



12 November 2021

## Term 4 Dates

- Year 9 Peer Support Training - Week 7
- Year 7, 2022 Orientation Day - Tuesday 23 November
- Last Day of Term - Thursday 16 December



## Captains Corner

SRC are very eager to get fundraising events happening again since lock-down and have many exciting plans for the end of term and upcoming year. We hope to see great involvement and enjoyment from each and every student during the final weeks of the year.

Sadly, we do have to say goodbye to our 2021 Captains; Amity and Jordan, as they have now graduated and are currently sitting their HSC. We thank them for their leadership throughout 2020/21 and the guidance they have shown not only SRC but every student at MHS. SRC wishes you both and all Year 12 students the best of luck in your HSC and future endeavours, you'll all smash it!

**Chloe & Beau**

# Principal's Report

Welcome to the end of Week 6.

The last few weeks since our last MHS newsletter has been another busy period. Instead of my usual story line this time I might go item by item to make more sense.

**2021 NAPLAN results** – All Year 7 and 9 students would have now received their mailed home results from this year's State-wide testing. Results generally, appear quite good across each year group and has provided the school with much needed information on the literacy and numeracy growth of our students since their previous testing time. It also allows us, as a school, to plan for areas of improvement or focus for each individual student.

**QUICKSMART** - This is a targeted early intervention program that intensely focusses on literacy and numeracy improvement and assessment. The school has committed to purchasing and utilising this program across stage 4 next year to enhance our current programs and focus on literacy and numeracy improvement. This program will be used over the next 3 years and evaluated regularly for its impact.

**HSC minimum standards** – All students that are planning on completing the HSC now must have reached a minimum standard of literacy and numeracy before they can be awarded their HSC certificates at the end of Year 12. So far since this standard was introduced by the Department of Education, all MHS students have met or exceeded this standard once they have completed the HSC year. The aim is to get this standard achieved by all students by the end of Year 11 or even Year 10. To date almost all our Year 10 students have achieved this Year 12 standard. An excellent result for our students and a big result for the work of our staff to work with the students in class daily.

**Cooler classrooms** - The State funded program to replace all our ageing evaporative and un-flued gas heaters systems in the school is now under way after many delays. Electricians are slowly working their way through the school installing wiring and control boxes. The plan and works will take about 5 to 6 months until completion. No existing systems will be removed or disconnected until the new system is fully operational. The new system will include CO2 sensors and a monitoring system to ensure clean fresh air always and will purge all classrooms automatically each afternoon of any unwanted CO2 etc. The big brother of cooling/heating systems.

**Balcony works** – This process has been in the pipeline now for many months, but I am still very hopeful it will be done by years end. A new permanent roof over the balcony and new doors onto the balcony. This will be a great outdoor learning space in any weather. Thank you to Steve Rudd Builders.

# Principal's Report

**New school signs** – This week new school signs have been installed and they look fantastic. Thank you to Coota Signs for their co-operation in printing and installing them all.



**Exams** – Stage 5 had their end of year examinations in the school hall for the first time last week and they went very well. Considering the group had never undertaken formal exams in this way, we thought it a good idea to get used to it before senior school. I am very proud of the way the students handled the time and I look forward to hearing more of the results when I read school reports later this term. Stage 4 are having their exam in class and have by today completed most of them.

**Grounds** – This term, two new aluminium grandstands will be installed facing our bottom football field. They will be installed on concrete pads for stability. An additional concrete handball court will be constructed in the back playground, and I do believe some of our own Stage 5 students will be assisting in the formwork and concrete works. In addition, a new compacted granite footpath and steps will be installed leading around to our bus shed. Thank you to Jason Baldock Builders.

**HSC Examinations** – After a very difficult 2 years, our current Year 12 class attended a breakfast and small ceremony to hand out their school graduation portfolios. It was a nice day and under current restrictions it was really all we could do to help Year 12 celebrate 13 years of school. Short speeches were given by representatives from each stage group and the current and incoming Captains all spoke. This week they started their exams after a four-week delay. I managed to speak to most of the class and they all agreed that the English papers were good for them as they had been well prepared by their teacher, Ms Swanson, and were very happy with their answers. Next week the exams will continue with Mathematics on Monday. Keep up the study Year 12.

