



# MHS Newsletter 2020

Term 1: No 1

## Principals Report



## Principals Report – Term 1

**Welcome back to a new year, a new decade**

Happy New Year everyone! Yes I know it's Feb already but it's our first newsletter for the year. I hope everyone is well rested and ready for a big 2020! I would firstly like to acknowledge the challenging start to the new decade not only for our town and wider Upper Hunter region, but also across our country due to drought, fires and now flooding. This has had an impact on our school family.

I believe that in order to create a flourishing world – we need to flourish individually. Hence an investment in your own wellbeing and personal growth is needed to make and meet the significant changes that are currently required. We commenced our staff development day with a guest speaker – Dr. Darren Morton, who challenged our staff to do just that.

Welcome home to our overseas students who traveled to USA and Japan. It is wonderful to see your faces light up when you speak of your adventures. We are pleased to have you home safe and sound.

We have hit the ground running with our student interviews – Student Progression Plans. This is a unique opportunity for our students to sit alongside a staff member to investigate their school journey to date, reflect on their learning and opportunities and to then set achievable goals related to their attendance, learning and own wellbeing. This provides us with valuable insight into where our students are aiming and to ensure that every student at Muswellbrook HS is known, valued and cared for.

### **Visible Wellbeing – Congratulations to Lea Waters**

Professor Lea Waters PhD, has been awarded Member of the Order of Australia (AM) as part of the 2020 Australia Day Honours List, for her significant service to education and to psychology. This honour, bestowed by the Governor General, is a well-deserved recognition of Lea's 20+ years of service and leadership to psychology, education and youth mental health in Australia.

### **New staff and enrolments**

We have commenced this year with 905 students:

Yr. 7 188; Yr. 8 161; Yr. 9 171; Yr. 10 148; Yr. 11 119; Yr. 12 72 and Support 46.

The vision of the whole school at the first whole school assembly is a 'pride swelling moment'. Thank you to our wonderful parents who ensure our students look great in school uniform – it is appreciated.

Welcome to our new permanent staff members:

HT Science – Ms Jena Shaw, English teacher – Miss Lauren Patch and Maths teachers – Ms Andrea Watts and Mr Nicholas Eather. The existing staff always enjoy the new vision and enthusiasm that new staff bring to our school. All teachers have settled in well and we are so fortunate to have them.

### **School safety**

A timely reminder that school safety is a priority for our school. I have the joy of greeting our students most mornings at the bus gates (it is easy to tell who are the 'morning people'). It is our expectation that students who arrive at school by bus, walking or dropped off are to walk straight into school grounds where they will be supervised. No student is then able to walk to the shops or a friend's house. Please arrange these activities prior to arrival at school in the morning.

We have also received several concerned phone calls regarding students not exercising road safety whilst exiting the school via the bottom gates. Too often they are risking their life by not obeying the road rules of looking out for traffic before they use the crossing!

Please remind your child about the importance of road safety.

### **2020 Australia Day Awards**

Wonderful celebrations for Muswellbrook HS at the Muswellbrook Shire Council's Australia Day Awards Ceremony. Congratulations to Yasmin Jimmieson – **Young Citizen of the Year** Award and to Mr. Grant Taylor and MHS who were awarded the **North Oak Award**. This award proudly

acknowledged the school's outstanding achievements in Agriculture which includes a long and proud history in providing excellent education and training in preparing students to take on the challenges of agriculture and the outstanding results at the Upper Hunter Show, Singleton Cattle judging, Royal Easter Show, Hoff and Hook and Wingham Beef Week.

### **House Captains and Swimming Carnival**

Congratulations to the following students on their election into the House Captains for 2020:

#### **Page**

Cooper Morgan and Peter Mutasa

#### **Patterson**

Jessica Xia and Atticus Sinclair

#### **Hunter**

Emily Jones and Ashley Halliwell

#### **Goulburn**

Dana Barlow and Myles Cheers

Once again this year's swimming carnival was a fabulous time of record breaking, student participation and fun. I would like to encourage parents to reinforce the message to their child that this is a normal school day, it counts as an absence on their report and more importantly, students are missing out on creating some fun school memories with their friends by not attending.

### **Impressive students**

Congratulations to the students who have bravely and boldly represented the school at the Lions and Lioness Youth of the Year competitions. There is a more detailed report in this newsletter. These students always impress and inspire me – well done to you all!

