

MURRUMBURRAH
HIGH SCHOOL

PRINCIPAL:
MR DALE RANDS

Mercury



Mercury

23 July 2021

Term 3

- **Subject Selection Advice Session**
Tuesday 27 July
- **P&C Meeting**
Monday 9 August
6pm
- **HSC Trials**
Week 5



Welcome back to Term 3



÷ Principal's Report ÷

Hello again and welcome to our Week 2 newsletter.

A lot has happened around the state since our last newsletter, so I might give our readers a short overview of how things have affected the school.

All students are to be at school unless sick. Any flu-like symptoms please get a COVID test and present the negative result to the school before or on the day of returning to school.

Students have been asked to not share equipment and to wipe down school-based devices after each use. School headphones are locked up so students will need to have their own earbuds etc for use when required in class. Not really an issue as most teenagers have a set on them most of the time anyway.

ALL students must wear a mask on public transport, this includes the school bus every day. Masks are recommended at school but not mandatory....at this stage anyway. Masks must be worn by all visitors to the school.

School excursions are limited to the local LGA if there is no community mixing. Day excursions only and no other types.

Some sporting events are still permitted under NSW Health guidelines, but many are getting cancelled.

If any community member or family needs to come into the school, you are asked to call first. If your child is sick and you have been called to collect them, they will be sent up to meet you.

School itself is continuing as normal with classes running and trial exams for Year 12 soon to occur. We are trying to keep things as normal as possible for all our staff and students in this ever-changing landscape of health concerns.

For any specific information please refer to the Department of Education website and follow the links for Advice for Families.

www.det.nsw.edu.au/covid-19

The school will be changing some of our upcoming activities to an online platform, so please keep an eye out on our school website of school Facebook page for the links as they come up.

Stay Safe.

Mr Dale Rands
Principal

÷ SRC Report ÷

Over the holidays SRC student Chloe Wade went ahead with her marathon for breast cancer research. While the marathon was cancelled, Chloe still completed the marathon herself. We are beyond proud of Chloe and her efforts for such a great cause.

This Term SRC is looking forward to doing some more school activities in hope to gain increased student involvement during another hard time of school. While we do have uncertainty occurring with the new COVID-19 outbreak, we hope we can carry it out as normally as possible, while also keeping students and families safe.

This term is our last term as Captains and we really want to do more for our school and students as our countdown towards the end of our tenureship begins.

Thank you,
Amity & Jordan

÷ P&C News ÷

As our children enter High School we often feel like mere spectators in their lives. It is no longer "cool" for us to know what is going on in their life or god forbid, attend a school carnival or function!!!! I can totally assure you, that you are not alone in this!!!

For me, this was one of the main reasons I joined the P&C. To have a positive impact on my children's learning environment, to get to know other parents and the teachers of the school and to still be connected with what was going on in my children's lives without being that "embarrassing Mum".

If you are looking for a way to remain connected, then we'd love to see you at our next meeting. With all restrictions remaining the same, it will be held on 9th August at 6pm in the Staff Common Room.

Thank you,

Sarah Rowan
P&C President

P&C Meeting
Tuesday 9 August 2021
6pm
All welcome

Positive Level Awards

Congratulations to students listed.

Blue Level	Purple Level	Double Purple
<ul style="list-style-type: none"> Marko Djukic Ruby-Louise Griffiths Tylerr Leitner 	<ul style="list-style-type: none"> Charlene Caboral Maddison Foley Jamie Merton Maci Wilkinson 	<ul style="list-style-type: none"> Lily Shorrock Coralie Vasquez



Sports Awards

Congratulations to the students who achieved sporting awards at the Zone Athletics Carnival in Temora in Term 2.



