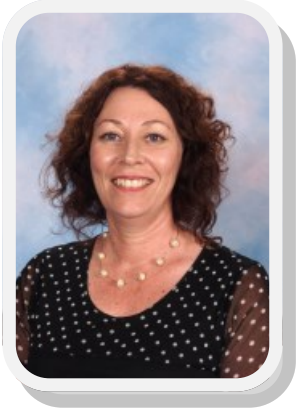




MUSWELLBROOK HIGH SCHOOL

NEWSLETTER 6

25TH NOVEMBER 2015



Principal Report

As we draw close to the end of another year, the highlights at Muswellbrook HS were many and varied:

Muswellbrook Lioness Club Youth of the Year

Congratulations to Brock Matthews for being awarded the Club's Youth of the Year. Brock and three other colleagues; Kylie O'Conner, Owen McLeod and Caleb Jones were interviewed and presented a prepared and impromptu

speeches. This is a wonderful achievement! This is a prestigious event for young people and an unequalled opportunity to build confidence and develop leadership and public speaking skills as well as learning to take an active and constructive role in the community

Vocational Education Award

Congratulations to Brendan Herbert for taking out the Youth Express Robert Beggs' Memorial Award / Vocation Education Award for 2015. Brendan completed his construction VET course this year and is currently working at xxx. Well done also to Mr. Scott Elliott, construction teacher.

Presentation Evening

I am looking forward to the Presentation Evening finale on the 8th December in the MPC, commencing at 7pm.

It is a great achievement for recipients and it is the pinnacle showcase for recognising our academic and sporting successes for the year.

2016 SRC

Our student leaders were engaged in a planning day on Tuesday 24th November, with their new SRC Coordinator, Mrs Katrina Byrnes. This was a great day for the new student leaders to get to know one another a little better.

Our SRC had many great ideas on how we can work together to improve the student experience at Muswellbrook HS and continue to fund raise for important charities. It is timely that I acknowledge the wonderful work completed this year by our student leaders, capably led by Ms Alex Skailes. Thank you all for your hard work and making 2015 a successful year.

Combined Schools Vocal and Band Ensembles

Families were treated to a wonderful performance on Monday evening, 23rd November when students from the primary schools and the high school combined to showcase their talents with a concert.

A special thank you to Mrs Laura Martin for her hard work in coordinating all involved in the fabulous and successful Local Schools Band and Vocal Workshop and Concert. Thank you to Mr Jeremy Fletcher, Director, for so kindly supplying so many wonderful tutors from the Upper Hunter Conservatorium of Music to assist throughout the day and night concert.

Thank you to the wonderful Janelle French and Sarah Patterson who both did an amazing job as our Band and Choral Directors working with students from our local schools. Thank you to the Tutors for your guidance towards students throughout the day and for playing along during the concert.

It was a wonderful vibe throughout the day and night concert from our local students. Hopefully this event provided students with an opportunity to make some great connections and in doing so inspire them to continue with music throughout their schooling years.

2016 will bring some exciting innovation for our senior students:

The Accredited Compressed Education course (ACE)

The ACE course will enable more practical, hands on HSC. Students eligible for the program have been approached and an information afternoon has been held for parents and students. Limited spaces will cap this course at 24 students. Students will complete a complementary HSC course, consisting of VET Certificate II courses. I am excited about the innovation, a first for Muswellbrook High School.

Senior Study Hall

Another innovative program to commence next year is the **Senior Study Hall**. Mrs Rachel Kable will be in charge of coordinating our senior students in their free/ study periods. The tradition at Muswellbrook HS has been that students avail themselves of the library or senior area when they are not in class. This will cease to be the case as students will be required to attend the Study Hall.

It will be a 21st Century classroom, where students will have access to technology and support from staff to complete assessment tasks and study techniques. The desire is to provide hands on, practical academic support for seniors and to improve our HSC results.

Staff Changes

It is with great delight that I welcome Mrs Sarah Doyle into a permanent position as Support Teacher to Muswellbrook HS. Sarah has been relieving in this role this year, teaching in Gold Class. Best wishes are given to Mr Grant Herbert and Mr. Nicholas Mulvihill who have accepted Head Teacher positions at Byron Bay HS and Singleton HS respectively. Thank you both for your outstanding commitment and leadership to our students and our school. You will be greatly missed. The new Head Teacher PD/H/PE is yet to be advised. Mrs Kylie Kelly will relieve in the HT Administration position. Mrs Leanne Duck will relieve in the HT HSIE role.

