

MURRAY HIGH SCHOOL

READY, RESPONSIBLE, RESPECT

KAITLERS ROAD
LAVINGTON 2641
Phone: 02 6025 4711

May 2019
Term 2



E: murray.h-school@det.nsw.edu.au

W: www.murray-h.school.nsw.gov.au



www.facebook.com/MurrayHSNSWDEC/

SCHOOL PRODUCTION

Murray High School's
Production of



Disney
MULAN JR.

Music and Lyrics by
Matthew Wilder and David Zippel,
Stephen Schwartz,
Jeanine Tesori and Alexa Junge

Music Adapted and Arranged
and Additional Music and Lyrics by
Bryan Louiselle

Book Adapted and Additional Lyrics by
Patricia Cotter

Based on the 1998 Disney film *Mulan*
and the story *Fa Mulan*
by Robert D. San Souci

Thursday 25 July and Friday 26 July
11am and 7:30pm—both days

\$20 per ticket
\$70 family (2 adults, 2 children)
Family 4+ \$16 per ticket

Bookings 6022 9311
www.thecubewodonga.com.au
The Cube Wodonga, 118 Hovell Street

Licensed exclusively by Music Theatre International (Australasia)
All performance materials supplied by Hal Leonard Australia

What's coming up?

6 June	All School Athletics Carnival
14 June	Riverina Cross Country
27 June	Zone Athletics

PRINCIPAL'S MESSAGE

Our Year 12 student leaders Rose Webster and Manu Masudi flew to Sydney, Thursday 30 May to attend a leadership day conducted at Parliament including a visit to Government House to meet the Governor. Rose and Manu have travelled with leaders from Albury, Corowa and James Fallon High Schools, along with other schools in the electorate.

This week is National Reconciliation Week, a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The dates for NRW remain the same each year, 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum and the High Court Mabo decision respectively.

This week at our assembly, Emily Edwards (past student) and Davina Jackson from YES Unlimited spoke to our students about their Indigenous heritage and what reconciliation meant to them.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

There are a number of activities such as art and writing workshops, which students can elect to participate in during Reconciliation week at school.

As has been previously mentioned, Murray High School is a part of The Albury Project, a new way for schools and services to work together to provide support and assistance for our students to achieve their goals and thrive in school, home and life.

The Albury Project works with young people to understand their strengths and goals, and to help them use those strengths and to gain new skills to achieve their goals. In particular, The Albury Project supports young people to respond to factors in their lives that could increase their chances of one day becoming homeless, or leaving school early without a plan for what's next. Young people and their families can benefit from The Albury Project in many ways. The Albury Project staff will work with school staff, families and anyone else who is needed, to respond to the needs of each young person that they are working with. The Albury Project will identify which students might benefit from support through a survey that is completed by all students in the school. We envisage this occurring early term 3.

We hope that everyone who has the opportunity to participate in The Albury Project will do so because it is a positive thing for young people.

An information letter will be sent home before the survey so that families know when it is happening. Families can decide at this time if they want their child/ren to do the survey. Students may decide at any time not to participate.

If you have any questions about The Albury Project, please contact: Michael Brigden

Mr Michael Brigden

Relieving Principal

SCHOOL UNIFORM DONATIONS

Murray High School is seeking donations of any good quality uniform items that are no longer required by your family.

Donations can be given to the front office.

Thanks in advance for supporting Murray High School students.

PROCEDURE FOR WEARING HOODIES AT SCHOOL

RATIONALE : Hoodies are not part of the school uniform. The school has purchased jumpers in a range of sizes. This allows the school to ensure that students are warm and to assist in the wearing of school uniform.

PROCEDURE

STUDENT REMOVES HOODIE : The student will be asked to remove hoodie (they are invited to use the clinic toilet if privacy needed).

WHAT HAPPENS TO THE HOODIE ?

EITHER: The hoodie stays in student's bag.

OR : If a student is cold, then they will swap hoodie for a loan jumper in appropriate size, the Hoodie will stay in the front office for safe keeping.

At end of the school day the student hands in the loan jumper at Student Reception and receives their hoodie back.

WHAT TO DO IF THE UNIFORM ISSUE IS REPEATED

If a student continually wears hoodie to school, parents will be contacted.

SCHOOL UNIFORM

Junior School Uniform

Blue check dress, navy blue box pleat skirt, navy blue/grey tailored school shorts/pants with navy and mid blue polo shirt. Fully enclosed black leather school shoes. The Murray High School jumper or jacket may also be worn.

Senior School Uniform

Mid blue dress with navy blue trim, navy blue tailored school shorts, skirt, pants, or navy/grey pants. Navy and yellow polo shirt, fully enclosed black leather school shoes, Murray High School jumper or jacket.