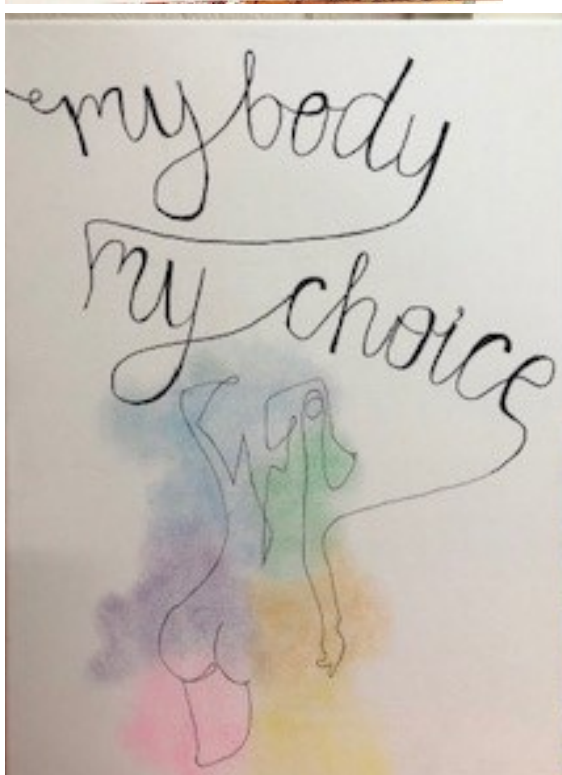
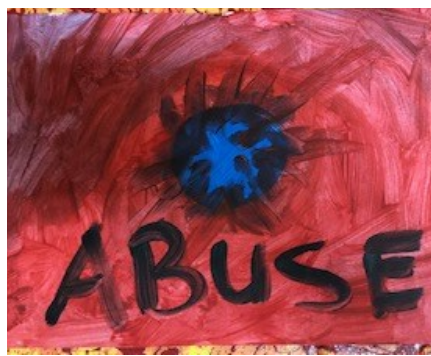
MHS School Driver Training Program

1 hour = 3 Log book hours

Contact the School to find out more information.

÷ Love Bites ÷

Student artwork from the Year 10 Love Bites program in Term 2.

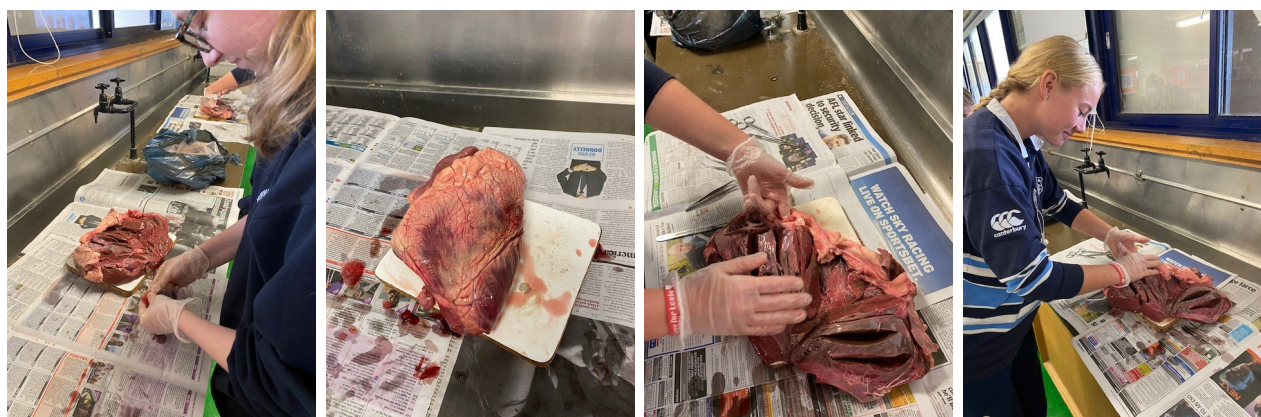


PDHPE

Throughout 2021 the students of Murrumburrah High School have been involved in a variety of learning experiences in PDHPE lessons.

Stage 6 PDHPE

During Term 2, Year 11 students have been learning about the nitty gritty of human exercise physiology. They have been researching and discovering the major systems of the body and how exercise impacts these systems. One of our lessons involved students dissecting cow hearts to identify the different structures they had been learning about.



