



Mulwaree News

40 McDermott Drive, Goulburn. Ph: 02 4821 4499 Email: mulwaree-h.school@det.nsw.edu.au

Endeavour to Achieve

The next meeting of the P&C will be on Thursday 24th October 2013 7:30-9:15pm sharp in the Staff Common Room. Agenda items for P&C can be emailed to: mulwaree-h.school@det.nsw.edu.au two weeks before the meeting for inclusion on the agenda.

Rising Stars

Last Friday the 15 years Girls basketball team travelled to Bomaderry to compete in the South Coast Final 8 series. Game one for the girls pitted them against a very tall Figtree side which boasted a current NSW representative. The girls played at a frantic pace during the first quarter, running fast breaks at every opportunity. During the second quarter we had settled into the game more, this time using set plays to our advantage. Unfortunately, we lost one of our star players during the 3rd quarter to foul trouble, which left us with only 5. Not long after another



was fouled out, leaving us to play the rest of the game in a zone defence with only 4 on the court. The girls played valiantly, however Figtree over ran us in the 4th quarter. We went down 37-23. It was a great game to watch.

Our second round game saw us tackle the home side, Nowra. This time we didn't look back and to our credit we played extremely hard throughout the whole game. We ran out convincing winners by 40 plus points.

A special thankyou goes to the parents who transported the girls to and from the venue and of course who provided us with moral support, and also to Mrs Baulman who scored for us during the day.

Mrs McClelland



Thank You and Farewell From GPS

Bronagh, one of our Year 12 students, has been going to Goulburn Public School on Thursdays as part of the MAP Program.

In Term 1 she helped Mrs Prevedello with Kindergarten Playgroup running activities such as Bubble Blowing and Spray Painting. All year she has worked with Mrs Prevedello and Mrs Robertson in KR. Goulburn Public School thanked Bronagh and wished her all the best for her HSC and whatever she chooses to do in the future.

Mrs Lloyd, Principal of Goulburn Public School, is pictured here saying farewell and thank you to Bronagh Hallam.





Goss From The Boss

Term 4 brings many events and programs for our students. Our Junior years will be doing exams in Week 5 and this means reports will be available by the end of term. I'm sure that all of our students will reap the rewards of their study, in one way or another.

Next Wednesday our Year 7 students for 2014 will be sitting for their placement tests. This is only one part of how the classes for next year are determined but it is vital. Wednesday evening is our Year 6 students and parents evening from 6pm. This gives everyone a chance to see the school.

Parents of Year 7 and Year 9 will be receiving their children's NAPLAN results in the mail in the coming week. Whilst these results help us to identify trends in strengths and weaknesses, they are really only a snapshot of literacy and numeracy on one day. These results do not define a school. Mulwaree High School is comprehensive in what is provided for our students. Academic pursuits, performing arts, sport and student support are all programs provided. NAPLAN, whilst important, is only a small part of your child's education. Please don't hesitate to contact the school if you have any concerns.

Our new school leaders have now 'taken over' their new roles. I have no doubts that they will be a very proactive and engaged leadership group and I am looking forward to working with them over the coming year.

The Year 11 Navigation Program began yesterday. This is a student support program that has been developed to help our Seniors navigate their way through their HSC year and focuses on resilience, time management, study skills, the importance of exercise, career opportunities and work on STAR. This weekly program will be complimented with a mentor system to support their learning.

Finally, over this term I will give out information regarding the change of period lengths for 2014. We will have 5 x 60 minute periods and this will help to reduce split classes. The main thing to know is that the school times remain unchanged with the exception of one day in the fortnight. An information sheet will be developed and sent out in the newsletter later in this term.

Mr Purcell
Principal

Please return the perpetual trophies and shields to the front office as a matter of urgency.

WARNING: Please do not park in the bus bay and 'No Parking' area when picking up students.

Important Calendar Dates

22/10 Tues Year 10/11 Art/Music Excursion to ANU
23/10 Wed Year 6 Orientation
30/10 Wed Mulwaree Rocks
1/11 - 8/11 Years 7 - 10 Exams
13/11 Wed Year 8 ESSA Tests
13/11 Wed Year 11 Ancient History Excursion to Sydney Uni
14/11 Thurs Year 12 Formal
5/12 Thurs Endeavour Awards Excursion to Jamberoo
9/12 Mon Semester 2 Assembly
10/12 Tues Presentation Night 7pm
18/12 Wed Students last day for 2013
19/12-20/12 Staff Development Days

Sports Shirts for Embroidering

Years 7-10 End of Week 3 Term 4

Shirts must be washed and named with a list of sport/dance representation.

