



Muswellbrook High School

Newsletter 3

6th June 2014



Principal Report

What a wonderful introduction I have had to Muswellbrook High School - thank you to everyone for a busy and productive Term 2. As the newly appointed Principal, I am very excited and privileged to be a part of the Muswellbrook High School community and would like to thank the staff and students for their very warm welcome!

I am very fortunate to be following in the footsteps of the exceptional leadership of Mr Gareth Erskine and most recently of Mr Brian Drewe. Prior to my appointment at Muswellbrook I was the Deputy Principal at Singleton High School for the past six years.

As a teacher in an Upper Hunter school, I have known of the strong reputation of Muswellbrook High School as a school that offers a quality education to all, built on the foundation of enthusiastic, dedicated staff that foster genuine relationships with students and enjoys very supportive community links. I am looking forward to working with and getting to know the students and their families as the year progresses and identifying what Muswellbrook High School can do to support them as they cope with our fast-changing world and prepare for life as adults.

I look forward to meeting some more parents and community members at the next P and C meeting on the 12th June at 7pm in the school's library. Your input into school matters is greatly appreciated, so please come along and see what it is all about.

Traditionally Term 2 is a busy one for staff and students. Students have completed their half yearly exams. Best wishes to all - I trust your hard work and effective study habits will be rewarded with solid results. Yr 7 and 9 students have sat their NAPLAN tests. The NAPLAN results are one way we can track individual student performance in literacy and numeracy. The results help us to devise our strategic plan and focus our resources, so it is important that students do their very best. Go Muswellbrook High School!

There are a few special events that I would like make mention. To the staff and student leaders who represented our school in the holidays at the ANZAC day march, thank you for your public demonstration of gratitude, pride and respect.

It is wonderful to welcome back, safe and sound, the staff and students from their amazing Japanese experience! Congratulations and thank you to Mrs Bronwyn Tier for her impeccable organisation of a cultural excursion that I am sure will never be forgotten by those travellers. I understand the sister school relationship with Saitama Seiryō Senior High School of eighteen years is still strong. That is a remarkable achievement and a testimony to the commitment to friendship from both communities.

Well done to all the students who attended the very successful 2014 athletics carnival - your participation and behaviour was outstanding! Congratulations to Ms Sarah Hope and the PD/H/PE faculty for your organisation. There have been many reasons to celebrate student success: wins at the Royal Easter Show and Wingham Beef Week; participation in MUNA; GATS launch and success in many sporting events.

I have enjoyed getting to know the Yr 12 students a little better by participating in their Careers interviews with Mr Tony Borg this Term. I have been impressed by our student's post school plans and the many internal supports offered to Yr 12 by the staff such as mentoring, study afternoons to assist students to prepare for their HSC exams.

The technology committee are currently developing the school's Bring Your Own Device (BYOD) policy, to ensure the school is in the best position to harness students' connection to their own personal mobile devices for the purpose of developing 21st century learning skills and for fostering digital literacy, fluency and citizenship in a safe environment. This will take considerable time to investigate and consult with various groups. Until the policy is developed, students who wish to bring personal laptops to school must have their personal laptops checked by IT staff for antivirus software and any non-compliant material. This needs to be done by the end of term 2 2014. Students will be asked to sign a usage agreement and they will be issued with a sticker to place on their device. Students who have been issued with a DER laptop are permitted to bring them to school. These DER laptops should have been returned to the school for routine upgrades. DER laptops that are not in working order must be returned for repairs and a loan laptop will be issued, pending availability.

It was a humble, unifying experience to take Muswellbrook High School student representatives along to the Flag Raising ceremony. The Muswellbrook community acknowledged National Reconciliation week. Also please note in this newsletter the invitation to attend the upcoming NAIDOC week celebrations.

I look forward to settling into the new role and to working with the staff and students to continue and enhance the happy, safe learning environment of Muswellbrook High School.

Kind regards

Elizabeth Bate
Principal

Reforms to P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school's P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation's Annual General Meeting and councillors who will serve on the Federation's Board of Management. More information will be available on the Department's website at

<http://www.schools.nsw.edu.au/gotoschool/a-z/involvement.php>.

Year 7 Advisor



Muswellbrook High School Year 7 2014 Blog

<https://www.det.nsw.edu.au/blog/716748-successatmhsyear72014/>

Positive comments greatly appreciated

Deputy Report

The 25th April was an eventful day in Muswellbrook. People wishing to attend the ANZAC Day dawn service were greeted in the morning by a torrential downpour, making it extremely difficult to get out of the front door let alone attend the outdoor service. Our captains, John Langley and Georgia Douglas with Jordi Adam Smith made a valiant attempt with Jordi singing at the RSL when the service was moved. Our students were soaked and needed to dry their clothes quickly ready for the main service later in the morning.

Just before the march at 10am, the sun came out and everything was ready to go. Muswellbrook High School was well represented by our school leaders and apart from some horses making it difficult to stay in a straight line, the march went well. Georgia and John presented the prologue for the ceremony while Stephen Davis and Jordi Adam Smith provided outstanding performances of a variety of hymns and anthems. The school is extremely fortunate to have such great ambassadors who are outstanding in the many talents they possess. It was also great to see so many familiar faces cheering the Muswellbrook students along.

