

## Muswellbrook High School



"Striving for excellence in a school that cares"

**NEWSLETTER 10** 

17 November 2016







## **Principals Report**

#### **Student Achievement**

You will find our newsletter filled with some outstanding achievements by our students at a Regional level; the Robotics competition and Bandfest. I continue to remain extremely proud of the talent and hard work that our students demonstrate. This was also reflected in the recent gats@mhs showcase evening. Our staff continue to deliver excellent learning experiences that make a difference for all learners. I would like to particularly acknowledge the organisational prowess of key personnel who have enabled this success to come Muswellbrook High School's way: Mr Jason Foy and the CAPA faculty, Mrs Katrina Byrnes and Mr Matthew Bellotti.

## **Development Days**

Every year we hold three days of activities beyond the school where all students and staff can interact in a different setting other than the classroom. The days are planned for Wednesday 30<sup>th</sup> November through to Friday 2<sup>nd</sup> December. Thank you for supporting these three important days in our school calendar.

## 2017 Year 7 Orientation Day

Wednesday the 29th of November will be our Yr. 7 2017 Orientation Day, when we welcome Yr. 6 students to enable them to learn more about their high school. Primary students will be here during the day and will participate in team building activities.

We look forward to welcoming the incoming students and their families to Muswellbrook HS. The Information Forum will be held from 5.30pm – 6.30pm in the MPC, where there will be an opportunity to meet the Year Advisors and Head Teachers. Book packs and uniforms may also be purchased from 4.30pm.

## Welcome to the new AECG Executive Team

We extend a special welcome and congratulations to the newly elected Upper Hunter AECG Executive Team: Mrs Lyn Bradley (President), Mrs Jeanine Pascoe (Vice President), Mrs Raylene Price (Secretary) and Mrs Rhonda Griffiths (Treasurer). Muswellbrook High School looks forward to working together with this team to ensure continued opportunities for our students.

#### Canteen

On behalf of the staff and students, I would like to publically thank Stasia, Maree and the canteen volunteers for their dedication to Muswellbrook High School to providing our students, not only with a meal throughout their school day, but a familiar face and a friendly chat whenever needed! Thank you Stasia and best wishes for your future endeavours.

Whilst Stasia's shoes were difficult to fill, I would like to welcome the newly appointed canteen supervisor, Mrs Jodie Schmierer. Jodie is one of our parents and she will job share in this role. There have already been some well received additions to the existing canteen menu for Summer.

## **Displays**

We have been working hard to refresh our spaces to better reflect the school's vision and Positive Behaviour for Learning (PBL) expectations of *respect, responsibility and resilience*.

Our Administration block has been transformed into a gallery space for some outstanding photography pieces, taken by our students. Visitors to our school can clearly see our talented students' work.

We have been fortunate once again to have the works of Ms Leanne Ward, showcased throughout the school. The 'breezeway' has been transformed with two amazing mosaics that need to be seen to be believed! Please make sure you check these art works out, the next time you visit the school.

## **Local School Band and Vocal Workshop 2016**

It was such a delight to have the primary school students join with our high school students on Wednesday 16<sup>th</sup> November. Tutors from the Upper Hunter Conservatorium of Music spent the day with enthusiastic students teaching them new pieces of music to perform to family and friends later in the evening at the Showcase performance. Thank you to all involved for making this a great success for the second year. I believe there are plans to make it even bigger and better for next year!

## **Deputy Principals Report**

#### **ProBL**

Muswellbrook High School is entering a new era in education. Schools across the world are looking for new ways to engage students by providing effective and enjoyable learning experiences. With technology, the world is becoming ever smaller and it is no longer possible for teachers to engage a classroom of students using old teaching practices.

In 2017, a number of Year 7 students will be involved in classes adopting a teaching method called Project Based Learning. With this form of learning, students are more active and are required to resolve problems with real world relevance while gaining skills required for the 21st century workplace and universities. While students complete a series of projects that may cross over various curriculum content. They will learn to plan, organise, cooperate and present their solutions based upon research and wherever possible, invite people from around the world into the classroom (physical or virtual).

Project Based Learning or Muswellbrook High School's version, ProBL, improves learning through the completion of a project, providing a better understanding of the content and students are then able to retain the information longer when compared to traditional instruction. In a project, students learn how to take initiative and responsibility, build their confidence, solve problems, work in teams, communicate ideas, and manage themselves more effectively.

