



TERM 4 - WEEK 11

IN THE KNOW

Muswellbrook High School Newsletter

muswellbro-h.school@det.nsw.edu.au

Words from the Principal 02 65431033

KYLIE FABRI - SCHOOL PRINCIPAL

Success is one of those concepts that we all think that we understand, and yet, in reality, it means something different to each individual. Your concept of being physically fit is probably not the same as that of an elite Olympic athlete. While swimming two laps of the pool might represent your new personal best, to someone about to swim the English Channel it doesn't mean much. On the other hand, personal success adds a lot of clarity to the concept of being successful.

To be successful in any endeavour the first thing we need to do is to identify our own definition of what personal success in that area would mean. Your pattern of achievement will follow your definition. Many people focus on being successful in just one area of their life such as relationships or school. That's probably why it is so common to see those who are very successful in one area but struggling in others.

Another thing that can happen when pursuing success is that we choose to make a conscious trade-off by neglecting one or more aspects of life in order to succeed in another.

When we think of living a truly successful life, we are really talking about having a reasonable measure of success in many different areas. For that to be a reality, it's vital that we establish a definition for what it means to succeed in each of those areas and then analyze how succeeding in that area can contribute to the other areas. This is the only way that we can gauge our personal success progress without throwing everything else out of balance.

If you were to list the various important areas of your life that you would like to keep in balance, what would you include? What areas of life matter most to your broader version of being successful? For you to feel like a totally successful person, what elements would need to be included? If you are willing to take the time to actually define your vision of personal success, then you can design a plan that contributes to that vision.

People tend to measure success by the results that they can see. Sadly, many people consider material wealth as the most accurate indicator of a successful person. When you look for signs of success, what do you see?

It is important to realise that success is not so much something that we do, it's something we become. First, we succeed on the inside, in our minds, and then we can become successful on the outside. So, before you go chasing the pot of gold at the end of the rainbow, why not take the time to figure out exactly what personal success means to you?

One of the great aspects of working as a Principal is that I get to share in the success of many students at our school on a daily basis.

Finally, I would like to share with you my own recipe for success

1. Have no regrets
2. Regret what you haven't attempted rather than what you have
3. Treat people and yourself well
4. Work hard
5. Strive to make a difference to the people you meet and the people you already know
6. Be that person who makes things happen.

Let's continue to remind each other of how fortunate we are to attend, work at, and be a part of such an amazing school. I am looking forward to hearing about more accomplishments, recognitions, and success stories as we move into 2022.

Thank you to our students and community for the ongoing support this year. At times, it has been difficult. It takes a village to raise a child and together we have achieved this. I wish our whole school community a very Merry Christmas and Happy New Year. Please stay safe as you all have a wonderful holiday.



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What's On?

December 16th - Students last day for 2022

January 28th & 31st Staff Development Days

Tuesday 1st February - Year 7,11 & 12 return - Office opens.

Wednesday 2nd February - Whole School Returns

Book Packs for Year 7 students can be purchased from the front office during opening hours.

Years 8 - 12 can find equipment requirements on our school website.

Maths News



AUSTRALIAN MATHS TRUST

Last week of term, we handed out certificates to the 20 students from Muswellbrook High who participated in the annual Australian Mathematics Competition. This competition is now the largest of its kind in the world. With thousands of students from across 30 countries competing in this Applied Mathematics problem solving challenge. Our top performers, who received Distinction certificates in their relevant year, were:

Will Rankin (11) – percentile rank of 95

Lilly George (7) – percentile rank of 90

Lochlan Newson (7)

Angus Thompson (7)

Congratulations to all those who tested their skills against students from across Australia – well done.



SRC CHRISTMAS REPORT 2021

2NM/POWER-FM Food and Toy Appeal

Thank you to everyone who brought in donations of food and non-perishable food to the HUB. We have passed on all donations to the 2NM/Power-FM collection point. If you would still like to donate, they can be taken to: - Your nearest Regional Australia Bank, Muswellbrook Marketplace, Colourworks for Hair (Muswellbrook) or call Power FM during business hours on 02 6543 1588 to organise a pickup..