During the last holidays, Muswellbrook Council ran their second Blue Heeler Film Festival with the inaugural year being 2013. The festival presents a number of films from all age groups and is quickly becoming a must see on the Muswellbrook calendar. Caitlin Bray a Muswellbrook High School, Visual Arts student in 2013, saw an opportunity to use the film she produced for the HSC in the Blue Heeler Film Festival. With a few adjustments to incorporate the tag word or theme, Campbell's Corner, Caitlin entered her film and won the open section. Her prize included a laptop, which will be extremely helpful having just started at The University of Newcastle. Congratulations to Caitlin a talented Visual Arts student.

Speaking of talented Visual Arts students, Emma Thompson will have her artwork on display at Maitland Regional Gallery this weekend at the opening of ArtExpress. The exhibition is a celebration of the top HSC artworks from around NSW. Emma excelled in both her written and practical sections of the HSC Visual Arts course and presented a sculpture based upon environmental issues in the Upper Hunter.

Muswellbrook High School has developed a number of Literacy programs to support student learning and ensure they remain engaged with their education. If students are unable to read at a certain level and comprehend what they are reading, it will make their future studies extremely difficult. Mrs Young, our Head Teacher Literacy and her staff are doing a wonderful job working with groups of students to improve their reading fluency and comprehension skills. Reading is the basis for everything we do in education. The best way a student can broaden their vocabulary and develops comprehension skills, is to read regularly. Like any 'sport', it takes practise to get better. I would ask all our parents to encourage your son or daughter to read for at least half an hour each night. Working together to support our students with their education, is the best way to succeed.

**Deputy Principal
Scott Copland**





REACH WORKSHOPS

Muswellbrook High School has recently signed on to be a Pilot School for the Reach Foundation and on the 1st and 2nd of April, Year 7 and Year 9 students participated in the first round of workshops.

Reach is an independent, for-purpose youth organisation, established in 1994 by Jim Stynes OAM and Australian film director, Paul Currie.

Reach's group-based workshops create safe and supportive spaces where young people can connect and share stories honestly; spaces where they can experience belonging, discover their strengths, and build their self-efficacy and resilience.

Many of our Year 7 students enjoyed the opportunity to reflect upon concerns and fears that they had about coming to High School and dispelling some of the common myths.

Our Year 9 students responded very positively and enjoyed the opportunity to discuss how they really felt about some of their friends and peers. The group have taken away some of the key messages and implementing them in Year Assemblies to identify students who they think are 'hidden gems'. Year 9 also look forward to another session in July.

Miss Murphy
Head Teacher Welfare



Muswellbrook High Japan Trip

On Monday 7th April, 12 students said goodbye to their families and boarded the mini-bus en route to Sydney to begin their Japanese adventure. The mood on the bus was very positive as students discussed what they were most looking forward to and what they were worried about (mainly the aeroplane food and the availability of McDonalds). After a quick 9-hour flight we landed in Tokyo and began our 19-day cultural experience. During this time students were challenged with a range of different experiences - tea ceremonies, karaoke, Sumo in the street, temples, souvenir shopping and navigating their way through some of the busiest streets of Tokyo. The students rose to the challenge and were excellent ambassadors for the school. The trip resulted in a broadened perspective of their world, new knowledge of the Japanese culture, improved language skills and the formation of firm friendships that are sure to last a lifetime.



Our journey started in Tokyo where we easily made our way to Kyoto. Our sightseeing began immediately as we visited the Inari Shrine. This was an amazing introduction to Japanese history and culture and the many steps we had to navigate through the avenue of Torii gates to the top of the mountain were actually welcomed after the nine-hour flight. The students were also lucky to see several young Japanese women wearing traditional Kimonos.

Our stay in Kyoto included some wonderful sightseeing adventures, including the Golden Pavilion, Heian Shrine, Osaka, Hiroshima and Miyajima Island. Highlights during this time included viewing the Osaka castle, an impromptu Sumo match on our way home to the hotel, 'feeding' the friendly deer our paper maps at Miyajima island and being introduced to Okonomiyaki – the local food specialty and one of the most delicious meals that we had while in Japan.

The students also appreciated visiting Hiroshima Peace Park. On the way to Hiroshima we busily folded paper cranes to leave at the Children's Peace Monument that was inspired by the story of 'Sadako and the Thousand Paper Cranes'. On arrival we proudly hung our cranes under a Muswellbrook High School sign and admired the cranes left by other people from all over the world. The students visited the Peace Memorial Museum, which was very informative. Although confronting at times, the museum was an important and valuable experience for the students as they witnessed the effects of the atomic bomb.



After our stay in Kyoto we boarded the Shinkansen to Tokyo for several more days sightseeing. Our time in Tokyo was very enjoyable. When not out sightseeing the students were kept busy by the roller coaster and merry-go-round that was in our hotel. We also had an enjoyable night at Tenpin Bowling where we witnessed Mr. Drewe's competitive side and unfortunately my lack of skill and coordination meant I was the leader of the losing team.