While students are involved in an alternative teaching method, they will also be required to complete the outcomes of each course. This requires teachers not only to be the facilitator of the project learning but also provide explicit learning of skills and content.

It's a brave new world where projects provide students with empowering opportunities to make a difference, by solving real problems and addressing real issues. Students learn how to interact with adults and organisations, are exposed to workplaces and adult jobs, and can develop career interests. Parents and community members can be involved in projects.

Stay tuned for further updates in the progress of ProBL at Muswellbrook High School.

Deputy Principal
Scott Copland

#### **HSIE-S McDonald**

HSIE's 8HG01 class have been engaging with 'global connectedness' with the Jeonnam Foreign Language High School (which is actually a UNESCO school), in Naju Korea. Each fortnight, students from both schools video conference each other and present to each class, power points on topics which provide information on Australia (culture, history, lifestyle etc) and likewise, the Korean students share information on their Korean culture. Students from each class work in small groups and take turns in presenting their power points, then participate in a question and answer session.

From their first interaction, the students gained an insight into just how different the cultures are, yet how similar the 'teenage' years are, with wanting to socialise, go shopping and have fun. Rebecca McNeil, as their classroom teacher, has supported and encouraged students to prepare questions and ask the Korean students questions (and to be prepared to answer any questions!).

It was wonderful to see our students exchange in conversation with the Korean students and be proud of not only their culture, but their school (especially when they learnt the Korean students are lucky to have 6 hours sleep a night and that they live in dormitories at the school). The students will participate with their final video conference on the 21 November, however, the students are exchanging email contacts (with the assistance of their Korean Teacher - 'Bright Heart'), so their learning experience will continue long after the video conferences end.

This has been a fantastic opportunity for Muswellbrook High School students and thanks goes to Dr Myungsook Auh, Program Director of the Asia ConneXions, Ms Elizabeth Bate (for supporting our students in this opportunity), Ms McNeil and the students, for being very brave and venturing into something different. The reward has been inspiring and insightful!



## **CAPA-J Foy**

## **Bandwidth Band Competition**

On Monday 7<sup>th</sup> November, Mr Foy took the Year 9 rock band *Forever Falling*, featuring Josh Potter, Brady Cavanagh, Annan Snewin and Daniel Wojcikewycz, plus a support crew, to the *Bandwidth* Band Competition. It was held in the *Hunter Theatre* and the *Hunter School of the Performing Arts*.





There was some stiff competition from some schools that are well-renowned for musical achievement. We are very excited and proud of the boys, who WON the top prize and have earned themselves a recording deal with Sawtooth Studio in Newcastle. We very much look forward to hearing their recorded single next year.





## PDHPE / SPORT-D Pitt

On Thursday 4<sup>th</sup> August 2016, the inaugural Upper Hunter League Tag competition was held on a beautiful day in sunny Denman. Muswellbrook High had two teams entered into the competition – an U14s girls team and U16s girls team. Both teams were extremely successful, with the U14s girls team going undefeated until the grand final which saw us lose by a small margin to St Joseph's Aberdeen, and in an awesome effort the U16s girls teams won their grand final. It was a really enjoyable day that we look forward to attending as part of our regular sporting calendar of events for each year. Well done girls and thanks to Miss Pitt and Mrs Doyle for coaching them on the day. Thanks must also go to the wonderful parents who transported their daughters to the fields and the Elphicks for assisting with coaching.



U14s League Tag team: Tenika Hewitt, Madalyn Robertson, Bethany Nougher, Jessica Xia, Nikita O'Hara, Nadia Owen, Gabby Stevens, Olivia Pittman, Lydia Hume, Chandon Kelman, Lluka Stewart, Ashley Halliwell, Kiah Perry, Daisy Durham, Tahlia McNamara, Tracey Hoffman, Tenayha Dennis.



U16s League Tag team: Hannah Gleeson, Jacinta Ballard, Elizabeth Mearrick, Clare Worms, Sarah Vakatini, Alannah Miller, Georgia Chick, Destiny Perrett, Grace Duncan, Ella Watson, Bronte Collins, Charlee-Mae Schmierer, Hailey Parker, Harmony Liddell, Hannah Hill

#### LIFESAVING 2016—S Turnbull

Lifesaving will be held in week 8 this term, Wednesday 30<sup>th</sup> November to Friday 2<sup>nd</sup> December. This is an exciting opportunity for students to learn skills that may someday save their life or the life of someone else.

