

# 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](http://www.mudgee-h.schools.nsw.edu.au)  
Email: [mudgee-h.school@det.nsw.edu.au](mailto:mudgee-h.school@det.nsw.edu.au)  
<https://www.facebook.com/mudgeehighschool/>



Monday  
22 May  
Week 5 Term 2  
2023

## Principal's message

### Try-a-Trade

The school hosted Try-a-Trade on Tuesday 23 May.

Try-a-Trade is an annual event that, after several years of contagion-inspired cutbacks, returned in 2022. It was good to see our Year 10 students and the senior Work Studies students engaging well with the many providers who are prepared to come to the school and give our kids a taste of what their professions have to offer.

Mining operations, emergency services, veterinary careers, welding, hairdressing, floristry, motor mechanics and a host of other providers made for some great interactive learning. This correspondent and amateur UAV (drone) pilot was more than impressed with the \$50k unit on display. Imagine getting paid to do what you love!

Mudgee High hosted a number of high schools on the day. As always, a huge thanks and well done to Mr Nicholls in this space for his organisation of the day. A especially huge thanks to all of the providers who played their part in making the day a success.

### Athletics Carnival

Friday 26 May – TOMORROW – is Mudgee High's athletics carnival day.

An opportunity for all our students to shine on the track, field or both.

Best of all, it is a regular school day moved to an alternate site. There is no reason, barring illness or misadventure, to be absent.

### COVID

Several weeks ago, I spoke of the World Health Organisation's declaration that COVID was no longer a global public health



Casey Hayes at Try-a-Trade

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



**Next P&C meeting**  
**Monday 26 June**  
**7 pm in the Learning  
Centre**  
**Entry via Douro Street**

### This issue

- Principal's message
- House Championship tally
- Events calendar
- Weekly P&C awards
- Mudgee High Boccia team
- Link news
- School vaccination clinics
- Athletics Carnival
- Cross Country
- Nationally Consistent Collection of Data
- Aerospace Camp Mudgee
- Rotary Youth Exchange
- Paid advertisement
- Canteen volunteers needed
- Advertisements
- Sponsorship



Education



emergency. I can tell you that COVID has depleted our teaching ranks at Mudgee High this week and promises to continue its onslaught on both staff and students over the coming days.

Students are reminded to regularly wash their hands and use the hand sanitiser provided.

If parents or carers need testing kits, they are available free from the school. They are issued to students on request.

Until next week...

Wayne Eade  
Principal







## Try-a-Trade





# House Championship Tally 2023



**Cunningham**

**82864**



**Blaxland**

**82219**



**Lawson**

**78965**



**Wentworth**

**77332**

## Events calendar

### Term 2







- **Friday 26 May - Athletics carnival**
- **Monday 29 May - Australian History Competition**
- **Monday 29 May - Year 10 vaccination clinic**
- **Tuesday 30 May - Year 7 vaccination clinic**
- **Wednesday 31 May - Cross Country**
- **Tuesday 6 June - Dubbo eisteddfod**
- **18 to 21 June - Aerospace Camp Mudgee**
- **Monday 26 June - P&C meeting**
- **Wednesday 28 June - NAIDOC Day**
- **Friday 30 June - Last day of Term 1**
- **Tuesday 18 July - First day of Term 3**

## 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><b>Isabelle Murnane</b></p> <p><b>Year 7</b></p> <p>For her consistent effort and improvement in Japanese.</p>
	<p><b>Noah Deville</b></p> <p><b>Year 8</b></p> <p>For his consistent and positive approach to schooling.</p>
	<p><b>Blake Marshall</b></p> <p><b>Year 9</b></p> <p>For his focus and application in class.</p>
	<p><b>Maddison O'Regan</b></p> <p><b>Year 10</b></p> <p>For the positive start she has made at Mudgee High School.</p>
	<p><b>Charlie Wilkie-Mottershead</b></p> <p><b>Year 11</b></p> <p>For the excellent effort he is making at school.</p>
	<p><b>Hunter Orr</b></p> <p><b>Year 12</b></p> <p>For the commendable respect he demonstrated on bonding camp.</p>



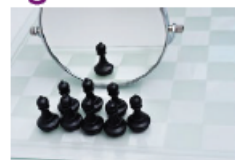
**SEE THE  
LIGHT  
IN -  
OTHERS  
AND TREAT  
THEM  
- AS IF *That Is* -  
ALL YOU SEE**

### Reflective Question

When you judge another, you do not define them, you define yourself.