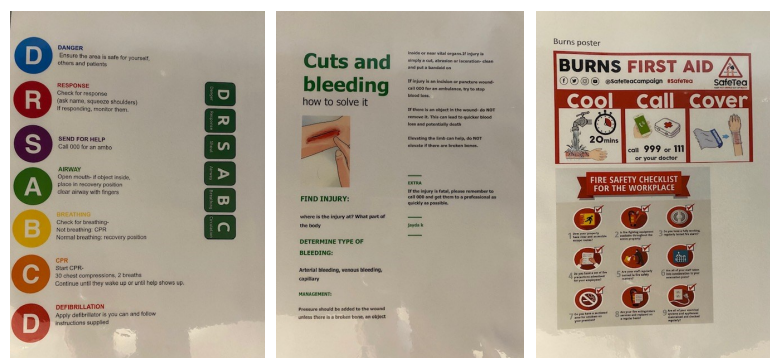
"It was a really enjoyable activity, although identifying some of the structures was difficult as the cow hearts had previously been dissected to identify any diseases before we received them." Chloe Wade

Throughout this term we will be studying the topics "Fitness Choices" and "First Aid" which will wrap up our preliminary studies. Term 4 will see us start the HSC course which is very exciting!



Stage 5 PASS (Physical Activity & Sports Studies)

Throughout the year the PASS class has been covering a variety of units including "Practice Perfect = Perfect Practice" and "Playing it Safe". Students completed a task where they had to create a First Aid poster which provided people information on various first aid scenarios.



PDHPE

Stage 5 PASS (Physical Activity & Sports Studies) continued..

This term they are doing the “Coaching” unit where they will be learning about the elements of coaching and what makes a good coach. Throughout this unit students will have the opportunity to practise their learned coaching skills with the students of Murrumburrah Public School. The PASS students will have to plan and conduct a coaching session, which will be part of their Term 3 assessment.

Stage 5 PDHPE

This term Stage 5 students will be focusing on theory lessons related to Mental Health and Positive Relationships. These are such vital topics to cover in our classes and gives students more information on what mental health illnesses exist and how they affect people in their lives. They also learn ways they can support themselves and others and how to maintain positive mental health throughout their adolescent years and beyond. Developing positive relationships helps our students to build confidence in themselves and those around them. They feel a sense of belonging, trust and respect with their peers and family.

During practical lessons, there will be a focus on modified games. Students thoroughly enjoy practical lessons and utilising the wonderful facilities our school has to offer. The Hall is a favourite of the students' where sports such as Offside Touch, Indoor Hockey and Volleyball are played frequently. We are also getting new basketball hoops in the Hall to meet safety standards which is great news!



The newly resurfaced basketball and netball courts get plenty of use when the weather is fine. We are also lucky enough to have wide open spaces and amazing ovals where students can play a variety of team sports such as, soccer, hockey, t-ball, cricket and touch.



PDHPE

Stage 4 PDHPE

This term Year 7 students are covering the topic “Eat Right, Live Strong”. Students examine the dynamic nature of health and the contextual factors that influence attitudes and behaviours towards health and wellbeing. Students will review the Australian Government dietary guidelines and evaluate the influence of nutritional value and sustainability on personal food choices. They will explore the impact media messages have on body image and disordered eating.

Year 8 students will be covering the topic “R U OK?” which aims to develop skills and abilities within young people to allow them to develop resilience and build upon their skills to respond to challenging situations. It also explores some mental health issues faced by young people.

Premier's 10 Week Sporting Challenge

This term all students and staff at Murrumburrah High School are participating in the NSW Premier's 10 Week Sporting Challenge. Throughout the term students and staff are to record the number of hours they participate in any kind of physical activity. This is a great opportunity to motivate each other to get out and get active. Certificates and prizes will be awarded at the end of the term for students and staff with the largest number of active hours.



