MHS Newsletter

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Monday 13 November Week 6 Term 4 2023

Principal's message

Year 12 Formal observations

The Mudgee High School Class of 2023 had their formal on Friday night.

The event, held at Putta Bucca House, was well attended and the exiting class looked great in all their finery.

The group's fundraising efforts reached their culmination with the handing over of a cheque for a little more than \$28,000 to the recipients. The Mudgee VRA, represented by Mr Anthony Stewart, and the Hearts of Cudgegong DEFIB project, represented by Ms Rebecca Redfern, were on hand to accept the cheque. From the school's retiring captains.

Mitre 10 Awards

Last week was a big one for the departing Class of 2023.

Thursday evening, the Mitre 10 Industrial Technology Awards were announced.

I think I speak for Mr Rosolen and myself when I say it was good to see quite a number of almost-former students come along to cheer on their peers and share some time with Mr Smith and Mr Vitnell, their teachers this year.

The judges' award went to Mudgee High's Harrison Cole.

The people's award was split between Kandos High's Cooper Duff and Mudgee High's Sam Roth.

Well done the good folk at Petrie's Mitre 10 for their continued support of this worthwhile event!

Arts Precinct Display

A reminder that a broad selection of the major works produced by this year's HSC cohort in Community and Family Studies, Industrial Technology Timber,



Mudgee High School is a member of the Cudgegong Learning Community



Next P&C meeting Monday 27 November

7 pm in the Learning Centre

Entry via Douro Street
All welcome.

This issue

- Principal's message
- House Championship tally
- Events calendar
- Weekly P&C awards
- Year 8 History
- Sydney Jewish Museum excursion
- Mental Health Month
- Link news
- Catchup vaccinations
- Whooping Cough
- Change to school uniform
- 2024 school bus passes
- MAD concert 2023
- Attendance matters
- HSC major work exhibition
- Year 12 HSC information
- information
- Advertisements
- Sponsorship



Education

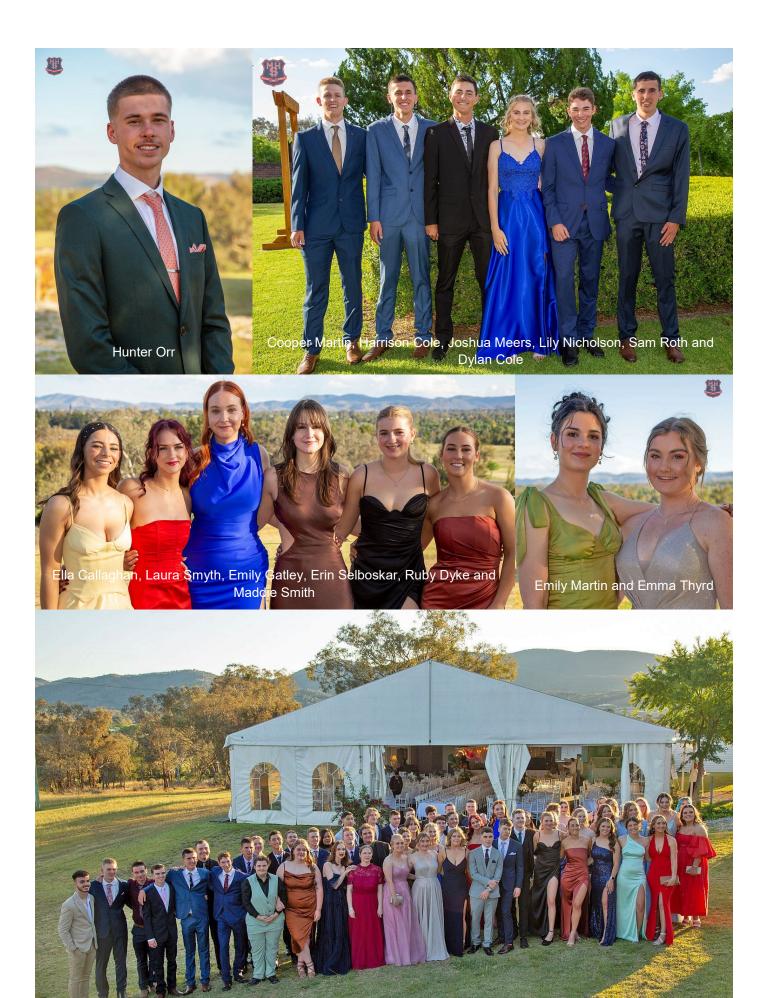
Textiles, and Visual Arts are on display all this week at the Mudgee Arts Precinct. The display was opened on Monday with some well-attended fanfare. Well done, Mrs Goldsmith and the team behind the set-up.