Our stay in Tokyo included visiting Harajuku, Shibuya, Shinjuku and Akihabara. We witnessed some of the busiest streets in the city, saw an amazing view from the 45th floor of the Metropolitan Government Building, visited a 7-storey electronic department store and tasted the famous crêpes at Harajuku. The challenge was set each day for who could buy the most for lunch for the least amount of money, and there was no shortage of delicious food to choose from (although, without the help of Ms. Tier it became a bit a lucky dip when picking off the shelf).

Our stay in Tokyo ended and we prepared for a visit to our sister school Sayama Seiryō Senior High School. The group was very excited about the homestay and were looking forward to reconnecting with students they had met during the sister school's visit to Muswellbrook last year.



We were warmly welcomed to the school by both staff and students and had an amazing 10 days. I am very grateful for the generosity and kindness of staff, who planned an array of experiences for us that allowed us to gain a new understanding of Japanese culture. During our time at the school we participated in a traditional art lesson, Shorinji Kempo, Ikebana, Calligraphy, traditional Japanese paper making, and a music lesson. Students also enjoyed a free weekend with their families that included a visit to the Pokémon centre for some, Disney Sea for others, a cat café and most showed off their skills at karaoke.



One of the highlights during this week was the visit to Okutomi Elementary School. Again, we were warmly welcomed and had a wonderful time interacting with the Japanese students in a range of activities. We even had the opportunity to teach the younger students how to play a game of Touch Footy and we made the local news!

Overall the experience at Sayama was wonderful and our relationship with the school was strengthened. Lasting friendships were formed and there were many tears during the farewell. Promises were made to stay in touch as we boarded the bus for our last journey home – via Tokyo Disneyland of course! We spent a perfect day at the happiest place on earth and boarded the plane home after 19 amazing days.

The students are all very grateful for the opportunity to visit another country and as I pass them in the corridor now they eagerly tell me they miss Japan and would happily go back!

Thank you to Hunter Mutual who very generously donated money for our travel shirts – these were perfect as we made our way through the crowded city streets. Thank you to the students, their willingness to try new things, positive outlook and good humour made the trip enjoyable.

Lastly, I would like to thank the wonderful Ms. Tier, who not only organised the trip, but during our stay acted as tour guide, interpreter, food critic and navigator (and to Mr. Drewe for keeping us entertained with his dad jokes).

Samantha Wass
English Faculty



“Japan was an amazing experience for all who went. We participated in many activities during the first week traveling, but on asking everyone they said the homestay was their favourite part of the trip. Everyone did lots of shopping, spent lots of money and I’m pretty sure everyone has been to a Japanese photo booth.” Kate Symington, Year 11

P&C REPORT

It has been great to have so many new members attending our meetings this year. This will allow us to get more involved in school activities.

We enjoyed ourselves helping to sell cakes at the second Parent /Teacher Interview evening to raise money to offset the cost of excursions and our members on the School Improvement Committee will be doing a walk around the school to identify more areas for improvement.

The Canteen continues to provide an excellent service to both students and staff and as a result, the P&C was happy to hand over to the School, a little over \$15 000.00, which will be used to purchase valuable teaching and learning resources for Semester 1.

Congratulations to the students who represented MHS at the recent Anzac Day Ceremonies and to those on the School's beef team, whose spotted Angus meat carcass came 2nd at the Royal Easter Show. Well done!

The MHS new Equestrian Team is busy competing in School Horse Sports Events with the horses looking smart in their P&C Sponsored saddle cloths and brow bands. The Team only consists of 5 riders and does well to compete against schools with 30 or more riders. The P&C would like to thank Mrs Tracey Strachan for her commitment, great encouragement and assistance to our riders.

The P&C would also like to thank Mrs Karen Paulsen for her dedication and commitment to the Breakfast Club at MHS. This has proven to be an extremely worthwhile venture, giving many students a great start to their school day and Mrs Paulsen's efforts are very much appreciated.

Lastly the P&C would like to extend a warm welcome to our new School Principal, Elizabeth Bate. We are sure she is already enjoying our school community and look forward to working with her in the future.

A big thankyou to Brian Drewe and Grant Herbert for the great jobs they did as relieving Principal and relieving Deputy Principal respectively, during Term 1.

Sandra Langley

An invitation is extended to

All parents, carers and community members

To meet and greet Elizabeth Bate, Principal

Tea, coffee and slices will be provided

Our next meeting will be
on Thursday 12th June at 7pm in the School Library

ALL WELCOME

Congratulations Cody Risby



In 2015 Australia commemorates the Centenary of the Gallipoli Campaign. The Hunter RSL Sub Branches and 20 schools, public, catholic and independent, have combined to send a group of 20 students to Gallipoli as part of this commemoration. Muswellbrook High School is proud to announce that Cody Risby has been selected as our representative. To be selected Cody had to research and present a speech and PowerPoint to a panel at Muswellbrook High School. Once shortlisted he was then interviewed by an external panel consisting of RSL Sub branch representatives and educational personnel. He was not only selected, but commended for his level of research, detail and passion demonstrated.

