



Muswellbrook High School



"Striving for excellence in a school that cares"

Newsletter

Feb 2018



Principals Report

Welcome to an exciting, innovative 2018

New staff

It is wonderful to welcome new staff to our school this year. New staff bring fresh ideas and an injection of excitement into their respective roles and faculties. We welcome the following staff and thank them in anticipation of what they can bring to our great school:

Deputy Principal 7 9 11 Mrs Christine Fairweather

English	Ms Karen Miller
Maths	Miss Stevie Turpeinen
Science	Mr Andrew Strickland
PD H PE	Miss Jade Moritz
CAPA	Mr Ryan Case and Mr Jarrod Wilton
Business Manager	Mr Tony Old

Relieving Head Teachers for 2018 are Mr Greg Morris (Maths) and Mr Geoff Passfield (TAS). Mr Dan O'Hara is taking the role of Head Teacher Information Technology.

Mrs April Flannery, Graham (Polly Farmer Foundation) Coordinator will be replaced by Ms Rhonda Fry for the duration of April's maternity leave.

Student numbers

The rumours are true – we are so pleased to have fantastic 195 year 7 enrolment numbers this year!

I would like to thank the support of our Primary School Principals, Mr Jonathon Russell, Mrs Joan Stephens, Mrs Sharon Rivers and Mrs Megan Druitt for their collegiality and support of Muswellbrook HS.

I am grateful that our community enjoys the support of collegial Principals who are like-minded in our pursuit of excellence for our students. It is with great fondness and well wishes that I wish Mr Jonathon Russell all the very best for 2018 as he takes up the role as Principal of King Street PS Singleton.

Congratulations Muswellbrook HS

How rewarding to see that Muswellbrook HS 2017 HSC results made the Sydney Morning Herald at the end of last year. Our school **performed above expected outcomes** based on our ICSEA (This is measured by the government using an ICSEA score, which takes into account factors such as parents' occupations, education level and the location of the school).

Comparing the two results helps reveal schools punching above their weight on educational outcomes. Muswellbrook HS was ranked 16th in the top twenty schools in NSW to be 'punching above our weight'! We offer the Senior Prep Room, Polly Farmer and both English and Maths operate an after school Study Hall tutorials – all designed to support our students to achieve their best. Great effort Muswellbrook HS!

PS Student Induction Ceremonies

Mrs Christine Fairweather and I were invited to attend the Students Leadership Induction at Martindale PS and Denman PS. It was such a privilege to attend this special ceremony at both schools. It was delightful to also have Brydie Cullen (Yr. 12 Prefect) and Emily Bishop (Yr. 11 Prefect) badge the Captains at Denman PS.

Congratulations to Hollie Gee (Captain) Jake O'Hara (Vice Captain) and Jake Thompson (Sports Captain) from Martindale PS.

Congratulations to Denman PS Captains; Ella Bridge and Ryland Gray. Vice Captains: Adele-Rhyme Anderson and Vincent Borg.



Students of Denman and Martindale Public School

Every student matters at Muswellbrook HS

Our vision is to ensure that EVERY student at Muswellbrook HS is known and that they have direct input into their explicit plan for their own learning and wellbeing goals. To make this vision a reality we have tweaked the traditional Executive structure.

Each year cohort has the following staff allocated as exclusive support for them: Year Advisor, Assistant Year Advisor, a Stage Head Teacher and a Deputy Principal. All learning, curriculum and wellbeing aspects of student life will be monitored and supported through the Wellbeing Team, whilst the Deputy Principals will be available to deal with discipline concerns.

Year Advisors will work with Stage HTs to promote Stage specific wellbeing and learning programs and work with parents and care givers about attendance and wellbeing concerns.

Stage HTs will work with Deputy Principals to monitor attendance and identify students at risk of disengagement; implement case management and review process. ALL students will undergo an individual education plan (IEP) to assist them to identify their learning and wellbeing goals.

Swimming Carnival

Particular Thanks to Miss Rikki Moore for her coordination of the whole school carnival, ably supported by the PD/H/PE faculty.

The swimming carnival is a great start to the year, it helps to build school spirit and enables staff and students to mix with each other in a more relaxed and informal manner. Whilst students who attend the sporting carnivals always have a great day, we would love to see greater student attendance!

Congratulations to our outstanding swimmers – **Zahli Woolnough** and **Joel Hartin**, whom both broke long standing Muswellbrook HS swimming records!

Infrastructure 2018

We will be the lucky recipients of some infrastructure and modifications this year.

The work on the COLA covering the double basketball courts is on track to commence this Term. This massive structure will provide much needed all weather activities area for our students as well as essential shade for the playground.



