

MHS Newsletter

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Monday
7 June
Week 8 Term 2
2021

Principal's Message

Every Day Counts

It would be fair to say that there are not too many parents who bring a child into the world with the single hope that that child is unsuccessful in life.

We want our children to do well.

By extension, we want our children to get a good education so that they are best placed to do well in life.

The building blocks for a great education begin with student attendance; coming to school every day it is open.

There are a host of reasons why regular attendance is a good thing. Children who regularly attend school develop good habits. The good habit of regular attendance is essential to success long after they have left school, whether in the workplace or in further study.

Missing school impacts on students academically and socially. It can affect their assessment results and, just as importantly, it can affect their relationships with other students, possibly leading to social isolation.

Be aware that there is no safe number of days for missing school. Each day a student misses has the potential to put them behind.

Each missed day is associated with progressively lower achievement in numeracy and literacy development.

Year 10 is the cohort where across the state, school attendance traditionally reaches its lowest point. Year 10, however, is not where the habit begins. The slide begins after Year 7.

Of course, there will be times when students are unavoidably absent. If a student is genuinely ill, he or she should remain at home until sufficiently recovered, particularly if the source of the illness is contagious. Sound sleeping patterns, regular exercise and eating well are excellent, proactive ways to combat potential illnesses.

If for any reason your child must miss school, there are things you can do to ensure they do not fall too far behind. You can:

- Speak with your child's teachers and find out what work your child needs to do to keep up.
- Develop an absence learning plan with your teacher and ensure your child completes the plan.

*A member of the
Cudgegong Learning
Community*

Next P&C meeting
Monday 26 July
7pm in the Learning Centre.
Entry via Douro Street.
All welcome.

COMING EVENTS

- 18 - 19 June The Addams Family musical
- Wednesday 23 June NAIDOC Day
- Friday 25 June Years 7 to 10 half-yearly reports issued
- Tuesday 27 July Year 11 Biology Dubbo Zoo excursion
- Thursday 5 August Australian Mathematics Competition (entries close Friday 18 June)

THIS ISSUE

- Principal's Message
- The Addams Family musical
- House Championship tally
- P&C Awards
- Support Unit Community Access
- Senior Girls Volleyball
- Push-up Challenge for mental health
- Maths Faculty News
- ASX Stockmarket Game
- University of Newcastle HSC webinars
- UAC webinars
- UNE Experience Day
- UNE Oorala/GRASS Experience Day
- Advertisements
- Sponsorship

If your child must miss school for an extended period, let us know as early as possible. Be aware too that in addition to the follow up the school performs, the NSW Department of Education also employs Home School Liaison Officers who follow up more habitual attendance issues.

If you are having attendance issues with your child – things like school refusal – all you need do is contact the school. There are well trained people here who are in a position to assist you with ways to address the issue or issues that impact regular school attendance.

Unwell

First, a big “thank you” to those parents and carers who use the school’s Sentral portal to keep us informed about student absences.

The only qualification I would make in this space is that when explaining absences, you provide us with a little more than “Unwell” as a description when illness keeps your child at home. Unwell covers everything from a headache to the Ebola virus and all things in between. In a world beset by pandemic, and a nation that now has clusters of COVID variants, we need to know just what “unwell” means. COVID aside, whooping cough (pertussis), school sores (impetigo), influenza, rubella (German measles) and a host of other common and not so common ailments are all contagious. Limiting the spread of contagion requires isolation. COVID symptoms demand a COVID test before return to the workplace... in this case, a return to school.

“Unwell asthma” or “Unwell gastro” or “Unwell knee injury” are all so much better than the more prosaic and definitely unhelpful “Unwell”.

Thanks!

Until next week...

NSW Department of Education

Wayne Eade
Principal

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

education.nsw.gov.au



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life



education.nsw.gov.au

The Addams Family

THE BROADWAY MUSICAL

PRESENTED BY MUDGE HIGH SCHOOL

Tickets are available from : [123tix.com.au](https://www.123tix.com.au)

Find the event using the **tag option** Addams.

