



PRINCIPAL'S REPORT

The last two weeks have seen our Year 12 students fully engaged in their Trial HSC examinations. It is pleasing to see how far these students have progressed in their time at Murray High School. Some of the practical subjects have already been submitted for marking, allowing students to focus on their preparations for their forthcoming HSC exams. It is timely to remind all parents of the availability of the Library, Monday through to Thursday after school, for students. This is a supervised space where students of all years can focus on assessment tasks, homework or to study for upcoming exams.

Congratulations must go to the students who entered works in the inaugural Director's Acquisitive Art Prize. There were several categories and the winning piece has been purchased as part of a permanent collection. Three Murray High School students made the finals and their works have been on display at the Albury Education Offices. These students were Manu Masaudi, Sophie Collins and Regan Buchanan.

Recently we had a visit from one of Murray High School's Hall of Fame ex-students. Lauren Jackson visited the school as a part of the filming of a documentary for Fox Sports. Lauren had many positive reminiscences of her time at Murray High. She even identified one of her best memories as being a part of the of the Murray High School senior basketball 'Dream Team' of 1996, which went on to be NSW CHS Champions.



A quick note to thank Mrs Edgar for the outstanding work that she is doing with facilitating future career pathways for MHS students. Three of our HSC students have already been offered places in the new Diploma of Sports Management Program through the Richmond Institute of Sport. Whilst it is early days in terms of whether they will accept the positions, it is gratifying to know that they have many options on the table for their future. I encourage all parents to advise their children to make contact with Mrs Edgar to seek out current information on career pathways. The changing nature of the current workforce means that there are opportunities arising all the time which Mrs Edgar can assist students to access.

Murray High School – a member of the Durakar Learning Communities

These opportunities might include accelerated pathways, online options through TAFE, traditional apprenticeships or even school-based apprenticeships and traineeships.

Parent-Teacher evenings will be held on Thursday the 30th of August and Tuesday the 4th of September. This is an ideal opportunity for parents to discuss the achievements of your children and to raise any concerns you may have with their progress.

I also acknowledge the nine students who have been selected to represent the Riverina at the CHS Athletics Championships to be held in early September at Olympic Park. Good luck to these students who deserve the success that their hard work and dedication has brought.



MICHAEL BRIGDEN
PRINCIPAL

DEPUTIES' REPORT

Communication between parents

From time to time students may stay at a friend's home overnight. Unfortunately, on occasion a parent may not be aware of the arrangement, and are quite concerned when their child does not arrive home. We encourage all parents that if a friend of your child is staying over, please contact their parents to ensure that everyone is aware of the situation.

Food Choices

Murray High School is a healthy choices canteen school. This acknowledges the importance of healthy nutrition for all children, and also acknowledges that some foods can have a detrimental effect on students' health and learning. For that reason, high caffeine or sugar drinks and lollies or junk food are not to be brought into the school. These will be taken off students. If you are aware that your child purchases these items on their way to school, please talk to them to ensure that they do not do so in future. Each morning all students are to enter the school directly and stay within the school grounds. Bus travellers must enter the school grounds upon exiting the bus.

Exams

Congratulations to Year 12 who have completed their Trial Exams. Now the real work begins in preparing for the HSC exams next term.

Year 11 should start organising themselves for the Preliminary exams that start on Monday, September 10.

Year 12 Attendance Policy Reminder

This is a reminder of the Year 12 Attendance Policy. A copy of this has been published in previous newsletters and can also be found in the 2017-2018 Year 12 Assessment Booklet.

The school acknowledges the crucial importance of attending lessons in maximising student achievement in the Higher School Certificate. In order to emphasise the importance of attendance as a basic responsibility of students, the school has a minimum attendance requirement of eighty percent (80%) for Year 12 students to be given the privilege of attending the school's Year 12 Formal.

The cut-off of eighty percent attendance applies to unexplained absences. Absences which are explained, such as school excursions and school representative sport will not count as unexplained absences. Absences for which medical certificates have been supplied specifically stating the relevant dates also will not count as unexplained absences.

The cut-off date by which the minimum requirement of 80% attendance will be assessed is the Monday, 10th of September (Week 8, Term 3).

If a Year 12 student has purchased a Year 12 Formal ticket, but is not permitted to attend because their attendance is below eighty percent, they will be entitled to a refund for the price of their ticket on application to the school.

The person with responsibility for this Year 12 Attendance Policy will be the Deputy Principal responsible for Year 12, Mr Daryl Brownlaw.

