

# The Channel

## Principal's Update

Dear Parents & Caregivers,

### Khloe Favero

MRHS student Khloe Favero has had a bright idea to usher in conversations about mental health. "I just want people to know that it is OK, not to be OK," she said. Ms Favero wanted to join the 'Blue Tree Project' which aims to raise awareness of mental health by painting trees in a vibrant shade of blue.

Khloe approached her agriculture teacher Carl Chirgwin with the idea and after a discussion they both decided to paint all the poles of the Agriculture Plot. Over 20 poles in the school's paddock are awash with the bright light with a memorial gate aptly dedicated to former agriculture assistant David McLean who had passed away tragically three weeks ago. "We have lost peo-



**MURRUMBIDGEE**  
Regional High School

**TERM 3 - WEEK 9 - 2020**

WHAT'S ON AT MRHS?

### TERM 3 - Week -10

#### WEEK 10

Monday 21 September-Friday 25 September

\*Yr 11 Preliminary Examinations

Monday 21 September

\*Thrive Yr 9 Wade site Pd1

Tuesday 22 September

\*Country Hope Fundraiser

Friday 25 September

\*Year 12 Graduation Ceremony -

Griffith Regional Theatre -

12pm livestreamed

\*Yr 7 Resilience Program

Monday 28 September-Friday 9 October

\*SCHOOL HOLIDAYS

Students return Monday 12 October

### TERM 4 - Weeks 1 -2

#### WEEK 1

Wednesday 14 October

\*Wade site - Grad Committee Meeting -

4.30-5.30pm

#### WEEK 2

Tuesday 20 October - Wednesday 11 November

\*HSC exams

Wednesday 21 October

\*Year 7 2nd Dose HPV Vaccinations - Wade site

**The Athlete's Foot**  
SCHOOL REWARDS PROGRAM

A PROUD SUPPORTER OF  
WADE HIGH SCHOOL

**\$5 IS DONATED BACK TO YOUR SCHOOL**  
FROM EVERY PAIR OF SHOES PURCHASED\*

The School Rewards Program is a great fundraising opportunity with \$5 from every pair of shoes purchased being donated back to your school.

This applies to the whole family across our fantastic range of school, sports, work and casual shoes. Ask one of our friendly staff in store for more details!

\*See [theathletesfoot.com.au/school-rewards](http://theathletesfoot.com.au/school-rewards) for more details

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WADE SITE

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E [murrumbidgee-h.school@det.nsw.edu.au](mailto:murrumbidgee-h.school@det.nsw.edu.au)

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

# Principal's Update continued ....

ple in Goolgowi recently in tragic circumstances and it really hits home," Ms Favero said. "It's been a hard time for the region with drought and things like that. "I really would just like to show people that it is OK to talk about their mental health and wellbeing."

Painting of the poles began on RUOK Day last week and Ms Favero said it was the perfect time to start the project.

Mr Chirgwin is over the moon with the spirit shown by Khloe and the results of her idea. "It is just incredible to see someone who cares about others so much," he said. The poles are having the desired affect according to Mr Chirgwin. "It has really started some conversations about mental health," he said. "The reaction of staff and students have been great and I am always getting asked 'Why are the poles blue?' which is precisely the reason Khloe wanted to do it - it starts that conversation and puts it in people's head that it is OK to talk about your mental health."



## Teens and Sleep

Sleep helps to fuel your brain and your body, and teens need more sleep because their bodies and minds are growing quickly. Scientific research shows that many teens do not get enough sleep. To be at your best, you need between 8 and 10 hours of sleep every day.

Teens who don't get enough sleep and are overtired are more likely to:

- struggle in school,
- have trouble with memory, concentration and motivation
- feel depressed, which can become a serious medical condition.



## How do I know if I'm getting enough sleep?

Signs that you need more sleep can include:

- difficulty waking up in the morning,
- trouble concentrating throughout the day,
- falling asleep during classes, and feeling moody or even depressed.

## Suggestions for getting more sleep

- Have a relaxing bedtime routine. Try to go to bed at about the same time every night. Keep your room cool, dark and quiet but open the curtains or turn on the lights as soon as you get up in the morning.
- Always fall asleep in your bed. Use your bed for sleeping only. Avoid doing homework, using a smartphone or tablet, or playing video games while in bed. Try to be in your bed with the lights out for at least 8 hours every night.
- Make sure you exercise every day.
- Avoid caffeine and energy drinks.
- Limit your screen time before bed. Using electronic media and being exposed to the screen's light before trying to sleep can make it harder to fall asleep.

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As this will be the final newsletter for Term 3, on behalf of the school I would like to thank our students and staff for all their hard work this term. It has been a productive and exciting term.

Please enjoy your holidays. Stay safe and we will see you back at school on Monday 12 October 2020.

