



Muswellbrook High School

Newsletter 5

20th October 2014



Principal Report

In his book titled "Make the Most of You," the author Patrick Lindsay gives the following piece of advice:

Astonish them

Always set your aims high...
So high that it will amaze people.
Make it your default position.
Even when you fall short, you'll impress.
And when you reach your target...
You'll leave them astounded.

In the two Terms that I have been at Muswellbrook High School, I have appreciated and enjoyed the presence of our Yr 12 students. There have been many occasions where their high standards have left me *astonished*. During the holidays I observed what can only be described as a unique culture of learning at Muswellbrook High School. Each day, committed Yr 12 students and their dedicated teachers would journey to an empty school and spend some hours preparing for the upcoming exams. What an exceptional culture of learning. I can assure you, that this does not happen at every school!

The maturity and dedication, in particular, of the Yr 12 leadership team and the respect demonstrated by the year cohort as a whole, for the school, their teachers and for one another, set the tone for the whole school body.

On behalf of the staff and students, we wish Yr 12 all the best for their external HSC exams and trust that they will be rewarded for their hard work. I would like to take this opportunity to acknowledge the dedicated team who have served Yr 12 - Mr Scott Copland, Ms Kristy Pascoe and the teachers of Yr 12. A huge thank you also goes to Ms Tanya Clifford for her outstanding organisation of the Graduation Dinner. It was wonderful to see our students presented so beautifully and to have so many parents and special guests enjoying the evening.

As we farewell our Yr 12 students, we can now look forward to Yr 11 rising to the challenge of consolidating their learning, as they commence their final year of schooling. Also to welcome in some of the 2015 Yr 7 students this Term, as part of our Transition program.

I would like to congratulate the new Senior Leadership Team 2014/15. **Captains:** Bayley Carter and Taylah King; **Vice Captains**—Thomas Hogan and Elizabeth Symington; **Prefects** – Alex Armstrong and Josie Whitten. It will be exciting to work with these impressive young people as they take up the challenge to lead their school. Thank you to the very capable Ms Samantha Wass, who has led the Student Representative Council for the last five years. Ms Wass has decided not to continue in this role in 2015. Her role modelling and exceptional organisational skills have been greatly appreciated.

The focus for Term 4 will concentrate on consulting with stakeholders and developing the school's three year strategic plan. I have already surveyed and consulted with parents, students and staff about the future direction they would like to see of Muswellbrook High School. The coupling of this information with specific trends in school data will help to formulate our strategic direction.

Term 4 will also see the beginning of a beautification program. I have engaged local artist, Ms Leanne Ward, to create a positive physical playground environment. Selected students will have an opportunity to work with Leanne. You can look forward to photos of her artwork to come in subsequent Newsletter articles.

I would also like to acknowledge and thank our P & C Committee for their generosity. Our MPC now proudly boasts a very large fan! This will be a wonderful asset to the school infrastructure and it will make the sweltering heat on formal occasions and exams, a memory of the past...

It is very pleasing to see the number of our new enrolments continue to increase as we welcome new families into the town and the school.

Enjoy your Term

Ms Elizabeth Bate
Principal

Deputy Report

Fourth Term is a very busy time for both students and staff. Our year 12 students have commenced their HSC Examinations, which appear to be going well for the majority of candidates. I would like to wish them all the best and hope they are able to achieve their expectations. In saying this, I would also like to thank the number of staff who spent time during the holidays to provide last minute tuition to ensure our students had every possible chance to excel. I know Year 12 were extremely appreciative of this effort.

Year 7 to 10 will also be sitting examinations this term. Study at home is a difficult concept for a young person and it takes a period of time to get into a routine, which is constant, yet still allows a social life. To do well in the HSC, a student needs to be disciplined and be able to balance being a teenager with trying to follow a pattern of study, which allows them to succeed in gaining a career of their choice. I would ask all parents to encourage a routine of study with their children in the junior years to ensure study at the HSC level, becomes second nature.

Year 10 and 8 have completed subject selections for 2015 and while every effort has been made to ensure they are able to gain their subject of choice, it has been necessary to ask students to reselect subjects when courses are oversized or too small to run. It's hoped this process will be completed shortly and students will then know exactly what courses they will be studying in 2015.

