MHS Newsletter

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https://www.facebook.com/mudgeehighschool/

Monday 28 October Week 3 Term 4 2019

Principal's Message

A means to an end

Last week, the editorial within our newsletter talked up the merits of a system called Yondr. If you missed it, Yondr is a magnetic pouch system used in the entertainment industry and increasingly in educational settings to compel those who would be entertained and those who should be educated to disconnect from their mobile devices.

Students heard about it on Wednesday and for some, it has caused a little anxiety.

The P&C took a look at it on Monday and are keen to see what changes to the school's Personal Device policy will look like.

The point I think I may have skirted around last week without making a clear and unambiguous statement is this: the plan is to make Mudgee High a personal device free zone.

No student mobile phone access between 09:00 and 15:25. Yondr is merely a tool; a means to an end. A means by which to afford the greatest number of students an effective way to overcome their nomophobia – their fear of being without a mobile device – and a means by which to short-circuit the kinds of compulsive behaviours that can so easily become an addiction.

If you think you may spend too much time on your mobile device, you should consider reading the link provided below.

If others tell you that you spend too much time on your device but you do not recognise your usage as being problematic, you ***really*** should consider reading the link provided below.

https://www.helpguide.org/articles/addictions/smartphone-addiction.htm

Year 8 Electives

Next Tuesday evening, 5 November, we will hold an information evening for parents and carers of students making the move from Year 7 into Year 8, specifically focused on electives and the elective model we run at Mudgee High.

The beauty of having 70+ teaching staff is that we are in a position to offer a broad range of elective choices. In Year 8, we "semesterise" those choices. Students are required to select four different electives for the year. They will study two of these choices per semester, putting them in a much better place to make informed decisions about the courses they will study leading up to a Record of School Achievement (RoSA).

To find out more, you simply need to come to the Performance Centre at 18:00 on Tuesday 5 November.

Until next week…

Wayne Eade
Principal

A Member of the Cudgegong Learning Community

PLEASE SEE OUR WEBSITE FOR THE COMPLETE CALENDAR OF EVENTS

COMING EVENTS

- 5 November Year 7 into 8 information evening
- 5 November Petrie's Mitre 10 School Trade Awards
- 6 and 13 November Year 12 sign out days
- 11-14 November Stables HSC Exhibition
- 24 November P&C meeting
- 5 December MAD Concert

THIS ISSUE

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- Writing Friday
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- Anti-bullying Alliance update
- The Learning Curve
- Cyber Safety
- Petries Mitre 10 School Trade Awards 2019
- Stables HSC exhibition
- Advertisements
- Sponsorship

MUDGEE HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 24 November 2019 at 7pm in the school library.

Entry via Horatio Street.

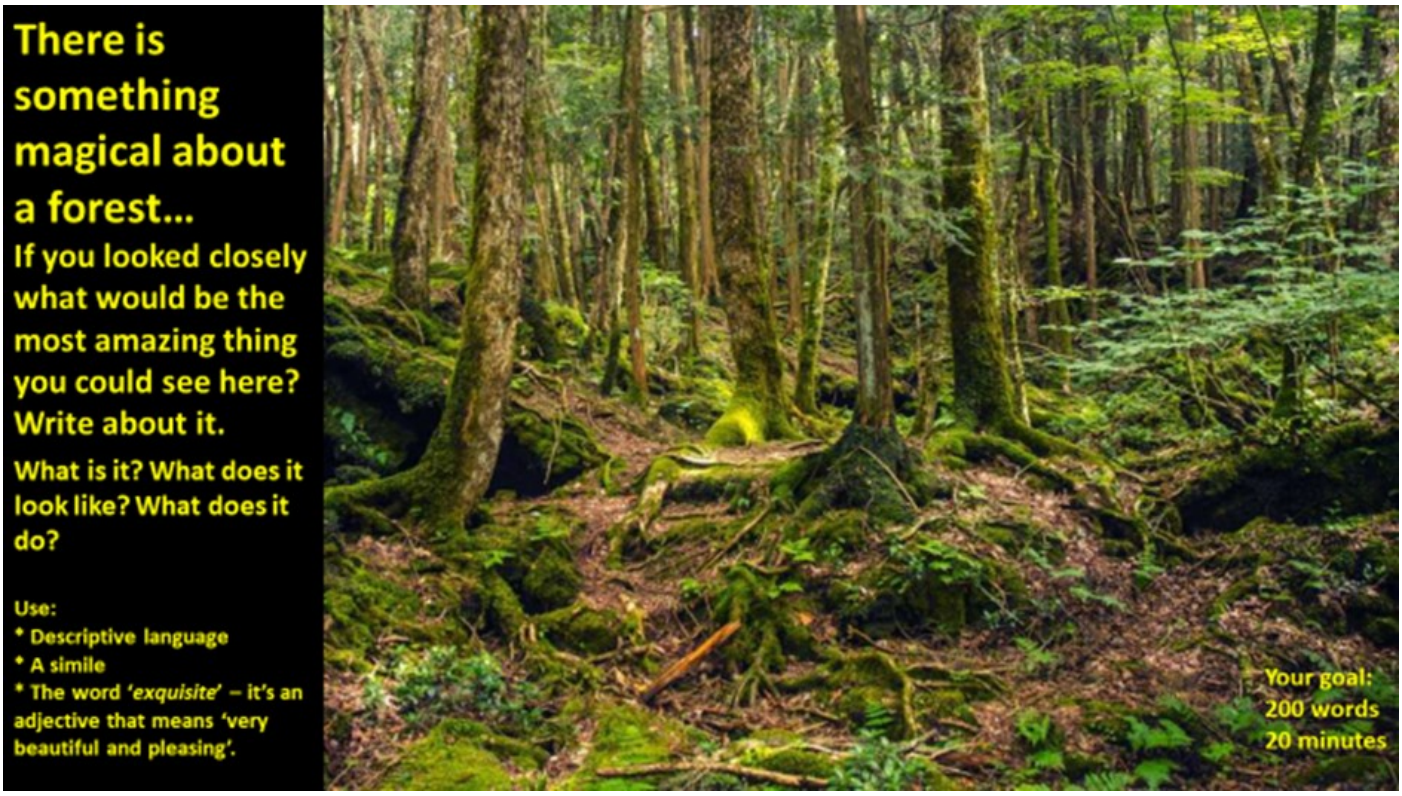
All welcome.