NATARSHA NICOL, DARYL BROWNLAW & GUY LEWIS

IMPORTANT DATES TO REMEMBER



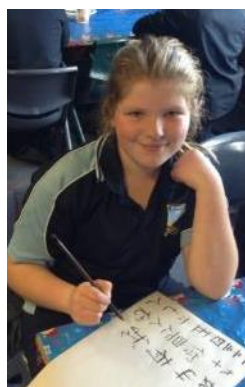
DATE	EVENT
29/8/2018	Rugby 7s – Wagga Wagga
30/8/2018	Parent Teacher Interview 5.00pm - 7.00pm MHS Hall Who Am I? – Drama excursion
31/8/2018	Footy Colours Day
3/9/2018	Yr 10 Science VALID Testing HSC Artworks due
4/9/2018	Yr 12 Advanced and Standard English Study Day Parent Teacher Interviews 5.00pm – 7.00pm MHS Hall
6/9/2018	2019 School Captains voting - VRG
7/9/2018	Ag Vision Careers Day Excursion WAM - (Write Around the Murray)
10/9/2018 – 14/9/2018	Yr 11 Yearly Exams
12/9/2018	St John's First Aid
13/9/2018	Yr 12 Advanced English Study Day (am) School Visits 6 to 7 (Lavington Public School)
17/9/2011-28/9/2018	Yr 11 VET Work Placement (2Wks)
17/9/2018	Bell Shakespeare Performance MHS Hall
20/09/2018	Durakar Sports Day



Chinese Corner



Term 3 has seen Year 7 Chinese language students focusing on reading and writing characters. Students have been writing using stroke order to build muscle memory in combination with Look, Cover, Write/ Say, Check in order to memorise 18 characters. Many of the students have already reached this target and are ready for the next list of characters. We have been practising using a range of in-class activities, including the art of calligraphy. There is display of student work up in Room 9 highlighting their magnificent first efforts.



Marianna Valeri
Chinese Teacher



Personal Achievement Assembly



Personal Achievement Program

Murray High School is proud of our diverse student population and the various talents and skills they bring to our school community. Personal Achievement Assemblies are celebrated at our school during Semester One and Semester Two each year. These celebrations recognise the achievements students have had in a variety of areas throughout the school. MHS gives students many opportunities and encourages them to reach their full potential in the following areas: Academic, Cultural, School Service, Community Service and Sport.