Out of Uniform Day- December 10th 2021

Our Out of Uniform day was a chance for students and staff to have some fun dressing in their “festive best”. Thank you to those who gave gold coin donations on the day. We raised over \$300 for the Asbestos Disease Research Institute (ADRI). Asbestos-related disease is a health concern for our area which has a higher incidence of this issue than other areas of NSW. Australia overall has one of the highest incidences of asbestos-related diseases in the world per capita.

Our incoming senior leadership team led the day. Their experience in having attended the Adelaide Student Leadership Summit and also running the Upper Hunter Student Leadership Summit allowed the day to be a fantastic success. Thank you to Where There’s a Will for providing the Leadership experiences that allow the students to come back into their own schools and build the leadership skills of their peers.



Here is our 2022 SRC being extremely serious as part of a recent photo opportunity.

Thank you for your support of the SRC and student voice within the school- Mrs Farrell and the SRC.





Faculty in Focus

PE



2021 Wrap Up

Wow what a year 2021 has been! This year certainly has had its up's and down's. I would like to thank my staff and the students of Muswellbrook High School for their continued efforts over the past year to keep continuation of learning opportunities during such difficult and unprecedented times.

Thank you to all the PDHPE staff for your hard work this year and thank you to those teachers out of faculty who have taught PE this year, we appreciate all your hard work; Mrs Parkins, Ms Gombosso and Mr Lyons.

We will welcome **Sally Davis** back in 2022 as a permanent member of our staff and we are looking forward to our students benefiting from her wealth of knowledge and expertise.

We wish you all a very Merry and Safe Christmas and New Year break.



Head Teacher PDHPE

Sport finally returns to normal!!

After unprecedented restrictions during Term 3 and Term 4, Sport has finally been able to resume as normal for the end of the year!

Year 8-10 Sport

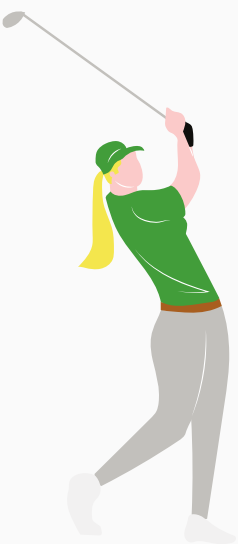
The start of Term 4 saw some unusual sporting activities being held in classrooms. Egg and spoon races, cup flip challenges and racing with a tennis ball held between the knees was a far cry from the usual Wednesday sporting activities. However, it did provide some laughs for both teachers and students in a very unprecedented and unusual time!

The NSW Government recommends at least 60minutes of physical activity every day as optimal for students between Years 7-10. Participation in weekly school sport activities can contribute to this total. Finally, students have been able to return to their chosen sport, allowing them to see the Sporting year out in a somewhat normal fashion.

Students in Years 8-10 for 2022 are now selecting their sports for Term 1 in the coming weeks, with some potentially new options being available in the mix.

Year 7 Sport

This year's restrictions and guidelines have meant that Year 7 have not been able to participate in their usual sporting roster. They have, however, been fantastic at trying some new activities in



Sport	Cost	Transport
Herdsmen	Free	Bus
Indoor Basketball	\$4	Bus
Tennis	\$2	Walk
Outdoor Games	Free	Walk
Powerwalking	Free	Walk
Golf	\$7	Walk
Squash	\$5	Walk
Netball	\$2	Bus
Lawn Bowls	\$4	Bus
Outdoor Soccer	Free	Walk
School Sport	Free	Remains at school

smaller groups, being held on school grounds. Small-sided games and activities have allowed our Year 7 cohort to mix with fellow students outside of their regular PE classes.

Year 8-10 2022 Sport Options

The following list are the sports that are on offer for Term 1 2022

Looking forward to an active, fun and disruption free 2022 Sport Year.

Have a Safe, Happy and Well-deserved Break!!



Miss Anstee

PDHPE Teacher/Sport Coordinator





Combined High School Sports Report

Overview of 2021

This year, the representative sport was affected again by COVID-19. However, during Term 1 and Term 2, Muswellbrook High School students were able to participate in a variety of sports including Rugby League, Netball, Basketball, Tennis and Cricket. The participating students displayed dedication, enthusiasm and great sportsmanship during these knockout events.

