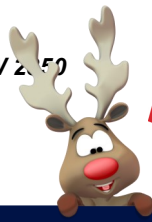


MHS Newsletter

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
21 November
Week 7 Term 4
2022

Principal's message

Year 12 Formal

Friday 18 November was a Goldilocks day. Neither too hot nor too cold, it proved just right. It is so nice when the weather plays nice.

It was also the evening of the Year 12 Formal.

One of our smallest senior classes in a very long time, it was a great way to farewell the 54 young people who are each about to take their first steps into a world without the security of school.

The photographs that follow tell just some of the story of what was an evening of dressing up in fineries and stepping out.

A huge thanks to Mrs Gallen, Mrs Breadsell, Ms Date and the host of other school staff who played roles, whether big or small, in bringing together this event for the departing Year 12 class of 2022.

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
- Library news
- Year 12 PDHPE
- MAD concert
- Canteen volunteers needed
- Advertisements
- Sponsorship



Stella Morgan, Dominic Lynn and Sammi Atkinson



Education



Mark Selman, James Pegg and Alexander Brennan



Lachlyn Thyrd, Joshua Healey, Emily Cowden, Darcy Cavanagh, Maddison Ellis, Kasey Hayes
and Tara Dwyer



Dean Cox, John Wiseman, Thomas Lowe, Ethan Blamire and Darcy Robertson



House Championship Tally 2022



Cunningham

228770



Blaxland

226995



Lawson

223957








Wentworth

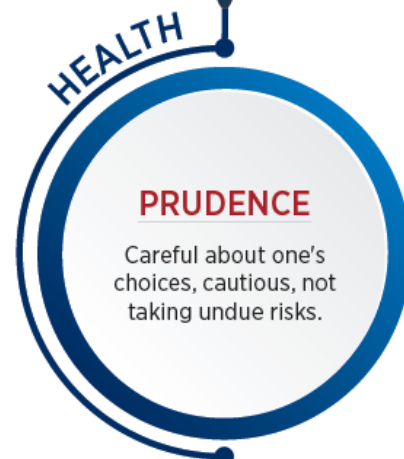
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Events calendar

- 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 6 Term 4 P&C awards

	<p>Zachary Sinclair</p> <p>Year 7</p> <p>For his positive attitude to classes and for being a safe and respectful learner.</p>
	<p>Lance Speakman</p> <p>Year 8</p> <p>For his outstanding work ethic, behaviour, and attitude.</p>
	<p>Oliver Evans</p> <p>Year 9</p> <p>For the mature and proactive approach he takes to his learning.</p>
	<p>Reuben Cavanagh</p> <p>Year 10</p> <p>For working hard to develop his literacy skills.</p>
	<p>Ella Callaghan</p> <p>Year 11</p> <p>For the coffee cart assistance she provided for Year 12 fundraising.</p>



HOW TO CALCULATE RISK

Do due diligence – Which means lots of research.

Anticipate mistakes – A smart risk taker can anticipate potential mistakes and account for them.

Be willing and ready to pivot – Which means change direction if your intuition gives you a signal something isn't right.

Learn to say No – Sometimes the easiest way to avoid a negative outcome is to say no in the first place.

Calculate risk.

Library news

Every year, Term 4 sees the departure of our Year 12 students who have used the library as their place of study, assessment preparation, major HSC work finalisation and 'time out' area. It has also been the place where Year meetings each fortnight have been held, where 'futures' have been planned and applied for, and even where dresses for the school formal have been perused online. It also marks the end of HSC courses studied through Distance Education.

The Year 12 cohort of 2023 has quickly assumed the mantle and new senior faces are appearing every day. The library is becoming their domain as the reality of 'self-help' dawns. Senior students are reminded that the library is the perfect place to make the most of study periods to complete and print assignments, start research and complete homework to maintain a healthy work/life balance; the place to get things done.

This term, our library remains the focus of our minimal supervision arrangements. Classes have been working in the library many periods each school day. Our dedicated team of casual teachers have been keeping students engaged with work, both in a digital and traditional paper format, so no student misses out on an educational opportunity when teachers are unfortunately unavailable.

