

TERM 1 WEEK 5

IN THE KNOW



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Principals Brief

Welcome to the 2023 school year. I hope that you had a restful holiday and had the chance to relax. We are excited about all that this new school year has to offer and look forward to working with our students and families as we focus on "Striving for Excellence in a School that Cares", continuous improvement in teaching and learning, and all areas of our school environment. I have challenged our staff and students to be 1% better every day.

Class of 2023 welcome to Muswellbrook High School. We look forward to seeing your academic and personal growth over the next 6 years. This year we will renew our commitment to excellence in all that we do, with a resolute expectation that all students can learn and succeed. We will continue to provide students with opportunities to address academic deficiencies, build numeracy and literacy skills, be workforce prepared, and have the opportunity to be valued members of our community. We will continue to implement initiatives to promote teaching and learning and to engage all our stakeholders in the process of educating our students. We will continue to focus on efforts to improve attendance at school. Improvements in attendance will positively impact student performance in every content area, and in overall student academic growth and development. We look forward to partnering with our stakeholders in these initiatives. I am excited about all that this new school year has to offer and look forward to working collectively to ensure that our students are provided with the best educational experience possible to be critical thinkers, responsible citizens, and prepared to be successful in their endeavours after high school. This year, staff and students are committing to improving the culture of our school, "Raising Excellence". The 'Above and Below the Line' model has proven to be an incredibly valuable tool to remain conscious and better attuned to behaviour and the choices offered.

Our 'Above the line' behaviours focus on:

Democracy (Highest level)- develop self-regulation, initiative and responsibility, authentic engagement, and internal motivation.

Cooperation / Conformity- Considerate, complies, conform to expectations, ritual and passive engagement, external motivation.

Our Raising Excellence team will be sharing more information with our community throughout the year.



The hoodies have arrived!!

To launch our brand new school hoodies we are running a sale from week 5 to week 7.

Hoodies will be \$30 for the 3 weeks only while stocks last.

(normal price \$50)

Purchased from the uniform shop only

Tues - 7.30am - 11.30am

Thurs - 12pm - 4pm

(sorry no online orders)



This will be the only hoodie that will be accepted as part of the school uniform

OVERVIEW:

- Year 7 Vaccinations
- Photo Day Soon!
- SRC Report
- Careers
- PDHPE Report
- Representative Sport
- Mathematics
- Community Events
- Hunter Sport Trials



SRC Report

SRC Student Body

This week at year assembly Year 7 held elections for the 4 Year 7 SRC positions. The successful candidates are:

- 1 Dallas Gardiner
- 2 Madison Kociszewski
- 3 Charli-Rose Wison
- 4 Oliver Wydeman

Thank you to all the students who nominated. The successful candidates will recite the Oath and receive their badge at the ROSE (Recognition of Student Excellence) Assembly in Week 8.



Our Year 11 Prefects and Mrs Farrell will head off to Adelaide with students and teachers from the other Upper Hunter High Schools on 9th March for 4 days to attend the National Student Leadership Summit. This trip is provided to students by Where There's a Will (WTAW). This is a valuable leadership experience that empowers our students to then come back and plan a local Leadership Summit and also undertake to complete a project that will improve well-being within their own school/community. Last year's Year 11 leaders planned and implemented a whole week of activities that culminated in the whole school colour run. It was a great event for all that took part. The 2023 attendees and families all got together on Sunday 19th February to meet each other and go through the organisation of the trip. Thank you to Lindy and all other WTAW staff as well as the other teachers attending for all their hard work behind the scenes to make this trip happen again this year. Thank you for your support of the SRC and student's voice within the school. We look forward to implementing all the exciting events and opportunities that we have already started planning for 2023- Mrs Farrell and the SRC.

Happy Retirement

Muswellbrook High School would like to thank our General Assistant of 7 years Don McLean. He is our book of knowledge in all things maintenance and also an excel spreadsheet whiz. He is retiring for the second time in his life to enjoy some time on his farm and with his wife Megan.

For 7 years Don has managed all the trades men and maintenance to our school site. He has cleaned graffiti off walls, fixed toilets, moved lots of furniture and also assisted students with many a lost ball or hat on roofs.

We would like to wish Don the best in his retirement, and he will be missed around the school by all staff and students.