### **Capital Works**

Our school is again having some upgrades completed throughout the holiday periods and throughout the Term. We are grateful to Assets for undertaking this work and making our learning environment look and feel fresher.

### **Very important dates for student testing and surveys**

#### **Year 7 Best Start**

Testing commenced week 4.

MHS has opted in to complete the online literacy and numeracy test. Test is 30 Multiple Choice questions.

This will give us much faster feedback, provide us with a snap shot of their skills on entry into Year 7 and enable us to share the trend data with our partner schools, as well as help us identify

students with literacy and or numeracy needs earlier. We are also a pilot school for the testing of writing. Thank you to Mrs Sokulsky for her organisation of this program.

## **NAPLAN**

Practise tests commence 23.2.2020

NAPLAN online test 12 – 22 May 2020

## **HSC Minimum Standards**

2020 is the first year students need to meet a [minimum standard of literacy and numeracy](#) to receive their HSC credential.

I am pleased to advise that NESA has increased the number of times students can sit the minimum standard tests, in response to feedback from stakeholders.

Students will have [up to four times per year](#) to sit each minimum standard reading, writing or numeracy test providing increased flexibility for schools and more opportunities for students to demonstrate they have met the standard.

Students can take the tests from Year 10 until up to five years after starting their first HSC course. At least 30 calendar days is required before re-attempting a test in the same domain.

[Provisions](#) for the minimum standard tests are available for some students with disability. Some students with disability studying Life Skills courses may be exempt from meeting the minimum standard to receive their HSC credential.

What does that look like for 2020 HSC?

Achieve Level 3 or 4 in the online reading test or have achieved Band 8 or above in reading in Year 9 NAPLAN in 2017 and

Achieve Level 3 or 4 in the online writing test or have achieved Band 8 or above in writing in Year 9 NAPLAN in 2017 and

Achieve Level 3 or 4 in the online numeracy test or have achieved Band 8 or above in numeracy in Year 9 NAPLAN in 2017.

30 November 2020 is the deadline to sit each test and receive the HSC credential by results day.

**Tell Them From Me Student survey** We have registered for the student survey (Term 1). Our school greatly values this opportunity for student voice. The school uses the results of this survey to formulate our school planning.

## **Dates for your planning**

Staff have agreed to undertake mid Term twilight training sessions in order to finish the school year on Wednesday 16 December 2020. The focus of Term 1 twilight session is Visible Learning strategic direction – literacy.

## **Muswellbrook Cup**

Friday of week 8 (27th March 2020) is a gazetted half day public holiday for the running of the

Friday of Week 9 (27th March 2020) is a gazetted half day public holiday for the running of the Muswellbrook Cup. In 2019 all schools in our learning community finished at 12pm on this day. The bus timetable will remain as for a normal school day. There will be no staff supervision in the school from 12.10pm onwards.



## Deputy Report Term 1 2020

It has been a busy start of the year. We welcomed our new Year 7 students to Muswellbrook High School. They are settling in well and are demonstrating their growing skills within their subjects. They have also just completed their Best Start exams. All Year 7 students across the state complete these exams which aim to assist teachers to have a better understanding of the strengths and areas of development for each student. This information is then used by the teachers to create lessons which focus on identified areas to develop the skills of every student.

Our New Year 11 students have also had a busy start as they adjust to the new expectations of being a senior student and the increased demands within their chosen subjects. We encourage them to continue to work hard and to seek assistance from Mrs Gageler (Year Advisor), Mrs Kelly (Stage HT) or Mrs McDonald (Careers Advisor) if they need any assistance to transition to work or support with the demands of their classwork.

The successful completion of the Minimum Standards exams is now a requirement for all students who wish to complete an HSC. This process starts in Year 10 where the students are given the opportunity to complete practice exams and to then complete the official exams. If students achieve the required pass level they can gain an HSC. Any students who do not achieve the appropriate level will be given other opportunities to complete the exams. Our Year 10 students are currently completing the practice exams.

The staff have been busy focusing on wellbeing and learning. At the Staff Development Day we explored the importance of spending time outdoors, self-care and being grateful for the little things. During our staff Twilight evening our focus was on how to support our students to further develop their literacy and numeracy. Many different strategies were investigated and some outstanding student work was shared.