To make sure lifesaving runs smoothly, it is important that students get their permission notes in as soon as possible. If students have chosen to do a Bronze award, they will need to prepay at the front office before lifesaving.

On Tuesday 1<sup>st</sup> November 2016, The U15s CHS Netball team travelled to Scone to verse Singleton High and Scone High in a knockout style competition. The girls played hard in the heat, although despite many lunchtimes spent training and a gallant effort on the day, we were unable to beat either team. We started game one against Scone strong, however a weaker second quarter out us a bit too far behind in the score line to catch up. The girls stayed focused and ended up coming back to only lose by 8 goals to Scone High School.

After a 20 minute break we took the court again to play against an extremely strong Singleton High School team, who beat us with a very convincing score line. Despite the losses the girls had a fantastic day and did our school proud. Good luck to Singleton High who will progress in the competition, representing the Upper Hunter Zone. Better luck next year U15s! Special thanks to the parents who took the time to drive the girls to the game and spectate.

U15s CHS Netball team: Kylee Hyde, Tasmyn Baas, Emily Bishop, Chelsea Lanyon, Shyanne Irwin, Ashley Halliwell, Sarah Mitchell, Emily Jones, Nadia Owen and Georgia Hutchings.



#### **ROBOTICS**

For the past month our two rookie teams (Team Carbon Yellow and Blue) have come together after school most days and all day on Saturdays to prepare for the FIRST Australia Lego League robotic tournament. We travelled to Baulkham Hills North Primary School on Thursday 10<sup>th</sup> November 2016 to attend the Animal Allies 2016 Robot Challenge. It was an early 5am start and a very long day. Our two teams performed brilliantly. Team Carbon Blue had a few programming issues although their robot, research task and core values judging went very well. Their overall ranking for the day with robot missions ended up at 10<sup>th</sup> place out of 16 teams.

Team Carbon Yellow also had a few programming glitches with their robot progressing to 5<sup>th</sup> ranking at the end of the tournament. The Yellow team worked very well together and I was extremely proud of them during their robot, research and core values judging rounds. At the end of the day, Team Yellow took out the Judges award for robot design and the overall regional to become finalists for 2016! We will all now prepare to travel to Sydney to attend Finals on 10<sup>th</sup> December at Macquarie University to compete with other finalist teams from around Australia and Tasmania.



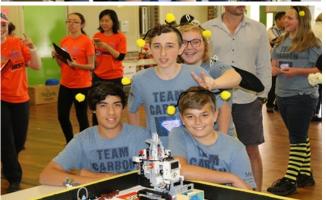
Our victorious Team Carbon (Yellow)

I would like to thank our wonderful student parents Mr Chris Nicholls who is now deemed an FLL mentor for the time he could spare with our two teams helping with design and programming. A big thank you to Mrs Caroline Worth for being parent photographer on the day and Mrs Aimee Nicholls for helping organise students with judging rounds and bravely travelling with us all in the mini van to Regional! It would be remiss of me not to thank Mr Bavister for driving the Mini Van, we will never forget his ability to miss the turn off to the Twin Servos at Central Coast and a big THANK YOU to the Aboriginal Lands Council for the loan of their mini van for the day.

#### Mrs Byrnes

Robotics (FLL and FRC Co-ordinator/Mentor)