Week 2 Term 4 Awards

P&C Awards: Year 7 - Jackson Pascoe; Year 8 - Kimberly Smith; Year 9 - Tara Dwyer; Year 10 - Codie May; Year 11 - Connor McNeill

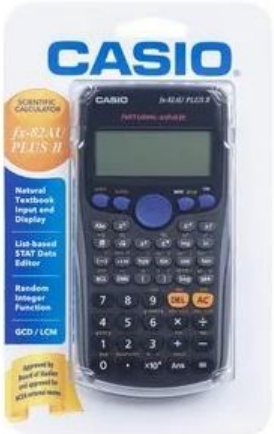
SRR Award: Destiny Wrage

Writing Friday



School calculator price change

Please be advised that the cost of calculators purchased from the school office has risen to $23.60



Year 12 sign out procedures 2019

Date: Wednesday 6 and 13 November

Time: 10am to 12pm

Follow the steps below:

- Pay any outstanding school contributions at the school office. The sign out cannot be completed if contributions remain unpaid. Student Assistance is available where students have difficulty meeting their financial obligations. **Please apply for assistance if needed prior to this date.**
- Collect a personalised, pre-printed leaver's form from the school office. (See example below)
- Return all textbooks, library books and other school property to relevant faculties. Some text books and resources may have already been returned and the partially completed leaver's form will be held at the school office.
- Return the completed form to the office.

HSC assessment ranks may be obtained by visiting the Students Online page of the NSW Education Standards Authority (NESA) site: www.educationstandards.nsw.edu.au from 2 December 2019. You will need to use your student number and the PIN number issued to you in a letter sent from NESA. If you have any questions about your rankings or if you believe any are incorrect, an appeal must be lodged with the school by 18 November 2019.

Students who have paid the $50 book deposit, returned all texts, paid all contributions and completed an *Application for Year 12 book deposit refund 2019* form by 13 November will receive a refund into their nominated bank account.

(Note: These refunds are processed by DOE State Office. Last year there were delays over which the school had no control)

Application for Year 12 book deposit refund 2019

Students who are eligible for a Book Deposit refund need to complete the form below and return it to the office on sign out day **Wednesday 6 and 13 November 2019**.

Eligible students must have paid their Book Deposit, returned all text books, resources including library books and a completed Leavers Form.

Please ensure that bank details are **clearly written** to ensure that the money is refunded back into the correct bank account. This form **must** be signed by your Parent/Carer. Book Deposits will be credited to the nominated Bank Account below after sign out day.

Student name: _____

Address: _____

_____

Account name: _____

Bank: _____

Branch: _____

BSB: _____

Account number: _____

Parent/caregiver signature:

_____

Office use only

Checked off eligibility list: ☐

Date processed: _____

Name of officer: _____

Year 7 into 8 Parent/Carer information evening

Dear Parents/Carers,

Students in Year 7 will soon be moving into Year 8. Next week, they begin the process of subject selection for Year 8, 2020. A number of new processes were successfully implemented in 2018/19, and they will continue.

Parents/Carers of students in Year 7, you are invited to an **Information Evening** next **Tuesday 5 November**, commencing at **6pm in the Performance Centre**.

At this meeting you will:

- Have outlined for you the way in which the junior curriculum is structured at Mudgee High.
- Be taken through the process of junior subject selection.
- Be shown the place of Year 8 subjects in a pattern of study that results in the award of a Record of Student Achievement (RoSA).
- Have explained the operation of semesterisation as part of the Year 8 Elective Structure.

An understanding of the processes and rules that underlie the junior curriculum better prepares parents to be able to help their children plan a pattern of study over the next three years.

The staff of Mudgee High is very proud of the number of subject choices available to its students. To take full advantage of what is on offer, both students and parents need to have a clear understanding of the system.

Please take this opportunity to discover what Mudgee High has to offer your child.

Ms M Date
Relieving Deputy Principal

Drought support service at Mudgee High School

At Mudgee High School, we understand that families in our area may be doing it tough because of the drought and its district-wide knock on effects. Mudgee High School has always supported students in our community to access showering facilities for a variety of reasons. That service has been expanded.

Members of our community may have noticed the promotion of a support service at Mudgee High on the Mudgee High School and 200 Bales Facebook pages. MHS offers a service where students can discretely use the showering amenities within the school. Students wishing to use the service need only go to the Learning Centre between 8:30 and 9:15am any school morning and a wellbeing staff member will assist them.

Thank you to Big W Mudgee who have generously provided towels and toiletries for students to use when showering. The towels will be washed and kept at school for further use.