ACADEMIC



SCHOOL SERVICE



COMMUNITY SERVICE



SPORT

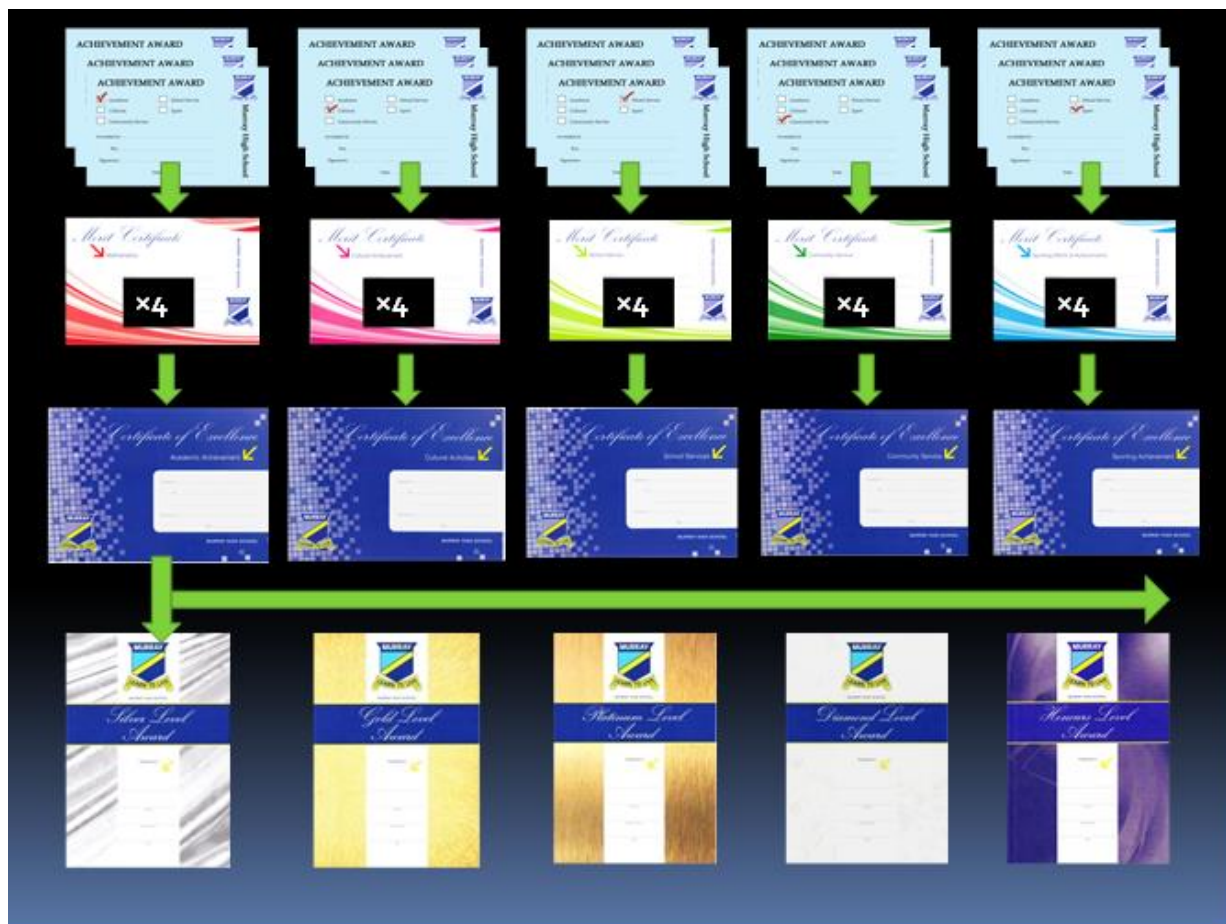




PERSONAL ACHIEVEMENT AWARD STRUCTURE

Students are encouraged to submit their blue achievement awards to their Year Advisor so they can get the recognition they deserve and be eligible for the numerous leadership opportunities presented to them during their secondary education.

The diagram below illustrates the award structure for students to follow in order for them to progress through the levels of Silver, Gold, Platinum, Diamond and Honours.



What's happening in Agriculture?



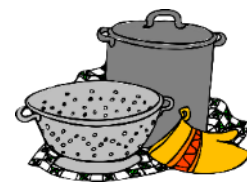
Our two new Friesian calves have settled into life at MHS and have been enjoying the regular feeds, leading practice and romps around the paddock in the sun. Year 9/10 Agriculture, assisted by Year 8 Paddock to Plate have been enjoying the challenge and responsibility feeding and looking after them. The calves have been lent to us by Brendan Glass as part of the 'Cows Create Careers' program, with students already being informed about careers in the Dairy Industry and invited to visit Brendan's dairy farm later in the term.

Elsewhere in Agriculture and Paddock to Plate, students have been planting trees, setting up fertilizer trials and cooking up some of the winter vegetables and herbs that we have been growing in the Ag Plot.



Mr M Woodman
Agriculture Teacher

Yr 8 Paddock to Plate Cooking Up a Storm



It was a cold day outside on Tuesday, but it was hot in the kitchen as 8 PTP cooked up a beautiful hot Dhal Curry using Silverbeet, Spinach, Garlic and Herbs, all grown by the students. I would like to thank every student for their enthusiasm and willingness to try new flavours. You are awesome students.



Mr Woodman
Paddock to Plate Teacher



The Director's Acquisitive Art Prize



The Director's Acquisitive Art Prize exhibition was opened by Dr. Brad Russell on the 15th August at the Albury Education Office. It is an exhibition aiming to showcase excellence in the Visual Arts across six local Public High Schools including Murray HS, Billabong HS, Albury HS, Corowa HS, James Fallon HS, and Tumbarumba HS. The winners of four categories were announced, with each recipient receiving a certificate of excellence and \$500 prize money.

All works will be on display for 12 months at the Albury Education Office.



Congratulations to Regan Buchanan, Sophie Collins and Manu Masudi (Gracia Masudi accepted his certificate as Manu was unable to attend) for having their artworks selected for the exhibition. Well done also to the following students: Choe Schilg, Megan Partington, Somma Harris, Gemma Blackhall, Sostika Rai, Makayla Saunders and Brianna Iglupas, who all received awards for their participation



ADDITIONAL SUPPORT FOR STUDENTS COMPLETING THE PRELIMINARY AND HSC COURSES.