All the best

**Mr Peter King**  
**Executive Principal**

# Year 12 Report

## Year 12 – Farewell and End of Year Activities

It is hard to believe that in a few short weeks Yr 12 will have finished attending classes and in the next 8 weeks they will be finished their HSC examinations and high school. How time has flown.

As we near the end of the term, we just wanted to acknowledge the awesome work of Yr 12 through this very disrupted and unusual year and wish them well for what's to come. We also just want to provide a brief reminder of some key events coming up for Yr 12 at both Wade and Griffith sites.

### Term 3 Week 10:

- This is our theme week with some dress up happening on Monday, Tuesday and Wednesday.
- Students are required to attend all timetabled classes throughout the week.
- Tuesday, Period 5, we will be having our annual Teacher Vs Student Touch Football Matches at both sites. Yr 12 are encouraged to participate in or, at the very least, be a part of a cheer squad.
- Also on Tuesday, Wade site has some very brave students shaving their heads in support of some fellow students and Country Hope.
- On Friday 25 September, all Yr 12 are required to attend the Griffith Regional Theatre to receive their final high school report and be acknowledged for all their hard work over the past 12 months. Students are to be at the theatre from 11am with the event being livestreamed for family and friends from 12pm.

### Term 4 Week 1:

- Monday to Thursday – It has been stipulated by the Department of Education and NESA that Yr 12 students attend timetabled classes this week for revision and final examination preparation.
- Friday, 16 October
  - Wade site -Yr 12 will host a final assembly and bid farewell to the student body at Wade.
  - Griffith site - Our traditional Yr 12 farewell assembly will be held on the front lawn of the school. Yr 12 students do not attend classes that day. More details will be given closer to the date regarding start time and Covid-19 restrictions.

On a final note, can we please ask that parents and Yr 12 to please check emails and their Year Group Google Classroom for key information regarding the HSC Examination requirements, Graduation Dinner updates and other information that may be distributed. This is often the best way to get information out, especially with student's flexible attendance, so we would greatly appreciate everyone's support in maintaining this contact.

Again all the best Yr 12...you got this!

**Miss Fiona McKenzie &  
Mrs Kym Stein  
Year 12 Advisors**



**MURRUMBIDGEE**

Regional High School

*Excellence and Innovation*

## *Graduation Assembly*

### *Year 12 2020*

To be held on

**Friday 25th September**

*All MRHS Year 12 students are to attend the Griffith  
Regional Theatre from 11am.*

Due to restrictions parents, carers, families and friends are not able to attend the Year 12 Graduation Ceremony in person.

**We have arranged for the event to be  
LIVESTREAMED from 12pm via the below link;**

<https://vimeo.com/455650766/99f2c4400d>

Families and friends are invited to livestream our Graduation Assembly from afar using this link to celebrate with our Year 12 students.

Any questions please contact the Year 12 Year Advisors on 6969 9300.

# Science/Agriculture Report - Wade site

Hello from the Science faculty at Wade site. Things are starting to get busy as the term and year continues to roll on at terminal velocity. Science classes are currently working through their programs in preparation for their Semester 2 assessments. The Rube Goldberg assessment has been a success with some excellent machines handed in. The science staff have had a great time watching the video evidence of some of the machines that have been built. We may have some future TV personalities amongst our students.

Yr 12 students have just completed their Trial Examinations and can now feverishly work towards finishing their courses if they haven't already. Some students have achieved pleasing results and others have received a slight wake up call to help them focus on their approaching HSC examinations.

In Agriculture, the incubator has been working at full capacity trying to hatch some chickens.

The National Wether Challenge is over for another year. Wade site is licking its wounds a little over our results but we will be back again next year participating at full production in our aim to fly up the leaderboard.

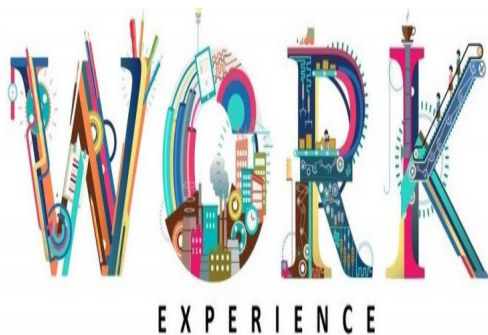
I remind parents to encourage their children to revise their class work each night to ensure they understand it. If there is an issue, please encourage them to contact their Science/Ag teacher to work through it.

Please feel free to contact me if you need to discuss anything regarding your child's education in Science or Agriculture. We look forward to a fresh crop of young scientists/'aggies' next year in Yr 11 with subject choices happening currently.