Learning and wellbeing are really important focuses at Muswellbrook High School. We therefore ask, where possible, for students to leave their phones at home. If students need to have their phones with them at school our policy outlines that the phones are to remain in the students' bags. If a student has their phone out during class time they will be asked to hand over their phones so that they can focus on their learning. Their phone will be returned to them either at the end of the lesson or at the end of the day.

Parent Teacher Nights will be held in the MPC on the 10th and 17th March from 3.45 until 6pm. The parent booking system will be live from Tuesday 25th February. This is an important opportunity for you to meet with the teachers to discuss your child's progress. We encourage parents to attend these important nights.

We look forward to continuing to work with our students to enhance their wellbeing and extend their learning potential.

Yours in education

Nicole Thompson - DP Years 9 & 12

Christine Fairweather - DP Years 7 & 11

Dan O'Hara - DP Years 8 & 10

## Skoolbag App

Muswellbrook High School is now using Skoolbag App. To stay up to date with what's happening in the school, please click on the above 'Skoolbag App' and you'll be redirected to where the app can be uploaded for free.

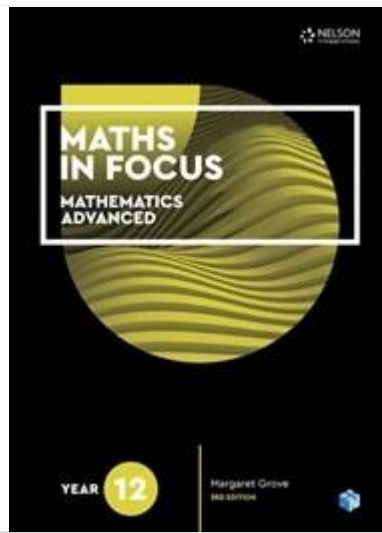
Skoolbag also has our updated canteen menu, Uniform shop price list and Trading hours.

Student absentees can also be submitted via the app.

## Don't forget to like us on Facebook

<https://www.facebook.com/mbkhigh/>





## Maths Department Term 1

We welcome our new appointments to Muswellbrook High: Ms Andrea Watts (filling the long vacant position) and Mr Nick Eather (replacing Ms Turpenien who moved to Ballina), both experienced teachers but new graduates to Mathematics teaching.

Congratulations to Amy McCamley (Mathematics Standard 2) and Jayk Rann (Mathematics Extension 2) on earning a Band 6 in mathematics in last year's HSC. They join a group of 20 MHS students who have done so over the last decade.

Our thanks to Muswellbrook High P&C for continuing to fund our purchase of another class set of text books to resource students in the new Mathematics Advanced and Extension course. Purchased literally as they came off the press.

For over a decade, the Mathematics faculty has run a free Senior study hall each week for Year 11 and 12 students who are interested. These run on Tuesdays (except Parent-Teacher nights) during term time, 3:30-5pm, in the Library. Understandably students who access this help, perform better in the HSC.

We will again be running Junior Study hall the 3 weeks before the Half Yearly and Yearly exams during lunch time - more information later.

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

## STUDENT REPRESENTATIVE COUNCIL







# School Representative Council

## SRC Newsletter Report

During lifesaving in Term 4 2019 the SRC ran a BBQ for students. We managed to raise \$260 for Rural Aid which will be used on an SRC project within the school.

We started this term by getting straight into some fundraising for Cystic Fibrosis. With students and teachers and their families at the school affected by the disease the SRC had decided at their Planning Day to support this cause. On Valentine's Day the SRC delivered flowers and chocolates to many happy recipients. Students were able to order flowers and chocolates in the week leading up to the day. Final figures are still being tallied but we hope to be able to donate at least \$170 to this worthwhile cause. Well done to our Fundraising team and their helpers for taking orders at lunchtimes, putting all the orders together and delivery to roll calls on the day.

We are also aiming to assist the Support Faculty with the Autism Awareness Day coming up later in the term.

Our big fundraiser for the year is a planned Trivia Night to raise funds for the Rescue Helicopter. While we are still in the early planning stages, keep an eye on upcoming newsletters for a date and more details once approved.

In full school assemblies this year the SRC will continue to address character strengths, only this year the focus will be on not what the character strength is, but how we can use it in our lives.

We have lots of new members this year and are looking forward to a great year. Year 7 elections will be held shortly and we look forward to the successful candidates joining our SRC team in upcoming weeks.

