



Muswellbrook High School



"Striving for excellence in a school that cares"

NEWSLETTER

13/9/2017



Principals Report

NSW Rural Fire Service (RFS) Cadets Assembly

Congratulations to the following students for their participation in the Term 3 RFS Secondary School Cadet program:

Abbymae Ayke, Coby Kirkman, Dakota Anderson, Eboney Bendle, Ella Watson, Emily Medhurst, George Davies, Hannah Daniel, Jaide Cutrupi, Jailey Thomas, Mia Woodward, Mikayla Harvey, Samantha Baas and Sarah Mitchell.

This program operated during sport time, coordinated by Mrs Karen Paulsen.

It is a wonderful opportunity for our students to learn invaluable skills for life! Thank you to Ms Leanne Bell, Operational Officer, Mr John Cox, District Officer and RFS volunteers for giving up their time and for assisting on the graduation assembly.

Yr. 12 Farewell

The time is drawing near, when we will farewell our Yr. 12 students from their secondary education and wish them all the very best as they commence the external HSC exams.

The HSC is definitely a marathon and we are extremely proud of all the students who complete the two years!

In the final week of Term, Yr. 12 will enjoy a dress down Wednesday, BBQ breakfast with their teachers on Thursday morning followed by their Farewell Assembly, culminating in their Formal on Friday evening.

It is always a bitter / sweet time as we farewell our current leaders. Our dedicated staff will continue to offer study programs throughout the holiday period to further assist our students to do their very best in their HSC exams.

I would also like to take this opportunity to acknowledge and thank the 2017 Student Leadership body for their commitment to Muswellbrook HS: Georgia Gal, Blake Shackleton, Imogen O'Leary, Jarrod Watts, Brydie Parker and Talesin Court-Kreisch.

Staff Development Afternoon

On Wednesday 16 August, staff participated in a mini Appreciative Inquiry Summit based around the strength based question; *'How do we create a school that will help our students to flourish?'* Staff brainstormed ways for strategic execution to enable MHS to use resources across our chosen change levers of; Professional Development, Wellbeing – student, staff, Future Focussed Curriculum, Student Leadership, Aboriginal Education, Visible Learning (Curriculum Delivery) and Community so that we can help our students to flourish consistently.

A special thank you to our Yr. 12 School captains – Georgia Gal and Blake Shackleton, and Yr. 11 SRC member Brydie Cullen, for leading the staff through the process. The afternoon was very productive and the information collected will form the basis for our next three year strategic plan.



RU OK Day

Our staff will physically show their support for our students and colleagues on Thursday 14 September, by wearing their R U Ok? shirts. The annual awareness raising day promotes mental health and as always important contacts are; headspace.org.au and the Mental Health Line 1800 011 511

Amazing Student Opportunities

I would like to wish travel mercies and best wishes to several groups of students who will be experiencing amazing overseas opportunities during these upcoming holidays:

Girls Academy students – Katie Van Vliet, Alannah Miller and Angelise Van Vliet will venture to Japan. Ms Elizabeth Howard will accompany them. Thank you to Idemitsu for financing and enabling this trip to happen. The girls will visit Tokyo, Kyoto, Osaka, and Hiroshima and experience the bullet train, the Peace Memorial Park and Museum, Temples and a cruise around Tokyo Bay.

Graham (Polly) Farmer Foundation (PFF) – The following students will visit Alice Springs, accompanied by Mrs April Flannery; Chandon Kelman, Bodhi Kelman, Angus Williams, Tyler Powell, Jake Price, Jack Price, Alannah Miller, Harley Dever, Kai Dodd, Jayden Dolbel, Zaahir Minch Lang, Nikita O'Hara, Tarnee Priestley and Gabby Stevens. Their itinerary will focus on Science, Engineering and Maths (STEM) curriculum areas and they will join with our PFF communities, such as the 'Little Pollies'.

Kokoda Trek – Joel Hartin and Marcus Morris will no doubt experience some personal challenges as they aim to Trek Kokoda and learn more about Australia's military history. Thanks to the sponsorship of Muswellbrook and District Workers Club for enabling this to happen.

All students in all programs were required to complete an expression of interest to attend these opportunities. I am sure that our students will bring back life changing memories and I look forward to their future reports.



2018 Yr. 12 Student Leaders

It is with great delight that I announce the incoming Yr. 12 Student Leaders for 2018:

Captains: Katie Van Vliet and Marcus Morris

Vice Captains: Jillian Armstrong and Joel Hartin

Prefects: Brydie Cullen and Rhylie Perria.