The Swimming Carnival, Cross Country Carnival and Athletics Carnival were also able to proceed this year. All competitors should be commended on their effort and positive behaviour shown during each carnival! All students represented Muswellbrook High School exceptionally well and it was great to see all of the students being so supportive of each other, even in competitive events.

Knockout Teams 2022

Next year, we are looking forward to providing students with sporting opportunities through a variety of knockout competitions. The competitions that will be running in 2022 include:

- U/14's and Opens Cricket
- U/14's, U/16's and Opens Rugby League
 - Opens Football
- U/15's and Opens Netball
- U/15's and Opens Rugby Union
 - Opens Tennis
- U/14's, U/16's and Opens Touch Football
 - Opens Volleyball
- U/15's and Opens Basketball
 - Lawn Bowls
 - U/15's AFL

Information about these events and when to sign up will be in the notices from Week 1 Term 1. Please listen to these notices and if you have any questions, see one of the staff members in the PDHPE staffroom.

Presentation Day - CHS

On Thursday 9th December, we acknowledged the significant sporting achievements of Muswellbrook High School students and we formally announced the new Sports House





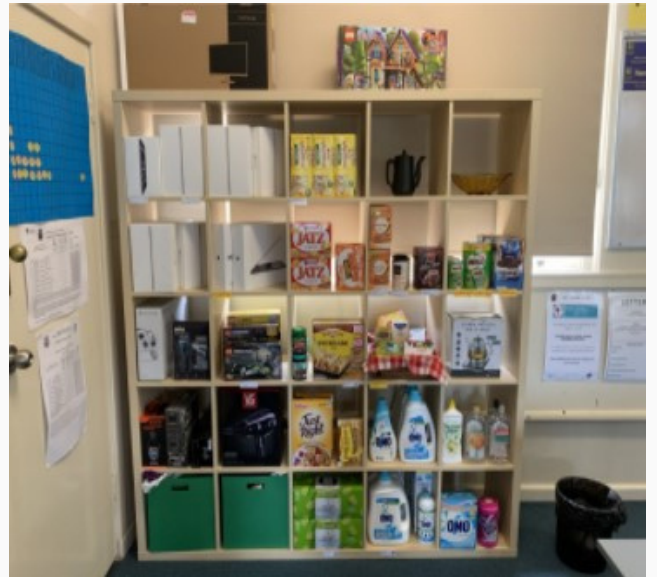
A little bit of Christmas Cheer

On Friday 10th December, our Special Education faculty sat down for their annual Christmas lunch where they enjoyed delicious food and shared conversation and laughs with their friends. Following lunch, students were recognised for their talents with a small presentation and finished the day with a dance party. A great day was had by all. On behalf of the Special Education faculty at Muswellbrook High School, we would like to wish our families a Merry Christmas and Happy New Year. We look forward to welcoming you back in 2022.



HSIE Newsletter

This year saw the first year that HSIE has presented Retail students in Stage 6 to complete HSC Examinations since the qualification was changed from Certificate II to Certificate III. The event that the Year 11 are now working on as the first in the HSC units is to do with creating displays. Please find below some of the work in progress displays. They are working hard to develop their visual merchandising skills.



Farewell Ms Wright

Sadly, the HSIE faculty bid farewell to Ms Carla Wright, who came to Muswellbrook High in Term 3 to finish her teacher training, under the guidance of Mr Burns. Unfortunately, the Term 3 lockdown made it challenging, but she showed creativity in designing online lessons for her classes and resilience in persevering to complete her course.

In Term 4, we were able to have her on board as a member of our teaching staff, where she taught a number of junior classes. By 2022, she has secured 12 months of employment at Barham High School in the state's far southwest. We will be sorry to see her go, but we wish her all the best for her career in teaching!