CAREERS

Online Careers Information – All parents/carers and students of Muswellbrook High School have access to an online resource tool that provides information about subject selections, career information (even pay rates and industry demand), course information for both University, TAFE and private providers, links to job vacancies and apprenticeship or traineeship opportunities.

To register (which is free) go to:

www.jobjump.com.au

- enter the school name 'Muswellbrook High School'
- enter the password 'cattledogs'
- then click on the top right corner box 'I'm new and enter your personal details to create your individual password'

Students are encouraged to regularly read updated information on the MHS Careers page, which can be found on the school's website (under curriculum) or by going to:

www.muswellbrookhighcareers.com

This site contains general information regarding job readiness and has information directly relating to students at Muswellbrook High School, together with a Careers Calendar.

Opportunities and information will be placed on display boards out the front of Careers, in Sentral and at times emailed to students/parents.

EDUCATIONAL PATHWAY PROGRAM

Welcome back! As part of the Educational Pathway Program (EPP), it is great to be back in your School again. Tracy and I are looking forward to helping your young people assess sound advice, great training pathways and rewarding work opportunities.

Tracy has been promoting School Based Apprenticeships and Traineeships (SBATs) in the community. These are proven pathways for students to successfully transition to work or further education. Students can work (paid) at least one day a week, study their trade at a registered RTO and work towards achieving their Higher School Certificate. If you are in Year 10 and looking to participate in an SBAT for Years 11 and 12, please contact Tracy or your Career Adviser, as soon as possible. Look for further information during the year. I will be working with your Career Adviser to develop innovative career education and provide opportunities to investigate pathways you may wish to follow.

For more information about the EPP, please contact:

Anne Grieve on 0460 031 943 or anne.grieve1@det.nsw.edu.au

Tracy Forbes on 0460 030 617 or tracy.forbes3@det.nsw.edu.au

or check out the website: <https://education.nsw.gov.au/public-schools/career-and-study-pathways/educational-pathways-program>

Looking forward to seeing you soon

Anne Grieve



Hello 2023

PDHPE

We are looking forward to a great year in PDHPE and all things sport this year. Here is some information about the running of the year and in particular this term.

PDHPE teachers for 2023-

Welcome back to the following teachers-

Ms Rebecca Hill (Head Teacher PDHPE)

Ms Jacqueline Anstee (Stage 5 Sport Coordinator)

Ms Hollie Collison

Mr Dominic Tegart

Mrs Debbie Vardanega (Stage 4 Sport Coordinator, CHS Coordinator)

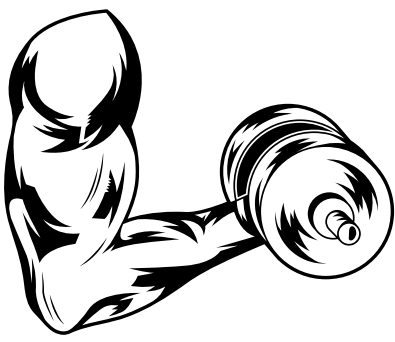
Mrs Jessica Withers

Welcome to our new staff member- Mrs Jocelyn Johnson. She is a motivated teacher who brings with her lots of local knowledge and years of teaching experience, we welcome her to the staff at MHS.

