

MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEES NSW 2850
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<https://www.facebook.com/mudgeehighschool/>



Monday
10 August
Week 4 Term 3
2020

Principal's Message

Principal's Gold

Gold is such an evocative word. It conjures so many pleasurable thoughts.

It allows for dreams of both opulence and material comfort; fabulous wealth and luxurious lifestyles.

It turns thoughts to dreams of success. Human achievement is often rewarded with gold. Winning medals and trophies are often... gold. Come first in an Olympic event: gold. Earn a Nobel Prize: gold. Collect an Oscar for movie prowess: gold. Even a Golden Globe award is... gold.

Weddings are sealed with a band of gold.

Those generous of spirit have a heart of gold and a favoured son or daughter is "the golden child"!

At Mudgee High, students who have applied themselves across a broad range of school and community activities, and who have a history of academic diligence, are free to make application for the award of a Principal's Gold Medal.

Principal's Gold Medal hopefuls need also to be able to demonstrate through their written application a positive and co-operative approach in all that they undertake. If they can do these things, they will almost certainly be invited to interview.

As a sharing kind of person, I always invite another to work as a panellist. After so many years of Gold Medal interviews, I can attest to the immense and renewed sense of hope with which those of us on this side of the table are left. The young people we interview seldom fail to provide a glimpse of what promises a bright future for this nation.

In Term 4, invitations will go out and interviews will be conducted to select medallists from the ranks of Year 7 to 11.

Singing one's praises is not a quality associated with Australian cultural norms, but I would encourage you to encourage the young people in your care to make application if they demonstrate:

- Involvement in a significant and positive manner across a range of school activities.
- Commitment to academic studies.
- Regular attendance and adherence to the school's universals of being safe, respectful and responsible.

Year 12 students who hit all of these marks are encouraged to make application for a Principal's Gold Medal.

Year 10 into 11 update

As stated last week, it is indeed that time when we ask our Year 10 students to make some big decision about their futures.

The Virtual Subject Market is up and running on our website. The website can be accessed here:

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

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- Thursday 13 August HSC Trial examinations begin
- Monday 24 August P&C meeting via Zoom

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards
- Writing Friday
- Max Potential Showcase
- Link Program 2021
- ABA - What do students think?
- The Learning Curve
- Advertisements
- Sponsorship

While the subject market link is here:

https://mudgee-h.schools.nsw.gov.au/subject_market.html

Reports so far suggest a great deal of satisfaction with the online presence, so much so that we may make it a part of what we do even after we have successfully navigated COVID-19.


Until next week...

Wayne Eade

Principal

NSW Department of Education Log in ▾

MAKE A PAYMENT | ENROLMENT | NEWS | NEWSLETTER | EVENTS | GALLERY



Mudgee High School

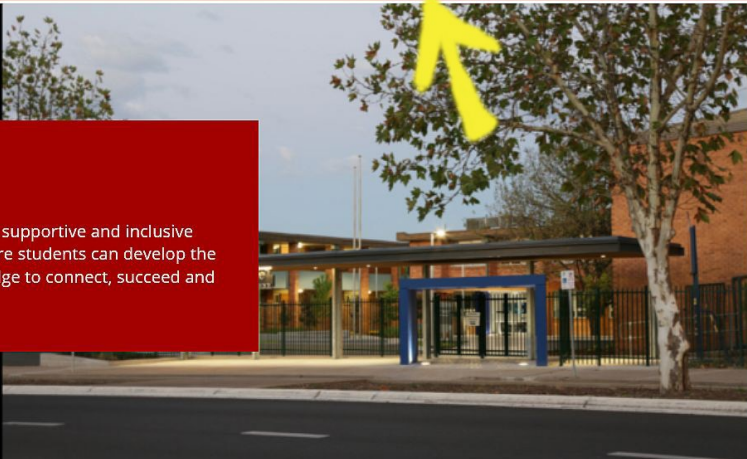
Developing safe, respectful and responsible learners in an innovative and inclusive community.


T: 02 6372 1533 E: mudgee-h.school@det.nsw.edu.au

About our schoolSupporting our studentsLearning at our schoolVirtual Subject MarketAnti-bullying AllianceBritannica Online LinkContact usQ

Our aim

To provide a safe, supportive and inclusive environment where students can develop the skills and knowledge to connect, succeed and thrive.





MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held via Zoom.

Link will be published on the MHS Facebook page.

All welcome.

