

MHS Newsletter

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



Monday
24 October
Week 3 Term 4
2022

Principal's message

Social capital and the fair go

"I could never be a teacher."

I wish I had a dollar for every time I have heard that said. The statement is usually followed by a lamentation about youth in general; they're out of control, ill-mannered, aggressive, disrespectful...

Historically, making these kinds of observations is not without precedent:

The children now love luxury; they have bad manners, contempt for authority; they show disrespect for elders and love chatter in place of exercise. Children are now tyrants, not the servants of their households. They no longer rise when elders enter the room. They contradict their parents, chatter before company, gobble up treats at the table, cross their legs, and tyrannise their teachers.

Sound familiar?

It was the Greek philosopher Socrates who penned those words. His disappointment with the youth of his time is now more than 2,400 years old.

There have always been rude and aggressive individuals. Importantly, their ranks have never been confined solely to the under-18 demographic... there are more than enough rude and aggressive adults out there to make this statement completely redundant.

The reality is that most people are, at their core, decent. That reality is as true for kids as it is for adults, maybe more so. If our personalities – our world view and approach to the world – are the sum of all our experiences, thrown in with a little innate nature, then some of that adult aggression may well be largely the product of learning... some dodgy nurturing.

Kids are born rude, in the truest sense of that word. The sense of being ill-mannered is relatively new. To be rude in the truest sense is to be coarse or rough or unfinished. It is to lack polish, to be uneducated or unrefined. *Rudis*, the Latin root word of the English word, referred to those without learning.

Schools are about building social capital; taking the rude at around age 5 and turning out the refined, finished product a little over a decade

Mudgee High School
is a member of the
Cudgegong Learning
Community



Next P&C meeting
Monday 28 November
7 pm in the Learning
Centre
Entry via Douro Street

This issue

- Principal's message
- House Championship tally
- Events calendar
- World Teachers' Day
- Weekly P&C awards
- English news
- Wellbeing - Mental Health Month
- Link returns to TAFE
- Year 12 Farewell
- Parent Line
- Teaching a learner driver
- Canteen volunteers needed
- Advertisements
- Sponsorship



Education

later, with the assistance of parents, carers and the wider community. Some will come better prepared at the beginning of that journey, being a little less coarse or rough, and some will leave with a little less refinement than that of their fellow travellers.

The outcomes will not be the same, but all will have gained something, and our society will be all the richer for the investment.

Mudgee transport

Letting you know that there is a group in Mudgee keen to discover whether the residents of this great town have a desire to see the return of trains to this part of the world.

The appetite for a return of rail passenger services to the Central West began a decade ago this month when a new service commenced operation between Bathurst and Sydney. So popular did the train prove that a second train was put on in 2019, giving Bathurst three daily return trains to Sydney. In the decade since the reintroduction of trains on this route, the stations at Tarana and Rydal have been reopened to cater for demand.

On Monday 24 October, the Deputy Premier, Minister for Regional NSW and Member for Bathurst, the Honourable Paul Toole, announced that Wallerawang station will reopen and be serviced by those trains now serving Bathurst.

<https://www.transport.nsw.gov.au/news-and-events/media-releases/historic-wallerawang-railway-station-to-reopen>

If you think Mudgee is deserving of a similar service and would like to access the Mudgee group's survey, it can be found here:

<https://www.surveymonkey.com/r/QP6RBK9>

A reminder of changed term dates for the end of year

The last day for students is Friday 16 December. School staff will attend on both the following Monday and Tuesday to complete mandatory training in responding to anaphylaxis and carrying out cardiopulmonary resuscitation.

Until next week...

Wayne Eade
Principal



The Bathurst Bullet passes Raglan in the first week of operation. 27 October 2012



On Monday, Rotary, supported by Yancoal, ran a mathematics competition at St Matthews. The competition was run in three divisions; Stage 3 (Years 5 and 6); Stage 4 (Years 7 and 8); and Stage 5 (Years 9 and 10).

Mudgee High fielded teams in Stage 4 and Stage 5. Our students went up against students from St Matthews, Kandos High and St John's, Dubbo.