What we are learning in PDHPE in Term 1-

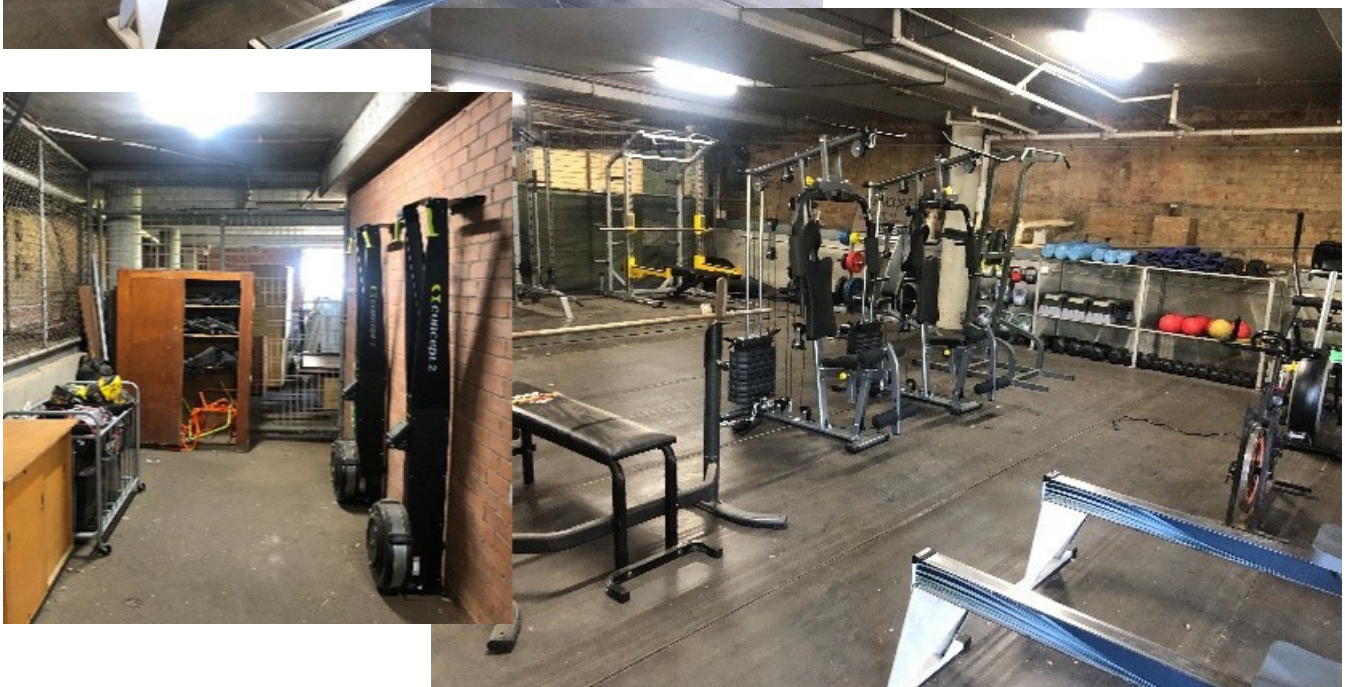
	Theory	Practical
Year 7	Lifestyle / Intro to Health	Fundamental Movement Skills/ Athletics
Year 8	Healthy Eating	Dance/ Cross country / Athletics
Year 9	Sexual Health /Contraception	Leisure and Recreation/ Athletics
Year 10	Road Safety	Invasion Games/ Athletics

If you have any concerns about any of the content that may be studied, please contact your child's teacher, PDHPE Head Teacher or their Year Advisor.



PDHPE

The school gym has had some new flooring laid (thank you to Mr O'Hara and the Year 12 Sport Coaching Class) and equipment upgrades, including new machine weights sets, treadmill, cross-trainer, bike and olympic weights. This was possible due to Sporting Schools Funding and allocated school funding. The gym will be utilised in PDHPE and sports lessons throughout the year. Looking forward to utilising this great space in 2023.



SPORTING EXCELLENCE PATHWAYS

Our first Year 7 Sporting Excellence Pathways program has been established.

The aim of the program is to engage Year 7 students with an opportunity to improve their sporting skills, develop their sense of belonging to the school community, connect with school and CHS sporting teams and competitions and foster relationships with peers, teachers and outside sporting agencies and clubs.

An outline of the program is yet to be confirmed but may likely involve the following sports –

Football (League, AFL, Soccer)

Court Games (Netball/Basketball/Volleyball)

Specialised Sports (Gymnastics/Circus Skills/Acrobatics/Rock Climbing/Athletics)

Touch Football and Water Sports (Water Polo/Underwater Hockey/Paddle Boarding)

Students will be provided with a uniform and will be able to wear this uniform to school on the days the program runs.



Successful applicants are currently being inducted and I am looking forward to an amazing year with these young budding sportsmen and women. Look out for updates on our progress throughout the year.

2023 SWIMMING CARNIVAL

Wednesday, 7th February saw the annual Muswellbrook High School Swimming Carnival take place. This was the first carnival back in a number of years where there were no restrictions placed upon us due to covid.