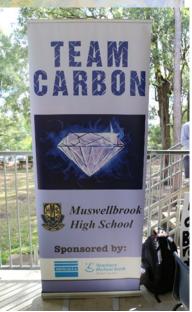








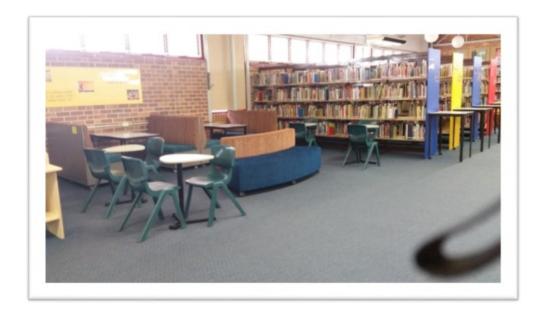


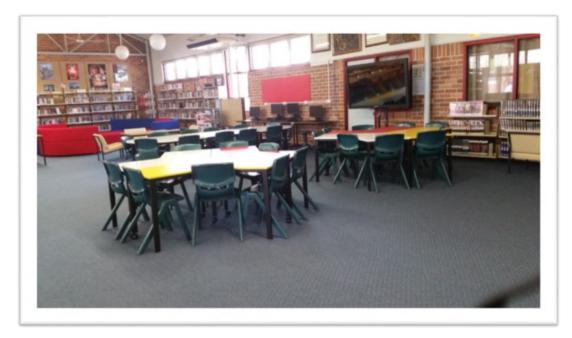




### The HUB-P Cullen

The Hub has undergone a transformation with new furniture and a complete overhaul of our shelving. This provides a bigger space allowing for many separate seating areas as well as comfortable classroom seating. Along with our 32 laptops we can provide a much better experience for classes and individuals in both class time and breaks. Thanks to  $21^{st}$  Century Learning Spaces Committee we have been privileged and expect to provide more flexible seating in the new year. Both students and teachers have expressed a keen interest in trying out the new facilities. Do not forget to look at our Oliver Library and peruse the new E-Books we have on offer. These are a two-week loan and will be automatically returned after two weeks.





Hope you all have a wonderful break and looking forward to seeing everybody refreshed next year.

#### WELFARE—R Kable

## 2016 MENTAL HEALTH MONTH @ MHS



October is Mental Health Month at Muswellbrook High School. According to the World Health Organisation (WHO), mental health is the state of well-being in which every individual with their own potential, can cope with the normal stresses of life, can work productively and is able to make a contribution to their community (WHO, 2014).

During October we run several programs and events with the goal of protecting and promoting the Mental Health of our students. This year the theme for Mental Health Month was 'Learn and Grow' so we focused on learning more about mental health and using that knowledge to grow personally and take control of their mental wellbeing. The theme also encourages everyone to learn new and exciting things, as the very act of learning can have many positive outcomes on our mental health and wellbeing – no matter what you choose to learn about. Learning is our core business at MHS.

### ODD SOCKS DAY

Our Year 8 students worked together to raise awareness for Odd Socks Day as part of Mental Health Month. In week 1 they were addressed by some local experts on the importance of looking after our Mental Health and then wore their 'odd socks' the next day to promote to their peers that 'anyone can have an odd day'! Well Done Year 8!



## WELFARE—R Kable-continued

#### WELCOME COMMITTEE

Enrolling in a new school can be a stressful time for new students and their families. In response to this we have established the Muswellbrook High School Welcome Committee has been established. Students were nominated by their Year Advisors to become a part of this leadership team. Their role will be to assist new students to Muswellbrook High in the transition to a new school through an induction process. Muswellbrook High School Welcome Committee Leaders participated in a training session with the Head Teacher Welfare on Monday the 24th October and are now confidently looking forward to taking on their new responsibilities within the induction process.





## WELFARE—R Kable-continued

### **LOVEBITES**

On the 20<sup>th</sup> and 27<sup>th</sup> of October Year 10 Participated in the LOVE BiTES Program. LOVE BiTES is a program that was developed to educate young people about respectful relationships and reduce the incidence of relationship violence in the community. It is presented by local social workers, youth workers and Health staff.

Students were presented with the Angela Barker story. In 2002 at the age of 16 Angela was brutally bashed by her ex-boyfriend, leaving her suffering severe brain injury. Students also took part in many hands on activities which explored the consequences of their actions within different scenarios and dispelled many myths held by society about sexual relationships.

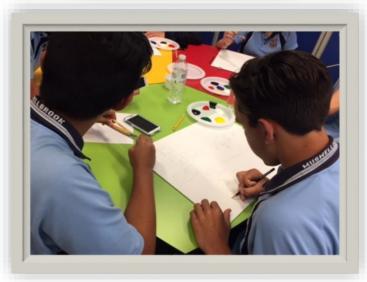
In the afternoon the students were given time to reflect upon what they had learnt from the day and were given the opportunity to develop their own artwork or piece of music themed around respectful relationships.

The artworks will be on display at Muswellbrook Library as part of the 16 Days of Activism- which is an international campaign calling for an end to violence against women. Members of the public are invited to get along and view the artworks.