Students undertaking the Preliminary and Higher School Certificate are able to be given some additional support and provisions that could assist them in completing exams and assessment tasks to the very best of their ability. The Board of Studies encourages eligible students to make use of this support during their preliminary course so that when the HSC examinations begin they are familiar with the process and are given every opportunity to show the Board of Studies what they know.

There is a range of provisions that can be allocated to a student based on learning, medical, vision or hearing difficulties. An application is lodged by the school, on behalf of the student, for these provisions from term 4, the year before their HSC. We are able to provide provisions at a school level from Year 11 onwards. These provisions will be provided for all school based assessment tasks and examinations.

Many students that are eligible for provisions maybe known to staff, but other students are encouraged to ask if they think they meet the criteria on the list attached. Students are to see Mrs McNamara if they think they may be eligible and would like to access these provisions. Parents are welcome to contact Mrs McNamara or Ms Glass on 60254711 if they have any questions.

Murray High School and the Board of Studies support students in doing their best in their Preliminary and HSC years and will offer as much support as they are eligible for.

Are you a school leaver needing help with the NDIS?

- » Need help with gaining a job or going on to further education?
- » Would you like to be more active in the community, socialise and make new friends?
- » Would you like to learn to be more independant? Meal planning, cooking, budgeting, learning to use public transport or gaining your licence?
- » Want to focus on preparing for working life with School Leavers Employment Supports (SLES)?

As a registered NDIS provider, we can help you to achieve your goals



02 6025 1249
www.jobcentreaustralia.com.au



HEADLICE

The facts

- head lice are one of the most commonly reported health complaints from parents and teachers
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via direct contact with the hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

Treatment

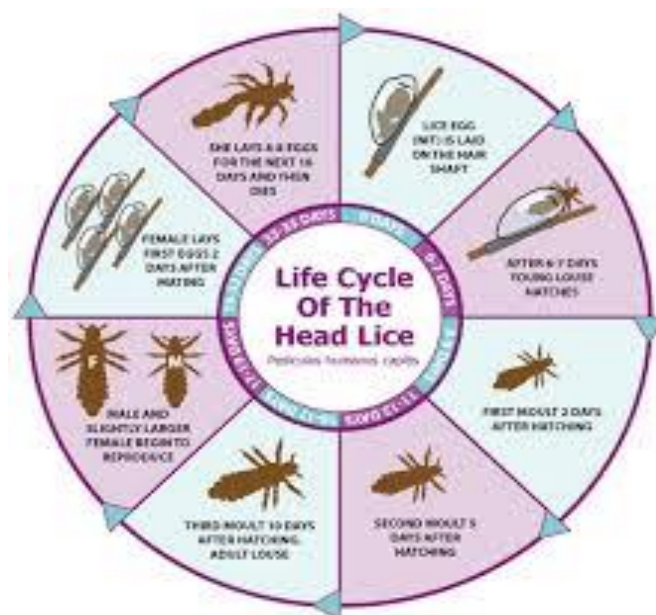
There are two main treatment options to remove head lice:

Mechanical removal or 'comb and conditioner' method

What you need for this method:

- Normal comb to detangle hair prior to using metal lice comb
- Fine toothed metal lice comb (available from your local chemist or online)
- Conditioner - buy a cheap brand as you will be needing a lot of it, and preferably one that is white to make spotting the lice easier
- White paper towel

Mechanical removal involves applying conditioner to dry hair. Cover all of the hair with conditioner, detangle hair with normal comb and separate into sections. Then, using a fine long toothed metal lice comb, comb through the hair in sections. The conditioner does not kill lice but stuns them for about 20 minutes enabling easier removal. The long toothed metal comb will remove nits and the stunned head lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be done every second or third day until no nits and lice remain, usually about 7 to 10 days. Please see the explanation below for more detailed guidance.



This method is the preferred way to detect and treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also presents a low risk of skin irritation.

This method also helps manage head lice before they become established on the head. Simply keep a good head lice comb in the shower and every time your family washes their hair use the fine comb through the hair. This will ensure lice are "caught" before they lay too many eggs. Your children are old enough to wash their own hair so encourage them to use the comb themselves. Or keep a comb handy to where you wash your children's hair and use it every shampoo.