An Architectural Image on the new COLA

Two Science labs will be refurbished this year, bringing the labs into the twenty first century! Whilst this will not necessarily change the way we conduct Science at our school, it will be lovely to have an aesthetically pleasing environment in which to learn.

Staff Development Day



Staff at our recent Staff Development Day

What a privilege to commence 2018 with passionate colleagues from other schools at the Visible Wellbeing training day 1.

With gratitude to our generous Upper Hunter Communities, Where There's a Will enabled Professor Lea Waters to present to the Cluster 1 schools on 29 Jan at the RSL Club.

Cluster 1 schools include Muswellbrook HS, Scone HS, Muswellbrook South PS, Scone PS, Aberdeen PS, Merriwa Central School and Murrurundi PS. Schools in Cluster 2 will commence their training in March.

Our school's 2018 - 2020 Strategic Directions are:

Visible Learning

Visible Wellbeing

Visible Communication

Lions Youth of the Year Quest

It is always exhilarating to observe our students participating in this Public Speaking Competition.

Jenna Besford, Brydie Cullen, Marcus Morris and Joel Hartin spoke confidently on Monday evening held at the Muswellbrook Race Course. Congratulations to each student for having the courage and drive to do what is considered 'hard' but definitely worthwhile. Marcus was awarded best public speaker of the evening, Both Jenna & Marcus will represent Muswellbrook & MHS at the next level, to be held in Dunnedo.

Acknowledging the Stolen Generation

Our students proudly represented Muswellbrook HS at the Muswellbrook Shire council's flag raising ceremony in recognition of the 10th Anniversary of the National Apology to the Stolen Generation.



Mr Barry French, Katie Van Vliet, Jacinta Ballard, Ella Watson, Marcus Morris and Mr R Laughton.

Mathematics Report

The Maths faculty farewelled Mr David Cummings who retired at the end of last year after 13 years as Head Teacher at Muswellbrook High. The position will be filled for the start of term 2. We welcome Ms Sam Pope and Ms Stevie Turpeinen.

To do well in Mathematics classes students need to regularly bring Scientific Calculators to class. These can be purchased through the school. Pay \$20 to the front office. The Maths faculty will engrave the calculator for you.



2018 sees the commencement of a new course in Year 11 and 12 namely Mathematics Standard 1 and 2 course replacing the General 1 and 2 Mathematics Course. The Mathematics Advanced course will commence the following year for the 2019 Year 11 cohort replacing the 2 Unit Mathematics Course.



We have been working with Marcus Garrett and Michael O'Connor, Schools Outreach officers from the Australian Mathematical Sciences Institute, in developing new assessment tasks to match the new Senior Mathematics Standard Course.

On 20 March AMSI are running a Choose Maths Program for Year 9/10 students to encourage students to select higher mathematics in Senior School to ensure they have more career options in the future.

From 2019 Sydney University has introduced a prerequisite for a number of their courses. Students must now have gained a Band 4 or higher in 2 Unit Mathematics (Mathematics Advanced). General Mathematics (Mathematics Standard) will no longer be a prerequisite. If in doubt, check with our Careers teacher, Mrs McDonald.



John, Jo and Chris have seats for the movies.
In fact their seats are F5, F6, F7.
In how many ways can they sit in those seats?

Labor Omni Vincit ~ Work Conquers all

Mr Greg Morris
Relieving Head Teacher Mathematics

HSIE Faculty

Greetings! After working for a year as Head Teacher Administration, I am now taking on the role of Head Teacher HSIE (Human Society and its Environment).

This year, we welcome Ms. Lauren Gallagher to our faculty team. Ms. Gallagher has had previous experience working as a casual teacher at Muswellbrook High, most recently in PE and we are very happy to have her as part of the HSIE team for 2018.

I have visited many of the HSIE faculty classes this week and have encouraged the students to make a positive start to the year by being organised with their book work, putting in their best effort and being co-operative for their teacher.

We wish our senior students well as they embark on their Preliminary and HSC courses and encourage them to aspire to excellence in their studies.

Your support in re-inforcing these messages at home would be great,

Stephen Baird

Head Teacher HSIE

POLY FARMER

Dear Students, Parents, Carers and Community members,

The Muswellbrook Enrichment Centre is a part of the Polly Farmer Foundation, which is a program that targets high aspirational Aboriginal students at Muswellbrook High School. Students need to meet the following requirements to be a part of the program:

- 85 or above attendance
- C grade average
- Be a good role model

My name is Rhonda Fry, I am a proud Worimi woman. I am very excited to be replacing April Flannery as the Program Coordinator for the Muswellbrook Enrichment Centre for a few months.

