

MURRUMBURRAH  
HIGH SCHOOL

PRINCIPAL:  
MR DALE RANDS

# Mercury



Mercury

6 DECEMBER 2019

## Dates for Calendar

### Week 9

- Presentation Day -  
Friday 13 December  
@ 2pm

### Week 10

- Last Day of Term for  
Students - Wednesday  
18 December
- CPR Training for Staff  
- Thursday 19 December



## NRL REFEREE COURSE

Murrumburrah High School were fortunate enough to have James Smart and Tim Bailey conducting the NRL Level One Referee Course last week.

The NRL development squad was impressed with all the students' participation.

This partnership will continue in 2020 aiming to upskill students and to promote the next generation of referees. The NRL referee course allows students to volunteer referee at primary school events and also the opportunity of being employed on weekends for community sport.

## Principal Report

Welcome to Week 8.

Well the school year is almost over and plans are well underway for Presentation Day next Friday 13th December. We still have a lot more to do but I would like to thank my executive and office staff for the huge efforts already in preparations. The attention to detail and commitment to the student's awards is to be commended. I will be attending the Murrumburrah Public School Presentation night along with our School Captains, Max and Abbey. Due to the clash of dates I am unable to attend all the events I have been invited to so my Head Teachers and Deputy are representing the school at other functions. It is a busy but very rewarding time of year. I love to see how well the students have done and see their faces as they get awarded.

Last week Luke Cotter and myself travelled to Bathurst for a training day with Lego robotics. It was a very informative day and Luke and I learnt many new skills. We are planning on next year's Year 7 forming a small competition team to compete in the Lego robotics event at Bathurst in late Term 2. Luke and I will inform the students next year of the details but it looks very exciting. The photo shows Luke testing out his robotic creations. Let's just say that all our robots did not all do exactly as they should have.



Last week Luke and I also travelled to the Proud and Deadly Awards at Young North Public School with a bus load of our students. The photo above shows just one group of the many awards that our students received. Thank you to Mr Cotter and Ms Hyland for organising our side of this event in conjunction with our local AECG.

Finally for this newsletter I would like to acknowledge the work of Courtney O'Keeffe and Jan Young. This week a business thank you breakfast was organised by these two ladies to thank some of our local businesses for the support they have offered the school and our students this year. It was also a great opportunity to introduce them to the various support networks we can offer them for apprenticeships/traineeships, work opportunities, work placement and work experience. A lovely breakfast was prepared by our friends at The Barnes Store and we would like to thank them for their efforts also in supporting our local students. I think we will be planning for a regular get together to keep the connections going strong. Thank you for all the businesses that joined us for breakfast.

*Mr Dale Rands*  
*Principal*

### CONGRATULATIONS!!

Congratulations to the students who achieved their;  
**Purple Level Certificates:** Jasmin Morton and Brandon Ryan  
**Blue Level Certificates:** Seanna New and Skye Wilson



## Business Breakfast

This week the school held a 'Business Breakfast' to thank those organisations who work closely with our students and school.

Karen Kemp: The Light Horse Hotel, Kirsty Kemp: Garangula, Rebecca Wade: Prestige Beauty, Jackie Ceeney: IGA, Graham Martin-Dye: Delta Ag joined Dale Rands, Jan Young, Charlie Colclough: Senior Pathways Officer and Courtney O'Keeffe for the breakfast at The Barnes Store.

We spoke about SBAT apprenticeships, traineeships, work experience and work placement. We also spoke about how we as a school can work better together with the businesses in our local community for the students at our school.

Thank you to those who attended and we look forward to meeting with more businesses in our local community in the new year.



## PROUD AND DEADLY AWARDS

On Friday the 22nd of November some of our Indigenous students as well as Mr Rands and Mr Cotter went to Young Public School to attend the Proud and Deadly awards, celebrating Aboriginal achievement. During the presentation ceremony we were entertained by a display of traditional Aboriginal dancing from some students of Young Public. After we received our awards we were treated to a BBQ, slices, drinks and got to talk to students from other schools. The day was nicely rounded off with a quick stop at Maccas and then a bus washing demonstration by Mr Rands and his capable helpers John and Ty. A great day was had by all.

