h.school@det.nsw.edu.au](mailto:mudgee-h.school@det.nsw.edu.au)  
<https://www.facebook.com/mudgeehighschool/>



Monday  
22 June  
Week 9 Term 2  
2020

## Principal's Message

### House Cup

At Mudgee High, we have four school Houses. Those Houses are Blaxland (the red House), Wentworth (the green House), Lawson (the blue House) and Cunningham (the yellow House).

A casual glance through old *Mirri* magazines suggests there were just three Houses in the earliest days of the school – and the school is 104 years old – they being Blaxland, Wentworth and Lawson. Those three pioneering Houses were named after Gregory Blaxland, William Lawson and William Charles Wentworth, who were the first non-Aboriginal people to make a successful crossing of the Blue Mountains in 1813. The yellow House, is named after Allan Cunningham, an English botanist and explorer who in 1823 followed the Cudgong from what is now Rylstone all the way to Coolah and on to Pandora's Pass before returning to Bathurst via a very different Mudgee. Cunningham House does not get a mention in *Mirri* until after the Second World War, it being a late addition as the school's student numbers swelled. That said, Cunningham is at least three score and ten years old. Few would remember a time before the yellow House existed.

For many years, the Houses have been almost purely sporting ones. They have been at their most important when we conduct our swimming and athletics carnivals, and cross-country.

But that is about to change.

A subgroup from the Positive Behaviours for Learning (PB4L) team has been consulting with the teaching staff and our school captains to develop a new point scoring system for the Houses that goes well beyond sporting representation. The move to expand came from student feedback that they would rather see House points determine things like reward days rather than Year group points; a move away from age-specific, Year group tribes to four vertically streamed House communities.

We have been looking at various permutations for recognising success, all collected under House banners, with a renewed emphasis on things like academic performance, social functioning, attendance and uniform compliance. The SRC has been instrumental in putting a value on individual behaviours, actions and accomplishments.

2020 will see the inauguration of a House Cup. Again, our captains have played a lead role in the selection of an appropriate vehicle for recording the winning house in a given year – a splendid trophy.



House Cup (may not resemble real cup)

*A Member of the  
Cudgong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- Friday 3 July - last day of Term 2
- Monday 20 July - School Development day
- Tuesday 21 July - students return for Term 3
- Tuesday 21 July - RSA training for Year 12
- Monday 27 July P&C meeting (on site)

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C and SRR Awards
- Writing Friday
- Library News
- CAPA student of the week
- PDHPE News
- Anti-bullying Alliance
- The Learning Curve
- Advertisements
- Sponsorship

So the challenge will be on in Terms 3 and 4; the challenge to be the first Mudgee High House to be recorded on the "House Cup."

Good luck!

## **Permission**

Permission – the action of officially allowing someone to do a particular thing – comes with ---jurisdictional constraints. By way of example, at Mudgee High the occasional doctor's certificate is submitted that seeks to give a student permission to undertake "home schooling" for a period of time. At first glance, such a course of action sounds reasonable.

Be aware, however, that a parent who decides to home school is obliged to provide learning activities outside of the home, just as school students undertake activities outside of school; choose an educational approach or philosophy that suits the child; integrate teaching and learning across a range of subject areas and stages of development; make adjustments to the level of difficulty based on learning needs; select content that is relevant to the child's learning needs and interests; adjust the learning activities in response to the child's progress, and; build on the learning opportunities that arise naturally in the home and local environment on a day-to-day basis by including family activities, local events and other resources.

Additionally, the parent who home schools must also register their intent to do so with the only body that is in a position to grant permission to do so in this state: the New South Wales Educational Standards Authority (NESA). Permission to do so takes about three months to be granted and once granted, that parent should expect regular inspections to ensure that all compulsory learning is satisfactorily taking place.

Dead easy... not.

