

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
27 March
Week 10 Term 1
2023

Principal's message

Parent Teacher Evening

It was great to see so many parents and carers at last week's Year 7, 11 and 12 parent teacher evening. The weather was inclement, but that did not stop people coming in droves.

There's a proverb out there that says: "It takes a village to raise a child." In New South Wales, the entire community has taken an active role in the raising of children for 143 years, following the Education Act of 1880 that made public school education free, secular and, importantly, compulsory.

Parents and carers rely on an entire community of people to provide for and interact positively with their children so that those children may grow in a safe and healthy environment. School is, without doubt, one of the more dominant players in that community.

The partnerships forged through direct interaction with the teachers of one's children should never be underestimated regarding their power to effect positive change.

Parents and carers of students in Years 8, 9 and 10, your parent teacher evening will occur on Thursday 27 April, the day after students return to school from the April break.



Buses

Several weeks ago in these pages, I proposed that it is healthy to not accept everything your children say as gospel. We had had reports that students were being marked late when it was in fact their buses that were running late.

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



Next P&C meeting
Monday 24 April
**7 pm in the Learning
Centre**
Entry via Douro Street

This issue

- Principal's message
- Ogden's Bus service changes Term 2
- House Championship tally
- Events calendar
- Weekly P&C awards
- Showcase afternoon
- Link news
- Sport news
- NAIDOC 2023
- School vaccination program
- Paid advertisement
- Canteen volunteers needed
- Advertisements
- Sponsorship



Education

Readers of this newsletter can rest assured that students arriving on late buses have NOT been marked as being late to school.

That said, at the core of these reports there was a truth. That truth was given substance by some historical research and some active surveillance.

The school's technical support officer – the TSO, our computer person – was tasked with revisiting two weeks of the vision provided by our playing field security cameras to determine how many buses were arriving at or after 08:55. Additionally, Head Teachers on morning bus duty were tasked with quizzing students coming off those buses which ones they had ridden. I was looking for a pattern of regular offenders. The TSO continued her surveillance over the same period.

With four weeks of CCTV evidence and more than two weeks of Head Teacher observations, the findings were in.

In the period of observation, 66 buses arrived after 08:55. 29 buses arrived at or after 09:00 (first bell). Two buses arrived after 09:10. The services with the least enviable record were; Piambong; Yarrabin; Ulan; Wollar; Cooks Gap; and, Wilbertree.

Armed with this information, a very positive conversation was had with Ogden's Mudgee manager. It was obvious that he shared the school's concerns. On Friday morning, the manager made a surprise visit to our bus bay to see the situation for himself.

In the pages that follow, you will see that several bus schedules and routes will change effective the first day of Term 2. These changes should better accommodate our students' needs. Although many of our students will still be obliged to take a street tour of the St Matthew's site on Bruce Road, as that school begins its day at 08:50, they should be at MHS with time to spare.

Showcase

A last reminder that on Wednesday 29 March, the school will be open from 4pm until 6pm, showcasing much of what it has to offer high school aged citizens of Mudgee and its environs. The adults in this great community of ours should consider coming along so as to discover just how much school has changed since their days at school.

Until next week...

Wayne Eade
Principal





Term 2 2023 School Bus Service Changes

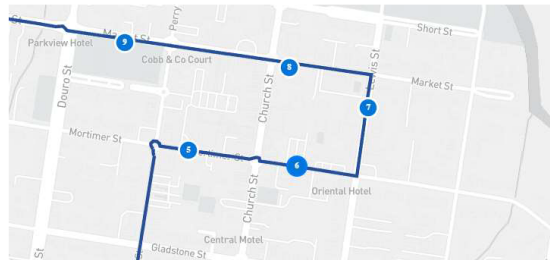
From Monday 24 April 2023 there will be minor changes to some School Bus Services in the Mudgee area.

Services not listed below will not change.

Piambong Bus

The Piambong bus will no longer service Saleyards Ln in the morning or afternoon and operate direct via the Castlereagh Hwy. It will also commence and operate past all stops 2 mins earlier in the mornings.

In the afternoons, the Piambong bus will no longer stop at Mudgee Preschool Perry St or the PCYC on Market St. It will drop on Mortimer St (2 stops), St Mary's Catholic Church and Robertson Park, Market St.



Yarrabin Bus

The Yarrabin bus will commence and operate past all stops 10 mins earlier in the mornings. It will also service Saleyards Ln, passing the intersection of Castlereagh Hwy and Saleyards Ln at 08:24 (6 mins earlier than current). Drop off times in the afternoon will be similar to current.

Ulan and Cooks Gap Buses

The Ulan and Cooks Gap buses will operate past all stops between Cooks Gap Fire Shed and Mudgee town 5 mins earlier than current in the mornings.