Late this term, we will be adding more reading nook lounges to our library spaces, and we are also revamping our new fiction and nonfiction book display area with new book spinner carousels arriving shortly.

Two reminders to finish...

Enquiries and enrolments into Distance Education courses by Year 10 for Year 11 2023 have begun. Any student in Year 10 thinking about undertaking a course via Distance Education should see Mr Proctor in the library no later than the end of Week 8, Friday 2 December 2022.

Books make a great Christmas 'stocking filler'. They are generally inexpensive and easy to purchase here in town. If your child is passionate about anything - sport, health, technology, beauty, computer games, lifestyle, science fiction - there will be a book written about it. A book is the ultimate 'feel good' present to give. It can inspire, motivate, educate, and help give clarity in people's lives.

Have a wonderful Christmas.

Mr Proctor
Teacher Librarian



Year 12 PDHPE

Pictured below are Year 12 PDHPE and guest presenter Julia Elks - Exercise Physiologist from Stride Health.

A big thank you to Julia for giving up her time to come and speak with Year 12 students about ACL Rehabilitation procedures as part of their Sports Medicine Option study.

The students gained valuable information for their course work and future study/career pathways.

Thanks again, Julia!



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.

Mr Holleman



Poster by Lotte Morrison Potts



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



Girls cricket

Mudgee Girls Cricket and Junior and Master Blasters

MDJCA have had an influx of girls registrations this season, with girls playing in the Under 14s and Under 12s competition, and an entire girls team in the Under 10s competition! We would love to see more girls joining in, playing locally, and also representing Mudgee in games against other regional teams. If your daughter is interested in finding out more, please contact Jillian Lee on jillianakl@gmail.com or 0410 404 707 or [register here](#).

Junior and Master Blasters

We are still accepting registrations for Junior Blasters (ages 5-7) and Master Blasters (ages 7-9) - a great opportunity to learn cricket skills and play games in a fun and friendly setting.

[Register here](#).

Play like a Girl Australia

Play like a Girl Australia wishes to advise that applications for the January 2023 intake of our flagship leadership program are now open.

Together with Mid-Western Regional Council, we are pleased to offer four fully paid scholarships to this program. The successful applicants will have their course fees covered (\$1,495 value).

[Play Like a Girl](#) is the first leadership development program in Australia to guide the personal and professional journey of girls through a sports lens.

The flagship program gives girls a five-step blueprint to building a toolbox of mindset and self-belief strategies that can be used in **any arena where a girl wants to make her mark.**

As well as relatable, easily implementable content it provides a valuable community for girls to discuss struggles and triumphs in a safe space with like-minded peers.

Play Like a Girl teaches girls how to prepare well off-field so they can **play to their full potential** when it counts.

It focuses on training the brain, not just the body.

Most of all, it embraces and promotes girls being **playful, expressive and vibrant**. It empowers them to know that **playing like a girl is a life strength, not a derogatory sledge.**

If you would like more information about the program or to discuss group packages, please contact us at holly@playlikeagirlaustralia.com.

NALAG NSW

Remembering *at* Christmas

The Christmas and holiday season can be a difficult time for people who are grieving. NALAG Dubbo's Remembering at Christmas ceremony is an opportunity for the community to come together and remember loved ones who have died or are unable to join us this Christmas.

Christmas Remembering Tree

From 15th November 2022, people are invited to hang a memorial ornament or card on the Christmas Remembering Tree located at NALAG Dubbo (7 Welchman St.) during office hours, in honour of your loved one.

Christmas Remembering Ceremony

On the evening of Thursday 15 December 2022, NALAG Dubbo will host a special candlelight ceremony and lighting of the Christmas Remembering Tree. This is an opportunity for the greater community to come together and remember friends and family members who have died or are unable to join us this Christmas. Join us for Christmas cake and pizza following the ceremony.

NALAG

National Association for
Loss and Grief (NSW) Inc

For more information, call NALAG Dubbo
on 02 6882 9222 or visit www.nalag.org.au



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

share*the*dignity

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