Cody will spend over two weeks travelling with 19 other students from the Hunter Region and four teacher chaperones. He will sail down from Venice and whilst anchored off the coast at Gallipoli partake in day trips to the beaches, cemeteries and surrounding areas. We wish him well and cannot wait to hear about his experiences upon his return.

Mrs Leanne Duck



CAR WASH

Sunday 15th June 2014

10am—2pm

**Muswellbrook Fair Carpark, Rutherford Road
Opposite Muswellbrook Indoor sports centre**

\$10 regular car \$15 4WD

Please come along and help the fundraising efforts of the four Upper Hunter students attending the Centenary of the Gallipoli landing next year.

They have combined together to raise funds for the Hunter Valley District Council of the RSL Sub-Branches, whose initiative sees 20 students selected to represent their Hunter school at this historic event. Part of the selection process, each student presented a research project on a forebear or local who attended WWI.

Thank you for your support of local youth as they strive to remember the past...



PDHPE Report

Term 2 always means exciting opportunities. Term 2 includes the athletics carnivals and many competitions in CHS sport.

This year, we have had new carnival organisers for all school carnivals. Miss Pitt coordinated a successful Swimming carnival in term 1, followed by Mr Doust's fine effort for the Cross Country carnival at the end of term 1. Recently, MHS hosted both our school Athletics carnival and the Upper Hunter Zone Athletics carnival. We were blessed with encouraging weather, especially the zone carnival where temperatures reached the mid 20's. Miss Hope took on the organisation for the school carnival, whilst Mr Mulvihill coordinated the zone carnival. On behalf of the school, I would like to acknowledge the time and dedication of these teachers, to ensure these carnivals are successful. I would also like to thank the staff, parents/helpers and the students who attend and participate in these carnivals. Without a strong community, the importance of house pride and physical activity participation would be diminished.

From the Athletics carnival, there were numerous excellent results and two records broken. Jacinta Ballard broke a 10 year old 1500m record and Megan Doran broke a 15 year old Long Jump record. The final scores were as follows

1 st Paterson	838 points
2 nd Page	733 points
3 rd Hunter	630 points
4 th Goulburn	608 points

Age champions have been decided and will be awarded at an assembly at the end of this term. The 2014 age champions are:

12 years	Grace Turner	Jayk Rann
13 years	Emily Hartin	Connor Gill
14 years	Tahnee Ward	Thomas Pickersgill
15 years	Brydie Parker	Cashlin Murray-Mell
16 years	Merinda Van Vliet	Brad Collett
17+ years	Megan Doran	Nathan Elliott

There has been some staffing changes in the faculty. Mrs Gallagher, (who was relieving HT PDHPE for me in term 1) is now on maternity leave and has welcomed a baby girl into the world. We wish her the best of luck in her new adventure and look forward to her return in the future. Along with my return to PDHPE, this has resulted in some classes changing teachers. During weeks 5-6 all PDHPE/PASS/Child Studies classes were completing various term 2 assessment tasks. Students were hopefully well prepared and completed these tasks to the best of their ability.

The PDHPE faculty has been busy trying to coordinate the fitting out of the school gym. Located underneath C Block, the gym area now has a treadmill, a cross trainer, 2 exercise bikes and 2 rowers, along with a multi gym and an abdominal/chin up tower. We have raised approximately \$4500 (with a large thanks to the MHS P&C) to spend on some gym equipment. We are awaiting quotes for equipment from a Hunter fitness equipment store and hope to have the equipment installed by the end of term 2.

We would like to put the following question out there to any families/community members. If you have any weights or gym equipment sitting at home in working order and not being used, we would very much appreciate any donation to help us set up our gym. The intention of the gym is to be used during PDHPE lessons, sport, before/during breaks at school, along with the possibility of having an after school class. Any support or financial assistance would be greatly appreciated.

A reminder to all student and parents that practical lessons are a compulsory aspect of the PDHPE curriculum and students are required to be appropriately prepared, with a change of clothes, particularly the yellow PDHPE shirt – as part of the school uniform policy. Any student who is not changed for a practical lesson will be required to sit out and complete duties assigned to them by their teacher. If a student is unable to wear the uniform, parents are requested to provide a signed and dated note and also provide another appropriate shirt for that lesson.

Finally, some notices about future events occurring in the PDHPE faculty. More information will arrive home to the relevant students closer to each event.

In term 3 (start of September), the Wheelchair road show will again occur for Stage 5 PASS students and Stage 6 SLR + CAFS students. The consequences of unsafe activities will be demonstrated. Students will have an opportunity to participate in wheelchair races and wheelchair basketball.

The annual PDHPE year 11 ski trip will take place in term 3, week 4. Mr Mulvihill is coordinating this event and information has gone out to the relevant students. A reminder that the money is required to be paid by the end of term 2.