Select your **session date/time** from the three sessions available:

Friday 18 June at 7 pm

Saturday 19 June at 2.30 pm

Saturday 19 June at 7 pm

Cost:

Adults \$15

Students/concession \$10

Note: The 123tix site seems to work best on a mobile phone.

You will need to bring your phone to the event for COVID sign-in, proof of tickets and seat allocation.

The performance will be at the **Town Hall Cinema** and is approximately 1.5 hours in length.

A canteen will be available during interval. Cash only sales.

We look forward to seeing you at the show!



House Championship Tally

Cunningham 78 868	Blaxland 78 320	Wentworth 77 376	Lawson 74 433
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Week 7 Term 2 P&C Awards

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Abbey Wright	Yagan Sloane	Miriam Halbisch	Reign Cullen	Emily Hemingway	Claire Anderson

*Learn to be silent.
Let your quiet mind
listen and absorb.*

PYTHAGORAS



MINDFUL

Consciously paying careful attention to your actions, emotions and what is going on around you.

TAKE ACTION:

- ❖ Be aware and notice your emotions by keeping a journal
- ❖ Practise being in the present moment when doing something routine
- ❖ Try yoga or meditation to stimulate effortless mindfulness
- ❖ Be kind to yourself when your mind wanders, and then

SAY OUT LOUD

Every day brings about new opportunities for me to grow and learn.

Support Unit community access

On Wednesday 26 May, students from the Support Unit had the opportunity to travel to Glen Willow Stadium to cheer on the players from the police force in the annual City verses Country clash. The women's country team was victorious over their city opponents, while City beat Country in the men's game. The students showed great sportsmanship, cheering on their favourite teams and even helped out as ball boys during the mens game.



Senior Girls Volleyball

On Friday 28 May, the Senior Girls Volleyball team attended the Western Volleyball Knockout at Bathurst. This tournament involved the top eight teams from Western District.

The planned team of ten players was impacted by illness and other commitments, so only six girls were able to attend. Six is just enough to field a team but meant losing another player to injury would have forced them to forfeit any remaining games.

Their first game was against Gulgong, a more experienced team. Although the Mudgee team started slowly, the girls quickly improved both their serving and defensive game. Grace Laidlaw and Jade Devenish were the strongest servers, while the standout defensive player was Jenny Thummika. The first set was close but Mudgee managed to stay ahead and win. The Mudgee team had only been playing for one term and, apart from Jenny, had no previous experience playing competitively.

The second set was also close, but once again our girls serving and defensive game was more consistent than Gulgong's, resulting in a win.

After a well deserved break, the girls played Lithgow. They had seen Lithgow play earlier where one of their girls had demonstrated a very dangerous overhand serve.

The Mudgee girls continued to improve and won the first set. The second set was not so successful and the Mudgee team were starting to tire; the lack of subs was starting to impact. In spite of this, the girls showed great determination and won the deciding set.

After this match, some first-aid on Jenny's forearms was needed to help her through the next game against Blaney. Unfortunately, Mudgee lost this match putting them up against Denistone College in the finals. The Denistone team had recently returned victorious from a state tournament in Sydney. The Mudgee girls were completely outclassed by this team's skills, experience and size, but still learnt a great deal from the game.

The six Mudgee High girls who played so well and with such amazing team spirit were:

Jade Devenish, Harriet Etherington, Miriam Halbisich, Grace Laidlaw, Rebecca Lowe and Jenny Thummika



Push Up Challenge for mental health

At Mudgee High School, we know that wellbeing is extremely important. We know too that one of the many factors affecting our wellbeing is our mental health. It is important to encourage and facilitate conversations around mental health.

The Push Up Challenge (www.thepushupchallenge.com.au) is about pushing for better mental health. It is an innovative way to engage our school community and provide further education around mental health. It promotes physical health, education around mental health, and fosters community connection. The aim of the challenge is to complete 3,318 push ups in total over 25 days. This number represents the number of Australians who died by suicide in 2019.

How will Mudgee High support this challenge?

1. A daily mental health fact will be shared during roll call each morning.
2. All roll calls are challenged to complete push ups each day and record the total number. All students are encouraged to participate to earn e-tickets.
3. All faculties will be challenging each other during recess week 8 with the winning faculty having bragging rights for the remainder of the challenge.
4. There will be a House challenge in the main quad towards the end of this term with the winning House earning valuable points towards their House grand total.