The point is, a doctor is well within his or her purview to recommend a child remain absent from school for a number of days to overcome a physical illness or perhaps a little longer to overcome a psychological issue. Permission to home school from a doctor, however, should be seen for what it is; either an explanation of absence or a recommendation only that would need to be pursued through the relevant authority.

Knowing your jurisdictional limits – the area over which your legal authority extends – is an important thing.

Occasionally when a student misbehaves at school and parent contact has been made, a parent may say something like, "just clip her over the ear," or "kick him in the bum." Such statements have all the hallmarks of permission, but go well outside what is permissible. In addition to the mountain of research that indicates such actions serve only as demonstrations that the way to settle interpersonal conflicts is to use physical force and inflict pain, corporal punishment has been banned in NSW state schools since 1987.

On rare occasions, parents may say that they have given their child permission to sort the issues they have with others using physical force; to punch their way to a solution. Sometimes parents declare that their child has been given permission to break a rule, like use a phone at school, arguing that the rules that apply to all students do not apply to their child.

These kinds of permissions have no validity at Mudgee High. If they were aeroplanes, they would never fly.

Doctors can prescribe a course of drugs but not the manner of educational delivery a child will receive.

Policemen can pull over a speeding motorist but are unlikely to prescribe a course of antibiotics for what ails you.

Teachers can set homework but are in no position to pull over a speeding motorist.

Each of us needs to understand the limits of our respective authority.

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 27 July 2020 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

## Week 8 Term 2 Awards

P&C Awards: Year 7 - Maddy Campbell; Year 8 - Hamish Lynn; Year 9 - Liam Sheridan;  
Year 10 - Kobie Close; Year 11 - Jenny Jeamtua; Year 12 - Madeline McPherson

## Writing Friday

### The scene of the crime...

Are there times when doing the right thing means breaking the rules? Have you ever done something you knew you were not meant to do? Did you get away with your act, or were you caught?

Write about an act or crime or rebellion where you focus on setting the scene of the narrative. You should:

- Use first or third person
- Use powerful adjectives
- Include the five senses
- Include the words: *deranged*, *revolution* and *relent*



## Library News

The return of all our students this term has meant our Library has resumed as a hive of daily activity in the school landscape. The flow of classes utilising computer rooms each period, staff accessing resources and attending professional learning sessions, senior students arriving for study periods, the ongoing delivery of Distance Education lessons, punctuated by recess and lunchtime student visits, all come as a welcome back to normality.

In preparation for our new regular (an oxymoron if ever there was one) library staff continue to sanitise high traffic/touch areas daily and provide a hand sanitiser station for all Library visitors.

On an educational level, senior students have been given access to Chromebooks supplied by the DET during study periods to complete classwork and assessments efficiently and effectively. In the very near future, the Library will also be running some study skills workshops for Year 12 students and they are advised to stay tuned for further details this week. Many new books have been purchased to re-enthusiast our readers after an absence from our shelves. Board/card games and puzzles have also been renewed to challenge our young learners and help with the re-establishment and fostering of social networks among and across all year groups.

The tangible result from talking to most students is they are happy; happy to be back amongst friends, renewing connections with peers and teachers and being stimulated by both planned and incidental learning within the Library and around the school. The intensity of recess card games, the number of broad-smiled students borrowing books, the laughter being generated by friends playing new board games or building puzzles, and the eagerness of senior students to get to work in study lessons with their peers... is all simply the proof in the pudding!



## Creative and Performing Arts student of the week

**Aidan Hargraves** is the Creative and Performing Arts student of the week. He has an enthusiasm for music and a desire to constantly improve. He has revealed outstanding technical skills in CAPA and regularly supports music and musicians. He is an asset to CAPA. Congratulations.



## PDHPE News

### Sport and PDHPE uniform

Good hygiene practices have been observed at Sport and during PE to allow practical lessons to take place with some modifications. We would just like to remind you and your children that Mudgee High School does implement a Sport Uniform Policy and we look forward to seeing students participating during PDHPE and Sport wearing their red shirt and blue shorts/track pants.