Our Stage 4 team, comprising Thomas Baggett (7), Rachel Channon (8), Jarrah-Banjo Leary (8) and Emily Stone (7) came first in their division.

Our stage 5 team, comprising Zoe Couch (9), Miriam Halbisch (10), James Nicholson (9) and Daniel Pegg (10) came a close second in their division to the team fielded by St John's Dubbo.

Well done both teams and the Mudgee High Mathematics Faculty – especially Mrs Bennet, for the sound preparation and making it all happen at our end.



House Championship Tally 2022



Cunningham

205460



Blaxland

204895



Lawson

201620



Wentworth

187221

Events calendar

- 12 October to 7 November - **HSC examinations**
- Thursday October 27 - **Year 7 vaccination clinic**
- Wednesday 9 and 16 November - **Year 12 sign-out days**
- 14 to 18 November - **HSC exhibition, Mudgee Arts Precinct**
- Friday 18 November - **Year 12 Farewell at Parklands**
- Tuesday 22 November - **Gunguddy student leadership day**
- Wednesday 30 November - **Year 7 2023 orientation day**
- Wednesday 30 November - **Year 7 2023 parent information evening**
- Friday 9 December - **Link Program Dubbo TAFE excursion**
- 13 to 14 December - **Year 12 Society and Culture Belief Systems excursion**
- Thursday 15 December - **Annual presentation assembly**
- Friday 16 December - **Year 12 barbecue**



Hats off to Teachers

Friday 28 October 2022

worldteachersday.edu.au

Australia will celebrate the teaching profession on World Teachers' Day on Friday 28 October 2022.

Our teachers have shown great resilience during challenging times, all so they can give Australian students the best future possible.

Hats off to teachers this World Teachers' Day!

Share your "hats off" selfie to celebrate teachers and tell us what they mean to you.





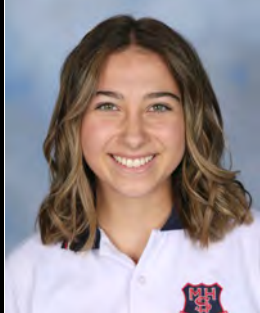
We are encouraging students, their families and the community to celebrate teachers. What do teachers mean to you?

On Friday 28 October, you can show your appreciation to teachers by posting a "hats off" selfie on social media, either on your own or with family or friends.

Use these tags: #WTD2022 @aitsl



Week 2 Term 4 P&C awards

	<p>Ella Forgione</p> <p>Year 7</p> <p>For her positive attitude toward her schoolwork and practicing what it means to be safe and respectful.</p>
	<p>Chellisa Payne</p> <p>Year 8</p> <p>For her outstanding efforts in Food Technology.</p>
	<p>Nathanael Sauerbier</p> <p>Year 9</p> <p>For consistently displaying safe, respectful and responsible behaviours in all settings.</p>
	<p>Darcy Endacott</p> <p>Year 10</p> <p>For the excellent work she has completed in History.</p>
	<p>Mylee Brook</p> <p>Year 11</p> <p>For the fantastic effort she put into pressganging volunteers.</p>



TRY MEDITATION

Meditation is a habitual process of training your mind to focus and redirect your thoughts. You can use it to increase awareness of yourself and your surroundings, reducing stress and anxiety, and promoting emotional health. You can download a sample meditation from:

<https://www.mydiary.com.au/life360>

The difference between a want and a need is self-control.

English news

It is the final term for the year and things are already very busy.

Our 2022 HSC students completed their English examinations last week and our new Year 12 cohort are beginning their HSC studies for this time next year. Term 4 also sees the milestone transitions of Year 7 into 8 and 10 into 11. Later this term, we will meet the new Year 7 cohort of 2023. The cohort will experience high-school-style English lessons as a taster for next year.

As you plan for next year, please equip your child/ren with the following items :

- black pens
- red pen
- lead pencils
- sharpener
- eraser
- 30 cm rule
- pencil case
- coloured pencils/textas
- coloured highlighters
- glue stick
- scissors.