Finally, on behalf of the staff, we wish our Year 12 students all the best as they await their HSC results. We trust your future plans will bring you every success and happiness.

Thank you to the amazing staff and students of Muswellbrook HS for your hard work and commitment in 2015 to making Muswellbrook HS the best possible place it can be. Thank you to our supportive families and community for your ongoing commitment to education.

Deputy Report—School Bell Times 2016

In 2016, we will be changing our hours of operation. During this year, we have been consulting with the P&C and teaching staff in order to create the best arrangement for the dividing up of the school day.

Much of our school data has shown that many students become very unsettled following the 50 minute lunch break, particularly in very hot and cold wet windy weather.

We will be changing these times for the rest of the year to trial our internal school systems.

Morning supervision will begin at 8.36am.

Afternoon pickup time will now be 3.20pm, supervision will begin at 3.20pm daily in the bus area.

Bus pickup times will not be changing.

Teachers will be supervising the bus area between 3.20 and 3.50pm daily.

Please discuss the new times with your child so that they are aware of any new changes that you require to be put into place.

Normal Day		Whole School Assembly Day	
9.06-9.10	Home Group	9.06-9.20	Home Group
9.10-9.20	Home Group Reading	9.20-9.50	Whole School Assembly
9.20-10.10	Period 1	9.50-10.35	Period 1
10.10-11.00	Period 2	10.35-11.20	Period 2
11.00-11.30	Recess	11.20-11.50	Recess
11.30-12.20	Period 3	11.50-12.35	Period 3
12.20-1.10	Period 4	12.35-1.20	Period 4
1.10-1.40	Lunch	1.20-1.50	Lunch
1.40-2.30	Period 5	1.50-2.35	Period 5
2.30-3.20	Period 6	2.35-3.20	Period 6

Deputy Report— Positive Behaviour for Learning

It will be an exciting year in 2016 when Muswellbrook High School introduces "Positive Behaviour for Learning" known as PBL. You may know what this means from your child's experience at primary school but to those who don't, here is a very brief explanation.



PBL is grounded on the PRINCIPALS of PREVENTION, INSTRUCTION and FUNCTION. These principles need to be built into all school systems and practices, using evidence based decision making processes. As living documents are created to support each system, providing practices for school members to follow, it is important to remember the need for revision and reflection as an ongoing process.

A large team of teachers have been attending seminars and visiting schools to identify if PBL would be a practice that would support the teaching and learning at Muswellbrook High School. The many schools which have developed PBL systems and practices within the culture of the school show an improvement in productivity, understanding and consistency. While it is a strategy where students are explicitly taught expectations and behaviour it is very much focused upon positive reinforcement. Strategies are designed to be implemented consistently and efficiently across all the school setting, classroom and non-classroom (eg canteen, corridors, busline). SYSTEMS and PRACTICES. This includes teaching specific behaviours or social skills that lead to success in school, providing frequent positive reinforcement for expected behaviour, consistently addressing social errors, and arranging teaching and learning environments to ensure success for all.

Part of the set up of developing procedures and the needs of individual schools is to involve staff, students, parents and the community. If any one group is the only contributor then the development process will not be successful.

One of the sub groups within the PBL team will be sending out surveys, requesting parent and students to contribute with their opinions and ideas. It would be extremely beneficial for students if as many parents as possible participated in these surveys to ensure a thorough and inclusive view by the school community.

Mr S Copland
Deputy Principal



Robotics 4 Schools

Muswellbrook Robotics 4 Schools (M-R4S) Club finally started last Thursday 5th November, with students from Muswellbrook Primary School, Muswellbrook South Primary School and Muswellbrook High School joining together as Team Carbon (C4). Students from Muswellbrook High demonstrated gracious professionalism, demonstrating how the mission modules work and the EV3 robot. Together Team C4 will build their robotic skills in designing, building and programming the EV3 for the upcoming FIRST Lego Robotics Trash Trek Challenge. During the afternoon, students evaluated the Tournament Map, discussed the missions for the Trash Trek Challenge and collaborated with suitable EV3 designs to successfully complete each mission.