Holiday Wishes

From all of us in HSIE, we wish all of our school community an enjoyable Christmas and New Year and hope that you all get a break and a chance to do the things you enjoy. Stay safe and Covid free and we'll see you in the new year,

Steve Baird and the HSIE team



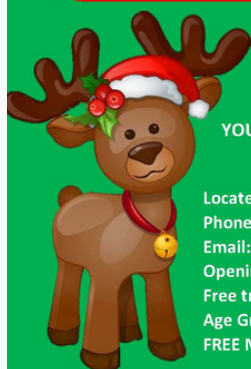
Upper Hunter Youth Services Inc. Calendar

DECEMBER 2021

Wednesday 1st - Decorate center for Xmas and photos with friends
Thursday 2nd - Sausage Sizzle, Tunes and Bullrush

Tuesday 7th - Cooking healthy muffins with Kathy
Wednesday 8th - X-mas Craft; making glittery snowflakes
Thursday 9th - Xmas Cooking; Christmas Meringues

Tuesday 14th - Making Xmas Cards for our loved ones
Wednesday 15th - Discussion; what does Christmas mean to us?
Thursday 16th - End of year party and water fight



Wishing everyone a safe and happy holiday season!

YOUTHIES WILL BE CLOSED FROM THE 17TH DECEMBER AND REOPEN ON THE 4TH JANUARY

Located: The Showground, Maitland Street, Muswellbrook NSW 2333
Phone: (02) 65434841
Email: admin@uhys.org.au
Opening Hours: Tuesday to Thursday 3pm-6pm
Free transport provided: Muswellbrook Area Only
Age Group: 10-17 years
FREE MEMBERSHIP TO YOUNG PEOPLE AGED 10-17 YEARS



OUR CANTEEN NEEDS YOUR HELP

Our School Canteen is currently looking for volunteers. If you have spare time to join our canteen team and help prepare/cook and serve food we would love to hear from you.

Forms can be collected from the front office.

PLACE YOUR SCHOOL UNIFORM

**EARLY BIRD 2022
YEAR 7-11**

ORDER EARLY

**DON'T LET COVID RESTRICTIONS
HOLD YOU BACK.**

AVOID LAST MINUTE LINES

*** ORDER ONLINE NOW ***

DAYLIGHTSPORTSWEAR.COM/MUSWELLBROOK

(Please follow instructions on our online store for collection details).

muswellbro-h.school@det.nsw.edu.au



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Daylight Sportswear Pty LTD
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Your school is operating in a COVID-safe way and is the best place to learn.

We are excited for your child to come back to school for learning with the support of their teachers and school mates. Your school and classrooms are operating in a COVID-safe way which means:



All adults working at school are fully vaccinated.



Masks will be worn inside by all staff and students from Year 7 and above.



We have hand sanitiser, soap and paper towels available for all students to use.

School is the best place to learn and coming to school every day not only helps kids stay on top of their school work, but it also helps them build their friendships and confidence.

We are operating in a COVID-safe way and are here to help and support you as your child returns to school. Please contact us if you have any questions or need support.

My Future, My Culture, My way





NOW AVAILABLE

ONLINE POP PAYMENTS

Parent online payments can be accessed via the school website through the 'Make a Payment link'
Please contact the school office if you require any assistance making an online payment

Contacts:

muswellbro-h.school@det.nsw.edu.au
0265431033

Aboriginal Learning and Engagement Centre

MUSWELLBROOK HIGH SCHOOL ALEC STAFF



MEL POWELL
ABORIGINAL STUDENT SUPPORT OFFICER
melisa.powell@det.nsw.edu.au

GABRIELLE JONES
TEACHER, ABORIGINAL TRANSITION AND ENGAGEMENT
gabrielle.hasse@det.nsw.edu.au

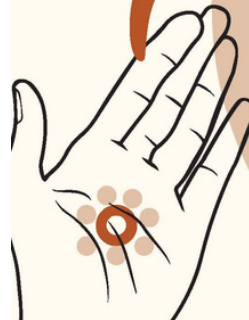
SUE PERRETT
ABORIGINAL STUDENT LEARNING AND SUPPORT OFFICER

KOBEY ADAM-SMITH
STUDENT LEARNING AND SUPPORT OFFICER

Muswellbrook High School would like to introduce the newly formed **Aboriginal Learning and Engagement Centre (ALEC)**.

Emails and letters will be sent to parents with specific detail about the ALEC goals, directions and Personal Learning Pathways, which will be completed this term.

We look forward to forming genuine connections.



Year 7 Book Packs

Book packs have arrived and are now available for parents/carers to purchase from the front office for \$60 (cash only)

Office Hours:
Mon - Fri
8.45 am till 3.30 pm

If you have any further queries, please contact us on 0265431033.



We would like to wish all our students and their families a very Merry Christmas and a Happy New Year.