All students are encouraged to participate in practical PDHPE and sport lessons. To do this, students must ensure they change into their correct uniform. At Mudgee High School, if a student does not bring their correct uniform without explanation from their parent/guardian, they:

- Will not be able to participate in the practical PDHPE or Sport lesson.
- Will be given alternative written work to complete during the lesson.
- May be given a detention during recess or lunchtime.

If a student does not participate satisfactorily or on a regular basis, a letter will be sent home regarding non-participation and the student may not be able to satisfactorily meet the requirements of PDHPE or Sport.

**Note:** During the winter months, students have the option to wear plain blue track pants instead of shorts. They still need to have a full change of uniform such as their navy or grey pants.

If your child does not have the correct uniform, we ask that they bring a change of clothes and a note explaining the reason.

**Year 8** students have been looking at the Sport Australia website which hosts a resource, Yulunga Traditional Indigenous Games, which preserves and promotes more than 100 traditional Indigenous Australian games and activities. Students have been investigating and playing a range of games from Australia and around the world.

**Year 11 PDHPE** have been continuing their study of the topic 'The Body in Motion'. Pictured is the class conducting an activity to demonstrate their understanding of the anatomy of the circulatory system.

**Year 12 PDHPE** are making progress towards completing their last topic area this term for their HSC course. Students are expected to complete regular study and revision to prepare them for their trial exams in week 5 of Term 3. In class, they have been engaging in group work using 'Flip grid' to discuss the hotly contested ethical considerations of drugs in sport. They also have the opportunity to attend study sessions at 8am each Wednesday morning to refine their knowledge and writing skills.



# Anti-bullying Alliance

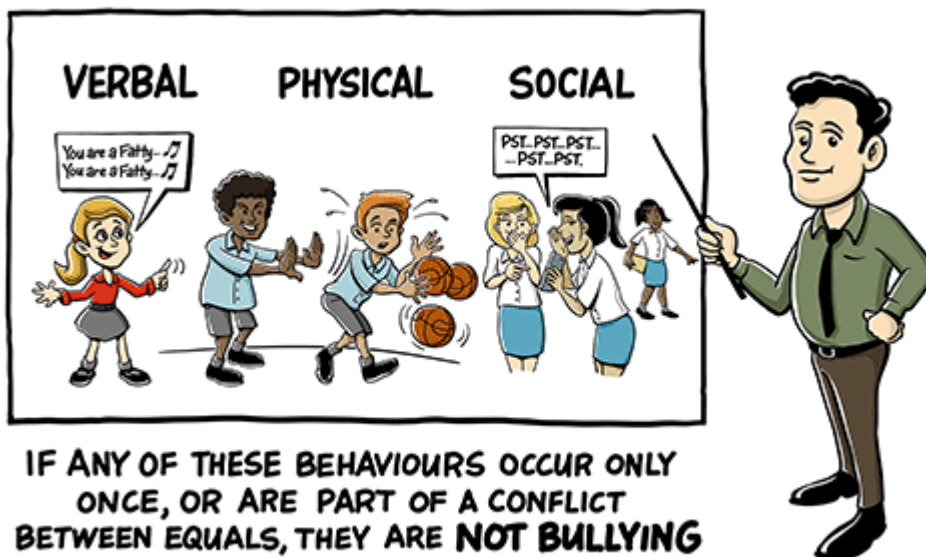
## Type of behaviour – verbal, physical and social

There are three types of bullying behaviour:

- **Verbal bullying** which includes name calling or insulting someone about physical characteristics such as their weight or height, or other attributes including race, sexuality, culture, or religion.
- **Physical bullying** which includes hitting or otherwise hurting someone, shoving or intimidating another person, or damaging or stealing their belongings.
- **Social bullying** which includes consistently excluding another person or sharing information or images that will have a harmful effect on the other person.