On the Wednesday 27th August, all of year 11 are encouraged to attend the FREE Young Drivers Expo in Tamworth (a 50 seater bus is organised). This event is an excellent opportunity for students to identify risky driving situations and avoiding dangers whilst in cars.

The PASS Camp at Tea Gardens Great Aussie Bush Camp will occur at the beginning of Term 4. Permission notes are currently being distributed with the first 50 students to pay their \$100 deposit being accepted.

G Herbert
Head Teacher PDHPE

Year 12 Science Excursion

On the 19th and 20th of May 17 Year 12 Senior Science and Biology students made the trek to Sydney to visit the Museum of Human Disease at the UNSW, Australian Museum and Taronga Zoo.

Monday involved a very early start, various loo stops and breakfast at the twin service station.

First stop, UNSW Museum of Human Disease. Here we were given a lecture on various human diseases, including detailed descriptions of what causes the diseases. We were shown a number of diseased body parts and told about the people they once belonged to, which made it all very real and extremely interesting. We were then allowed to explore the museum, looking at a wide range of diseased body parts, reading information about the background of the person whilst filling out our awesome work booklets.

Quick stop for lunch and we were off to the Australian Museum.

The Museum was sensational! Here we were able to explore the 3 levels of the museum and its extensive collection. Highlights were the dinosaur, whale, giraffe, elephant and extinct megafauna skeletons, that wombat was massive!

By this point we were all feeling tired and just wanted to relax, but there was no time for that. Bus driver Tom, 'Woo Hoo', dropped us off at Circular Quay and we boarded a ferry and made our way across the Harbour at sunset, amazing. There were a number of Titanic moments, exceptional views and the fresh air woke us all up and we were now ready for the Zoo.

A gourmet dinner of sausages, bread rolls and pasta salad was served! As we were all starving we thoroughly enjoyed every bite. Sam especially, I'm pretty sure she went back about four times.

Once the bellies were full it was time for our introduction, which involved meeting a few of the locals, a shingle back lizard, tortoise, turtles, python, and a couple of creepy crawlies with which we had the pleasure of room sharing for the night.

Then it was time for our night tour of the zoo! The animals were a little quiet and didn't seem to want to come out and play, however, we did get to see the Zebras out and about, goats, tigers, and the unusual looking tapir. While we were out, we had supper whilst looking at possibly the best view ever, Sydney Harbour at night.

Time to get ready for bed, but Pamela's having a mild heart attack as she suspects someone has taken her sleeping bag by mistake. In a fluster, she goes around asking everyone if they have her sleeping bag when Sam suggests she takes the 'spare' sleeping bag out of its case and checks who it belongs to. Low and behold, it was hers, crisis averted.

Lights out at 9.30pm, and apart for Sasha going for a walk half a dozen times and Pep's snoring all slept well and it was 6am before we knew it and we were up and day two of excursion had started.

We were lucky enough to get another tour of the zoo before the daily visitors arrived. We had close encounters with a grey kangaroo, who seemed to take a particular interest in Mr Watson, and a quokka. I'm pretty sure I can speak for everyone when I say that feeding the Giraffes was close to being the highlight of the trip. Not something you get to do every day and they are seriously one of the most amazing, bizarre looking, well adapted animals ever, big smiles all around.

At this point our stomachs were rumbling and we were ready for breakfast. We inhaled our cereal, attended our "maintaining a balance" lecture (even though everyone was in a zombie state at this point, I think all got something from the experience).

Our time was nearly up, but not before a visit to the seal show, meerkats, elephants, birds (Sasha), oh and the giraffes, again. Then it was time to rally the troops and head home.

Awesome excursion, check.

A big thanks to Mrs Bailey for organising such a great excursion, Mr Watson for coming along on the adventure and to all students involved. Student behaviour was perfect and considering the lack of shower facilities there were no complaints. I hope you all had as much fun as I did.

Ms Jamie Sturtridge



Upper Hunter Show Junior Stewards 2014

This year marks the 22nd year anniversary of the Upper Hunter Show Junior Stewards. It has proven to be an excellent learning experience and rewarding community relationship for both our students and the Upper Hunter Show. It started in 1992 as Mr. T's brainchild, following a program he had initiated in his previous school with great success for school and the community.

This year 26 students participated in the program and assisted the senior show stewards and judges. They volunteered their help the week before the show and during the three official show days Friday 4th, Saturday 5th & Sunday 6th April. Feedback from the Chief Stewards and Show Secretary, Jenny Webster, was very complementary to the students involved and reflected another positive image of our school in the community. Jenny will be preparing certificates of appreciation from the Upper Hunter Show Society to each of our volunteer Junior Stewards. Thank you to all who volunteered their help.

2014 Junior Stewards.

Olivia Bray, Bethany Bray, Merinda Van Vliet, Tahlia Cielo, Sarah Payton, Graeme Nebauer, Jessica Ray, Isabel Ladmore, Zoe Schultz, Jai Twivey, Nicole Large, Ashleigh Farrell, Kaitlyn-Ann Roberts-Batty, Lauren Pankhurst, Aiden Powell, Andrew Coster, Shune Mare, Amber Collard, Aimie Cornwell, Shai-Lee Graham and Keiren Hill.



