

MHS Newsletter

Mudgee High School 41 Douro Street, Mudgee NSW 2850
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
13 November
Week 6 Term 4
2023

Principal's message

Resilience

The capacity to endure or to recover quickly from things we find difficult – the capacity to tough out the tough times – has a name. It is called resilience.

Resilience comes in various hues but I would wager there are three primary variants or colours to the resilience spectrum: low resilience, medium resilience and high resilience.

Those who struggle to attempt or persist with just about any challenge that comes their way have low resilience.

Those who can endure the adversities that come their way doing the things they like – the endurance rider who can spend a week in the saddle covering hundreds of kilometres in everything the weather throws at them yet scream blue murder when asked to wash the dishes – possess a kind of middle-of-the-road resilience.

Those who have made resilience a habit – who will apply themselves equally in hard times and good, to things they like doing and the things they would rather avoid – possess high resilience.

We each have our strengths and we each have our limitations. There are demands made of each of us in our daily lives that we find easily achieved and others that we find tough.

I like reading... to a point.

I am in awe of people who can finish a novel over a weekend. I know I do not have the stamina for it. I like my reading in instalments. The train trip from Lithgow to Sydney is just about my reading limit.

And I was an English teacher.

The awe I feel for those who can plough through several hundred pages in a few short days is simply that: awe. It should not be confused with admiration as the thing achieved by the avid bookworm has required little resilience on their part.

What the bookworm has achieved has been a labour of love.

I am an active photographer of railways. I have been an active photographer of railways since I was 12. I can wait lineside for hours on end. Wait out the arrival of some rare movement. Wait out the perfect light conditions.

*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
- Commerce 02 - Crime
- Science news
- Link news
- 2024 school bus passes
- MAD concert 2023
- Attendance matters
- Year 12 HSC information
- information
- Advertisements
- Sponsorship



Education

Occasionally, Mrs Eade has found herself unavoidably at my side during one of these lineside vigils. It would be fair to say that she does not have my patience in these circumstances. Any resilience she may have is always overwhelmed by an abiding sense of pointlessness. And that's fine. Even I can recognise the pointlessness of the activity.

But it doesn't stop me.

Mrs Eade occasionally endures what I call "training missions". I endure time spent in the city while she explores the perfumeries looking for a particular scent. The good news is that we both recover quickly from these minor adversities; these tests of our respective levels of resilience.

A lot of notes cross my desk daily, explaining student absenteeism. The great majority are quite reasonable: illnesses, medical appointments, family bereavements and the like.

Some, however, demonstrate an absence of resilience and a sense of capitulation.

"She doesn't like school."

"He didn't want to go."

"She doesn't like *basket weaving**."

Seriously?

I have always been impressed by students prepared to step out of their respective comfort zones and attempt something when the prospect of success is next to zero. Impressive is the student who dons their sports uniform, turns up to the cross country and gives it a crack, even when they know that there next to no chance they will finish anywhere close to first.

Less impressive is the student who turns up the next day with a note seeking to explain their lack of resilience as a one-day, almost-certainly-fictional ailment.

It makes me think of a now old episode of *The Simpsons* in which Homer celebrates his son's lack of resilience, perhaps because it mirrors his:

Homer: "Hey, how come you never play your guitar anymore?"

Bart: "I'll tell you the truth dad. I wasn't good at it right away, so I quit. (pause) I hope you're not mad."

Homer: "Son, come here, (he laughs as Bart sits on his knee). Of course I'm not mad. (Sagely) If something is hard to do then it's not worth doing. You just stick that guitar in the closet with your shortwave radio, your karate outfit and your unicycle and we'll go inside and watch TV."

Bart: "What's on?"

Homer: "It doesn't matter."



Fostering resilience in young people isn't about celebrating their achievements when they do tough things they love doing. Fostering resilience in the young people with whom we are daily connected is about having expectations that they will attempt the things expected of them to the best of their ability – give the demands life throws at them their personal best – whether they enjoy those things or not, but especially when they are things they don't like doing.

Until next week...