It is well worth a look!

Until next week...

Wayne Eade





Year 12 formal

House Championship Tally 2023









Events calendar

- Wednesday 8 and 15 November Year 12 sign-out mornings - 10 am to 12 pm
- 14 to 19 November HSC work exhibition, Mudgee Arts Precinct
- Monday 27 November P&C meeting
- Wednesday 29 November Year 7 2024 orientation day and parent information evening
- Thursday 7 December Annual Presentation Evening
- 13 to 15 December Year 11 Bonding Camp
- Thursday 14 December HSC results released
- Friday 15 December ATAR results released
- Friday 15 December last day of Term 4

P&C awards



William Griffith

Year 7

For his improved application to his school work.



Nate Taylor

Year 8

For his recent improvement; making changes for the better.



Monique Leven

Year 9

For her improved behaviour and application.



Jett Lucas

Year 10

For his responsible behaviour on the Sydney Jewish Museum excursion.



Byron Diener

Year 11

For his fantastic participation while on the excursion to the Sydney Jewish Museum.





A BAD ATTITUDE IS LIKE A flat tyre. IF YOU DON'T change it, YOU'LL NEVER 90 anywhere.

Reflective Question

Attitude is a little thing that makes a big difference.

How to conduct yourself to build a positive attitude:

- Smile genuinely.
- Be present, and don't be constantly looking at your phone.
- Be aware of your body language, and ensure it is positive.





CONDUCT

Direct in action or course; manage; organise; carry out.

Year 8 History

This year in Year 8 History, students have studied a variety of topics including from our ancient world; Ancient Egypt and Ancient China and our modern world; Medieval Europe, Polynesian Expansion and Colonisation and Contact.

As a culminating activity for the studies in Medieval Europe, the students created a Medieval artefact for classroom displays. These focused on one area of Medieval Europe, for example crime and punishment, witchcraft, weapons and armour.

The students did a wonderful job of creating their artefacts. Some are definitely worthy of placement into a museum!

Congratulations to all students for their efforts in History this year.















Sydney Jewish Museum excursion

On Thursday 9 November, 50 students embarked on an excursion to the Sydney Jewish Museum in Darlinghurst. Students from Year 10 and Year 11 Modern History had the privilege of visiting the museum to partake in workshops, guided tours and interviews with Holocaust survivors. What made this museum stand out from others was the deeply personal history on display, and students were drawn to a number of artefacts, each with their own, unique story.

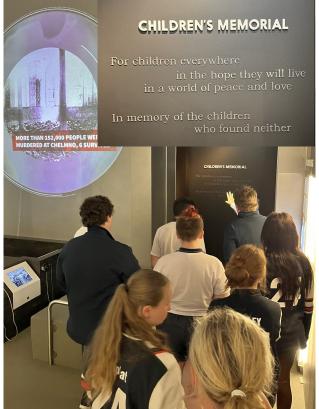
Workshops were tailored to consolidate what students have been learning in their respective classrooms in Term 4, with Year 10 making links to their Holocaust depth study and Year 11

drawing connections with their HSC content for the Power and Authority topic. What made this trip even more commemorative was that it took place on the 85th anniversary of Kristallnacht, a key event from both topics studied in these courses and prominent turning point in the history of Jewish persecution under Nazi Germany.

The museum has access to a limited number of Holocaust survivors who graciously move the public with their stories and wisdom, our excursion being no exception. Students in Year 10 heard from Joe Symon and students in Year 11 heard from Jack Meister OAM. Both of these individuals had such an impact on the students and their experiences gave us something to carry forever.

The day could, quite honestly, be encapsulated by the comment made by one student upon leaving the museum that "this was such a fulfilling day". What an amazing opportunity to have been presented with and the participating students should be congratulated on their exceptional manners and the respect with which they conducted themselves.







Mental Health Month

Recognising Mental Health Month in the Learning Centre during October.

Students came together to create a jigsaw. This is the finished product being placed on the wall by Alyia Schoonderbeck.