Mrs Farrell- SRC Coordinator





## Aboriginal Mural on K Block wall



## 2020 School Swimming Carnival



## School Swimming Carnival 2020

The 2020 Muswellbrook High School Swimming Carnival was held on Friday 7th February at the Muswellbrook Aquatic Center. It was pleasing to see so many students engaging in House Spirit

and wearing clothing and costumes to support their house, despite the rain. 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.

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: Cora-Lee Laver

13 Years: Ella O'Donnell & Zac Woolnough

14 Years: Porsha Jimmieson & Jake Thompson

15 Years: Zahli Woolnough & Ethan Simpson

16 Years: Imogen Owen & Levi Hartin

17+ Years: Nadia Owen & Alex Thompson

A number of records were broken throughout the day, congratulations to the following students:

Cora-Lea Laver – 12yrs 200m Individual Medley

Zahli Woolnough – 15yrs 50m Breaststroke, 100m Breaststroke, 200m Individual Medley

Zac Woolnough – 13yrs 200m Individual Medley

Jake Thompson – 14yrs 200m Individual Medley

Ethan Simpson – 15yrs 200m Individual Medley

Alex Thompson – 17+yrs 200m Individual Medley

2020 also saw a repeat of last years' new event aimed at increasing carnival participation – “The Hot Lap Lanes”. 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:

1st Hunter – 966

2nd Paterson – 872

Congratulations to all students who raced in events.

Rikki-Lee Moore – Muswellbrook High School swimming carnival organiser



## Outdoor Games

Students walk to Olympic Oval with supervising teachers and participate in a variety of outdoor games. These are including Oz Tag, touch football, AFL, ultimate Frisbee, Endzone



## Game on Arcade Games

Students walk as a group to Game On Bowling Arcade, where they participate in TenPin bowling and also have an opportunity to compete in games of Laser Tag

\$12 per week



## Indoor Soccer

Students walk to Muswellbrook PCYC and participate and compete in games of Indoor Soccer. All equipment is supplied by the PCYC

\$4 per visit (plus a \$10 yearly PCYC membership)

## PDHPE REPORT

## WELCOME TO PDHPE 2020

We are looking forward to a great year in PDHPE and would like to give you some information about the running of the year, particular this term.

### PDHPE teachers for 2020-

Welcome back to the following teachers from 2019-

Ms Rebecca Hill (Head Teacher PDHPE)

Ms Aimee French (Head Teacher Admin)

Mr Isaac Howard

Mr Dominic Tegart

Ms Jacqueline Anstee

Mrs Debbie Vardanega

Mrs Jessica Withers

Ms Sally Bowe

Welcome to our new staff member- Ms Hollie Collison. She is a local teacher who is thriving at MHS..

### Combined High School (CHS) and Sporting News

It has been a busy start to the year for CHS sport. On Friday 14/02/20, 28 students from



Muswellbrook High School competed against the best swimmers from the Upper Hunter in the Zone Swimming Carnival. The students did exceptionally well, with many taking out first and second place on the day. Congratulations to **Zahli Woolnough** for breaking two records, Zahli was able to break a record that was set in 1985! Qualifiers for the Regional carnival will be notified early next week.

CHS sport provides students with the opportunity to represent Muswellbrook High School in a range of team and individual sports throughout the school year. Upcoming events include:

- Opens Boys Cricket
- Opens Boys and Girls Basketball
- Opens Boys Tennis
- Opens Girls Netball
- Opens Boys and Girls Football (Soccer)
- Girls League Tag
- Opens Girls AFL
- U/14s Boys AFL

Non CHS events include-

- U/16s Girls Rugby League
- LeagueTag (Opens, 14s and 16s)

Students will be reminded in School Notices about future events and if students have any questions about any upcoming sports, they are encouraged to talk to Mr Tegart in the PDHPE staffroom.

### **Reminders**

1. Please remind your child to return their sport permission note to leave school so they can participate in sport/PASS lessons
2. Students need to be wearing their yellow shirt for PDHPE practical lessons, if they cannot bring their yellow shirt they can wear a casual shirt and bring a note. SMS messages will be sent to parents of students out of uniform for practical lessons.

**Ms Hill**

PDHPE Head Teacher



## **Study Samurai Library Tip February 2020**

## **STUDY SKILLS TIP FOR FEBRUARY – TOP TIPS FOR A NEW YEAR**

With the beginning of the new year, it's always a great time to reassess your academic approach

With the beginning of the new year, it's always a great time to reassess your academic approach. The key to making the most of this opportunity is focusing on the things which will bring the biggest return.

