

# MHS Newsletter

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Monday  
July 2  
Term 2, Week 10

## PRINCIPAL'S MESSAGE

### Can't Help Myself... Bad Habits

Way back in 1981, Billy Field lamented his bad habits in his song of the same name. We all have them. Some have them by the truck load, though as Shakespeare's Hamlet observed: "... there is nothing either or good or bad, but thinking makes it so."

With bad habits in mind, if you were asked to picture a typical teen it would be all too easy to immediately think of someone hunched over, head buried in a screen. You may even see in your mind's eye someone seated on the edge of a chair, eyes staring at a screen. You could conceivably have imagined yourself dodging a gaming controller thrown by that last teen as he or she "rage-quit" a game!

If the teen you imagined was staring at a screen, you'd be on the money about 50% of the time. That does not mean that all teens spend half their waking hours online. It is worse than that. It means that about 50% of teens spend almost ALL of their time online. At least, that's true of US teens and local researchers are convinced that rates for teen screen time in Australia are about the same.

That may cause you some concern. For some, the response may be a dismissive, "So what?"

The "So what?" factor in all of this is that increasing rates of screen usage have coincided with reports of increased teen anxiety and depression. Some researchers believe the two are less than coincidental. They think the two are very much connected.

But are the kids uneasy about their device use?

Interestingly, it turns out that more and more of them are.

"Social media can get too much," wrote one British teen blogger in January according to last week's *Education Review*. She added: "...Recently, I have been turning my phone off to avoid people and just not have to deal with... people on the internet."

And she is not alone. *Education Review* also reported that, "Two-thirds of teens have tried to cut down on phone time. But not all have (the blogger's) self-control. For many, cutting down can be hard, as they're in the habit of 'cycling' – repeatedly checking apps for new notifications."

*Screen Education*, a US-based anti-screen addiction body, conducted a survey earlier this year called: *Teen Smartphone Addiction National Survey 2018*. The survey found that 67 per cent of the surveyed teens attend schools with some form of smartphone ban. Of this group, over half reported that they were thankful for the bans, presumably because the choice to use the devices had been taken away. A similar proportion of surveyed students reported their belief that smartphones were hurting their grades.

The survey revealed that many teens are looking for freedom *from* choice; they wish their parents and/or their teachers would impose stricter limits on their smartphone use.

*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- Jul 4 - NAIDOC Day
- Jul 6 - Last day of Term 2  
Yrs 7-10 Gold, Effort & Achievement Awards & Reports issued
- Jul 23 - Staff Development Day
- Jul 23 - P&C Meeting 7pm
- Jul 24 - Students return
- Jul 26 - Yr 11 2019 Parent Information evening

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Yrs 7-10 Reports & Awards Presentation Information
- P&C Awards & SRR Award
- Writing Friday
- Yr 10 Work Experience
- Wellbeing Resource of the Week - Mood Gym
- Refugee Ration Challenge
- Lithgow Festival of Speech
- NSW Premier's Debating Challenge
- Yr 7 History Aboriginal Survival Technology Presentation
- Ancient China
- Open Boys Futsal
- Nominations for State Choir
- 2018 Formal Ticket Sales
- Canteen Menu
- NAIDOC Day Information
- Advertisements
- Sponsorship
- Paid Advertisement

Two weeks ago, NSW Education Minister Rob Stokes proposed a smartphone ban in state schools. Where this goes will be interesting, but do not be surprised if the final advice to schools sounds like: *the decision to ban mobile devices will be left to individual school communities.*

Deakin University's Dr Sharon Horwood recently contended that teens find it particularly difficult to reduce their phone use for a variety of reasons. Included in these reasons was the social pressure to communicate constantly with peers via the medium. The in-built, competitive element of apps like Snapchat, which show how long a person has been 'snapping' also provide little wriggle-room for the teen who wants out. The addictive hit of dopamine that comes when their posts are validated with notifications, likes and comments.

And let's not forget immaturity. The human brain goes through two major periods of "wiring" – times when important neurological paths are fully developed. The first in the immediate years before starting school and the second during puberty... the same time many teens are being introduced to these devices. In fact, human brains are not fully developed until around age 24 for females and age 27 for boys. Excessive use in the teen years has the real potential to wire the brain to accept high usage levels as "the norm." Little wonder some teens behave as though their right arms have been severed when asked to go without their devices.