Wellbeing Support Team

Library News

Every year Term Four sees the departure of our Year 12 students who have used the Library as their place of study, assessment preparation, major HSC work finalisation and ‘time out’ area for the current year. It has also been the place where year meetings each fortnight have been held and in some cases, where ‘futures’ have been planned and ‘applied for’ and even where dresses for the school formal have been purchased online! It also marks the end of HSC courses studied through Distance Education. This ultimately culminates in two events; HSC major work marking and HSC examinations. At the end of last term, the Library hosted HSC marking of major works in Industrial Technology Wood and Multimedia. This term we are hosting HSC examinations in languages; French, Spanish and Italian.

2020’s Year 12 has quickly assumed the mantle and new ‘senior’ faces are appearing every day. The Library is becoming their domain as the reality of ‘self-help’ dawns. Senior students are reminded that the Library is the perfect place to make the most of study periods ‘to get things done’, print assignments, start research and complete homework to maintain a healthy ‘work/life balance’.

The Library has already hosted several external Professional Learning courses this term in school financial management for local Principals and Financial Managers, and several others are planned over the next few weeks.

Our ‘virtual’ fourth computer lab of Chromebooks is operational, increasing our technology capacity to accommodate students. They have been well supported by staff and have been a valuable acquisition to our library resource.

On Monday 28 October, Year 8 ‘VALID’ testing will take place in the Library and we will begin hosting ‘catch up’ examinations this term in many subjects as the end of year reporting period proceeds.

Enquiries and enrolments into Distance Education courses by Year 10 for the 2021 HSC have begun. Any student in Year 10 thinking about undertaking a course via Distance Education should see Mr Proctor in the Library no later than the end of Week 5, Friday 15 November.

Busy times ahead for the start of another term in our school library.

Naplan online

As part of the transition to move NAPLAN from a paper based to an online test, Mudgee High School will be undertaking a platform readiness test on Thursday 31 October and Friday 1 November.

The platform readiness test is an end-to-end test designed to provide experience as close as possible to NAPLAN Online 2020 and to test the functionality and performance of the online assessment platform, including:

- Tailored testing component.
- Tests in all four domains.
- Generating summary reports.

The test also allows Mudgee High School to become familiar with the online assessment platform, and to identify any technical or administrative issues that need to be resolved prior to moving online.

We have had a small group of students from Year 7 volunteer to sit the readiness test.

Limited academic results from the platform readiness test may be made available to the school after completion. However, individual results for students will not be made available, nor will results be used for assessment, comparison or diagnostic purposes.

Please contact the school should you have any questions.

Positive Behaviour for Learning

This week, students will be focusing on being Safe, Respectful and Responsible whilst using the toilets.

Throughout the week, we will talk about appropriate ways in which to access toilets at school, starting with this one:

Get in, do your thing, get out!

PB4L Team.

SRR SAFE RESPECTFUL RESPONSIBLE

Jazz Ensemble

Mudgee High School now has a Jazz Ensemble.

Rehearsal is Tuesday mornings from 8 am. The Jazz Ensemble includes vocalists accompanied by trumpet, trombone, saxophones, bass, drums, piano and guitar. If you would like to be part of the Jazz Ensemble, we are looking for new members – particularly in the wind section. You must be able to read music. There are some options to borrow instruments. For More information, contact Mr Holleman.

Pieces the Jazz Ensemble have been rehearsing include:

- *Moondance* – Van Morrison
- *Sway* – Michael Buble
- *Don't Know Why* – Norah Jones
- *Brick House* – The Commodores
- *Green Onions* – Booker T and the MG's.

Make it Swing workshops

John Morrison and Jackie Cooper will visit Mudgee High on 20 November.

They will be working with the Jazz Ensemble, but will also conduct masterclasses in singing and drums.

Students do not need to be part of Jazz Ensemble to attend these masterclasses. Students wishing to attend should contact Mr Holleman.

Bawamarra

(Relate news, communicate)

Applications for CSU 2019 programs are now open

The Indigenous Access Program is a 5 day testing and assessment program offered to Indigenous participants wanting to study at Charles Sturt University.

Successful completion of this program will gain you entry into a range of CSU Bachelor courses.

(https://study.csu.edu.au/get-support/indigenous)

All travel, meals and accommodation are covered for eligible participants.

Places are filling fast! Visit our website today: csu.edu.au/iap

Alternatively if you have any questions please feel free to contact the team on (02) 6933 4020 or email afb@csu.edu.au

Charles Sturt University

Walanga Muru's Aboriginal and Torres Strait Islander Entry Pathway (ATSIEP)

An opportunity for Aboriginal and/or Torres Strait Islander students to gain entry to study an undergraduate level course at Macquarie University.

In 2019 they are hosting interviews in the 2nd week of each month from NOW to January 2020.

Walanga Muru's ATSIEP is a 2-stage process, comprising of an online application and an interview. Interviews will be held on campus to give students the opportunity to elaborate on their application in a casual setting and hopefully gain entry into any undergraduate degree here at Macquarie University in 2020 prior to the main round offers.

The on-campus interview days also gives students the chance to meet with other Aboriginal and Torres Strait Islander students currently studying at Macquarie University, learn more about our centre and the University campus, the events they run, and find out about any scholarships and accommodation options, and sporting opportunities etc. that you may be eligible for.

Each student that completes an online application (check out the link below for more info on the application) will be notified within 3 days of submitting an application whether their application is ready for an interview.

From the students interview date they will know within 2 weeks from the day they attend their interview whether they have been successful.