Chemical removal

What you need for this method:

- Normal comb to detangle hair prior to using metal lice comb
- Chemical treatment containing synthetic or natural insecticides that kill head lice (talk to your local pharmacist to identify the treatments containing insecticides)
- Fine toothed metal lice comb (available from your local chemist or online)
- White paper towel

Before you choose a treatment for head lice, consider the following:

- Registered chemical treatments that contain insecticides to kill lice are usually safe, but excessive use of other substances, such as home remedies and other insecticides, can cause irritation. Speak to your local pharmacist to identify the registered treatments that are safe for you and your child.
- Always read the product label before applying and use as directed.
- Natural products like tea tree oil are not recommended. If you don't want to use chemical treatment, use the mechanical removal described above.
- Do not use methylated spirits or kerosene on your child's head.
- Avoid treating babies with chemical treatment.
- Avoid chemical treatment on any scalp that is irritated or inflamed.
- Protect children's eyes when treating with any product.
- There is no preventative treatment available for head lice. Treating the whole family with chemical treatment as a precaution contributes to head lice becoming resistant to the products used.

NSW Health does not recommend excluding children with head lice from school due to the following reasons:

- Head lice are not known to transmit diseases.
- Exclusion from school or childcare is not an effective way of breaking the cycle of head lice infestations.

Sport Report



School Sport

The DET requirements related to mandatory weekly participation in sport and physical activity for schools and their students. Students in Years K-10 must participate in a minimum of 150 minutes of planned moderate with some vigorous physical activity across the school week. This time includes planned weekly sport.

MHS policy states that students must attend sport. If students are sick or injured, they can attend non-sport where they are able to complete homework or other school related tasks. There are also options for students to assist as officials and referees at their sport so that they are engaging with the sport program.

Riverina Athletics

Thirty-Six Murray High students competed at the Riverina Athletics Carnival, which was held on Friday 3rd August at Alexandra Park.

All students put in their best effort in chilly and wet conditions and are to be applauded on their efforts and resilience!

Congratulations to the following students who have qualified to represent the Riverina at the NSW CHS Athletics Carnival in Sydney in Week 7:

Sebastian Berkhout, Hamali Binding, Tom Findley, Hannah Jackson, Justin Mercieca, April Owen, Audrey Smith, Zoe Thomson, Solomon Tuau, Oakley Churches, Tully Middleton, Jackson Chomatek and Matthew Osmond.



NSW CHS Cross Country

Congratulations to the following students who travelled to Sydney to compete in the NSW All School Cross Country Carnival on Friday 27th July. These students were competing against the top 100 Cross Country competitors in NSW across Department, Independent and Catholic Schools. This is an outstanding effort by all and a wonderful school experience to treasure. Congratulations to the following students: Bailey Parnell, Hannah Jackson, Hamali Binding, Grace Hay, Lilly Owen and Dipesh Adhikari.



Lauren Jackson Sports Centre- Schools Volleyball Competition

When: Monday nights- 5.30pm, 6.30pm.

Gender: Mixed teams preferred

Season: 10 weeks starting ASAP! (10 regular season games and 2 weeks of finals).

Registration/Forfeit Bond Costs: \$120 per team for season (\$80 rego and \$40 Forfeit Bond)

Game fee per week: \$36 (team of 6 will be \$6 per week each or less if you have subs)

Competition: 1 Open school division for ages 13-17...or grade 8-12

Teacher Involvement: allowed 1 teacher to play

Prizes: Rebel Voucher for winner for school equipment or we could do a Perpetual Cup.

Please write you name on the sign-up sheet outside PE staffroom and take an info sheet if interested- see Mrs Greene for more information.

Trent Barrett Shield

15 fields, 70 teams and almost 700 primary school students enjoyed playing Rugby League and League Tag as part of the Trent Barrett Shield on Friday 17th August. Congratulations to the Year 11 Sport, Lifestyle and Recreation students who assisted as officials and did a fantastic job! Sport days like this cannot run without volunteers, the primary school staff and students are very appreciative of all your efforts.



Girls Rugby League Tackle Gala Day

A Girls Rugby League Tackle Gala Day will be held at Sarvaas Park on September 11 (week 8). The day will start with a 'Tackle Technique' session before playing games. The Gala Day is aimed to give girls in the region a taste of Rugby League and further develop their passion for playing sport. If you are interested in attending, register your name outside the PE staffroom.

