



30 June 2022

State Cross Country

Dates

- **Last day of Term 2**
Friday 1 July
- **Staff development day
(No students)**
Monday 18 July
- **Students return to
school Term 3**
Tuesday 19 July
- **State Cross Country**
Friday 22 July
- **NAIDOC Week**
Week 1 Term 3
- **Privilege Activity
Excursion @ Canberra**
Friday 22 July
- **Year 12 Excursion
@ Sydney**
Wednesday 20 to Friday
22 July
- **Science and
Engineering Challenge
@ Goulburn**
Friday 5 August



Congratulations to Samantha Emms, John Drew and Sam Manwaring who were successful in making it to the NSW CHS Cross Country Carnival which will be held on the 22nd of July at Sydney Motorsport Park.

Well done to all MHS students who represented our school at the Riverina carnival.

From the Principal

Semester 1 Merit Assembly

Good afternoon, and a special welcome to all our family and visitors that have joined with us today for this special assembly to recognise student achievement at Murrumburrah High School for the first half of 2022. Thank you to Beau for your acknowledgement of country, and I would also like to acknowledge that the land we meet and celebrate our students on is the traditional land of the Wiradjuri nation, and I pay my respects to elders past and present and especially to the leaders of tomorrow that sit in front of me now. I also welcome any Aboriginal people that join with us today.

Today marks a special day in our school calendar, one which we have been very restricted and unable to run effectively until this year. Our school merit assembly marks a milestone in a student's life at our school. At our regular school assemblies, we recognise all levels of merit throughout the year. All students that have achieved higher levels of merit this year are then also formally recognised today in front of their family, teachers, and peers.

Every single student named today should be very proud of their achievements for 2022 after what we know has been a difficult 2 years. Both myself and the staff at the school are so proud of the way that students have hung in through the tough days and found a way forward in their education journey. I put out this challenge to all those students not receiving awards today at this assembly, I challenge you to try harder, push yourselves that little bit more because for some of you, you are only a small step away from joining this level of achievement. For the rest keep trying your best, because only with effort will you see reward. Not much in our lives is given for nothing but effort is free and all of you have it in you to do better.

I would like to take this opportunity to personally thank all the teaching staff for your efforts in classes this year. You see here sitting in front of you, the fruits of your labour as well. You guide a student through their school days, and you do make a difference, every day. To the non-teaching staff, I say thank you to you as well. You help in so many ways every single day, supporting staff, students, and families.

To the school executive, Mrs Young, Ms Beck and Ms Hyland – thank you for your tireless support and professionalism. You truly make my job so rewarding and your staff appreciate your support. I know that as I take 2 weeks leave next term that the school is in very good hands.

Finally, back to our students being recognised today. Receive your award with pride and reflect on what it took to get to that level. It is a certificate, but it is the culmination of lots of hours of effort and achievement to get you to a level where you are now to be congratulated.

Well done to you all and may you all have a safe and relaxing holiday break. See you all next Term.

Mr Dale Rands
Principal



Congratulations

Congratulations to Daniel Britt, Ethan Abnett, Landen Vasquez, Lowanna Potts, Jazmin Drew, Rianna Irving, Mikalah Diblasio, Evan James, Amelia Skinner, Shari Arabin, Lily Clark and Tayla Gallo for achieving Blue Level.

Congratulations to Ruby-Louise Griffiths, Evie Giddings and Hannah Guy for achieving purple level.



Captains' Corner

Well here we are again, the end of yet another term!

SRC wishes everyone a great holiday. Enjoy and stay warm.

SRC have got some great fundraisers planned for next Term. We hope everyone enjoys and participates in raising money for charities!

We still have plenty of space for more fundraisers to take place and we want to hear your ideas, please get involved with your stage SRC representatives. We would love to hear your input and feedback.

Year 12, Beau and I wish you a fun and relaxing holiday before we head into our final Term of school, which will be one very packed one.

Enjoy the school break and we look forward to seeing you all return, as we head into Term 3!

Beau & Chloe
School Captains

HDEF Alumni Award



HDEF ALUMNI of DISTINCTION AWARD

An interview with the inaugural recipient, Abbey Wade

Hello Abbey, first of all, congratulations on completing your first year at uni. Can you tell us which university and course you are studying?

Thank you so much it was definitely worth the endless stress, I'm currently studying at the University of Canberra, studying a Bachelor of Health Science (Human Movement).

Are there any particular aspects of moving to a new town to start university that stand out?

There are always concerns and nerves about moving to a new town / environment. One thing in particular was developing my own independence, doing everything on my own terms and completing day to day self-care duties and living by myself. Of course, another aspect was the development of my future education and developing new relationships.