Mrs Byrnes
M-R4S and FLL Team C4 Coordinator



Focus Centre

The Focus Centre is currently in the process of constructing some artistic sculptures for the school. Meet our first one, who is located in the Snake Pit. We look forward to watching him "grow" and become another valued member of our school community. The Focus Centre students are currently in the process of constructing some more "friends" for him. Many thanks to the our students and SLSO's Leanne Ward and Dan Brash.

Miss Smith
Head Teacher Special Education



PASS CAMP – 7th-9th October 2015

Mr Doust and I had the pleasure of taking just under 40 amazing students to the Great Aussie Bush Camp at Tea Gardens, in week one of this term. What an awesome experience it was! From a teacher's perspective, the camp was very well run and we cannot recommend the staff at Great Aussie Bush Camp highly enough. The food was delicious, teachers were well looked after, and the students were kept constantly busy with various activities run by two excellent instructors.

Unfortunately the weather was not entirely on our side, the rain and wind began as our bus made its way towards Tea Gardens up the Pacific Highway. This however did not dampen the students' spirits! After checking in and some delicious lunch, day one began with a high ropes course which involved courage, focus and a very good degree of balance. Following on from this activity the students had a team survivor challenge in which they had to use initiative and a small amount of mathematics to get their entire team from one end of a muddy pool, to the other, using two logs. I must make note of Joaby Stevens, who led his team safely and quickly across the pool, taking out the team challenge. To finish the day we ran multiple laps of the mud course, teachers included, and while I was very determined not to get my hair wet Lachlan Mills made sure I would not be leaving the course without being covered from head to toe in mud! Needless to say, those old clothes did not make the trip home!

I may have wussed out on many of the activities that involved adrenalin, but our students took on every challenge with vigour and determination. Some particularly good activities to watch were the Giant Swing and the Leap of Faith, which saw even the toughest of students shake a little in their shoes and look a little pale and sweaty!! The flying fox was a lot of fun, with several students taking each other on in races to the bottom where other students were waiting to catch them, although we almost left with Ethan Alderson stuck out in the middle because my catching skills were not at their best! Another team high ropes challenge got the heart rate pumping and was probably my favourite activity. The second night saw a mass game of Spotlight after some team challenges, such as standing up from the ground with a cup of water balanced on your nose – well done to all the students who completed these tasks, in particular Nicole Boeckx who exhibited extreme stealth and concentration with a cup of water on her nose!

On the last day students were again given the chance to test their boundaries and face their fears on a 12m abseiling wall and a vertical climbing challenge. Both myself and Mr Doust are extremely proud of every student who gave these challenges a go and faced their fears – as our guide taught us **FEAR** is **F**alse **E**vidence **A**ppearing **R**eal, and why I can't say the same for myself, all students took this advice in their stride and I'm sure have come away from the camp walking a little bit taller and feeling a little bit prouder!

The behaviour of the students was outstanding all week and Mr Doust and I could not have asked for a better group to spend three days and two nights with. Special thanks to Mr Herbert for all his behind the scenes work and organisation of the camp, and thanks again to the Great Aussie Bush Camp for an extremely well run, professional experience.

Miss Pitt
PDHPE





PDHPE Report

Earlier in the year, we mentioned the wonderful support from Glencore Coal Assets Australia. Since then we have been busy in applying for some funds to enhance the quality and security of our fantastic Gym at the school.

We were again very lucky to have strong support from our local community and the organisations associated with the area. **Anglo American Drayton Coal** kindly donated **\$8800** to the upgrades in the security and protection of our gym equipment. These funds have been utilised to provide secure garage doors – reducing dust and the opportunity for theft. This has also enabled the faculty to provide gym classes during sport and allocated PDHPE practical lessons, whilst opening the facility on Wednesday and Thursdays for students who wish to work out or attempt to bulk up. The gym is now well equipped and is regularly used by students and staff. With continued support, we hope to increase the amount and the quality of equipment and offer innovative and dynamic lessons in this area.



In Term 3, I was fortunate enough to continue the travels with touch football for MHS. The Open Boys team won their State knockout match against Wagga Wagga and then travelled to Bateau Bay over 2 days to take on the remaining top 9 teams in the state. On day 1, we played 4 games. The results were: 1 – Tweed River High, a 4-3 win. 2 – Picnic Point High, a 11-0 win. 3 – Parkes High, a 9-3 win. 4 – Kiama High, a 6-3 win.