I believe it is also history making, with both Captains being of Indigenous heritage.



Congratulations to the student leadership team – it demonstrates the confidence your teachers and peers have in you to represent Muswellbrook HS and to make it even better via your input.

I would also like to acknowledge the courage of the students who stood for leadership and to thank them for their willingness to serve our school community.

Katie Van Vliet - absent due to work placement.

Leading the way in STEM!

The **HunterWise project** has been mentioned in previous Newsletters. This invaluable initiative is sponsored by Newcastle University, Muswellbrook Shire Council and Glencore. The project has been extremely successful and will wind up mid Term 4 with a showcase and celebration in Newcastle.

The awareness raising for STEM subjects will continue in our community with a fundraising ten pin bowling event – **The Challenge Campaign!** On Thursday 21 September Mayor Martin Rush will be challenged by a 'Mystery Bowler'! It is hoped the event will raise some funds to assist in the purchase of a datalogger at the high school. The data logger equipment costs around \$3000.

A special acknowledgement of Michael and Gina Rinkin from Muswellbrook Game ON Bowling Alley (www.gameonmuswellbrook.com.au) for their support in hosting the Challenge. We would love to see you there, but if you are unable to make this challenge, all donations will be gratefully received. Donations can be made directly into the P & C account.

Positive Education

Ms Josie Mullington, Mrs Samantha Fragar and myself have embarked on the Graduate Certificate of Positive Psychology delivered from Melbourne University. Thanks to the generosity of Where There's a Will foundation, we will take our learning and work with the schools in the Upper Hunter to deliver Positive Education to Muswellbrook HS next year. Our aim is to explicitly teach strategies that will support our young people to build their toolkit of strategies of resilience. More information is to come!

Parent / Teacher Evening

Thank you to all the parents who were able to make it to the two parent/teacher evenings. It is always great to see our parents and to spend some valuable time getting to know you better and to pass on valuable information to you about what and how your child is learning. Thank you to the parents and caregivers who also completed the survey questions – your feedback helps to drive our practice.

Special Education Faculty Update - Alex Duffell— Relieving Head Teacher Special Education

There has been lots going on in the Special Education Faculty lately. Students have been cooking up a storm in class, learning how to mold their bodies into letters during drama, engaging in work experience both within and outside the school and learning how to be positive members of the community across all facets of society.

On the 31st of August, the Special Education Faculty were fortunate to have Nelson Burand-Hicks and Michael Brady from the Muswellbrook Shire Council, come to the school and teach our students about the environment. The council kindly donated shade cloth for the bases of the garden beds, PVC pipe, soil and gravel. The pasteurized mulch which was used, was also donated by the council and is available from the Waste Depot. The students used their muscles to erect, build and plant the garden beds, which have made an excellent addition to the Courtyard.

The students were excellent representatives of Muswellbrook High School and thoroughly enjoyed planting and making the garden beds.

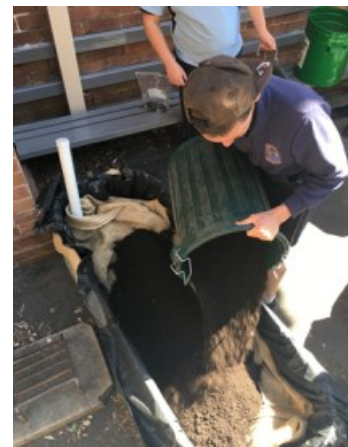
The staff of Muswellbrook High School's Special Education Faculty, would like to thank the Muswellbrook Council for their kind donations of both time and materials, in order to make this project possible. The council would also like to let the school community know, that they have compost available at the Waste Depot, in order to make those gardens green and luscious!



Students in Gold, making the word "GOLD" with their bodies in Drama



Students in Silver – cooking up a storm!