The Alumni of Distinction award was introduced in 2020 thanks to a partnership between the HDEF and Graymont. The application process involved a letter about yourself and attendance at an interview. What are your thoughts on the process?

I believe that the process is valid, in a professional sense, trying to better ourselves and our own professionalism in a safe environment. It introduces year 12 students to the "real world", noting that you always need to show professionalism even at university. I found this process helped me the most. The one thing that was a struggle during this process was talking about myself, rather than what I can do to help.

The criteria of the award requires applicants to have completed their secondary schooling at Murrumburrah High School, to achieve quality results and to demonstrate a long-term commitment of voluntary assistance to local organisations and groups. What are some of the local organisations you were involved in?

I was involved in many local events; I attended every ANZAC Day march and Remembrance Day from Kindergarten to year 12. I have attended Rotary meetings in out of school functions, volunteered at charity events such as CanAssist functions and HDEF functions. Attending and volunteering at these events for me, taught me values that I use in day-to-day life such as leadership, respect, and responsibility.

HDEF Alumni of Distinction

You were born and raised in a small country town. How beneficial to residents is volunteering for local organisations?

Attending or volunteering at local organisations, (for example, the most recent HDEF Trivia event which unfortunately I was unable to attend due to other commitments) helps with the engagement between you and the public of Harden. Volunteering helps you develop understanding why each fundraiser / organization do to benefit Harden.

How has volunteering been beneficial to you?

Volunteering was beneficial to me as I could associate with the citizens of Harden, discuss the values and the meaning behind the organization or fundraiser.

Do you feel there are any advantages or disadvantages to education in a small country high school?

There are definitely advantages and disadvantages to education in a small school. The key advantage of education in a small school is the one-on-one education and developing excellent relationships with the teachers. The teachers will give one-on-one learning if you are willing to respect and take note of what they are saying, which each teacher did at Murrumburrah High. As one of the smallest high schools in NSW, our end of school grades especially the ATAR is scaled lower, meaning that each person within the grade must obtain good marks for the grade scale to increase, which is hard for small schools.

The value of the Alumni of Distinction award is ten thousand dollars. Can you tell us how this has made a difference to your university aspirations?

Receiving the Alumni of Distinction was a pleasure, especially to be the first recipient of the award. Ten thousand dollars is a lot of money: it has helped me buy books, textbooks, stationery, assist in rent so I can attend university. At the beginning of 2020, the award didn't even exist and then to find out that I had received ten thousand dollars to help assist me, meant so much.



Ms Abbey Wade
Former Student and School Captain

Merit Award Assembly

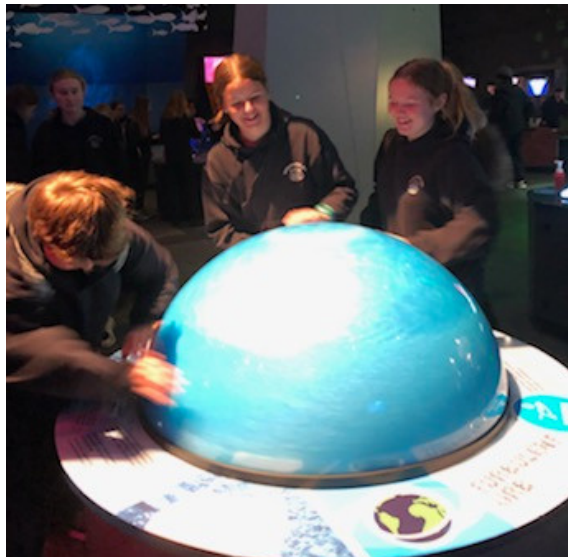


Stage 4 Excursion

On Wednesday the 15th of June, we travelled to Canberra for our excursion. We enjoyed our stop at Hall Park for a stretch and enjoyed eating brownies that Rosie made from the canteen. Questacon was cool and we got to do lots of scientific activities. Unfortunately, the big drop slide was closed but we still had fun.

We then went to the National Museum of Australia, and it was great fun. We were able to climb some of the exhibits, especially a massive excavator bucket. We were able to interact with lots of displays and we also were able to watch a big screen TV that showed a 'Connecting to Earth' video. We had such a fun day out.