**Remembrance Day** - Today our School Captains, Chloe and Beau, attended the towns ceremony down in the park. Even under current restrictions it was a nice ceremony and our Captains laid a wreath for the fallen. They were joined by SRC members from the Public School. They all represented their schools with pride. Back at school, whilst the student body observed a minutes silence they also watched a video presentation online, proudly produced by Mr James and Mr Cotter, with students from our school in the video. It was a very respectful production and a big mention to Alex Tierney who raised and lowered the school flags to mark the occasion at exactly the right times. Well done Alex and thank you.

**Mr Dale Rands**  
Principal

# Congratulations

## Positive Level Reward System

Congratulations to students listed;

**Blue Level** - Beau Bourlet and Malachi Whittington

**Purple Level** - Lillian Davis, Timothy Kain, Sam Manwaring

**Double Purple** - Chloe Wade, Brydan Cracknell and Grace Shorrock

# Congratulations Maddie & Winona

## Maddison Peisley

Congratulations People Choice Award in Aboriginal & Torres Strait Islander Student category goes to Maddison Peisley!

When her traineeship with Southern Youth and Family Services was cut short due to COVID-19, a premature baby and medical complications, Maddison persevered. A motivated self-starter, Maddison completed her certificate within her original training term. She wants young Indigenous women to know they can succeed, even when things go wrong.



## Winona Gray Levett

Congratulations to the 2021 Aboriginal and Torres Strait Islander Student of the Year for Western NSW - Winona Gray Levett, who completed a Certificate III in Community Services at TAFE NSW and Housing Plus.

Due to her rapport with her colleagues, clients, and the community, Winona successfully secured a full-time position with Housing Plus as their Business Support Officer after completing her traineeship.



# Year 12, 2022 Team building session

Year 12 participated in a team building session on Wednesday 27th October. The purpose of the morning was to develop a support network between the students to assist them with the demands of the HSC, learning to help each other and, by extension, help themselves. The participation of all students created a high level of morale amongst the teams.

The students had to rely on one another to untangle the spider web their group were wrapped in prior to setting off on a great chase which encouraged students to think as a team to solve the riddles. Students and staff viewed a short documentary on the rationale of team building in the corporate world and related the techniques to the coming year. A BBQ for students and staff followed in the courtyard.

**Ms Lauren Masson**  
Librarian





# Industrial Technology - Metal

## Metal Major Works

Riley Arabin competed his major work for Industrial Technology Metal this semester. The major work and associated folio were marked at the end of Term 3 with good results. Riley manufactured an aluminium Ute canopy for his major project in the HSC Industrial Technology Metal subject.

**Rob McBride**  
TAS Teacher



# Science

**Stage 6** students with visiting STEM Specialist Ken McKenzie.



**Stage 4** students testing out the new microscopes that were donated to the school by the Australian National University.





# Art

**Stage 5** students were learning about drawing the human figure last term in visual art. These students each showcased their drawings by creating a triptych.



Ellie Ward



Talai Vasquez



Hayley Hambrook



Jayda Kelly

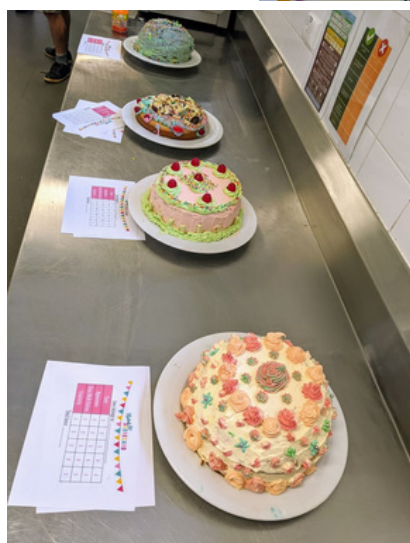
Inspired by the Pop Art movement, **Stage 4** students were tasked with creating a papier-mâché sculpture of a food in visual art. Students worked incredibly hard, and these were some of the results.





# Food Technology

**Stage 5** students showed their baking and decorating skills at icing during the last couple of weeks with a cake judging competition. Staff and students had the challenging task of scoring these delicious creations.