Students making the garden beds with the assistance of Nelson and Mic from the Muswellbrook Council

PDHPE

SNOW TRIP 2017

The annual Snow Trip took place between the 8th and 11th August, 2017. With the weather forecast promising the best week of snow in the last 10 years, we were not disappointed! The first 2 days saw blue skies and perfect conditions for snowboarding... which were taken full advantage of. The students were split into 4 groups and taken by their instructors to start building their snowboarding skills. Some picked it up really quickly and some needed a bit more time to practice and hone their skills over the 2 days. Some students already had some snowboarding experience and they were able to help out the others to pick up the basics over the 3 days. The 3rd day brought quite a bit of wind and unfortunately shut down a few of the lifts towards the top of the mountain. Despite this, the students were still very keen to explore, try some harder runs and make use of the last day of boarding. As their confidence built and the instructors taught them some extra little tricks, the students kept challenging themselves and getting up from all the stacks! At night, the students participated in a range of evening activities, including games, trivia and recovering their muscles in the pool and sauna - there were lots of sore and tired bodies at the end of the days on the slopes. The teachers are very proud of the efforts of all the students on the trip – showing patience and resilience participating in a sport that most of them had never attempted before. Despite all the stacks, they kept getting back up and persevering – congratulations!

Looking forward to next year – hopefully we can get more good weather!

Miss French

HT PDHPE



News from the LOTE Faculty

It's been a very busy Term 3 with many exciting events happening in the LOTE faculty.



VISIT FROM SISTER SCHOOL

On Wednesday July 26th, 17 students and 2 teachers from our sister school Sayama Seiryō Senior High School in Sayama, Japan arrived in Muswellbrook for their biannual visit to our school. Students in year 7-10 who were studying Japanese very kindly hosted the students in their homes for 10 days. Japanese students and their hosts participated in various activities over the period including an excursion to Nelson Bay for a dolphin cruise and visit to Oakvale farm, visit to Muswellbrook Public School, Boomerang painting, bowling, an AFL workshop, horse riding at RDA, cooking Anzac biscuits and lamingtons, English and History classes, a special Japanese display in the MPC and many Japanese/English lessons etc. On the last night we farewelled our Japanese guests and thanked the host families with an Aussie BBQ and bonfire at the school Farm. There were many tears at the bus stop on Saturday morning as we said goodbye to our new friends. We look forward to seeing them again when we travel to Japan in January 2018 on our MHS school trip.





Thank you to the amazing host families and staff for their generosity and kindness to our sister school students and teachers.



TAIKO DRUMMING WORKSHOPS

On August 16th, Year 7, 9 and 10 students had a great time making a lot of noise learning how to drum at Taiko Drumming workshops conducted by Kiyomi from Ez Japanese. The workshops were enjoyed by all students and they not only learnt the basics of Taiko drumming but also about the Japanese culture of respect toward others.



LANGUAGE PERFECT NSW CHAMPIONSHIPS 2017



From Monday August 28th to Monday September 4th, Year 7, 9 and 10 MHS students were totally engaged in an online NSW language competition run by Language Perfect. 170 students from our school competed in the state competition and gained points by accurately answering questions in either listening, reading, writing, or dictation sections and the final results were as follows:

179,298 questions answered

52,195 points earned

202 hours spent online

22 Awards were won

8 students - Credit Awards (500+ points)

7 students - Bronze Awards (1000+ points)

2 students - Silver Awards (2000+ points)

5 students - Gold Awards (3000+ points)

Competition was quite fierce and many a late night was had by students competing for as many points as they could, to beat their classmates, peers or even siblings! It came down to the last hour before the finish time as everyone wanted to gain the most points they could.

Muswellbrook came 1st in Japanese in the category of schools with 101-250 students and 3rd overall in Japanese in the state. Gabriel Sinclair in Year 7 was our highest scorer with 4,809 points and he ranked 65th in the state overall. All award winners will be invited to a pizza party to celebrate their success.

It was also exciting to see that students didn't just answer questions in Japanese but also gained points answering questions in Arabic, Spanish, Italian, Chinese, German, French, Indonesian, Samoan and even Latin!! We gained many points for those languages and even ranked quite high in the state for those languages too.

A fantastic result for Muswellbrook High School and a proud moment for a language teacher indeed.

Bronwyn Tier Japanese Teacher LOTE faculty

CAREERS

Students have had a busy end of Term 3, in amongst subject selection interviews for current Year 10 students and another small round of Work Experience, Year 12 Student interviews (scholarship applications, University Admission Centre applications and post school pathways), we managed a trip to “Emirates Melbourne Cup Tour at Godolphin” for a few lucky students and a “Skills Roadshow” for our Year 9, Year 10 and some Year 11 students.