The second day was the NSW Semi Final and was a very close and tough game, with Muswellbrook being behind for much of the game. The boys managed to come back from 2-0 down to tie it up and eventually get it back to 5-5 with a few minutes to play. MHS went ahead with just over a minute to go and unfortunately, Warilla High hit back on fulltime to take the match into a drop-off. After a few extra minutes of play, a long pass out wide resulted in a close call for a touch, but the decision was a try to Warilla and they won the game.

Muswellbrook High ended up placing 3rd in NSW for the second time in our history.

This was a fantastic achievement by the school and in particular, the boys. As coach/manager, I would like to thank the boys and all of the parents and family members who gave up their time and energy to help out the team. It is always fantastic to see how much support is regularly provided by our community members.

There were no clear individual great performances, rather an equal share and contribution from all of the team.

Particular mention must go out to Jake Parker, Seaton Graham, Noa Durham and Anaru Komene who have now finished at MHS. Over the years, these boys have been instrumental in the success of touch football at the school, with Jake representing NSW for the past two years.



After this tournament and as a result of fantastic achievements in touch this year, we had 3 students (Jake Parker, Brydie Parker and Kelsey French) selected to represent NSWCHS and NSWTA at the National Youth Touch Football Championships! All 3 students' teams reached the National Semi Finals. Unfortunately, they were all narrowly defeated in these matches to finish in equal 3rd spot overall. This was a wonderful way to cap off the year in touch. Congratulations to these talented athletes!



Finally, I would just like to add a quick footnote and say a special thanks to all students, staff and Muswellbrook High community members who have provided me with a great deal of support and experiences in my 11 years at Muswellbrook High School.

I have thoroughly enjoyed my time here and will take many fond memories with me to Byron Bay. Muswellbrook High School is a great school with great students and staff!

Mr G Herbert
Head Teacher PDHPE

A banner for Osborn's Transport. On the left is the logo 'OSBORN'S TRANSPORT' in yellow and white text on a blue background. On the right, contact information is listed: 'Reg Osborn Pty Ltd | ABN 33 000 400 313', '53-55 Maitland Street | PO Box 727 | MUSWELLBROOK NSW 2333', 'T 02 6543 1271 | F 02 6543 4964 | E osborns@bigpond.net.au'. A red crab logo is on the far right.

Just a friendly reminder that you might want to put in your school newsletter ,

Any child starting kindergarten and wanting to travel on the bus will need to fill out a blue bus application form.(
needs to signed stamped and dated by the school)

Any child going into year 3 needs to fill out a blue bus application form **PENDING** they are eligible for FREE travel .
(needs to signed stamped and dated by the school)

Any child going into year 7 needs to fill out a blue bus application form **PENDING** they are eligible for FREE travel .
(needs to signed stamped and dated by the school)

Any child who has had an address change will need to fill out a blue bus application form **PENDING** they are eligible for FREE travel at the new address

We are accepting 2016 applications now BUT they will not be processed until January and will be ready for collection when the bulk of passes are processed .

All Bus passes need to be collected from the office from mid-January (53-55 Maitland street Muswellbrook , located behind Beaurepairs)

NO APPLICATION WILL BE PROCESSED UNLESS IT IS SIGNED STAMPED AND DATED BY THE SCHOOL

If you are unsure if a child will be eligible for FREE travel in 2016 please feel free to contact the office and we will help with this process

Should you need any other help or information please feel free to contact the office on the below details

Regards
Monica

Mental Health Month @ MHS

Mental Health Month is part of a national mental health promotion campaign held throughout October each year. The timing of the campaign centres on World Mental Health Day, which happens each year on October 10.

In 2015 the theme for Mental Health Month was 'Value your Mind'.



The main message of this campaign is to encourage all individuals to think about how mental health exists in their daily life and promote the need for all individuals to make mental health a priority in their daily lives. When we make our mental health a priority, we are practicing self-care which is an important part of our daily living to ensure the maintenance of a balanced wellbeing.

This year Muswellbrook High School partnered with the Upper Hunter Community Services to celebrate several events during October.