Years 7 to 10 students will also need one A4 124-page exercise book dedicated to English.

Years 11 and 12 will require an A4 folder with dividers, loose-leaf paper and plastic sleeves.

As part of the school's reading strategies, a "Golden Rules of Reading Comprehension" is included below. This document comes from: *KS3 Comprehension Teaching Pack, TeachIt*, by Gabrielle Chant and Julie Hopkins, 2021. It may assist your child/ren with their comprehension skills.

The English Faculty.



Golden rules of reading comprehension

1	Always read the passage carefully at least once through, for meaning.
2	Read the questions through to check what you will be looking for and go back to the text if you need to. It's better to take your time than to rush through getting the answers wrong.
3	Re-read the passage, locating where you will find the answers. Highlight or underline relevant bits of the text.
4	When answering, always write in full sentences.
5	Use evidence from the passage to back up your points. This can take the form of longer and shorter quotations.
6	Don't just copy sections from the passage – write in your own words or paraphrase where appropriate.
7	Take ten minutes after you've finished the questions to check that your spelling and punctuation are correct, and that your work makes sense!

Wellbeing - Mental Health Month

Mudgee High has a Wellbeing Team which connects our students and families with mental health and wellbeing supports. Students are welcome to self-refer for mental health and wellbeing supports through the Learning Centre which is located in room E04. During break times, students can also check in with our Wellbeing Team and request additional support.

Throughout Term 4, Mudgee High will not have access to a School Counsellor on site. Instead, students are offered an appointment with a School Counsellor via telehealth. Students are still able to access a private and confidential counselling service at Mudgee High if required but because of limited capacity, alternative supports may be recommended.

October is Mental Health Month. The theme for this year is 'Tuning In'. Throughout this month and November, the Wellbeing Team will be organising a range of different activities for students to participate in which promote their wellbeing and mental health. Mental Health Month encourages all of us to think about our mental health and wellbeing regardless of whether we have lived experience of mental illness or not. This month supports us to understand the importance of good mental health in our everyday life and encourages us to seek help when needed.

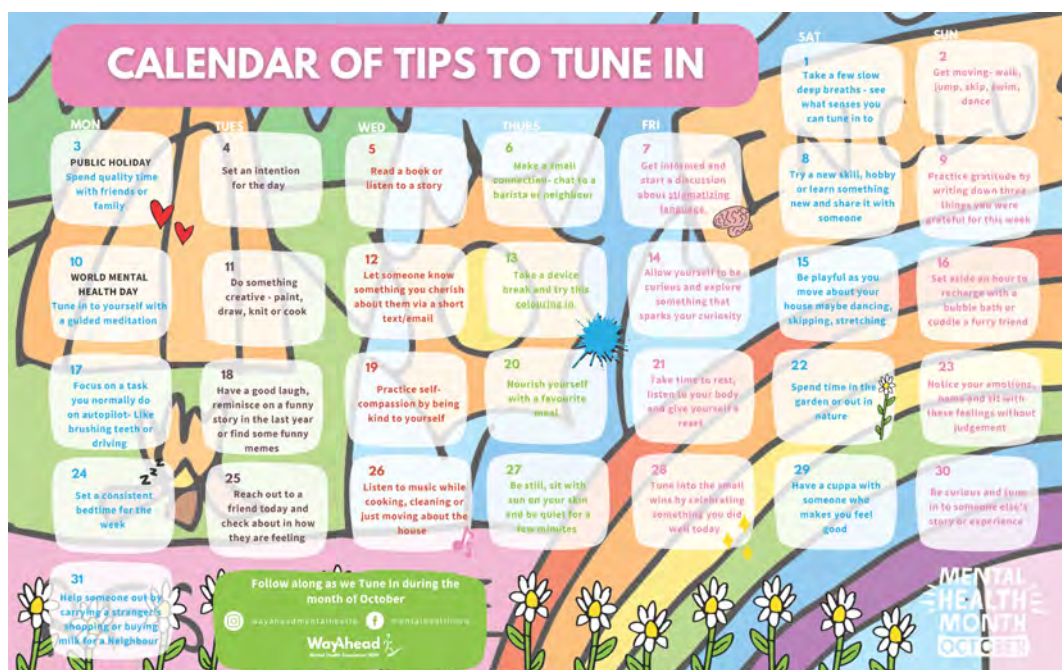
Have a look through the Way Ahead website for more information and tips to 'Tune In' to your mental health:

[Tips to Tune In | Mental Health Month \(wayahead.org.au\)](https://wayahead.org.au).

