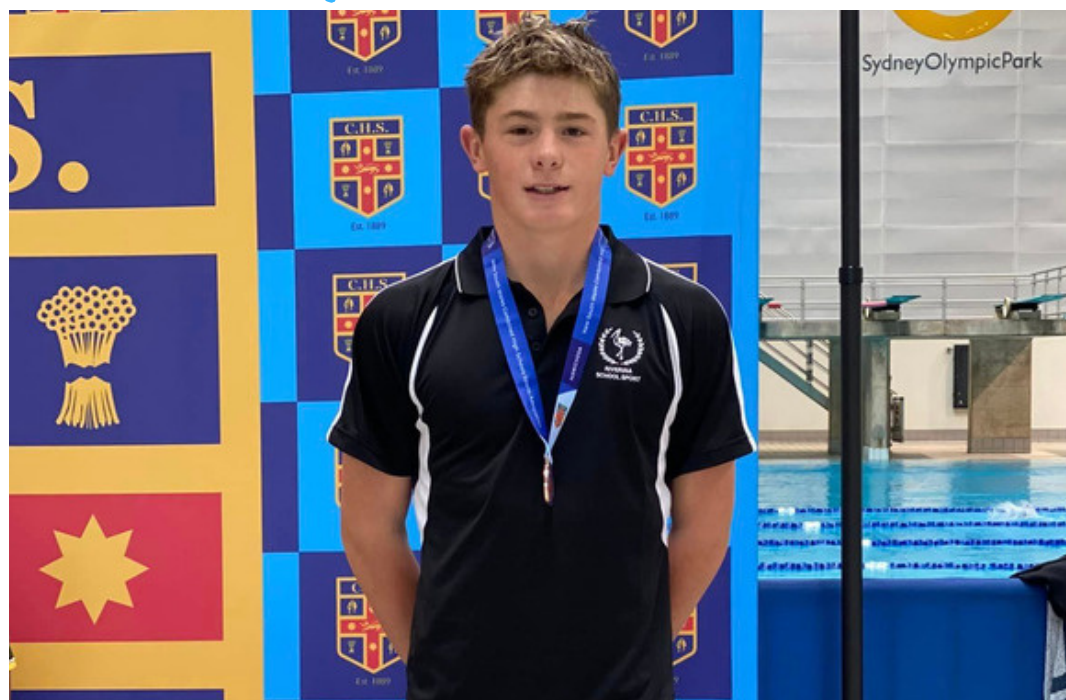




1 June 2023

3rd at State



Congratulations Sam!

What a massive achievement for Sam Manwaring, who placed 3rd in the 14's 100m breaststroke at the NSW Combined High Schools Sports Association Swimming Championships which was held in Sydney. Sam has now qualified for the NSW Combined High Schools Swimming Team and will be competing in the 50m and 200m breaststroke at the NSW All Schools swimming trials, in Sydney Olympic Park, on 1st and 2nd of June.

Good luck, Sam!!!

Dates

- **Zone Athletics Carnival
@ Temora**
Monday 5 June
- **Riverina Cross Country
@ Gundagai**
Friday 16 June
- **Merit Assembly**
Thursday 29 June
- **Last Day of Term 2**
Friday 30 June

From the Principal

Winter has arrived.....

A bit sooner than we had hoped for, but the cooler weather has rolled in, and we are putting our new heating system to very good use. It looks like we are in for a long winter this year. Don't forget winter uniform is available from 180 Embroidery. Give Beth Allen a call, and she will sort out all your school uniform needs. I bought one of the waterproof jackets, and they are so warm. If you need to contact Beth, you can find the details for 180 Embroidery on the back of the Mercury, or go to the link <https://180embroidery.com> website for more information.

The refurbishment of one of the school science labs (the one that has original 1970's lime green flooring and cupboards) will finally take place very soon. We have been given a date for works to commence, which is Friday 9 June. I spoke to the company supervisor for the works program, and he confirmed it should only be a few weeks. We hope that we have Lab 3 handed back to our students to use from the start of Term 3, or very close to that time. Whilst works are being undertaken, rooming for some classes will need to change, as will some of the access around that area to ensure safety.

Ten students from MHS ventured out to Tumbarumba last Friday to take part in the Zone Cross Country. Initial results are that 8 of those 10 qualified for the next round. Well done to all students that took part on the day and represented our school and themselves so well. Thank you to Ali Spencer for organising the day and driving the school bus, and also to Kellie Abnett for her help on the day.