## 1. Simplify Your Organisation System

Every student has an organisation system. True, the definition of "organisation" may be looser for some students than others, but everyone has a way they stay organised (or attempt to). Maybe you're the "Type-A" student and you have a clearly defined system. You'll know that you're "Type-A" by the file folders you both own and use, the folded socks in your drawer, and all the lists by which you keep track of important information. You probably have a calendar, a planner, and you know exactly which clothing is clean and which is dirty. But not everyone fits in such a naturally organised world. These students can be called "Type-B." If you're a "Type-B" student, you're not alone, but organisation probably requires more effort. "Type-B" students tend to prefer "piling systems" to filing cabinets. Calendars often seem like too much work, so they'd rather just put everything in their backpacks and find it later. Students on the far end of the "Type-B" universe may even find themselves sorting laundry via the "smell check" method. Regardless of whether you are a Type A or B student, though, one of the biggest difference-makers this year is your organisation system. Few things will save time and improve academic performance the way an effective organisation system will. A great organisation system has at its center one goal: replace your brain. The more organised you are, the less you have to think. Your organisation system should be simple enough that you don't have to make any decisions about where you put new assignments, where to find completed assignments, or what to do with graded assignments. You shouldn't have to go through a mental checklist every time you study because your organisation system does it for you. The fewer decisions you need to make, the more your thoughts and energy can focus on things that matter. Consider these four questions to determine how simple your organisation system is right now:

- ☐ Do you have good systems in place to manage and organise both the paper and digital resources for school?
- ☐ Do you have a system to make sure that all assignments and due dates are marked on your calendar / planner?
- ☐ Do you have a system to focus on what needs to be done today and not just what's due tomorrow? When you can answer each of these four questions without thinking, you'll know that your organisation system is simple enough to be a major asset this year.

## 2. Break the "Cram Cycle" Before it Starts

By the end of the semester, students often find themselves overloaded and overwhelmed, having to rely on cramming for final exams to get through to the break. They are exhausted and in survival mode. Thriving academically no longer matters. All that matters is the break at the end. If you've ever felt this way, you've experienced what we call the "Cram Cycle." Students get busy during the semester, which leads to exhaustion. When you're exhausted, the only thing you want to do is zone out for a bit. After an afternoon of zoning, students are forced to put all their effort into completing assignments that are due tomorrow. We call this "cramming." As students work

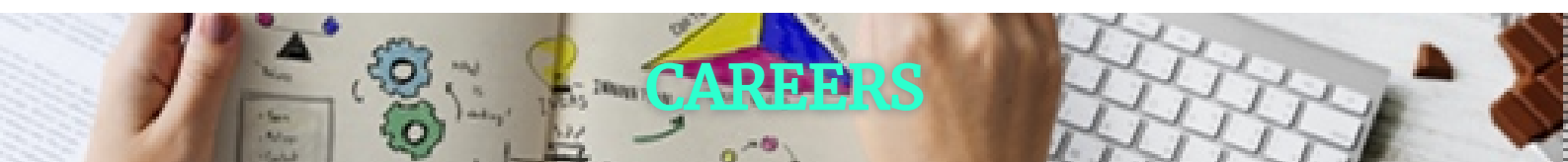


into completing assignments that are due tomorrow. We call this “cramming.” As students work on only that which is due tomorrow, long-term assignments pile up and create even more busyness, which leads to exhaustion, and the “Cram Cycle” begins to accelerate. Most students only get out of the “Cram Cycle” when the semester ends. But this year can be different. If you want to stay out of this dreaded cycle, commit yourself to doing some independent learning at least five days a week, even when you don’t have anything due the

next day. Use every day as a review day, spreading out your study sessions for big tests and projects across multiple days instead of letting them pile up. This approach takes more effort initially to create these habits, but you’ll reap the benefits when you’re free of the “Cram Cycle” and the stress that follows it come finals season.