The Wellbeing Team's top 'Tune In' tip from Way Ahead is: **Take time to rest**

Taking time to rest and relax can reduce stress levels and enable you to better cope with life's challenges. Did you know it is recommended for young people to have between 8-10 hours of sleep a night? Having good quality sleep is important in maintaining good mental health as it can improve general mental function as well as mental and emotional resilience. Here are some ways you can take time to rest:

- Listen to your body and know when it's time to stop and rest.
- Take time to disconnect from screens each day.
- Take deep abdominal breaths when you're feeling stressed.



Link returns to TAFE

This year, Link students have not had any interruptions to their learning at TAFE and are completing a Certificate I in Hospitality and Construction. The learning at TAFE is very hands-on and is an excellent introduction to working in an adult environment.

These certificates are important to the students, regardless of what they would like to do in the future, opening more doors for better opportunities and career choices. With apprenticeships in the air for next year, these students will be familiar with TAFE campus, teachers and expectations.

I would like to thank the teachers, Ronnie, Sean and Matt, who assisted the Link students with completing their Certificate I in Hospitality and Construction.



Lachlan Philpott, Aiden Hume and Will Featherbe at TAFE



Natalie Knowles and Tom Singer at TAFE



Year 12 Farewell

Year 12 Farewell will be held Friday 18 November at Parklands Resort, Mudgee.

Year 12 Farewell is one of the most significant occasions on our school calendar, celebrating the end of school education for Year 12 students. It is one to be shared by staff, students and their parents and loved ones.

The organisation of the evening and ticket purchasing is outlined below:

- Meet at Parklands for photos with a photographer at 4.15 pm. Photo packages sent home prior are to be returned, filled out and with money, on the day.
- The Farewell commences at 7.00 pm and concludes at approximately 10.00 pm. Please note that the doors will close at 7.15 pm and reopen after the formal introduction of students at 7.45 pm.
- Dress is ladies “after 5” and gents “tie”.
- The Year 12 Farewell is an **ALCOHOL-FREE EVENT**. Anyone bringing alcohol onto the premises will be asked to leave the function.
- **Changes to seating arrangements between ticket bearers CANNOT be accommodated without prior arrangement (at least 4 weeks notice) with the Year Adviser.**

Tickets may be purchased from:

<https://www.123tix.com.au/events/35379/mudgee-high-school-year-12-formal>

Each student is initially allocated four (4) tickets, 1 student ticket and 3 guest tickets.

Part payments (deposits) for tickets will not be accepted. However, students may purchase one ticket at a time.

Sales for **allocated** tickets will commence on 12 September and **must** be purchased by 3.30 pm on 28 October. **Please note that Farewell tickets are non-refundable.**

Any remaining tickets will be available for purchase from 31 October.

Ticket sales close at 2.08 pm on Thursday 10 November to allow time for catering and seating arrangements.

Please store tickets safely as entry is by ticket only.





YEAR 12

WHEN YOU LEAVE SCHOOL YOU HAVE
180 DAYS

... before you **lose access** to:

- ⊘ Your school **email** account
- ⊘ Your **Google Drive** contents
- ⊘ Your Microsoft **OneDrive** contents
- ⊘ Your **Adobe Creative Cloud** subscription
- ⊘ Any **Google Classrooms** you were joined to
- ⊘ Any Microsoft **Teams** you were a member of

Check your stuff in these school-provided services.
Download anything you want to keep.

(There's no need to delete anything: it'll disappear in 180 days.)