**John Drew & Vanessa Stone**



## HSIE

### Ancient Poo Making

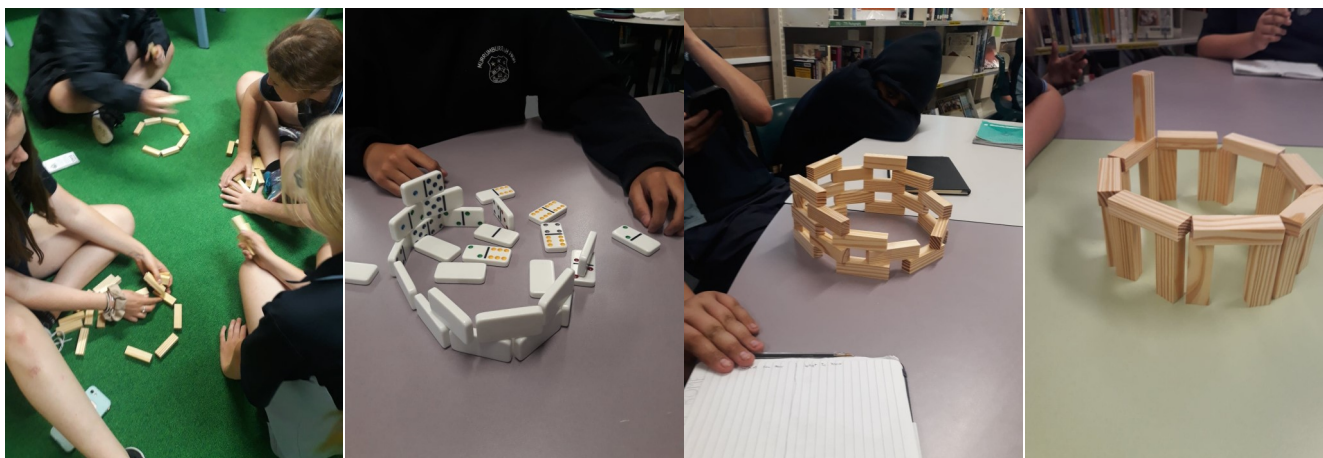
Stage 4 students studied the importance of Poo to help understand how past people lived. Students made poos from the following eras - Vikings, Teutons and Romans.

Year 6 for orientation then got to 'excavate' the remains from the poos to determine what era they were from. Very fun and messy!



### Colosseum Construction

Stage 4 were experimenting recreating the structure of the Colosseum using Jenga blocks and dominoes. They are currently undertaking a Minecraft building challenge where they digitally need to reconstruct a famous Roman building/structure.



## LEAP

This week, the LEAP Group had a visit from Kathryn Holland from Hilltops Council.

Kathryn spoke to the group about apprenticeships and traineeships and all of the other job opportunities that the students might be able to look into at council.






# The Book Nook

## 14 Ways READING IMPROVES Your Mind and Body


### Strengthens the Brain

**1**




Reading brings existing neural pathways in the brain to life.

**2**




Reading complex poetry in particular helps the brain remain elastic and active.

**3**



Frequent brain exercises, like reading, decreases mental decline for the elderly by 32%.

**4**



When you read a book you have to remember a lot of things, including the different characters, and also the main plot and any subplots throughout the story.

**Study**

Participants read thirty pages of a book the night before and then had an MRI of their brains the next morning. Results showed there was a heightened connectivity in the left temporal cortex. This is the area of the brain that's associated with language and intelligence.

**The result**

Even though the participants weren't reading the novel in the MRI machine, their brains were still retaining a heightened connectivity as if they were. This means the brain is like a muscle, and by exercising this muscle, people can improve their brain power.

### Improves Your Health

**5**

A study showed that depressed patients in the mental health ward showed positive improvement when they were read stories aloud. They reported feeling better and more positive about things.

**6**

In the case of depression, self-help books are the best type because people with severe depression benefit greater from a low-intensity intervention. Self-help books fit into this category, so not only does reading them help patients with depression, but the topic also adds a benefit.

**7**

Researchers have demonstrated that reading can reduce stress by around 68%.

**8**


Elderly patients who regularly played mentally challenging games or read books were two and a half times less likely to develop Alzheimer's.

**9**

Creating a bedtime ritual, like reading before bed, signals to your body that it's time to wind down and go to sleep. However, this only applies to real books as screens like e-readers and tablets can actually keep you awake longer and hurt your sleep.


### Children's Brains

**10**




Children who read are better able to grasp abstract concepts, apply logic in various scenarios, recognize cause and effect, and utilize good judgment.

**11**



Numerous studies have shown that students who are exposed to reading before preschool are more likely to do well in all facets of formal education.

**12**



A children's book exposes your child to 50% more words than watching a television show.

### Reading Helps in Real Life

**13**

Researchers have discovered that those who read about characters doing something are more likely actually to do that activity in real life. This means that you're more motivated to ask your employer for a raise, or complete that bucket list you've meant to get to.

**14**

Identifying with characters in a book also helps you experience the type of real-life relationship you would experience with a real person, which means you identify with people who are shy if you read about a shy character.

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**EXPERT**  
EDITOR

<https://experteditor.com.au/blog/brain-books-benefits-reading/>

## TAS Engineering



## Music

Stage 4 music classes have just completed their performance assessments which included percussion, keyboards, a rock band, ukulele and vocal items. Some groups even composed their own music and it was fantastic to see the students performing for their peers.



## Science

Stage 5 Science students examining microorganisms and dissecting sheep pluck.





## Art Room

Stage 4 have been working on impressionism and post impressionism painting techniques. They have been experimenting with various broken colour techniques, studying the work of artists including Grace Cossington-Smith, Claude Monet and Paul Cezanne.

Stage 5 have been exploring ceramics, expressing ideas within a 3D form. Students have been working on ceramic bust sculptures and researching art works with a social impact.