By participating in this challenge, we hope to promote a positive team spirit, some healthy competition amongst teachers, ancillary staff and students. It will also encourage and facilitate conversations around mental health.

We are aware that some of these conversations may be both challenging and confronting. There is wellbeing support in place at school for any students and staff members who require it and they are encouraged to access this support as needed.

Internal supports include but are not limited to:

- School Counsellor
- Student Support Officer
- Wellbeing Support Staff
- Learning and Support Team
- Wellbeing Health In-Reach Nurse
- Year Advisors.

Suggested external supports:

- Mudgee Psychology 6372 6923
- Community and Mental Health Service 6378 6236 or wswlhd@health.nsw.gov.au
- Mudgee Counselling Service 6372 1851
- Lifeline 13 11 14
- Headspace Dubbo 02 5852 1900 or hs.dubbo@marathonhealth.com.au
- Kidshelpline 1800 55 1800 or kidshelpline.com.au
- Mental Health Line 1800 011 511
- Benevolent Society 1800 236 726
- Beyond Blue 1300 224 636 or www.beyondblue.org.au



Maths Faculty news

The Australian Mathematics Competition is on Thursday 5 August (Term 3 Week 4) and is open to all students. Those students who are mathematically gifted or enjoy a mathematical challenge should consider entering this competition. The competition involves 30 questions to be attempted in a double period without a calculator, most of which are multiple choice. Participation costs \$6 and is payable to the front office by Friday 18 June. If a student has any questions about this competition, or wishes to view some past papers, they should see the Mathematics staff.

The Maths Tutoring room is continuing in its popularity, growing each week. It is on every Monday afternoon, straight after school until 4.30pm. If students wish to attend, they are expected to come with a focused approach and any work with which they are having difficulty. Students can use this time to get assistance with challenging questions, catch up work missed or continue to strengthen their mathematical skills.

Also, just a timely reminder for students to be well organised for their Mathematics lessons as this allows them to make the best use of the learning opportunities available in the classroom. It is important to bring the required equipment, including a calculator (\$23.60 from the front office), book, textbook (when required), and pens.

Year 12 students are getting closer and closer to the end of their time at Mudgee High School. They are encouraged to prepare themselves for the rigour that lies ahead for Trial HSC Examinations and their final HSC Examinations. Support is always available from the Mathematics staffroom to help students create study resources and routines.

ASX Sharemarket Game

Twenty-eight Mudgee High students are currently registered for Round 1 of the ASX Sharemarket Game. This game allows students to learn about investing and the share market. Students receive a virtual \$50,000, which they can invest over a 10 week period in over 200 companies listed on the ASX. The prices students buy and sell at are the same prices they would get in the live market. As a result, this is as close to real life share trading as you can get.



Trading for this round started on Thursday 11 March and has now closed for this semester.

At the end of Game 1, the portfolios closed with the following totals:

1. Tara Dwyer with a portfolio value of \$50,192.92
2. Blake Irwin with a portfolio value of \$50,013.20
3. Darcy Robertson with a portfolio value of \$49,994.50
4. Bradley Riley with a portfolio value of \$49,976.26
5. Bronte Meers with a portfolio value of \$49,887.26
6. Sammi Atkinson with a portfolio value of \$49,080
7. Travis Roberts with a portfolio value of \$48,984.06
8. Lance Speakman with a portfolio value of \$48,772.44
9. Oscar Smith with a portfolio value of \$48,733.69
10. Douglas Leadbitter with a portfolio value of \$47,383
11. Tully Myers with a portfolio value of \$47,259.32
12. Mark Selman with a portfolio value of \$45,703.63
13. Mitchell Bartlett with a portfolio value of \$45,101.16

To be in the running for the competition, students need to make at least one investment transaction. Congratulations to all these students for having a go and for getting involved.

This competition is open to all students from Years 7 to 12. Round 2 registrations will open in Term 3. Keep an eye out for the announcement and then see Miss Windeyer in the HSIE staffroom for a consent form.