House Championship Tally 2023



Cunningham

32542



Blaxland

31652



Lawson

30765



Wentworth

31194

Events calendar

- **Thursday 23 March** - Years 7, 11 and 12 parent/teacher afternoon, 4 pm in the gymnasium
- **Thursday 30 March** - Year 7 science zoo excursion
- **31 March to 6 April** - Year 12 half-yearly examinations
- **Thursday 6 April** - Last day of Term 1
- Friday 7 April - **Good Friday**






Term 2

- **Thursday 27 April** - Parent/teacher interviews Years 8, 9, and 10
- **Friday May 12** - Australian Geography Competition
- **Wednesday 10 May** - Cross Country
- **Tuesday 23 May** - Try-a-Trade
- **Friday 26 May** - Athletics carnival

A note from the office...

COVID is still circulating in Mudgee. Rapid Antigen Tests (RATs) are available for students to collect from the front office if they are needed.

P&C awards

	<p>Campbell Leadbitter</p> <p>Year 7</p> <p>For the effort he has made in HSIE.</p>
	<p>Coby Newman</p> <p>Year 8</p> <p>For always trying his best.</p>
	<p>Ruby Murnane</p> <p>Year 9</p> <p>For her ongoing positive application and engagement in PDHPE.</p>
	<p>Jake Muller</p> <p>Year 10</p> <p>For his improved work ethic at school and in the Link program.</p>
	<p>Jack Roberts</p> <p>Year 11</p> <p>For the consistently hard work he puts into all of his subjects.</p>
	<p>Erin Selboskar</p> <p>Year 12</p> <p>For being a safe, respectful and responsible student and a great allrounder.</p>



Reflective Question

A balanced lifestyle includes making time for exercise and leisure activities.

Does my current lifestyle balance the following categories: homework time, study time, leisure time, exercise time?

Focus on Cognitive Verbs



CATEGORISE

Place in or assign to a particular class or group; arrange or order by types or categories; classify, sort, separate.





MUDGEE HIGH SCHOOL INVITES YOU TO THE

Showcase Afternoon

- ✦ Interactive Displays
- ✦ Musical Performances
- ✦ Sausage Sizzle
- ✦ Take a tour!

ALL WELCOME

Speak to teachers and our students

Wednesday
29 March

✦ **4-6 pm** ✦

School
Grounds

FOR MORE INFORMATION
LINK TO WEBSITE



Link news

Regional Industry Education Partnerships (RIEP)

TAFE teacher Paul Royston and RIEP students during the Construction course.

Students participated in various activities during the day using different materials and tools to make a candle holder and were treated to a BBQ lunch.

Guest speaker Adam Keightley, owner of AK Constructions Mudgee, gave a very informative talk to the group with tips and tricks on the carpentry industry, how to be prepared for the work force and the general behaviour expected of an apprentice.

Adam spent five years at Mudgee High School then began his apprenticeship, travelling to Sydney and the UK, before returning to Mudgee and starting up his award-winning company.

Thank you, Adam.



Sport report

Marie Cornish KO competition

After a forfeit in Round 1, Mudgee played Dubbo High in the second round of the Marie Cornish knockout competition.

The team played a much older and experienced side, however, they showed promise of becoming a stronger team in next year's competition. The girls played very well considering that for some it was their first ever game of cricket. Dubbo finished the game with some strong batting and bowling performances. Mudgee took four wickets with catches from Lexi Redding and Sage Matheson-Gayford, a run out and Chelsea Mottershead bowled out one of Dubbo's batters who was just shy of making her half century. With the bat, Emily Stone was the backbone of the Mudgee innings and was left not out for a handy 15 runs.

Dubbo 4/207 defeated Mudgee High 10/67.

The students represented their school very well. A big thank you to Hunter McGrath and Caiden Mills for scoring and umpiring, and to Mr Lynn for his lunchtime score training classes.

Training will recommence in late Term 3 and it is hoped the students will have an opportunity to play at a junior gala day in Term 4. Western Area trials take place early in Term 3 (Tuesday 8 August in Dubbo). For details and nomination forms, see Mr Dal Forno or if considering attending trials, speak with Ms McCann, WSSA Cricket Convenor .

Team: Evie Vitnell 7, Emily Stone 8, Abi Campbell 9, Lexi Redding 9, Catherine Mottershead 9, Bronte Smith 9, Charlie Wallace 9, Chelsea-Louise Mottershead 10, Sage Matheson-Gayford 10, Alexxia Wake 10, Mollie Blackman 11

Ms McCann

HT PDHPE

Girls Cricket Coach



NAIDOC 2023 'For our Elders'

Mudgee High School will be celebrating NAIDOC Week in Week 10 of Term 2.

As part of this celebration, orders for NAIDOC themed items can be placed with the school office up until Wednesday 26 April 2023 (the first week back of Term 2). A bulk order will then be placed by the school.

Students are permitted to wear NAIDOC themed shirts on the school's NAIDOC Day - Wednesday 28 June.