This term the PDHPE staff will be purchasing some new equipment for the school. These include items such as new balls, fitness testing equipment, fitness boxing gear and a new electronic starting gun for our school carnivals. We hope students enjoy the new equipment we purchase. Next year we are hoping to get new high jump mats for the school and will run an intensive athletics program during PE lessons Term 1, 2022.



Sadly, a few of our scheduled sporting events for the term have been postponed but as soon as we hear of new dates, we will let students and parents know. Let's hope we can get back into it sooner rather than later. We thank you for your patience and understanding throughout this term so far.

Students are reminded to come to practical PE lessons prepared with correct footwear (joggers not boots), sports uniform and a change of clothes if needed. We always encourage our students to participate, but if for any reason you are unable to due to an injury or illness, please bring in a note to pass onto your PE teacher.

Enjoy the rest of Term 3.

The PE Staff



≡ Around The School ≡



✧ Impact of whole day absences ✧

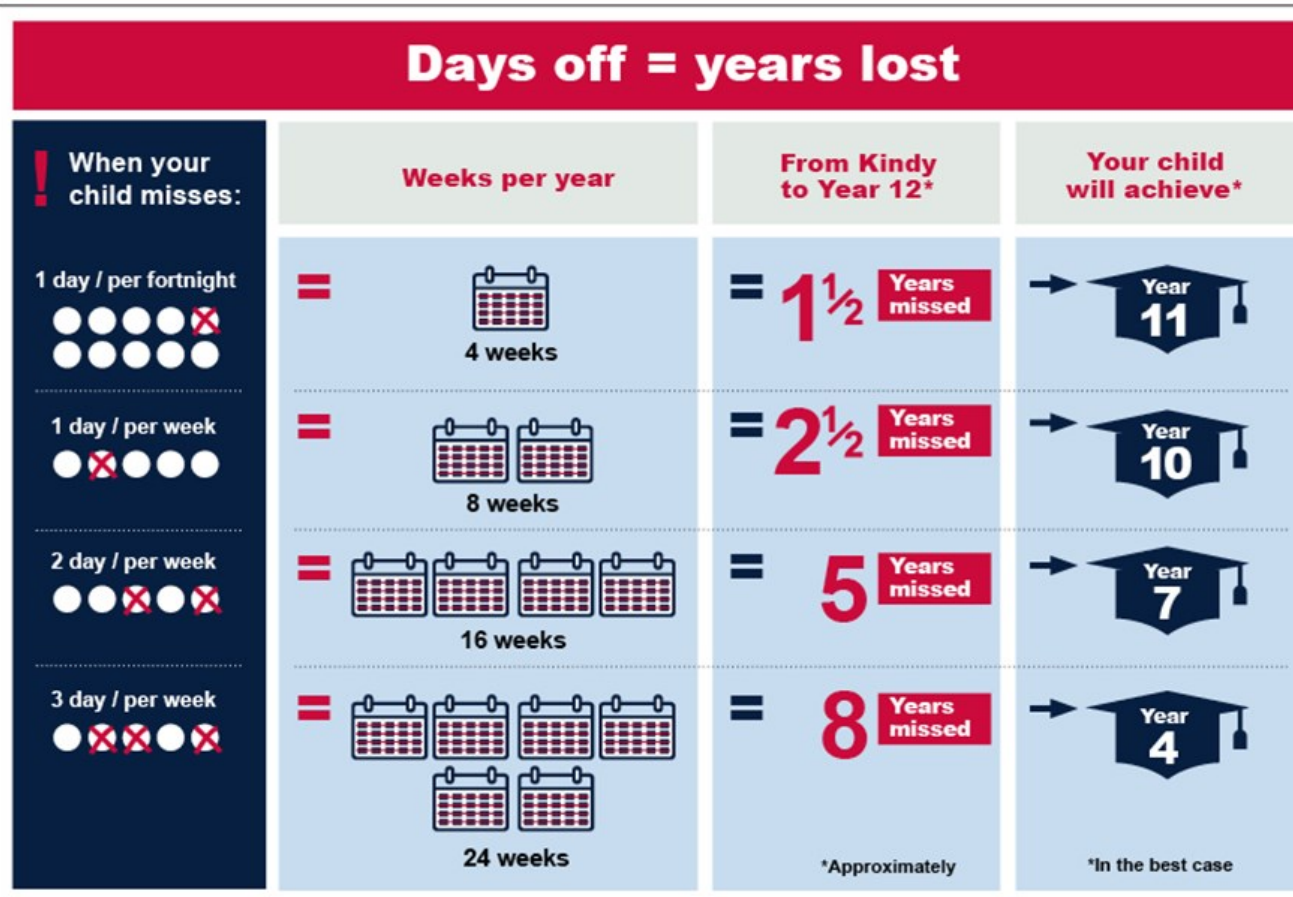
Days Off = Years Lost

Murrumburrah High School takes pride in setting **high expectations** for all students and providing a place where **all students belong**. Attending school every day will support **long-term success**.

Research shows the importance of **regular attendance** at school.

- There is a **strong relationship** between attendance levels and academic achievement, which is captured in the NAPLAN data for students in years 3, 5, 7 and 9.
- Students who miss more than **10% of school days** are at risk of **poorer academic achievement** than those who have near perfect attendance.
- Academic achievement is not only influenced by **current attendance** levels at school but by a student's previous **three years of attendance**.
- Absences, particularly unauthorised absences, in the previous two or three years are associated with **significantly lower** achievement levels on **numeracy, reading and writing** tests.