I was a Head Teacher at Maitland TAFE and made redundant 4 years ago. I moved up to Aberdeen 3 years ago, having secured a teaching block. For the past 3 years, I have been working as an Aboriginal Educator at Scone and Aberdeen. Whilst at TAFE I worked tirelessly to support Aboriginal students, running targeted programs on and off site.

I have had 2 x 6 month stints teaching in remote communities in the Northern Territory. I am passionate about Aboriginal students achieving academically and firmly believe education is empowerment.

During the next few months, I am very much looking forward to meeting you all. If you would like more information, please do not hesitate to contact me via the Front Office.

Kind Regards,

Rhonda Fry



MUSWELLBROOK HIGH SCHOOL
IS A
VISIBLE LEARNING SCHOOL



‘When teachers see learning through the eyes of the student and students see themselves as their own teachers.’

Welcome back to 2018 especially to first time parents and students at Muswellbrook High School.

Late last year we surveyed the teachers and asked them for the top 5-7 Learning dispositions/ characteristics that make a student a Visible Learner.

The top 7 answers that we received were:

Creative

Self - Directed

Self – motivated

Reflective

Resilient

Persistent

Cooperative

We will also be conducting this survey with your students as well as seeing what type of attributes they see as making a Visible Learner.

During 2018 Leanne Duck, as the Impact Coach for this program will be consulting and surveying students, staff and parents on a variety of issues relating to Visible Learning. Some of these areas may include student and teacher feedback and the variety this takes.

Muswellbrook High School’s ultimate aim is to improve student engagement and interest in the learning process and ultimately assist them to become independent learners who make academic progress towards challenging, yet achievable goals.



What is Visible learning?

✓ A way of thinking about teaching and learning	✗ A checklist to be completed
✓ A 'one size fits one' approach	✗ A 'one size fits all' approach
✓ Evidence and impact data driven	✗ Anecdotal and unsubstantiated



@ChrisSullivanNZ

We would again encourage you to talk to you children and their teachers about what is happening at the school. We have begun by building a consistent language that soon, we hope, everyone will know, understand and use.

FOCUS – (or objective) for a lesson or series of lessons and is a statement which describes clearly what the teacher wants the students to know, understand; and be able to do.

SUCCESS CRITERIA - are the standards by which the lesson/work be judged at the end to decide whether or not it has been achieved/reached in the eyes of the class.

Your students should be seeing these two terms in every class that they enter and a method of monitoring or collecting each individual's progress against the Success criteria should be familiar to all students by the April school holidays.

This program is a long term investment by the staff at Muswellbrook High School in your child's future. The Leadership Team who are driving this program consists of:

Principal:	E Bate	Head Teacher Stage 6:	K Kelly
Coach:	L Duck	Head Teacher Technology:	D O'Hara
English:	M Lillyst		

Please contact us if you would like to know more about J Hattie's research and the Collaborative Impact Program or access the following sites:

<http://visiblelearningplus.com/partners/corwin-australia>

<https://visible-learning.org/john-hattie/>

WELCOME YR 7 2018

Well done Year 7! You made it through the first week of high school. It was a big week, but a great week. Well done to you all and I hope you're all as excited as I am about what is ahead of us in 2018.

It was great to see so many of you at the swimming carnival and participating in the events, it seems we have a few swimmers amongst us.

You all should have received a note during homeroom about the upcoming excursion. Thanks to the sponsorship of Bengalla mine, the final cost of the excursion is \$250 per student and will take place at Gosford Centre of Active Outdoor Education from the 7-9th March 2018. A camp like this has not previously run at Muswellbrook High School for Year 7 students, so I am incredibly excited about the camp and the adventures that will be had and memories made. It is our goal to have every student attend the camp, however we acknowledge the cost of the excursion may not be affordable to some families. Please contact myself if you require financial assistance towards the cost of the camp.

I hope the following weeks are as positive as week one and please do not hesitate to contact myself, Mrs Sam Fragar or Mrs Sharon Young if you have any questions.



Jamie Sturtridge

Year 7 Year Advisor.

NEW STAGE HEAD TEACHERS AND YEAR ADVISORS FOR 2018

Stage Head Teacher are located at the top of B Block. If you are experiencing any issues or have concerns and you are unable to contact your child's Year Advisor, please do not hesitate to phone the appropriate Stage Head Teacher.

The introduction of Stage Head Teachers and an increased allocation of time for Year Advisors is to enable a focused team to work closely with all stakeholders in supporting your child's educational needs. We are excited to assist all of our students to flourish at Muswellbrook High School.

