



Muswellbrook High School

Newsletter 7

31st October 2011



Principal Report

"We're going to Sydney!" No, these were not the words of an Australian Idol contestant but our very own Amy Pickersgill who had received second place at the Singleton Show Junior Cattle Judging Competition in the Dairy Cattle section. Amy now qualifies to represent the school in this area at the Sydney Royal Easter Show next year. Further details of the student achievements in this competition can be found in Mrs Bailey's report.

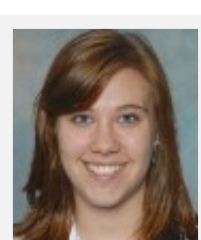
The school has certainly been blessed with so many outstanding individual and group achievements this year in a broad range of areas. These students have been ably supported by our staff here at the school who regularly astound me with their level of dedication, commitment and care for their students. This has been acknowledged in many quarters, no more so than recently by the large number of parents of Year 12 students who have contacted me regarding the support that their children have received in their HSC year. Many teachers have consistently stayed back late after school, often well into the evening, to help support their students. They have also given up weekends and holiday time for practices, study days and the like. Whoever said that teaching was a nine-to-three job? Thank to all of our staff for the fantastic job that they do each and every day.

School Leaders 2012

Congratulations to the following students who have been elected as our school leaders for 2012:

Captains: Cohen Whyburn and Jessica Sparre

Vice-Captains: Jake Barner and Petra Franks



Prefects: Nicholas Logan and Tamara Petersen



These students bring a range of skills and experience to their roles including academic success, community involvement and student, sporting and extra-curricular leadership. Our new leaders have big shoes to fill and I would like to take the opportunity to thank our outgoing 2011 leaders for their outstanding tenure of their positions and for being such strong advocates for our school. I welcome our new leaders and look forward to working with them in the coming year.

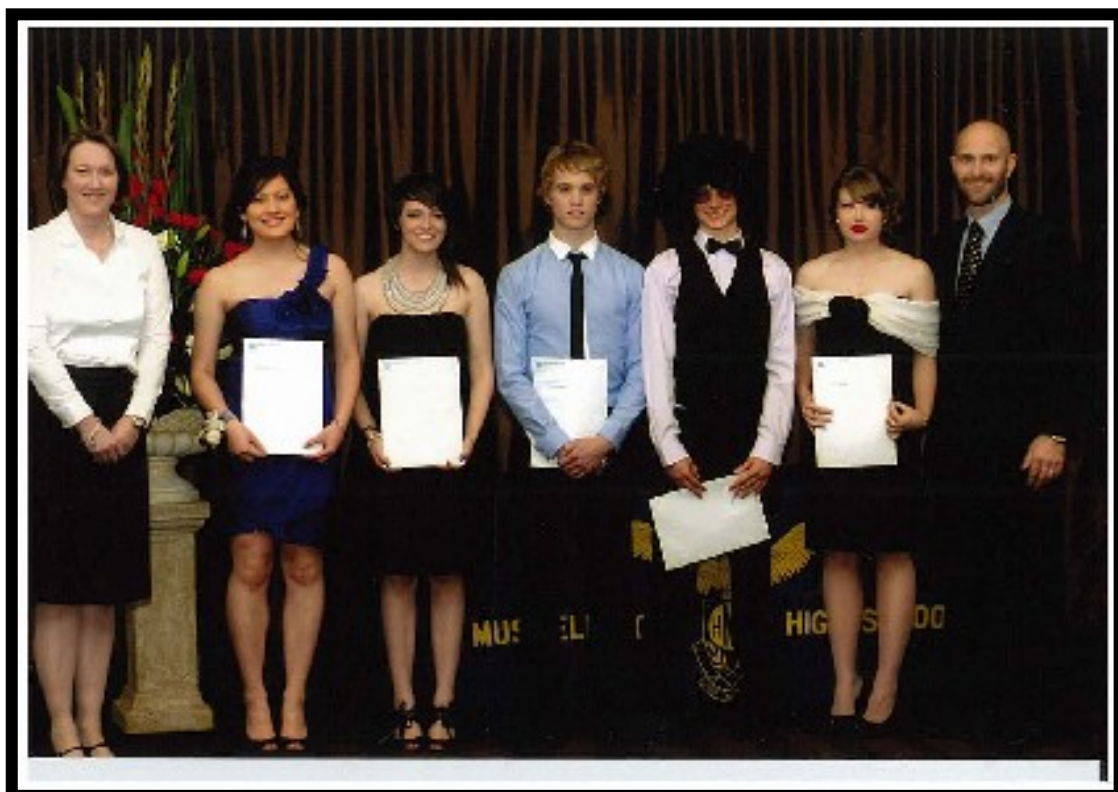
Year 12 Farewell and Formal

On Thursday, 22 September, we held our Farewell Assembly for our Year 12 students before they embarked upon their HSC examinations at the beginning of Term 4. This was an exciting, entertaining and emotional event with a range of speeches from our captains, representatives from each year groups and Year Adviser, Mr O'Hara. Thank you to the many parents of our graduating Year 12 students who attended this event and for your support for the school over the years. For many families this was their last child to graduate from the school, making this an even more significant occasion.

