

MURRUMBURRAH
HIGH SCHOOL

PRINCIPAL:
MR DALE RANDS

Mercury



Mercury

21 February 2020

Dates for Calendar

Week 5

- Police Liaison Visit - Monday 24 February
- Art Workshop @ MHS - Wednesday 26 February
- Stage 6 English Excursion @ Canberra - Wednesday 26 February
- Year 7 & 10 Needles - Thursday 27 February
- Canberra Show - Wednesday 26 to Friday 28 February
- Touch Trials @ Wagga - Friday 26 February

Week 6

- Regional Swimming @ Leeton - Monday 2 March
- Rotary Science Challenge @ Young - Tuesday 3 March
- Stage 6 Excursion - Art Gallery Canberra - Wednesday 4 March
- Farm Study Excursion - Thursday 5 March
- Boorowa Show - Saturday 7 March



Swimming Carnival

MHS Swimming Carnival 2020!

Our annual swimming carnival was held last week with all students having a fun filled day.

Congratulations to all students who participated on the day and who also represented MHS at the Zone Swimming Carnival held yesterday at Cootamundra.

Principal Report

Welcome to Week 4.

Students at school have been very busy getting back into the swing of their new timetables. I think everyone has accepted the idea that the holiday break is now over, for the time being anyway. Work has begun and assignments have started. Apart from our wonderful, new, Year 7 students the school has also had a number of new enrolments from other schools and these students have settled in very well. They are enjoying being at the school and working with our staff. I love seeing new enrolments doing well, especially as the word spreads about how well we do things at Murrumburrah High.

The basketball courts are going to be resurfaced in a couple of weeks, so that area of the school will be closed for a period of time whilst these works are undertaken. The new court mesh will also be installed once the surface has set and been painted.

The flooring works have basically been finished and the school is looking great inside to match the great exterior and the great work being done by the students.

I have been in Albury for a couple of days helping to plan the State Secondary Principals Conference for 2020 to be held in Term 2. This is a huge event and requires a lot of coordination for over 400 High School Principals to be looked after for 3 days. There will be many sponsors and site holders ready to discuss the latest and greatest educational support for schools, so I will be on the lookout for anything we as a school need to help our students and staff. The professional learning and guest speakers we are getting lined up will certainly impress the Principals.

Staff are continuing the process of analysing 2019 results and progress in line with the School Excellence Framework document. This document is what all schools use to assess their progress towards excellence each and every year. I have seen some solid growth in many areas since coming to the school and will continue to work hard for the good of the students and staff to ensure this growth extends.

Mr Dale Rands
Principal

Congratulations!!!

Congratulations to Trae Ronning who achieved his Blue Level Certificate and Brody Steele who achieved his Purple Level Certificate at this week's assembly.



P&C News

Our first gathering for the school year was a very successful one, with a few new faces in attendance and a fantastic opportunity to meet the new teachers to our school community.

The permanent installation of the EFTPOS machine in the Canteen is working well and has increased support of the amazing service that our Canteen Manager, Kirsty provides. Your continued support will ensure that this facility is available for years to come.

Our next meeting is set for Monday 9th March and this will be our AGM. Please do not let that scare you off, we would love to continue to see new faces at our meetings. With new faces comes new ideas, perspectives, and thought processes, which are all the things that are key to moving forward. So go ahead, mark the 9th of March on your calendars now and we'll see you there for a cuppa!

Mrs Sarah Rowan
President

NRL

The NRL visited MHS last week on their 'Roads to Regions' tour for their Inspire Respect program.

This program involved a presentation by NRL players from the Canberra Raiders and Parramatta Eels.

The students thoroughly enjoyed the experience and were lucky enough to play a game of touch with the first grade players and receive feedback.

Mr Travis Pigram




Library

Welcome back to all the MHS school community for the 2020 school year. Our hearts go out to our fellow Australians who suffered and fought the catastrophic bushfires over the summer break. There have been the most amazing stories of bravery and compassion; of Australians journeying from near and far to assist those who are no longer able to assist themselves or to provide dishes of water to a thirsty koala in their backyard.