YEAR	STAGE HEAD TEACHER	YEAR ADVISOR	ASSISTANCE YEAR ADVISOR	DEPUTY PRINCIPAL
7	Sharon Young	Jamie Sturtridge	Sam Fragar	Christine Fairweather
8	Sharon Young	Sam Turnbull	Sam Pope	Scott Copland
9	Narelle Smith	Tahlia Gageler	Scott Elliott	Christine Fairweather
10	Narelle Smith	Isaac Howard	Rikki Moore	Scott Copland
11	Kylie Kelly	Laura Martin	Karen Paulsen	Christine Fairweather
12	Kylie Kelly	Bronwyn Tier	Debbie Vardanega Fiona Bailey - Prep Room	Scott Copland

Year 8 – Samantha Turnbull

Located in the English faculty. I am looking forward to working with Year 8 this year, focusing on both their learning and wellbeing needs. Our aim is to make this year the best year yet.

Year 9 – Tahlia Gageler

Located in the TAS/CAPA faculty. I am really looking forward to 2018 and working with all students across year 9, while getting to know each of them a little better and their future aspirations.

Year 10 – Isaac Howard

Located in the PDHPE faculty. I am very excited to take on the role of Year 10 Advisor for 2018. So far we have had a great start to the year with Peer Support Leaders being chosen and ready to mentor our new Year 7 students. I look forward to working closely with Year 10, and overcoming any challenges that surface during 2018 - Mr Isaac Howard

Year 11- Laura Martin

Located in the CAPA faculty. I look forward to working with the students and helping them achieve their goals, heading into their senior years - Mrs Laura Martin

Year 12 – Bronwyn Tier

Located in the Science/LOTE faculty. Hi, Hajimemashite!! At this stage with only 3 terms of high school to go for my fantastic Year 12 students, it feels like we have been running a long distance race over the last 5 years and we've just turned the last corner and can see the goal in sight! I am excited to finish the year with a bang! Doozo Yoroshiku!

Girls Advisor- Sally Bowe

Located in the PDHPE faculty. I have enjoyed over the last couple of years as Girls Advisor supporting many girls through various issues. I will work closely with the Stage Head Teachers and Year Advisors to continue to offer a sound support network.

STUDENT WELLBEING AND SUPPORT

STAGE HEAD TEACHERS



Mrs Kylie Kelly (Years 12 & 11)



Miss Narelle Smith (Years 10 & 9)



Mrs Sharon Young (Years 7 & 8)

YEAR ADVISORS AND ASSISTANT YEAR ADVISORS



Year 12 - Year Advisor

Mrs Bronwyn Tier



Year 12 - Assistant Year Advisor

Mrs Debbie Vardanega



Prep room co-ordinator

Mrs Fiona Bailey



Year 11 - Year Advisor

Mrs Laura Martin (Year 11)



Year 11 - Assistant Year Advisor

Mrs Karen Paulsen



Year 10 – Year Advisor
Mr Isaac Howard



Year 10 – Assistant Year Advisor
Miss Rikki Moore



Year 9 – Year Advisor
Ms Tahlia Gageler



Year 9 – Assistant Year Advisor
Mr Scott Elliott



Year 8 – Year Advisor
Miss Sam Turnbull



Year 8 – Assistant Year Advisor
Miss Sam Pope



Year 7 – Year Advisor
Miss Jamie Sturtridge



Year 7 – Assistant Year Advisor
Mrs Sam Fragar

Year 12 and the Senior Prep Room

Welcome to the final 3 terms of your student's schooling. This will be a time of mixed emotions, highs and lows, uncertainty, excitement, future planning and the day to day hard work of school, assessment tasks, part-time work, sporting commitments and family time. Your student received a "HSC Survival Guide" in home group last week, so ask to have a look and ensure they are using it. Please let us know if your student is struggling with the workload or the balance in their busy teenage lives so we can help them along their journey. Also, make use of the Samurai Library resources featured elsewhere in this newsletter.

Please encourage your student to attend all their study periods in the Prep Room. Late starts and leaving early in the afternoon due to study periods is often not the best use of your student's valuable time. I would encourage students to come to the Prep Room and access my assistance, see teachers about tasks or complete homework or assessment tasks. They will have access to computers, printers, stationary, textbooks, extra resources and staff to assist with their requirements.



Any student with a current N-Award is expected to attend lunchtime sessions in the Prep Room to complete overdue tasks. These lunch sessions occur on Monday, Tuesday and Friday every week and I am available to assist them where needed. If you have any questions about the Prep room please contact me at school.

