

MHS Newsletter

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



Monday
14 November
Week 6 Term 4
2022

Principal's message

HSC Major Works on display

On Monday 14 November, the Mudgee High Major Works display opened at the Arts Precinct.

Well done the finishing Year 12 students who made the very big effort to have their respective works included.

Well done the CAPA faculty for overseeing the tasteful setup of the display.

Well done the three faculties on show:

CAPA – Visual Arts

HSIE – Society and Culture

TAS – Industrial Technology Metal and Industrial Technology Timber.

The photographs included in this article do not cover all of the works on display, nor do the works the justice that comes with seeing them in the flesh, but they may serve as an inspiration to get down to the Arts Precinct for a closer look.

The display is open until Sunday 20 November.

Quad Jam

On Friday 11 November, Student Representative Council students in concert with Ms Mclean ran a successful Quad Jam. The weather tried its best to be unkind, but it did not dampen the high spirits with which the event was met.

There is an article in this week's newsletter that provides more detail about the event, but for what it is worth, I have included a couple of images of my own from what was a thoroughly enjoyable lunch break in the rain.

Until next week...

Wayne Eade
Principal



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

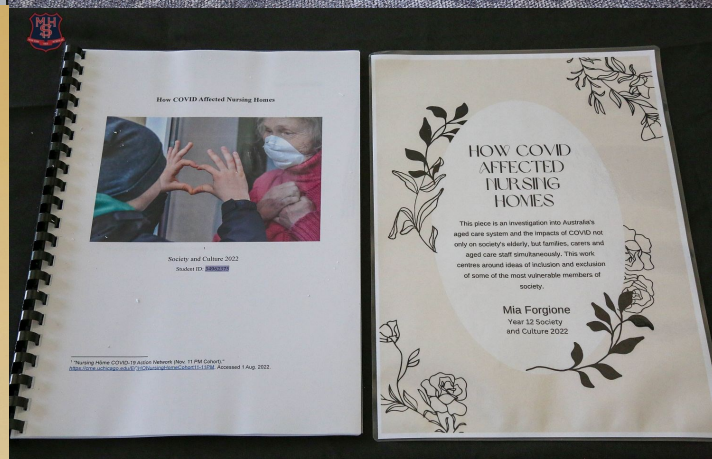
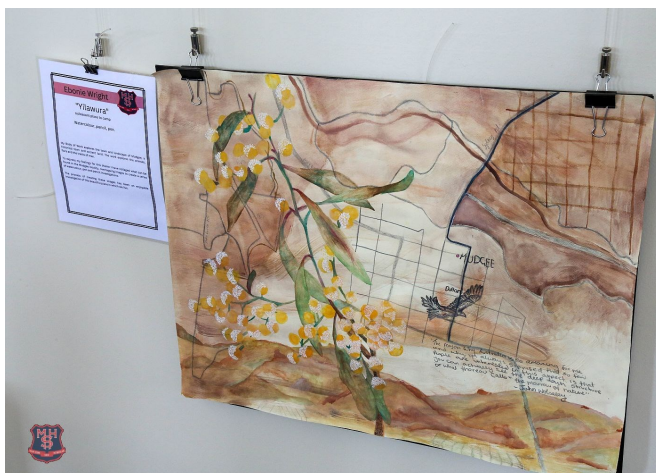
This issue

- Principal's message
- House Championship tally
- Events calendar
- Weekly P&C awards
- Mental Health month
- HSC major projects exhibition
- Mudgee High Showcase Afternoon
- MAD concert
- Canteen volunteers needed
- Advertisements
- Sponsorship



Education

Art Precinct display samples



Quad Jam





Sound men on a break



Would you like sauce with that?