***Regards, Kate van Leeuwen and Robin Winterflood***

### Stage 4 Impressionism



### Stage 5 Ceramics





## *Community Access Excursion*

On Wednesday Mrs Middleton drove Peta, Jayda and Hayley to Murrumburrah where they met up with Mrs McCarthy and Mrs Allen.

Our first stop was to the Barnes Stores for morning tea, when we left there we went to the Witchcraft to show the girls all the beautiful local craft work. Then we walked down to see the Bronze Statue of "Bill the Bastard". After that we then walked to the Information centre.

Lastly a wonderful tour of the Museum. The girls found the museum very interesting and would like to visit there again.

We returned to school to be given a beautiful, refreshing packed picnic lunch from Kirsty at the canteen, we then walked to Newson Park for a picnic lunch and played on the equipment. On our way back to school we all enjoyed an ice cream.

A fun day was had by all.



## *Around the School*





## Murrumburrah High School - Term 4, 2019

| December |    | Monday | Tuesday | Wednesday               | Thursday                   | Friday                                  | Sat | Sun |
|----------|----|--------|---------|-------------------------|----------------------------|-----------------------------------------|-----|-----|
|          | 9  | 9      | 10      | 11                      | 12                         | 13<br>Presentation Day<br>Reports Ready | 14  | 15  |
|          | 10 | 16     | 17      | 18<br>Students last day | 19<br>Newsletter available | 20                                      | 21  | 22  |

### Presentation Day Friday 13th December @ 2pm



### THE AUSTRALIAN ARMY CADETS - RECRUITING NOW!

The Australian Army Cadets (AAC) is a youth development organisation sponsored by the Australian Defence Force, dedicated to providing opportunities for all young Australian to obtain comprehensive personal challenges, experiences and growth. Enhanced self-esteem and self-discipline and adventurous enjoyment in a military setting. Cadets need to commit for an initial 12 months period to complete the basic skills sets.

Learn skills such as:

- Navigation, Fieldcraft and camping
- Communications & First Aid
- Safe Weapon Handling
- Robotics and Drones
- Leadership & Personnel Management
- Adventure Training and Military History

Make new friends, learn about the Australian Army and have fun!

**Age:** Must be turning 13 in 2020

**Time:** 6pm to 9pm

**Phone:** 0429 693 095

For more information please phone Major (AAC) Jacqui Vincent on 0429 693 095

**Day:** Monday Evenings

**Where:** Cootamundra Army Drill Hall

**Web:** [www.armycadets.gov.au/how-to-join](http://www.armycadets.gov.au/how-to-join)

## Financial Assistance for Young People 2020

### Education is the key!

Wanting support in chasing your educational dreams?

**Are you aged 16 – 21 years?**

The Harden District Education Foundation is here to help!

If you are applying to undertake a

**Traineeship, Apprenticeship, University or TAFE Course**  
in **2020**, apply now for financial assistance.

### Financial Assistance Selection Criteria:

- residence or education in the former Harden Shire
- willingness and ability to apply independently
- ability to demonstrate a need for financial assistance
- willingness and ability to attend an interview with HDEF members
- evidence/documentation to support application
- a general understanding of the HDEF
- community spirit

### We can help you with:

- course fees
- enrolment fees
- kits and tools
- uniform/Footwear
- accommodation
- equipment (eg. computer)
- textbooks

### APPLY NOW!

Any enquiries please contact:

Mrs Lyn Douglass

HDEF Bursary Convenor

0412 157 008



**Applications Close January 31, 2020**

**HARDEN DISTRICT EDUCATION FOUNDATION**

*Improving the educational and career prospects of the younger members of the former Harden Shire by providing financial assistance, encouragement and support.*



# MURRUMBURRAH HIGH SCHOOL

**PRINCIPAL:**  
**MR DALE RANDS**

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## Character Traits

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

SMART  
COMPASSIONATE  
RESPONSIBILITY  
SWEET  
LOYAL  
THINK  
THOUGHTFUL  
COOPERATIVE  
CARING  
FORGIVE  
MEAN  
FAIRNESS  
KIND  
PROACTIVE  
RESPECT  
PATIENCE  
TRAIT  
WISE  
GENTLE  
BRAVE

### 5 Easy Steps to Staying Informed SkoolBag

#### 1. Download SkoolBag

Search Skooling in the Apple App or Google Play Store, download the FREE app.

Skooling: School Communication

#### 2. Create an Account

Follow the prompts to create your account in seconds.

#### 3. Add your School

Type your school's name and press enter. Tap the plus icon to add.

#### 4. Allow Notifications

Ensure you Allow Skooling to send you push notifications when prompted.

#### 5. Subscribe to Groups

Select Your Groups / Sports Teams to appear in your feed.

SkoolBag

## Important Dates

**Students last day of Term 4**  
***Wednesday 18th December 2019***

**Term 1, 2020 students return**  
***Wednesday 29 January 2020***



**MHS**  
**Uniform Stockist**  
Neil Street, Harden

<https://murrumburr-h.schools.nsw.gov.au/>