Fiona Bailey

STUDY SAMURAI LIBRARY

Our school has subscribed to the Study Samurai Library. It is an excellent mix of resources targeting student study skills and well being. It is available free of charge to every student, teacher and parent of Muswellbrook High School. Please read the following pages which give you a detailed insight into the resources available. Students will be able to access the resources at school and at home. Parents are able to access the resources but we ask that everyone adhere to copyright legislation and only make the resources available to our Muswellbrook High community.

Your login details are:

www.studysamurai.com

Username: muswellbrookhigh@studysamurai.com

Password: studymuswellbrook

Any questions please contact Fiona Bailey at school or in the Senior Prep Room.



STUDY SAMURAI LIBRARY

The Ultimate Online Secondary School Resource:
STUDY SKILLS TECHNIQUES + MINDSET & WELLBEING

WHAT THE LIBRARY INCLUDES

75 short video lessons from two experts on study skills and wellbeing

ELES Online Study Skills Handbook Website (43 study skills units of work)

Human Connections Online Wellbeing Resource (17 modules on wellbeing)

WHY THE LIBRARY WORKS

Integrated Connecting parents, teachers and students to be on the same page

Continuous Ongoing coaching and mentoring throughout secondary school

Portable Access where and when it suits you at your own pace



Not just study skills, but wellbeing, stress management, peak performance, motivation & more:

- > Full access to www.studyskillshandbook.com.au (schools already subscribed can upgrade)
- > Full access to Human Connections Online Wellbeing Resource with 17 modules
- > 75 video lessons for students (20-30 mins each) from two experts on Study Skills & Wellbeing



75 Video Lessons from Prue and Rocky on study skills and wellbeing topics



ELES Online Study Skills Handbook Website with 43 study skills units of work



Human Connections Online Wellbeing Resource with 17 modules



THE STUDY SAMURAI LIBRARY

1. THE ELES ONLINE STUDY SKILLS HANDBOOK WEBSITE

Working Better At Home Units

1. Home Study Environment
2. Organisation and Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance
10. Managing Stress

Working Better At School Units

1. Will we ever use this?
2. Using Class time
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills

Improving Your Skills Units

1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Science Skills
5. Foreign Language Skills
6. Assignments Skills
7. Research Skills
8. Presentation Skills

Improving How You Study

1. Summarising
2. Active Studying
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams

Extra 'general' mini-units

1. Starting Secondary School
2. Becoming a Senior Student
3. Bullying: Issues and Strategies
4. Managing Part-Time Jobs
5. Your Brain and Memory
6. Live Your Best Life
7. Educational Kinesiology
8. Living Across 2 Houses
9. Travel: A Motivator to Learn
10. University: A New Adventure

Extra 'technology' mini-units

1. Technology Tools
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps for iPads
5. Microsoft OneNote

2. THE HUMAN CONNECTIONS ONLINE WELLBEING RESOURCE

Working Better At Home Units

- Module 1: What is stress?
 Module 2: Stress and peak performance
 Module 3: Positive Psychology, what determines happiness
 Module 4: Quick relaxation & wellbeing tips
 Module 5: Learning how to relax, progressive muscle relaxation
 Module 6: Meditation
 Module 7: Mindfulness
 Module 8: Stress and the way you think
 Module 9: Changing your thinking
 Module 10: Turning negative thinking into positive thinking
 Module 11: Breathing techniques
 Module 12: Changing your focus

- Module 13: Pressure points to help you relax
 Module 14: Physiology, nutrition and sleep
 Module 15: Time management
 Module 16: Self-image beliefs
 Module 17: How to create positive habits

- Bonus Module 1: What is the Tapping Technique
 Bonus Module 2: How to use The Tapping Technique
 Bonus Module 3: How to start Tapping
 Bonus Module 4: Research Tapping
 Bonus Module 5: Anxiety

3. 75 VIDEO LESSONS (20-30 MINS EACH) FROM TWO EXPERTS DR PRUE SALTER & ROCKY BIASI

PERFORMANCE:

ACHIEVE PERSONAL BEST PERFORMANCE

- Neuroplasticity (ROCKY)
- Brain Rules (ROCKY)
- 7 Motivation Strategies (ROCKY)
- What Drives Human Behavior (ROCKY)
- How to Set Goals (ROCKY)

- Maximising Classtime (PRUE)
- Practice Methods (ROCKY)
- Mental Practice (ROCKY)
- Practice Principles (ROCKY)
- Getting in the Flow (ROCKY)