There are no prerequisites and students can apply if they:

- Would just like the peace of mind of an early offer.
- Are not going to receive an ATAR.
- Think that they may receive an ATAR score lower than is required for admission to their chosen degree.

APPLY NOW as applications are NOW OPEN

https://it-mqu.formstack.com/forms/aboriginal_and_torres_strait_islander_entry_pathway

MACQUARIE University

Sydney University Indigenous Australian Engineering School

From **12-18 January 2020**, the Faculty of Engineering and Information Technologies at the University of Sydney will host the Indigenous Australian Engineering School (IAES), funded by Engineering Aid Australia.

The IAES Program gives 25 Indigenous high school students from across Australia, who are entering years 10, 11 and 12 in 2020, the opportunity to come to Sydney and explore the possibilities of studying and working within various fields of engineering.

The IAES Program is fully sponsored with all activities, accommodation, flights and meals covered by Engineering Aid Australia and the University of Sydney.

The week-long program will involve site visits to key Sydney locations, curriculum exercises and participation in cultural activities. Further highlights include networking opportunities with engineering industry representatives and recreational activities on Sydney Harbour.

If you are an Indigenous student with a high aptitude for mathematics and science and are interested in engineering, you are strongly encouraged to apply.

Application closing date: **18 October 2019**.

See Miss Windeyer in HSIE for application forms and details.

An initiative of

Applications are now open for the UNSW Science & Engineering Pre-Program

Coordinated by Nura Gili, UNSW's Indigenous Programs Unit, the program is designed to provide support and training for Indigenous school leavers to better prepare them for study in the fields of Science and Engineering through an immersive experience at UNSW.

This program is for current year 12 students. Travel and accommodation costs are covered by Nura Gili. Successful completion of the Pre-Program may lead to entry into an undergraduate degree with UNSW Science or Engineering.

Apply here: https://www.nuragili.unsw.edu.au/study/indigenous-preparatory-programs or email any questions to Science.EDI@unsw.edu.au

Puggy Hunter Memorial Scholarship Scheme (PHMSS)

Scholarship opportunity for Aboriginal and Torres Straight Islander Students!

Applications for the PHMSS Scheme open nationally on **Tuesday 1 October 2019** for study in 2020.

The scholarship provides financial assistance to Aboriginal and Torres Straight Islander people who are undertaking study or are intending to study in a health-related course at an Australian educational institution in the following professions:

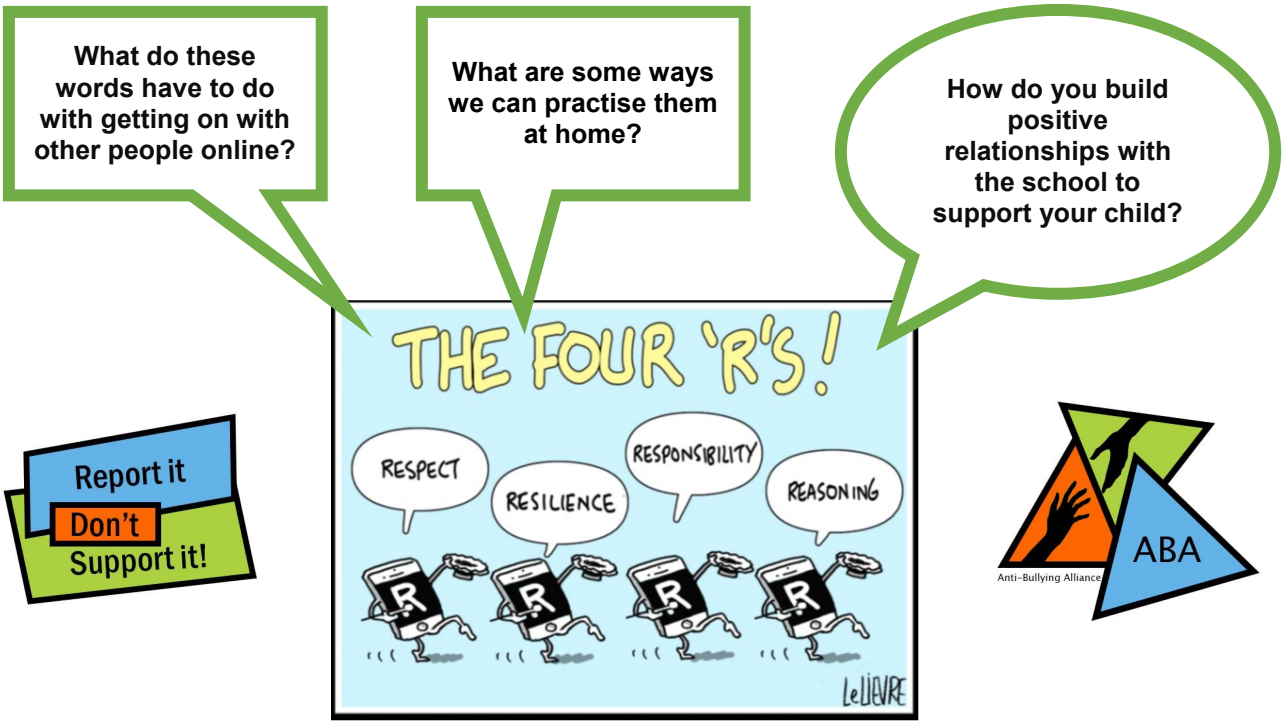
- Aboriginal and/or Torres Straight Islander health workers and practitioners
- Allied health (except pharmacy)
- Dentistry/oral health (excluding dental assistants)
- Medicine
- Midwifery
- Nursing (EN and RN)

Scholarships are available for entry level or graduate level courses and are worth up to $15000 per year for full-time study and $7500 for part-time study. To be eligible applicants must be studying an eligible health related course in 2020 and be able to confirm their ethnic status.