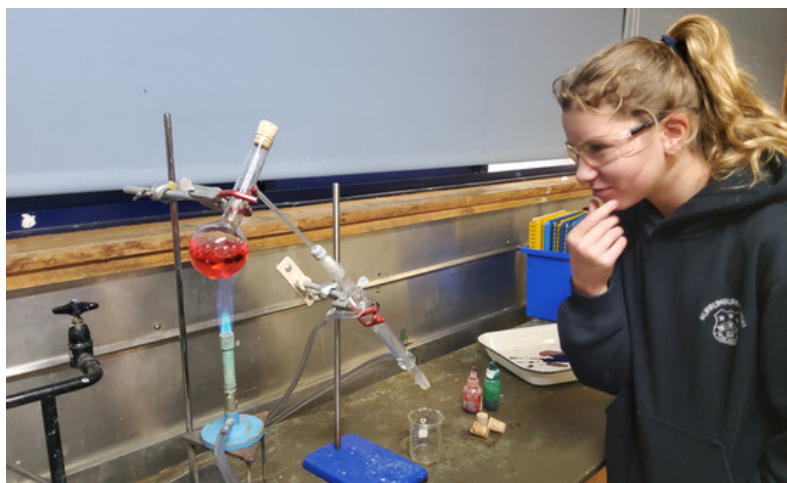
Shelby Wirth and Lily Clark - Students



Stage 4 Science

Mr Cronin's [Stage 4](#) class have been busy investigating ways to purify water in the laboratory.

After constructing basic distillation devices out of tin cans, plasticine and cling wrap, the class lifted their game by using laboratory equipment to create a very effective distillation set-up which was even able to remove food colouring from water!



Mr James Cronin - Teacher

Stage 5 Science

This year Mr Cronin's [Stage 5](#) Science class were learning about the effects of force and motion.

After investigating how much duct tape was needed to secure a 1kg weight, they then calculated how much tape would be required to secure a Year 7 student to a wall. Turns out the old adage is correct: "if you can't do it with duct tape, you aren't using enough duct tape".

Mr James Cronin - Teacher



Stage 5 Food Technology

Stage 5 Food Technology have been looking at food trends this term. Using the design process, students researched ingredients, presentation methods and techniques to create their own freak shake. Thank you to all the students and their families for contributing ingredients to the lesson.



Stage 4 Food Technology

Stage 4 Food Technology Students had fun making their Eton Mess creations.



Year 12 English

Year 12 English Standard have been developing their craft of writing through creative compositions, inspired by quotes from Robert Frost's "Stopping by Woods on a Snowy Evening" and Steve Jobs' "How to Live Before You Die." Through imaginative and discursive writing, students powerfully explored concepts such as life, memory, freedom, responsibility, death, fear, and the future. **Ms Bianca Swanson - Teacher**

Thalassophobia

Vivid lights reflect on gentle waves as the hasty moonlit sky caresses the darkened buildings. Silky, golden grains swallow her exposed feet into a pool of sand that feels gritty but somehow smooth at the same time. A brush of cold air blows against the shell of her ear, the hairs on her neck prick up at the sensation. She slowly creeps towards the edge of the water, allowing the street sounds to blur into the background. The water gently inches closer as her thalassophobia begins to crowd her thoughts. The vastness of the ocean provokes a sense of uncertainty. The fear of not knowing what lies beneath the surface sends a wave of panic through her veins. She tries to steady her breath and calm the storm brewing inside her.

Her stomach churns as the adrenaline rushes through her. With each step she gets closer to overcoming the fear that has controlled her for years. Her arms wrap around her pale torso, as her feet sink into the icy surf. The cold water steals the warmth from her soles, just as fast as the wind steals the glow from her bare face. Her eyes seal tight as she begins to immerse herself beneath the frigid surf. Her skin turns rough with goosebumps; her damp clothing clings to her haunted frame.

A sudden sense of peace pours over her as she lets the waves control the movement of her limp body. Suddenly her hair begins to float upward. She opens her eyes only to notice the moonlight moving away. Fear rushes through her pale blue veins as the ocean floor seems to have disappeared below her. Her legs grow tired as she struggles to keep her head above the surf. She can no longer hear the sounds of the busy street that she had once tried so hard to escape. Her hair rises and falls like seaweed stuck in the current.

The salt in the air blends with the sweet taste of her tears, as she licks her lips one last time. She sinks faster as the waves begin to cascade around the fragile figure. She is engulfed. Panic has her heart hammering against the walls of her ribs. Something has a grasp of her throat. She silently screams as panic floods through her veins. Struggling to clutch the calm night that has crumbled before her eyes. In the face of death, any erroneous notions are defeated. The thump of her heartbeat slowly blends into the roar of the crashing waves.

She can no longer hold her breath, as the cold water seeps into her lungs. All illusions of surviving are gone. In a moment, her body will float like seaweed, nothing more than flesh and bones ready to decay in the current and only to be returned to her family by divers.