Odd Socks Day

Mental illness is so prevalent in Australia that statistics indicate around one in two of us will experience a mental illness in our lifetime, and one in five of us will experience a mental illness in any year. [ABS National Survey of Mental Health and Wellbeing – 2007](#)

Odd socks day... is a light-hearted approach to reminding people that anyone, at any time, can have an odd day.

Stigma can have a devastating impact on the lives of people with mental illness and their families, friends and carers. It's still one of the greatest barriers to people seeking help and recovery.



On Friday the 9th October all teachers and students were invited to wear odd socks in order to show their support for Mental Health.



Headspace Presentations



On the 13th October students a number of our students were addressed by Health professionals from Maitland Headspace. Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds.

The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

Year 7 students were presented a seminar on Harassment and Bullying, Year 9 listened to information on Anxiety and Depression and Year 11 students were addressed on topics including stress and time management.

Students were especially happy to receive free wristbands and pens provided by the service.

Year 8 REACH



On the 15th October Year 8 attended their final Reach workshop for 2015. Reach workshops aim to improve the wellbeing of young people so they can be healthy and resilient to meet life's challenges, and fulfill their potential. This workshop gave year 8 students a chance to get to know some new things about some of their peers and spend some time celebrating their successes.

Love Bites



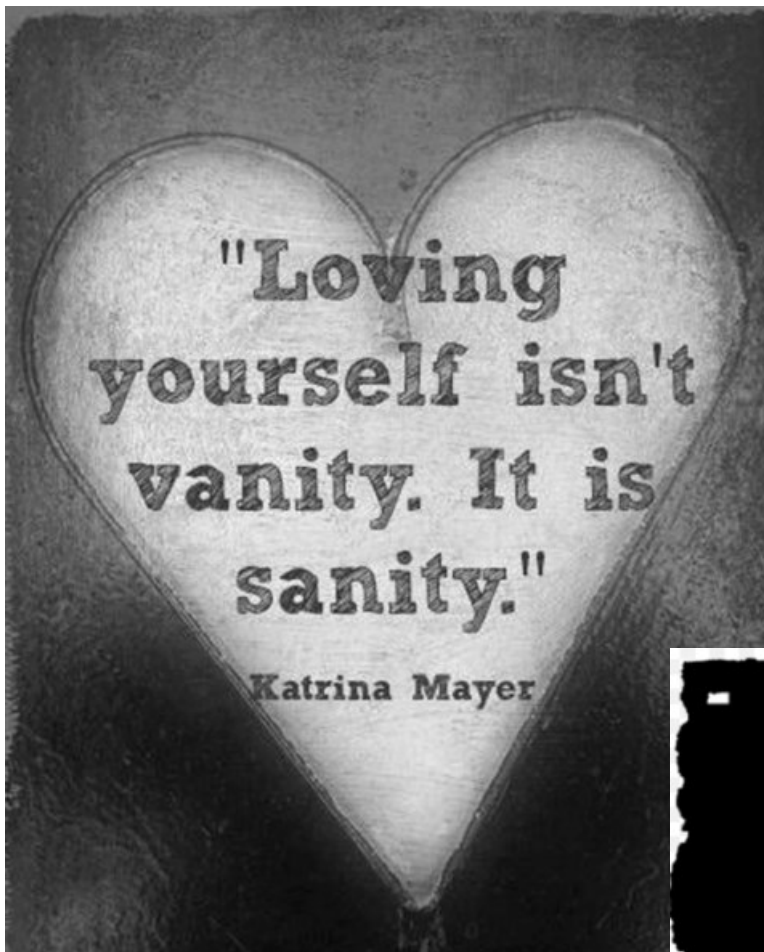
ON the 20th and 27th of October Year 10 students participated in the Lovebites program at MHS. Lovebites is a school-based Domestic and Family Violence and Sexual Assault prevention program. Students participated in several workshops presented by workers from Community Health and local Youth Services to explore issues such as consent, healthy relationships and abuse.

During the last session of the day the students produced some drama performances and artworks with positive messages around the themes they had discussed. This work will now go on display at the Muswellbrook Library as part of the White Ribbon Day celebrations. Year 10 invite you to get along to the library and check it out!