*Critique the judgements you place on others. Consider swapping judgement for curiosity.*

### Focus on Cognitive Verbs



### CRITIQUE

Review (e.g. a theory, practice, performance) in a detailed, analytical and critical way.



## Mudgee High Boccia team

On Wednesday 10 March, the Boccia team travelled to Orange to play in the Western Region Secondary Boccia Competition. This year, students played an epic five games, with students scoring bonus points on multiple occasions and trick shots that had our balls "kissing" the jack.

Winning two games convincingly and drawing two games placed the team first in their pool. In the final game, the team witnessed bonus points being scored by both schools but ultimately Mudgee came out the winner over Canowindra.

The Boccia team will now travel to Sydney for a chance at the State title in Term 3. Team members are Ashton Allen, Logan Blair and Jack Roberts, who are all to be congratulated for their great sportsmanship.

Mrs Breadsell  
Coach





# Link news

## Student updates

**Taylor Meurer** is working at Superfine Hair and is enjoying her time there. Thank you, Vicki Hawtin and staff, for providing this opportunity for Taylor and sharing your knowledge and skills.

**Cody Hanrahan** has been with Advanced Design for Terms 1 and 2. Cody enjoys his work experience, especially when he gets to weld. Thank you to David Brown and staff members for your supporting Mudgee High students and the Link program.

**Scott Cameron** is currently with Ross Granata Motors. The team there has been a great supporter of the Link program for several years. Matt Dighton and his staff members encourage students to try their best so they can learn as much as possible while on work experience.

**Maximus van der Bruggen** is currently with Stuart Barnes at Everything Mechanical. Stu has been an amazing advocate for the Link program since it started in 2013 and has provided many students with the opportunity to undertake mechanical work experience.

Max certainly got his hands dirty last week (Friday 19/5).

Thank you to all the local businesses that support our students. If you would like to share your skills and knowledge by taking on a Link student in your business, please email [Sonia.hayton1@det.nsw.edu.au](mailto:Sonia.hayton1@det.nsw.edu.au) with your details.



Taylor

# GLENCORE



Cody



Scott



Max



## School vaccination clinics

The school vaccination clinics for Years 7 and 10 have been rescheduled for **29 and 30 May** due to the low uptake of online registration. We urge parents to take up this opportunity for free vaccination. Instructions on how to register your child are provided below.

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.

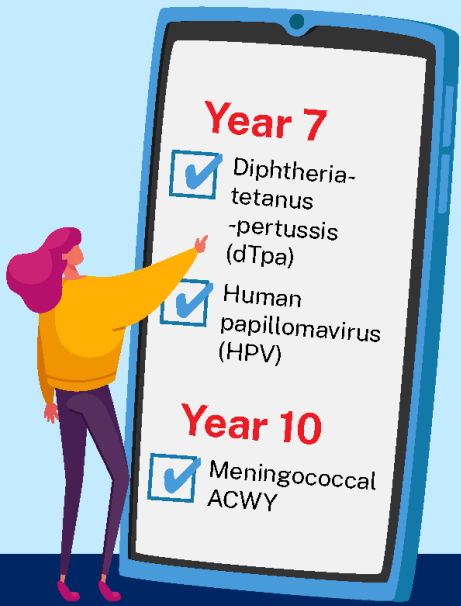
For more information on school vaccination visit: [health.nsw.gov.au/schoolvaccination](https://health.nsw.gov.au/schoolvaccination) or if you have any questions, please contact your local Public Health Unit on **1300 066 055**.

## 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.

### Is your child in Year 7 or Year 10?

**Provide your consent for routine school vaccinations online.**



**Year 7**

- ☒ Diphtheria-tetanus-pertussis (dTpa)
- ☒ Human papillomavirus (HPV)

**Year 10**

- ☒ Meningococcal ACWY

Scan the QR code to give your consent now.

For more information visit [health.nsw.gov.au/schoolvaccination](https://health.nsw.gov.au/schoolvaccination)

November 2022 © NSW Health.  
SHPN (HP NSW) 220990.

NSW Health



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](http://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](http://www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx)



# Athletics Carnival

Our annual athletics carnival will be held on Friday 26 May (Week 5) at Walkers Oval. The carnival is considered a normal school day and attendance is required. Students will need to bring their ID card to swipe in before 9 am.

Events held on the day will include 100m, 200m, long jump, high jump, discus, shotput, javelin and various novelty events. The 400m will be held at 8:30 am, before the main carnival begins.

Mudgee High's carnival is all about participation, trying your best, having fun and getting involved in the House spirit. Students are encouraged to participate in all events and to dress in House colours.