## WELFARE-R Kable-continued

## PLAYGROUND SOUNDS

Our final event for Mental Health Month was Playground Sounds. On Friday the 28<sup>th</sup> of October we held the first ever Muswellbrook High School silent disco. It was a great opportunity for our staff and students to spend some fun time together and have an opportunity to get the good endorphins flowing. We look forward to hosting Playground Sounds at MHS again in the future.





#### **NEW STAFF MEMBER**

#### **INDY**

It is with great pleasure that we introduce to you our newest staff member of Muswellbrook High School, Indy.

Indy is a gorgeous 5 year old golden retriever who belongs to Toni Boney. Recently, Indy and Toni successfully completed both a Companion Dog and Therapy Dog certification through Miracle Assistance Dogs NSW (MAD). The training involved Indy and Toni to work as a team for an entire day in various locations across Newcastle. Throughout the day Indy had to remain focused, calm and well behaved at all times and to follow all instructions given by her handler. She was approached by strangers and young children and was expected to ignore food, dogs and other distractions. Indy was also tested on her ability to respond appropriately to crowds and loud noises.

Indy is an affectionate dog and who adores attention and loves to be petted. Muswellbrook High students are encouraged to interact with Indy as much as possible as long as they ask permission to do so first. After permission is given, students are instructed to offer their hand to Indy and then initially pat her below her chin before they touch her elsewhere. This approach is both safe and respectful to Indy as it lets her know she is going to be petted.

As a Therapy Dog, Indy's role is varied and flexible. She will provide unconditional comfort and affection and assist in the building of confidence and independence of our students.

Toni and Indy will work across various classrooms within our school. Together they will visit our Special Education Unit, targeted classrooms and specific students on a regular basis.

At Muswellbrook High School we pride ourselves on implementing educational variety and believe that Indy will be a fantastic asset to both the students and staff at our school.

For further information about Miracle Assistance Dogs MAD please visit their website www.miracleassistancedogs.org.au



## **NEW STAFF MEMBER –Continued**





### **EXCURSIONS & INFORMSTION**

## Yr 7 Development Days

Students in Year 7 have got an exciting 3 days planned at the end of Week 8. Students have been organised into groups and will attend on a rotaitional basis, three separate excursions/incursions based on developing skills in the areas of Welfare, HSIE and Japanese. The cost for the three days is \$55 and should be paid to the office, with their accompanying excrusion form. Please contact Alex Skailes at the school if you require any further information.

## **School Canteen Menu & Price List**

SUMMER 2016/2017				
BREAKFAST		WRAPS AND ROLLS		
Cheese Toastie	\$1.50	Ham Salad	\$5.00	
Ham & Cheese Toastie	\$2.50	Cheese Salad	\$4.50	
Banana Bread	\$2.20	Chicken Salad	\$5.00	
SNACKS		Crumbed Chicken	\$5.00	
Fruit Cups	\$1.00	Chicken, Lettuce, Mayo	\$3.50	
HOT FOOD		Egg & Lettuce Roll	\$3.50	
Wedges Pack	\$2.50	Salad Roll	\$4.00	
Add Sour Cream	\$0.50	SANDWICHES		
Chicken Nuggets (3)	\$1.50	Chicken	\$3.00	
Chicken Strips (6)		Ham	\$2.50	
Bacon n Cheese Bun	\$2.00			
Chicken Burger	\$4.00			
Pies	\$3.50	SALAD BOWLS		
Sausage Rolls	\$3.00	Chicken Salad Bowl	\$5.00	
Lasagne	\$3.50	Ham Salad Bowl	\$5.00	
Hot Dogs	\$2.50			
Sauce	\$0.30	ICEBLOCKS		
Egg & Bacon Roll	\$4.00	TNT	\$0.50	
DRINKS		Moosies	\$1.20	
Cans — Coke Zero	\$2.50	Icypole	\$1.20	
Small Juice	\$2.70	Fandangle	\$1.60	
Water	\$2.50	Juice Cups	\$1.00	
Poppers	\$1.50	OTHER		
Flavoured Milk Small	\$2.50	Grain Waves	\$1.00	
Flavoured Milk Large	\$3.50	JJ's	\$1.00	
Dare Milk Small	\$3.50	Butter Menthols	\$0.50	
LA Ice	\$2.50	Eucalyptus	\$0.50	
Raspberry Mineral Water	\$2.50			

#### **INFORMATION**



Thanks for inviting us to Muswellbrook High School. We had an awesome time speaking to the Year 12 students!