Parent Line

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW. Call **1300 1300 52** to talk with a trained, professional counsellors available 9 am to 9 pm Monday to Friday and 4 pm to 9 pm on weekends.

Some of the top concerns parents and carers with school-age children call us about are:

- Transitioning to primary school
- Building resilience
- Technology use
- Coping with emotions
- Anxiety in kids
- Discipline and positive parenting.

The logo for Parent Line NSW, featuring the words "Parent Line" in a large, black, handwritten-style font, with "NSW" in a smaller, blue, sans-serif font to the right.

Teaching a learner driver?



Helping Learner Drivers Become Safer Drivers

Free online workshop

To register visit: <https://bit.ly/youngdrivers2Nov>

Wednesday 2 November 2022

6:00 pm - 7:15 pm



Canteen volunteers needed

Mudgee High School canteen provides healthy food for students and staff.

The canteen is managed by the P&C and all profits are used to fund school improvements and initiatives.

The canteen relies on assistance from volunteers to help with food preparation.

If you would like to volunteer some of your time, please contact the Canteen Manager, Michelle, on 0407 131 950 or Mr Holleman at carl.holleman@det.nsw.edu.au.

Any amount of time you can spare to be available would be greatly appreciated.



Second-hand school uniform

Mudgee High would be very grateful for the donation of any second-hand school uniform.

If you have any superfluous school clothing that is still in usable condition, please drop it off to the school office. It will be gratefully received and used to assist students and families who may be struggling to supply their own.

Advertisements

Canteen price list as of April 2022

Hot Food

Chicken and corn roll	2.50
Pizza rounds	3.50
Beef traveller pie	5.00
Potato pie	5.00
Beef and gravy roll	6.50
Hot dog	4.00
Hot dog with cheese	4.50
Beef pie (gluten free) order only	5.00
Mayonnaise/sauce portions	0.40

Wraps and Sandwiches

6.00

Rolls

6.50

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

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

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
Jelly cups	3.00
Seasonal fruit	1.00

Milk

300ml flavoured milk	3.00
500ml flavoured milk	4.50
600ml plain milk	2.50
1 litre plain milk	3.50
375ml Nippy's flavoured milk	3.50

Cold Drinks

750ml Cool Ridge Spring Water	4.00
600ml Spring water	2.00
Juice Bombs	2.50
Berri Pop Tops	2.00
Lipton's Peach iced tea	4.50
375ml Coke No Sugar	2.50
375ml Sprite No Sugar	2.50

Ice Creams

Paddle Pop	
(chocolate, banana, rainbow)	2.00
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
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)	6.00
Garlic bread	2.00

Wednesday

Oven baked spiced potato wedges	4.00
Sour cream/Sweet chilli sauce	0.50

Thursday

Chicken burger	5.50
(gluten-free available – order only)	

Friday

Garlic bread	2.00
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Terms 2 and 3

Hot Milo	2.50
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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 – Curries – Sliders

**Please note the new
'Weekly Specials' menu**

Term 4 weekly specials

Week 1 - \$6.00

Butter chicken and rice.



Week 2 - \$6.50

Beef stir fry with Hokkien noodles.

Week 3 - \$7.50

Roast chicken dinner.

Chicken, potato, sweet potato, pumpkin, peas and gravy.

ORDER ONLY

Week 4 - \$6.50

Focaccias - chicken or ham, with avo, brie and cranberry.

Week 5 - \$6.50

Apricot chicken legs and potato salad or rice.

Week 6 - \$6.50

Thai chicken salad. **ORDER ONLY**



Week 7 - \$6.00

Deconstructed sushi bowls.

Chicken, salmon or vego.



Week 8 - \$5.50

Sweet chilli chicken wraps.

Week 9

TBA

Week 10

TBA





PCYC POLICE CITIZENS
YOUTH CLUBS NSW
**DRIVER EDUCATION
PROGRAMS**

**REDUCE YOUR LOG BOOK BY 20 HOURS
WITH PCYC NSW
PCYC IS AN ACCREDITED PROVIDER
OF THE TRANSPORT FOR NSW SAFER DRIVERS COURSE.**



THE SAFER DRIVERS COURSE INVOLVES TWO MODULES



MODULE ONE:

A three-hour facilitated group discussion on how to manage risks on the road.