- Your Brain and Memory (PRUE)
- Finding Help (PRUE)
- Aligning Goals To Values (ROCKY)
- Model Masters (ROCKY)
- Sustain Progress Develop Mastery (ROCKY)

STUDY SKILLS:

KNOW HOW TO MAKE LEARNING EASY

- Study Notes 1 (PRUE)
- Mind Maps (PRUE)
- How to Study (PRUE)
- Test-Taking Techniques (PRUE)
- Common Study Mistakes (PRUE)

- Study Notes 2 (PRUE)
- Learning Preferences (PRUE)
- Improving Reading Skills (PRUE)
- Improving Handwriting (PRUE)
- After Tests & Exams (PRUE)

- Study Notes 3 (PRUE)
- Subject Specific Study (PRUE)
- Advanced Memory Techniques (PRUE)
- Preparing for Exam Blocks (PRUE)
- Essay Writing Skills (PRUE)

TIME MANAGEMENT:

BECOME ORGANISED, EFFICIENT AND PRODUCTIVE

- Home Study Environment (PRUE)
- Organisation and Filing (Paper) (PRUE)
- Organisation and Filing (Digital Resources) (PRUE)
- Independent Learning (PRUE)
- Managing Workload (PRUE)

- Time to Allocate to Schoolwork (PRUE)
- Creating Afternoon Routines (PRUE)
- Dealing with Technology Distractions (PRUE)
- Dealing with Other Distractions (PRUE)
- Overcoming Procrastination (PRUE)

- Prioritising Techniques (PRUE)
- Managing Workload 2 (PRUE)
- Planning Holiday Study (PRUE)
- The One Thing (ROCKY)
- 80/20 Rule (ROCKY)

MINDSET:

DEVELOP A GROWTH AND SUCCESS MINDSET

- When will we ever use this? (PRUE)
- How Winners Think (ROCKY)
- Identity Beliefs (ROCKY)
- Fixed and Growth Mindset (ROCKY)
- Vision and Purpose (ROCKY)

- Senior School Mindset (PRUE)
- How to Change Negative Thinking (ROCKY)
- Problem Solving Questions (ROCKY)
- Mental Mindset of Champions (ROCKY)
- Focus (ROCKY)

- Keeping Things in Perspective (PRUE)
- The Power of Failure (ROCKY)
- 5 Steps To Get Your Head Right For Senior School (ROCKY)
- Changing Your Thinking ABC (ROCKY)
- Strategies for a Growth Mindset folder (ROCKY)

WELLBEING:

HAVE ENERGY AND MOTIVATION

- Lifestyle Factors (PRUE)
- Power Poses (ROCKY)
- Positive Psychology (ROCKY)
- Starting Your Day For Success (ROCKY)
- Creating Positive Habits (ROCKY)

- Sleep and Study (PRUE)
- Stress and Anxiety Relief with The Tapping Technique (ROCKY)
- Accessing The Emotions You Want (Anchoring) (ROCKY)
- Asking Better Questions to change your mental focus (ROCKY)
- Healthy Mind Platter (ROCKY)

- Nourishing Body and Brain (PRUE)
- Meditation and Mindfulness (ROCKY)
- Happiness Advantage (ROCKY)
- Wellbeing Factors (ROCKY)
- Progressive Muscle Relaxation (ROCKY)

CAREERS

Students have been provided opportunities to either participate in Work Experience (Year 10) and later this term, they will be invited to participate in the University Roadshow who will be visiting our school on the 2nd March (more information to come).

We also had some great news with our school being advised that we had a student nominated for the Hunter Young Business Minds Awards. This was the first of the awards and we discovered that Liam Barnes was a fi-



The awards night was on 13th December in Cardiff and the concept behind the competition is to encourage school students to develop a business idea, concept or innovation (as either a group or individual). It just requires a video submission and they have the chance to

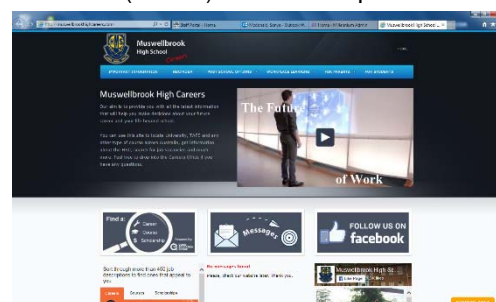
It would be great for more students to enter the competition in 2018. Talk with your friends and your teachers' to help with ideas. Your idea may benefit many people, individuals, school or community. This project is on Facebook and they have a website <http://>

We are encouraging students to register (for free) on the school careers website (below) as this will provide careers' news throughout the year.