We would like to share with you the feedback your students offered after being involved in the batyr@school program. Before I jump into that, it is important to recognise the current situation of mental health in Australia.









(Source: Australian Institute of Health and Welfare)



### After the program:

76% of students reported being more likely to seek help if they needed it.

79% of students said they felt engaged or very engaged.

89% of students thought it was important to share real stories about mental health.

\*Only around one in four (22%) of young people experiencing a mental health problem will seek professional help. http://www.sane.org/images/stories/media/ALifeWithoutStigma\_A\_SANE\_Report.pdf



- "I learnt it is ok to talk, it's not a sign of weakness and to seek different support networks till you find the one that works for you"
- "I'm going to support my mates and now know what to look out for in myself and others"
- "This was fun and made talking about mental health ok"
  - Participating students

We look forward to continuing to smash the stigma around mental health with you soon!

If would like any further info on our additional programs for students, teachers and parents then please get in touch.





#### **INFORMATION**

#### P & C News

## **Regional Australia Bank Community Partnership**

Muswellbrook High School P&C were recently presented with \$822.49 from the Regional Australia Bank for being part of their Community Partnership Program. We would like to thank Regional Australia Bank for the opportunity to receive this wonderful donation and to the people in our community who said yes to Muswellbrook High School P&C. The P&C will put these funds to use for items for our students and school. If you would like to know how you can become a Community Partner and donate much needed funds to the P&C please call in and see the friendly staff at Regional Australia Bank at Muswellbrook Fair.



#### P & C

**CFMEU Grant**—We recently received a \$5000 grant from the CFMEU. Along with the grant application it required 3 students to complete an essay on a topic chosen by the union. We would like to say a BIG thankyou to Nadia Owen, Kate Rowlands and Owen Barry for completing their essays. We have put these funds towards the upgrade of the front entrance of the school.

Glencore Grant—We recently received \$2500 from Glencore which is being used to install a kitchen in the canteen, which will include and oven and stovetop. We look forward to being able to serve up a variety of different foods next year straight from our kitchen to our students.

Student Canteen Volunteers—We would like to acknowledge the Students that have volunteered in the canteen at lunch and recess over the past 6 weeks, we couldn't have done it without you.

Canteen Volunteers—Thank you to those parents that have so far put up their hand to help out in our school canteen. If you would like to volunteer please email through the information below to <a href="mailto:mbkhighcanteen@gmail.com">mbkhighcanteen@gmail.com</a> and we will contact you. Even if you can volunteer just one day per term we would love to hear from you. If you can help prepare and / or cook and / or serve food at our canteen, we would very much appreciate your time. It is easy and on the job training is provided. We are happy for you to do as much as you feel comfortable with. If you don't like to serve at the counter, we won't make you. If you are passionate about cooking, we would love to hear from you.

#### **CANTEEN VOLUNTEER**

Volunteers Name:	<u> </u>		
Phone number:			
Day(s) available to volunteer:	Frequency you would like to volunteer:		
Shift preference : Start	Finish		
Any special requests, ie rostered on with particular friends, particular dates available etc.			
Monday	Once a week		
Tuesday	One a Fortnight		
Wednesday	Once a Month		
Thursday	Once a Term		
Friday	Other:		

Regards Angela Barry

#### **INFORMATION**



#### **INFORMATION**









- INCLUSIVE -
- FITNESS -



INFO NIGHTS;
7 NOVEMBER
5 DECEMBER

# Come roll with Muswellbrook & Districts Roller Derby League this Monday!

New Members Welcome!
6-8pm Monday Nights
At Muswellbrook Indoor Sports Centre (basketball Courts)
Required Age: 18+ Gender Inclusive

More info: join.madrdl@gmail.com Visit: http: www.madrollerderby.org

Facebook: Muswellbrook and Districts Roller Derby League



## We LOVE new members!

Don't be afraid to come and have a chat, put on some skates and... GET ROLLING!





## **Positive Behaviour for Learning**



The office at Muswellbrook High School now has **Eftpos** facilities available for payment of fees and excursions.

Sorry no cash out!





## **Important Information**

Facebook — 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.



## **Upcoming Events**

Week 8 Wed—Fri Yr 7 Development Days

(30 Nov-2nd Dec) Yr 8 - 10 Lifesaving

Yr 11 Crossroads

Week 10 Tuesday Presentation Night

( 14th Dec )