At Mudgee High, students are permitted to use their phones in their breaks. In the classroom, they are to be off and put away unless a teacher allows permission to use them for a specific purpose, eg. photograph a practical task, look up a source, etc.. This permission is at the complete discretion of each teacher. Equally, teachers have Departmental permission to confiscate any item that interferes with their teaching or the learning that takes place in their classroom. This power extends to mobile devices.

For parents, there are parental control apps that allow individual parents to manage their children's device use. That said, a 2017 Royal Children's Hospital survey found that only 20 per cent of parents exercise this control. Perhaps some have given up...

It's hard to have a discussion with young people about what reasonable use looks like if there is a complete ban. But it is more than fair to have expectations about what constitutes reasonable use. Motorists in NSW can be fined for using their mobile phones while driving for the obvious reason that such devices are a distraction. The same applies to the classroom; unless directly connected to what is happening in class – a connection that only the teacher is at liberty to make – they are a distraction, and a bad habit some young people will require assistance to break.

Until next term...

Wayne Eade  
Principal



### **MUDGEES HIGH SCHOOL P&C**

**The next meeting of the Mudgee High School  
P&C will be held on Monday July 23rd at 7pm in  
the school library. Entry via Horatio Street.  
All welcome.**

## **TERM 2 WEEK 9 AWARDS**

**P & C AWARDS:** Joshua Meers - Yr 7, Tyler Miller - Yr 8, Bronte Comincioli - Yr 9, Lucille Evanoff - Yr 10, Maggie Darragh - Yr 11, Kaylie Hannford - Yr 12

**SRR AWARD:** Lachlan Date - Yr 9

## Presentation of Reports and Awards - Friday 6<sup>th</sup> July

All parents are welcome to join us at the respective presentations where students will receive their Semester 1 Report as well as Effort & Achievement Awards and Gold Awards earned during terms 1 and 2.

Lists of students receiving Effort and Achievement awards will be posted on the Year Adviser Notice Boards the week prior to the Assembly. Please encourage your child to check the board. A list of recipients will also be at the School Office.

Presentations will be held in the Gym.