Wayne Eade
Principal

* *Basket weaving is NOT a subject students are obliged to study.*

House Championship Tally 2023



Blaxland

216139



Cunningham

202559



Lawson

220238



Wentworth






186198

Events calendar

- **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

	<p>Charlie Blackman</p> <p>Year 7</p> <p>For her positive attitude and work ethic.</p>
	<p>Matilda Hackney</p> <p>Year 8</p> <p>For her effort and application in History.</p>
	<p>Hayley Taylor</p> <p>Year 9</p> <p>For her display of community spirit when helping others.</p>
	<p>Flynn McLean</p> <p>Year 10</p> <p>For stepping up across a range of academic and sporting areas.</p>
	<p>Charlotte Marshall</p> <p>Year 11</p> <p>For the great effort she made conducting interviews as part of her Community and Family Studies work.</p>

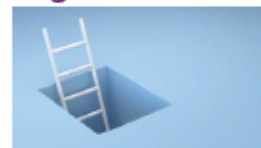


Reflective Question

Don't wait until you reach your goal to be proud of yourself. Distinguish the steps you have taken towards your goals.

- *Reward yourself when you have accomplished a goal.*
- *Surround yourself with supportive and caring friends.*
- *Acknowledge the things you are already proud of.*

Focus on Cognitive Verbs



DISTINGUISH

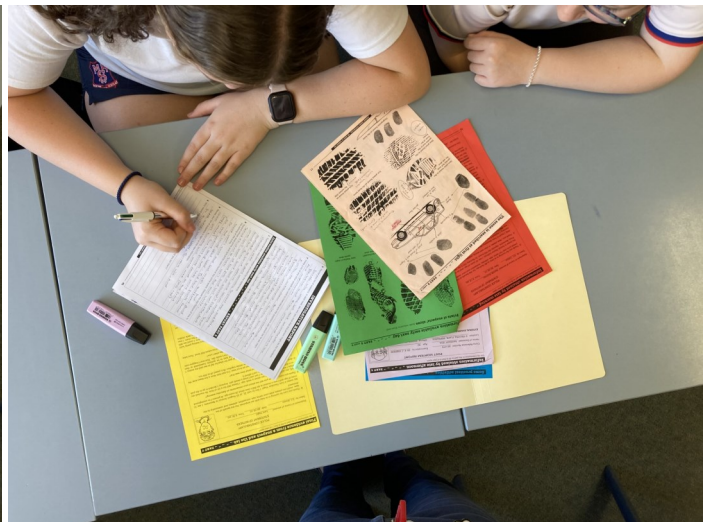
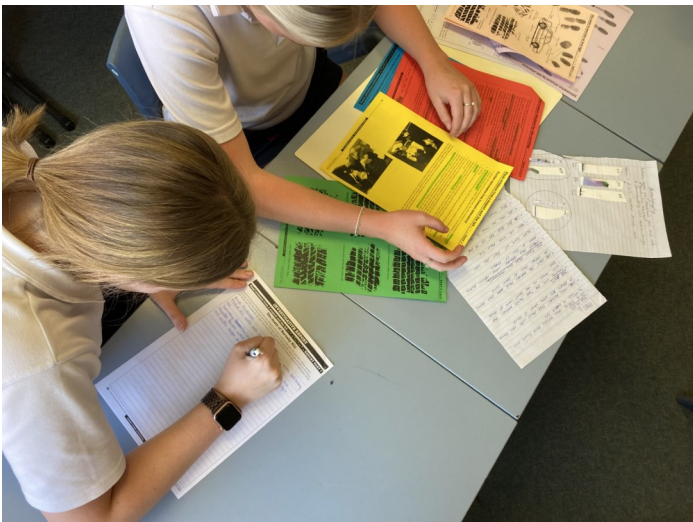
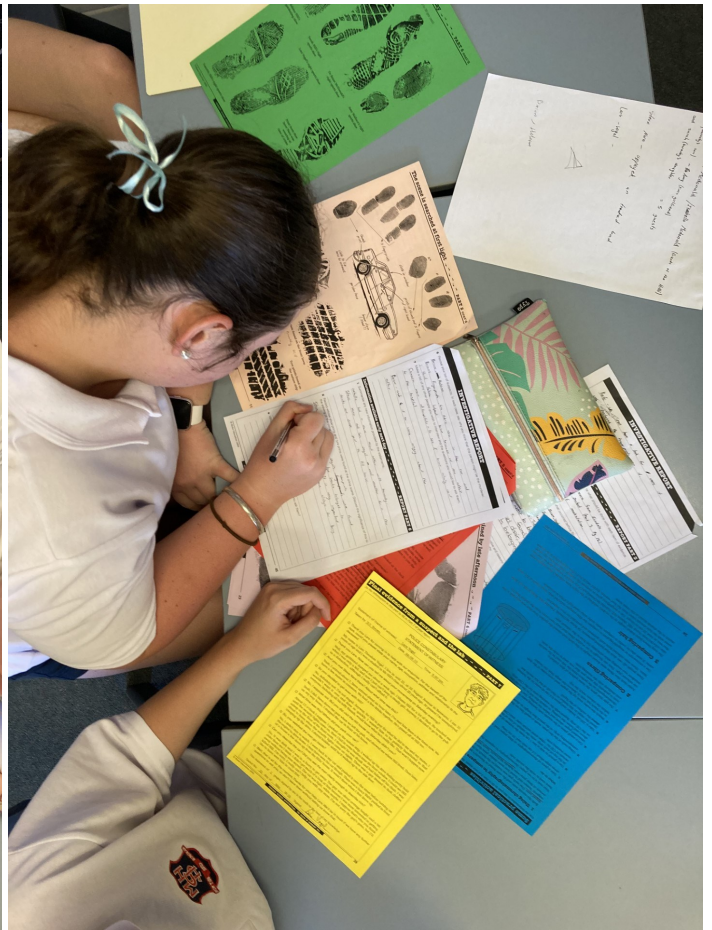
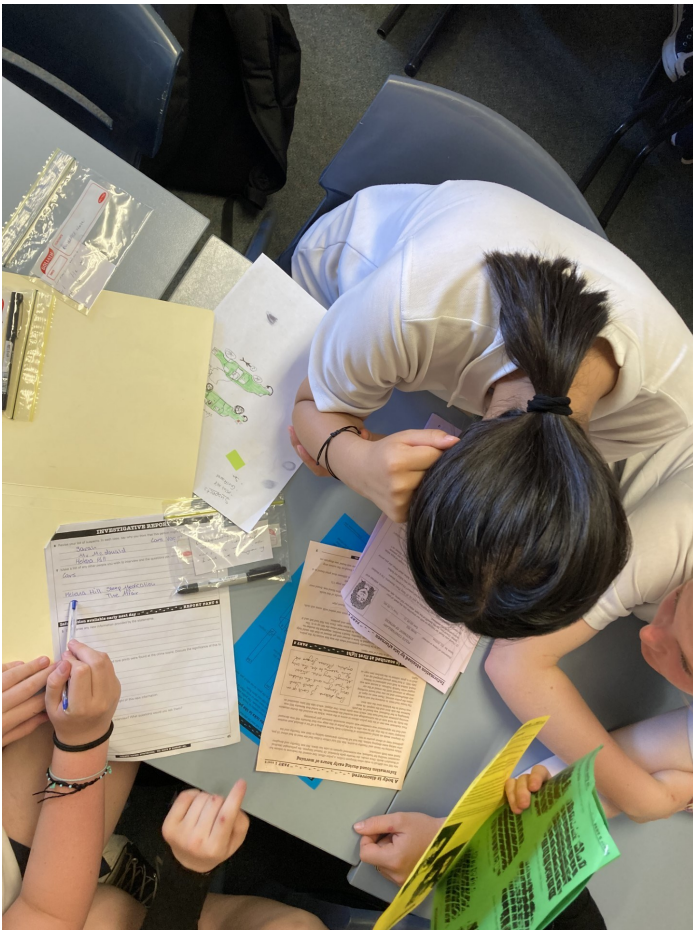
Recognise as distinct or different; note points of difference between; discriminate; discern; make clear distinctions between two or more concepts or items.



Commerce 02 – Crime – Forensic Investigation

As part of their studies for the Crime topic in Term 4, the Commerce 02 class has been conducting a forensic investigation of a murder. The investigation includes a seven step investigative process whereby pieces of evidence are presented to the groups incrementally. As they complete each step, they are issued with the next package of evidence. Step 5 required the students to conduct some practical activities including chromatography to compare the inks in the pen used to write the note left at the murder scene, comparing fibre samples from the clothing of the suspects with the fibre left at the crime scene, and finally comparing hair samples from the suspects with the hair sample found at the crime scene.

After several lessons of investigation and research, students solved the crime and were able to arrest the murderer. The next step is for students to conduct a court trial....more to come.



Science news

Science provides us with the tools to see the world from a data driven perspective. With the festive season around the corner, it would be fitting to break down the some of the statistics and science behind Christmas.