If your child is away from school for any reason, please let the school know as soon as possible, with a brief reason. Either a note beforehand, afterwards, a telephone call or a response to the schools text message. Department of Education requirements are that notes must include name, reason for absence (i.e. medical appointment etc.), a time if only a part day, and a parent/carer signature. Students will be issued with new ID cards when they arrive from the photographers this term. Once they arrive it is expected that all students keep this card on them during the school day. This card will be very handy for late arrivals or early leavers. The front office would really appreciate the students' help with this process.

A new timetable started last week, with a changing of staff and a couple of vacancies being unable to be filled. I know that was a bit stressful for some but, unfortunately, unavoidable. I hope to be able to fill all vacancies for the start of 2024, and try to locate some teachers to help us this year. It is a similar situation at most high schools across the state, but we are doing our best to ensure all classes have a teacher to teach them. I do hope seasonal flu illnesses leave us alone as much as possible this year. Stay warm.

Mr Dale Rands
Principal



Congratulations

Congratulations to Grace Card, April Drew, David Djukic, Chelsea Halls, Kobi Hocking, Mia Hocking, Rianna Irving, Katelyn McMillan, Lowanna Potts and Lara Spackman for achieving **Blue Level**.

Congratulations to Leila Maddox and Hannah Guy for achieving **Purple Level**



P&C Update

A massive thank you to the community for the success of the Mother's Day Stall and Raffle; we really appreciate everyone's support. Our next meeting will be held on Monday 19 June at 6pm in the Staff Common Room; we look forward to seeing you all there.

Ms Katrina O'Connor | P&C President

Positive Connections

Youth Liaison Officer - Constable J Richards, and Youth Command Officer - Karen Clarke - visited students at Murrumburrah High last week, to build positive connections with students in the community.



Stage 6 Hospitality

Stage 6 Hospitality students completed a sandwich-themed mystery box challenge. Students were presented with a range of ingredients and then had to develop an idea and workflow for their sandwich. They then made their sandwiches or burgers, which all looked delicious.

Mr Ben Phillips | Hospitality Teacher



Stage 5 and 6 Hospitality

Stage 5 and 6 Hospitality students whipped up a batch of pumpkin soup and garlic bread to help battle the cold.

Stage 5 have been looking at different cultures and their foods. Last week, they looked at French culture and made apple tarte tatin.



Recipe - Pumpkin Soup with Croutons

- ¼ butternut pumpkin
- ½ brown onion
- 3 cloves of garlic
- 300ml vegetable stock
- salt and pepper
- 3 tsp vegetable oil
- 50ml cream
- 1 bread roll
- ¼ cup shredded cheese
- 2 tb margarine

Method

1. Peel and dice pumpkin into large cubes
2. Peel and roughly chop onion, dice garlic
3. In a heavy bottomed pot, sauté vegetables in oil for 5 mins or until lightly coloured
4. Add 2 cloves garlic cook for a further minute
5. Add stock, simmer for 10-15 mins or until vegetables are tender. Add sage leaves.
6. Cut bread roll, mix margarine with remaining garlic, spread on roll. Top with cheese grill in the oven for 3 to 5 mins
7. Remove soup from heat, add cream, season with salt and pepper and puree with blender or stick blender.
8. Serve in a warmed bowl with crouton on side



CHS Rugby League

Well done to Hayley Hambrook who recently attended the Girls 18's Combined High Schools Rugby League selection trials, which were held at the Collegians Sports and Performance Centre in Wollongong. Hayley trialed over 3 days, just missing out on being selected in the CHS NSW team.

Past student, and current National Rugby League Women (NRLW) player, Tara McGrath-West went to see Hayley and the girls play and was very impressed with the talent coming through.

Only being new to the sport, we look forward to seeing how Hayley goes in next year's trial.

Mrs Alison Spencer | PDHPE Teacher



What's happening in Careers?

Metals Immersion Program

Year 10 students, Isaac Norton and B-Jay Skinner have been lucky enough to be invited to be part of the Compact - Metals Immersion Program that is held at Young TAFE. Every Wednesday the boys head over to Young where they are given a taster of the metals and fabrication industry. During their time there they will make a fire pit as their major project, complete one week of work experience and be involved in an employability skills workshop. The boys are really enjoying the experience. A huge thank you to Courtney Johnson from Compact for offering the boys this wonderful opportunity and helping transport them to and from Young each week.