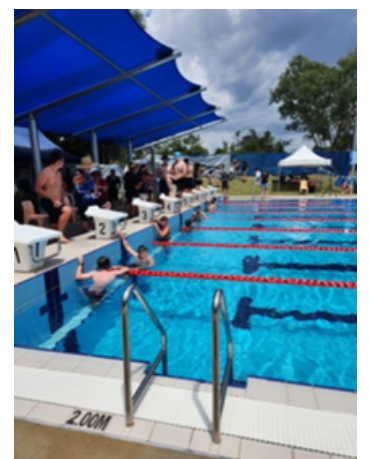
The weather held off for most of the day, with a short shower heating up the temperature and making for maximum participation in the 'Hot Laps' event for students to cool off and earn house point.

The winning house on the day was Page!! Congratulations to Mrs Paulsen as House Patron, all staff and a special mention and congratulations to all Page students who competed in races and earned house points throughout the day.

Congratulations to the following students who broke school records on the day:

Jake Thompson - 200m IM 17s Boys

Riley Jeans - 200m IM 14s Boys



REPRESENTATIVE SPORT REPORT

On Friday 24th February, 23 students from years 7-12 travelled to Singleton to compete in the Upper Hunter Zone Swimming Championships. The day turned out perfect for us, it was sunny with a slight breeze and clouds at times to provide relief – perfect conditions for swimming. Our students fought hard against students from Singleton, Scone and Merriwa in a range of events and demonstrated resilience, persistence, teamwork and sportsmanship in and out of the pool.



Our 16 years boys Medley Relay Team set an excellent time for the Zone record in the event – well done boys! Special mention also to Isla Woolnough, Riley Jeans and Zac Woolnough who managed to knock seconds of their personal events in the following events:

Isla: 50 Free – 2 second PB, 100 Back – 12 second PB, 200m IM – 8 second PB

Riley: 200m IM – 7 second PB, 100m Fly – 2 second PB

Zac: 200m IM – 4 second PB

Well done to these swimmers.



RUGBY LEAGUE

Jake Bastick competed in the Hunter Blacks tournament at Cessnock in Week 4. This tournament sees successful students advancing to the Hunter Representative Trials for U15s Rugby League. Selectors on the day praised Jake's determination and grit, his teamwork and strategic play. We wish Jake all the best at the Hunter Representative Trials on March 9th.



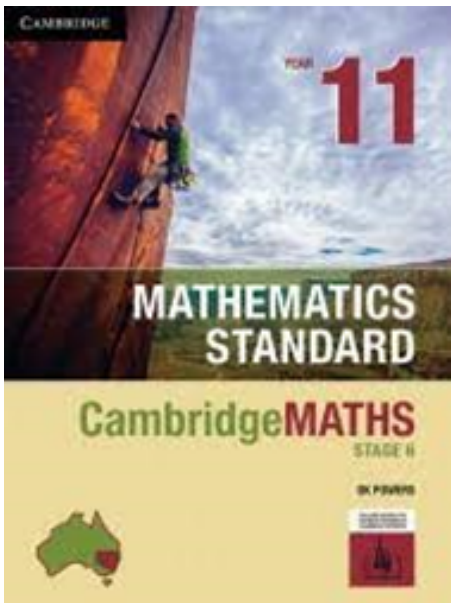


MATHEMATICS

Senior Study

To accommodate MHS School musical rehearsals, our Senior Study afternoons have moved to Monday afternoons (3:30-5 pm), in the HUB (Library). A quiet space to complete work and receive assistance with your studies.

Early Morning Maths Study (EMMS) for all years, is operating in C24, each Wednesday morning from 8 am. So now there are even more ways to get help.



The math department has purchased another 2 class sets of textbooks to resource students in the (new) Mathematics Standard course. Once issued to students they have online access to these books as well as the physical copy in class.

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, in C12. The Maths faculty will engrave the calculator for you.

Mr Morris
Head Teacher Mathematics
Labor Omni Vincit ~
Work Conquers all



2023 SCHOOL PHOTOS



MUSWELLBROOK HIGH SCHOOL

King Street, Muswellbrook NSW 2333

Principal Mrs Kylie Fabri BHlthSc(PDHPE) DipEd

Muswellbrook High School

Day of Photography

Tuesday 7/3/2023 &

Catch-up day Friday 10/03/2023

Please wear your full school uniform

Please place your order online before the day of photography

- Go to www.advancedlife.com.au and enter this code for Muswellbrook High School

4FV EMH GAE

Payment can be made using Visa, Mastercard, PayPal or Latitude Pay

If you are unable to order online, please hand your completed order envelope directly to the photographers on the day of photography.