If any of these behaviours occur only once, or are part of a conflict between equals (no matter how inappropriate) they are not bullying. The behaviours alone don't define bullying.

Verbal, physical and social bullying can occur in person or online, directly or indirectly, overtly or covertly.



**Wellbeing Reality:**

Middle – ACTS OF KINDNESS

Senior – KIND AND GENEROUS

**Wellbeing Element:**

MEANING + PURPOSE

**Character Strength:**

CREATIVITY

**Wellbeing Fitness Challenge:**

MUSIC MAGIC

**Wellbeing Reality Activities:**

Middle: ACTS OF KINDNESS

Senior: KIND AND GENEROUS (see website)

**Parent Wellbeing:**

Who are the *hidden* people who give of themselves to help you have a good life. Thank each of them individually, telling them you appreciate their efforts.

Studies have shown that it is the frequency of positive emotions, not their intensity, which builds students' and our wellbeing most effectively, especially when it is through in person social connection. This effect is multiplied when it involves doing good for others to feel good, and feeling good to do good. These actions are called *acts of kindness*, and they show a willingness to reach out for social connectedness, a key skill of social-emotional resilience.

The most important point for us to impress upon students is that acts of kindness don't have to be big things, but rather regular little positive words and actions to lift others' spirits and wellbeing. Actions such as, a smile, making an effort to say good morning, a wink and asking how they are feeling, all generate positive emotions in others and ourselves.

We all have millions of mirror neurons which copy the expressions and moods of those around us. We can all remember being inspired by others positivity and unfortunately, also being pulled down by others negativity.

Asking students to write down in their planners/journals what kind acts they did or received, will build the resilience skill, selfregulation, to be on the lookout for opportunities to be kind.

*Acknowledgement: Diener, Lyubomirsky & Dutton*

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*

*"The smallest act of kindness is worth more than the grandest intention."* Oscar Wilde.



## 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





# WINTER SCHOOL HOLIDAYS

4 July – 20 July 2020

Mid-Western Regional Youth Council is proud to present a range of youth activities and events across the region, as part of the winter school holidays.

**Please note:** bookings are essential, and activities are subject to change due to advice regarding COVID-19.

## Beeswax Wraps Workshop

Be guided through everything you need to know to make environmentally friendly, reusable beeswax wraps this Plastic Free July. You shouldn't need to buy plastic wrap again!

**WHEN** Monday 6 July 2020, 2:00pm – 3:00pm

**AGES** 12–25 years

**WHERE** Gulgong Memorial Hall, 112 Herbert Street, Gulgong

## Beeswax Wraps Workshop

Be guided through everything you need to know to make environmentally friendly, reusable beeswax wraps this Plastic Free July. You shouldn't need to buy plastic wrap again!

**WHEN** Thursday 9 July 2020, 11:00pm – 12:00pm

**AGES** 12–25 years

**WHERE** The Stables, 84 Market Street, Mudgee

## Beeswax Wraps Workshop

Be guided through everything you need to know to make environmentally friendly, reusable beeswax wraps this Plastic Free July. You shouldn't need to buy plastic wrap again!

**WHEN** Tuesday 7 July 2020  
2:00pm – 3:00pm

**AGES** 12–25 years

**WHERE** Rylstone Memorial Hall, 73 Louee Street, Rylstone

## Terrariums Workshop

Become a green thumb by building your own low-water use open terrarium at this fun and hands-on workshop.

**WHEN** Monday 13 July 2020,  
Session one: 11:00am – 12:00pm  
Session two: 2:30pm – 3:30pm

**AGES** 12–25 years

**WHERE** The Stables, 84 Market Street, Mudgee

## Reel Teens

Bring your squad to our mystery comedy screening where amateur super-zeroes take on a monster supervillain to save their bustling metropolis.