During Term 4, MHS will be trialling a program dealing with student access and use of technology. The program is called Bring Your own Device or BYOD and will be introduced with Year 9 students and then will be open to the entire school, in 2015. The DEC has now ceased providing laptops to students when commencing Year 9 and are encouraging schools to develop policies related to students bringing their own device to school, enabling access to technology. There are many issues related to a smooth transition into the use of personal devices, which include types of devices, security, access and equity. During Term 4, MHS will be attempting to refine a policy, which hopefully will meet the needs of students, teachers and parents. Year 9 parents will be notified of the details of this program, which should benefit student learning into the future.

Mr Scott Copland
Deputy Principal

P & C Report

During our October meeting we inspected the 'Big Fan' in the MPC.

Over the last 14 years or more it has been one of the aims of the P & C to air condition all classrooms in the school. With the help of a Department of Education's matched giving program, Canteen funds and some extra fundraising early on, we have achieved this goal. With the classrooms done, air conditioning the MPC was next on the list and a cause for much discussion, especially at P & C meetings, which followed hot and uncomfortable Yearly exams in the MPC and end of year Presentation days and more recently, evenings. The high cost and lack of a large enough power supply network meant air conditioning the MPC was not possible so the P&C has purchased the 'Big Fan' as a good alternative.

The school canteen is our main source of funds and so far this year it has handed over \$30 000. This has been given to the school to fund teaching and learning resources as requested by each Faculty and we would like to thank the canteen supervisors and volunteers for keeping the canteen open and the students and staff for supporting this service.

The Canteen has recently purchased a Slushie Machine, which has been well received by students. Cool icy drinks and frozen yoghurt will be a welcome addition to the menu.

The School grounds are looking fantastic and so special thanks to our Principal, Elizabeth Bate, and the School Improvement Committee for organising the Working Bee, which was held in September. Much work was done, including marking out 5 handball courts, planting hedges, cleaning out and reorganisation of CAPA caged area, pressure cleaning and work on the garden beds near C and D Blocks. We had some P&C members who were able to go and bring children and friends so many thanks to Angela, Owen and Rachel Barry, Fiona and Joel Hartin and Kim and Levi Turnbull and also to the staff members, who worked hard all day.



To Yr 12 2014

**Thank you for the many contributions you have made to Muswellbrook High School.
Congratulations on the completion of YR 12 and your HSC exams and very best wishes
for your futures.**

From The MHS P&C Association

The Community Garden Project

This Semester Silver was invited to plant some vegetables, herbs and flowers for Muswellbrook's Community Garden project. All students have been extremely excited about participating in this project and watching their plants grow. We have planted a large variety of plants and look forward to cooking with some of the plants later this term. It has been a great way for our Support Unit to connect with the community of Muswellbrook, meet new people and enjoy getting our hands a little dirty.



Caitlin Fraser, Gabrielle Barlow,
Simeon Ross and Marina
Warner (Community
Development Coordinator).



Codie Parker



Caitlin Fraser, Gabrielle Barlow and Cayden Paine



Marina Warner, Caitlin Fraser, Shae –
Lee Thompson, Codie Parker and
Gabrielle Barlow

Gabrielle Barlow



Simeon Ross and Shae Lee Thompson

Support Unit Grant

This year our Support Unit received a generous grant from the Bengalla Mining Company to help us to provide our students with Ipads. We purchased an Ipad for each classroom plus an iMac computer. Since introducing the Ipads into our daily class routines we have seen a greater level of engagement and excitement about learning. Students love sharing the Ipads to play literacy and numeracy games with each other. Many students use the Ipads to support their communication resulting in greater inclusion in whole class discussions. We thank Bengalla Mining Company wholeheartedly for the way in which this grant has had such a positive impact on all students.

Kristen Strachan
Silver Classroom

Support Rewards Day Excursion to Singleton

On Tuesday the 16th of September, students from Support embarked on a Rewards Day excursion to Singleton. Students who make positive behaviour choices both inside and outside classes in Semester 1 were chosen to attend. It was a fun day filled with hot chips, a flying fox, popcorn and a cinema all to ourselves! Some students even tried their luck at the incredible climbing contraption later on at the park.