Soon the oxygen deprivation begins to mess with her thoughts. She allows her head to fall back into the surf. She becomes blinded by the sun, urging her to close her eyes and wait for fate to occur.

Dreaming about your own death is almost as terrifying as dying, but remembering that you are going to die is the best way to know you have nothing to lose. So, as her weak body flows with the motion of the waves, acceptance runs through her veins. Vivid images of her wasted life flash before her eyes. Regret cascades her thoughts as she realises that the life she craved for isn't happening because of her and only her. With that final thought she allows the ocean to devour her frail, powerless body.

Coralie Vasquez - Student

Year 12 English

The Pillars of Memory

Snow falls delicately from the swollen, grey clouds. Snowflakes glisten in the reflection of my ice chipped eyes, my breath freezing the little atoms to stone. Up, high above my head, the bright red linen of cardinal wings sear through the sky; finches song play among the blanket of white.

I wearily drag myself through the tangling woods, branches whispering to me and scraping their old fingernails across the worn fabric of my coat. Another Summer gone, Winter pulls her shawl tighter and emerges behind the sun.

The warm glow of my old cottage would entice anyone. An old brass kettle, scratched with years of use, sings heavily on the stove. These walls have heard many secrets, etched into the grains I sanded down many years ago. I grab the old tea bag tin and hold the herbs you used to pick from our little garden. Once, the world was warm. Autumn leaves glow brown and orange in the sun, and you'd wear that long, waterfall hemmed dress. Now, I look out the window to a cold and stubborn, frozen over landscape, a dress now frozen in time.

Her dress wrapped itself around the breeze. Tangled dark curls fly around like a candle's flame and her smiles could light up the entire moon twice over. I was never lonely, how could one be. She'd waltz into the cottage, bundles of lavender in hand and string them up on the ceiling beams in the kitchen. She'd sing at the top of her lungs and grab me, swinging me around like a discarded mop. Scrabble nights were the best, she was a fiery sort. Pieces were flung around in drastic flings of wrists, designed to take my eye out so as to not get another word. Laughing echoed off the walls, resonating with our heartbeats.

My eyes open, my breath catches. I'm met with the sight of a vibrant bluejay staring me down through the window. He pecks at the window. Your favourite bird was blue jays. I laugh heartily, and he begins singing. One, two, three, I lift myself wearily, my bed sighs and I move across to the window. I rest my hand out, he sits upon my finger, bouncing and chirping up at me. You have a lot to tell me, a smile creeping across my face. He flies along, and my heart begins soaring.

The woods nod their greeting to me, twigs glisten from the layer of snow. I trudge through, my legs are getting heavier to carry. I stop to look up, snowflakes sparkling and twinkling. Somewhere far away, I hear the gentle hum of wind chimes. It flows through the air, splitting it apart like ripples in a pond. I twist myself around, trying to locate it. Maybe I am going mad. Perhaps she's teasing me. I hear it again, it rips and swirls around me once more, and disappears into the crisp, thick air. Snow falls back into place along the ground in its wake.

My last cup of tea was drunk that night. I felt alive. My body felt as if gold replaced its blood. I sat in your old rocking chair, laughter filled my body and the creases along my eyes deepened. My fingers fumble along the key to your old wardrobe. Inside was your very presence, deep within the fabric of your wedding dress. My hands glide along the trim as my hand once did to your hair. My eyes swell, the room is heavier. My time has come.

The woods are lovely, dark and deep, yes, but nothing compares to this blinding light. Your finger strokes a tear away, as we descend into life together, once again.

Emily Willett - Student

University of Wollongong

On Monday 6th June, Mrs Spencer and seven Year 12 students travelled to Wollongong for the annual University of Wollongong Discovery Day. After we got past Goulburn, we were greeted by beautiful sunshine! We stayed at the Wollongong Surf Leisure Resort which was just a stone's throw away from the beach. Before dinner we joined an information session about the university where current students shared their experiences and answered any questions. After dinner we made the most of our evening in Wollongong and met up with the Boorowa Central School students for some ten-pin bowling. Everyone thoroughly enjoyed themselves.

After a great night we got up and made our way to the university for breakfast, before the meeting in the Uni Hall. Students were given their timetables for the day and were able to get a taste of life at university, attending numerous classes. At the end of the day, we boarded the bus and made our way back to Harden.

A huge thank you to the Year 12 students who conducted themselves with such maturity throughout the whole excursion. Hopefully, it has given you more of an insight into university and what it may offer you in the future.