Research matters is part of the MHS Library philosophy. To ensure that research is reliable and credible, the digital platforms featured below are available to MHS students 24/7.

During 2020 the library will continue to provide access to digital platforms such as **Enhance TV**, to which all members of the school community have a registered login. Enhance TV is a "non-profit curator of the best of broadcast TV to safely deliver the most relevant curriculum-linked videos". Students and staff wishing to know more are encouraged to visit library staff.

<https://www.enhancetv.com.au/>


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All about bushfires and climate change

The summer of 2019-20 has been a horrific one for bushfires in Australia. Help your students understand the causes and science of bushfires, and meet the people fighting — and recovering from — the phenomenon down under.

Earth and environment Geography News and Current Affairs Science Sustainability

Biology [See all Biology](#)



46:15 | Biology


The Blue Planet

Tidal Seas | Season 1 | Episode 7 | Animal Planet

Tides govern marine life. Tidal marshes are some of the most productive parts of the world.

Numerous

Years 9-12 PG




42:42 | Biology

The Blue Planet

Coasts | Season 1 | Episode 8 | Animal Planet

The boundary between land and sea is an exciting place, with animals constantly coming and going. From the open oceans, millions of seabirds are for...

Years 9-12 PG



46:09 | Biology

The Blue Planet

Coral Seas | Season 1 | Episode 6 | Animal Planet

Bathed in warm, clear tropical water and brilliant sunlight, coral reefs are the rainforests of the sea. Surrounded by ocean deserts, they are rich oases ...

Years 9-12 G

The library will also continue to subscribe to **Encyclopaedia Britannica School Online**. This digital platform provides credible, current, reliable, authoritative, accurate and relevant information in a range of formats and across a range of learning levels. The learning resources which "are curriculum aligned and support student research and classroom teaching".


Like Enhance TV, access is available 24/7. Students and staff who have not accessed this platform are invited to meet with library staff for a demonstration of exactly how easy it is to search, find and cite information from articles and journals to multimedia.

Access is username and password protected however the user guides are freely available.

<https://school.eb.com.au/>

Library

Select learning for any level.



Primary ▼
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BIOGRAPHIES

COMPARE COUNTRIES

MEDIA BROWSE


WORLD ATLAS

AUSTRALIA IN FOCUS


TOUR AUSTRALIA

MY CONTENT


FLASH FACTS



What Is the Presidential Order of Succession?



Celebrating Martin Luther King, Jr.



Scientists Identify Four Species of Giraffes

EXPLORE BIOGRAPHIES


Read more about the lives of the important, the influential, and the infamous.

Era ▼

Cultural Associati... ▼

Known for ▼

Gender ▼




RECOMMENDED PRIMARY

Reputable digital databases, such as EBSCO, JSTOR, Australia and New Zealand Reference Centre as well as collections of digital texts like Issues in Society are available via the State Library of NSW. All senior students were registered in 2019 and should have received a State Library card to their home address. The only way to access this vast collection is by having that library card. Students are encouraged to bring the card to school so we can make a copy and have the borrower number on site.

<https://www.sl.nsw.gov.au/>

Students and staff who have not yet registered for a card are welcome to speak with library staff. Alternatively the procedure is easily followed on the State Library website. Click on the <MENU> button, then scroll down and click on <GET A LIBRARY CARD>



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SEARCH

Ms Lauren Masson

Industrial Technology—Year 11 Industry study

This week the Year 11 Industrial Technology Metal students completed an onsite metal industry visit. The industries visited were ABC Sheds and Apollo Fabrications in Young.

The students will use the experience and information to complete their Year 11 Industry Study Report in the next few weeks.

Mr Rob McBride



MHS Horticulture Area

The MHS horticulture area is enjoying a great season of summer fruit and vegetables with olives, peaches, plums and apricots from the established trees. The new shade house, complete with irrigation system installed by students has enabled the production of tomatoes, eggplants and watermelons over the summer and plenty of potatoes to follow in autumn. Congratulations to all students involved and to Wal Lovell for keeping everything alive through a scorching summer.

