

MURRUMBURRAH
HIGH SCHOOL

PRINCIPAL:
MR DALE RANDS

Mercury



Mercury

14 September 2020

Week 9

- **Farm Club Paraders Competition**
Monday 14th September
- **Year 11 Preliminary Exams**
Monday 21 to Thursday 24th September



RU OK? Day

A range of circumstances can lead to a young person feeling low, including:

- Big life changes like moving house or school
- Experiencing grief or loss
- Being around people going through a tough time
- Being Bullied
- Arguing with someone
- Problems with school work
- Being bored
- Having a medical condition or chronic illness
- Not sleeping well
- Not exercising enough
- Hormonal changes
- Special needs

Murrumburrah High School believes in asking RUOK?

R U OK? Here are 4 conversation steps to help navigate a conversation when someone says, "No, I'm not OK."

These steps are:

1. Ask
2. Listen
3. Encourage Action
4. Check in

Principal's Report

Welcome to the end of Week 8.

Operating a school under COVID-19 guidelines for schools has proved rather interesting at times. I am very proud of the way that students and staff have been able to work through the restrictions and provide a safe and happy learning environment at school. Given what is occurring in Sydney it is difficult to see anything changing for Term 4.

I have been quite busy on a number of lengthy online Zoom/Teams meetings.... Which can be quite draining, but are valuable in providing that connection with other schools and having those professional discussions that can then help the students in each of our local schools, through collaboration and idea sharing. It has been also very handy not having to leave the school to travel to many of the regular termly Principal's meetings that I would usually attend. It leaves me at school more often, which is a good thing.

Our Canteen has just had an unexpected Hilltops Council canteen audit by the inspector. Rosie did a fabulous job and we passed with flying colours. Well done Rosie and keep up the good work.

Students from Years 8 and 10 have been currently having discussions with staff and family in regards to their subject choices for 2021. Year 8 students had to choose their electives to study for the next two years, whilst Year 10 get to choose their pattern of study for Year 11/12. English remains the only compulsory course for senior school but all students choose Mathematics as well at our school. School staff will examine all these selections and start the process of setting classes and planning a new timetable for 2021. Given the range of subjects we offer, some courses may not run but all students are aware and have given backup options just in case. Next year our school will also have one student enrolled in Extension Science for Year 12 with Aurora College, one student studying Industrial Technology—Graphics through Distance Education and four students studying courses through TAFE campuses. In fact, two students will be going to Young campus, one to Wagga campus and one to Goulburn campus on Wednesdays. Each of these students has a particular pathway to a career that requires them to be part of these courses as well as a full subject selection back at school.

As a final mention this week, I would like to wish Year 11 all the best for their upcoming final preliminary examinations in Week 10. I hope that they are all revising and studying intensively in preparation. Teachers will mark these and provide feedback early next term before reports are then issued for Year 11. Term 4 marks the start of the HSC year for this cohort.

Mr Dale Rands
Principal



P&C News

It's hard to believe that we are nearing the end of yet another term! A big thanks to all those who supported our recent Pie Drive fundraiser, we hope you are enjoying your delicious pies.

Due to COVID-19 restrictions, the P&C meeting that was scheduled for Monday 14th can no longer go ahead but we will keep you updated on when we can hold them in person again.

Sarah Rowan - P&C President

Highest ATAR 2019

I would first like to say a massive thank you to every person who supported me and helped me throughout the entirety of my schooling, especially in my final years of school. That appreciation goes especially to the teachers and staff at MHS who were always there for me whenever I needed it, being a strong supportive structure for my completion of Year 12.



Year 12 can be a daunting thing, but with a strong will and an even better support unit, you'll find it isn't as scary as it seems. The ATAR seems like a crucial number that potentially shapes the rest of your life. This is somewhat true but in all honesty, it isn't the end of the world and there are multitudes of different avenues to take for you to achieve the goals you've set for yourself. Plus, nobody really cares about your ATAR after it's all done. Even so, working hard and consistently will give you a better basis to strive forward and achieve your goals. Most importantly, do what makes you happy and don't let it be morphed by a silly number.

My HSC studies consisted of Advanced and Extension English, Modern History, Extension History, Advanced Maths, and Geography. Poor Ms Beck never got a break from me. These subjects helped me build a strong basis for independent learning, as well as developed my reading and analysis skills which will help me pursue my future goal of entering the field of Law. I have started my tertiary studies, undertaking a double degree of a Bachelor of Law and a Bachelor of Criminology, through online study at the University of England.

I am continuing to work during my study, advancing on to obtaining management qualifications to even further extend my career opportunities and open up other avenues of jobs.