A small canteen will operate on the day and Year 12 will run a barbecue and food stall as part of their fundraising efforts for Mudgee Hospital. Bus companies will be diverted to Walkers Oval and students will need to be at the carnival by 8.55 am.

Some events will be held prior to the carnival and students will be informed of the dates in the daily messages during roll call over the coming weeks. These include the 800m, 1500m, 3000m and triple jump. Students will be required to nominate for these events. They can do so at the PDHPE staffroom.

It is very important that students listen to announcements during roll call and assembly, as this is our main mode of communication with students regarding sporting events.

Parent helpers would be greatly appreciated. If you would like to help, please contact the school on 63721533.



## Cross Country

The Cross Country will take place on Wednesday 31 May (Week 6). This event is compulsory for students in Years 7 to 10. It is not compulsory for our senior students, however, their participation is strongly encouraged. Students must participate in the school event to be eligible for Western Area trials selection.

The course will start and finish at Walkers Oval and run along the walking track to Lawson Park.

Students will walk under teacher supervision to Walkers Oval at the end of lunch and return to school in time for the end of school bell.

Students are asked to listen to the announcements in roll call and assembly in coming weeks for further information.





# Nationally Consistent Collection of Data



Dear parents, guardians and carers.

## **Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)**

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

Kind regards,

**Mudgee High School**



# Aerospace Camp - Mudgee

**Sunday 18 June to Wednesday 21 June.**

Over four days and three nights, students attending Aerospace Camp will experience activities that are immersive, interactive, fun and have an underlying emphasis on wellbeing and the development of employability skills including team building, creativity and problem solving.

The program includes:

- Astronomy and the Australian night sky
- Australia's contributions to space exploration
- Artemis Missions to the Moon and Mars
- Designing and building galactic habitats
- Designing, building, and launching a variety of Rockets
- Constructing, driving, and exploring a range of Rovers
- Problem solving challenges utilising Robotics
- Living and working sustainably on the Moon and Mars
- History of Space travel and exploration
- STEM Careers Expo

Each camp has 32 places for students aged 12 to 14. All participants will be fully accommodated at Mudgee Valley Park with all activities occurring at Club Mudgee over the four-day program.

Interested students must be aged 12 to 14 at the date of the camp and currently enrolled at a school within the Mid-Western Regional Shire. To apply, students will be required to:

Complete the Registration section located on <https://onegiantleapfoundation.com.au/aerospace-camp-mudgee-nsw/>

- Upload a letter of recommendation from you, as principal of the school.
- Upload a supporting letter from their parents/guardians.
- Upload a two-minute video about themselves and why they should be selected.

**Applications to participate will need to be submitted by 14 May.** Successful participants will be selected using criteria such as regional school enrolment, level of support and level of interest from the student. Successful participants will be notified by 21 May.





# Rotary Youth Exchange Australia

This year, we are hosting a student from Denmark who will arrive in July and stay in Mudgee for 12 months.

Rotary are looking for families who would be willing to host our new student, usually for 3 months. He would become one of your family and maybe a contact for overseas visits later.

He is 16 and will attend Mudgee High School. This is potentially a wonderful experience for you and particularly for your children, to experience a different culture, learn a new language, make a new friend.

Prior to COVID, we have hosted students from different countries showing them our beautiful town and taking them to visit different places.

If you are interested, please contact - Jenny Dowdy 0429 658 915 or any Rotarian, Mudgee Rotary & Mudgee Rotary Sunrise.

Jenny Dowdy

Mudgee Rotary Sunrise  
Youth Director

0429 658 915  
[jenniferdowdy2@gmail.com](mailto:jenniferdowdy2@gmail.com)

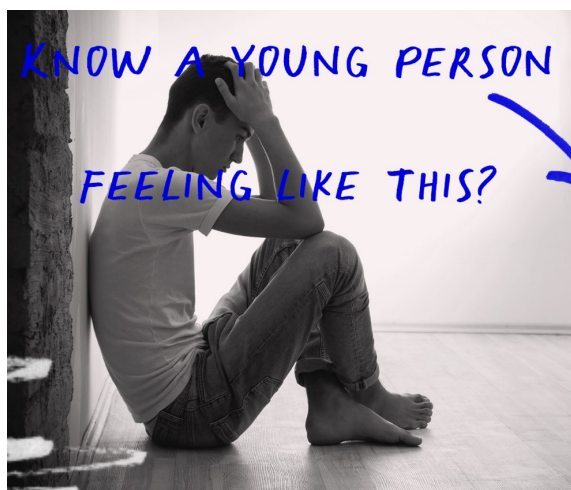


Rotary Youth  
Exchange Australia



## Paid advertisement

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



KNOW A YOUNG PERSON

FEELING LIKE THIS?