Year 7 P 5&6 commences 12.40

Year 8 P 3&4 commences 11.15

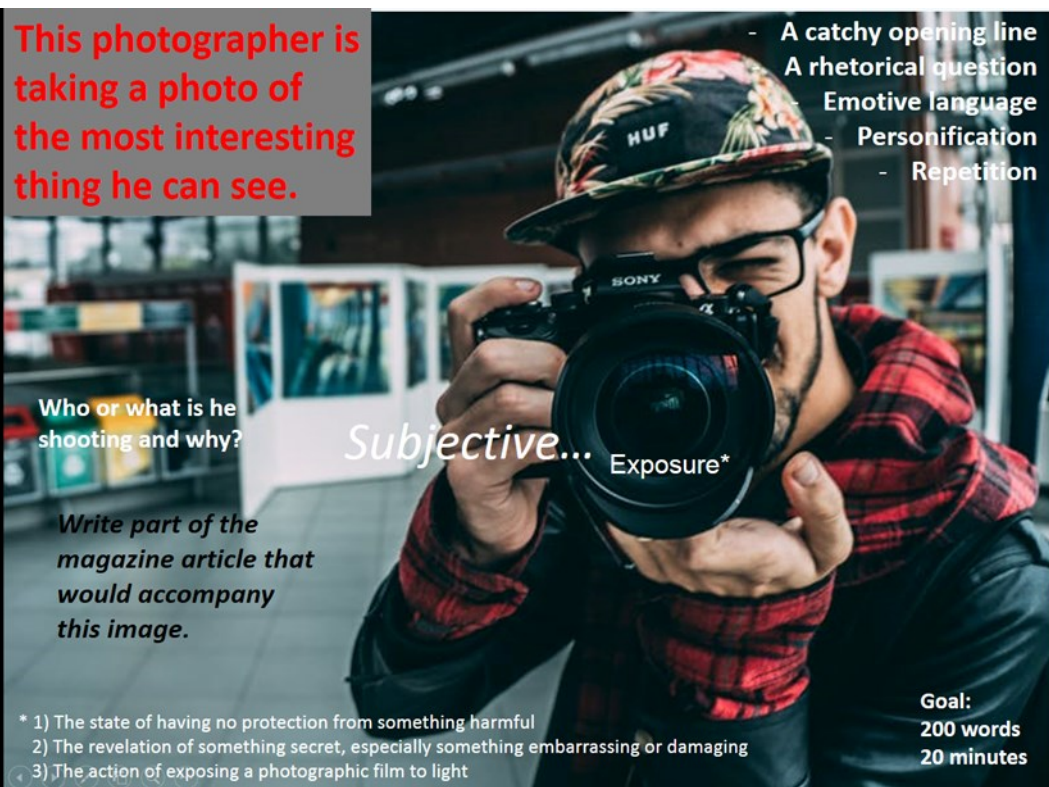
Year 9 P 1&2 commences 9.40

Year 10 P 7&8 commences 2.30

**\*\*\* Students who are not in attendance at the presentation will not be able to collect their reports until Term 3. Reports will be available for collection from Year Advisers Tuesday 24 July (Day 1 for students, Term 3). \*\*\***

**\*\*\* Late discipline level placement may affect "Gold" recognition**

## WRITING FRIDAY



**This photographer is taking a photo of the most interesting thing he can see.**

- A catchy opening line
- A rhetorical question
- Emotive language
- Personification
- Repetition

Who or what is he shooting and why?

*Subjective...* Exposure\*

Write part of the magazine article that would accompany this image.

\* 1) The state of having no protection from something harmful  
2) The revelation of something secret, especially something embarrassing or damaging  
3) The action of exposing a photographic film to light

**Goal:**  
200 words  
20 minutes

## YEAR 10 WORK EXPERIENCE

Has your Year 10 son/daughter completed work experience yet? Mudgee High School Year 10 students are expected to complete **at least 1 week** of work experience during 2018. Benefits can include:

- An opportunity to research careers of interest.
- Development of work related skills.
- Increased work place confidence.
- Development of interpersonal skills.
- Contacts for future employment.

Suggestions for placements and support are available.

Please contact the MHS Careers Adviser, Mr Kempton, for more information.



## **Wellbeing Resource of the Week**

**Contact the School Counselling Service for more details, if required.**



# **MOOD GYM**

Link: <https://moodgym.com.au/>

MoodGym is an online interactive therapy program used as a preventative and self-help tool for young people experiencing mild to moderate levels of depression or anxiety. Developed by ANU, it empowers the user, through completion of five modules, with cognitively based strategies to better manage emotional distress. Recent research indicates MoodGym has been successful in decreasing depressive symptoms and preventing new cases of anxiety.

Moodgym consists of five interactive modules which are completed in order.

- **Exercises and quizzes**
- **Summaries**
- **Workbook**

Moodgym was originally developed and evaluated over 15 years by researchers at the Australian National University. The development and delivery of moodgym is now undertaken by e-hub Health – an ANU spin-off company managed by the senior moodgym team. Moodgym is **free for use by all Australians**, thanks to funding provided by the Commonwealth Department of Health.



## **Refugee Ration Challenge**

<https://www.actforpeace.org.au/>

Act For Peace is a Non-Government Organisation which is working to raise awareness and funds for refugees in camps. An active way for our students to participate was through the Ration Challenge. Across Australia, more than 12,000 people ate the same rations as a Syrian refugee – just a small amount of rice, flour, lentils, chickpeas, beans, fish and oil – and got sponsored to do it. The money raised will provide food, medicine and education for refugees; and support other communities around the world threatened by conflict and disaster.

The participants this year were: Dillon Robinson, Ella Werth, Nicola Hayes, Lara Stubbs, Olive Loughnan, Connor McNeill, Ned Dickson, Sue Spinner, Curtis Pelchen, Dylan Halliday, Lucy Tanner-Norman, John Ward, Justin Wright, Maya Cocerhan, Alexis Douglas and Laura McGilvray.

Here are some quotes from some of the Mudgee High students who participated in the challenge:

"Last night while I was in my room I went out for my flat bread dinner and my family was eating spaghetti and garlic bread. I was dying for the garlic bread. But I know that I raised enough money to support kids who are refugees." (J.W.)