Thank you to everyone who participated.

The Wellbeing Team.





Link news

Where has the year gone?

The festive season is coming at us fast. Last week, invitations were sent home with Link 2023 students to attend the annual EOY dinner.

Please RSVP as soon as you can so we can finalise numbers.

This is a fantastic evening funded by our sponsor **Glencore** and we would love to see everyone there to celebrate the Link 2023 student achievements.

Ho! Ho! Ho!





Mudgee High School and Glencore would like to invite caregivers, staff, and local business representatives to a dinner to celebrate the achievements of the Link Program students.

We thank you all for your involvement.

Date: Thursday 30 November 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 before 23/11/23

Additionally, please indicate any dietary concerns.

RSVP

Mrs. C McNeill 6372 1533 Catherine.mcneill@det.nsw.edu.au Ms. S Hayton 6372 1533 Sonia.hayton1@det.nsw.edu.au



Catch up vaccinations

In Year 7, students are offered free vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

If your child is in Year 7 or Year 10 and they missed out on the first vaccination clinic they have the chance to be vaccinated on Tuesday 5 December. If you have already provided consent, but your child was absent on the day, you do not need to do anything.

How to provide consent:

- 1. To complete online consent for your child's school vaccinations, visit:
 - https://nswhealth.service-now.com/school
- Follow the steps to log in to your existing ServiceNSW account. This is the same account you
 may already use to renew your driver's licence. If you don't have a ServiceNSW account, refer
 to ServiceNSW to create one.
- 3. Update or confirm your personal details in ServiceNSW as required.
- 4. Complete the School Vaccination Consent Form for your child/ren. You will need to:
 - a. Enter your child's personal details
 - b. Provide the Medicare card details for you and your child
 - c. Read the linked Parent Information Sheet and privacy statement
 - d. Provide consent.

If you or your child do not have a Medicare card, consent can still be provided by completing a paper-based consent form. These can be collected from the front office.

Vaccination will only be provided at school if consent has been received.

Vaping & e-cigarettes: What do you want to know?

Provide your opinions and feedback to the Western NSW Health Promotion Team on information, resources and support that you would like to see available, where you'd like to access these and provide any feedback!

engage.wnswlhd.health.nsw.gov.au/vaping-support





Communicable Diseases Factsheet

Whooping Cough (Pertussis)

Last updated: 3 June 2019

Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection and severe disease.

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled
 by people nearby. If they are not treated early, people with whooping cough are infectious in the first
 three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough
 are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.

• If your baby's vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School -based Vaccination Program.

Immunisation for adults

Free vaccine is provided through GPs and hospital antenatal clinics for pregnant women during each pregnancy

- The whooping cough vaccine is usually given to pregnant women at 28 weeks of each pregnancy, but can be given at any time between 20 and 32 weeks
- for women identified as being at high risk of early delivery, the vaccine should be given as early as
 possible (from 20 weeks)
- if not received during pregnancy, the vaccine should be administered as soon as possible after birth

A booster for adults is recommended for:

- other adult household members, grandparents and carers of infants under 12 months of age.
- adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local public health unit. Public health unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect - Prevent

NSW Health whooping cough campaign: http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx

For further information please call your local public health unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

Change of school uniform commencing in 2024

Mudgee High School's uniform was reviewed in conjunction with the school's Parents & Citizens committee in 2023.

As per Department of Education Policy, a transition period to implement the new uniform changes will be in place for the next two years (2024 and 2025).

This means items of uniform that students currently have can continue to be worn for the rest of their useful life.

The review sought to update, in conjunction with our suppliers, uniform items that can be reliably and consistently stocked, with the addition of a number of new items of winter uniform being added.

The only change to the existing uniform that will commence in 2024, is the introduction of the navy and red polo shirt for the junior school (Years 7-10). The rest of the existing uniform will remain the same.

Our two local uniform suppliers, *Mudgee Embroidery and Uniforms* and *Brand Me Mudgee*, are in the process of obtaining stock of these shirts, should families wish to start transitioning to the new uniform for the start of 2024.



The new navy and red polo shirt for Years 7 to 10 to be transitioned over the next two years.



2024 School Bus Passes

Information for Parents and Carers

Is your child eligible for free bus travel to and from school?