Applications close Monday 4 November 2019.

Anti Bullying Alliance update

Prevention: The four "R"s



Online bullying – or cyberbullying – is engaging in bullying behaviour using technology such as internet or mobile devices. Online bullying is different from other forms of bullying: It is more likely to happen outside school. Harmful material can be shared quickly and long after the first incident. It can happen anytime, day or night. It is more difficult for children to defend themselves or get away. There are a number of ways to keep your child safe online: Find out the age restrictions of sites. Know how to block unwanted users. Encourage your children to: Tell a trusted adult if needed. Do not share passwords. Only be friends with people online that they know in day-to-day life. Think carefully before posting comments or photos.

Knowing your child is being bullied online can be distressing. Talk openly with your child about online bullying and help them with strategies they can use if they come across online bullying or are bullied online.

- Remind your child not to respond or retaliate.
- Block or delete the bully.
- Change their privacy settings.
- Keep a record of any incidents.
- Report serious online bullying to: https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying
- Call the police if your child is physically threatened.
- Let the school know immediately.

Source: Staying Safe Online: https://antibullying.nsw.gov.au/parents-and-carers/Keeping-my-child-safe-online

If you need something done about an issue, your first point of contact is the Bullying and Harassment form. This can be completed online, via the link below, or through a paper copy available from the office.

https://mudgee-h.schools.nsw.gov.au/supporting-our-students/student-health-and-safety/anti-bullying.html

You can also contact a member of the ABA via email at antibullying@mudgeehighschool.net or phone and a member of the team will fill out a form on your behalf. This form provides the ABA with the necessary information to follow up the incident in a sensitive and effective manner.

A NSW Government initiative: antibullying.nsw.gov.au.

An Anti-Bullying Alliance information and resource strategy in conjunction with Mudgee High School's Anti-Bullying Plan.

SECONDARY

Parent Newsletter

TheLearningCurve™

Wellbeing Builder:

Middle – HOLIDAYS AND REFLECTION

Senior – OPPORTUNITIES FOR "WHOLIDAYS"

Wellbeing Element:	EXERCISE AND VITALITY
Character Strength:	LEADERSHIP
Strengths Booster:	STRENGTHS STOCKTAKE
Wellbeing Reflection Activities:	Middle – HOLIDAYS AND REFLECTION, Senior – OPPORTUNITIES FOR "WHOLIDAYS" (see website)
Parent Wellbeing:	For 10 deep breaths, stand up and imagine there is an invisible wire holding your head upright, push your shoulders back and tighten your buttocks. Do this several times daily.

Holidays are wonderful times for students to relax and enjoy their families and friends, after all, they are sons, daughters, brothers, sisters, nieces, nephews and grandchildren well before they are students. For all students, holidays are also an excellent opportunity to get active outside, read, exercise more and pursue their hobbies. They are definitely not a time to laze around glued to electronic devices and watching videos all day.

For Senior students, while holidays are time to rest, revive and survive, they are also valuable opportunities to revise the previous Term's learning. The reality is if they don't revise then, it won't happen. As we learnt from *Positive Memory Habits Are?* And *The Changing Brain/Brain Growth Abilities*, should students not regularly revisit what they have learned, then it is lost from their memories. Revising turns their brain pathways into fast flowing freeways.

To take responsibility for their education, a proactive action for students is to honestly self-assess on their progress towards their goals and complete:

1. How were Your Efforts Last Term?
2. Learning Goals and Subject Reflections
3. Learning Goals for Next Term.

The holidays are times to reward themselves for good efforts and celebrate their and others' successes.

"Every day is a wonderful opportunity to love, to learn, to laugh, to care and celebrate the joy of life." Saying

SRR SAFE RESPECTFUL RESPONSIBLE

Fact sheet

YouTube (For parents)

Follow us: @ThinkUKnow_Aus facebook.com/ThinkUKnowAustralia

What is YouTube?

YouTube is a free, user-generated video sharing website that allows users to watch, create and upload their own videos to share with others. YouTube has over a billion users. Anyone is able access the videos on the service online however users must create an account to upload and share their own content. The site is moderated by users who can flag inappropriate content. YouTube reviews the content and if it violates their community guidelines the content is removed, or age restrictions are put in place.

How are young people using YouTube?

Young people use YouTube to watch, create and upload videos. It is used to socialise, interact, learn, share and watch content. Popular types of videos include music, pranks, parodies, and 'how to videos'. YouTube is the second largest search engine in the world and can be used as the starting point for research or learning about a particular topic.

What are the age restrictions for YouTube?

Users are required to be 13-years-old to use the site. Users under 13-years-old are recommended to use YouTube Kids. Age restrictions are difficult for YouTube to monitor as age is only verified when users create an account, however it is not necessary to have an account to use the service. YouTube rrestricts videos it has deemed inappropriate for people under 18-years-old by requiring users to sign in to an age verified account before they are able to access restricted content.

Is it free?

It is free to view and upload videos on YouTube but there is a paid version of the service, known as YouTube Red. YouTube Red gives subscribers access to ad free viewing as well as enabling them to watch television shows and movies. This service is available in America and will soon be expanded to other countries. You must be 18 years or older to use this service and you also need a Google account with a valid payment method.

What does subscribing to someone's YouTube channel mean?