Everyone should be proud of the positive way they conducted themselves whilst representing Muswellbrook High School.

Thank you to all of the teachers who assisted in this wonderful day.

Alex Skailles
Bronze Teacher



Stephan Bridge, Kieren Hill and Brendan Matthews



Raylene Squires, Taylah Anderson and Hunter Orth



Recycling at Muswellbrook High



Students of the Bronze and Gold support classes have undertaken the task of recycling at Muswellbrook High School in 2014. Every Thursday, students collect paper and cardboard from around the school, and deposit it into the recycling bin, ready for collection from Visy. Students are developing work-based skills, such as working as a team and quality communication, and feel a great sense of satisfaction of a job well done at the end of each week.

Dayle Butler (Year 9), Hunter Orth (Year 7), Liam Field (Year 8)

Red Door Community Kitchen

Every second Thursday, a group of Muswellbrook High School students volunteer as part of the Red Door Community Kitchen Program which openly invites the general townsfolk to come and share in a hot luncheon and dessert to foster community spirit and a sense of caring. Last Thursday it was their six month anniversary and there was an extra celebration and presentation.

Students are engaged in such activities as writing signage, food preparation, setting tables and organising cutlery, making hot and cold beverages, taking orders, serving meals, clearing tables and washing dishes. Skills required to work in the hospitality industry. Also, students engage in conversation with the customers, obtaining various life stories and learning social skills.

They are provided with an official apron and name badge and are equally valued alongside adult volunteers.

Some feedback from the students include:

"I enjoy going to Red Door because I love seeing the smile on the customers faces"(Zac Barwick); *"I like to cook and serve and have a little chat"* (Mitchell Grenenger); *"the good thing is that it counts as work experience"* (Jaeden Ward); *"I like going to Red Door because we help people.....I like talking to people. They always have something good to talk about"* (Jesse Norman)



Time for Teachers Launch—Staff World Cup 2014

As part of the School Staff Health and Well Being Grant and Healthy Schools Healthy Futures Program Muswellbrook High School staff have started the 'Time for Teachers' program which encourages active participation, healthy lifestyles and team building.

Staff recently participated in the launch event which was a Staff World Cup designed by football mad, Mr Herbert. Different faculties represented different countries and dressed up in costume accordingly. The staff then completed a range of tabloid activities to collect as many points as possible for their team.

The winners on the night were the HSIE Faculty, with our SASS staff taking out the Best Dressed Award. The staff enjoyed a BBQ dinner afterwards and some social time with their colleagues.

The program will continue with fortnightly sessions running after school with activities like- Body Balance, Badminton and Zumba.

Rachel Murphy
Head Teacher Welfare



15 Boys Basketball Muswellbrook vs Maitland

On the 25th of August Blake Shackleton, Thomas Pickersgill, Emanuel Sithole, Jake Bartush, Joaby Stevens, Cashlin Murray-Mell and Talesin Court-Kriesch went to the Muswellbrook Indoor Sports Centre to participate in the Hunter Central Coast Combined High School Under 15 Boys Basketball Competition with our Coach Miss Murphy.

The boys played valiantly against Maitland High despite Maitland being a far more skilled team. Maitland dominated the first and second quarters but Muswellbrook pulled it together and made a slight comeback towards the end to make the score 10 - 43.

The Maitland team showed superior speed and passing abilities and used set plays to their advantage. One player in particular, a Mustangs representative, on the Maitland team scored almost half their points, providing an excellent "go to" man for the rest of his team.

Although they lost, the Muswellbrook team never gave up even in the face of such skilled opposition and had a great time. Despite the loss all the boys are keen to play in the Senior Competition next year.

Written by Talesin Court-Kriesch



Trade Taster Programs

SUITABLE FOR JOB SEEKERS OR SCHOOL STUDENTS TO ASSIST IN THEIR CHOICE OF TRADE CAREER - Muswellbrook Campus

All programs are 4 x 3 hour sessions over 2 weeks - 5.30 to 8.30pm

Automotive - \$290

Provides you with an overview of the Automotive Trade including tools and equipment, vehicle maintenance and engines component identification.