All bus passes will be distributed to eligible students via mail early next year so if your child is enrolled in a local school, please note the following:

- Students going into Kindergarten, Year 3 and Year 7 must apply for a new pass.
- If you have moved address or schools you must 'update existing details'.
- If you are unsure whether or not your child has a current bus pass, please contact our office on 6372 2489.
- To travel on our bus service, students MUST present their bus pass to the driver morning and afternoon. If they are ineligible or do not have a pass, they can pay a fare.

Apply for student bus passes & update details via our website: Ogden's Coaches (ogdenscoaches.com.au)

Select 'Schools' tab in top header then select either 'Apply for a New Pass' or 'Update Existing Details'. Fill in the application form for each child and you will be notified of their eligibility via email from Transport NSW.

Music Art and Drama (MAD) concert

Organisation for the Mudgee High School MAD concert 2023 has begun.

There will be poster competition with a \$50 voucher prize.

The event will occur on Wednesday 6 December. Artworks can be viewed from 6.30 pm. The concert will start at 7.00 pm.

Students wishing to participate as performers or stage crew will need to fill out the form available in Google classroom (see code below).

Further information about the organisation of the concert is also available in Google classroom:





Attendance matters means explaining all absences





If your child is:

- Sick
- · Has a medical appointment
- · Has to travel for family business
- Involved in Sorry Business