Subscribing to a channel means that a user is interested in the videos that another user is posting and would like to be notified when new videos are uploaded to the channels they follow. This is very similar to 'friending' or 'following' on other types of social media. A channel can be run by an individual, organisation or business and can consist of any type of video content.

What is the difference between a YouTube account, username and channel?

When a YouTube account is created, users are able log into YouTube and get a username and a channel (a username is often the same as a channel name). A username is used to comment on videos and a channel is used to upload video content. There can be multiple channels under a single YouTube account.

What are some of the potential issues with YouTube?

YouTube consists of user-generated content. Videos found on the site don't always have age appropriate classifications. The site relies on users to monitor and report inappropriate content. Users do not need to create an account to use the site so it is difficult to manage or regulate underage users. YouTube users may be exposed to bullying and harassment on the site however there are steps people can take to minimise this risk.

What are the recommended settings on YouTube?

As YouTube users do not have to have a personally identifiable account to use the site, the privacy settings are somewhat limited.

Privacy settings can be created on user accounts and the videos that are uploaded. Videos have three setting options; public, private or unlisted. It is recommended that young people set their videos to private or unlisted.

AFP AUSTRALIAN FEDERAL POLICE Microsoft DATACOM CommonwealthBank

TUK_YTFSP_2016

Fact sheet

YouTube (For parents)

Follow us: @ThinkUKnow_Aus facebook.com/ThinkUKnowAustralia

What are the recommended settings on YouTube? (continued)

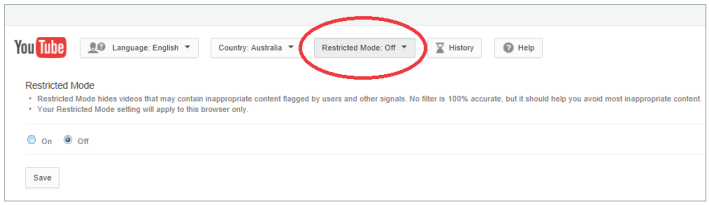
- Public - anyone is able to search and view your videos
- Private - only people you allow can search for and watch your videos
- Unlisted - only people that you send the link to can view your videos.

Commenting on videos is set as a default option, however this can be disabled.

How do I turn on restricted mode?

You can enable restricted mode to filter inappropriate content on the browser on your computer/device. YouTube uses age-restrictions, community flagging, and other indicators to recognise and filter inappropriate content. While it is not 100 per cent accurate, it can be useful as a parental control. We recommend that this is used in conjunction with conversations with your child about what is and isn't appropriate viewing.

To turn on restricted mode you must be logged into a YouTube account. Restricted mode can be locked and removed with a YouTube account username and password. Once enabled, restricted mode will remain on regardless of whether you are logged in or not, or if another person is logged into a different YouTube account.



How do I delete my child's YouTube channel?

After talking with your child about the responsible use of YouTube and your family's rules around technology, you may think it's appropriate to delete a YouTube channel. If an account is deleted, any content on that account will be deleted and unable to be recovered. Be aware that you cannot delete a channel on a mobile device.

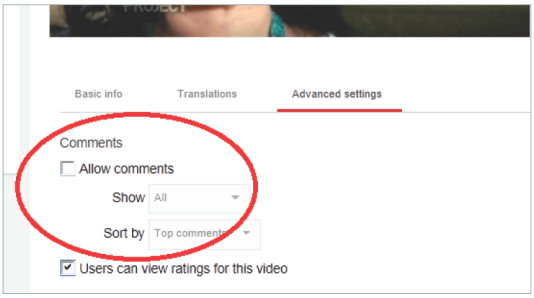
You can delete a channel by:

- Signing into the account you want to delete
- In the top right, click your account > YouTube settings
- Under 'Account settings', select 'Overview'
- Under the channel's name, select 'Advanced'
- At the bottom, select 'Delete channel'.

How do I deal with and report abuse or inappropriate content on YouTube?

Abusive or inappropriate content can be reported via the flagging or reporting tool on YouTube. If your child has received a serious violent threat, contact your local police.

It is recommended that comments are disabled on videos to avoid abuse and being exposed to inappropriate language or offensive content. Comments can be disabled by connecting to your YouTube account, selecting a video in 'Video Manager' and unchecking 'Allow comments' in the settings options.



Users can also be blocked, so they cannot see or leave comments on uploaded content.