YES Program - Hair & Beauty

Brooke Emms, Erin Abnett and Charlene Caboral are involved in the latest YES program, which is held over at Young TAFE. The program runs every Monday for the rest of the term. The girls will join the Young TAFE beauty team to learn the latest trends from highly qualified industry experts. The course will give them insight and understanding into the world of make-up and nails. They will learn makeup colours, trends, face shapes, skincare, nail shape and colour application, how to style hair, and how to present themselves for job interviews. Such a wonderful program for the girls to be involved in!

Mrs Alison Spencer | Careers Advisor



Cross Country Carnivals

On Wednesday 10 May, after having to postpone the event from the previous week, we held our school Cross Country Carnival at MHS. The course looped through the school farm and around school grounds. We saw some students put in a great effort on the day, finishing the course in good time.

From our carnival, ten students made it through to the Zone Carnival which was held in Tumbarumba on Friday 26 May. We were so lucky to be greeted with a beautiful day. Students were challenged by a very hilly course which swept around the Tumbarumba Golf Course. Out of the ten students, eight of them made it through to the Riverina Carnival, which will be held in Gundagai on Friday 16 June. The top eight students qualify for Riverina.

Huge congratulations to Sam Manwaring who won the 14 boys' event by a mile, as well as Ethan Abnett and Imogen Grange who came in a close second in their events.

From all the place getters on the day, it was amazing to see every single school within our zone represented!

B-Jay Skinner - 16 Boys - 4th place
Brooke Emms - 16 Girls - 4th place
Charlene Caboral - 15 Girls - 7th place
Sam Manwaring - 14 Boys - 1st place
Hannah Guy - 14 Girls - 4th place
Shelby Wirth - 14 Girls - 5th place
Ethan Abnett - 13 Boys - 2nd place
Imogen Grange - 13 Girls - 2nd place
Shelby Abnett - 13 girls - 11th place
Kaydee Britt - 13 Girls - 12th place



Special mention to Kellie Abnett who came along and supported our students. It was so wonderful to see the MHS kids cheering each other on and congratulating each other after their events! Something we can all be very proud of.

Mrs Alison Spencer | PDHPE Teacher



NSW C HS Football Championships

Keeping the school and Emms family proud, Year 10 student Brooke Emms was successful in making it into the Girls Open Riverina Football (soccer) team, who travelled to Cromer Park in Sydney in Week 3 for the NSW Combined High Schools Football Championships.

Brooke said she had a fantastic time and thoroughly enjoyed the experience. We look forward to seeing Brooke's further success on the soccer field in the years to come.

Mrs Alison Spencer | PDHPE Teacher



Do it for Dolly

Friday 12 May, Murrumburrah High school participated in 'Do it For Dolly Day'. 'Do It For Dolly Day' is a day dedicated to bringing the community together, spreading kindness, and uniting in helping break the silence around bullying.

SRC members ran a stall selling blue sweets and treats and raised a total of \$155 to donate to the Dolly's Dream Foundation.

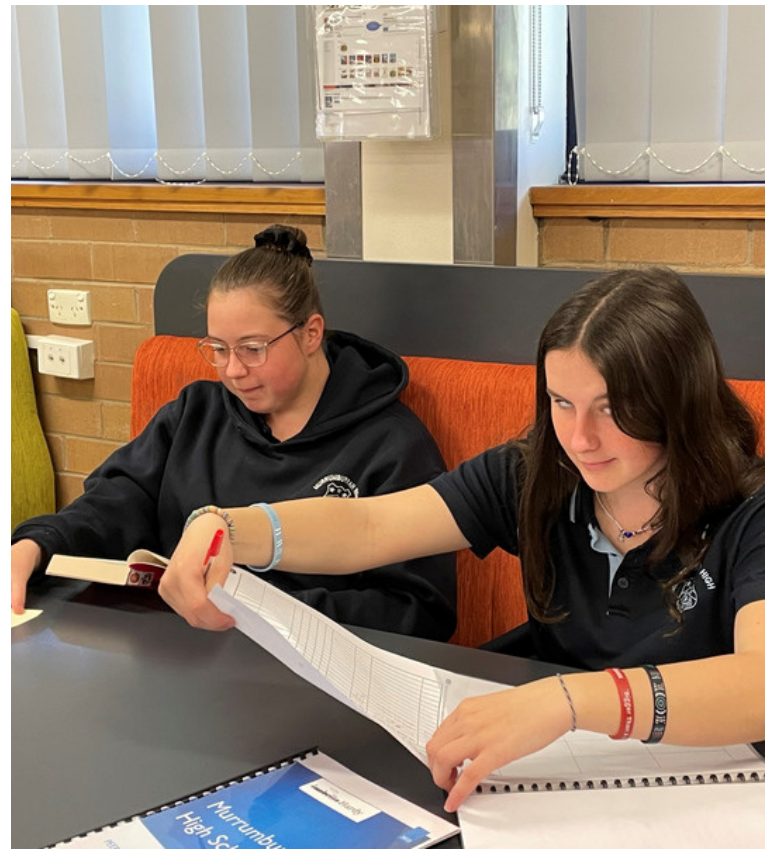
Mrs Liesh Cotter | Student Support Officer