University of Newcastle HSC subject specific webinars

In an effort to support HSC students with all of the difficulties and disruptions that took place in 2020, the University has partnered with InspirationED to deliver free HSC webinars for students.

These webinars will provide students with an opportunity to connect with experienced teachers and HSC exam markers to cover a range of curriculum areas. Students will gain advice on how to prepare effectively in their respective subjects and will be provided with an overview of the skills and strategies proven for success in their HSC year.

A free series of [HSC subject specific webinars](#) will be delivered by teachers and HSC Markers. Students will have the opportunity to gain advice on how to prepare for their respective subjects and ask questions. The webinars will focus on particular sections of the curriculum.

The first webinar is on **Monday 7 June, 7:30pm**, an introduction session '[Maximising your HSC](#)'. We invite students and their parents to join in to the session.

Date: Monday 7 June, 7:30pm

Audience: HSC students and their parents

To register: [Click here](https://zoom.us/webinar/register/WN_kf18quWxTyyseCr6WXI-yQ) (https://zoom.us/webinar/register/WN_kf18quWxTyyseCr6WXI-yQ)

All sessions will be free to students, and will complement their studies at school and home. The following sessions are specific to HSC courses, and will cover specific module areas.

[English Advanced, Paper 1](#)

Tuesday 8 June, 7:30pm

[Mathematics Advanced, Topic 1: Functions](#)

Wednesday 9 June, 7:30pm

[Biology, Module 5](#)

Thursday 10 June, 7:30pm

[Chemistry, Module 5](#)

Monday 14 June, 7:30pm

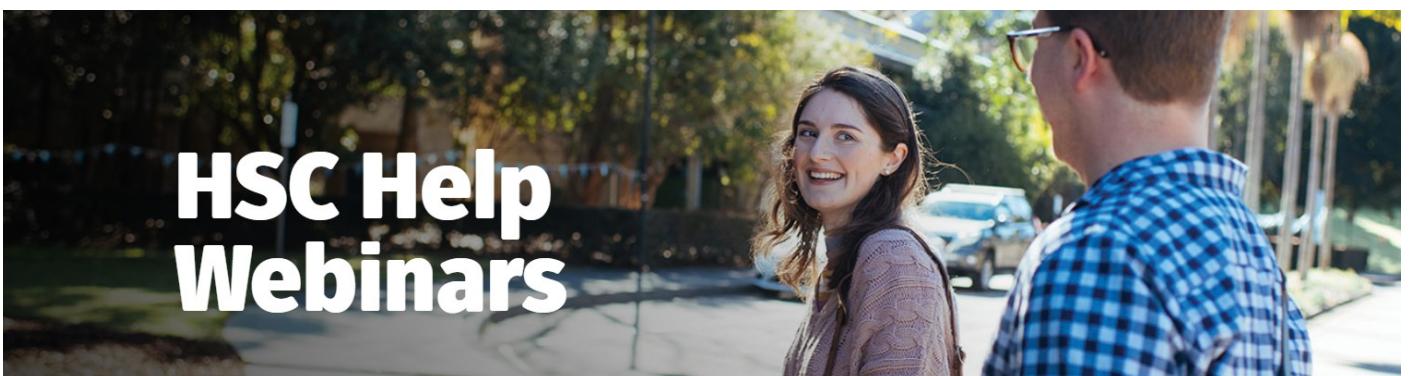
[Physics, Module 5](#)

Tuesday 15 June, 7:30pm

[Economics, Topic 1: The Global Economy](#)

Wednesday 16 June, 7:30pm

All [webinars](#) are open for registration.



University Admissions Centre (UAC)



Webinars for schools, students and parents

UAC has launched a suite of free webinars on different areas of study at university. In these sessions, we talk with a panel of experts from our participating institutions about entry requirements, course content, and much more.

All the information you need is on the UAC Digital [webpage](#).

Upcoming webinars:

26 May Let's Chat - Teaching

3 June - The ATAR and Subject Selection for Year 10 Students

16 June Let's Chat - Studying at Regional Universities

17 June Let's Chat - Early Entry

23 June Let's Chat – Business, Commerce and Economics

Missed a webinar?