This will involve a maximum of 12 participants and will be delivered by a facilitator.



MODULE TWO:

A two-hour, in-vehicle coaching session to develop low-risk driving strategies.

This will involve two participants and a coach.

**LEARNER DRIVERS WHO COMPLETE THE COURSE
WILL RECEIVE 20 HOURS OFF THEIR LOG BOOK.**

\$140

**DATE: Module 1 - Thursday 10 November from 4 pm to 7 pm
Module 2 – Various times available**

Book online TODAY at pcycdrivereducation.org.au



The Safer Drivers Course logo is a trade mark of Transport for NSW of 18 Lee St Chippendale NSW Australia

Samaritans

Permanency Support Program

Respite Foster Carers NEEDED!

WE NEED YOU TO HELP US MAKE A DIFFERENCE.



Samaritans Permanency Support Program (PSP) is looking for more Respite Foster Carers.

Please turn over to find out more about respite foster care.

Contact our Support Team today!

Ph: 02 6370 9900

www.samaritans.org.au Samaritans

Permanency Support Program Fostering Relationships

What is respite care?

Respite carers provide short term stays for children in our foster care program. Respite carers aim to provide support and positive experiences for the child or young person, sometimes regularly or on an as-needed basis.

Respite carers often provide care that suits their lifestyle, but generally:

- On weekends
- During school holidays
- For short periods of time
- To toddlers, children or teenagers on their own or in a sibling group.

To become a respite carer for Samaritans, you will need to:

- Have space in your home for a child or young person
- Be in good health
- Be authorised through the training and assessment process
- Be over the age of 18.

Samaritans carers are supported by Case Managers, a carer support team, and wrap-around supports in place for the child or young person. We have a 24/7 on call service to support you and your family whilst you are undertaking respite care. Samaritans also provide ongoing training to all carers.

If this sounds like you, please contact our PSP team today!

For further information contact:

P: 02 6370 9900

E: oohcmudgee@samaritans.org.au

Samaritans

Permanency Support Program Fostering Relationships

2023 Mudgee District Netball Association Debutante Ball

Expressions of Interest are now being taken for intending debutantes and their partners from year 11 (2023).

The ball will be held in March 2023.

Expressions of interest are due by Wednesday 2 November, 5:00 pm via the link below.

[MDNA Debutante Ball expression of interest form](#)



YOU COULD PLAY FOR FREE!
Claim your Active Kids voucher today



JOIN WITH FRIENDS PLAY TOGETHER

Join Woolworths Cricket Blast
A safe way to have fun and stay active for kids of all abilities.

JOIN YOUR NEAREST CLUB

[Q Play Cricket](#)

**OFFICIAL KIDS
PROGRAM**



LEARN BALL SKILLS

- ◆ Easy to join, fun to play
- ◆ Inclusive program for all abilities
- ◆ Outdoors non-contact



JUNIOR BLASTERS

AGES 5-7 | 60 MINS | 6+ WEEKS

- Learn ball skills, including catching, throwing and teamwork, through fun game-based activities.
- Sign up now for your Junior Blasters Kit featuring a personalised shirt and bat, plus a ball and bucket hat!



JUNIOR BLASTERS KIT

MASTER BLASTERS

AGES 7-10 | 90 MINS | 6+ WEEKS

- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- For girls with basic cricket skills.
- Sign up now for your Master Blasters Kit featuring a cap and sunglasses!



MASTER BLASTERS KIT

HOW TO PLAY FOR FREE!

Every NSW school student (K-12) is entitled to 2x \$100 Active Kids vouchers each year. Learn more at service.nsw.gov.au/campaign/active-kids

JOIN YOUR NEAREST CLUB

Mudgee DJCA

Junior Blasters

Stage 2

Register today for:

Master Blasters (Stage 1)

Stage 3



Q Play Cricket

**OFFICIAL KIDS
PROGRAM**





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