**Year 7** students had fun in the kitchen last week cooking up delicious omlettes.







# PEER LEADERS' TRAINING

## DEVELOPING THE SKILLS FOR EFFECTIVE LEADERSHIP

### What is Leadership?

Leadership definition "Leaders utilise skills, strengths and characteristics in a range of contexts.

Authentic leader model appropriate interactions, empower others and make a lasting contribution." Peer Support Australia 2013.

### Why teach Leadership?

Every young person has the potential to become a good leader, though this potential needs to be developed. Engaging in the process of leadership training has both immediate and long term benefits for the school community. In the short term, students who learn and practise the skills of leadership have an opportunity to positively impact on the culture of the school community. In the long term, school communities are acknowledging the role of students in providing leadership training and providing experiences to ensure the development of leaders for the future. Peer Leaders can and do take action in response to some of the issues in schools including bullying and conflict. Students demonstrate their ability to influence peer attitudes and behaviours and contribute to positive change. Through this process Peer Leaders support Year 7 in the transition to secondary school.

### Peer Support Australia Peer Leaders' Training

The purpose of the Peer Leaders' Training is to prepare students for their role as Peer Support Leaders. For 2 days, students will be divided into small groups with a teacher facilitating the training. They will work through a range of experiential activities, take part in discussions and complete activities in their Peer Leader's Learning Guide.

During the training, students will participate in a range of activities focusing on:

- leadership skills
- developing connections
- their role and responsibilities
- personal strengths and characteristics
- authentic leadership
- strategies to lead a group
- facilitation
- working with a co leader.

This training is part of the school's comprehensive plan and commitment to create a safe school. It provides students with the opportunity to develop and practise leadership skills within a supportive environment.

### Leadership Skills

The following skills are explored during the training:

- relationship building
- communication
- empathy
- decision making
- problem solving
- creative thinking
- flexibility
- assertiveness
- facilitation.

### Benefits for Peer Leaders

Benefits for Peer Leaders include:

- building positive relationships across the school
- practising leadership skills
- increasing confidence in leading a group
- enhancing sense of Self.
- improving organisation and time management
- enhancing social and emotional learning
- developing skills to assist with transition to secondary school

Students will have the opportunity to practise and further develop these skills during the course of the Peer Support Program.

### Questions & Answers

#### What is the Peer Support Program?

The Peer Support Program provides a fun and engaging environment for young people to address social issues. Modules are designed to equip young people with skills to deal proactively with life experiences. The Peer Support Program promotes wellbeing, which encourages positive relationships, connectedness and a sense of responsibility.

Focus areas include:

- Orientation
- Resilience
- Values
- Anti-bullying

#### How does the Peer Support Program work?

Trained Peer Leaders, facilitate structured activities with groups of 8 -10 Year 7 students, supervised by a teacher.

Briefing and debriefing sessions for Peer Leaders, by teachers, take place before and after each session.

Modules consist of 8 x 40 minute sessions. Sessions are conducted once a week for a term.

#### How can I support my child in their leadership role?

Discuss with your child the activities, asking questions about the concepts and understandings they are developing each week.

This helps foster a positive connection between school and home.

For more information about the school's Peer Support Program contact the Peer Support Coordinator in your school.



Peer Support Australia  
Suite 2.01a, Building 3 35-41 Waterloo Road  
Macquarie Park NSW 2113  
Phone: 1300 579 963  
Email: [office@peersupport.edu.au](mailto:office@peersupport.edu.au)  
[www.peersupport.edu.au](http://www.peersupport.edu.au)

# English

What a great year 2021 has been for the writers of Murrumburrah High School! You will recall our successful contributions to the Jugiong Writer's Festival, where Maddie Teys in Year 11 won the award for senior school student with her mesmerising story, "Paddock daisies". This term we have entered four pieces of writing into the Lambing Flat Fellowship of Australian Writers Competition, held in conjunction with the Young Cherry Festival. I am pleased to offer the following stories and poems below for your reading entertainment. Congratulations to the four students who entered their writing.

## *Just cause their black*

Of human ignorance I am almost in despair  
 For racism is around me everywhere  
 But like they say sheer ignorance is bliss  
 Just like Judas betrayed Jesus with a kiss.

Some people carry their honour in a flag  
 And of their Nationality they brag  
 They feel superior and they differentiate  
 And against those who are different they discriminate.