"I cried at the dinner table when my family had soup. It is a real eye opening experience for us as people who have a lot to experience what it is like for someone who doesn't." (L.T.N.)

"This has been a challenge and I'm not going to say that it was easy because it wasn't. But this challenge has made me aware of how the refugees have to live. This has been an eye opener." (A.D.)

"This challenge has made me so grateful that I come from the family that I come from and I will definitely think before ever wasting food again." (L.S.)

"I have to eat in my room because my family had tacos last night and every so often my belly rumbles." (D.H.)

"While it has been challenging to eat less, the rations have made me appreciate my normal diet and given me an appreciation for middle-eastern foods. However, I couldn't imagine living off these foods without much variation." (N.H.)

"I'm feeling un-energized and hungry a lot, with really bad cravings and cramps in my tummy. Every so often my belly rumbles! The rice is really dry and it's hard when my family eats really nice food for dinner. Doing the challenge makes me realise it would be really hard to be living on the portions of a refugee" (A.D.)

The comments above were written mid-way through, and express some of the feelings the students had during a confronting and interesting challenge.

To raise additional funds as part of the school's fundraising efforts, the students worked hard to cook cakes and slices for a bake sale. This bake sale raised just over \$200. Students then spent lots of time on the weekend getting ready to start the Ration Challenge the following Monday. The junior students (Year 7-9) lived off the rations for three days. The senior students and adults completed the five day challenge.

As a school team, we raised a grand total of \$3,095.84. A huge thanks to all students involved in the challenge and their families, friends and the Mudjee High School community for supporting us along the way!





## LITHGOW FESTIVAL OF SPEECH

On the 31st of May, Lucinda Lillis, Marie Ioane, Emma Clulow, Lachlan Wall, Emily Heminway, Hilary Wright, Ms Saboisky and I all went to Lithgow high school to participate in the 52nd Festival of Speech. The public speakers all spoke confidently and they were composed even in their impromptu speeches. The debaters were well rehearsed in their prepared debates and were able to think on their feet in the unprepared debates as well. Based on the point tally on the day, we know that our debating team just missed out on competing in the finals but still came in third which is a commendable achievement. All in all, both the public speakers and the debating team had a wonderful time, took home a great new experience and made many fun memories along the way.

Emilie Martin (Year 7)

## NSW PREMIER'S DEBATING CHALLENGE 2018

On Friday the 15th of June, the Mudgee High School debating team participated in the Premier's debating challenge. The team was faced with a good Gulgong side and the topic:

'Year 10 and under should only be given feedback instead of grades or marks' and the Mudgee High School team chose the negative side. We were given an hour to prepare with nothing but ourselves, and we had to write all the rebuttals and our arguments in that hour. The Gulgong side started the debate with strong arguments and points on why they should only give feedback. Harry Ehlen, as 1st negative speaker, came back and argued that we shouldn't and talked about how it would affect students. The Gulgong side came back rebutting the 1st negative's points and then continued with her arguments. Then James Pegg (2nd speaker) came back rebutting the Gulgong team's points and then went on to talk about how it would affect parents and teachers. The Gulgong side's 3rd speaker summed up their points and arguments. Our 3rd speaker, Emilie Martin, finished off our debate with a convincing summary.

The debate finished with a win for the Mudgee High School team. Harry Christofis (our thinker) congratulated the other team on their performance and wished them all the best for their future debating careers.

Finally, Lin Eccleston, the adjudicator, gave us extensive feedback about how to improve our performances.

Harry Ehlen (Year 7)





## YEAR 8 HISTORY ABORIGINAL SURVIVAL TECHNOLOG presentation

As part of Year 8 History study of the topics "Investigating the Ancient Past" and "Contact and Colonisation," students had the opportunity to participate in an interactive presentation on Monday 18<sup>th</sup> June.

The Aboriginal Survival Technology presentation combined the sciences of anthropology, archaeology and ethno-biology. The presentation was delivered by researcher and science educator, Philip Green. The presentation focused on the science of 8 technologies from pre-European contact, including clothing, hunting, medicine, bush tucker, fighting weapons, utensils and tools, water and fire.

The show combined live and interactive audio-visual demonstrations of artefacts. Students were able to handle culturally appropriate artefacts. These artefacts were models; no sacred or taboo artefacts were used.