**WHEN** Wednesday 8 July 2020, 10.30am – 12.45pm

**AGES** 12–20 years

**WHERE** Event Zone, Mudgee Library, 64 Market Street, Mudgee

## Cosplay and Anime

Meet fellow cosplay and anime enthusiasts to talk and learn about different styles and techniques. Special guest, Cosplayer Bianca Piper will be sharing some tricks and tips on how to Cosplay. Crafting is sure to take place too!

**WHEN** Tuesday 14 July 2020, 2:00pm – 4:30pm

**AGES** 12–20 years

**WHERE** Event Zone, Mudgee Library, 64 Market Street, Mudgee

[> MORE EVENTS OVER THE PAGE](#)



**Please note:** bookings are essential, and activities are subject to change due to advice regarding COVID-19.

### Giant Games Challenge

Enjoy the sunshine and challenge your friends to some outdoor games on the GIANT size. Classics like *Snakes and Ladders*, *Jenga*, and more will all be available.

**WHEN** Wednesday 15 July 2020, 2.00pm – 3.30pm

**AGES** 12–25 years

**WHERE** Victoria Park, Perry Street, Mudgee

### Level Up – Extended edition

Love role-playing games (RPGs) and other tabletop games? Connect with other gaming enthusiasts at this extended edition of Council's monthly tabletop and RPG session and enjoy some pizza for lunch.

**WHEN** Thursday 16 July 2020, 11:00am – 2.00pm

**AGES** 12–25 years

**WHERE** The Stables, 84 Market Street, Mudgee

### Terrariums Workshop

Become a green thumb by building your own low-water use open terrarium at this fun and hands-on workshop.

**WHEN** Monday 20 July 2020, 11:00am – 12:00pm

**AGES** 12–25 years

**WHERE** Rylstone Memorial Hall, 73 Louee Street, Rylstone

**NOTE: ALL EVENTS ARE FREE. BOOKINGS ARE ESSENTIAL, TO COMPLY WITH COVID-19 GUIDELINES, AND PLACES IN ALL ACTIVITIES ARE LIMITED.**

To book, visit [mwrcoyouth.eventbrite.com](http://mwrcoyouth.eventbrite.com)

# Manga & Anime Squad



## Calling all anime, manga and cosplay fans!

Join us for this free monthly event to meet fellow enthusiasts. Explore different styles, techniques, and share from your experience.

We welcome all from casuals to Otakus.

<b>WHEN</b>	Third Wednesday of the month
<b>TIME</b>	3:45pm – 5.45pm
<b>LOCATION</b>	Mudgee Library, 64 Market Street, Mudgee
<b>AGES</b>	12 – 20 years
<b>COST</b>	Free
<b>BOOKINGS</b>	<a href="http://www.mwrcyouth.eventbrite.com">www.mwrcyouth.eventbrite.com</a>

Bookings essential due to COVID-19

A Youth Services and Mid-Western Regional Council Library partnership event





# Craft-ernoon

Join us for an afternoon of various crafting activities.

New and funky, or old school and traditional, each session will bring something new, and something for everyone.

All materials supplied.

DATE	Third Tuesday of the month
TIME	3.45pm - 4.45pm
LOCATION	Gulgong Library, Herbert Street, Gulgong
FOR	Ages 12-20 years

Bookings:

[mwrcoyouth.eventbrite.com](http://mwrcoyouth.eventbrite.com)

\* Bookings essential, due to COVID-19

A Youth Services and Mid-Western Regional Council Library partnership event



BOUNCE AROUND BOOKS AND IDEAS  
WITH OTHER READERS!

# BOOK BOUNCERS TEEN BOOK CLUB



KANDOS  
EDITION

Kandos Library  
Angus Avenue  
3rd Monday of the month  
3:45pm-4:45pm

To find out what we're currently  
reading and book your place,  
head to:  
[mwrcoyouth.eventbrite.com](http://mwrcoyouth.eventbrite.com)



## Sponsorship

Mudgee High School - LINK Program

Proudly supported by

**GLENCORE**

*Ulan Coal Mine*