Upper Hunter Show Schools Cattle Day 2014.

Junior Beef Cattle Judging, Parading and Led Steer Classes.

The first day of the show, Friday 4th April provided 30 of our students the opportunity to show their skills at judging cattle. Four Upper Hunter schools took advantage of this competition day, where schools Led Steer Classes were judged and students could pit their cattle judging and cattle parading skills against each other. In the beef cattle judging competitors had to judge two classes of cattle, steers and cows. Points were tallied and one of our junior students, Lachlan Johns, had an opportunity to give an oral speech to gain additional points. Each student that had been chosen had an opportunity to gain an extra 100 marks to add to their judging total. Each student gained the courage to state on the microphone their reasons for placing the cattle in their judging order. The over-judge, Allister Rainer scored their oral presentations, as a large crowd looked on. Lachlan spoke very well and to his surprise was placed 1st in the Junior Judging. Congratulations Lachlan! All students participated well and were excellent ambassadors for our school.

A good number of our students took advantage of the opportunity to parade John and Dianne Quayle's "Winbirra Estate" Speckle Park X Angus Steers. These steers had been at the school since the 15th November 2013. Much preparation work and the gentle "breaking-in" had to be done prior to and during the Christmas holidays by Mr. T., Mr Ken Gill and an enthusiastic group of students, Mitchell Taylor, Josie and Cheyenne Gill, Ashleigh Farrell, Samantha Elphick, Kaitin-Ann Roberts-Batty, Brock Matthews, Rachel Thompson, Amber Collard and Yasmin Zahrooni. Many thanks also, goes to our fantastic veterinary surgeon, Stewart Scott who generously gives his time and knowledge to our students. He demonstrates "nose ringing" to our Herdsman team members and looks after all our steer and farm livestock health issues. The Three Musketeers, "Porthos", "Athos" & "Aramis" and also our Angus steer "Milham" donated in late 2012 as a poddy calf by Phillip Burgmann of Denman, were all paraded well by our students. Three students progressed into the Paraders final in strong competition, Mitchell Taylor (Senior), Rachel Thompson (Intermediate) and Lachlan Johns (Junior). Of the three Lachlan Johns ribboned, was placed third in his age group.

We were mindful of not to over-parade our steers, as "Porthos", "Aramis" and "Athos" were heading down to compete at the Royal Easter Show. They were travelling down to Sydney early on Sunday 6th April, to compete against 64 other top quality steers in the very competitive Trade Steer Hoof & Hook Competition. All the steers were weighed and put into their Led Steer Classes. "Porthos, "Aramis" & "Athos" were over 500 kgs. and placed in the Heavy weight class, "Milham" competed in the Middle weight class. In all classes there was strong competition from Scone High School and St Catherine's of Singleton. St Joseph's High School of Aberdeen who always have excellently finished steers and normally would compete, did not show their cattle because of the closeness of the Royal Easter Show. "Milham" was not placed in the middle weight class as he had only been on a grain ration for a short time and had not muscled sufficiently. He was being prepared for Wingham Beef Week in the middle of May and had only come to the show for the students in the parading competition. In the Heavy weight class the "Winbirra Estate" steers did exceptionally well. The blue ribbon and 1st place went to "Porthos" with "Aramis" being placed 3rd. "Porthos" then competed against the winners in the other classes for the Grand Champion Steer of the Show. St Catherine's Middle weight steer "Bruce" a Limousin X Murray Grey steer was going to be tough competition. He had recently won his class at Maitland Show and had been awarded the Champion Led Steer at Gresford Show. The judge Alistair Rainer carefully studied the three class winners as they were paraded around the ring. He motioned to Samantha Elphick, who was parading "Porthos" to bring him in to the top of the ring. He then waived the handler of "Bruce" to line up beside "Porthos", and then to the Scone High School parader to position their Light weight class winning steer besides "Bruce". The judge then carefully studied all sides of the beasts. Samantha had skilfully positioned "Porthos" to show off his superior muscle mass, excellent conformation and finish. The Muswellbrook High School contingent was on the edge of their seats. It was nerve racking watching the judge's head weaving between the top two steers and carefully making his final decision by studying the hindquarters of "Porthos" and "Bruce". Was he going to switch the steers around? He nodded to the Chief Steward he was happy with his initial decision and "Porthos" was sashed with the Grand Champion Steer blue, white and red broad ribbon. The captivated cattle crowd clapped, the Muswellbrook High School Herdsman Team roared ecstatically and you could not see Samantha Elphick's face for her smile!

I would like to thank Mr Scott Elliott for his support and help at the Schools Cattle Day. Our school community should be very proud of the personal presentation of our students, the professional preparation and show presentation of all the steers and the excellent manner in which these students represented our school.

I would also like to acknowledge the great support of the Bengalla Mining Company to the Upper Hunter Show and the Schools Cattle Day. This competition day has given our students such an enriching experience which they can hone their skills and take with them to other livestock showing competitions in the future.