Santa's sleigh would have to travel 1040 kilometres per hour to deliver all the presents. That would be close to the speed of sound!

If Santa ate a biscuit in all the homes he visited, he would consume close to 3 billion calories.

No matter how well you package those Christmas lights, the second law of thermodynamics dictates they will get tangled. Physicists have proven that any cord longer than 2 metres will infuriate even the most fastidious packer.

Even if reindeer can't fly, they can float! Their top layer of fur consists of longer, tubular hair which provides insulation and makes them very buoyant.

Reindeer have 25% more blood vessels in their nose than humans. This helps keep their noses warm and can give them a light rosy colour.

After all the festive facts, our students are still working through their final units and learning about the following topics.

Year 7 - Earth, Moon and Sun

Year 8 - Rocks and Minerals

Year 9 - Plate Tectonics

Year 10 - Global Systems and Climate Change.

Year 12 will undertake their first HSC assessments.

Biology will be constructing a 3D model of protein synthesis.

Chemistry will be researching Chemical Equilibrium.

Physics recently completed their first practical assessment.

Wishing you all a wonderful festive season.

The Science Faculty

The photos are of Year 9 bread tectonics. Students painted images on bread, let the bread dry then broke it into pieces. They then selected a random bread to try to reassemble the pieces.



Link news

At the end of Term 3, the Link students, accompanied by Mrs McNeill and Mrs Hayton, participated in an excursion to Glencore Coal. The trip was a great insight into Glencore's rehabilitation program. Glencore's Australian coal business is a leader in mine site rehabilitation following closures, working to return mined land back to farmland, native forest, or other productive use.

Thank you to Lucy Stuart and Robbie Mills for organising the trip and the other staff members who took time out of their day to show us around.

Thank you also to Glencore for their generosity and ongoing sponsorship of the Link Program.



Chloe Farrow and Yasmin Stewart – The Oasis

Chloe and Yasmin have joined Gabrielle in her wellness centre, [The Oasis](#), for work experience and are enjoying every minute of it.

Gabrielle is the face behind The Oasis Mudgee and has been in the beauty industry for over 10 years. She has worked very hard to be in the position to run her own business, creating more than a beauty salon but also a wellness centre.

The Oasis has a range of specialist staff offering many different services. Gabrielle is very proud of the Oasis family and their support and friendship every single day at work, managing the salon and helping to train Yasmin and Chloe on the journey to becoming great beauty therapists.

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 \(ogdenscoaches.com.au\)](https://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.

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:

Code: **5dj46jy**

MAD



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



Year 12 HSC information and end-of-year dates

- | | |
|---------------|--|
| Dec 14 | 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.
https://studentsonline.nesa.nsw.edu.au |
| Dec 14 | ATARs available on-line from UAC website and 'Infoline' (UAC PIN number required). |
| Dec 15 | Year 12 Celebration BBQ in the senior area from 12-2 pm and collect your free Mirri. |



Communities
& Justice

**WE NEED
YOUR HELP!**

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.

Advertisements

Canteen Price List as of AUGUST 2023

HOT FOOD

Chicken and Corn Roll	3.00
Pizza Rounders	4.00
Sausage Roll	4.00
Beef Traveller Pie	5.00
Potato Pie	6.00
Beef and Gravy Roll	7.50
Hot Dog	4.50
Hot Dog with Cheese	5.00
Beef Pie Gluten Free (ORDER ONLY)	7.00
Sauce/Mayonnaise portions	0.50

ROLLS, WRAPS and SANDWICHES

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

Ham and salad	7.00/6.50
Chicken and salad	7.00/6.50
Egg and Lettuce	7.00/6.50
Cheese and salad	7.00/6.50
Chicken, mayo and shallots	7.00/6.50
Chicken Caesar	7.00/6.50
Sweet chilli chicken and avocado	7.00/6.50

SNACK FOOD

Red Rock Deli chips	1.50
Grain Waves	1.50
Chip Roll	2.70
Blueberry Muffin	1.50
Watermelon tubs	4.00
Trail mix pots	3.00
Fruit salad	5.50
Jelly Cups	3.00
Seasonal fruit	1.00

MILK

300ml Flavoured milk	3.00
500ml Flavoured milk	5.00
1litre Plain milk	3.50
600ml Flavoured milk	5.50
375ml Nippy's flavoured milk	4.00

COLD DRINKS

750ml Cool Ridge Spring Water	4.00
600ml Spring water	2.50
Juice Bombs	3.00
Berri Pop Tops	3.00
Lipton's Peach Iced Tea	5.00
375ml Coke No Sugar	3.00
375ml Sprite No Sugar	3.00

SALAD OF THE DAY

Availability varies day to day.