PE and Sport Uniform

Sports shorts (navy blue), sports shirt (mid blue with navy trim and school logo), plain navy blue tracksuit pants, plain white socks, fully enclosed leather sports shoes, jumper or jacket.

Riverina representative items that may be worn: Riverina rugby top, sports jacket (black with white stripes and logo). Riverina shorts can only be worn on sports day. **NO RIVERINA HOODIES.**

The MHS PE/Sport uniform may be worn to school and to normal classes on SPORTS DAY ONLY.

SCHOOL PRODUCTION - DISNEY MULAN JNR

Rehearsals are in full swing as the countdown to performance begins.

This term we have welcomed a group of year 7 students into the chorus as well as a group of students to the Production Crew. During sport, these students are getting busy making props and set as well as designing character make-up and hairstyles.

A big thank you to Tahlia-Lee McInnes and Casey Harmer who designed our poster for the show.

There is a hive of excitement as we all "get down to business".

Tickets will be on sale from the 14th May and can be purchased by visiting www.thecubewodonga.com.au
We hope to see many of you in the audience.

THE CAST



CAPTAIN SHANG



MUSHUA AND THE ANCESTORS



INSIDE THE REHERSAL ROOM



MUSHU & MULAN



SHAN-YU AND THE HUNS



PERFORMING ARTS NEWS

RIVERINA DANCE CAMP

Kyan Assi and Jade Judd from year 7 spent 3 days in Wagga Wagga at the Riverina Dance Camp in early April. They had the opportunity to work with professional dancers and choreographers and participated in workshops to expand their technique and knowledge of various dance styles. The camp ended with a Showcase Performance for family and friends.



SHAKESPEARE CARNIVAL

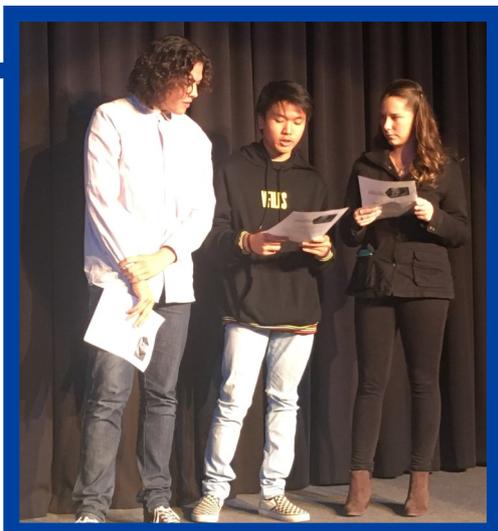
During the last week of term 1, the two Stage 5 Drama classes hosted our School Shakespeare Carnival. The Shakespeare Carnival is a statewide carnival coordinated by a Sydney company, Sport for Jove. On the night students performed in duologue and ensemble scenes from Shakespeare's plays as well as creative interpretations through movement. One smart phone video was also presented. The students were competing against each other to make it to the Regional Carnival and then potentially the State Carnival. Drama teachers, Anni Gifford from James Fallon High School and Gretchen Prowse from Albury High attended the Carnival as adjudicators and were joined by 2018 MHS State Runners Up, Chloe Neal, Jullian Ignacio and Kyle Peters. We would like to extend our thanks to them for giving up their time. The competition resulted in the following performances qualifying for the Regional Carnival to be held at Albury High School on Tuesday, 28 May:

- Duologue, extract from Taming of the Shrew performed by Mykayla Fenn and Rebecca Taylor
- Ensemble, extract from Romeo and Juliet performed by Brayden Berkhout, Aric Reimers, Malik Whitby and Nicole Llamas.

Movement, based on MacBeth performed by Nicola Brownlaw, Daisy McLean and Emily Mustchin

Smart Phone Video, based on MacBeth, devised and filmed by Georgia Borella and assisted by Mikayla Kirby and Jordan Wynd.

We wish these students all the best at the Regional Carnival where they will vie for a place in the State Carnival competition.



PERFORMING ARTS NEWS

PLAYBOX FESTIVAL

The year 11 Drama class have started work on a self-devised piece for the Playbox Festival in June. Each participating group receives a tub filled with items and objects to use as inspiration and stimulus as they workshop their way into a performance. They have been fortunate enough to work with Chloe Martin, the festival's workshop director. Chloe grew up in Albury and since leaving high school has completed actor training at Ecole Internationale de Theatre Jacques Lecoq in Paris. She creates her own work as well as performing in a number of films and television shows.