So many people still judged by their race  
 For such there never ought to be a place  
 'A fair go' those untruthful words I do recall  
 There is no such a thing as a 'fair go for all'

What's wrong with this world?  
 Tested guns, gang violence, miss guided bodies  
 They will tell their empty **stories**  
 Send their dogs to bite their **bodies**  
**But I say**  
 We got dead **bodies**  
 We got fat ones, skinny ones  
 Males, females, we got somebodies, soon well have **nobodies**  
 Just 'cause they're black

*By JE*



# English Continued...

## Her Own Critic

Held hostage in this room called the min its hard to get out  
 Dark thoughts insecurities that is what this room is all about  
 She has been trapped in here for a while now and nothing is getting better  
 Dreams are far from reach and confused describes her  
 Her as in me, me as in she and she doesn't know who or how to be How to act how to look  
 Because she just wants to live in a replica of the fairy tale from her favourite book  
 She wants to feel the type of love between Romeo and Juliet in real life without it being on set  
 When she looks in the mirror she wants to see she wants to be  
 A spitting image of Cinderella but when she does she doesn't believe  
 That there is beauty in her eyes there is worth inside  
 Instead what she sees is the person she does despise  
 You see the moral of the story is this! This as in what I said this as in how I feel  
 This as in how hard it is to comprehend and to seal  
 All this emotion in that's killing me slowly  
 All this fear sadness and anxiety bottled up because I don't want anybody knowing  
 Thing is its easier to lie then to share what's on your mind  
 Because either way in the end we all die  
 So I lay, lay in bed thinking of what to say to the next person who asks are you ok  
 Oh yeah definitely I say so they leave me be  
 When in reality I find a way to hold I in and to say  
 I am ok.

By BE

## Now

Leaning up against the brick wall, a wave of goosebumps set in along the back of the old man, making his silver hair stand on edge. Ooh, how long it had been since the last time he was here. Only one thing was different, there wasn't anyone with him this time. He reaches into the deep coat pocket until he finds a cigarette, half bent but still good enough to use. Tucking the cigarette between his lips it becomes lost in the stubble of a patchy beard and folds that lay within his skin. A flick of a lighter was all he needed for the newfound pain to go away and the nostalgic pain to come back in, the pain of sharing with someone else, the pain of lending a lighter, the pain of sharing all thoughts and ideas about life and the things they were going to make. Just pain.

# English Continued...

## Now continued....

Later.

The night was cold, wind blazed and anyone who dared to visit the outside had their ankles slashed by the cold wind, it wasn't any different to his regular routine. Sit outside, smoke in hand, lighter in the other, flick then a crackle, then a puff... in and out. Slowly letting the smoke fill his lungs, sear his throat, repeat until the filter was reached and his lips started to burn. Then have someone come outside and tell him to just smoke inside, and the mere reply of "yep".

The door banged open letting the warm air escape as the cold air broke in. Taking the smoke out of his mouth to reply, a young man, a boy really, swiftly shut the door and slumped to the floor not noticing the cigarette burning its deathly red. Bringing his knees up to his chest, soft muffles of pain leaked from the cracks in his mouth followed by the whimpers of tears. The only sound left in the night were the long drags taken from the smoke, followed by the crackle of his lungs as they filled with tar, and the gut-wrenching raspy breaths that the man on the floor took. Looking down at the boy the man saw himself when once young, filled with rage but a mind overgrown with agony. A grotesque feeling of déjà vu filled his mind, returning memories that he had once drowned in a sea of liquor. Memories that consisted of sleepless nights, medication, loneliness and, worst of all, what was meant to be his final stand. Standing there he couldn't help but wonder about what stage the young man was at or knowing whether the boy would last much longer in this state. Not knowing what to do, the old man asked the very question he had always wished someone would have said to him.

"Want a smoke?... it's on me" in a soft voice.

The young man on the floor jumped with shock, having been blind to the idea that he very well wasn't alone. He nodded at the kind gesture of the old man. Sliding down the wall beside the young boy he pulled out the second cigarette, also bent, then the lighter which he handed to the man beside him.