“Skills Roadshow” Presenter – Luke & students

The “Skills Roadshow” was well received by all students, firstly in a presentation style format, then after



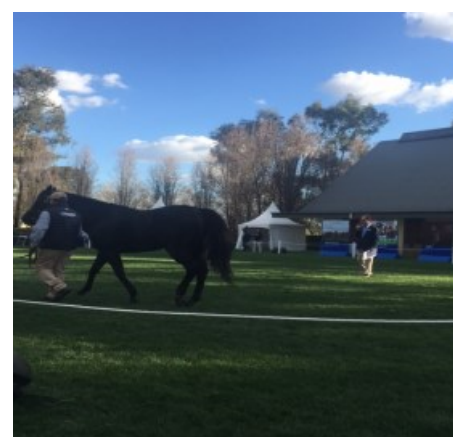
recess a smaller group of students participated in a Careers Workshop with presenter, Luke. The aim of the “Skills Roadshow” was to encourage students to start thinking about the subjects and interests they have, so that they can begin their career journey, by considering what industry or type of work or study they may consider for the future. Studies show that the earlier a student considers the type of employment they would like to pursue, the earlier they can gain an advantage over others, by embarking upon those activities and opportunities that will build their resume.

Miss Smith refusing to let go of the Melbourne Cup with students & myself



We were delighted to receive an invitation to attend the Emirates Melbourne Cup Tour of Godolphin and to witness their “Stallion Parade” and be photographed with the Melbourne Cup. The afternoon was spent talking to Godolphin staff and the students had exposure to wide variety of careers available in this industry.


One of the stallions on parade at Godolphin



Careers Website – please encourage your students to use the resources provided to them (and yourself as parents and carers) to assist with current and relevant careers information, resume writing and current opportunities by registering with the sites listed below (registration is free). Students have been previously advised about the registration process, but if you require further assistance, please contact me and I’ll be happy to help.

www.muswellbrookhighcareers.com

www.jobjump.com.au



**It's never too late....
Everyone has the ability to learn!
Rediscover your hopes and dreams**



**Uni4You invites you to our
LEARNING UNLEASHED Workshop**

Venue: UON Upper Hunter Tertiary Education Centre
(Contact Nicole to find out where this is! 0409 814 107)

Thursday 14th September 2017 | 10:30am – 12noon
OR
Thursday 12th October 2017 | 10:30am – 12noon

This fun, FREE and child friendly workshop focuses on unlocking and supporting the possibilities of your family's growth and learning potential.


You will have an opportunity to:

- Meet other people
- Find out about the Uni4You workshops – we believe in everyone's potential for learning and education
- Develop practical and empowering strategies to add to your parenting and learning toolbox
- Discover different pathways to study
- Morning tea and childcare provided

All welcome!

Uni4You: Encouraging, supporting and connecting people who are interested in the possibility of study.

Uni4You Preparation Workshops start 19th October



**To register, or find out more information,
please contact:**
Nicole Roser (Muswellbrook Project Coordinator)
Mobile: 0409 814 107
Nicole.Roser@newcastle.edu.au

TAS

On Wednesday the 30th August year 9 and 10 students studying Food Technology from Mrs Green and Miss Gageler's classes, were given the opportunity to participate in a cake decorating class with Mrs Pauline Graves from the CWA (Country Woman Association) who willingly come to show students new techniques and the art of cake decorating. Students valued this experience and produced some pretty tasty looking jelly bean animals and cakes. We would like to thank Mrs Pauline Graves from giving up her time to share her knowledge of cake decorating with our students.



We would also like to thank Leanne Ward for food technology's creative new door art.



Parent Survey

Just a reminder to those that have not yet completed their survey that it needs to be completed by the end of this term please. It will only take about 25 minutes and provides data which enables us to shape strategies and resources to benefit your child's education at Muswellbrook High School.

The login in is as follows:

<https://nsw.tellthemfromme.com/mqpcn>

Thank you in advance for working collaboratively to progress your child's education.

L. Duck

TellThemFromMe Survey Coordinator 2017

THANK YOU

Muswellbrook High School staff and students would like to extend their gratitude to Muswellbrook RSL Club. Through their very generous financial grant all students at MHS and enrolling students will receive a business card. The business card lists important contact phone numbers that students can access during times of need, especially outside school hours.

Again, many thanks to Muswellbrook RSL for your generous donation and contribution to the ongoing wellbeing of Muswellbrook High students.

Narelle Smith
Head Teacher Wellbeing

RESPECT RESPONSIBILITY RESILIENCE





Mental Health Month

Free Morning Tea



* R U OK? Presentation

Plus an opportunity to talk with our qualified Youth Workers and Counsellor about your questions or concerns in a casual and friendly way.