Mr James Cronin



Gundagai Show – Farm Club

Gundagai Show was held last Saturday with 19 students attending. All students represented their school with pride and the heifers and steer behaved well with the exception of the heifers putting their heads down to try and eat the green grass that made up the parade ground. Who could blame them, they haven't seen so much green grass for such a long time.

Amelia Rowan made it to the 14-17 years final. Well done Amelia. Elden put in the hard yards as the senior student alongside Chad to fit the animals ready for the ring.

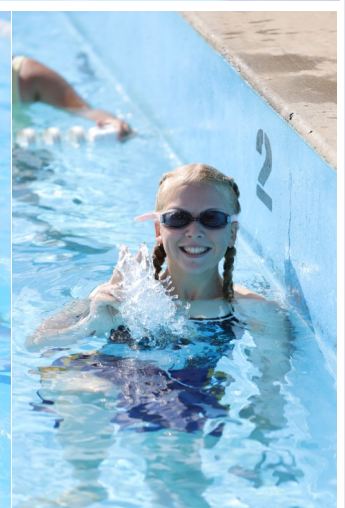
Our next show is Canberra followed quickly by Boorowa and Yass. We look forward to more Year 7 students coming along for a lead at these great local shows. Remember to get your notes in.

Mrs Jan Young



Swimming Carnival






Canteen Menu

EFTPOS AVAILABLE

Hot Food		Treats	
Pizza Varieties	\$3.00	Yoghurt Tubs	\$1.00
Garlic Bread	\$2.50	Yoghurt w Fruit	\$1.00
S/Chilli Tenders (2pk)	\$3.50	Yoghurt w Granola	\$1.00
Chicken Goujons	\$2.50	Soya Crisps	\$1.00
Chicken Tenders (2pk)	\$3.00	Red Rock Deli Chips	\$1.50
Meat Pie	\$4.50	Grain Waves	\$1.50
Snack Lite Sausage Roll	\$3.00	Chocolate Mousse	\$1.00
Dim Sims (2pk)	\$2.20	Dried Fruit	50c
		Cheese & Crackers	\$1.00
Burgers		Hommus & Crackers	\$1.50
Flamed Grilled Chicken w Salad	\$5.50	Sara Lee Muffins	\$3.00
Beef Patty w Salad	\$5.50	Assorted Muffins / Slice	\$1.00
S/Chilli Chicken w Salad	\$5.50	Popcorn	\$1.00
		Seasonal Fruit	\$1.00
Hot Wraps		Frozen	
Classic Chicken	\$5.50	Quelch	50c
Mexican Wrap	\$5.50	Weis Bars	\$2.50
Caesar Wrap	\$5.50	Frozen Yoghurt	\$2.20
Wraps		Vanilla Ice Cream Tubs	\$1.50
Chicken / Roast Beef Classic	\$6.00	Paddle Pop (Choc, Caramel)	\$1.50
Caesar Chicken	\$6.00	Drinks	
S/Chilli Chicken / Beef	\$6.00	Flavoured Milk 300ml	\$3.00
Ham Mayo/Relish/Mustard	\$6.00	Flavoured Milk 500ml	\$4.00
Sandwiches		Dare Varieties 500ml	\$4.50
Assorted Sandwiches	\$3.50	600ml Water	\$2.50
Assorted Toasties	\$3.50	No Sugar Coke 250ml	\$3.00
Fruit		No Sugar Coke 390ml	\$3.50
Fruit Salad Tubs Large	\$3.00	No Sugar Kirks Lemonade 375ml	\$3.50
Fruit Salad Tubs Small	\$2.00	Juice Bombs 250mls	\$2.50
Watermelon Tubs Large	\$3.00	250ml GLEE Varieties	\$2.50
Watermelon Tubs Small	\$2.00	Slushy	\$2.50
		Up & Go 500mls	\$5.00
		Hot Chocolate	\$2.50
Weekly / Daily Specials - Check Board			