• Tuesday 4 & Thursday 6 November, Tuesday 11 & Thursday 13 November

Fitting & Machining - \$290

This introduction to the Mechanical Engineering trade provides students exposure to some of the skills and competencies required in the engineering, manufacturing and mining sectors.

• Please advise your expression of interest for this course

Electrical - \$290

Provides an overview of the Electrical trade. Participants will be able to design and build circuits and motor controls, and be shown how to calculate and measure circuit parameters.


• Tuesday 11 & Thursday 13 November, Tuesday 18 & Thursday 20 November

Carpentry - \$290

Provides an overview of the Building and Construction trade. You will be exposed to theory and practical exercises including general hand skills used in carpentry and joinery, an introduction to drawing interpretation and timber joints.

• Tuesday 21 & Thursday 23 October
Tuesday 28 & Thursday 30 October

Call for more details

 6542 1156



Google Hunter TAFE



Call 131 225

**HUNTER
TAFE**

Senior PDHPE Classes Take to Thredbo and Sydney

The past term has been a busy time for students in Senior PDHPE courses. Whether it be revising for HSC or Preliminary examinations or attending the ski trip or camp to Sydney, students had the opportunity to extend on their skills and knowledge developed in their classes.



Beautiful blue skies and the best snow in a decade ensured an amazing three days on the slopes of Thredbo for the annual alpine excursion.

30 students in Year 11 took to the slopes of Thredbo during week 4 in Term 3. While the number of participants was lower than recent years, the covering of snow over the mountains exceeded levels recorded in the past ten years. These conditions, matched with beautiful blue skies, made for three days of excellent skiing and boarding.

Only a handful of students had prior experience with snow activities, however, the daily lessons ensured that by the final day, turns were being linked and top to bottom runs were achieved. With a boost in skills came an increase in confidence and this enabled students to access further areas of the alpine field in search of fresh snow.

During the final day, some lucky students were fortunate enough to meet Australian Winter Olympic Gold Medallist and ambassador for Thredbo, Torah Bright, who was mixing things up on a pair of skis, but more than happy to show her cheerful smile for lasting photographic memories.

Of course, to make this possible, teachers Debbie Pitt and Luke Doust, from the PDHPE faculty, must be acknowledged as well as the great team at Oz Snow Adventures for their ongoing support to ensure we all had a great time. We are already in the process of organizing next year's trip and it is likely we will again stay at the Snowy Valley Resort at East Jindabyne and enjoy delicious lunches at the River Inn on Friday Flats at Thredbo. There may be a slight increase in student excursion fees, however, the value that is represented (all meals, clothing and equipment hire, lift tickets, accommodation and transport), make for a cheap week away at the snow. If you would like further information, speak to students who enjoyed themselves on this year's excursion, or any PDHPE Teacher.



Students Jovanna Snow, Taylah King, Noa Durham, Taliesin Morgan and Jaudyn Cavanagh with Australian Winter Olympics Gold Medallist, Torah Bright (centre)

Students in the HSC PDHPE course engaged in a school holiday practical revision course in Sydney in order to prepare them in a different way for their external examinations.

On the first Thursday of the holidays, the class travelled to the University of NSW and explored their Museum of Human Disease. This ties in very closely to the HSC Core: Health Priorities in Australia. Having the opportunity to refine their understandings of lifestyle diseases such as Cancer, Cardiovascular Disease and Diabetes, by seeing real life examples of damaged organs as well as a presentation from a museum curator, enhanced their knowledge beyond the classroom.

The next stop was at the NSW Combined High Schools State Sport Office in Blacktown for a special guest presentation from Australian Paralympian Erik Horrie. Erik inspired the class with his story of challenges throughout his life, particularly being confined to a wheelchair following a motor vehicle accident shortly after leaving school. His resilience and capacity to turn a negative situation into multiple World Championships for rowing as well as Paralympic Silver, demonstrated to the students that life will have its hurdles and that an individual's capacity to overcome these, while putting specific processes in place, can lead to success.