Upper Hunter Youth Services
Muswellbrook Showground
Maitland Rd, Muswellbrook

Tuesday 10th October 2017

10:00am-11:30am

RSVP: 9/10/17 on 6543 4841

Free Transport Available—please pre-book



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


Phone: (02) 65434841
Fax: (02) 65425443
Email: kholman@uhys.org.au



Upper Hunter Youth Services Inc - Youth Centre

SEPTEMBER CALENDAR 2017

Open Wed-Fri 3pm-6pm Free Bus run provided
School Holidays Wed-Fri 11am-3pm Focus of the month: Suicide Prevention

Mon	Tue	Wed	Thu	Fri	Sat
				1 CREATIVE PLAY Free choice afternoon.	
		6 Young Women's Program 3.45pm - 4.45pm	7 LIFE SKILLS Can we help you keep up to date with your homework?	8 COMMUNITY AWARENESS 	
		13 Young Women's Program 3.45pm - 4.45pm	14 GROUP ACTIVITY Touch football on the lawn	15 LIFE SKILLS Who are our main supports?	
		20 Young Women's Program 3.45pm - 4.45pm	21 PHYSICAL ACTIVITY Cricket on the lawn	22 HEALTH/WEELBEING Five easy tips for being healthy and happy.	
		27 HOLIDAY ACTIVITY Visit to the Indoor Pool	28 EXCURSION Revolution Park Cost=\$15.00	29 HOLIDAY ACTIVITY BBQ LUNCH AT Y.C	
START OF SCHOOL HOLIDAYS					



TUESDAY 10TH OCTOBER 6PM MUSWELLBROOK LITTLE ATHLETICS

Register now at www.lansw.com.au
Come and join the fun at Muswellbrook Little Athletics 2017/18 season. Tuesday evenings at 6pm. The season runs from October through to March. Come along to our FREE trial nights on the 12th and 19th of September. All registrations need to be completed and paid online before the 10th of October. Hope to see you there.



2 Free Trial
Nights 12th &
19th September

Ages 3 – 17
years

Family
Discounts

Canteen
Available

Great fun for
everyone!

MUSWELLBROOK
LITTLE ATHLETICS
CENTRE
Weersman Oval
www.facebook.com/musw
ellbrookla/
muswellbrooklac@gmail.com

SENSE RUGBY

*Does your child need help to be part of
a team or a group?*

Sense Rugby is a rugby based Occupational
Therapy program.

We use modified rugby drills to help kids:

- Process sensory information
- Focus on activities
- Work on their coordination
- Manage their emotions
- Have fun with other kids!

Join our Scone Team for Term 4!

Spaces limited

When: Tuesdays at 4-6pm (Setup times will be confirmed
during registration)

Dates: 17th October - 5th December

Cost: \$40 per session (FACHGA/Better Start/NDIS/Medicare/
Health Insurance rebates available)

Where: Scone Rugby Club, 41 Aberdeen Street

Sessions will be run by local Occupational Therapist -
Jemma Smith (Neo Gums)

Sign up on our website at: www.senserugby.com.au

or email scone@senserugby.com.au

Our founders
Jenna Smith
Jenna Smith is a qualified Occupational Therapist and a member of the Australian Occupational Therapy Association. She has a passion for helping children with sensory processing difficulties to reach their full potential. She is currently working as a Senior Occupational Therapist at the Scone Rugby Club.



Caroline Fawcett
Caroline Fawcett is a qualified Occupational Therapist and a member of the Australian Occupational Therapy Association. She has a passion for helping children with sensory processing difficulties to reach their full potential. She is currently working as a Senior Occupational Therapist at the Scone Rugby Club.

GET IN TOUCH
www.senserugby.com.au
scone@senserugby.com.au
Facebook: @senserrugby
Instagram: @senserrugby

2017 Glencore Singleton Show

Friday 22nd, Saturday 23rd & Sunday 24th
(Horse Show) September 2017

Featuring Adam Eckersley & Brooke McClymont

www.singletonshow.com

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 once a month. 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 2017

15/9 Staff v's Year 12 in Basketball

13/9–20/9	Year 11 Exams
14/9	P & C Meeting begins 7pm
21/9	Year 12 Breakfast
21/9	Year 12 Farewell Assembly
22/9	Year 12 Formal
25/9	School Holidays Begin
9/10	All years resume school
11/10–13/10	PASS Camp
12/10	P & C Meeting