Muswellbrookhighcareers.com

The other website is www.jobjump.com.au

This site allows students to view videos on different careers, then link to the training and skills required for each chosen industry as well as providing important information for our senior students on ATARs, courses and career/training options.



If you wish to access either of these sites, but are not sure how, please contact me at the school.

Special Education Police Visit

Students in all of the support classes at Muswellbrook High School regularly attend excursions into the Muswellbrook community in order to undertake a range of learning activities. Students visit places such as Muswellbrook Marketplace, Muswellbrook Library, Upper Hunter Youth Services and the MHS farm. The excursions focus on building important life skills such as shopping and being safe in the community, as well as supplementing our learning in subjects such as History, Geography, Food Technology and Maths.

Before we resume this program for 2018, we were lucky enough to have a visit from Senior Constable Sheree Gray on Wednesday 8th February. Sheree spoke to the students about being safe, respectful and responsible in the community. The students enjoyed the talk and asked and answered lots of questions, and can't wait to begin Community Access!

Josie Mullington

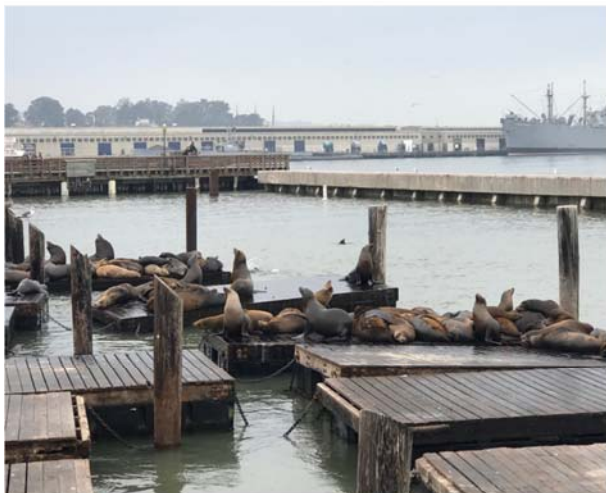
Special Education teacher



G'Day USA

During the summer holidays, Miss Turnbull and 5 Muswellbrook High School students left the beautiful weather and travelled to the United States of America. We were joined by students from St Joseph's Aberdeen, Mackay, Rockhampton, Albany Creek, Nerang, and Warwick, and spent three weeks travelling through the West Coast of America on the G'Day USA cultural exchange program.

Our first stop was Los Angeles, where we visited famous locations like Santa Monica Pier, Hollywood Boulevard, Madame Tussaud's Wax Museum, and had loads of fun at theme parks including Knott's Berry Farm, Universal Studios, and Disneyland. A day trip to San Diego was filled with sun and fun as we shopped up a storm at an Outlet Mall.



We spent two days in San Francisco where we walked across the incredible Golden Gate Bridge, saw Alcatraz prison, hung out with the sea lions of pier 39, and learned about some of the incredible cultural history of the Bay area.

The last ten days of our amazing adventure was spent hosting with American families in Seattle. We had two days in a real American school, toured around Seattle, went skiing, went to an ice hockey match, and loads of other incredible experiences.

As their teacher, I would like to thank Brydie Cullen, Sophie Scriven, Emily Medhurst, Emily Bishop, and Brady Cavanagh for being incredible ambassadors for Muswellbrook High School and for Australia as we travelled throughout a foreign country. We had the best time, and I would happily travel overseas with these delightful students again.



Muswellbrook High School Swimming Carnival

The 2018 Muswellbrook High School Swimming Carnival was held on Friday the 2nd of February at the Muswellbrook Aquatic Centre. It was pleasing to see so many students engaging in House Spirit and wearing clothing and costumes to support their house. The day started with many of the senior students participating in a Year 12 Boat Relay, requiring them to swim 50m as a team on a flotation device. The weather was cool, but the water temperature warm. Student sun protection was excellent, with extra shades made available from the school and swimming club, many students accepting sunscreen from supervising staff to protect their skin, and rehydrating all day with water. The SRC ran a Zooper Dooper stall outside of the water, so students could replenish their energy levels for their next race with some cold treats, whilst raising money for activities later to come this year.