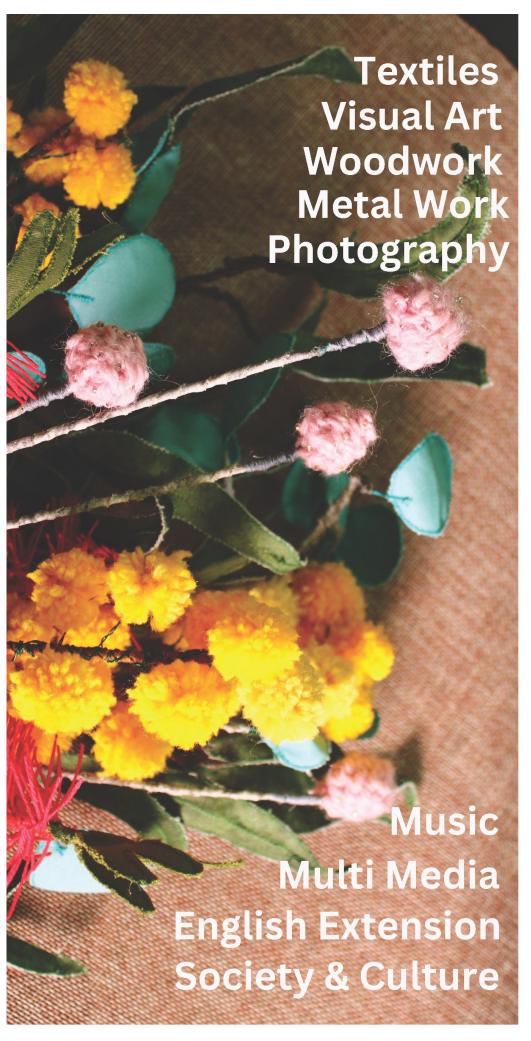
Let us know

So we can plan continued support for your child's learning and wellbeing

Every day matters







2023 HSC **EXHIBITION**

Mudgee Arts Precinct 14 - 19 November 9am - 5pm



Year 12 HSC information and end-of-year dates

July 26	History Extension project due.				
July 31	Society & Culture Pips due.				
Aug 10	Industrial Technology projects including portfolio due for lockup by 3 pm.				
Aug 10-18					
Aug 18	English Extension 2 major works due by 3 pm.				
Aug 28	Visual Arts Body of Works due for lockup at 3 pm.				
Sept 4	HSC trial examination dates. English Extension 2 major works due by 3 pm. Visual Arts Body of Works due for lockup at 3 pm. Music submitted works due by 3 pm. Music performance examinations.				
Sept 4-15	Music performance examinations.				
Sept 20	Assembly rehearsal Periods 1 and 2.				
	Soccer match - teachers vs students - Periods 7 and 8.				
Sept 21	Rainbow Day – all Year 12 students will participate in fundraising activities throughout the day for their designated charities - Hearts of Cudgegong Defib Project and Mudgee VRA - for Heights and Depth Training Centre to finish the term on a positive note.				
Sept 22	Presentation assembly 10.45 am student seating and 11 am guest seating, 11 am – 2.30 pm assembly (full uniform required). Refreshments for students and their guests will be served in the front gardens.				
Sept 23 - Oct 8	Study vacation.				
Oct 11 - Nov 3	Higher School Certificate examinations.				
Examinations up until and including Friday 3 November will be held at the Baptist Church Hall, 70 Bruce Road, Mudgee. Students must be in full school uniform and bring their student ID cards to every examination. The Music 1 aural skills examination will be confirmed closer to the date. Further information will be available to students before the end of Term 3. Students or parents who have concerns about transport to the location on any day should contact the Principal as soon as possible.					
Nov 7	HSC assessment ranks available from www.educationstandards.nsw.edu.au (NESA) student number and PIN required.				
Nov 8 and 15	Sign out mornings. Sign out will occur between 10 am and12 noon.				
Nov 10	Year 12 Farewell – Putta Bucca House. Additional information relating to this event as attached. Students: Please meet at Putta Bucca House at 4.30 pm for photos.				
Nov 13-20	HSC Exhibition – Mudgee Arts Precinct on Monday 13 November from 4-5 pm.				
Nov 14					
NOV 14	Art/Photography/Industrial Technology students displaying their major work should arrange a time for drop off/installation with their teacher prior to Monday 13 November. All exhibited works must be collected on Monday 20 November between 9-11 am.				
Dec 14	arrange a time for drop off/installation with their teacher prior to Monday 13 November.				
	arrange a time for drop off/installation with their teacher prior to Monday 13 November. All exhibited works must be collected on Monday 20 November between 9-11 am. HSC results available on-line from NSW Education Standards Australia (NESA) Website and telephone service (NESA PIN number required). HSC results will be available via Students Online, and sent by email and SMS from 6.00 am on Friday 9 December.				



YOU CAN MAKE A DIFFERENCE IN A CHILD'S LIFE.

We're looking for people who can provide emergency care, short-term care, care for siblings, or care for children with a disability.

You can be a couple, single or a family, rent or own your home. Carers receive specialist training, financial assistance and support.

Do you have room in your heart and home for a child?

Email WesternNSWcarerenquires@facs.nsw.gov.au directly or visit www.facs.nsw.gov.au/families/carers and click on 'enquire about fostering' to learn more.