Murrumburrah High School - Term 1, 2020

		Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
February	5	24 School Police Liaison Visit	25	26 Stage 6 English Excursion Canberra Show	27 Year 7 & 10 Needles Canberra Show	28 Canberra Show Touch Trials @ Wagga	29	1
March	6	2 Regional Swimming @ Leeton	3 Rotary Science Challenge @ Young	4 Stage 6 Art Excur- sion @ Canberra	5 Farm Study Day	6 Newsletter	7 Booro- wa Show	8
	7	9 School Photos  P&C AGM	10	11	12	13	14	15
	8	16	17 Stage 3 Extravaganza Day	18	19	20 Newsletter National Day against Bullying	21	22
	9	23	24 Parent Meeting Year 6 to Year 7	25	26	27	28	29
April				Year 12 Mid Course Exams				
	10	30 Year 12 Mid Course Exams	31	1 State Swimming @ Homebush	2 State Swimming @ Homebush	3 Newsletter State Swimming @ Homebush	4	5
	11	6	7 Parent Teacher Interviews	8	9	10 LAST DAY OF TERM	11	12

HARDEN SOCCER CLUB! Welcome to season 2020!!

Our club registrations are now open and ready to go!! Simply click on the link below and it will take you directly to our club's PlayFootball portal. Once there click on the tab "Get Started" and follow the prompts.

As in 2019 if you would like to use and redeem an Active Kids Voucher please obtain your voucher prior to starting your PlayFootball online registration.

PlayFootball: <https://registration.playfootball.com.au/.../WelcomeRegPlus.a...>

Office of Sport Active Kids Voucher Apply Online <https://bit.ly/2DKbAMs>

If you need more information or assistance please contact the Club Registrar or visit playfootball.com.au, email playfootball.support@ffa.com.au or call PlayFootball Helpline on 8880 7983.



MURRUMBURRAH HIGH SCHOOL

**PRINCIPAL:
MR DALE RANDS**

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E-mail: murrumburr-
h.school@det.nsw.edu.au

Preparing our students for tomorrow's challenges through learning

Languages 2

H	S	I	L	G	N	E	N	G	E	R	M	A	N
E	K	N	C	I	D	N	A	L	E	C	I	K	M
H	A	J	A	P	A	N	E	S	E	E	N	H	O
I	Z	F	A	A	N	I	I	C	R	I	E	I	N
E	A	I	B	A	E	T	I	N	S	A	W	V	G
S	K	N	T	I	O	B	D	W	D	H	E	I	O
I	H	N	N	A	A	N	E	E	A	T	R	E	L
N	U	I	A	R	L	D	H	R	H	B	B	T	I
H	Z	S	A	S	I	I	A	I	S	D	E	N	A
A	B	H	S	S	C	N	A	S	I	A	H	A	N
L	E	S	H	S	D	R	P	N	K	N	M	M	W
A	K	A	A	M	A	N	D	A	R	I	N	E	L
I	A	H	K	O	R	E	A	N	U	S	Z	S	U
H	R	U	S	S	I	A	N	N	T	H	E	E	N

RUSSIAN
KAZAKH
ENGLISH
MONGOLIAN
HEBREW
ITALIAN
ARABIC
ICELANDIC
MANDARIN
GERMAN
TURKISH
JAPANESE
DANISH
UZBEK
THAI
SINHALA
FINNISH
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KOREAN
SWEDISH

5 Easy Steps to Staying Informed SkoolBag

Skooling is the easiest way to stay up-to-date with school events, see resource notices, newsletters and all your school's communications.

1. Download SkoolBag

Search Skooling in the Apple App or Google Play Store, download the FREE app.

Skooling: School Communication

2. Create an Account

Follow the prompts to create your account in seconds.

3. Add your School

Type your school's name and press enter. Tap the plus icon to add.



4. Allow Notifications

Ensure you Allow Skooling to send you push notifications when prompted.

5. Subscribe to Groups

Select Your Groups / Sports Teams to appear in your feed.

SkoolBag



MHS School Driver Training Program

1 hour = 3 Log book hours

Contact the School to find out more information.

Keep up to date with MHS



School Website - <https://murrumburr-h.schools.nsw.gov.au/> - To view newsletter, photos, newsletter and events.