Our newly elected Sporting Leadership team for 2018 is as follows:

Paterson

Captains: Kelsey Virgo & Nathan Wolters

Vice-Captains: Laura Symington & Ty Watson

Page

Captains: Sophie Scriven & Kaitlyn Rose

Vice-Captains: Skye Pittman & Sarah Shelford

Goulburn

Captains: Jack Clare & Jenna Besford

Vice-Captains: Ben Collett and Gabrielle Barlow

Hunter

Captains: Reyde Hennessy & Aimee Lanyon

Co-Vice-Captains: Andrew Charters & Hannah Hill



Many students participated on the day in a range of swimming events. Congratulations, in particular to the Age Champions, who are as follows:

12 Years: Caitlin Golding & Harrison O'Hara

13 Years: Zahli Woolnough & Glen Spicer

14 Years: Imogen Owen & Levi Hartin

15 Years: Amelia Bellotti & Zane Hartin

16 Years: Nadia Owen & Alex Thompson

17+ Years: Jacinta Ballard & Joel Hartin

Our sporting houses were represented strongly in the relays and this year also saw a repeat of last years' new event aimed at increasing carnival participation – "The Hot Lap Lanes". The Hot Lap Lanes occurred over a ten-minute time period in the middle of the day, giving the opportunity to participate to the highest number of students. Each house group was given two lanes of the pool – an up lane and a down lane, and in the ten-minute time period needed to get as many members of their house swimming laps for points as they could. One length of the pool equalled one point and our House Captains did an outstanding job of leading their teams through this event, policing entry and exit of the pool to ensure the students participating in the event were safe and sound. The event was made a 'breaststroke only' event this year, to minimise splashing and maximise vision, keeping students safe and sound. From a staff perspective, it was FANTASTIC to see nearly every single student who attended the carnival lining up to enter the hot laps, and swimming multiple laps without stopping. The event saw each house gain multiple hundreds of points for their house.

The results at the end of the day were as follows:

Page - 1034

Goulburn - 1030

Hunter - 1029

Paterson - 901

Congratulations to all students who raced in events. The first two students in every event were invited to swim at the Zone Carnival, which will held at Muswellbrook Aquatic centre on the 14th February. At Zone level, our students compete against the best from the Upper Hunter – Scone High, Singleton High and Merriwa.

Rikki-Lee Moore – Muswellbrook High School swimming carnival organiser

P&C News

The Muswellbrook High School P&C meet the second Thursday of every month. All are welcome to come along. For further information regarding meetings please contact the president Angela Barry on 0412654700.

COMMUNITY NEWS



2018 SEASON

MUSWELLBROOK DISTRICT JUNIOR RUGBY LEAGUE CLUB
EST 1967

HAVE YOU ENROLLED WITH THE BLUE & GOLD?

REGISTRATION
IS NOW OPEN

TEAMS IN ALL AGES
UNDER 6 - UNDER 16
YEARS

mdjrlc@bigpond.com

RAMS GIRLS TACKLE TEAM

PLAYERS WANTED
UNDER 14 & UNDER 16

10 WEEKS OF COMPETITION & FUN

FOR MORE DETAILS CALL BIANCA ON 0401 419 144

Free Dental Visits from the Mobile School Dentist.

Year 12 and Year 8 students are invited to take part in a free dental visit at school. There will be 15 minute consultations conducted at school by the mobile School Dentist on the 7th, 8th and 9th March. It is a free service and the last chance for Year 12 students to access this FREE service. Please collect the paperwork from Mrs Bailey in the Prep Room, fill in the details and return to me. If you would like further information please come and see me in the Prep Room or phone or email the school.

Mrs Bailey



Clean Up Australia Day is on in Denman and Muswellbrook on 4 March.

Volunteers can register at the locations above and clean up an area that is important to them or council staff will direct them to suitable areas. While some areas will not be suitable for children, there will be plenty of family friendly sites to clean up. Residents can also register online at <http://www.cleanupaustraliaday.org.au>

Sign on in Muswellbrook at the Sustainability Hub on Wilkinson Ave (opposite the croquet club and aquatic centre) and Denman at The Name Path, Merino Street. Residents are reminded to bring a water bottle and wear covered in shoes, long sleeves and a hat.

Contact Muswellbrook Shire Council for more information.

Regards,

Mick Brady

Sustainability Officer – Waste

Muswellbrook Shire Council

Phone: 02 6549 3794

Address: Administration Centre, 157 Maitland Street Muswellbrook

Postal: PO Box 122, Muswellbrook, NSW 2333

Email: Michael.Brady@muswellbrook.nsw.gov.au

Web: www.muswellbrook.nsw.gov.au

Waste: www.muswellbrook.nsw.gov.au/waste



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.

Upcoming Events 2018

March 2	University Road Show
March 7,8,9	Year 7 Camp
March 13	Parent Teacher Night 1
March 13	Year 7 Immunisation
March 14	MHS Cross Country
March 15	Selective School Test
March 16	National Day Against Bullying & Violence
March 19	School Photo's
March 20	Parent Teacher Night 2
March 27	School photo catch up day