That evening, Muswellbrook RSL hosted the Year 12 formal. A great deal of time, thought and effort had clearly gone into the students outfits for the formal. This was a fantastic event and a great opportunity for our staff, students and parents to celebrate together. I would like to acknowledge the great work of our office staff, Tanya Clifford and Kylie Cheers in their organisation and management of this event. Photographs from the formal are now available for purchase through the front office.

Bengalla Scholarships

An important feature of our school formal is the awarding of the Bengalla Scholarships. Andrea Sutton, General Manager of Operations Bengalla Mining Company, was one of our special guests on the evening who presented the scholarships to the fortunate students. The winners were Sam Hume, Sarah Rodham, Ali Ward, Daniel Rivers and Cassandra Pickham. Congratulations to these students who will now be well supported in their future university studies.



Aboriginal Education Area



The school recently signed an agreement with representatives from Xstrata Coal, BHP Billiton and Rio Tinto to jointly fund the school's new Aboriginal Education Area project. I commend the foresight in the initiative of these companies working together in partnership with Muswellbrook High School.

Aboriginal artist, Les Elvin (pictured above) has been commissioned to co-ordinate the painting of a mural as part of the education area, which will also incorporate a bush tucker and native gardens. Work on the mural is scheduled to begin on Wednesday, 9 November.

Memorial Garden



The school Memorial Garden has attracted significant praise from visiting members of the community since its construction and the 'final touches' are now being completed. Teacher, Cheryl Ham, has been busy in the school holidays and early this term creating a range of 30 Australian Native Animal stepping stones for the garden. We have also received the new plaques from Tim Ray at Create-a-Lase, a new local business. Please feel free to visit the garden next time that you are at the school.

100% Knights



Our Aboriginal students in Years 9-12 have been active in the 100% Knights program. This week, Year 9 students, along with Mr Cummings and Miss Pascoe, attended a two-day cultural camp at Wollombi. The camp facilitators praised the students as one of the best groups of students that they have ever hosted.

Year 12 students Kaylie Edwards and Kylie Saunders (pictured above) were fortunate enough to be invited to meet some of the members of the Australian Rugby League team at the launch of the voting for the 2012 Indigenous All Star team.

Lenny Craft and Chloe Barwick have been chosen to represent Muswellbrook High School at the All Stars Youth Summit on the Gold Coast next year. They will join Indigenous students from across the country at this four day event, as well as attending the All Stars game and meeting the players.

Muswellbrook Coal Donation

I would like to acknowledge the very kind donation of \$7000 from Muswellbrook Coal which has been used to purchase a range of outdoor furniture for the developing Year 12 'Senior area' on the Clendinning St side of the school. The students have been very appreciative of these new additions and we are looking to do a great deal of work on this area in 2012 to provide our senior students with a comfortable and relaxing area to support them as they undertake their HSC studies.



New School Website

Mr Faunt and Mr Copland have taken on the massive task of creating a new school website to be launched early in 2012. We are looking to provide a first-class, easy to navigate site to promote our school and provide parents with as much information as we can to help support student learning. We will send all parents an email to let you know when the new site is up and running.

Fencing Project



On the last day of Term 3 our Primary Industries students were joined by 13 representatives from Mt Arthur Coal to undertake our school fencing project. Mt Arthur had generously donated \$15 000 to purchase the fencing materials required for the job. I would like to particularly thank Nicole Grant-Wergeltoft for her assistance in organising the employees to attend the event and Mr Bruce Jeffries who co-ordinated the Mt Arthur employees on the day. Thank you as well to the employees who worked in tough conditions on what was the hottest day of the season to date. High praise must also go to Mr Taylor who is pictured above demonstrating some of the finer points of fencing to his class. With the project approximately 50% complete, we are looking to finish the project in a few weeks time. If there are any parents with fencing skills, however limited, who would like to assist with this project, your time would be very much appreciated.

Deputy Principal

Welcome to Term 4. It is great to see so many happy faces back at school. Year 12 students have been working very hard in the lead up to the HSC exams and are currently completing these as we go to print. I am sure that they will be glad to see the end of them in week 5.

I have attached a pamphlet at the end of this newsletter that has been created by several students as part of their PD/H/PE coursework. Not only is the pamphlet of a very high standard, it contains some outstanding advice for both parents and students.

I can't stress strongly enough the need for us all to be aware of what happens on the internet (facebook, emails, etc). Please take the time and make the effort with your children so that they may have a much more enjoyable and safe time on the internet.

Win an iPad

A great resource for parents is at: www.schoolatoz.com.au This site is run by the Dept. of Education to help you help your children at school. If you subscribe to the mailing list, you go into a draw to win an iPad. Good luck!

Mr B Drewe
Deputy Principal



The image shows the cover of a pamphlet titled "School A to Z" with the website www.schoolatoz.com.au. The cover features a cartoon illustration of a man and a woman talking, and a boy on a skateboard with a girl walking. The pamphlet lists "Practical help for parents on:" followed by three bullet points: "Homework and study", "Child wellbeing", and "Technology use and keeping kids safe online." At the bottom, it says "For help on the go, download our free mobile app." and "www.schoolatoz.com.au". The NSW Government logo and "Education & Communities" are also present.