For more information, visit www.support.google.com/youtube

thinkuknow.org.au

AFP AUSTRALIAN FEDERAL POLICE
Microsoft
DATACOM
CommonwealthBank

TUK_YTFSP_2016

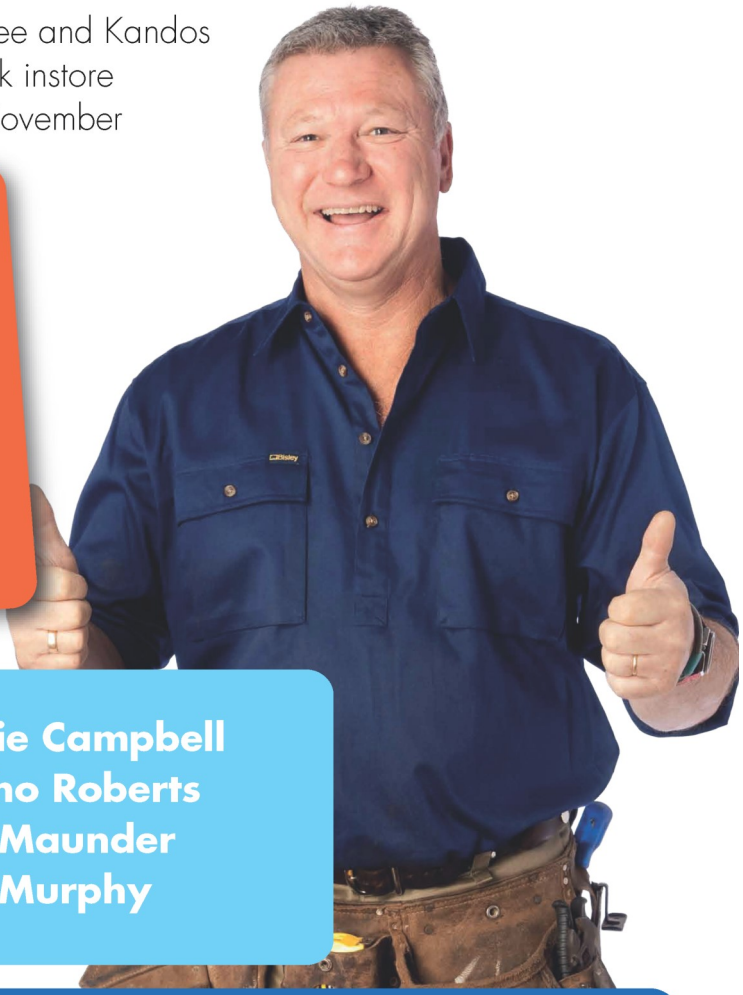
VOTE & WIN!

PETRIES MITRE 10
SCHOOL TRADE AWARDS 2019

Year 12 Technology Students from Mudgee and Kandos High Schools will be displaying their work instore Wednesday 23 October to Tuesday 5 November

YOUR CHANCE TO WIN A $50 MITRE 10 GIFT VOUCHER

Vote for your favourite piece to go in the draw!



Tim Rava
Tyler Flick
Mitchell Winsper
Daniel Frost
Shellie Campbell
Nickho Roberts
Niki Maunder
Alec Murphy

AWARDS NIGHT WILL BE HELD AT PETRIES MITRE 10
TUESDAY 5 NOVEMBER 2019 FROM 6 – 7PM

MIGHTY HELPFUL™ MITRE 10

PETRIES MITRE 10, 144 CHURCH ST, MUDGEE. PH 6372 1111

MUDGEE HIGH SCHOOL
HSC EXHIBITION 2019

ART TEXTILES WOODWORK

ART TEXTILES WOODWORK

STABLES GALLERY

OPENING NIGHT - 11 NOVEMBER 2019

HOURS: 12 - 14 NOVEMBER 10AM - 4PM

15 NOVEMBER 10AM - 2PM

Advertisements

MUDGEE HIGH SCHOOL CANTEEN MENU 2019

HOT FOOD AVAILABLE EVERY DAY

CHICKEN & CORN ROLL	$ 1.70
PIZZA ROUNDA	$ 3.00
BEEF TRAVELLER PIE	$ 4.00
CURRY CHICKEN PIE	$ 4.50
POTATO PIE	$ 4.50
CHILLI BEEF SAUSAGE ROLL	$ 3.50
SAUSAGE ROLL	$ 3.00
BEEF & GRAVY ROLL	$ 5.00
HOT DOG WITH CHEESE	$ 4.00
HOT DOG	$ 3.50
GLUTEN FREE BEEF PIE	$ 4.50
MAYO/SAUCE PORTIONS	$ 0.30

ROLLS & SANDWICHES

HAM SALAD	$ 5.00
EGG SALAD	$ 5.00
CHEESE SALAD	$ 5.00
CHICKEN MAYO & SHALLOTS	$ 5.00
CHICKEN CAESAR	$ 5.00
SWEET CHILLI CHICK/AVOCADO	$ 5.00

ALL ROLLS CAN BE MADE ON GLUTEN FREE ROLLS

PLAIN BREAD ROLL	$ 1.20

SALADS

GARDEN SALAD GF	$ 6.00
CHICKEN CAESAR SALAD	$ 6.00
FRESH FRUIT SALAD	$ 4.00
SEASONAL FRUIT	$ 1.00

CHECK AVAILABILITY OF THESE SALADS

BUDDHA BOWLS	$ 7.50
POTATO SALAD WITH CURRIED CHICKEN	$ 7.50
MEXICAN CHICKEN WITH GUACAMOLE	
BROWN RICE & JALAPENO SALAD	$ 7.50
GREEK SALAD	$ 6.00
COUS COUS SALAD	$ 5.00
PASTA SALAD	$ 6.00
SUSHI	$ 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	$ 3.50
CUSTARD 600ML	$ 3.50

BEVERAGES

COOLRIDGE WATER 750ML	$ 4.00
WATER 600ML	$ 2.00
GATORADE G2	$ 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

SHAKY SHAKE	$2.00
PADDLEPOPS	$ 1.60
Bulla FROZEN YOGHURT	$ 2.50
Twisted FROZEN YOGHURT	$ 2.50
MILO SCOOP	$ 3.50
CYCLONE	$ 2.00
RASPBERRY ICY POLE	$ 1.30
LEMONADE TWIST	$ 1.00

DAILY SPECIALS

MONDAY

SWEET CHILLI CHICKEN WRAP (ORDER ONLY)	$ 5.00

TUESDAY

PIZZA SUB	$ 2.50

WEDNESDAY

WEDGES	$ 2.50
sour cream/sweet chilli sauce	$ 0.50

THURSDAY

CHICKEN BURGERS	$ 4.00
GF CHICKEN BURGER GF Order only	$ 4.00

FRIDAY

THAI CHICKEN ROLL OR BOWL ORDER ONLY	$ 6.00

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**

TOWN HALL CINEMA

Showing November 1st, 2nd & 3rd

Tickets available online from Monday 21st of October

Visit trybooking.com and search 'Mudgee Town Hall Cinema'.