**Important Dates for 2018**

NSW CHS Athletics Carnival Term 3 5th – 7th Sept

Riverina Cricket Trials 27th September, Wagga

Riverina Trials

Information can be accessed from the Riverina Sports website at the following link address:

<https://app.education.nsw.gov.au/sport/riverina>

Sporting Knockouts

The Riverina Sport calendar outlines Riverina Trial dates and Combined High School knockouts, which can be located on the website below. Students can view the calendar on the sports noticeboard outside the PDHPE staffroom. All information regarding Riverina trials and knockouts will be communicated to students through the daily student notices.

<http://www.sports.det.nsw.edu.au/riverina/welcome.htm>

Alternately, please do not hesitate to contact your school Sport Organisers.

Mel Greene & Stuart Morrison– Sports Organisers



Community Noticeboard



Keeping your children safe when dropping off and picking up at school

Here are a few things you can do to help keep your children and others safer during drop-off and pick-up times during the school week:

- Make sure your children are fastened in the correct child car seat for their age and size and that it is fitted correctly.
- Stick to the 40km/h speed limit in a school zone and look out for children who may be about.
- Watch for flashing lights on buses. They let you know that there may be children crossing or about to cross the road. A 40km/h limit applies when school bus lights flash.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Always park and turn legally around schools. Manoeuvres such as U-turns and three-point turns are dangerous during busy school drop-off and pick-up times.
- Drop your children off and pick them up on the school side of the road in your school's designated drop-off and pick-up area. Never call out to them from across the road – they may run to you without checking for traffic.
- It's safest for children to get out of the car through the Safety Door, away from passing traffic. This is the rear footpath side door of the car.

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



Lives lost on NSW roads.
Our goal is zero.



COMETS
Albury Comets Softball Club

instagram.com/alburycomets/
alburycomets.com/

60 YEARS

SOFTBALL

Tuesday 4th Sept.
Tuesday 18th Sept.

Come and try days

Tuesday 4th & 18th September 4.30-6.pm at JELBART PARK, NOWLAND AVE.
All ages welcome. Male and Female juniors play together.
Come and join in. Great sport for all the family
All equipment supplied and it's FREE to try.
All grades Juniors and Seniors play at the same times and venue each week.

Find us on: **f**
Albury Comets Softball Club-public
WWW.alburycomets.com



Open Day!

Springdale Heights Preschool's is hosting an Open Day on Saturday 8th September to celebrate our recent renovations!

Official Presentation at 10am followed by a family fun day until 2pm with:

- **Face Painting** • **Jumping Castle** • **Animal Nursery** • **Sausage Sizzle**
- **Local Emergency Services Display** • **Memorabilia and more!!!**



8 Canara Place, Springdale Heights





NORTHSIDE STINGRAYS WATERPOLO CLUB

LOOKING FOR A NEW SUMMER SPORT?

**COME & TRY SESSIONS
FOR BEGINNERS**

DATE: 28/8, 4/9, 11/9 & 18/9

TUESDAY NIGHTS 6:30PM - 7:30PM

COST: \$4 PER SESSION

VENUE: GT AQUATICS

MINIMUM AGE: 9 YEARS OLD

CRITERIA: CAN SWIM 25M FREESTYLE

JOIN US FOR 1 OR ALL 4 SESSIONS

ALL ABILITIES WELCOME

**FOR MORE INFORMATION
CONTACT - TAP-KY DUONG
GT AQUATICS
345 WAGGA RD LAVINGTON
PH: 02 6025 9257
M: 0414 729 228**

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FRIENDLY CLUB
WHERE WE BELIEVE
SPORT SHOULD BE
ENJOYED!**



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* Australian University Rankings and Rankings 2017/2018, The Good Universities Guide
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LTPS/18/24921



FETE
8.00 am

monster raffle

books

plants

music

craft jewellery

PET SHOW

St Matthew's Fair on the Square

Saturday 6 October

QEII Square at the back of St Matthew's Church

Pet Show—10.00 am

For all Creatures Great & Small

Come and bring your Pets and Photos for the Pet Show

Many categories including Best Dressed

Trophies : Medals & Prizes to be won

Free Vet checks

Entry fee: \$10 per animal covers 16 categories + special entry gift

Dogs judged separately to other animals

1 metre high Trophy for Champion Pet

Trophies and prizes for Photo Competition

Have your beloved pet blessed by The Venerable Peter MacLeod-Miller Archdeacon of the Hume & Rector of St Matthew's

All dogs must be on leashes and other animals in secure cages

Fete 8.00 am-1.00 pm

Live Entertainment from Community Groups

Devonshire teas

preserves

toys

BBQ

odds'n'ends

cakes

drinks