## ANCIENT CHINA

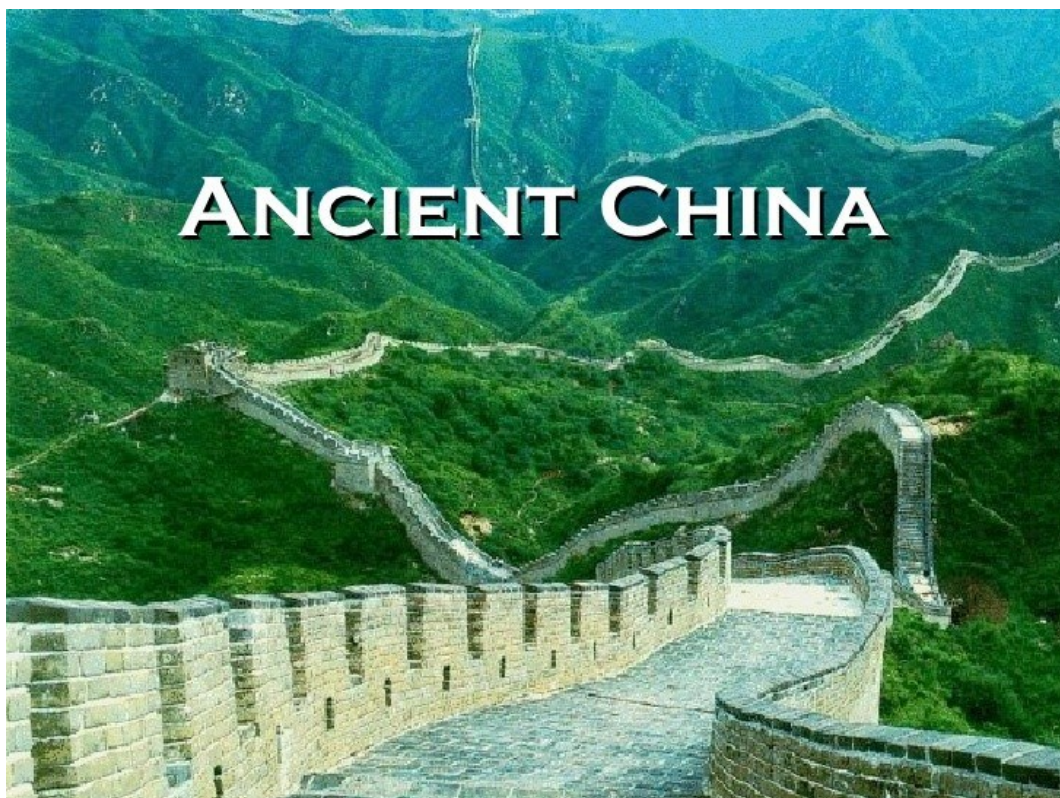
Year 8 have been working through various projects this term. They have recreated scenes of ancient China, made paper lanterns and dragon puppets, all in an effort to capture the essence of the time.



Under the mountains you can see the Great Wall that protects these little farming villages.



Rice fields will feed this village and provide food for surrounding areas. The paths to the temple are sacred and people celebrate the strength and wisdom of the dragon.





## OPEN BOYS FUTSAL

### Orange PCYC Thursday 21st June

Team: Adam O'Connell (c), Joe Lynch, Michael Dowell, Duncan McNeill, Nic Bennett, Cooper Rowe, Wil Evans, Jack Sewell.

The boys travelled to Orange to play in the Futsal Schools' Championship hosted by Football NSW. In the first round, the boys played and defeated Oberon HS 4-0. Goals were scored by Cooper Rowe (2), Duncan McNeill and Adam O'Connell.

Round 2 was against Kelso HS. Another win to Mudgee 7-1. Nic Bennett stepped up from goals and opened the scoring with a cracking goal from the back of the court. Goals continued to flow through, Adam O'Connell finishing with four and Cooper with two.

With two wins and a healthy goal difference, Mudgee then took on the other strong team of the competition in Round 3 playing against MAGS. Cooper scored and later Wil Evans got one past the keeper to make it 2-2. Unfortunately, MAGS scored with about 30 seconds left leaving the boys no time to gain an equalizer. The boys lost 3-2 in a very close game.