School A to Z
www.schoolatoz.com.au

Practical help for parents on:

- Homework and study
- Child wellbeing
- Technology use and keeping kids safe online.

For help on the go, download our free mobile app.
www.schoolatoz.com.au

Developed by teachers, specialists and parents.

NSW GOVERNMENT | Education & Communities

Maths Report

Competitions

On Thursday 4th August, 67 students from Muswellbrook High School took part in the Australian Mathematics Competition. The competition is a valuable opportunity for our students to see how they measure up against hundreds of thousands of peers from over 40 countries. This year's results were very pleasing, especially by students from Year 7.

This year 30 of our students received Proficiency awards, 8 of our students received Credit awards, 2 received a Distinction and 1 received a High Distinction.

Award winners were :

Credits :

Year 7 : Owen McLeod, Anna Suzuki.
Year 8 : Dominic Cooper, Elizabeth Symington.
Year 9 : Jonathon Logan, Shiona Suzuki, Stuart Thomson.
Year 10 : Jason Elphick.

Distinctions :

Year 8 : Patrick Richards
Year 9 : James Bagley

High Distinction :

Year 11 : Nicholas Logan



James Bagley was this year's recipient for the Prudence Award. This award is given for the most number of consecutive questions correct. James scored 12.

Nicholas Logan's result was particularly meritorious, coming in the 99th percentile of all the Year 11 & 12 students who took part across the world. Well done Nicholas!

Year 10 School Certificate Exams

Year 10 students are currently doing their Trial School Certificate Examinations. This will give students valuable practice under examination conditions for the actual School Certificate Examination held in Week 5.

H.S.C. Students

Students have been working hard at last minute study and revision in preparation for their Mathematics examinations, with a number turning up in their holidays for extra study sessions. It's been very satisfying watching these students grow in to fine young adults. We wish them well in these examinations and their future endeavours and trust they will keep in touch after their H.S.C. exams or call in from time to time to tell us what is happening in their lives.



Return of Textbooks

Could all students please return textbooks as soon as possible, especially Year 12 students as these textbooks are required now for the next Year 12. If you have a brother or sister who has left school and is still to return a textbook could you please remind them or bring it in for them.

Calculators for 2012

All students in Year 8 in 2012 will be expected to bring a scientific calculator to school each day. A Sharp EL531WH can be purchased from school for \$20 at the start of next year. Year 7 will not be required to bring a calculator to class but will require one for the NAPLAN Numeracy tests in May.

Staff Changes for 2012

We welcomed Mr Tabi to the Mathematics Department this term and for all of 2012, replacing Mr Banks who will be retiring. We also welcome Mrs Thornton who has been teaching two Year 7 Mathematics classes this year and will be in the Mathematics Department in 2012.

Mr David Cummings
Head Teacher Mathematics

Science Report

We have had a busy time in Science recently with many excursions and visiting shows. You will see a number of reports in this newsletter detailing these events. We are fortunate to have visiting shows and workshops available to us as it gives our students access to wonderful experiences without the added expense of transport to these events. We have recently been involved in Solar Boat challenges, CSIRO's Biotechnology DNA day, Snaketails, Year 7 Science Reward Day to Taronga Park Zoo and Optics in the Outback.

On the 22nd of November all Year 8 students will participate in ESSA online tests. This year marks a new development in the testing as it will be conducted online. Students have received notes about this and will require a set of headphones or earbuds to complete the test. An information leaflet is included in this newsletter. If you require further information please contact me at school.

We wish all our HSC students the best of luck in the exams and for their future studies and careers. Year 10 will sit their SC Examinations in week 5 and Years 7-9 will be completing Yearly Examinations in weeks 4 and 5. Students should all be revising their classwork now in preparation for these exams.

Fiona Bailey
Head Teacher Science

Electric Vehicle Competition

Mr Joel Faunt (TAS) has assembled an awesome team of Year 8 and 9 boys to work on a very innovative and competitive entry in the Electric Vehicle Competition to be held in Newcastle Sunday 20th November (<http://hunterevfestival.com.au/>). This is a very exciting and significant project. If you would like to help develop our school community and participate or donate please contact Joel or myself at school or by email, we still have sponsorship opportunities available!

Wendy.Wales1@det.nsw.edu.au

Joel.Faunt2@det.nsw.edu.au

Ms Wales

Snaketails

Year 7 and 8 students were entertained and informed about various reptiles by Bob and his “friends” from Snaketails. Students learned about classification and adaptations as well as advice on what to do and not do when you come across a snake. Students were able to touch the Carpet Python at the conclusion of the show.