Peer Reading

This year Peer Reading is happening again! Peer Reading is a program where specially trained Year 10 and 11 students work with Year 7 students who face some challenges with their reading. This year has started well with all students building rapport with their peers and selecting their books for their reading sessions that happen three times a week during IVY.

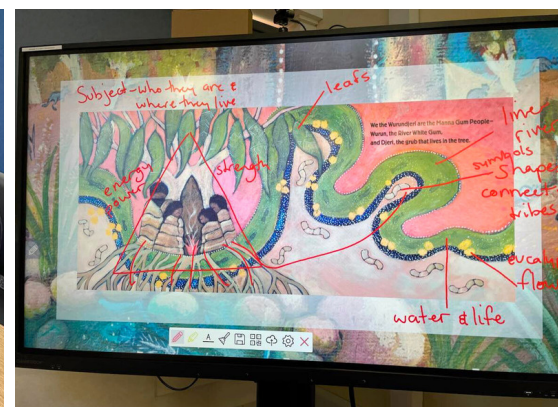
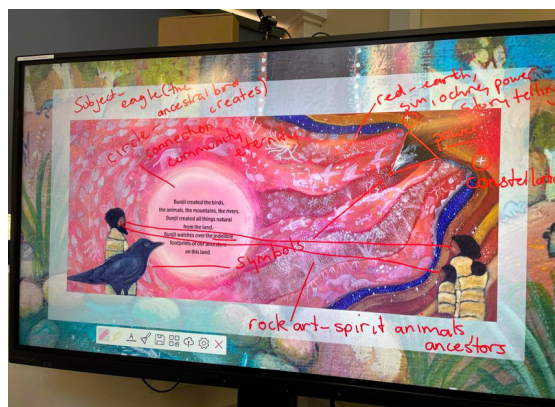
Ms Adrienne Beck | Head Teacher



Welcome to Country

Stage 4 English Red students have been working on annotating the visual techniques in the visual text "Welcome to Country". This is a book that we study that helps us to understand both how visual texts are put together, and how the Welcome to Country is significant.

Ms Adrienne Beck | Head Teacher

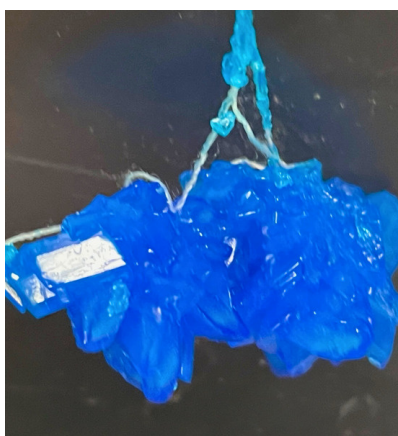


Earth and Minerals

Stage 4 Science is studying the Earth and the Rock Cycle this semester. As part of the topic we studied the internal structure of the earth and made models of this structure so the students could see the layers clearly, learning that the layers have different thicknesses.

Stage 4 also learnt about minerals and crystals and spent some time examining various minerals. The class made copper sulphate crystals to observe that different crystals have different shapes - copper sulphate crystals are a vivid blue and diamond shaped.

Mrs Charlotte Middleton | Learning and Support Teacher



Community Garden

MHS Students, along with students from Murrumburrah Public School, Trinity and Bunyip Preschool joined together this week at the Rotary Community Gardens to celebrate Reconciliation Week.



Prosthetic Limbs

Stage 4 TAS 3 students have been learning about prosthetic limbs, including designing some and even making their own using the school's 3D printer.