Downton Abbey

Sat 2nd Nov	7:30pm
Sun 3rd Nov	4:30pm

Ride Like a Girl

Fri 1st Nov	7:00pm
Sat 2nd Nov	4:30pm

Abominable

Sat 2nd Nov	11:00am
Sat 2nd Nov	2:00pm
Sun 3rd Nov	11:00am
Sun 3rd Nov	2:00pm

* Tickets also available at the door (if not sold out prior).

For more information visit **midwestern.nsw.gov.au** or Mudgee Town Hall Cinema on Facebook

Ticket prices

Adults	$15
Children/Concession (Seniors card not accepted)	$10
Children under 5 years	Free

Proudly supported by

Mid-Western Regional Council

Mid-Western Youth Council

Combined Rotary Clubs of Mudgee

JOIN NOW

Australian Air League

NSW Group

Mudgee Boys Squadron is now enrolling.

Since 1934, the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills such as leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls the age of 8 years from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out or our young Australians.

Mudgee Boy Squadron
Meeting Night: Friday
Meeting Times: 7.30pm till 9.30pm
Meeting Place: Aero Club clubhouse, George Campbell Dr, Mudgee Airport, Mudgee

FOR MORE INFORMATION PLEASE CONTACT
Mark Woodhead 0411 435 756 or
Thomas McAdam 0421 794 065
Email: mandiwoodhead@optusnet.com.au or oc.georgecampbell@airleague.com.au
www.airleague.com.au Email: info@airleague.com.au
Free Call: 1800 502 175

family fun day

- Giant slide
- Photo booth
- Mechanical bull
- Fun food & drink
- Sausage sizzle
- Lawn games
- Giveaways

FREE COMMUNITY EVENT

11:00am – 2:00pm Saturday 2nd November 2019

Cook Park, Summer Street, Orange, NSW 2800

Be one of the first 120 visitors to check-in at the CanTeen desk to receive a free Krispy Kreme doughnut.

Let us know you are coming by registering at ffd-canteen.eventbrite.com.au

CanTeen provides free support for young people aged 12-25 and their families when they've been impacted by cancer - either their own diagnosis, or the diagnosis or death of a family member.

For more information:

Contact 02 8974 4853, sydneyoffice@canteen.org.au or visit www.canteen.org.au

canteen

INDIGENOUS ACCESS PROGRAM

MAKE TRACKS AND GET STARTED ON YOUR PATHWAY TODAY...

Are you curious about university, but not sure if you'd get in?

You're not alone. Which is why Charles Sturt University has developed the Indigenous Access Program.

It's a five-day alternative entry program for Australian Aboriginal and Torres Strait Islander people, of all ages, wanting to study at Charles Sturt.

How does it work?

You will undertake a range of testing and assessments which will determine your suitability for study. It's a chance to work out what you want to do and see if your chosen course is a good fit. Together we'll create a personalised plan for your academic future. You'll also get to try out uni life and discover all the different services available at Charles Sturt.

If you're successful, you'll be guaranteed a place in a host of Charles Sturt undergraduate courses.

Where and when?

Dubbo Campus
8-12 July 2019

Wagga Wagga Campus
18-22 November 2019

Port Macquarie Campus
2-6 December 2019

Bathurst Campus
3-7 February 2020

For eligible participants we'll even provide your travel, accommodation and meals for the week.

Hurry – places are limited.

Apply today at csu.edu.au/iap

For more information, contact:

Email: afb@csu.edu.au
Website: csu.edu.au/iap
Phone: (02) 6933 4020

Charles Sturt University

F5680 Charles Sturt University CRICOS 00005F.

GULGONG FOLK FESTIVAL

After some re-planning and juggling of Committee roles, Gulgong Folk Club Inc. now has a new Festival Director, and it is FULL STEAM AHEAD for the 34th annual Gulgong Folk Festival:

29-31 December 2019.

Sponsors still have time to jump on board.

Accommodation choices are varied, and will be eagerly sought.

The **Bushwackers Bush Band** has top billing.

On offer will be concerts, jam sessions and 'blackboard concerts (walk-ups), relaxed /informative workshops for instruments and voice.

Poets' Breakfasts, too. And, Buskers' Corner for morning music on Mayne Street.

*Special news for songwriters ... **two (2) song writing competitions.**

a) A new comp for any freshly penned folk song, with age categories up to 21 years/ over 21.

b) The established and respected John Dengate political parody songwriting competition.

* It is obvious that there is plenty of material around for folk songs and, especially, parodies!!

The main Festival venues have efficient air-con.

A Gulgong Treat:

Pianists are welcome to display their talents on the Steinway in the Prince of Wales Opera House in the Open Recital.

Do check out some details at www.gulgongfolkfestival.net.au and like us on Facebook.

TryBooking is our online ticket sales contact of choice, with an impressive 'early bird' offer.

Children under 12 years of age gain FREE entry for the Festival.

Volunteers devoting 8-9 hours of Festival duty will earn a free 3-day Season Ticket.

Queries:

Please contact Di Clifford:- 0458 032 150 e:- di.clifford15@gmail.com

Sponsorship

Mudgee High School - LINK Program

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