Week 3 Term 3 Awards

P&C Awards: Year 7 - James Nicholson; Year 8 - Taleah Kelloway; Year 9 - Patrick Westwood;
Year 10 - Chase Taylor-Lucas; Year 11 - Tina Luo; Year 12 - Ebony Nicholas

Writing Friday

Informative Writing Task 2: Procedural Writing

Imagine you are the head chef at a gourmet pizza restaurant. Your restaurant is famous for making the best pizza in the world. You need to explain the procedure for making this delicious dish to your up-and-coming apprentice chef.

Write a recipe for the best pizza in the world. Your recipe will need to be detailed, clear and follow a logic order. Your recipe should be able to be used by an amateur cook to make an exact recreation for your pizza.

Your apprentice has never made this dish before, so you will need to be very precise in your instructions. Think about: what ingredients will you need? What equipment is necessary? What are the specific steps of this process?

Remember to use:

- Clear and logical **instructions**
- **Verbs** which describe specific actions
- **Adverbs** to show how an action should be performed.

Look at the next slide for a scaffold to help you write a procedure.



Max Potential Showcase

Over the last two terms, six of our Year 10 students have participated in the Max Potential Program. Students in the program are matched with community coaches to work on a community service pitch. This work assists students to increase their confidence and challenge themselves to achieve goals and to inspire others.

This year's program has been faced with exceptional challenges due to the COVID-19 pandemic. Much of the program had to move online.

Friday 31 July's showcase, usually held at Club Mudgee at the conclusion of the program, was relocated to each student's school, ours being held in the school library via Zoom.

The presentation was a fabulous celebration of each student's community service pitch.

Well done to Ethan Blamire, Lucy Campbell, Harrison Christofis, Tara Dwyer, Stella Morgan and Hilary Wright!

Thanks must also be extended to the Max Potential team and community coaches. In particular, the co-ordinator of the program, Mr Damian Walsh.

If you would like to view the student's exceptional community pitches, visit the Max Potential website by following the link provided.

<https://www.maxpotential.com.au/csp-s>



From the left: Ethan, Stella, Hilary, Tara, Lucy and Harrison.





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Thursday 6 August 2020

MHS Link Program 2021

The Link Program is an alternative educational program for students in Year 10. The program caters for up to 25 students who may experience difficulty in engaging with the traditional delivery of school curriculum. The program is flexible, practical, stimulating and relevant, and promotes pathway options into Years 11 and 12 at Mudgee High School; TAFE; an apprenticeship/traineeship; or traditional employment.

The program was established in 2012 and involves a number of partners including Mudgee High School, TAFE and Mid-Western Regional Council. The program is fully funded and supported by Glencore Coal. The program was recently a finalist for a Community Excellence Award at the NSW Minerals Council Environment and Community conference and awards.

Link students experience a wide curriculum including attendance at Mudgee TAFE and work experience. Students receive literacy and numeracy support, and engage in personal skills development programs. The program has a teaching staff co-ordinator and a community mentor. These two support participating students so as to enhance their prospects for success in the program as well as their future transition into further education, training and/or employment.

The primary outcomes of the Link program are:

- To re-engage students in school activities.
- To provide pathways for transition into further study or work.
- To build self-esteem and the confidence to continue in training and education.
- To reduce social isolation issues and incorporate school leavers into the community in a positive manner.
- To apply a multi-agency approach to a community based issue.

As part of the selection process for 2021, interested Year 9 students are required to submit an *Expression of Interest* form. This form can be collected from Mrs McNeill in the Creative Arts staffroom, Mr Payne in the Language/Careers Staffroom or Ms Carr in the Support Unit staffroom. Parents are also welcome to request an *Expression of Interest* by phoning or visiting the school. Guidelines for completion and closing date are included with the form.

All students and parents who anticipate that this program could be of benefit are encouraged to apply. For any student who may find completing an *Expression of Interest* a challenge, we encourage them to make contact with Mrs McNeill, Mr Payne (Community Mentor) or their Year Adviser at school to arrange assistance for completion.

For further information, please do not hesitate to contact Mrs McNeill or Mr Payne on 6372 1533.

Expressions of Interest Close on Friday 14 August 2020.



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Link Program 2021 - Expression of interest

The Link Program is well recognised in the community as an alternative learning program for up to 25 students in Year 10. The program aims to re-engage students in school activities and can involve study at TAFE and work experience placements. It also provides pathways for transition into further study or work, and works to build self-esteem and confidence to continue in training and education.

Since its establishment in 2012, the Link Program has seen the majority of its participants achieve outstanding outcomes. These have ranged from apprenticeships, traineeships, study at TAFE, paid work and completion of the HSC. As a result of this success, the list of nominated candidates has grown each year. Therefore, we believe the introduction of an 'Expression of Interest' is important for the continued development of the program, and to ensure a fair process for all students. In order to get the most from the program, we feel it is essential that students connect with their responsibility for making the most of the opportunities provided throughout their time in Link.