On Friday 19 May, Head Teacher Jan Young challenged the class to write an article about prosthetic limbs and their importance. The best article as judged by Mercury editor, Kristy Brown, won the right to be published here. Congratulations to its author, Will James, who also won a \$10 voucher for the canteen. The two runners-up, Tayla Rowsell and Melanie Beal, each won \$5.

Krista Hooke | Teacher

Artificial Limbs - By Will James

This week there was a horrible bus crash and some primary school kids had to have arms amputated. An interesting fact is that millions of people around the world use artificial limbs. So, the importance of artificial limbs is to let a person who has no legs, arms and any body part to have the experience to feel normal for once in their life.

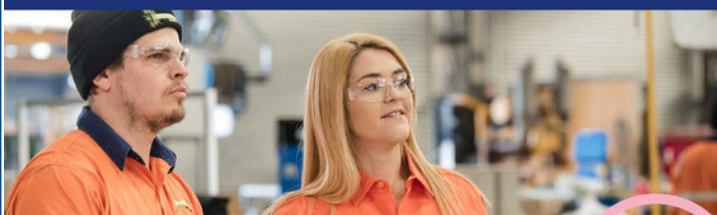
The things I know about artificial limbs are that they help people walk, hear or pick up objects. People need them in their life so that they don't feel any different than any other person. Artificial limbs are needed in life so newborn children with no arms, legs, ears and more can grow up and at least feel a little bit normal. Because then they won't deal with as bad bullying with artificial limbs than without arms, legs, ears and more. Kids or adults with no arms, legs, ears and more don't get to do things that people with limbs can do and people with no legs may have trouble going up or down stairs.

People with no arms may have trouble opening doors or picking up objects. So having no limbs or missing limbs can affect the person's everyday life, and people with no limbs may have thoughts to commit suicide.

So, if you see someone bullying a person with missing limbs step up and say hey! don't bully them just because their missing limbs. Just remember, because you have missing limbs doesn't mean you're not as capable as others, and you may even be better than others.

School Infrastructure

NSW Department of Education – School Infrastructure



We want to work with businesses within our school communities

Work is available maintaining our schools

School Infrastructure NSW manages a large maintenance program for more than 2,000 schools across all parts of NSW. To do this work, we are looking to engage local businesses, including Aboriginal owned businesses and people.

We want to go local

We are moving towards direct management of facilities maintenance, bringing in new facilities maintenance contractors and tradespeople to work directly under contract with us.

Why go local? We want to:

- be more responsive to maintenance issues reported by schools.
- ensure we are working with local trades and spending our money in our local communities.
- provide better working conditions for local tradespeople, including faster payment terms.

Opportunities for Aboriginal businesses

In addition to increasing our engagement of local contractors, we are also seeking to grow the number of local Aboriginal businesses we work with and increase employment opportunities for Aboriginal employees, apprentices and trainees.

We have Aboriginal Senior Program Officers who are able to help Aboriginal businesses, and local contractors who already employ or are looking to employ Aboriginal employees, apprentices, and trainees.

schoolinfrastructure.nsw.gov.au



Contacts

To register your interest send an email to:

Southern NSW Regional Office – snsf.fmct@det.nsw.edu.au



Scan the QR code to register your interest or go to edu.nsw.link/FNESI

Contact us:

Email an Aboriginal Senior Program Officer
enquires.fnesi@det.nsw.edu.au



NSW Department of Education – School Infrastructure

The trades and services we are looking for include:

- Multi Tradespeople
- Plumber (including roof and gas)
- Electrician
- Lift Technician
- Refrigeration mechanic
- Glazier
- Hazmat
- Arborist AQ3/AQ5
- Locksmith
- Cleaner
- Pest control
- Carpet/vinyl
- Data technician
- Security technician
- Painter
- Plasterer/renderer
- Tiler
- Landscaper
- Brick layer
- Fire management
- Sheet metal
- Concreter
- Removalist
- Playground specialist
- Pool technicians and cleaner
- Carpenters
- Gasfitters
- Test and tag
- Lighting
- Construction
- Gutter cleaning
- Equipment construction and maintenance
- Engineering
- Fencing services building and repair
- Roofing

How can I participate?

We're looking for a wide variety of maintenance services and trades to start with us from 1 July 2023 including electricians, plumbers, painters, and many others. It's easy to work with us!

Reach out to our team to find out more and access the documents to apply to work with us.

On approval you'll be set up in our systems and onboarded, with induction covering how to work with us and use our systems. Then start getting work orders allocated within 48 hours!