### 3. Supercharge Retention with Scientifically-verified Study Strategies

Everyone knows that taking notes is a good idea. Reading your textbooks seem like a great thing to do. And you’ve probably learned that it’s best to have a consistent place to study, one which is quiet, clean, and comfortable enough (but not TOO comfortable). But what are the strategies that have been scientifically-verified to boost your retention? One of the best things you can do is to take a break in the middle of your study sessions. In one study psychologists wanted to find out whether there was any difference in “spacing” a study session (this means to take a break in the middle) or “massing” instead (which means that you hammer it out all at once). The researchers took two randomly-chosen, equal groups of students, gave them the same amount of study time, gave them the same material, and tested them on the material afterward. The only difference was that one group took a short break in the middle and the other group didn’t. The results were incredible. The group that studied with “spacing” did 50% better than the group that studied with “massing.” That means in the same amount of study time, you could potentially boost your retention by 50% by just taking a ten-minute break.



## LOCAL INDUSTRY LOCAL JOBS



THE ARTISAN



THE CARER



THE COORDINATOR



THE DESIGNER



THE INFORMER



THE TECHNOLOGIST

# LOCAL JOBS

- ✓ CONNECT WITH EMPLOYERS
- ✓ FIND OUT ABOUT JOBS
- ✓ BRING YOUR RESUME

Come and Meet the Influencers, hear where the jobs are and what industries and employers have on offer plus how to get these opportunities. Register on the night for VIP job opportunities and experiences!!!

**"Save The Date" 17th March 2020**

Must register and attend on the night to WIN...

## 17TH MARCH 2020 6PM START

NEX NEWCASTLE (KING STREET NEAR MCDONALDS)  
REGISTER HERE [WWW.TRYBOOKING.COM/BHKZC](http://WWW.TRYBOOKING.COM/BHKZC)

Building & Construction | Early Childhood Education & Care |  
Health Services - Aged Care & Nursing | Mining | Engineering |  
Health & Beauty | Tourism & Hospitality | Business Services & many more

**Click Here to Register Now**

**PARENTS STRONGLY ENCOURAGED TO ATTEND**



**Backflips Against Bullying**

# DHV PRESENTATIONS & BACKFLIPS AGAINST BULLYING

In Week 2, students participated in presentations relating to the schools Discrimination, Harassment and Vilification (DHV) Policy. They were upskilled in the appropriate terminology used at Muswellbrook High School and the processes and practices followed when reporting an incident.

Following this, students participated in a performance from Action Education, Backflips against Bullying. It engaged students in the topic of peer harassment by using comedy, flips and tricks, captivating them in a brand new way to make a difference in the school setting. It touched heavily on power dynamics when discussing instances of harassment, and delved into resilience, cyber-bullying and real world consequences.



JOHN COUTIS PRESENTATION





## John Coutis

Last week, all students had the privilege of watching a presentation from John Coutis, a motivational speaker from the Gold Coast. Everyone was captivated by his passion, humour and energy, finding his story extremely inspiring, despite hardships.

John was born with a severe physical disability in which doctors gave him little chance of survival. He has not only defied medical opinion, he has thrived. Without the lower part of his body, John has embraced a full and positive life. He rolled around on his custom skateboard and used humour to communicate some of life's most important lessons.

For more information, please visit the following website.

<https://www.johncoutis.com/>

The CAPA logo is centered over a vibrant, colorful abstract background featuring geometric patterns and organic shapes in shades of blue, yellow, red, and green.