Round 4 was an easy win over Wellington HS 4-0 with goals to Adam, Cooper (2) and Michael Dowell. This left the boys second after all round games and put them into a must win semi final match up with Kelso. Winning would put them in the final and the top two teams progress to the state finals. With the pressure of the semi final, Kelso came out firing and scored early which rattled the Mudgee boys. Despite Wil Evans heading a goal past the keeper it was too late. The boys lost 2-1 to Kelso, which left them knocked out of the competition.

The boys' sportsmanship and behaviour is to be commended. They were excellent ambassadors for Mudgee High School on the day. A big thank you to Mick Bennett for assisting to drive the boys on the day.



Nominations for the 2018 State Choir are now open!

The State Choir brings talented male and female singers from years 8 to 12 from NSW Government schools together to sing challenging repertoire under the direction of some of Australia's leading choral directors.

Every year the Choir rehearses for two days before performing on stage at the Sydney Opera House as part of the Department of Education Festival of Choral Music.

For more information about this amazing opportunity please visit the State Choir website:

<https://www.artsunit.nsw.edu.au/music/music-ensembles/state-choirs>

Please note that a subsidy is available for students from non-metropolitan and rural and remote schools.

Applications close: Tuesday 31 July 2018

# YEAR 12

## FORMAL TICKETS 2018

### \$80.00

**Round 1** - Maximum of 6 tickets

(1 student ticket and 5 guest tickets)

May be purchased from **Mon 30<sup>th</sup> July – Fri 10<sup>th</sup> August 3.30pm**

**Round 2** – Maximum of 1 ticket

May be purchased from **Mon 13<sup>th</sup> August – Friday 17<sup>th</sup> August 3.30pm**

**Round 3** – Any remaining tickets are for sale. May be purchased from **Mon 20<sup>th</sup> – Fri 24<sup>th</sup> August 3.30pm**

**FORMAL TO BE HELD FRIDAY 28<sup>th</sup> September 2018, 7pm**  
**Australian Rural Education Centre AREC**



# MUDGEE HIGH SCHOOL SCNTEEN MENU 2018

## HOT FOOD AVAILABLE EVERY DAY

CHICKEN & CORN ROLL	\$ 1.70
PIZZA ROUND	\$ 3.00
BEEF TRAVELLER PIE	\$ 3.50
CHICKEN CHEESE & BACON PIE	\$ 4.00
POTATO PIE	\$ 4.00
CHILLI BEEF SAUSAGE ROLL	\$ 3.50
SAUSAGE ROLL	\$ 2.70
BEEF & GRAVY ROLL	\$ 5.00
HOT DOG WITH CHEESE	\$ 4.00
HOT DOG	\$ 3.50

GLUTEN FREE BEEF PIE	\$ 3.50	(winter
GLUTEN FREE SAUSAGE ROLL	\$ 3.00	Order only)
MAYO/SAUCE PORTIONS	\$ 0.30	

## ROLLS & SANDWICHES

A VARIETY OF ROLLS INCLUDING

HAM, SALAMI, CHEESE, EGG &

CHICKEN ALL WITH SALAD PRICES

CHICKEN CAESAR ROLL START

SWEET CHILLI CHICKEN FROM

AND AVOCADO ROLL \$5.00

VEGETARIAN WRAP with Tzaziki,  
chick peas, semi dried tomatoes and  
salad (Mondays only) \$ 5.00