Students who wish to be considered for the 2021 Link Program are required to complete the attached EOI. All questions should be completed. Students are encouraged to seek assistance from Ms McNeill, Mr Payne or any member of staff if they are having difficulty completing the form.

This EOI must be returned to the Careers/Languages staffroom or the front office no later than 3:25pm, Friday 14 August.

Late submissions may not be considered.

Cath McNeill
Link Co-ordinator

David Payne
Community Mentor



2019 Link Program award recipients

Link Program 2021 - Expression of interest form

Name:

1. What do you think makes you a good candidate for the 2021 program?
(i.e. Why will the Link Program suit you as a student?)

2. What would you like to be doing in two years time? (example: employment, HSC study, TAFE study, apprenticeship, traineeship)

3. What skills or learning do you think you will need to achieve this goal? (Goal as stated in Qu. 2)

4. How do you think the Link Program can support you in developing these skills?

5. What are you prepared to do, as part of the Link Program, to assist in working towards your future goals?
(i.e. outline how you will commit to the program)

ABA - What do students think?

Understanding how children and young people make sense of bullying within their peer and social groups is central to understanding their actions.

- **Research has found that young people most commonly suggest the reason for bullying at school is enhancing social status within the peer group.**



Social status and belonging to their peer group are increasingly important to most children and young people from the middle years of school into adolescence. In the process of forming a friendship group, bullying can be used to strengthen the group by excluding those who are not part of it.

A school's social environment can unintentionally create a rigid social hierarchy for students, which can lead to bullying. Students sometimes report that the student 'leadership' structures and roles actually promote bullying.

- **Research into the views of students suggests that those who bully others may appear to be popular but are not always liked.**

In addition, young people identify that bullying happens to some students more often because they are considered different, odd or unusual in some way. Students also sometimes think that those who do the bullying have personal problems.



**BULLYING
IS NEVER OK!**

A simple stick figure of a girl with orange hair in a ponytail, standing on the right side of the text. She has her hand to her chin in a thinking or listening pose.



SECONDARY

Parent Newsletter

The Learning Curve™

Wellbeing Reality:

Middle – PROJECTS

Senior – INTELLIGENT RESEARCH
PROCESS

Wellbeing Element:

ACCOMPLISHMENT + OPTIMISM

Character Strength:

SPIRITUALITY

Strengths Booster:

BREATHING STRENGTHS

Wellbeing Reality Activities:

Middle: PROJECTS

Senior: INTELLIGENT RESEARCH PROCESS (see website)

Parent Wellbeing:

With your knees slightly bent, sway forward till your heels leave the ground and then sway back till your toes leave the ground. Feel your weight transferring and finding your balance for five minutes.

The main thing students will be doing in their lives in the 21st century is learning, and to do this successfully, they need to slow down enough to be in the moment to think hard about what they are looking at. Google in some ways has taken the emphasis away from looking beyond first impressions; everything seems to be instant these days.

Teaching students to follow an intelligent research process enables them to slow down to think hard about each step they are doing. To support this process, you can ask them to describe how they are thinking using Habits of Mind. Also, using the brain pathway building structure of Thinking Tools, provides opportunities for them to analyse, evaluate and predict.

Adopting these approaches cultivates effective research habits which include knowing what to do when they don't know what to do, relating how what they learn connects to their world and identifying and finding the information they need to learn more about. Their organisation skills improve by planning time targets, analysing their findings and looking for bias, patterns, inference and implied messages and presenting what they learned with clarity and precision. Once they have mastered these, they can make predictions from their findings.

Acknowledgement: Anderson & Ericsson

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

"If we knew what it was we were doing, it would not be called research, would it?" Albert Einstein

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



FAST FORWARD PROGRAM

An early-offer to university for standout Year 11 students

At the University of Canberra, we believe being passionate about your community and going above and beyond in all aspects of life is what really sets you apart.

Fast Forward is UC's exclusive club designed for students who want to prepare for university life with a boost.

As a member you'll receive a range of benefits including UC gym membership, a study grant in your first year and an early unconditional offer to a UC degree of your choice.*
See how Fast Forward can benefit your future.

Canberra.edu.au/fastforward

*Degrees included in the Fast Forward Program early entry only.



CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on careers@jossgroup.com.au



Check us out on Facebook [Joss Cleaning](#)

or visit our webpage
www.jossgroup.com.au



Sponsorship

Mudgee High School - LINK Program

Proudly supported by

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Ulan Coal Mine