This year, Murray High has 2 groups participating. These groups will perform in a program with student actors from other local schools including Albury High, James Fallon High, Scots School, Xavier and Trinity. The Playbox Festival will be held at The Cube Wodonga on Thursday, 06 June at 7:00pm. Tickets will be available to purchase directly from The Cube.

RIVERINA DRAMA CAMP

It's that time of year again when 90+ Drama students from across the Riverina meet up at Borambola Sport and Recreation Centre for a week of creativity, skills development and a chance to run with their clan. Lifelong friendships are formed during this week. In 2019, MHS will be sending 23 students from years 8-12 to Drama Camp along with drama teacher, Ali Waugh.

HSC DRAMA STUDY DAY

The Study Day is to be hosted by Koorringal High School in Wagga Wagga this year. The day is co-ordinated by Ali Waugh providing the opportunity for year 12 drama students across the Riverina to engage with a senior marker through workshops on the essay, Group Performance and Individual Project. This is an invaluable day for the students as they progress through their HSC.



PERFORMING ARTS NEWS

YEAR 12 HOSPITALITY PLACEMENT

Year 12 hospitality students participated in their second work placement in a variety of Hospitality establishments. Students developed their knowledge and food preparation skills as well as having 'real' experience in the hospitality industry.

Murray High School would like to thank the following businesses for their support in hosting our students.

- Atura Albury
- Commercial Club
- Geoffrey Michael
- The Albion Hotel
- The Bended Elbow
- The Star Hotel
- The Thurgoona Golf Club
- Lutheran Aged Care
- Brick Lane Café
- Meraki Produce
- Truly Free Bakehouse
- Urban Graze
- River Deck Café



VOLUNTEERS URGENTLY NEEDED FROM MURRAY HIGH SCHOOL

Volunteers are urgently needed to assist families from a refugee background who are new arrivals in Lavington. This will involve helping families with a number of resettlement tasks e.g. enrolling at school, transport to appointments such as Medicare, Centrelink and doctors, support with shopping and paying bills and being that essential link to assist families navigate the challenges of living in a very different community.

Volunteering Australia has compiled the following facts about volunteering and happiness

- volunteers are happier, healthier and sleep better than those who don't volunteer.
- 95% of volunteers say that volunteering is related to feelings of wellbeing.
- volunteering results in a "helper's high," a powerful physical and emotional feeling experienced when directly helping others.
- just a few hours of volunteer work makes a difference in happiness and mood.
- sustained volunteering is associated with better mental health.
- a strong correlation exists between the well-being, happiness, health, and longevity of people who are emotionally kind and compassionate in their charitable helping activities.
- the experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement.

If you are interested in being a volunteer or require further information please contact Murray High School office on 02 6025 4711.

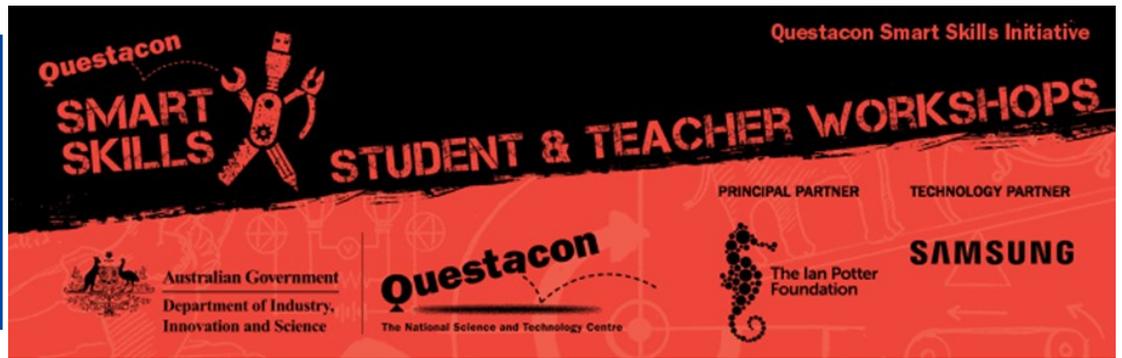
Kerrie O'Connell

English as an Additional Language/ Dialect teacher

<http://volunteering.redcross.org.au/cw/en/job/495473?ApplicationSubSourceID=>

QUESTACON COMING TO MURRAY HIGH SCHOOL

Questacon will be coming to Murray High this Monday, 03 June in to deliver Smart Skills workshops to selected students in Years 7 to 9.