All the best,

**Mr Mark Duncan**  
**Head Teacher**  
**Science/Agriculture**

# Careers Report - Wade site



Congratulations to Yr 10 students on the Wade Site, that completed work experience last week. Though we were faced with challenges and some restrictions due to COVID-19, that we have never faced before, our students excelled themselves. Mrs Bergamin and Mrs Sutton contacted and visited close to 80 work places around town to check in on students experiencing work and were extremely impressed with the feedback. Overall feedback from employers was outstanding with comments highlighting student punctuality, professionalism and enthusiasm to learn new skills. It was great to see students rising to the challenge and making the most of their week at work.

A huge thank you goes out to all of those local employers that provided a range of experiences for our students. Despite challenges, many employers opened their doors to provide valuable, practical, work place experiences.  
**THANK YOU!**

If students are interested in further work experience they need to see Mrs Bergamin or Mrs Sutton to organise that and collect new paper work. Any student interested in applying for a School Based Traineeship for 2021 is encouraged to see Mrs Bergamin as soon as possible.

**Mrs Anna Bergamin and Mrs Carol-Ann Sutton**  
**Careers Advisors**



# WORK EXPERIENCE - WADE SITE TERM 3 2020



# Year 9 Advisors Report

## Thrive

Yr 9 girls at the Wade site have had the opportunity to participate in Thrive in Terms 3 & 4.

The program has a strong focus on furthering leadership qualities, improving self-confidence and self-esteem, and encouraging a positive attitude towards life. The girls have been participating in a variety of activities including meditation, making nourish bowls, making their own self-care boxes, attitude of gratitude, and a group fitness session. We have been incredibly impressed by the maturity and positive attitude the girls have displayed throughout Term 3. Our first group will participate in a mini graduation session on Monday of Week 10. Well done ladies!

Yr 9 at the Griffith site have been working hard over the past semester to complete a range of assessment tasks and activities this term, from Tractor Skill assessment in Agriculture to designing an advertising pitch for their own fictional companies in English.

The Yr 9 Debate Team have successfully competed in several rounds of the 2020 Premier's Debating Challenge, including competing in debates against Hay War Memorial High School, Menindee Central School, Chatswood High School and Sydney Girls High School.

It has been an exciting and challenging term for all our students. We look forward to new learning opportunities and adventures in Term 4!

**Ms Kate Millson - Wade site &  
Ms Libby Ridgway - Griffith site  
Year 9 Advisors**



# Science/Agriculture Report - Griffith site

## Science

Yr 7 Discovery are currently working on their Jack's Creek Assessment Task as part of their Face of the Earth topic. Throughout this topic they have investigated what the Earth is composed of, different rock types and have constructed structures to try and withstand earthquakes. Yr 8 Science are currently working on their Student Research Projects that are due in Week 10. At the same time, they have been exploring gravity, electrostatic and magnetic forces as well as learning about types of kinetic and potential energy.



Yr 9 Science have been studying chemical reactions and have just completed their Practical Assessment Task. They are now investigating radioactivity and nuclear energy.

Yr 10 Science have just completed their Project X reports and are currently working on their presentation boards. They have also been studying motion and investigating Newton's Three Laws of Motion, by constructing ramps and crashing cars (toy ones).



Yr 11 Science courses have been revising and studying for their Yearly Examinations. We wish them all the best.

Yr 12 Science courses have finished their content and are now in revision mode for their Higher School Certificate Examinations. We wish them all the best with their studies and encourage them to be in constant contact with their teachers to get assistance when needed.

Keep on Investigating

**Mrs Greig, Mr Lemon, Mr Halstead, Mr Barker, Mr Webb, Miss Jensen (Science Teachers)**

## Agriculture

A cracker of a season in the local area with ideal growing conditions evident in our new Regenerated Agricultural Pastures at the Griffith site farm.

Students are a buzz with excitement with the lambing season as 7 lots of twins came along to join our poddy 'Emma'. Feed oats & barley, forage rape and clover/lucerne crops sown in late April have provided a bountiful amount of feed which will assist with lactating ewes.

Yr 9 Agriculture have just finished their Poultry Unit where they presented various egg carton labels in their assessment task and constructed a chicken digestive tract model. Speaking of models, Yr 10 Agriculture have their pig house models on display in the library. Each of these were completed using different techniques and were presented to a high standard.

The Primary Industries' classes are working on their livestock and fencing competencies. This is part of the Certificate II in Rural Operations course over two years. Current Yr 10 students who are interested in electing this and/or the Stage 6 Agriculture course in 2021 can speak with Mr Chirgwin at any time.

Until next time Happy Lambing...

**Mr Chirgwin (Agriculture Teacher)**

On behalf of the Science/Agriculture Faculty Enjoy the up coming holiday.

**Ms Kylie Mullavey  
Head Teacher Science/Agriculture**