School Facebook Page - <https://www.facebook.com/murrumburrahhigh/>



Skoolbag App - Please download the Skoolbag App, Create an account, add 'Murrumburrah High School', Allow notifications.



Newsletter - The school newsletter is uploaded to the School website and Skoolbag App



Parent Portal murrumburrahhs.sentral.com.au



<https://murrumburr-h.schools.nsw.gov.au/>



Murrumburrah High School

Farm Club 2020 Newsletter Autumn Edition

Dear Members and Families,

2020 autumn -starts off with Gundagai Show on Saturday 15th February. Dates are included for your calendars for the rest of the autumn shows. Hopefully, you will be able to attend some of the shows during this autumn period. Spots are limited to yrs 8-12 for the overnight trip to Canberra so attendance at one or more shows increases your chances of attending. Obviously for overnight shows you must be on positive levels to attend.

We try to make Farm Club as affordable as possible. In doing so we have a lot of clothing pool items to help kids out in dressing the correct way for the show ring. Hand me downs are very popular in Farm Club as you guys grow so quick over the years. So if you have any items you have grown out of or need a new item, come and talk to Mrs Young

Farm Club works because older students mentor younger students...so it is correct that the older students are the boss and Mrs Young only steps in to sort things out when needed. Everyone works together as a team to ensure all animals and all students are ready for the ring.

What do you need to parade and show?

- Sports shirt
 - Work boots
 - Plain Jeans
 - Belt
 - Hat
 - Parading shirt
- (Remember - we have a clothing pool)

We also need PARENTS to help out when they can with transport. Mrs Young still has her big car and the school mini bus but she is not allowed to pack 20 students into it at a time....

Many shows occur on weekends. Usually a Saturday. Yass is a Sunday Show.

Permission notes are important. They cover both the student and the teacher at shows for insurance related matters. Please return permission notes promptly.

Money can be paid in instalments or if you are experiencing financial difficulty we can assist. That is why Farm Club spends time fundraising. However a parent needs to contact Mrs Young to organise this.

Any questions you may have please contact Mrs Jan Young on 63 862 755 at school or on her mobile 0412 774 094

Updated News

We are working on a Farm Club work shirt in the form of a half buttoned cotton work shirt. Watch this space and we will let you know when they become available.

Genius Hour Attendees

Please be aware that students from the Genius Hour program will be invited to attend some of the local shows (Harden and Cootamundra) Younger students will be our guests and assistance will be given by all Farm Club members to ensure these youngsters enjoy their first real showing experience.

Farm Club Rules

- Students must be on positive levels and not on a yellow/orange or red card to attend a show.
- Mrs Young has the right to determine if a student is able to cope with the level of competition or overnight stay required.
- Older students have the responsibility to mentor younger students. However there is to be no unfair tasks given and Mrs Young will be the one to step in to determine who is in the right.
- Year 9 students onwards, who have shown commitment, have the ability to prepare one of their own animals at the school (which includes a feed bill that is deducted from the proceeds). This is to be negotiated with Mrs Young to see what the availability of feed is and what we can comfortably take.
- Mrs Young makes the final decision. Students must be on positive levels to be involved in this program.
- Mrs Young determines room allocation and car transport allocation and will try to accommodate requests.
- No one finishes at a show until the last person finishes in the

Farm Club team. Exceptions are given by discussion with parents if unique circumstances arise.

- Sydney Royal is for qualified state paraders, the school parader and selected students from years 10, 11 and 12. Mrs Young has the final say on this. It is a privilege not a right. You must earn your spot with hard work.
- Mrs Young will accommodate other school students from our community and feeder schools where possible. Preference will be given to MHS students. (Including Yass High in 2020 due to exceptional circumstances)

Mrs Young firmly believes COWS are great for everybody regardless of age, medical condition, gender, school, religion or social status.

At the end of the day Mrs Young is the boss with her Principal as her Boss. The program is extra curricula and after 18 years of success.....She has the final say.

Although she is always open to suggestions.

Autumn Shows for your

Calendar.