Bring something else appropriate to wear for sport and PE other than your white MHS shirt.

P & C very generously pay for the embroidery on sports shirts and we thank them for their continuing support.



Not In Vein

Mulwaree students can donate blood during sport on a Thursday. You must be 16 years or over. Please see Mrs Christoff in the PE staffroom for a permission note.

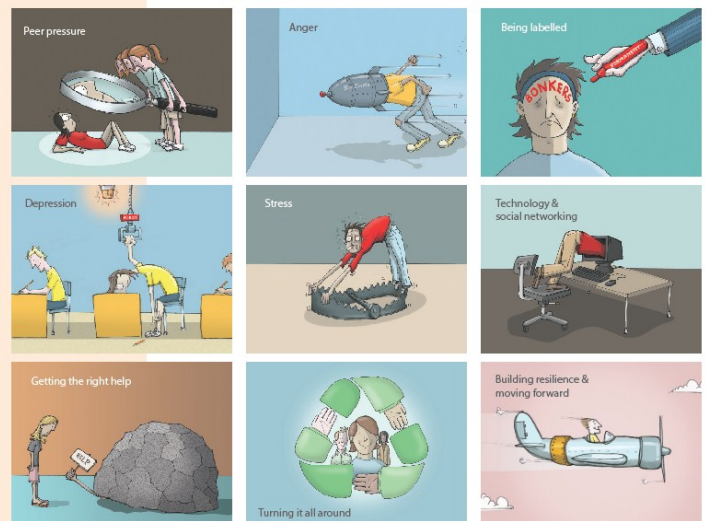


INSIGHT



BLACK DOG INSTITUTE

Delivered by a Black Dog Institute presenter who has a personal experience of a mood disorder or of caring for a loved one, INSIGHT is a 50 minute presentation on mental health developed by the Black Dog Institute specifically for teenagers. It covers what happens if we lose our mental health, how we can get it back again and it explains exactly what resilience is. This presentation is made up from engaging and often humorous illustrations by best selling author Matthew Johnstone. This presentation offers hope, wellbeing strategies, help seeking avenues while dispelling stigma.



Where: Mulwaree High School
When: Tuesday 22 October 2013
Year 10 Period 3
Year 9 Period 4

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.
www.blackdoginstitute.org.au



Attention Learner Drivers and Supervisors!

FREE WORKSHOP WEDNESDAY 6th NOVEMBER

The *Helping Learner Drivers Become Safer Drivers* workshops for supervisors, held in Goulburn, aims to provide advice about:

- Confidently and effectively supervising learner drivers.
- Understanding new laws for Learners and driver log books

LOG BOOK RUN SUNDAY 10th NOVEMBER 11AM

The logbook runs follows a route around Goulburn that includes a wide range of driving conditions and tasks ending up at the Police Driver Training Centre for further tips on safe driving. (Must have a minimum of 30hrs up)

The Rotary Club of Goulburn will marshal the logbook run, provide a free BBQ and offer feedback on drivers practice needs.

Bookings are essential – for information or to register contact Council's Road Safety Officer on 4823 4510 or email tracey.norberg@goulburn.nsw.gov.au

Indoor Soccer

If you are interested in joining an indoor soccer competition please contact Gary at Tully Park Indoor Centre on 0403 812 819 to see if a competition is viable.

Will you celebrate World Girls Day on Nov 14th?

Thousands of Australian school girls already celebrate with ideas and resources from the World Girls' Day kit. Many schools celebrate World Girls' Day on November 14.

Resources for parents and teachers @ www.shelleycanon.com

Are you on the girls' empowerment list?

Hundreds of Australian schools have invested in the development of girls at their school.

They have purchased the **World Girls' Day kit** or the **Girls Empowerment Program**, the **Girls Self-esteem & Confidence Kit** and **Raising Girls with a Positive Body Image**.