The lighter clicks then flicks and the world they're in lights up momentarily. The young boy's face is full of pain, red puffy eyes with tear stains down his smooth cheeks, a black and blonde mop upon his head combed towards his neck and out of the way, a black t-shirt and jeans drape across his rangy frame, while bruises ranging from purples to green splatter his arms. As the lighter goes out and the cigarette starts to glow, it shakes as it finds its way to his mouth, only to be steadied by the comforting breath that is taken from it then released out of his nose, creating dancing illusions as it rises in the sky above. Passing the lighter back, his ice-cold hands still shake while not another word is said as cigarette after cigarette gets lit then tapped then dumped onto the concrete.

Later.

As the old man slowly rises from the ground the boy on the floor glances at him and then to the sky, the pitch-black sky, that is moonless, starless, lightless. hopeless.



# English Continued...

## Now continued...

The young man mouths his thanks, knowing it won't be seen by the kind old man and places his head back between his knees. Silence is broken again with shallow shaky breaths and the soft gut-wrenching sobs that tear through his chest. The door clicks open brushing hot air along his body and a green woollen jacket falls into a heap in front of the young man with the bare arms. As the other slowly disappears into the light letting the outside world return to the darkness it knows. Leaving the man on the floor alone again fighting the thoughts in his mind. Thoughts that are now just that little bit lighter thanks to the kindness of one old man with a cigarette...

By MT.

## Lemonade and Alphabet Blocks

*Oranges and lemons...*

The house groaned with age as its ancient joints settled painfully into the ground. Wallpaper curled off the walls, crumbling with the slightest touch. The weatherbeaten walls reeked of childhood memories that rotted long ago. The lifting floorboards complained with each tentative step. A mysterious liquid dripped from rippling lumps in the ceiling and collected in murky puddles below. Plants crept into the house from crooked shutters. Splotches of mould hid in every corner. The kitchen sink was rusted beyond repair: slime oozed from the tap. The oven door was shattered and a bird's nest lay on the rack. The fridge emitted a foul smell and the cupboard doors had fallen from their corroded hinges.

Cracked bathroom tiles littered the house like confetti. The shower head was nowhere to be seen and the toilet was missing its seat. Insults and compliments marked the grimy mirror. Thorny bushes engulfed what used to be a dining room. Only the chandelier peeked over the barbed brush. The pillows had disintegrated, leaving ratty mounds on shredded lounges. A TV rested in a puddle, a gaping hole in the back of its head. Curtains barely functioned as curtains anymore, now riddled with tears and gashes. Cracks crawled up the stairs like spider webs. The stairs held my weight with a creaking protest.

I shuffled up the stairs, unwilling to fully trust the stairs of the musty house. Sunlight shone through broken windows. Debris and damaged furniture blocked the majority of the hallway. Only one doorway remained accessible. Faded butterflies fluttered on the peeling white door. The door screeched as I inched it open. Smiling animals and balloons decorated the cream-coloured walls. Ancient toys spilled out of a carved wooden chest. A broken crib stood solemn in the corner. Alphabet blocks and shattered glass littered the floor. A few blocks spelled out a single word: D-O-N-T.

The rest were kicked about at random.

# English Continued...

## Lemonade and Alphabet Blocks continued...

Faint birdsong tumbled about the room from somewhere else. I minced over to the hole in the wall that once was a window. No sound broke the canopy of the thick forest outside. Even the birdsong dove out of hearing. I backed up, tripping over the dismantled message and falling into the wall. The birdsong rose to a muffled crescendo, millions of birds whistled in my ears. I pressed my ear to the crumbling wallpaper.

*There was birdsong coming from inside the walls.*

My hands traced the wall, passing over beaming bears and bunnies. One bunny stuck out from the rest. A crown rested atop its head and a sceptre in its paws. It dipped into the wall slightly. I pressed hard on the little animal. Something whined as the royal bunny sunk further into the wall. The house rumbled and groaned like a great beast in pain. The bunny sprung out of the wall like a door handle. I hesitated. Something called out within me, begging me not to turn the handle, begging me to just go home. I turned it.

A click told me the door was open. I tugged at the handle. The wallpaper ripped loudly as the door screamed open. The heavy door complained the whole way, requiring more muscle than expected. I stepped into the doorway and was assaulted by a vicious wave of citrus. Snatching at my molested nose, I peered into the dark hallway. The tunnel was made from dank, red brick. Sunlight poured in from somewhere else. The birds sang louder. Ivy grew on the deteriorating brick. My eyes watered. I moved to enter the tunnel but hesitated.