Canteen Price List as of AUGUST 2023

	HOT FOOD		SALAD OF THE DAY		
	Chicken and Corn Roll	3.00	Availability varies day to day.		
	Pizza Rounders	4.00	Garden Salad	6.50	
	Sausage Roll	4.00	Chicken Caeser Salad	6.50	
	Beef Traveller Pie	5.00	Greek Salad	6.50	
	Potato Pie	6.00	Pasta Salad	306 700	
	Beef and Gravy Roll	7.50	Buddha Bowl	6.50 8.00	
	Hot Dog	4.50	Sushi	6.00	
	Hot Dog with Cheese	5.00	Curried Chicken Potato Salad	8.00	
	Beef Pie Gluten Free (ORDER ONLY)	7.00	Mexican Chicken and Guacamole Salad	8.00	
	Sauce/Mayonnaise portions	0.50	Mexican Cricken and Guacarnote Salad	6.00	
	balan, mayormasa por dons	0.50	IOE ODEANIC	200	
			ICE CREAMS	100	
	BOLLE WIDARS and CAN	IDMICHEC	Paddle Pop	3.00	
	ROLLS, WRAPS and SAN		(Chocolate, Rainbow, Banana)	1	
	Can be made on gluten free rolls b	y request -	Twisted Frozen Yoghurt	3.00	
	order only. Ham and salad	V	(Choc/Van, Straw/Van, Mango/W melon))	
		7.00/6.50	Quelch Icy Tubes	1.00	
	Chicken and salad	7.00/6.50	The state of the s		
	Egg and Lettuce	7.00/6.50	EVERY DAY SPECIALS		
	Cheese and salad	7.00/6.50	EVENT DATEST EGIALS		
	Chicken, mayo and shallots	7.00/6.50	MONDAY	The Line	
	Chicken Caesar	7.00/6.50	Garlic Bread	3.00	
	Sweet chilli chicken and avocado	7.00/6.50	Gariic Bleau	3.00	
	CHAOK FOOD		WEDNESDAY	-	
	SNACK FOOD		Oven Baked Potato Wedges	5.00	
	Red Rock Deli chips	1.50	Sour Cream, Sweet Chilli Sauce		
	Grain Waves	1.50	Sour Cream, Sweet Chin Sauce	.50	
	Chip Roll	2.70	THIDCDAY		
	Blueberry Muffin	1.50	THURSDAY Chicken Burgers	6.00	
	Watermelon tubs	4.00	(Gluten Free available, Order Only)	0.00	
	Trail mix pots	3.00	(Gitter Free available, Order Only)	264	
	Fruitsalad	5.50	FRIDAY	0	
	Jelly Cups	3.00	Garlic Bread	200	
	Seasonal fruit	1.00	Gariic Breau	3.00	
	The state of the s	Contract of	TERMS 2 AND 3		
	MILK		Hot Milo	3.00	
	300ml Flavoured milk	2.00	TRU BIRO	3.44	
	500ml Flavoured milk	3.00			
	ılitre Plainmilk	To the second second	Nuts may be used in some specials.	Truen house	
	60 oml Flavoured milk	3.50	an allergy, check with canteen staff		
		5.50	ordering.		
	375ml Nippy's flavoured milk	4.00	Marie Services		
	COLD DDINING	A PRODUCTION OF THE	Chack our daily many board or student no	otices for	
	COLD DRINKS		Check our daily menu board or student notices for other specials which may include:		
750ml Cool Ridge Spring Water 4		4.00	Soup - Pasta - Focaccia - Curries - Slide	rs	
	60 oml Spring water	2.50	The result of the black		
	Juice Bombs	3.00			
	Berri Pop Tops	3.00			
	Lipton's Peach Iced Tea	5.00	ALSO, PLEASE REFER	RTO	
	375ml Coke No Sugar	3.00	OUR "WEEKLY SPECI	ALS"	
	375ml Sprite No Sugar	3.00	JULY WELLEN DI LO		
		The 1977	A CONTRACT OF THE PARTY OF THE		



DUNGEONS + DRAGONS SOCIAL SKILLS THERAPY GROUP

We're now taking expressions of interest for a Dungeons & Dragons social skills therapy group for January 2024.

Ages 15 - 17 years.

No prior knowledge of or interest in fantasy required!

Skills practiced in the group include:

- starting a conversation
- keeping a conversation going
 - turn taking
 - planning as a team
 - negotiating
 - recognising emotions
- non-verbal communication
 - speaking up in a group
 - standing up for yourself And much more!

Otherwise, contact Together Thriving on hello@togetherthriving.com.au or Ph: 0422 605 404 to register your interest.

Expressions of interest close Friday 17th November 2023.



So... What is Dungeons & Dragons?

D&D is a table top role-playing game.

That means it works a bit like a multiplayer video game, where everyone plays a character, and works together with others to solve problems and defeat enemies. Instead of using an xbox, we use a gameboard and dice! Oh, and snacks. Definitely snacks.

Participants in the group can practice their social skills by:

- Role-playing skills in character (for example, their character speaks to someone in-game to get information)
- Working with the other players while playing (for example, discussing among themselves different ways to solve a problem)
- Interacting socially with others out of game, such as in break times.



No dragons were harmed during the making of this therapy group. Actually, that's not true. No <u>dungeons</u> were harmed during the making of this therapy group.



We're hiring School Crossing Supervisors



Help protect our vibrant school communities.



Be a road safety hero for school kids, caregivers, and school staff.



Be a second set of eyes for local motorists at busy times.



Earn an income and still have time to live your life to the fullest.

Casual roles available

Mudgee Local Government Area - 90046

Does this sound like you?

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- · Friendly and positive manner.

Days and hours

 Shifts will fall between 8:00 am - 9:30 am and 2:30 pm - 4:00 pm, Monday to Friday during school terms with a minimum of one hour shift as required

Apply today

Applications close Wednesday 15th November 2023

Visit <u>jobs.transport.nsw.gov.au</u> and search for <u>Reference</u> <u>Number: 90046</u> or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

For further information, contact Sandhini Chaudhary E: Sandhini.chaudhary@transport.nsw.gov.au P: 0466 343 704









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

Proudly supported by

Ulan Coal Mine