CAPA

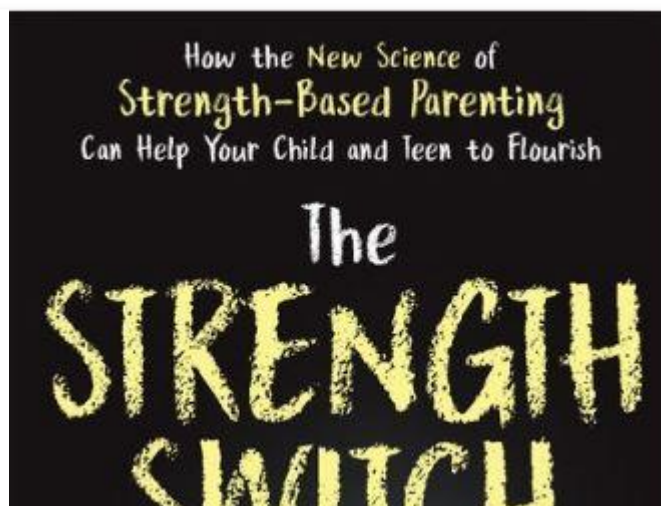


## Reprise 2020

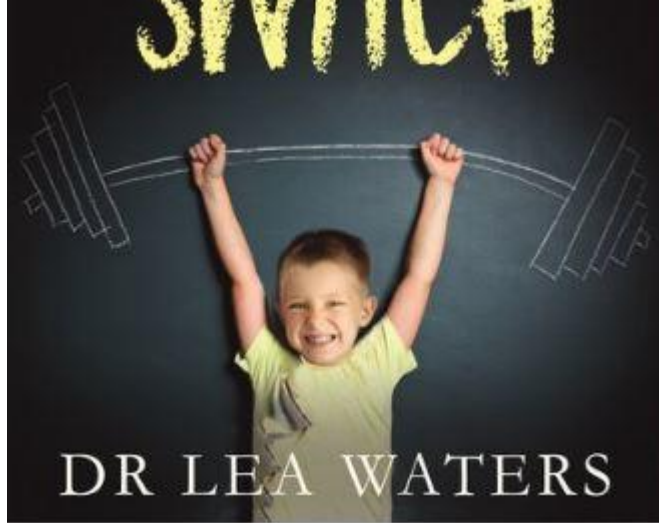
Congratulations to our featured soloists Aiden Powell and Brady Cavanagh, who performed outstandingly at this year's HSC Reprise Showcase in Newcastle.

## Where There's a Will

## Strength Switch Family Facilitation (SSFF)







Where There's a Will (WTAW) in conjunction with Professor Lea Waters are delighted to announce the commencement of the first session for the SSFF. This is following on from the release of Lea's latest book, *The Strength Switch*, officially launched in Scone in August. Here is a synopsis of *The Strength switch - Strength Based Parenting*:

***How The New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish.***

***Unlock your children's potential by helping them build their strengths.***

This game-changing book shows us the extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses. Most parents struggle with this shift because they suffer from a negativity bias, thanks to evolutionary development, giving them "strengths-blindness". By showing us how to flock the *Strength Switch* Lea demonstrates how we can not only help our children build resilience, optimism, and achievement but we can also help inoculate them against today's pandemic of depression and anxiety.

As a strengths-based scientist for more than 20 years, Waters has seen how this approach enhances self-esteem and energy in both children and teenagers. Yet more on the plus side: parents find it a particularly exciting and rewarding way to raise children. With many suggestions for specific ways to interact with your kids, Waters demonstrates how to discover strengths and talents in our children, how to use positive emotions as a resource, how to build strong brains and even how to deal with problem behaviours and talk about difficult situations and emotions. *The Strength Switch* will show parents how a small shift can yield enormous results.

WTAW are excited to deliver this course to you via our two local facilitators, both teachers in the Upper Hunter. Ms Eloise Hand and Ms Samantha Fragar will be delivering the first SSDD session at St James Hall in Muswellbrook beginning Week 3, Term 4 2019. There are still vacancies if you are interested. Booking are essential for access to the portal. For further detail please forward all enquiries to Ms Eloise Hand [eloise.hand@mn.catholic.edu.au](mailto:eloise.hand@mn.catholic.edu.au)

Ms Fragar

Visual Art Teacher



# Welcome to the HUB – Library News



## Opening Hours

**Monday to Friday—8.30—3.30**

**Closed Recess Friday**

**Variations to hours will be displayed on the  
front door**

## Staff

**Mrs Cullen—Teacher Librarian**

**Resource Management**

**(trish.cullen1@det.nsw.edu.au)**

**Mrs Mcleod— Admin Assistant**

## Library Hours and Facilities

### Facilities

### Helpful, Friendly Staff

**\* Laminating —20c per copy   \* Printing   - Black and White— 20c   - Colour— Depending on size \$1 for A4   \* Meeting Rooms   \*Video Conference Room   \* Long and short term lending   \* E-Library   \* DVD Library   \* Copying   \* Laminating   \* Conference Facilities   \* Touch Screen Monitor   \* Large screen data Projector   \* Computer Bank**

Students are very welcome in the Library to participate in quiet activities. Please come and join us on Thursdays for Chess Competitions and other days for quiet activities in air-conditioned comfort.

# Library News

The Library can be a haven for students and we encourage them to come in and use the space in a quiet manner. We love books and look forward to helping students find books to enjoy.