However extreme all of this may seem, and I may seem like a glutton for punishment or a robot, it's important to remember that there are people out there who want to help you and see you grow, and that we all have bad days and it's okay. If you don't receive the results you want there is always another way and everything will work out in the end.

Year 12 is a big year but it will all be worth more than words can explain in the end and your life will change for the better. You'll be ready more than ever to tackle the big world out there just like I am.

CAPA

The last couple of weeks have seen a flurry of activity in the CAPA classrooms of Murrumburrah High School.

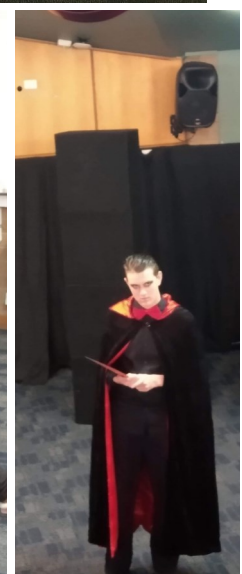
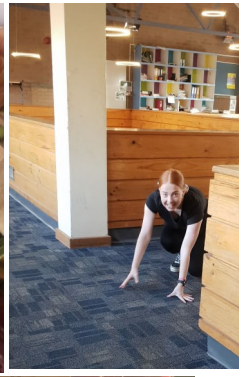
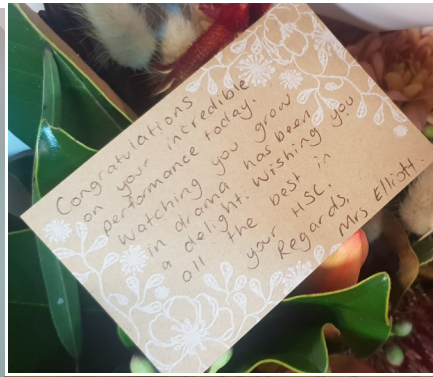
On Monday 31st of August, we hosted three HSC Markers from elsewhere in the state to mark the HSC class of 2020's Individual Performances. They have had to weather a particularly stormy COVID-19 experience due to the cancellation of the very popular group performance and much uncertainty about what the final exams would look like. Thankfully in the end there was not too much disruption. Each student absolutely performed to their very best on the day and we are all very proud of them! We hope to be able to share some of these performances with you in the future. The accompanying photos were taken after their performance. As no audience was permitted due to COVID-19 guidelines the photos were put up as a way of giving the performers something to focus on. A special thanks to Ms Elliott, Ms Buttriss and Mr Summerfield for all of their help developing a special group of performers.

Meanwhile downstairs in the art class room it has been all about skateboards for **Stage 5**, with skate deck decoration being the main activity. For **Stage 4**, portrait art has been their focus with all students now moving towards putting their self-portraits onto canvas. For **Stage 6**, they are nearing the end of their HSC Body of Work creation. Due on Monday 14th September, there are a culmination of much effort, application and hard work over the year, but most especially in the recent months to bring their dreams and ideas to reality. Thank you to Mrs Van Leeuwen, and more recently Mr O'Regan and Ms Moss for their fabulous efforts assisting and guiding the students.



DRAMA

The Year 12 Drama students have worked hard for their IP. On Monday 31 August 2020, 3 NESA judges travelled across NSW to MHS to evaluate and assess Thomas, Maddie, Maria, Emily and Deanna. The judges commented on how beautiful the school was and seemed thrilled with the performances. The students ended their debut with a bunch of flowers. Even COVID-19 can't break a drama students spirit, there have been many fun memories made. Congratulations Year 12 Drama. Wishing you all the best as your schooling comes to an end and you begin to traverse the life stage of the big wide world. **Stage 5** Drama are busy working on their performances and have been very busy crafting some sensational sets. Drama promotes communication skills, teamwork, dialogue, negotiation, socialisation. It stimulates the imagination and creativity; it develops a better understanding of human behaviour and empathy with situations that might seem distant or foreign. MHS is proud of all its drama students and we are excited for what the future holds for drama at the school.



CAPA - Arts



Positive Level Awards

Congratulations to the students listed below for receiving their Positive Level awards at last week's assembly.