CHICKEN AND AVOCADO WRAP  
with salad (Mondays only ) \$ 5.00

PLAIN BREAD ROLL \$ 1.20

## SALADS

GARDEN SALAD GF \$ 5.00

MEAT & SALAD GF \$ 5.00

FRESH FRUIT SALAD \$ 4.00

SEASONAL FRUIT \$ 1.00

## CHECK AVAILABILITY OF THESE SALADS

CHICKEN CAESAR SALAD \$5.00

GREEK SALAD \$5.00

COUS COUS SALAD \$4.00

SUSHI \$4.00

PASTA SALAD \$5.00

ANTI PASTO SALAD \$5.00

## SNACKFOOD

RED ROCK DELI CHIPS \$ 1.00

JJ SNACKS \$ 1.50

GRAIN WAVES \$ 1.00

## MILK AND DAIRY

MOOVE 300ML \$ 2.50

MOOVE 500ML \$ 4.00

PLAIN MILK \$ 2.00

THICK & CREAMY YOGHURT \$ 2.50

DARE 500ML \$ 4.00

NIPPY'S MILK 375ML \$ 3.00

CUSTARD 600ML \$ 3.50

## BEVERAGES

PUMP WATER 750ML \$ 4.00

WATER 600ML \$ 2.00

POWERADE ZERO \$ 4.00

HOT MILO (Winter only) \$ 2.00

PEPSI MAX 600ML \$ 4.00

COKE ZERO \$ 2.50

SPRITE ZERO \$ 2.50

KYNETON MINERAL WATER \$ 3.00

BERRI FRUIT JUICE 350ML \$ 3.00

## ICECREAMS

PADDLEPOPS \$ 1.60

Bulla FROZEN YOGHURT \$ 2.50

Twisted FROZEN YOGHURT \$ 2.50

MILO SCOOP \$ 3.50

CYCLONE \$ 2.00

SHAKY SHAKE \$2.00

LEMONADE TWIST \$ 1.00

## DAILY SPECIALS

### MONDAY

SWEET CHILLI CHICKEN \$ 5.00

WRAP (ORDER ONLY)

### TUESDAY

PIZZA SUB \$ 2.50

### WEDNESDAY

WEDGES \$ 2.50

sour cream/sweet chilli sauce \$ 0.50

### THURSDAY

CHICKEN BURGERS \$ 4.00

GLUTEN FREE CHICKEN BURGER \$ 4.00

GF Order only

### FRIDAY

THAI CHICKEN ROLL \$ 6.00

ORDER ONLY

**CHECK OUR DAILY MENU BOARD FOR OTHER SPECIALS INCLUDING HOMEMADE SOUPS, PASTAS, FOCCACIAS, TURKISH MELTS, CURRIES, BURGERS AND SALADS**

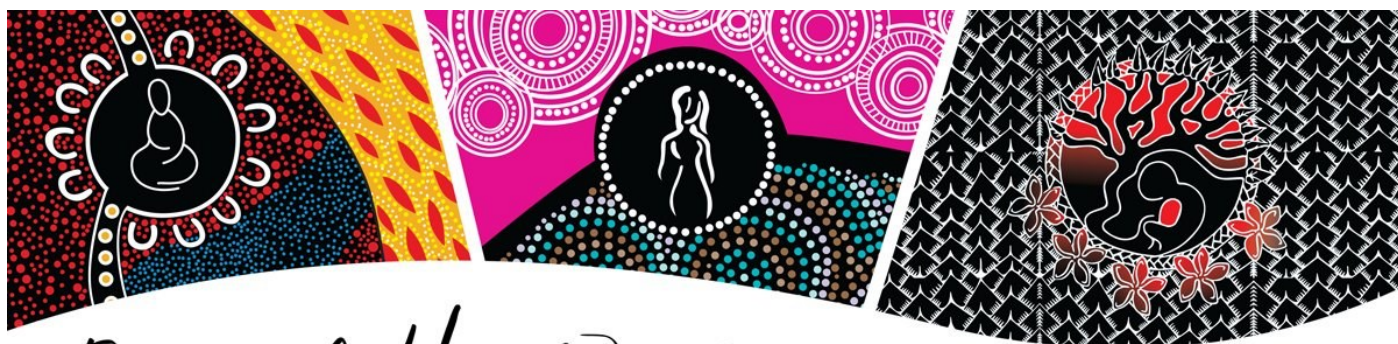
**PLEASE NOTE: PINENUTS ARE USED IN PESTO, CASHEWS, ALMONDS & WALNUTS MAY BE USED IN SOME SPECIALS. IF YOU HAVE NUT ALLERGIES**

**PLEASE CHECK WITH CANTEEN LADIES**

Please note these prices are subject to change throughout the year due to the increase in wholesale prices

**\* GLUTEN FREE LUNCHES...ALL DAILY SPECIALS CAN BE ADAPTED TO GLUTEN FREE**

**PLEASE ENQUIRE AND THESE WOULD NEED TO BE PRE ORDERED**



*Because of Her We Can!*

NAIDOC WEEK 2018

## Mudgee High School is Celebrating NAIDOC Day on Wednesday 4<sup>th</sup> July

*Parents, carers and community are welcome to join us in our celebration of NAIDOC Day.*