HSC PDHPE Class with Paralympic Silver Medallist and World Champion Rower Erik Horrie

Overnight we stayed at the Sydney Academy of Sport at Narrabeen and celebrated a couple of enjoyable years as a class with dinner in Manly. Unfortunately we just missed the opening hours of Yoghurt World, but that was replaced by some classic poetry reflecting on the good times shared as a group.

On the Friday, students participated in practical activities that focused on concepts from the Factors Affecting Performance core unit of work. School Captain, John Langley was tested on the VO2 machine (volume of oxygen breathed in during a minute), while also measuring his lactate in his blood, to identify his aerobic threshold. This was followed by some anaerobic testing of all students over ten seconds on a modified bike to measure the watts that could be produced and observing the fatigue of that energy system. Additionally, three members of the group participated in the same test over 30 seconds, resulting in a couple of upset stomachs while trying to remove the lactic acid by-product.



School Captain, John Langley, about to participate in VO2 and Lactate Threshold Aerobic Test at the Sydney Academy of Sport, Narrabeen.

After lunch we participated in a Strength Training program in the same gym that is used by the Manly Sea Eagles NRL team and recovered with a Contrast Water Therapy. This involved two minutes in a warm (30 degree) spa, followed by two minutes in a cold (10 degree) spa. Three times. Finishing in the cold spa! The results however, appeared to remove any little kinks from the body and ensured the final few weeks prior to exams could be spent revising with a healthy mind and body.

This practical revision turned out to be a great opportunity to refresh the students and break the monotony and stress of revising and it did boost their understanding of concepts already learned in the classroom. Hopefully, this will be reflected in their results come mid-December.

Mr Nick Mulvihill
PDHPE Teacher

IMPORTANT NOTICE
From Osborn's Transport

ATTENTION ALL STUDENTS:

**UNDER NO
CIRCUMSTANCES
ARE AEROSOL CANS TO
BE SPRAYED ON THIS
BUS
IMMEDIATE SUSPENSION OF
TRAVEL WILL OCCUR**

Osborn's Transport

All children starting Kindergarten, Year 3 and Year 7 2015 will need to fill in a Bus Application Form for next year. If you would like to contact the Transport for NSW directly and they can send you some bus application forms otherwise parents can get application forms from our Depot.

Thank you for your assistance in this matter.

Thanks
Melinda

Reg Osborn Pty Ltd
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MUSWELLBROOK NSW 2333
P: 02 6543 1271 or 02 6543 3041
F: 02 6543 4964
E: osborns@bigpond.net.au<<mailto:osborns@bigpond.net.au>>

Daylight Sportswear - Uniform Shop

Muswellbrook High School Uniform Shop

Name: _____ Year: _____ Date: _____

ITEM	PRICE	SIZE	QTY	TOTAL
Girls				
Junior Blouse	27.00			
Senior Blouse	27.00			
Tartan Skirt	48.50			
Navy Stretch Slacks	39.00			
Everyday Unisex				
Junior Polo	30.00			
Senior Polo	30.00			
Sports Shorts Std	25.00			
Sports Short Sup	25.00			
Sport/PE/Football				
Sports Polo	35.00			
Football Shorts	18.00			
Football Socks	08.50			
Warmth				
Fleecy Jumper	38.00			
Wool Knit Jumper	72.00			
Microfibre Jacket	65.00			
Microfibre Trackpants	38.00			
Other				
Navy Scarf	12.00			
Navy/Gold Cap with Emblem	12.00			
				\$

IMPORTANT INFORMATION

SMS text messaging – Daily attendance of your child is sent to your family mobile number. This can also be used for important information regarding parent teacher meetings, issue of reports etc. The school SMS number is: **0427 016 460**. 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 – The school newsletter is distributed via email to as many families as possible, approximately twice a term. If you have an email address 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 - The Millennium website contains all of your child's school information. This includes attendance, school reports, assessment tasks, timetables, behaviour information.

Families are able to see the whole family at a glance with your private login. This will be sent to you via an email if you have one listed with us, if not please phone the office with a current email address.

Students can also access this site through a separate login.