Blue Awards

Lachlan Campbell
Rory Arabin
Leo Auld
Alex Tierney

Purple Awards

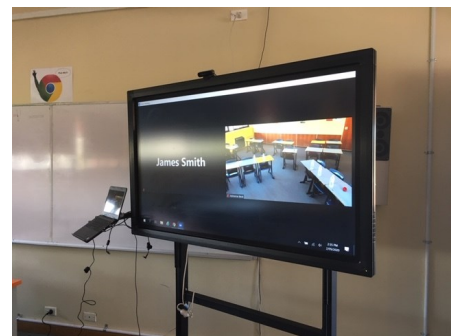
Trae Ronning
Chloe Layton
Beau Ferry
Mike Lincoln
Ty Leitner
Chelsea Halls



Debating

In Week 7 the second round of the Premier's Debating Challenge was held. This time it was Murrumburrah "A" team vs Murrumburrah "B" team. In a variation of what has become our new normal, this debate was held almost in person with the two teams facing off against each other while the adjudicator adjudicated online from Sydney. The "A" team of Samantha Emms, Sebastian Frith, Emily Schulz and Brydan Cracknell argued against the proposition that "All amateur sports leagues should be mixed gender" winning against the "B" team. I would like to thank the "B" team of Tahlia Read, Brooke Emms, Regan Manton and Bianca Burns for their champion efforts! They mounted a very strong case, but were just knocked out in the end. This was particularly impressive as it was Regan's first ever debate! Good luck to the "A" team in their next debate which will be held in Week 9.

Ms Beck
Head Teacher



Year 12 Service Period

Year 12 Hospitality students served dessert to staff for a service period. The desserts included sticky date pudding and brownie with caramel sauce. The Year 11 students made hot chocolate to accompany the desserts. This service period allowed students to set up the room for service and apply customer service skills.

Miss Irons



Thank you to Steve and Wendy from the Barnes Store, Murrumburrah who kindly donate all the coffee beans for our hospitality students.

IVY 9 - Pjs / Onesies Mufti Day



Canteen News

*This Week's
Hunger
Buster*



Sushi

Science students of all stages experienced dissecting kidneys and hearts this week.



Congratulations to Grace Shorrock who was the winner with 105 words. We hope you enjoyed your block of chocolate Grace!

[illegible]

RUOK?™



**THERE'S
MORE TO SAY
AFTER
RUOK?**

What you're going
through isn't easy.
It's good we can
talk about it.

That's tough.
Keep talking,
I'm listening.

Have you been
feeling this way
for a while?

RUOK? DAY™
10 September 2020





FOR SALE BY TENDER

Murrumburrah High has the following items for sale by tender:

Item 1: Tractor 48hp

Make: David Brown Year of Manufacture: 1977 Model: 885
Hours: 3,610 12 Speed Transmission
Condition: Very Good

Includes: Operators Manual and Spare Parts Book



Item 2: Rolla Mower MKII

Make: Howard - Procut Model: PC178 Cut Width: 174cm

Services: Regularly serviced – all bearings recently re-conditioned



The above items are available for inspection at Murrumburrah High school by contacting the **Front Office** on **6386 2755** and arranging an inspection time (mornings preferable).

Tenders must be in a sealed envelope addressed to:

The Principal
Murrumburrah High School
PO Box 131
HARDEN NSW 2587

These must be received by the school by 3.30pm Friday 18 Sept 2020.

The successful applicant will be notified within one week of the closing date.
At the Principal's discretion, this may be advertised again if a suitable tender is not received. The Principal's decision on the successful tender will be final and the amount will remain confidential.

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

Preparing our students for tomorrow's challenges through learning

WORD SEARCH

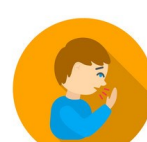
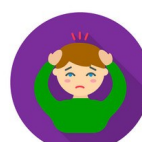
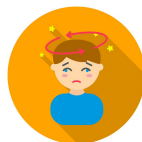
Mental Health

BALANCE
BEHAVIORS
BOUNDARIES
COPING
EMOTIONS
GOALS
HAVE FRIENDS
LEISURE
MEDICATION
MEDITATION
PATIENCE
PRIORITIZE
PURPOSE
RECEIVE
RELAXATION
SATISFACTION
SELF-AWARENESS
SELF-ESTEEM
SELF-RESPECT
SPIRITUALITY
SUPPORT
THINK POSITIVE

Mental Health

Try to find **all 22** words on this board.

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



Reminder

Students are reminded
to please bring their
pencil cases with pens,
pencils and calculator to
school.



STUDENTS ABSENT OR SENT HOME DUE TO DISPLAYING ANY FLU LIKE SYMPTOMS MUST BE TESTED

The Australian Government, Department of Health defines flu like symptoms as: runny nose or sneezing, cough or sore throat, fever and chills, headache, body aches, vomiting, and diarrhoea (more common in children).

- Students must not return to school until they return a negative COVID-19 result and are symptom free.
- Schools must sight the negative COVID-19 test result prior to allowing students and staff to return to school.
- A screen shot of results should be emailed to murrumburr-h.school@det.nsw.edu.au.
- Please contact school administration staff on 6386 2755 if you need support emailing results.