Contacts

To register your interest send an email to:

Southern NSW Regional Office – snsf.fmct@det.nsw.edu.au

NSW Department of Education – School Infrastructure

We want to work with Aboriginal owned businesses.

First Nations Engagement in School Infrastructure program



School maintenance work is available

School Infrastructure NSW manages a large maintenance program for more than 2,000 schools across NSW. To do some of this work, we are looking to engage local Aboriginal businesses and local businesses that employ Aboriginal employees, apprentices, and trainees.

Who are we looking for?

We're looking for a variety of maintenance services and trades including:

- Plumbing
- Glaziers
- Carpenters
- Gasfitters
- Electrical
- Test and tag
- Lighting
- Pest control
- Construction
- Gutter cleaning
- Equipment construction and maintenance
- Engineering
- Fencing services building and repairs
- Roofing
- and more

How can I get involved?

Scan the QR code below to register your interest or go to edu.nsw.link/FNESI

Need help?

We have Aboriginal Senior Program Officers who can assist you with:

- understanding the types of services we are looking for
- how to register your business as an Aboriginal owned business or one who employs Aboriginal people
- connecting with businesses who want to employ Aboriginal apprentices or trainees.



Scan the QR code to register your interest or go to edu.nsw.link/FNESI

Contact us:
Email an Aboriginal Senior Program Officer
enquires.fnesi@det.nsw.edu.au

schoolinfrastructure.nsw.gov.au



The Land

Murrumburrah High School may be small but its passion for agriculture runs deep through an extra-curricular program teaching students how to manage, prepare and show livestock.

Recognition must be given to Head Teacher Mrs Jan Young, who has done an amazing job running Farm Club since 2001 and continues to see its success grow every year.

Murrumburrah High School Farm Club senior students Bonnie Abnett, April Drew and Ellie Ward pictured in The Land this week.

Grab a copy of The Land to read the whole article.

8 THE LAND Thursday May 25, 2023

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make the connection

Farm Club for everyone

BY ELKA DEVNEY

MURRUMBURRAH High School (MHS) may be small but its passion for agriculture runs deep through an extra-curricular program teaching students from Years 7 to 12 how to manage, prepare and show livestock.

The program was established in 2000 by local stud breeders David Manwaring and Harvey Jones. Of the 125 students enrolled at MHS, 35 are dedicated members of Farm Club.

Each year MHS attends more than 10 shows where students compete at both local and state levels.

Farm Club head teacher, Jan Young, has run the club since 2001 and said a majority of the students involved were not from a farming background.

"Farm Club has introduced the possibilities of agriculture to many students," she said.

"I have a massive list of graduates who are now involved in the industry with some having started their own stud."

"It is special to watch students grow and embrace their total love of animals."

Senior student Bonnie Abnett signed up for Farm Club four years ago.

"I joined in Year 7 because I love animals," she said.

"Farm Club has become a way for me to express myself and spend time with friends."

"After school I would like to work in the agricultural industry...maybe as a vet nurse or on a station."

Volunteer Marg Taylor, Murrumburrah High School, said:



Murrumburrah High School farm club senior students Bonnie Abnett, April Drew and Ellie Ward at Boorowa. Picture supplied

put her hand up to support the club 15 years ago.

Ms Taylor said the program taught students how to wash, brush, parade and judge cattle, and also how to appraise different animals.

She said Farm Club encouraged students of all abilities to have a go.

"Jan has never stopped a child from joining Farm Club," she said.

"One of our students who has severe autism did not look you in the eye when they first started...now they can parade a cow around

the ring.

"Watching students who have learning disabilities grow and build their confidence has been special to me."

Ms Young said special needs children had a great affinity with animals.

"Animals don't judge students for their disabilities rather they judge them by their kindness and respect."

"Outside of the classroom, Farm Club has also improved their skills, learning respect and respect of students."



**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

Important Dates for Term 2, 2023

Zone Athletics Carnival @ Temora - Monday 5 June

Riverina Cross Country @ Gundagai - Friday 16 June

Merit Assembly - Thursday 29 June

Last Day of Term 2 - Friday 30 June

Word Search

Types of Dog

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
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P	B	X	U	S	T	H	O	U	N	D	L	R	D

BULLDOG
PINSCHER
DALMATIAN
MASTIFF
BOXER
SHEPHERD
BEAGLE
TERRIER
SETTER
CORGI
ROTTWEILER
CHIHUAHUA
COLLIE
HOUND
DACHSHUND