We also greatly appreciate the educational opportunities John & Dianne Quayle of “Winbirra Estate, Denman have created for the school, to prepare such magnificent steers with fantastic temperaments. We hope we can do well for “Winbirra Estate” when we show their cattle for the first time at this year’s Royal Easter Show. Thankyou also to the wonderful support behind the scenes from Stewart Scott & helpful staff of “Barn Vets”, Garry & Craig O’Hara of “Winbirra Estate”, Lyn Richards, Chief Beef Cattle Steward Upper Hunter Show and organiser of the Upper Hunter Show Committee Schools Cattle Camps, Paul Richards who donates his valuable time and excellent cattle clipping skills, to present our cattle so well in hoof & hook competitions, Nicole Large, Ashleigh Farrell & Zoe Schultz M.H.S. Junior Stewards - Beef Cattle Section for their guidance on the day, Col Jones & Shane McGann our farm assistants for their support with cattle projects at the school farm, Darren Taylor for his assistance transporting the steers to and from the Showground, Daniel O’Hara M.H.S TAS Head Teacher for his continual enthusiastic help and support and lastly the wonderful supportive teaching and administrative staff that make it possible for teachers to take excursions where students can be educationally enriched by experiences such as the Upper Hunter Show Schools Cattle Day.



Muswellbrook High School showing beef cattle for the first time at the Royal Easter Show 2014 -Trade Steer Competition for “Winbirra Estate” with the “Three Musketeers”, “Porthos”, “Athos” and “Aramis”; and further successes at the Singleton Junior Cattle Judging Day 2014



Striving for Excellence in a School that cares for its Livestock

Showing with pride!

Grant Taylor “Mr.T.”

Muswellbrook High School



Staff and students



Touch Football match

We invite parents, family, friends and community to attend the staff and student match, along with our entire school, as part of our NAIDOC Celebration.

Wednesday 18th June @ 2pm

We hope you can attend and share the celebration with us at Olympic Park.

Muswellbrook High School



CELEBRATING
NAIDOC WEEK



*We invite parents, family, friends and community to
our whole school assembly as part of our NAIDOC
Celebration on:*

Thursday 19th June @ 12.10pm

*We hope you can attend and share the celebration with us in the
School Hall, followed by a BBQ sausage sizzle lunch.*

*Please contact Mel Powell on 6543 1033
if you are able to join us.*

UPPER HUNTER NAIDOC WEEK 2014



Upper Hunter NAIDOC Week Awards Ceremony

Date: Friday 4 July 2014

Venue: Muswellbrook RSL Club

Time: 7pm -11pm

Cost: To be determined - (3) course meal and entertainment.

Come and join the community for a night of music and fun and be present to see who is Awarded for their contribution to community and achievements.

Nominations close mid June get your Nomination in now!

Upper Hunter NAIDOC Week Family Fun Day

Date: Sunday 6 July 2014

Venue: Victoria Park and Stan Theiss Centre, Muswellbrook

Time: 11am -6:30pm

Cost: Free

A day of rides, games, sporting events and fun. A BBQ lunch will be provided as well as Fireworks Display to end the day's celebrations.

Elders Dinner Dance

Date: Friday 11 July

Venue: Muswellbrook RSL Club

Time: 7pm -11pm

Cost: To be determined - (3) course meal and entertainment.

If you are 18 years and over come along and celebrate with the Elders of the Aboriginal Community and do some deadly dancing!

More details will be provided as the dates get closer please diarise!

For any further information please contact Wanaruah Local Aboriginal Land Council on 65431288.



Important community announcement

Changes to the law on smoke-free outdoor areas

From 7 January 2013, there are new requirements in NSW making the following areas smoke-free.



Within 10 metres of children's play equipment in an outdoor public place.



At public transport stops and stations, including platforms of passenger railways and light-rail stations, ferry wharves, light-rail stops, bus stops, taxi ranks and the area where people gather or queue to wait for the bus, taxi or light rail.



Open areas of public swimming pool complexes.



Within 4 metres of a pedestrian entrance or exit from a public building (meaning a non-residential building or a building that combines residential and commercial uses). This requirement will operate from 6 July 2015 for hotels, clubs, restaurants and cafes.



Spectator areas of sports grounds or other recreational areas during organised sporting events.

From 6 July 2015, smoking will be banned in commercial outdoor dining areas, being:

- A seated dining area – an area in which seating is provided and in which food that has been purchased and served on plates or packaged for immediate consumption is consumed – but only while food is being consumed or is available for purchase and consumption there,
- Within 4 metres of a seated dining area on licensed premises or at a restaurant, or
- Within 10 metres of where food is sold or supplied for consumption at a food fair.

Penalties will apply for anyone who fails to comply with the new laws.

These amendments to the **Smoke-free Environment Act 2000** are a key measure in reducing community exposure to second-hand tobacco smoke, tobacco-related harm and the uptake of smoking in NSW.

(CFA) 132288

For more information

Please contact the Tobacco Information Line on **1800 357 412** or visit the NSW Health website: **www.health.nsw.gov.au**.