If you missed a live event you can watch a reply on YouTube. Our past sessions on medicine and health science are already uploaded.

[Catch up and subscribe on YouTube](#)

Key dates:

19 September 2021

SRS closing of application

30 September 2021

Early bird close - UAC application

4 November 2021

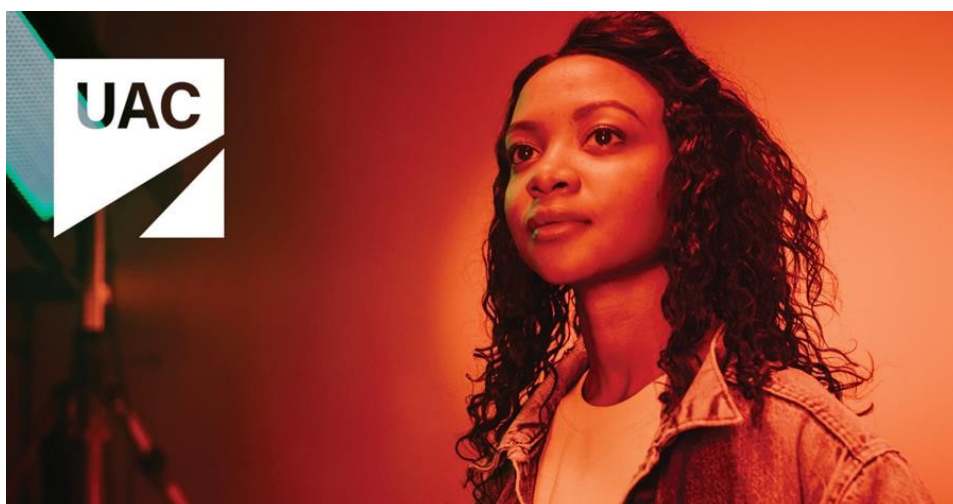
Change of preference deadline for SRS

12 November 2021





November round 1 offers for SRS

10 December 2021

NSW ATAR release



Our Year 12 Degrees and Scholarships Information Evenings are here!

-  Tuesday 15 June and Thursday 17 June
-  6pm to 7:05pm
-  The Roundhouse
-  UNSW Kensington Campus

[Register now](#)

Registrations are now open for two on-campus Degrees and Scholarships Information Evenings. Year 12 students, educators and parents are invited to join us as we cover critical information on UAC, scholarships, admission and degrees. All attendees must book separate tickets.

You'll hear from experts from:

- UAC
- Admissions
- Scholarships
- Student Careers & Success
- UNSW's student association, Arc
- Student Accommodation
- Gateway; and
- EAPL (Elite Athletes, Performers and Leaders Program)



Please register for the date that best suits you.

This event is COVID-safe. Please read our safety guidelines below before attending*.

***COVID-19 Guidelines**

All attendees are required to read and adhere to the COVID-19 health and safety guidelines outlined by [NSW Health](#) and on the [UNSW COVID-19 website](#), and have viewed the [UNSW Safe Return to Campus training module](#). You will need to check-in on arrival via QR code. If you are from any [health vulnerable groups](#), we encourage you to reconsider your attendance at this event and instead attend our range of [future student events](#) later in the year.

Advertisements

Canteen – Price List as at 15 March 2021

Hot Food

Chicken and corn roll	2.50
Pizza rounds	3.50
Beef traveller pie	4.50
Potato pie	5.00
Beef and gravy roll	5.50
Hot dog	4.00
Hot dog with cheese	4.50
Beef pie (gluten free) order only	5.00
Mayonnaise/sauce portions	0.40

Rolls and Sandwiches

Can be made on gluten free rolls by request – order only.