Garden Salad	6.50
Chicken Caesar Salad	6.50
Greek Salad	6.50
Pasta Salad	6.50
Buddha Bowl	8.00
Sushi	6.00
Curried Chicken Potato Salad	8.00
Mexican Chicken and Guacamole Salad	8.00

ICE CREAMS

Paddle Pop	3.00
(Chocolate, Rainbow, Banana)	
Twisted Frozen Yoghurt	3.00
(Choc/Van, Straw/Van, Mango/W melon)	
Quech Icy Tubes	1.00

EVERY DAY SPECIALS

MONDAY

Garlic Bread	3.00
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WEDNESDAY

Oven Baked Potato Wedges	5.00
Sour Cream, Sweet Chilli Sauce	.50

THURSDAY

Chicken Burgers	6.00
(Gluten Free available, Order Only)	

FRIDAY

Garlic Bread	3.00
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TERMS 2 AND 3

Hot Milo	3.00
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Nuts may be used in some specials. If you have an allergy, check with canteen staff before ordering.

Check our daily menu board or student notices for other specials which may include:

Soup – Pasta – Focaccia – Curries – Sliders

ALSO, PLEASE REFER TO OUR "WEEKLY SPECIALS"



CHRISTMAS LAMB RAFFLE

CAN ASSIST MUDGEE Helping people while going through their cancer treatment, all funds raised go to your LGA (Local Government Area). Fuel vouchers, Accommodation, Pharmacy accounts are just a few things we pay for to make life just that little bit easier for our clients.

4 x HALF LAMB PRIZES

(Each prized valued at \$150.00)

**LOCALLY GROWN GRASS FED LAMB PREPARED AND CUT TO YOUR LIKING BY
LOCAL BUTCHER**

BUY YOUR TICKETS NOW



1 TICKET \$ 5.00

3 TICKETS \$10.00

7 TICKETS \$20.00

20 TICKETS \$50.00

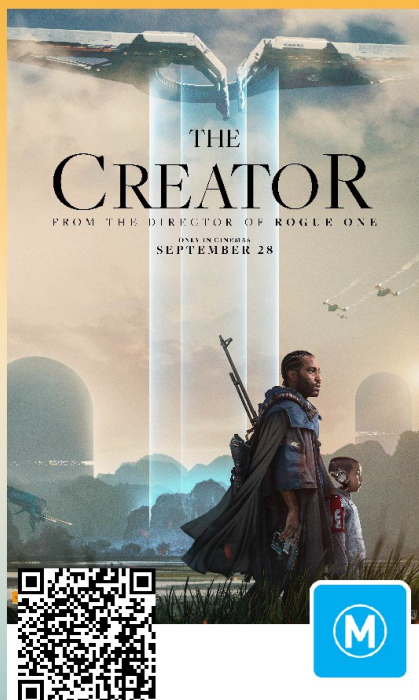


TOWN HALL CINEMA

Showing 1 – 3 December 2023

Tickets available online from Wednesday, 15 November 2023

Visit trybooking.com and search 'Mudgee Town Hall Cinema'.



The Creator

Friday, 1 Dec	7.00 pm
Sunday, 3 Dec	1.00 pm

<https://www.trybooking.com/CNBFL>



Paw Patrol: The Mighty Movie

Saturday, 2 Dec	2.00 pm
Sunday, 3 Dec	11.00 am

<https://www.trybooking.com/CNBFX>



Killers of the Flower Moon

Saturday, 2 Dec	4.30 pm
Sunday, 3 Dec	4.30 pm

<https://www.trybooking.com/CNBGJ>

* Tickets also available at the door (if not sold out prior).

For more information visit
midwestern.nsw.gov.au
or Mudgee Town Hall Cinema
on Facebook

Ticket prices

Adults	\$15
Children/Concession	\$10
Children under 5yrs	Free

Proudly supported by



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 jobs.transport.nsw.gov.au and search for **Reference Number: 90046** or search 'School Crossing Supervisors' for a full list of 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

jobs.transport.nsw.gov.au





together thriving

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 dungeons were harmed during the making of this therapy group.



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

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Ulan Coal Mine