RICHMOND INSTITUTE OF SPORTS LEADERSHIP

Former students, Luke McMillan and Liam Fitzsimmons and Jess Harris, Regional Program Manager gave an inspiring talk on the Richmond Institute of Sports Leadership courses. Luke and Liam are currently enrolled in the course, Diploma for Sports Development, and are enjoying the physical and mental challenges that this course offers. For more information about the Richmond Institute of Sports Leadership visit their website richmondinstitute.com.au/albury-wodonga



SRC REPORT

After successfully helping re-jig the MHS uniform so that options can be worn all year this term the SRC has been negotiating possible plans for the future. We have come up with a list of ideas and are in the process of working out how to implement them so that everyone at MHS feels included in our journey.

Working groups have been created where focus is on either to rewrite the MHS SRC Constitution into a more workable document, look at introducing a day to celebrate June Pride Month and lastly to survey the school body about the area zones for each age group and how to better manage them over the winter months.

The SRC relies on feedback from the MHS community to work effectively and we are open to any new ideas for the improvement of our school, though we do need support to carry out activities. Due to low number of purchases (mainly staff supported the project) the major fundraiser of buying a paver brick has been cancelled and refunds will be issued from the finance section of the front office.

Until next newsletter

MHS SRC May 2019



Tuning Into Teens: Parenting Adolescents

This five week program aims to help parents/carers understand their child's experience - to connect and support their teenager to negotiate this important time in their lives.

The 5 sessions will cover:

- Adolescent development and its impacts
- The challenges facing adolescents and their parents/carers
- Understanding your child's emotional experience
- Strategies which help you connect with your teenager
- Helping children to understand and regulate their emotions
- Problem solving



Where is it held?

Gateway Health
155 High St
Wodonga
Training Room

Time: 6pm to 8pm



When is it?

Wednesdays 22nd May to
19th June 2019

What do I pay?

FREE



How do I join in?

Bookings essential

To book or ask a question
contact the
IntakeTeam

T: (02) 6022 8888

SPORT REPORT

We have had a busy start to the term in the Sport Department with many students already representing MHS in sporting teams.

The DET requirements relating to mandatory weekly participation in sport and physical activity for students in Years K-10 is that they 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 be in attendance at 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.

MHS CROSS COUNTRY CARNIVAL

The MHS Cross Country Carnival was held along the Murray River Trail on Wednesday, 10 April. Students demonstrated perseverance, sportsmanship and stamina over 3km, 4km and 6km courses. Congratulations to the following students who were the age champions in their age groups.



Cross Country

12 Year Girls Brianna Anderson	12 Year Boys Sadev Adhikari
13 Year Girls Elissa Howlett	13 Year Boys Luke Filliponi
14 Year Girls Zoe Willems	14 Year Boys Justin Mercieca
15 Year Girls Chelsea McGrath	15 Year Boys Aric Reimers
16 Year Girls Amelia Hogan	16 Year Boys Mason Hamilton
17 Year Girls Lilly Owen	17 Year Boys Andre Rugazura
18 Year Girls Hannah Jackson	18 Year Boys Karim Mossi

RIVERINA SPORT REPRESENTATIVES

Congratulations to the following students who have participated in NSW CHS Carnivals this term as part of Riverina teams;

Tyson Mutsch – Waterpolo
Aidan Connell—Rugby League ,Rugby Union & Touch football
Thomas Rowland – Basketball
Ethan Semple – Touch Football
Ava Knight & Jack McKinty – Swimming
Isaac Piltz & Sebastian Berkhout – Soccer
Brandon Kellem, Corey Johnson & Ethan Semple – Hockey
Mr Morrison- Riverina Hockey Manager
Jen Vine- Riverina Netball Convenor

It is wonderful to see our students reaching their potential through sport.

SPORT REPORT-CONTINUED

ALBURY DISTRICT SECONDARY SCHOOLS CROSS COUNTRY

The Albury District Zone Cross Country was held on Monday, 20 May at the Henty Show Grounds. There were 36 MHS students who competed on the day over 3km, 4km, 6km and 8km courses. A special mention to Hannah Jackson who claimed the age champion in the Under 18's event. Students who placed 1-6 have qualified to compete in the Riverina Cross Country to be held in Gundagai on Friday, 14 June. Permission notes will be distributed to students over the next week.



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.

IMPORTANT DATES FOR 2019

Riverina Cross Country	Term 2	Friday 14 June
Zone Athletics Carnival	Term 2	Thursday 27 June
<i>Zone Athletics- back up</i>	<i>Term 2</i>	<i>Thursday 4 July</i>
NSW CHS Cross Country	Term 3	Friday 26 July
Riverina Athletics Carnival	Term 3	Friday 2 August
NSW CHS Athletics Carnival	Term 3	4 – 6 September

Riverina Trials

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

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

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

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

Jessica Ferguson & Stuart Morrison - Sports Organisers