Adam Coster and Murray Robb got a little closer than they expected

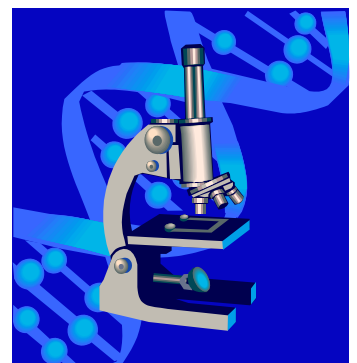
CSIRO “DNA to the Max”

The CSIRO Travelling biotechnology show provided two free and worthwhile hands on workshops at Muswellbrook High School Friday October 21. Year 10 and 11 students were taken through the techniques of DNA extraction and electrophoresis. Electrophoresis is a separation technique for sections of DNA and is used in DNA fingerprinting.

The up to date powerpoint of the state and application of transgenics, where genes from one species are inserted into another (eg BTcotton and glow in the dark aquarium fish) covered both Yr 10 School Certificate Science and HSC Biology syllabus work very clearly. This area of Science requires scientific knowledge and involves values, so one way you might help your child prepare for the school certificate Science exam is to ask or explore with them what they know and think about transgenics.

Many thanks to Mrs Bailey and administration staff for making this happen.

Ms Wales



Science Week 2011

2011 Science week went off with a BANG, with students across all years experiencing engaging physics and chemistry demonstrations. In one experiment, solid sodium metal was put into a pan of water– it is very reactive and explodes once critical mass and temperature is reached. The Science faculty would like to thank Dave Cheers, from Subzero, for supplying liquid nitrogen. This was used in a range of demonstrations including snap frozen fruit, changing the oxygen in air filled balloons to liquid and back to gas, the famous egg into a glass bottle experiment, making a floating superconductor and the much rejoiced instant ice cream.

Optics in the Outback

Muswellbrook High School was lucky to host the travelling “Optics in the Outback” program, which was attended by some of our year 9-11 students. The show was very engaging, focusing specifically on the physics of light. After some theory on light behaving as a wave and a particle, students used a demonstration 'light telephone' to speak and listen to each other, with the messages reflected through a series of mirrors (backwards and forwards) to transmit the message. Future directions of research into light were highlighted, with the possibility of producing an invisible cloak using meta material. The show concluded with students challenged to make it through the laser maze without breaking the beam. This challenge required participants to crawl, jump and leap under and over an almost invisible maze of lasers (ever seen a movie with the red lasers criss-crossing the room?). Many students tried the challenge but, unfortunately, were unable to get all the way to the end!

Mrs Appleby



Year 7 Science Reward Day

On the 22nd of September, Year 7 students travelled to Sydney to visit Taronga Zoo.

Although some students asked, "Why have we got to go to the Zoo?", their fears were unfounded as all students enjoyed the day, immensely.

Much enjoyment was derived, not only from seeing so many different animals but the various displays provided by the Zoo Staff.

To see elephants playing soccer, a galah collecting coins from strangers in the crowd and seals performing amazing feats were just some of these.

Miss Sturtridge, Miss Elliott and Mr Watson were the supervising teachers who also enjoyed the day and are to be thanked for their effort in organising such an excursion.

All students are to be commended on both their enthusiasm and behaviour, as on three separate occasions, one teacher was approached by complete strangers who complimented the students of Muswellbrook High school.

Singleton Show Junior Cattle Judging

On the last day of last of Term 3 i had the pleasure of escorting 4 students to Singleton Show for Junior Judging competitions. This is a zone final where just 4 students are selected to compete at the Sydney Royal Easter Show in April next year.



Briana Waters
Amy Pickersgill
Luke Wilkinson
Ryan Symington
competing at Singleton Show

Ryan Symington came 3rd in the Beef Judging competition and is now a reserve for the Royal Easter Show. Briana Waters came 3rd in the Dairy cattle judging and is also a reserve for the Royal Easter Show. Luke Wilkinson was a close 4th to Briana and Amy Pickersgill came 2nd in the Dairy Judging competition and will compete in the state finals at the Royal Easter Show next April. This is an excellent result as we normally only compete in beef cattle competitions. This was only our second attempt at Dairy competitions. All students have a keen eye for comparing cattle and performed to a high standard gaining perfect scores in many sections of the judging competition. We now have to improve our oral presentations to gain even greater success. Congratulations and best of luck at the Upper Hunter Beef Bonanza and then Sydney.



Mrs Fiona Bailey
Head Teacher Science



Uniform Shop

There is now a flyer attached to the school website that provides all the information regarding opening hours and pricing for Back to School 2012. A hard copy of the flyer will also be included in Year 7 Orientation Packs.

<http://www.muswellbro-h.schools.nsw.edu.au/sws/view/1683697.node>

(If the above link doesn't work go to our school website and select the Uniform tab.)

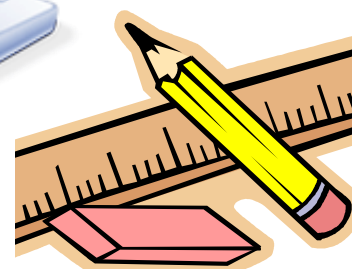
Vanessa



Canteen

Yr 7 Book Packs are now available at the canteen. The packs have all the stationery required for 2012 Yr 7 students including a memory stick. The pack is \$40 and a receipt for taxation purposes can be provided. (Orientation Day is November 28th.)

