

MHS Newsletter

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



Monday
28 November
Week 8 Term 4
2022

Principal's message

Opening the door to personal satisfaction

"We feel good about ourselves when we're doing good to and for others."

– Dr Tim Sharp (Sydney University)

This idea that doing things not for oneself but for others has the power to make the giver feel extraordinarily good is by no means a new one, but the good doctor, a medical practitioner, says it so well.

The Organisation of Economic Cooperation and Development (OECD) publishes a regularly revised document called the Better Life Index. The data collected by the OECD demonstrates a clear link between social interaction and good mental health. More particularly, the evidence that the OECD has collected demonstrates that people who volunteer tend to be more satisfied with their lives because they are interact with other people to set and achieve goals, often while learning new things.

A 2007 Syracuse University study found that people who give – whether it be time or money – are generally happier and healthier than those who do not. The same study found that people who volunteer their time or resources can be as much as 42% happier than those who do not.

Dr Rebecca Pinkus from Sydney University's Department of Psychological Statistics has had this to say based on her own study of the phenomena:

"Volunteering keeps you in a positive mood and can help lift you out of a negative mood."

In a nutshell, doing things for others has the following benefits:

- It provides you a sense of achievement and purpose.
- It helps you feel part of a community.
- It helps you feel better about yourself by improving your self-esteem and confidence.
- It helps you share your talents, learn new skills and create a better work-life balance.
- It helps combat stress, loneliness, social isolation and depression.

*Mudgee High School
is a member of the
Cudgegong Learning
Community*



Next P&C meeting
Monday 27 February
**7 pm in the Learning
Centre**
Entry via Douro Street

This issue

- Principal's message
- House Championship tally
- Events calendar
- Weekly P&C awards
- Japanese news
- Mover
- Link news
- MAD concert
- Canteen volunteers needed
- Advertisements
- Sponsorship



Education

- It helps you meet new people, which can help you feel more connected and valued.

This week, the inter-house table tennis competition kicked off with real gusto. It did not 'just happen.' Its genesis can be found in the actions of volunteers, including the work of Captain Sam Roth and his small team of helpers.

This week, students from the Support Unit have been making and selling choc-chip biscuits and fresh orange juice in their breaks as a fundraiser for the sorely put-upon folk of Eugowra. This too did not just happen and can be traced back to the work of Mrs Toohey – a Eugowra girl – and the desire of so many students to do something good for others who have been dealt a terrible blow.

This week, a great number of teaching staff have volunteered their time and been working hard to put together a showcase afternoon to raise awareness of the great opportunities available to the young people of Mudgee who make this their school.

For several weeks, Mr Dal Forno and Mr Trainor have been volunteering their time to increase student awareness about men's health issues through their own, school-based Movember campaign. It would be fair to say that their campaign has been embraced by a significant number of others, male and female, across the school and, as a result we have all learned more about the seriousness of the issues Movember seeks to highlight while having some fun along the way.

Many Mudgee High students volunteer their time as referees, linesmen and woman to allow town sports to operate. Many people who attend this school, whether as staff or students, are engaged in any number of volunteer activities outside of school including the Rural Fire Service, Rotary and even the Zig Zag Railway.

Why do people do these things? Perhaps because they are community focused and see the real good that can be achieved when people work together. Perhaps they do it because the sense of purpose that comes with volunteering leaves them feeling good about themselves. Perhaps for a blend of these reasons.

Well done all those who give of themselves to the benefit of all of us! We are all richer for your volunteering.

Until next week...

Wayne Eade
Principal



House Championship Tally 2022



Cunningham

228770



Blaxland

226995



Lawson

223957








Wentworth

210470

Events calendar

- Thursday 8 December - **Link dinner**
- 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 - 6 pm in the gymnasium. Recipients will receive an invitation for themselves and their family.**
- Friday 16 December - **Year 12 barbecue**
- Friday 16 December - **Years 7 to 10 reports issued during Year group assemblies (students only)**
- Friday 16 December - **last day of Term 4 for students**

Week 7 Term 4 P&C awards

	<p>Hunter McGrath</p> <p>Year 7</p> <p>For his consistent effort and improvement in all classes.</p>
	<p>Nicole Pegg</p> <p>Year 8</p> <p>For her consistently positive application and engagement with school.</p>
	<p>Dominic Lucas</p> <p>Year 9</p> <p>For his excellent participation in the Peer Support Leaders Training.</p>
	<p>Ricky Constable</p> <p>Year 10</p> <p>For his class application and preparedness to "step up."</p>
	<p>Spencer Broom</p> <p>Year 11</p> <p>For being a safe respectful and responsible student and quite the drummer!</p>



SMILE

Not only does smiling make you look more attractive, it activates the release of feel good hormones that work towards fighting off stress and making you feel more relaxed. Smiling creates a ripple effect which means it can positively affect those around you too.