If you have any queries concerning school photographs and ordering, please contact **advancedlife** directly:

www.advancedlife.com.au/contact

advancedlife
school photography & print specialists

Deputy Principal Mr Daniel O'Hara B.Tech Hons Deputy Principal Miss Ingrid Seck BA DipE
Deputy Principal Miss Kristen Pringle B Ed EC M SE Deputy Principal Mr Mark O'Brien B.Bus B.Ed, Primary M.EdMath

Email muswellbro-h.school@det.nsw.edu.au Telephone (02) 6543 1033
P.O. Box 198 Muswellbrook NSW 2333

"Striving for excellence in a school that cares"

COMMUNITY EVENTS

ENDS SOON

2023 NAIDOC T-SHIRT DESIGN COMPETITION

Muswellbrook High School Aboriginal Learning and Engagement Centre wants you or your family to design our 2023 Student and Teacher, NAIDOC SHIRT.

2023 NAIDOC theme is:
FOR OUR ELDERS



FOR OUR ELDERS
2-9 JULY 2023

HOW DO WE JOIN THE COMP?

- 1 Come into ALEC during Koori Kraft, each Wednesday Break 2 and create your design
- 2 Design your tshirt at home with your family, and hand your work into ALEC.

Starts- 31. January, 2023
Ends- 3rd March, 2023

Winners will be announced the following week and will receive a free NAIDOC shirt with their design.
COME DOWN TO ALEC IF YOU WOULD LIKE MORE INFORMATION

MUSWELLBROOK HIGH SCHOOL PRESENTS

2023 DISABILITY EXPO

Thursday, March 30
MHS School Hall
Doors open at 3:10pm
Finishing at: 5:00pm

FREE
Entry
Sausage Sizzle
Show bags

A variety of local services are coming:
Employment Services, NDIS Supports,
Health Supports, OT, Speech
Therapists and Service Providers

school photographs are coming up soon



NEW 48 Personalised Stickers

Please note: Traditional, Composite or High-Resolution Virtual Group format is chosen by your school. Sibling photos, if available, can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

how to order

order online

Online payment options include Visa, Mastercard and PayPal. Alternatively, you can choose to pay over 10 weeks using LatitudePay.

STEP 1
Go to www.advancedlife.com.au on your computer, phone or tablet.

STEP 2
Enter your school code: **4FV EMH GAE** in the 'order and download' box. This will take you to your school's secure online ordering site.

STEP 3
Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available.

cash/envelope ordering
Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.

STEP 1
Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).

STEP 2
Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space provided.

STEP 3
Return your completed envelope/s, with correct cash payment, to our photographers on the day.

Please note: You must enclose an exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.

IMPORTANT - "not for publication" students
If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

School photographs will be returned approximately 6 weeks after the day of photography.
Please note this delivery timeframe is dependent on proofing and additional photography days at your school.

Contact us: www.advancedlife.com.au/contact

ABERDEEN JUNIOR RUGBY LEAGUE FOOTBALL CLUB
JEFFERSON PARK, ABERDEEN
PO BOX 63, ABERDEEN 2336
aberdeenjrflc@gmail.com
[aberdeenjrflc](https://www.facebook.com/aberdeenjrflc)
Aberdeen Junior Rugby League Football Club

Is your child looking to make friends,
have fun and be active?



Does your child want to be a Tiger?

Registrations are open for the 2023 season. Boys and girls turning 5 and older in 2023 are eligible to play. Registration (\$100 for tackle or \$140 for League Tag) includes a polo shirt, playing shorts and footy socks. Use your Active Kids voucher and kids play for free!!



Register @ MySideline

Register today!

Scan the QR code or go to <https://profile.mysideline.com.au/>

Want to know more??

"Come and Try" day + free BBQ
@ Jefferson Park from 5pm,
Wednesday 22nd February and
8th March 2023

Registration help will be available both days

Send us an email, or
message us on Facebook
or Instagram



<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>



Apply @ ServiceNSW

HUNTER TRIALS

There is a range of sports on offer through Hunter Representative pathways, which students can nominate to trial for. Interested students should go and speak to Mrs Vardanega in the PE staffroom on a Monday, Thursday or Friday for more information. Please note, most sports are only open to trial for senior students, and all sports require students trialling to be highly skilled and have previous representative experience.