The Tobacco Information Line can be accessed by non-English speaking people via the Translating and Interpreting Service (TIS) on 13 14 50.



Health

Resilience and Academic Outcomes



Studies have suggested that resilient individuals are able to **achieve higher academic outcomes** than those who may not seem as resilient. Resilience can be defined as the ability to bounce back from adversity or difficult times.

Students with improved resilience have reported **significantly higher levels of motivation, achievement and social outcomes** (www.scholarcentric.com). They also increase their ability to **problem solve** which can be applied to different subject areas at school. More importantly, improved problem solving techniques can also assist in their lives and activities outside school.

How can you assist your child to be more resilient?

- **Communicate** with them regularly
- Help them to realise that mistakes or disappointing results are **opportunities for learning and for further enhancing and developing skills**
- Assist them to **problem solve**, both with school work and in their personal lives
- Be **empathetic**
- Promote, encourage and reinforce their **strengths**
- Allocate **responsibilities**
- Encourage them to **participate** in programs running at their school or in the community

If you would like more information about building resilience please speak to your **Head Teacher Welfare** at school. Please see below for further reading and resources.

<http://www.himh.org.au/home/our-work/current-programs/response-ability>

<http://www.theage.com.au/national/principals-link-mental-health-to-academic-achievement-20080907-4bdi.html>

HEALTHY SCHOOLS, *HEALTHY FUTURES*

R E S I L I E N C E - I N - S C H O O L S





Xstrata Coal Power of Music with the Singleton Youth Venue are holding

AUDITIONS

Wed 5th & Thurs 6th June from 4-7pm (call backs 13th June)

Singleton Youth Venue, (cnr Pitt & Bathurst Sts, Singleton)

Another off-beat comedy play for off-beat teenagers, directed by Michael Winchester

Are We There Yet? by Malcolm Frawley

Picture yourself in the middle of an obstacle course that is your life! Can you see yourself as a bad angel, or a smelly jock, a dopey caveman or maybe even a member of an all-girl band called "Shallow"? Whoever you are or whoever they think you are you'll find out in this show.

If you're aged 12 – 18 years and interested in performing or production/lighting/music design come along or get in touch.

Performances: September 5th, 6th, 7th 2013

To obtain an audition pack and arrange an audition time please phone Reina Stalker at the Singleton Youth Venue on 6571 4687 or rstalker@singleton.nsw.gov.au

For any production enquiries please email Michael Winchester: michaelw@bordnet.com.au



a collaboration between five institutes of TAFENSW
Hunter | Illawarra | New England | North Coast | South Western Sydney



Aboriginal
Learning
Circle

an opportunity in:

Get the Edge
Learner Driver Program



Get the Edge: Learner Driver Program

Are you interested in:

- Working through the Road Users Handbook
- Practising the Learner Knowledge Test with a teacher
- Gaining skills toward obtaining your Learner Driver's Licence
- Building your education and career plan

Upon completion students will have gained the skills and knowledge to sit the Learner Knowledge Test and obtain a Learner Drivers Licence.

Register your interest today!

Eligibility

Aboriginal and/or Torres Strait Islander people

'Get the Edge' is a learner driver program delivered 4 hours per week for 10 weeks.

For more information or to register your interest contact:

Lynette Lancey
Hunter Aboriginal Learning Circle
T: (02) 4923 7466
E: lynette.lancey@tafe.nsw.edu.au

This program has been developed as a collaboration of the Aboriginal Learning Circle and the NSW Roads & Maritime Services (RMS)

RTO provider number 90002

Volunteers needed

Only 2 hours a week



As a Family InSight volunteer you can make a real difference to the lives of families with young children.

We need volunteers in the Singleton, Muswellbrook and Upper Hunter areas urgently.

Course starts 21st May 2014.

Ring us or check out our website to see how to join our next free training course, starting soon in your area.

Contact Family InSight on

4961 0700

www.familyinsight.org.au



Upper Hunter Youth Services Inc - Youth Centre



JUNE Calendar

Open Wednesday-Fri 3pm -6pm

Free bus run provided every

Located at
The Showground,
Maitland Street
PO Box 628
Muswellbrook NSW
2333



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 	4 CREATIVE ARTS World Environment Day	5 LIFE SKILLS Cooking using herbs from local garden	6 GROUP ACTIVITY Touch Football on the Lawn	7
8	9 Happy Birthday Queen	10	11 GROUP ACTIVITY (Males) Men's Health Talk	12 SELF ESTEEM 5 essential hygiene tips	13 LIFE SKILLS Cooking Tacos	14
15	16	17 DRUG AWARENESS	18 COMMUNITY AWARENESS	19 COMMUNITY AWARENESS	20 COMMUNITY AWARENESS	21
22	23	24 	25 LIFE SKILLS Guessing Competition " Budget Costs "	26 GROUP ACTIVITY Ball Play on the lawn	27 CREATIVE ARTS Poster creation Last Day Of School For term 2	28
29	30					

SCHOOL HOLIDAYS

*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.