TUNE INTO YOU,  
BE YOUR OWN  
HERO.



FEELING A LOSS OF CONTROL?

DAILY STRESS OR ANXIETY?

PERHAPS SELF MEDICATING OR ADDICTIONS?

NOT SURE WHERE THEY ARE HEADING?

CAN'T FIND A THING THEY ACTUALLY LIKE ABOUT THEMSELVES?

>STOP THINKING IT WILL BE RIGHT AND **TAKE ACTION**

Inner Tone specialise in coaching programs for tweens and teens to find their self worth and self acceptance.

We help young people find their voice and their power to be their own Hero.

We offer online personal and group coaching sessions.

**VICTIM OR VILLIAN TO HERO!**

**Group coaching programs  
Starting in Term 3**

8 week mindset reset program,  
teaching practical skills to improve:

#Mood  
#Self esteem  
#Confidence  
#Resilience  
#Optimism  
#Motivation

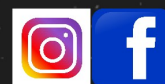


@innertonecoaching

E: Tara@innertone.com.au

Inner Tone is based in Mudjee,

in person private coaching sessions also available





## 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](http://MHFA.com.au) or [soniahayton3@gmail.com](mailto: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](mailto: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
--------------	------

### Terms 2 and 3

Hot Milo	2.50
----------	------

**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**

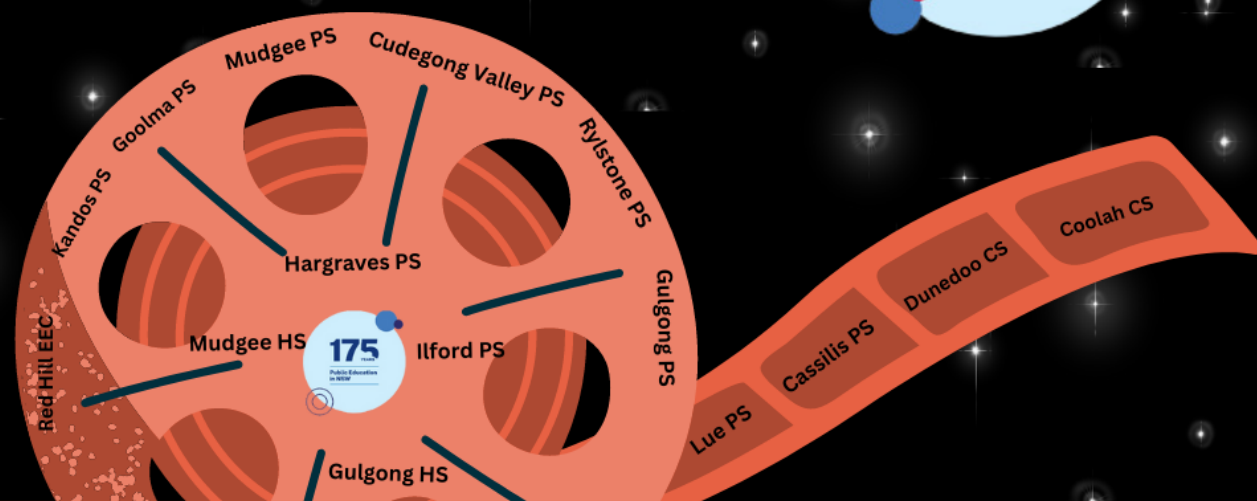
CLC

**SHORT-FILM  
COMPETITION**

PAST, PRESENT, FUTURE

**Ed2023  
Week**

31 July – 4 August



**OPENING NIGHT  
MUDGEES TOWN HALL**

**31 JULY  
5:00PM**



**Education**  
Public Schools

**SCHOOL FILM FINALISTS DUE BY END OF TERM 2**

**CATEGORIES: K-2; 3-4; 5-6; 7-9; 10-12**





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



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](https://servicesaustralia.gov.au/abstudy)





# 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](mailto:careers@jossgroup.com.au)



Check us out on Facebook [Joss Cleaning](#)

or visit our webpage  
[www.jossgroup.com.au](http://www.jossgroup.com.au)



## Sponsorship

**Mudgee High School - Link Program**

**Proudly supported by**

**GLENCORE**

***Ulan Coal Mine***