Please go to the [Dezigna website](#) to see the range of [NAIDOC 2023](#) products available.

When placing an order with the front office, you will need to provide:

- the name of the item to be purchased as it appears on the website
- shirt/top size
- payment for all items ordered.

If you have any questions, please contact the school (6372 1533) and ask to speak to Ms Windeyer (Head Teacher, HSIE).



School vaccination program



School vaccination program (Mudgee High School vaccination clinic date to be confirmed).

Keeping your child up to date with routine vaccinations helps to protect them from serious preventable diseases such as meningococcal, whooping cough, tetanus, and cancers that are caused by HPV (human papillomavirus).

As part of the NSW School vaccination program, students in Year 7 are offered free vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

Parental consent is required for your child to receive routine vaccinations at school. If your child is in Year 7 or Year 10 this year, you can now provide this consent online (see below).

From February 2023, children in Year 7 will now only need one dose of HPV vaccination. This change has been endorsed by the Australian Technical Advisory Group on Immunisation (ATAGI) based on evidence showing that one dose provides the same level of protection against HPV as two doses.

If you have already consented to your child receiving two doses of HPV vaccine, they will only receive one dose.

If your child previously missed their second dose of HPV vaccine, they are now considered fully vaccinated and do not require a second dose.

A small number of students who are immunocompromised are still recommended to receive a three-dose course of HPV vaccine. If your child is immunocompromised, it is important to discuss their immunisation needs with their GP.

If your child misses a school vaccination clinic, you can speak to a GP or pharmacist about catching up on vaccination.

For more information on school vaccination visit: health.nsw.gov.au/schoolvaccination or if you have any questions, please contact your local Public Health Unit on **1300 066 055**.

ONLINE CONSENT FORMS FOR THE SCHOOL VACCINATION PROGRAM

If your child is in Year 7 or Year 10 this year, you can now provide online consent for their routine school 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.

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

How to provide consent:

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 Service NSW account. This is the same account you may already use to renew your driver's licence. If you don't have a [Service NSW](#) account, refer to Service NSW to create one.

Update or confirm your personal details in Service NSW as required.

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 requesting a paper-based consent form directly from your child's school.

The benefits of providing consent online:

- easily update your child's details
- receive SMS and/or email notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR).

For more information on routine school vaccinations, please visit:

www.health.nsw.gov.au/schoolvaccination.

If you require information in your language, please visit:

www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx



Paid advertisement

(Paid advertisements do not carry the endorsement of Mudgee High)



Youth Mental Health First Aid



The **Youth Mental Health First Aid** course will teach you how to assist adolescents who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based Action Plan.

The course is based on guidelines developed through the expert consensus of people who have experience with mental health problems and mental health professionals.

Mental health problems covered include:

Depression and anxiety • Eating disorders • Psychosis • Substance abuse problems.

Mental health crises covered include:

Suicidal thoughts and behaviours • Non-suicidal self-injury • Panic attacks • Traumatic events • Severe psychotic states • Severe effects from alcohol or other drug use • Aggressive behaviours.

Please note: This course is not a therapy or a support group.

Who can attend this course? Any adult can attend. The course is not appropriate for adolescents to attend.

What is the format? This is a 14-hour course which is usually delivered as a 2-day training package (7 hours per day).

Please contact Sonia Hayton for more information regarding costing and future dates available.

MHFA.com.au or soniahayton3@gmail.com



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**

Now is the time to claim ABSTUDY for your high school child



servicesaustralia.gov.au/abstudy

ABSTUDY is a group of payments for Aboriginal and Torres Strait Islander Australians. ABSTUDY helps with the costs of studying or doing an Australian Apprenticeship.

It can help with your child's school fees, boarding costs, travel to and from school and other school items. If your child's travel is impacted by COVID-19 or they need to study remotely, ABSTUDY can also help.

If you're a parent or guardian and your child is younger than 16, you should claim on their behalf. If your child is 16 and over, or independent, they can claim themselves. To claim, call the Services Australia's ABSTUDY line on Freecall 1800 132 317.

If they're starting university or TAFE, they'll be able to claim online through myGov.

Claiming before 1 December means ABSTUDY payments can be finalised in time for the start of school next year. This is very important if your child needs to move away from home to study.

To see what you or your child can get, and learn how to claim, go to:

servicesaustralia.gov.au/abstudy





HEALTH4ME

Supporting young people to eat healthy and be physically active, tackling the issues important to YOU!

The Health4Me research study provides support through text messages about physical activity, nutrition and wellbeing. We want to find out if this program can help to improve your health. If you're between the ages of 12-18 and have an active mobile phone, consider joining our study!

All participants will receive a gift voucher for their time completing each of the study activities.



THE UNIVERSITY OF SYDNEY

This study has received ethics approval from The University of Sydney HREC (approval number 2022/402)

CONTACT US



health4me.study@sydney.edu.au



0468 684 450



health4mestudy.com

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