

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
27 November
Week 8 Term 4
2023

Principal's message

MADness

Next Wednesday, 6 December, Mudgee High will host its annual, full-sized MAD concert.

If you miss it, you really will have missed something special. Loads of talent on display. The Visual Arts display will be open from 6:30 pm. Performances kick off at 7:00 pm. Plenty of young people walking the boards and nearly as many working behind the scenes in lighting and sound and the like, all to bring it together.

"Well done!" the CAPA faculty in advance and especially impresario Holleman. Well done too those students and their teachers who have worked hard to put the "D" back into MAD, as there will be some drama performances on show this year for the first time in several years.

MAD concert ... it would be MADness to miss it!

Whooping Cough – a Public Service announcement

NSW Health's Bathurst office has reached out to all schools and childcare centres in recent weeks. The office has reached out because there has been a recent increase in cases of Pertussis – aka Whooping Cough - in NSW, mainly affecting school-aged children.

Make no mistake, Whooping Cough can be a life-threatening illness for babies. It can also severely affect people all people, regardless of age.

NSW Health has asked that schools remind parents and carers of the importance of ensuring that unwell students be kept from school and childcare centres. Health authorities also encourage parents and carers to get their children reviewed by a GP if symptomatic.

Whooping Cough starts like a cold and progresses to bouts of coughing that can last for many weeks. That coughing spreads the infection to others. Whooping Cough can spread easily through families, childcare centres and through schools.

Immunisation reduces the risk of infection. Children receive vaccination through the Childhood Vaccination Program and the School Vaccination Program in high schools. If a child's vaccination history is not up to date, remind parents or carers of the importance of vaccination. Parents can check with their GP or the Australian Childhood Immunisation Register on 1800 653 809 if they are unsure.

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



Next P&C meeting
Monday 26 February
**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
- SRC Christmas raffle
- Change to school uniform
- 2024 school bus passes
- MAD concert 2023
- Attendance matters
- Advertisements
- Sponsorship



Education

Adults too have been requested to review their immunisation history. If unsure or you know it has been more than 10 years since your last Whooping Cough vaccination, you are encouraged to seek a booster vaccine, especially if you are in contact with young children or pregnant women.

Until next week...

Wayne Eade
Principal



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

[Whooping cough \(nsw.gov.au\)](http://www.health.nsw.gov.au/whoopingcough)

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

House Championship Tally 2023



Blaxland

216139



Cunningham

202559



Lawson

220238



Wentworth

186198

Events calendar






- **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

2024

- **Tuesday 30 January** - school resumes for staff
- **Thursday 1 February** - school resumes for Years 7, 11 and 12
- **Friday 2 February** - school resumes for Years 8, 9 and 10



P&C awards

	<p>Charlotte Dodd</p> <p>Year 7</p> <p>For her all around effort at school.</p>
	<p>Addison Colley</p> <p>Year 8</p> <p>For her continued hard work in class and demonstration of what it means to be a respectful and responsible student.</p>
	<p>Jake Herbert</p> <p>Year 9</p> <p>For his continuing improvement in application and engagement with his studies.</p>
	<p>Charlotte Coward</p> <p>Year 10</p> <p>For her positive attitude to learning.</p>
	<p>Taleah Kelloway</p> <p>Year 11</p> <p>For her enthusiastic approach to Year 12 fundraising.</p>

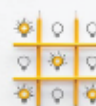


Reflective Question

Stop seeking approval. When you prioritise approval over learning, you sacrifice your own potential for growth. Resolve to:

*Seek your own opinion about how well you are doing.
Value your own opinion.*

Focus on Cognitive Verbs



RESOLVE

Settle or find a solution to (a problem or contentious matter); find an answer to; come to a definite decision.





MUDGEE HIGH SCHOOL

JOIN OUR SRC CHRISTMAS RAFFLE!

A guessing competition

Get a chance to win a massive hamper!

GRAND DRAW: DECEMBER 18

Prizes include: Christmas ham (6kg), 4 x Gingerbread houses,
Bluey Christmas book, Jams, relishes and more!
(Total value up to \$200)



The SRC is running a Christmas raffle to raise funds for their leadership program next year. Raffle tickets are \$2 each or 10 for \$10. Online payments are available through the Mudgee High School website: [Payment - Mudgee High School \(nsw.gov.au\)](https://www.mudgeehighschool.nsw.gov.au/payment).

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.



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





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
--------------	------

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
--------------	------

TERMS 2 AND 3

Hot Milo	3.00
----------	------

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



Save The Date!

Free Face-to-Face
Professional Development Workshops
coming in 2024

Educators Empowering Healthy Habits

**Dubbo:
14 May 2024**

**Bathurst:
16 May 2024**

The health and wellbeing of our young people is important!

Hear from experts in the field on how you can
help guide healthy behaviours in your role as an educator.

- Vaping - Blurred Minds
- Healthy eating - Cancer Council NSW
- Traditional Indigenous Games - Office of Sport

**More info to come!
For any questions contact:**

WNSWLHD-HCI@health.nsw.gov.au

***Travel grants will be
available to those travelling
over 100km to attend**



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





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