Mrs Ali Spencer - PDHPE Teacher



Rugby League Success

On Wednesday 8th June, Hayley Hambrook travelled to Wagga for the secondary under 16s Girls Rugby League trials. These trials are part of the CHS/NRL Girls Under 16's pilot program.

Hayley performed exceptionally well, making it into the Riverina squad. Hayley then played in Queanbeyan at Seiffert Oval on Friday 24th June where she was selected into the Rugby League Southern Girls team, which consists of players from the Riverina and South Coast.

From Sunday 7th - Tuesday 9th August, Hayley will attend the NSW CHS selection trials which will be held at the Collegians Sports and Performance Centre in Wollongong.

Here Hayley will play a series of games over two days and has the chance to be selected in the NSW CHS under 16s Rugby League side. We wish Hayley all the best at the trials!

What a great achievement for someone who is new to the sport. Well done!



Mrs Ali Spencer - PDHPE Teacher

Lifeline Australia

This term, [IVY7](#) raised money for Lifeline Australia through holding a bake sale. Students researched and selected a charity, designed posters to go around the school and brought food to sell to other students and staff. It was a great success with over \$84 raised for Lifeline in about half an hour!

Thank you to everyone who helped on the day.



Miss Bianca Swanson - Teacher

Rugby League

Two teams headed to Paramore Park in Wagga last week to compete in the Small Schools Rugby League Competition. Everyone enjoyed a great day out and showed great sportsmanship.



Boys Small Schools Rugby League Under 16's team



Boys Small Schools Rugby League Under 14's team

Holiday Fun

Hilltops Scavenger Hunt



Join us for 3 scavenger hunts in
 Boorowa 13th July 10am - 3pm
 Harden 14th July 10am - 3pm
 Young 15th July 10am - 3pm
 Take a selfie/pic at each location on your hunt
 to go in the draw for a prize
 1 prize for each town

Rules:

1. The 1st Clue will be posted at 10am on the day.
2. You must follow the order to your final clue.
3. This is not a race, you must take a selfie/pic at each location making sure it is clear where you are, get creative with your pics.
4. You need to send us all your pics when finished on our Facebook or Instagram in 1 message in to go in the draw to win a prize.
5. Cheating, stealing, sabotaging, removing hidden clues, or breaking the law will result in automatic disqualification. (Be safe)
6. You must follow the Hilltops Youth Action Group on Facebook/Instagram



YoungSkatepark FREE SKATE WORKSHOP

**Friday
8 July
10am - 1:45pm**



Spots limited. Bookings essential.
 To register scan QR code or visit
TOTEMSKATEBOARDING.COM



TOTEM

Hilltops
COUNCIL

HYAG
HILLTOPS YOUTH ACTION GROUP

NSW

Regiona
NSW

Important Dates for Term 2

Staff development day (NO STUDENTS) - Monday 18 July

Students return to school Term 3 - Tuesday 19 July

State Cross Country - Friday 22 July

Year 12 Excursion @ Sydney - Wednesday 20 to Friday 22 July

Privilege Activity Excursion @ Canberra - Friday 22 July

Murrumburrah High School

Principal:
Mr Dale Rands

Smith Street
Harden NSW 2587

02 6386 2755

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

MHS Uniform
Stockist - 180
Embroidery

Website:

<https://180embroidery.com>

Contact: Beth Allen

Telephone: 0435 873 420

Email:

embroidery180@yahoo.com

Location: 1 Derby Street,

Harden

Deliveries to the High School
available.



Preparing our students for tomorrow's challenges through learning

Word Search

Popular Pizza Toppings

N	E	L	E	M	T	C	E	G	A	S	U	A	S
S	E	C	G	U	T	H	S	A	L	A	M	I	C
P	I	S	G	S	N	I	S	B	G	C	E	I	C
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P	R	O	S	C	U	I	T	T	O	C	T	C	I
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C	H	O	R	I	Z	O	O	N	A	R	R	Z	L

ONIONS
AVOCADO
MUSHROOMS
SALAMI
SAUSAGE
PEPPERONI
CILANTRO
RICOTTA
BACON
SPINACH
ZUCCHINI
PEANUTS
PROSCUITTO
BEEF
EGGPLANT
LOBSTER
CHORIZO
CHICKEN

Unwell or have COVID?

Close Contacts

Close contacts are now permitted to attend school under the following conditions as per NSW Health guidelines;

- You must notify the school if you are a close contact.
- You must conduct a daily RAT and return a negative result each morning before attending school for 5 days.
- You must wear a face mask indoors except when eating or exercising.

Remember: Students cannot attend school if they are showing any symptoms of COVID-19 or have tested positive for COVID-19.

Close contacts will be provided with RAT kits to take home or can be picked up from the school.