Stasia & Maree



Rural Fire Cadets



PDHPE Report

As we near the end of another year, we often look back and reflect on the positive happenings that have occurred over the past Semester. As we head into the summer months, it is important for students to ensure they are adequately prepared for school including having adequate water (approximately 2 litres per day), sunscreen (applied regularly throughout the day), and wearing appropriate clothing (especially hats when outside). Students are encouraged to ensure they are eating a nutritious diet to give them the required energy for their daily tasks.

Year 7 Sport has continued to be a success in 2011. Both the boys and girls have spent time learning new skills, building team spirit and competing against their peers for their house groups. Currently, the boys are participating in cricket, whilst the girls will be participating in indoor soccer. Throughout the year, there have been some outstanding skills on show with the current leaders being the Goulburn group closely followed by Hunter, Page and Paterson. In the girls section, Hunter and Paterson are fighting out the top 2 positions followed by Page and Goulburn.

School Sport is again in full swing and with the warmer weather upon us, it brings a return to the pool for Wednesday sport. This term we have a new addition to the selection with the pool offering the YMCA gym for our students. From the first few weeks, the students have been enjoying their time and we look forward to continue this in the future. Some of our year 10 have taken the challenge of learning to become an instructor for the annual Lifesaving program run in Term 4 at MHS. Mr Morris has been working hard with this group to ensure that they deliver a safe and appropriate program later in the term. Students in years 8-10 should be selecting their Lifesaving levels in their PDHPE classes for week 8 this Term. As in previous years, swimming distance and the prices should be noted when selecting levels.

This week involves the year 12 students who study PDHPE and CAFS completing their HSC Examinations. The PDHPE staff and, in particular, Mr Herbert and Miss Dean, wish their classes the best of luck in the examinations and hope that the intense study pays off for them during their long 3 hour examinations.

Students in Years 8-9 are finishing off their latest PDHPE assessment tasks for the topics: Fad Diets and Physical Activity. Years 7-9 will also be completing their Yearly Examinations. Students are encouraged to revise their work booklets which are located in the PDHPE staffroom.

Starting in term 4 will be the implementation of the Healthy Schools, Healthy Futures program. This Hunter New England Health program has involved students and parents (years 7-10) taking part in information gathering in regards to resilience strategies and healthy behaviours of our community. There are still some students yet to complete their surveys and these will hopefully be completed in the coming weeks. Parents have been sent out their surveys to complete also. It is hoped that these can be completed as soon as possible and sent back in the reply paid envelopes or handed in to the box at the school's front office. This program enables MHS to have a field officer working at the school 1 day a week to analyse data and assist in building a program for MHS. If there are any school community members that would like to be involved in a core group (to help and build resilience amongst our community and enhance the overall health of our students and their families) for this program, please contact Mr Herbert in the PDHPE staffroom.

G. Herbert
PDHPE Head Teacher

Touch Football Report

Last Term, Miss Amber Dean and Mrs Jessica Withers took two Touch Football teams to Wallsend for an All Schools Touch Gala Day.

All students played exceptionally well and should be commended on their behaviour.

The boys team beat Callaghan, Francis Greenway, Tomaree and Hunter Valley Grammar and also drew with ASC St Peters to win Pool A and make it through to the Semi Finals.

In the Semis they played Hunter Sports High School and won 1-0 in a drop off. This took them through to the Grand Final where they played Singleton High School. It was a very close game, having to play extra time in a drop off. Unfortunately, the boys lost 2-1.

The girls also played really well, providing tough competition for their opposition. They came 5th in Pool B, but, unfortunately, did not make the Semis.



IMPORTANT INFORMATION

SMS text messaging – Daily attendance of your child is sent to your family mobile number. If only one adult has a mobile then this will be used. This can also be used for important information regarding parent teacher meetings, issue of reports etc. The school SMS number is: **19910010**. Please add this as a contact in your mobile phone. You CANNOT phone this number, please phone using 65431033. You may send a text message at any time to this number to explain your child's absences. Please let us know if you have any problems with this texting service.

Email – We are now sending the school newsletter to as many people as possible via email. If you have an email in the family that you use regularly, please contact the school.

Websites – The school website holds a great deal of information and is a useful place for you to find out what is happening at school.

Millennium - We also have started using a website that contains all of your child's school information. This includes attendance, school reports, assessment tasks, timetables, behaviour information.

Students have a separate login to this site and they will be sent an email to their portal email address outlining how to access this site.

Families are able to see the whole family at a glance and need a family login. This will be sent to you via an email if you have one already and in several weeks if you have just added one.

P & C Report

We welcomed the Mayor, Mr Martin Rush, to our September meeting and he discussed three issues.

The first issue concerned mining and their Apprenticeship Programs. The last 18 months have seen great job opportunities offered to kids in our town through 28 apprenticeships in the mines and it is hoped that this will increase to 50 in the future. A similar program is being trialed in the light automotive industry and this should help provide a wider distribution of trade labour. This is good news for our students.