A smile is the best thing you can wear.

Japanese news

The Japanese faculty is very excited to be organising the 2024 Japan Trip! Parents attended an information session in Week 6 to find out more information regarding the itinerary, costing, preparation requirements and more. Expressions of interest notes can be collected from the Languages faculty staffroom. Students must hand these in over the next few weeks to secure their spot! Students who have studied Japanese as an elective and will continue to do so next year will be given priority.

It may seem that the year is winding down but, Year 7 are continuing to work hard to learn Hiragana, one of the writing scripts. They learn the proper stroke order and useful mnemonics to associate the look of the character with its sound. They've also done some water calligraphy and fun review quizzes to help consolidate their knowledge!

The Year 8 elective students have just completed their speaking and listening assessment. Their task was to converse with a waitress (Miss Kenny) and order food from a "restaurant". They used new grammar related to listing nouns and counting objects. They can now use phrases like "Do you have an English menu?", "What's your recommendation?", and "I'll have 3 bowls of ramen and 2 plates of sushi, please!". Very useful for a potential trip...

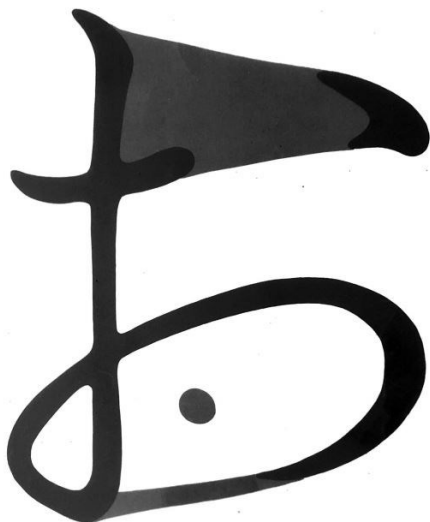
The 9/10 elective students have learned all about verb conjugations. They can put polite verbs in the present, past, negative and negative past tenses, and can link verb phrases together! While the grammar is quite advanced, the students have worked hard and reviewed consistently. They are now learning how to use *genkouyoushi*, the Japanese way of writing characters down the page from right to left. *Genkouyoushi* is used for official business, school work, books and much more.



Fushimi Inari Shrine



Golden Temple



The flag is on the
eighteenth hole
and the golf ball is
on the green.

This is o for on the
green.



Tokyo Skytree

Mudgee High School Movember campaign

Staff and students are growing mo's to raise awareness for men's mental health, suicide prevention, testicular cancer and prostate cancer in conjunction with Movember.

Students and staff will also be participating in a variety of physical challenges, including a mo mo your boat race as part of the week 8 assembly on the 30 November. Year 9 students have also been creating posters and social media tiles to help promote the campaign as part of their current topic in PDHPE.

If you are able, we would appreciate it if you could donate to our campaign by heading to the link:

<https://au.movember.com/events/view/id/dNmj>



Link news

Link 2022 is coming to an end with some amazing outcomes. To celebrate the year, we will be having a lovely dinner at Augusteen's Mudgee.

If you are yet to RSVP, please do so. It would be a shame to miss out on this celebration and gratitude of our students, staff, local employers, and sponsors.



Link EOY Dinner 2022

You are invited to an end of year dinner to celebrate with Link Program 2022 students, caregivers, staff, and local business representatives. Thank you for your involvement.

Date: Thursday 8 December
Time: 6:00 pm Start
Venue: Augustine: 50 George Campbell Dr, Bombira NSW 2850
Dress Code: Smart Casual

For catering purposes, please RSVP via email ASAP

RSVP: Mrs C McNeill 63721533 Catherine.mcneill@det.nsw.edu.au
Sonia Hayton 63721533 ext 127 Sonia.hayton@det.nsw.edu.au

The MHS Link Program is
proudly sponsored by

GLENCORE

And supported by



TAFE NSW

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.

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



MUDGEE Showground CAROLS

Saturday

17 DEC

• 2022 •

GATES OPEN
4PM



Carols is an alcohol-free event.
No dogs permitted.
A gold coin donation would be
appreciated and EFTPOS will be
available.



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

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Ulan Coal Mine