**Canberra Show – 26th – 28th
February (Yrs 8-12)**

**Boorowa Show – 7th March
Yass Show – Sun 22nd**

March

**Sydney Show 30th March –
5th April (Yrs 10-12
selected)**

**Spring shows begin in
September starting with
our own local Show at
Murrumburrah Harden on
Friday 11th September.**

**For those keen to pencil
them in on the calendar we
continue with
Young Show 20th
September
Illabo Show 10th October
Cootamundra Show 16th –
17th October
Albury Show 30-31st
November.**

**Please feel free to contact
Mrs Young with any issues
arising.**

**Any financial issues should
not restrict your
attendance from attending
a show. This is why we
fundraise throughout the
year to ensure all students
are able to go to shows.**

**Talking about fundraising
how about a raffle and a
street stall in April/May.**

Youth Aware of Mental Health

The Department of Education is working closely with Black Dog Institute to support the implementation of the Youth Aware of Mental Health (YAM) program. YAM has been delivered in four sites across NSW as part of the LifeSpan whole of community, evidence-based approach to suicide prevention. The program has also been made available by the Department in identified areas of the North Coast to support Commonwealth funded National Suicide Prevention trials.

What is YAM?

YAM is a mental health program for young people aged 14 – 16 years. It is a universal program delivered by accredited instructors. YAM uses role play and lectures to promote increased discussion and knowledge about mental health as well as developing emotional intelligence and problem-solving skills. The Department is coordinating the delivery of YAM in NSW public schools.

Is YAM evidenced based?

Yes. Black Dog Institute reviewed Australian and international school programs with the best evidence of reducing suicidal behaviour. Analysis of YAM shows significant improvements in youth mental health by effectively reducing depression, conduct

problems, hyperactivity, suicide attempts, severe suicidal ideation and suicide plans. It has also been shown to facilitate healthy lifestyle choices by young people. For more information see <https://www.blackdoginstitute.org.au/research/lifespan/lifespan-strategies-and-components/strategy-5>

www.blackdoginstitute.org.au/research/lifespan/lifespan-strategies-and-components/strategy-5

What year group is being targeted?

Stage 5 students (Year 9 and 10) will be the primary target for the YAM program. The program is designed to be delivered to groups of up to 30 students.

YAM Themes and Structure

Week	Theme	Activities
Week 1	What is mental health? Self Help advice	Lecture and Role Play 2 x 45 - 60 minute sessions
Week 2	Stress and crisis Depression and suicidal thoughts	Role Play 2 x 45 – 60 minute sessions
Week 3	Helping a friend in need	Group dialogue (closure) and local support contacts 1 x 45 - 60 minute session

Links to Wellbeing Framework for Schools

YAM supports the cognitive, emotional, social and physical wellbeing of students and can contribute to the school's planned approach to wellbeing.

Implementation in schools

There are YAM coordinators working across the state. A preplanning meeting between the YAM coordinator and principal (or their nominee) is essential to support the implementation in each school. YAM is delivered by trained instructors who are employed by the Department. The trained instructors are external to the school. At each school, the YAM instructors will need to have a school contact person, preferably an executive staff member.

What resources do students receive?

Students will be issued with a booklet to keep. The booklet outlines course content and includes a list of support services within the local area.

How much will it cost?

There is no cost to schools or parents.

What information and resources are available to assist the implementation of YAM?

The Department has a range of resources available including:

- **Sample permission notes:** these can be customised locally by each school.
- **Information flyers for parents and community:** the Department and Black Dog Institute have collaborated to supply information flyers for different audiences. A newsletter article will be given to the principal during the planning meeting.
- **Sample risk assessment:** A YAM risk assessment will be available to be adapted to the school context. The YAM coordinator will be available to assist the school.

How will students at risk be supported?

Research has shown that YAM does not pose any increased risk for participating students, nor does it result in an increase in demand for mental health services. Mandatory reporting procedures, should this be required, will be followed by YAM instructors as departmental staff who will advise the principal of any student identified at risk of harm.

For more information:

Kim Harper: Project Officer Student Wellbeing Initiatives

Email: kim.l.harper@det.nsw.edu.au

Phone: 0436 675 043

Student Engagement and Interagency Partnerships
L3, 105 Phillip St,
Parramatta NSW 2150