The second issue was about a new works program. Council will make available \$100 000.00 per year for seed funding of projects with the proportion being allocated as follows: 1/3 from the community source, 1/3 from the Council and 1/3 from the State Government. Some money has already been given to the TAFE to help with the building of student accommodation. Our school can also apply for funding from this program.

The last issue concerned the council's intention to work more closely with the TAFE here in Muswellbrook. This may also provide opportunities for our students intending to study at TAFE in the future.

Welcome to our new School Grounds General Assistant Mr Kevin Thomas.

Congratulations to our school leaders elected for 2012: Jessica Sparre and Cohen Whyburn (Captains), Petra Franks and Jake Barner (Vice-Captains) and Tamara Petersen and Nic Logan (Prefects).

The Canteen has the Yr 7 2012 book packs organized and they will be on sale at the Orientation Day coming up soon.

The P&C is buying 2 shade shelters which will hopefully be in use at school events this Summer.

Our next meeting will be held on **Thursday, 10th November, at 7pm in the library.**

All are welcome.

From the P&C

Annual Student Development Program

During week 8 (Wed 30 Nov – Fri 2 Dec) all students in Years 8, 9 and 10 will be involved in Lifesaving, Resuscitation and Survival classes at Muswellbrook Pool. This program is coordinated by Mr Drewe and Mr Morris. Year 11 students will be undergoing the HSC Crossroad program at Lake Keepit Sport & Recreational camp, coordinated by Ms Murphy. Year 7 will be undertaking a Japanese restaurant visit, bushwalk and health program, coordinated by Mr Copland.

Each student will be given a relevant permission note with details specific to their program.

Note that during the program the school canteen only opens until recess each day and food is by order only.

The development days are part of the school curriculum. **Attendance is compulsory.** If students fail to attend they will require absentee notes, and absences will be recorded as unjustified. Alternative programs are run at school where attendance at the pool is not possible for legitimate reasons.

We invite any parents able to assist with these programs or wishing to discuss any aspect of the program to contact the relevant coordinator at school on 6543 1033.

Mr G. Morris



A GUIDE TO CPR RESUSCITATION

RESUSCITATION SAVES LIVES-UPDATE YOUR SKILLS TODAY!

FOR FIRST AID, RESUSCITATION, DEFIBRILLATION & LIFESAVING COURSES & RESOURCES.
* FIRST AID KIT RE-STOCKING SERVICE NOW AVAILABLE*

SYDNEY: 9634 3700 / WESTERN: 6369 0679 / NORTHERN: 6651 6266
ILLAWARRA: 4225 0108 / RIVERINA: 6921 7422 / HUNTER: 4929 5600

DANGER

CHECK FOR DANGER

TO SELF / TO BYSTANDERS / TO CASUALTY / REMOVE HAZARDS

RESPONSE

CHECK FOR RESPONSE

CAN YOU HEAR ME / OPEN YOUR EYES / WHAT'S YOUR NAME
SQUEEZE MY HAND / PLEASE LET GO

SEND

SEND FOR HELP

CALL OR ASK A BYSTANDER TO PHONE '000'

AIRWAY

OPEN AIRWAY

CHECK AND CLEAR / POSITION CASUALTY ON BACK
SUPPORT HEAD, TILT SLIGHTLY, CHECK AND CLEAR MOUTH

BREATHING

BREATHING NORMALLY?

YES, PLACE IN RECOVERY POSITION / NO, COMMENCE CPR

CPR

COMMENCE CPR / 30:2

GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

LOCATE COMPRESSION POINT

FIND THE CENTRE OF THE CHEST.
PLACE THE HEEL OF YOUR HAND
ON THE COMPRESSION POINT
WITH THE FINGERS PARALLEL TO
THE RIBS AND SLIGHTLY RAISED.
PLACE YOUR OTHER HAND
ON TOP OF THE FIRST.



CHEST COMPRESSIONS

COMPRESS TO APPROX
1/3 OF DEPTH OF CHEST.
30 COMPRESSIONS
AT A RATE OF
100 PER MINUTE.



RESCUE BREATHS

SUPPORT HEAD AND JAW.
A SLIGHT HEAD TILT
MAY BE NECESSARY TO
OPEN THE AIRWAY.
DELIVER 2 BREATHS ALLOWING
1 SECOND PER INHALATION.



RECOVERY POSITION

IF NORMAL BREATHING
RETURNS, POSITION
CASUALTY ON SIDE.
ENSURE THE AIRWAY
REMAINS CLEAR.



IF UNWILLING / UNABLE TO PERFORM RESCUE BREATHS CONTINUE CHEST COMPRESSIONS.

FOR INFANTS (BIRTH - 1 YEAR): DO NOT TILT HEAD. COVER BOTH NOSE AND MOUTH FOR RESCUE BREATHS.
USE 2 FINGERS TO COMPRESS CHEST 1/3 OF DEPTH.