While students can catch up if they miss a few days, even **small amounts of absences** are associated with **declines in academic achievement**. The most noticeable declines in achievement are observed where students are **absent for long periods of time**, such as a term, and when **regular absences accumulate** over several years. This is not surprising, as **days off add up to years lost** if the pattern of absence is not broken.



Murrumburrah High School - Term 3, 2021

July	3	26	27 Subject Selection Advice Session	28	29	30	31	1
	4	2	3	4	5	6	7	8
August	5	9 Trial HSC Exams P&C Meeting	10 Trial HSC Exams	11 Trial HSC Exams	12 Trial HSC Exams	13 Trial HSC Exams	14	15
	6	16	17	18	19	20 School Newsletter	21	22
	7	23	24	25	26	27	28	29
September	8	30	31	1	2	3	4	5
	9	6	7	8 Paddock to Plate	9 Year 11 End of Prelim Exams Needles—Yr 7 & 10	10 Year 11 End of Prelim Exams	11	12
	10	13 Year 11 End of Prelim Exams	14 Year 11 End of Prelim Exams Parent Teacher Interviews	15 Year 11 End of Prelim Exams	16 Year 12 Graduation	17 School Newsletter	18	19

MHS UNIFORM STOCKIST—180 EMBROIDERY

Website: <https://180embroidery.com>

Contact: Beth Allen

Telephone: [0435 873 420](tel:0435873420)

Email: embroidery180@yahoo.com

Location: 1 Derby Street, Harden

Deliveries to the High School available.

MURRUMBURRAH
HIGH SCHOOL

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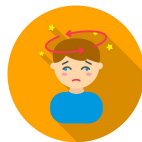
Preparing our students for tomorrow's challenges through learning

WORD SEARCH

Olympics

V	O	L	L	E	Y	B	A	L	L	A	F	E	H
N	T	A	A	L	L	A	B	T	O	O	F	T	A
S	H	O	O	T	I	N	G	E	L	H	T	N	N
L	S	A	I	L	I	N	G	N	I	W	O	R	D
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R	O	B	A	D	M	I	N	T	O	N	I	E	A
A	L	T	N	N	E	Y	Y	R	U	G	B	Y	L
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N	T	T	I	M	T	A	E	G	U	F	T	T	N
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ATHLETICS
HANDBALL
TENNIS
RUGBY
TRIATHLON
FENCING
TRAMPOLINE
VOLLEYBALL
SAILING
ARCHERY
BADMINTON
FOOTBALL
SHOOTING
KARATE
JUDO
BOXING
DIVING
GOLF
HOCKEY
SURFING
ROWING



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.