These books can help you with many of the life skills you need and entertain and carry you to whole new worlds. **Top ten book Recommendations for Teens are:**

1. [The Hunger Games](#) by Suzanne Collins
2. [The Fault in Our Stars](#) by John Green
3. [To Kill a Mockingbird](#) by Harper Lee
4. [Harry Potter series](#) by JK Rowling
5. [1984](#) by George Orwell
6. [The Diary of a Young Girl](#) by Anne Frank
7. [A Streetcat Named Bob](#) by James Bowen
8. [The Lord of the Rings](#) by JRR Tolkien
9. [The Perks of Being a Wallflower](#) by Stephen Chbosky
10. [Jane Eyre](#) by Charlotte Brontë

Reading books is a way for students to engage their imagination and to make sense of the real world.

They can

**Make you laugh:** [Catch 22](#) by Joseph Heller   [The Hitchhiker's Guide to the Galaxy](#) by Douglas Adams   [The Secret Diary of Adrian Mole Aged 13¾](#) by Sue Townsend   [Geek Girl](#) by Holly Smale  
[Diary of a Wimpy Kid](#) by Jeff Kinney   [Angus, Thongs and Full-frontal Snogging](#) by Louise Rennison

**Make you cry:** [The Color Purple](#) by Alice Walker   [Of Mice and Men](#) by John Steinbeck   [The Time Traveler's Wife](#) by Audrey Niffenegger   [The Kite Runner](#) by Khaled Hosseini   [War Horse](#) by Michael Morpurgo   [Before I Die](#) by Jenny Downham   [My Sister's Keeper](#) by Jodi Picoult

**Thrill you:** [The Hunger Games](#) by Suzanne Collins   [The Mortal Instruments: City of Bones](#) by Cassandra Clare   [Divergent](#) by Veronica Roth   [Gone](#) by Michael Grant   [Rebecca](#) by Daphne du Maurier   [Skulduggery Pleasant](#) by Derek Landy   [A Clockwork Orange](#) by Anthony Burgess

**Help you understand you:** [The Fault in Our Stars](#) by John Green   [The Catcher in the Rye](#) by JD Salinger   [The Knife of Never Letting Go](#) by Patrick Ness   [I Capture the Castle](#) by Dodie Smith  
[The Outsiders](#) by SE Hinton

At Muswellbrook High School all students are encouraged to take the time to engage their imagination through books. All junior rolls have a book box and an uninterrupted 15 minutes reading time each day and the students are encouraged to come into the library during breaks to read quietly. There are also numerous quiet spots around the school for reading.

**Patricia Cullen**

**Teacher Librarian**

## UHYS March Calendar 2020

# March 2020 Calendar

Upper Hunter Youth Services Inc - Youth Centre

### PLEASE NOTE DATE CHANGES:

**Mon 16th, Tues 17th and Wednesday 18th March**

Muswellbrook Show - Youth Centre Open instead of Thursday 19th and Friday 20th

**Tues 24th, Wed 25th and Thurs 26th**

Muswellbrook Races 1/2 day Holiday - Youth Centre Open instead of Friday 27th



**Wednesday 4th / Ice Your Own Biscuit**  
**Thursday 5th / Handball Challenge**  
**Friday 6th / Nacho Friday**

WEEK 1

**Wednesday 11th / Getting Along – Playing Soccer**  
**Thursday 12th / No Device Day**  
**Friday 13th / Hot Dog Day**



WEEK 2



**Monday 16th / Tell Your Favourite Joke**  
**Tuesday 17th / Craft and Discussion About What Harmony Day Means**  
**Wednesday 18 / Making Pancakes With Rachel**

WEEK 3

**Tuesday 24th / Board Games And Chocolate**  
**Wednesday 25th / Craft – Origami**  
**Thursday 26th / Make Your Own Salad Sandwich**



WEEK 4



Focus Of The Month: "Getting Along"  
to coincide with Harmony Day, 21st March

Muswellbrook NSW 2333

Phone: (02) 6543 4841 ~ Email: [lmcphee@uhys.org.au](mailto:lmcphee@uhys.org.au) or [cbrown@uhys.org.au](mailto:cbrown@uhys.org.au)

Opening Hours: Wednesday to Friday 3pm - 6pm

Free Transport Provided: Muswellbrook Area Only

AGE GROUP: 10 – 17yrs

FREE MEMBERSHIP TO YOUNG PEOPLE AGED 10 – 17 YEARS

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