DEFIBRILLATION

ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE
FOLLOW AED PROMPTS / CONTINUE CPR UNTIL SIGNS
OF NORMAL BREATHING AND RESPONSIVENESS RETURN



THE INFORMATION CONTAINED IN THIS POSTER IS RECOMMENDED FOR SCHOOL
RELATED EMERGENCIES, IT IS NO SUBSTITUTE FOR FORMAL INSTRUCTION.
ENROL IN A CPR COURSE AND UPDATE YOUR SKILLS ANNUALLY. © RLSSA 2011

FOR MORE INFO VISIT:
royalnsw.com.au

Year 12 formal & Farewell Assembly

On the last Thursday of Term 3 the current Yr12 cohort had their last official day at Muswellbrook High School. Things happened a bit differently this year with the Farewell Assembly being held in the morning and the Formal held later that night.

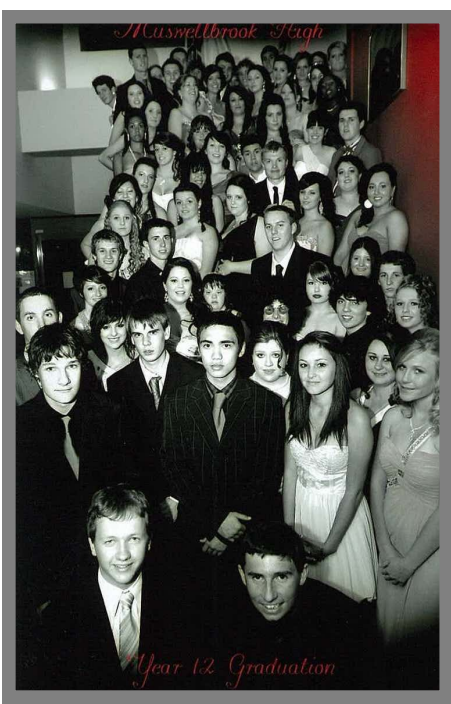
At 9am the students lined up outside of the MPC for the last time waiting to receive their final report and certificates. This is about the time that I realised that I had failed to bring the reports or the certificates and had to quickly send Mr Copeland to the staffroom to get them for me. After words of farewell from different year groups and a few speeches the student's last assembly was over. This was then followed by a morning tea in the library, with plenty of delicious food courtesy of Mr Glase and his Hospitality Classes' excellent cooking skills. Year 12 then left to prepare themselves for the formal.

Later that night, and wearing suit number 2 for the day, and to some student's dismay missing my beard that I had had for most of their HSC year, I arrived at the Muswellbrook RSL early to find that some of the keen students and parents had already arrived. The auditorium looked amazing as did the students and their partners all dressed to impress. After some fun trying to fit the whole year into a group shot on the stairs the night got underway, students were introduced and given a school glass before sitting down to enjoy the night. As for myself, I couldn't wait for my second speech of the day to be over so I too could enjoy the rest of the night. There were a few other speeches and presentations, one of which was the Bengalla scholarships with congratulations going to Daniel Rivers, Cassandra Pickham, Sam Hume, Sarah Rodham and Ali Ward. With all the official business out of the way students were free to chat with teachers and parents and then disappear into the night.

And a big thanks goes to Tanya Clifford and Kylie Cheers for their organisation and running of the formal.

Congratulations Year 12 2011

Daniel O'Hara
Year 12 Advisor



Aboriginal Education



Muswellbrook High School Junior AECG



Muswellbrook High School is proud to acknowledge the formation of a Junior AECG (Aboriginal Education Consultative Group), which gives the Aboriginal Students of the school the opportunity to develop leadership qualities, empower their cultural heritage through real and active involvement in decision making at school level and to increase Aboriginal Community Participation in Aboriginal Education.

We would like to congratulate the following students in becoming the Executive Leaders in Aboriginal Education at Muswellbrook High School.

Petra Franks **President Year 11**

Rosemary Howard **Vice President Year 9**

Chloe Barwick **Secretary Year 11**

Logan Edwards **Assistant Secretary Year 10**

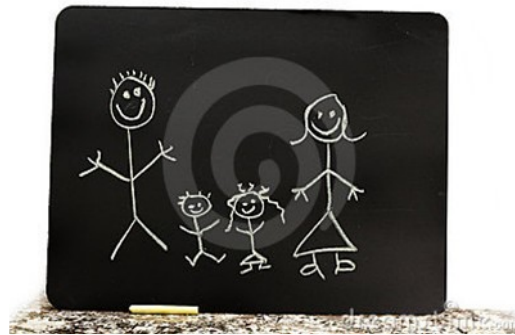
Students will be holding meetings twice a term, with their first official meeting being held on Monday 31st October at lunchtime.



All students Aboriginal and non Aboriginal are able to take part in the group.

Muswellbrook

**Connecting Indigenous Families
& Education Providers.**



Come Along...

Group sessions are held weekly in a
fun and friendly environment...

WHEN: Tuesday's (School Term)

WHERE: QE11 Building

Cnr Bridge and Market St
Muswellbrook

TIME: 10am—2pm

Learn New Skills to Help Your Kids & YOU!

For Further Information Please Contact :



Rae 6542 3555

Upper Hunter Community Services Inc.