To view more information and YouTube video previews of these resources visit <http://www.askunclemike.com/girls-only.html>

Centre for Leadership in Education

ABN 39 929 256 117

PO Box 4113 Mosman NSW 2088

Aussie Goulburn Supporting Kids

For every settled loan we donate \$50-\$100 to the ASK fund

For a free appointment give Jeff or Matt a call at:

Aussie Goulburn
126A Auburn Street, Goulburn, NSW 2580
Tel: 02 4821 1540 Fax: 02 4821 1546
aussie.com.au/goulburn

It's Smart to Ask

Experience Life As A French Teenager with WEP

From Jonathon in France:

My summer holidays have started really well and I seem to be getting a lot into them. I think that today must be one of the first days I have had to just be around the house. The school year rounded out nicely with some great memories including the school ball which was a great event with all my friends and I from school dressed up and having a good time to enjoy freedom one last time before they had to study for the Baccalaureate. The teachers were very pleased with how I was progressing and although my marks are not officially counted in the system I think that the school side of the program is going well.

I've had the chance to do some really interesting things and see some wonderful places with my host family and friends and just yesterday I saw for the first time Le Mont Saint Michel which is exactly as incredible as it is acclaimed to be. I've been able to be a bit more autonomous as the time has passed and especially now that it is light until nearly 11 and the weather is warm enough to allow me to ride or walk to friends houses nearby or to the local towns.

So basically the point is that my exchange is still going very well and it's incredible how fast the first six months have already passed, it doesn't at all feel like such a long time.

Find Out More!

WEP's not-for-profit student exchange programs give secondary students the opportunity to choose from over 20 countries to live and study for a summer, semester or even a year. Our programs are designed to fit into the academic schedule to complement your secondary studies with an international exchange experience!

Request Information

If you would like to go overseas or invite an exchange student into your family, simply request a FREE information pack, including our brochure, fee sheet and FREE application form:

- visit www.wep.org.au
- email info@wep.org.au
- call 1300 884 733



Rep Rap

This weeks interrogations/interviews

Meet The Teacher



Mr Jeremy McMahon

What subjects can you teach?

Mathematics and History.

What was your first job?

Working at Hungry Jacks, Marulan.

What is your favourite food?

Nachos (vegan).

What is the furthest place you have travelled to?

Singapore/Fiji/Thailand.

What did you want to be when you were younger?

Doctor.

Why did you become a teacher?

I didn't like sick people.

Who do you most admire and why?

Peter Singer as he has a lot of moral courage.

Meet The Student



**Keely Brassel
School Captain
2013/2014**

What was your first job?

Bakers Delight.

What is your favourite food?

Anything pasta.

What are your favourite subjects?

Hospo or Ancient History.

What do you want to be when you leave school?

I would like to be a high school teacher or school councillor and Australia's next Masterchef.

What is the furthest place you have travelled to?

Queensland

Who do you admire most and why?

Nigella Lawson, Donna Hay and Adriano Zumbo for their food feats and my Mum for everything she does for me.

Health Awareness Calendar

October	
Month	Foot Health Month
Month	Girls Night In - Cancer Council Australia
Month	Lupus Awareness Month
25th	National Bandana Day - CanTeen
26th	Butterflies For Babies Day - Pregnancy Loss Aust
27th-28th	Babies Day Out - Aust Breastfeeding Assoc
28th	Pink Ribbon Day - Cancer Council Australia
28th	Blue Knot Day - Adults Surviving Child Abuse
November	
Month	MOvember
Month	Lung Awareness Month
Month	Premature Awareness Month
10th - 16th	Spinal Injuries Awareness Week
10th - 16th	National Psychology Week
12th	Thank You NICU Day - Miracle Babies Foundation
14th	World Diabetes Day
17th	World Prematurity Day
18th - 24th	National Cervical Cancer Awareness Week

Rep Rap Report

Over the holidays, the SRC had two water refill stations installed. The money was raised by doing the Adidas fun run last year. Please treat them with respect and don't abuse this privilege. If you have any ideas for the school, please feel free to talk to your year representative.

Secret Spot!

Do you know where this week's secret spot is? Don't forget to place your entry into the box in D7 for your chance to win a \$10 voucher at the canteen.