Positive Reflections

The Muswellbrook High School Girls Advisory Committee were supported by the Upper Hunter Community Services to promote self esteem and body image during Mental Health Month. Throughout October the girls shared a number of uplifting messages and affirmations via the mirrors in our schools toilets and bathrooms to ensure that our schools staff and students were seeing 'positive reflections'!



We now look forward to even bigger and better celebrations for Mental Health Month in 2016.

Mrs Kable
Head Teacher Welfare



Muswellbrook Netball Association

Muswellbrook Netball Association is looking for any keen individuals interested in playing or coaching representative netball in 2016. They are currently in need of girls turning 15 next year to become part of a 15's representative team and coaches for both a representative 15's team and a 12's development team. Please email Shelby Lewis at mbk.rep@hotmail.com for more information or to put your name down.



International Day of
People with Disability

"INCLUSIVE FUN"

Date: Thursday 3rd December 2015
Time: 10.00am – 2.00pm
Venue: Lake Liddell Recreation Area
400 Hebden Road, Muswellbrook

Activities available on the day include:

- GJ's Laser Tag
- Rock Climbing
- True Colourz Record Art
- Recyclable Monsters Art
- ...Plus more!
- Bike Rides
- Fun Games
- Rock Painting
- African Drumming

Sausage sizzle and drinks available for lunch.
2NM will be broadcasting live on the day.

**If you require transport, please contact Chic on 0409 208 770
before 25th November 2015**

Everyone is welcome

Version 1 | 02.11.2015

Famous People with Disabilities

Albert Einstien	Physicist	Autism
Thomas Edison	Inventor	Deaf
Franklin Roosevelt	US President	Polio
Helen Keller	Disability Activist	Blind Deaf Mute
Francesco de Goya	Painter	Deaf
Lord Nelson	Naval Hero	Amputee Blind
Robin Williams	Actor Comedian	ADHD
Stephen Hawkins	Physicist	Lou Gehrig's Disease
Tom Cruise	Actor	Dyslexic
Harrison Ford	Actor	Depression
Britney Spears	Singer	Bipolar
Ben Stiller	Actor	Bipolar
David Beckham	Soccer	OCD
Gilbert Gaul	Pulitzer Prize	Spina Bifida
Bonner Paddock	Mountaineer	Cerbral Palsy
Steady Eddie	Comedian	Cerebral Palsy
Hugo Weaving	Actor	Epilepsy
Agatha Christie	Author	Epilepsy
Julia Roberts	Actress	Stutter
Vaclav Nijinsky	Ballet Dancer	Schizophrenia
Itzhak Perlman	Violinist	Polio
Linda Ronstadt	Vocalist	Parkinsons
Muhammad Ali	Boxer	Parkinsons
Marla Runyan	Marathon Runner	Blind
Bethany Hamilton	Surfer	Amputee
Aimee Mullins	Athlete	Amputee
Halle Berry	Actress	Diabetes
Keira Knightly	Actress	Dyslexia
Whoopi Goldberg	Actress	Learning Disability
Misty Hyman	Swimmer	Asthma
Michelle Akers	Soccer	Chronic Fatigue
Heather Whitestone	Miss America	Deaf
Frida Kahlo	Artist	Polio
Vivien Leigh	Actress	Bipolar Disorder
Emily Blunt	Actress	Stutter



'Hope Heroes' Colouring In Sheet. Illustrated by Andrew Davis. 2015. Public Domain. All moral rights reserved.

SRC Team

Yesterday on 29th November 2015 many of our new SRC leaders travelled to Newcastle to attend the Grip Student Leadership Conference. Tom was fearless in volunteering to participate in the Grip Loud Noise event that required him to pair up with a student from another school in a humming competition. Tom chose to do the humming and with the other student blindfolded, a number of song titles were presented on the screen for Tom to hum in 60 seconds. As it turned out Tom's team scored the most points in this event and they won. Thankfully all that practice of Advance Australia Fair at assemblies paid off for Tom as he certainly knew how to hum the tune well J. Great work Tom!!! As you can see by the conference photos and videos, a fun day was had with all the students citing the conference was great and definitely worth going to.