Proudly Supported by BHP Billiton Mt Arthur Coal

Trivia Night

The Davis family would like to sincerely thank all those who helped make John's Trivia night on Friday 21st October such a great success. Especially Mr Gareth Erskine and the Muswellbrook High School for allowing us to use the MPC, Mr Tony Borg for being our MC, all of the Upper Hunter businesses that donated prizes, and all staff, students and members of the community who attended. We hope you had a great night.

Your support for John's endeavour to raise funds to go to Japan is much appreciated.

Many Thanks Andrew & Susan Davis

ESSA Letter for Parents

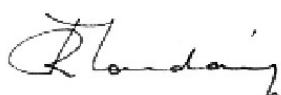
Dear Parent or Carer

The Essential Secondary Science Assessment (ESSA) test for Year 8 students will be held on Tuesday 22 November 2011. The test takes approximately 80 minutes. The test is an interactive, multimedia test completed entirely on a computer. It is called ESSAonline. ESSAonline contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including a simulated investigation. This is a diagnostic test, with tasks framed on Stage 4 outcomes and essential content in the *NSW Science Years 7–10 Syllabus*. Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas.

Students also complete a survey about their opinions, attitudes and values. Since students complete ESSAonline on a computer, they will not need writing materials. However, each student needs to bring headphones or earbuds that plug into a school computer. Earbuds for an ipod or portable player are suitable. If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact your child's school to discuss special provisions or possible exemption from the test. Results of the test will be available during Term 1 2012. Information about each student is treated confidentially and held securely to ensure that the right to privacy of all students is maintained. A personal report for each student will be sent to parents/carers to describe the science knowledge and skills demonstrated by the student in the test. There will also be information about how your child's results compare with overall performance of all students in the test. You will be invited to complete a parent survey about the test and science learning. The principal of your child's school is able to provide you with more details about the ESSA program if you require additional information.

Yours sincerely



Robert Cordaiy
Manager, Contracts Development and Test Administration
Educational Measurement and School Accountability Directorate



Muswellbrook High School
PO Box 198
MUSWELLBROOK NSW 2333

Phone: 02 65431033
Fax: 02 65433927
E-mail: muswellbro-h.school@det.nsw.edu.au
Web: www.muswellbro-h.schools.nsw.edu.au
Text Number: **19910010**

"Striving for excellence in a school that cares"



What issues can arise on the internet?

There are many things that can happen on the internet:

- cyber bullying
- Cyber harassment
- Cyber abuse
- Stolen I.D
- Hackers

What to do to prevent the things above!

- Don't add anyone you don't know on online social networks
- If cyber bullying does occur make sure you tell someone and block and report them. Do the same for harassment.
- If abuse, hacking or stealing of your I.D occurs call the police and make sure this is stopped immediately.

Are you safe online?

Do you have internet security and fire walls?

Everyone should have at least one fire wall and security and update every six to twelve months.

Are your social networks private?

Make sure all of your social networking settings are set to friends only. If you don't or don't want to have your account settings on friends only make sure you have no photos revealing where you live or what school you go to.

Don't let anyone know your

CYBER

SAFETY



Madeleine Anshaw

Year 8 welfare 1

Kate Symington

Tips for your kids

- **Make sure you only accept requests from people you know**
- **Set your settings to friends only**
- **Don't put personal info or revealing pictures**
- **Be careful of what you say and how you say it to make sure you do not start a fight or you may be kicked off the network.**
- **If you are**



Tips for parents

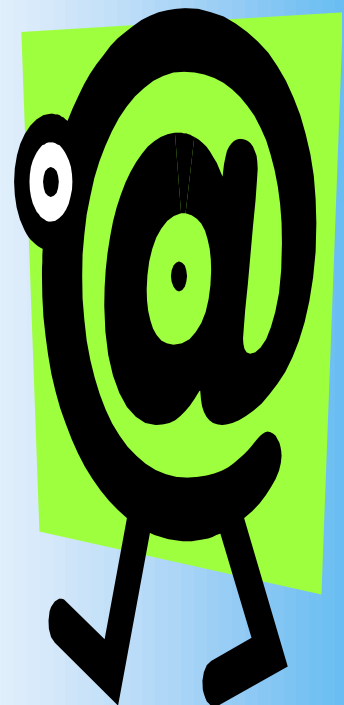
- Put your computer out in the open so you can see your kids on the computer.
- You should have a time limit on how long your kids are on the computer.
- If your children are being harassed tell the police or their school so they can do something about it.
- You should talk to your kids about their internet use. EG what will they



For more information visit the sites below:

www.stopeyberbullying.org

www.kidshelp.com.au



Broadway comes to the Upper Hunter!

All your favourite Broadway musical tunes
performed in Muswellbrook

SATURDAY 19 NOVEMBER
7:30pm Muswellbrook High School

*Oklahoma! - West Side Story - The Music Man - Chicago - Beauty and the Beast -
Les Miserables - The Boy from Oz - Wicked - Phantom of the Opera - Sweeney Todd - Spamalot*

Starring

DANIEL STODDART ALICIA PATERSON



Upper Hunter
Conservatorium
of Music

Featuring the UHCM staff orchestra,
conducted by Director Adam Wills

ONE NIGHT ONLY – TICKETS ON SALE NOW! BOOKINGS: 6541 4888