Why was there a tunnel, a brick tunnel, on the second floor of a collapsing house? Better question: how?

I swivelled, deciding that the dank corridor wasn't worth the risk.

I was in a garden. The smell of citrus burned my eyes and throat. Invisible birds sang their sweet songs. The door was gone. The tunnel was gone.

*Don't...*

The message.

*Don't open the door.*

I had opened the door. I had ruled out my fear. I had forced it down. I should have listened.

*Don't.*

*Open.*

*The.*

*Door.*

The garden was filled with green plants and bushes; lemon trees, orange trees, purple flowers, white flowers, yellow flowers and bright red trees shoved in between. They covered the entire area like the walls and ceiling of a small room.

*Why did you open the door?*

A single, narrow path led out of the garden. I had no choice but to follow it. The path was made of pebbled gravel and hardly fit one person.

*You could have left. Did you really have to know what was happening?*

I blinked through the citrus tears in my eyes, trying to see what lay ahead. But the path wound about in a strange manner, denying my view.



# English Continued...

## Lemonade and Alphabet Blocks continued...

*You know, that's what's wrong with you. That's why everyone hates you.*

The logic of the situation didn't pass my mind. I was more worried about getting lost or starving to death.

You just have to know what's going on all the time. You just have to know everything about everyone.

Slowly the path opened up and the citrus smell faded. Now only the red trees marked the pebbled path. Salt drifted in the air.

*You deserve this. No one will miss you. Why would they?*

The trees funnelled outwards, stopping at the edge of a seaside cliff. Waves crashed into the rocks below. The sea was covered in red leaves that swirled and bobbed with the current.

*Jump. You know you want to.*

I stood by the precipice. Only sea lay ahead.

*It won't hurt. It's a tall cliff. You'll be dead before you hit the water.*

I didn't want to starve.

*Jump.*

I stepped forward.

I was in the crumbling children's room. The blocks had been rearranged.

*Don't look behind you.*

Tears crawled down my cheeks. The birds screeched and the scent of citrus seeped into my nose.

*...And here comes a chopper*

*To chop off your head.*

By LS

## eSafety parent guide to online gaming

Join the eSafety Commissioner's expert education and training team for a FREE live webinar.

This Term 4 webinar will provide parents and carers with an understanding of the benefits and risks of online gaming. It is designed for parents and carers of young people aged 8-13.

[Register now](#)

**Dates:** (AEDT)

15 November 12.30 to 1.30pm

24 November 7.30 to 8.30pm



Register now: [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)

# Murrumburrah High School

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**MHS Uniform**  
**Stockist - 180**  
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## Website:

<https://180embroidery.com>

**Contact:** Beth Allen

**Telephone:** 0435 873 420

## Email:

[embroidery180@yahoo.com](mailto:embroidery180@yahoo.com)

**Location:** 1 Derby Street,

Harden

Deliveries to the High School  
available.



*Preparing our students for tomorrow's challenges through learning*

*Reptiles*

S L K C O N S T R I C T O R N  
D G O N R K I N G S N A K E I  
B H M D M A M B A C O B R A C  
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IGUANA  
KINGSNAKE  
KOMODODRAGON

LIZARD  
MAMBA  
PYTHON  
RATNSNAKE  
RATTLESNAKE

TURTLE  
VIPER

## Harden Swimming Club

Swimming registrations for the 2021/2022 season are now available through Swim Central. Training days will be Monday, Tuesday and Friday and timed club nights being held on Wednesday night.

We accept Active Kids vouchers.

Contact Jennifer McKay on 0458 788 425 for more information.



## Students absent or sent home due to displaying any flu like symptoms must be tested.

- Students must not return to school until they return a negative COVID-19 result and are symptom free
- Schools must sign the negative COVID-19 test result prior to allowing student and staff to return to school.
- A screenshot of results should be emailed to :  
[murrumburr-h.school@det.nsw.edu.au](mailto:murrumburr-h.school@det.nsw.edu.au)
- Please contact school administration staff on 6386 2755 if you need support emailing results.