<b>11:30am – Whole School Assembly in the gym</b>	Welcome to Country; student presentation of what NAIDOC is about; other presentations by students.
<b>12:18 to 1:34pm – Aboriginal Astronomy session in the Library</b>	Presented by William Stevens, a Muruwari man “ <i>For me, it’s about teaching culture,</i> ” he explains. “ <i>I love to share my knowledge with my community.</i> ” ( <a href="https://cosmosmagazine.com/space/the-passions-of-aboriginal-astronomy-guide-willy-stevens">https://cosmosmagazine.com/space/the-passions-of-aboriginal-astronomy-guide-willy-stevens</a> )
<b>1:34 to 2:08pm – Whole school BBQ lunch.</b>	
<b>2:08 to 3:25 – Weaving workshop in the Library or the Senior Area</b> (depending on the weather)	Aboriginal and Torres Strait Islanders make a variety of objects from animal and plant fibres. Their skills in basket weaving, knotting and utilising animal skins are evidenced in everyday tools such as baskets for collecting food, nets for fishing and skin cloaks for warmth. They also make ceremonial items such as headgear. Michele McFarlane will provide guidance and instruction to teach us to do some simple weaving.

All students need to register with Miss Windeyer in the HSIE staffroom if you wish to be involved in the workshops.

All parents, carers, community members will need to sign in at the Front Office as a visitor to the school on the day.

If you have any further questions please contact Claire Windeyer in the HSIE faculty.



# BECAUSE OF HER, WE CAN!

8-15 JULY 2018



## ADVERTISEMENTS

# TOWN HALL CINEMA

\*\*\* SHOWING JULY 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> 2018 \*\*\*

Tickets available online from Monday 25<sup>th</sup> June

Buy Solo: A Star Wars Story Tickets @  
<https://www.trybooking.com/WBBQ>



Buy Early Man Tickets @  
<https://www.trybooking.com/WBBH>



### SESSION TIMES

Solo: A Star Wars Story	Friday July 6 <sup>th</sup>	7.00pm
	Saturday July 7 <sup>th</sup>	4.30pm
	Sunday July 8 <sup>th</sup>	2.00pm
	Sunday July 8 <sup>th</sup>	4.30pm
Early Man	Saturday July 7 <sup>th</sup>	11.00am
	Saturday July 7 <sup>th</sup>	2.00pm
	Sunday July 8 <sup>th</sup>	11.00am
Special screening Mamma Mia!	Saturday July 7 <sup>th</sup>	7.30pm

### TICKET PRICES

Adults:	\$15.00
Children/Concession:	\$10.00
(Seniors Card not accepted)	
Children under 5 years:	Free

Tickets available online from  
Monday 25<sup>th</sup> June 2018  
or at the door (if not sold out prior).  
For more information, visit  
[www.midwestern.nsw.gov.au](http://www.midwestern.nsw.gov.au) or like  
Mudgee Town Hall Cinema on Facebook.

PROUDLY SUPPORTED BY



Combined Rotary Clubs of Mudgee

MWRC Youth Council

### SPONSORSHIP

Mudgee High School - LINK Program

Proudly supported by

**GLENCORE**

**Ulan Coal Mine**

## PAID ADVERTISEMENTS

*(Paid Advertisements do not carry the endorsement of Mudgee High)*



**This two day program filled with laughter, fun and empowerment is coming back to Mudgee these school holidays.**

**In our time spent together, you will come away with knowing...**

- **Positive self talk**
- **How to build self worth**
- **How to leverage strengths, weakness, failures and successes**
  - **How to build a positive body image**
  - **How to set goals AND achieve them**

It is incredibly important to us that we create a comfortable environment for our young women where they feel safe to be themselves and speak up. Therefore we only open up 10 places for this event, get in quick so you don't miss out.

Included in the package;

- 2 day program
- 1/2 hour follow up over the phone coaching session
- Simple easy read Ebook for parents

**There's nothing more important than investing in the foundations of your daughters' life.**

For more information please feel free to browse our website and make contact with me.



**www.treeofwings.com**  
**Contact: Hayley Whittaker**  
**Ph: 0498 325 372**  
**Email: [hayley@treeofwings.com](mailto:hayley@treeofwings.com)**