Ham and salad	6.00
Egg and salad	6.00
Cheese and salad	6.00
Chicken, mayo and shallots	6.00
Chicken Caesar	6.00
Sweet chilli chicken and avocado	6.00

Snack Food

Red Rock Deli chips	1.50
Grain Waves	1.50
Chip Roll	2.70
Blueberry Muffin	1.50
Watermelon tubs	3.00
Trail mix pots	3.00
Fruit salad	5.00
Seasonal fruit	1.00

Milk and Dairy

300ml Big M flavoured milk	3.00
500ml Dairy Farmer's Classic flavoured milk	4.50
600ml plain milk	2.50
500ml Dare flavoured milk	4.50
375ml Nippy's flavoured milk	3.50
Yoghurt – thick and creamy	3.00

Cold Drinks

750ml Cool Ridge Spring Water	4.00
600ml Spring water	2.00
Assorted juice	3.50
Berri Pop Tops	2.00
375ml Coke No Sugar	2.50
375ml Sprite No Sugar	2.50

Ice Creams

Paddle Pop (chocolate, banana, rainbow)	1.60
Twisted frozen yoghurt (choc/van, Straw/van, mango/watermelon)	2.50
Quelch Icy Tubes	0.60

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	3.00
Sour cream/Sweet chilli sauce	0.50

Thursday

Chicken burger (gluten free available – order only)	4.50
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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



Do you have a passion for art?

Are you confident and like meeting new people?

Are you 18 years old?

We have the job for you!

We are looking for hosts and assistants for our Painting Workshops!

Bubbles & Brushes is a Paint and Sip company based out of Orange and we are looking for super bubbly artists to help us out in our new workshops and events in the Central West (travel will be required). These will primarily be conducted on weekends but we also have smaller events during the week.

If you are looking for a place to work that is positive, fun with support and training - we are the place for you!

If you are interested, email us at hello@bubblesandbrushes.com.au





Future Choices Virtual Transition Expo

for Students with Disability

17 June 2021 9-5pm

Presented by



Regional NSW & ACT

futurechoices.vfairs.com



The *Future Choices Virtual Transition Expo for Students with Disability* is a unique opportunity that connects young people and tertiary graduates with disability to:

- Education / training providers
- Employment services
- Employers
- Apprenticeship / traineeship services
- Disability providers
- Assistive technology suppliers
- Government services

...and other support services to help them make informed decisions about their future.



Our virtual expo platform is fully accessible and has a range of features that the audience can use to fully participate in the event.

To register for the Future Choices Virtual Transition Expo:

- 1 Visit futurechoices.vfairs.com and register as an attendee.
- 2 Log on during the event.
- 3 Explore the exhibit hall.
- 4 Attend the webinars that are of interest to you.
- 5 Parents and carers are also welcome to register along with staff / services supporting the transition of students and people with disability.



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

AVCAT Scholarships

Tertiary scholarships for the children
and grandchildren of Australian
ex-serving veterans

Up to \$4000 per year, for three years

Check your eligibility at avcat.org.au

Apply online August 18 - October 31
avcat.org.au



SRR

*SAFE
RESPECTFUL
RESPONSIBLE*



creative KIDS

Claim your \$100 voucher today.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each school-enrolled child and young person aged 4.5-18 years.

The voucher may be used with an approved Creative Kids provider for registration, participation and tuition costs for performing arts, visual arts, coding, languages, literature, music and other eligible creative and cultural activities.

Vouchers are valid from **January until December** each year.

HOW TO CLAIM YOUR VOUCHER

1



Visit service.nsw.gov.au and login to your MyServiceNSW Account

2



Click on the Creative Kids icon found in your **SERVICE** tab

3

Mary Sm |

Fill out the requested information (you will need your current Medicare card)

4



Print a copy of the voucher or email it to yourself*

HOW TO USE YOUR VOUCHER

1



Find a provider by visiting our website: service.nsw.gov.au/creativekids

2



Once you have chosen an activity give the voucher number to your activity provider when you book.

- Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab
- Visit service.nsw.gov.au/creativekids for terms and conditions and FAQs



CLAIM TWO \$100 ACTIVE KIDS VOUCHERS



All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers** each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS



Active Kids

Mary Sm|



- 1 Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2 Click on the Active Kids icon found in your SERVICE tab
- 3 Fill out the requested information (you will need your current Medicare card)
- 4 Print a copy of each voucher or email it to yourself

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

- 1 Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab



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

GLENCORE

Ulan Coal Mine