SRC team

Muswellbrook High School





Upper Hunter Youth Services Inc - Youth Centre

NOVEMBER CALENDAR

Open Wednesday-Fri 3pm –6pm

School Holidays Tuesday– Fri 11am-3pm

Free bus run provided every
afternoon

Located at
The Showground,
Maitland Street
PO Box 628
Muswellbrook NSW
2333
Phone: (02) 65434841
Fax: (02) 65425443
Email: kholman@uhys.org.au



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			4 CREATIVE ARTS Colour my world Activity.	5 TEAM BUILDING Group participation	6 LIFE SKILLS Sun/safety awareness Tips.	
			11 COMMUNITY AWARENESS Remembrance Day	12 GROUP ACTIVITY Cricket on the Lawn	13 CRAFT AFTERNOON Researching xmas decorations to make.	
		17	18 GROUP ACTIVITY Fun game on the lawn	19 SELF ESTEEM Name 5 hygiene tips we do each day.	20 LIFE SKILLS Imagine a world with No rules?	
		24	25 CRAFT AFTERNOON Making Christmas ornaments	26 GROUP ACTIVITY Putting up our Christmas decorations.	27 SELF ESTEEM Peer group pressure. Does it affect you?	
			28 days until Christmas			

Harvey Norman®

invites you to the Muswellbrook BYOD Parent Information Evening

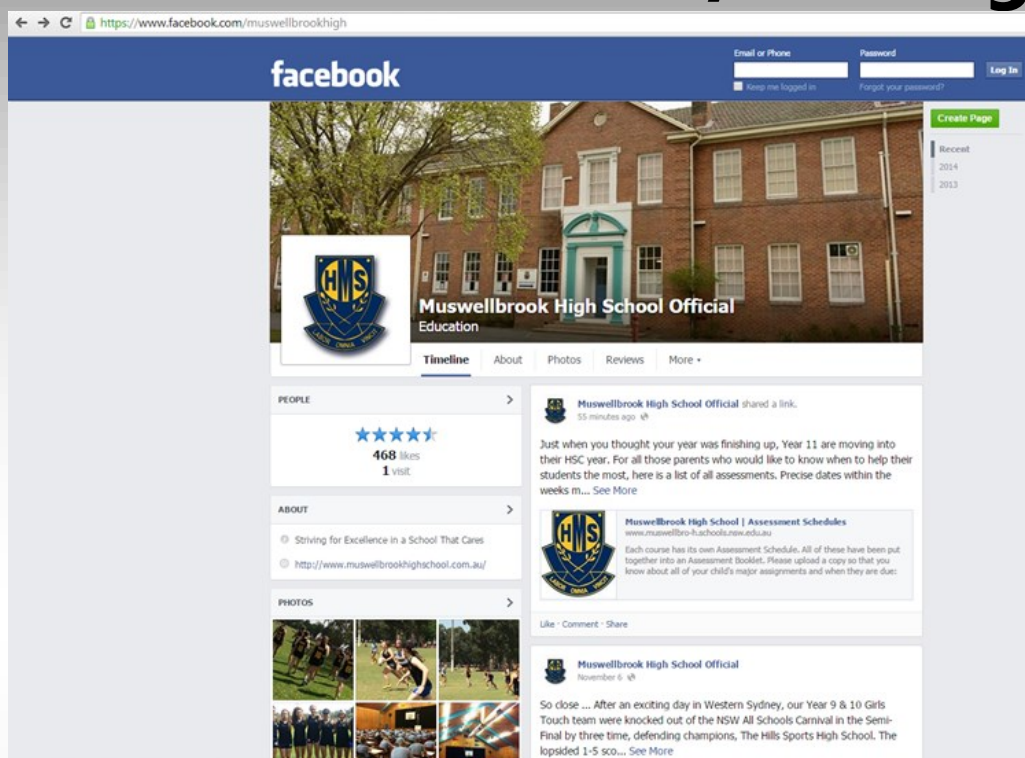
- Find out what your child needs to succeed
- All staff experts on BYOD requirements
- VIP pricing on the night
- Huge range of models to choose from
- Packages for all budgets
- Payment plans with breakage cover

**6pm-8pm Thursday 10th December
at Harvey Norman Muswellbrook**





www.facebook.com/mbkhigh



Muswellbrook High School—IMPORTANT INFORMATION

Facebook— [facebook.com/mbkhigh](https://www.facebook.com/mbkhigh) (Our Official Facebook Page)

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 – www.muswellbro-h.schools.nsw.edu.au. 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.