For the sweet teeth

House Championship Tally 2022



Cunningham

220489



Blaxland

218658



Lawson

216189








Wentworth

201373

Events calendar

- 14 to 20 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**
- Tuesday 13 December - **MAD concert**
- 13 to 14 December - **Year 12 Society and Culture Belief Systems excursion**
- Thursday 15 December - **Annual presentation assembly**
- Friday 16 December - **Year 12 barbecue**
- Friday 16 December - **last day of Term 4 for students**

Week 5 Term 4 P&C awards

	<p>Miles Jackson</p> <p>Year 7</p> <p>For the positive attitude he applies to his studies and an outstanding PDHPE assessment task.</p>
	<p>Courtney Holt</p> <p>Year 8</p> <p>For her outstanding effort and application to her studies.</p>
	<p>Madalyn Bourke</p> <p>Year 9</p> <p>For always exhibiting a polite and conscientious disposition.</p>
	<p>Tracey Sammut</p> <p>Year 10</p> <p>For the consistently safe, respectful and responsible approach she makes to her school work.</p>
	<p>Isabella Carter</p> <p>Year 11</p> <p>For the great assistance she provided to the Year 12 coffee fundraiser.</p>



HEALTH

DIGITAL DETOX

A digital detox refers to a period of time when a person refrains from using tech devices such as smartphones, televisions, computers, tablets, and social media sites.

TAKE ACTION:

Monitor your screen time by adjusting the settings in your phone.

Samsung - Settings > Digital Wellbeing > turn on

iPhone - Settings > Screen Time > turn on

This will provide a daily/weekly measurement of how much you use your device.

Be present.

Mental Health month

Mental Health month is celebrated every October in NSW, encouraging us to think about our mental health and wellbeing. The theme for this year's Mental Health month was 'Tuning In'. Mudgee High School extended these celebrations into November and our grand finale lunch time event was held on Friday 11 November. Keeping with the theme of 'Tuning In', talented Mudgee High musicians performed at the Quad Jam, and a sausage sizzle and ice cream stall were prepared by our SRC.

We are thankful for the effort representatives from local mental health organisations, including National Association for Loss and Grief (NALAG), Rural Youth Mental Health service (Benevolent Society), Barnardos and Child and Adolescent Mental Health Services (CAMHS), made to join us in Friday's event. Their presence in such school events provides a powerful opportunity for students to connect with local support services and promote help-seeking behaviours. The aim of the event was to gather as a school community in a fun and engaging way and reduce the stigma surrounding mental health.

Enjoy the snapshots below from the 'Mental Health Month Quad Jam'.

The Wellbeing Team



Mudgee High School

HSC Major Projects Exhibition 2022

A culmination of the high level of skills students have attained through extensive practice, research, experimentation and consideration.

Dates: 14 - 20 November

Venue: Mudgee Arts Precinct

Opening: Monday 14, 4 - 5 pm



Mudgee High School

Showcase Afternoon

Take a tour of the school
Wednesday 30 November
4.00 to 5.30 pm
All welcome!

Come and look through our spaces and see for yourself the wonderful opportunities Mudgee High has to offer.

Visit:

<https://tinyurl.com/3c77psnj>

or scan the QR code below for more information.



Music, Art and Drama (MAD) concert

The 2022 end-of-year MAD concert is set for **Tuesday 13 December**. The venue is the gymnasium. Doors open at 5:30 pm for the art exhibition. The first performance will begin at 6:00 pm.

If students would like to perform, they need to prepare an act to be auditioned. The act can be a musical performance or drama item. All styles will be considered. Students are encouraged to obtain an audition form from the creative arts staffroom and book a time as soon as possible.

As part of this concert, there was a poster competition to advertise the event. The winner of the competition and \$50 voucher is... Lotte Morrison Potts. Congratulations!

Mr Holleman





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.)

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



it's *in* the bag

Fill a bag with essential items and drop it to Bunnings from the 18-27 November 2022 to share some love to those spending Christmas in a domestic violence refuge.

Download the essentials donation list here



www.sharethedignity.org.au #ItsInTheBag

sharethedignity

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

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.

Parent Line NSW

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