

# MHS Newsletter

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



Monday  
4 November  
Week 4 Term 4  
2019

## Principal's Message

### Pulling the plug

Last week, the Western Australian government announced that it will ban students from using mobile phones in all public schools in a major push to reduce distraction and return the focus of the state's younger generations to learning.

The ban will affect mobile phones, smart watches, tablets and other devices that are not school property. It will come into effect for ALL public primary and high schools from the beginning of 2020, with some extraordinary exemptions for students with special circumstances, eg. the need to monitor physical conditions like diabetes which, left unchecked, may lead to ill-health or worse.

The policy that will come into force in the New Year is titled "off and away all day" and follows extensive consultation with schools, notably those that have had individual successes in controlling access to mobile phones.

Karon Brookes, principal of Ocean Reef High, a school that has banned mobile devices at school, has said that despite initial resistance from some students, the ban immediately reduced disruptions in the classroom and increased interaction in the schoolyard.

Speaking of her school, Ms Brookes said, "we noticed this growing noise in the yard ... students were actually talking, laughing and engaging with each other."

I spoke to Linda Macleod last week, principal of Dubbo South High, a Year 7-10 high school. She reports a similar phenomenon since their ban went into place on 14 October. "The noise during breaks is about twice what it had been before the ban. They are talking to each other."

Mrs Macleod reported seeing a student walking into school carrying a Connect 4 board game. When asked why, the student responded that she and her friends were playing board games at school during their breaks, now that phones were banned.

Back on the west coast, a Year 11 student at Ocean Reef Senior High School, said that for her, the ban had paid dividends.

"We are not distracted by notifications, so we are more focused in class and we are aware of what home work is given out and when assignments are due. So grades have improved."

WA's Education Minister, Sue Ellery, told ABC Radio Perth that the ban, which had already been trialled in several schools, had been relatively well received.

The Minister said that in those schools where the ban had been trialled, "Most of (the students) said they found it useful to have a break. Some of them whinged a little bit, but nobody said that it was completely unreasonable."

Useful to have a break. What an understatement!

An opportunity to pull the plug. An opportunity to reconnect with reality.

A draft procedures document for the proposed lock down of mobile devices at Mudgee High has been circulated with the P&C.

WA is literally two hours behind NSW; behind us. It would seem odd if we ended up behind them on this important issue.

### Stables Invitation

Next week our annual stables exhibition will kick off. It is a showcase of the great work that occurs in our Industrial Technology, Textiles and Visual Arts courses. It is a showcase of the great talent that exists in so many Mudgee youth.

Please come along on Monday afternoon for the grand opening, or try to make it to any of the day time openings from Tuesday through to Friday. You will not be disappointed.

*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



### COMING EVENTS

- 11-14 November Stables HSC Exhibition
- 25 November P&C meeting
- 27 November Year 6 into 7 orientation day
- 5 December MAD Concert

### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- School calculator price change
- Japanese News
- Jazz Ensemble News
- HSIE News
- Sydney Jewish Museum Excursion
- Bawamarra
- Positive Behaviour for Learning
- Anti-bullying Alliance update
- The Learning Curve
- Cyber Safety
- Advertisements
- Sponsorship

## New Zealand

I am on leave for the next two weeks. Mr Rosolen will have the reins over that time while Mr Whittington will be in the DP chair so vacated.

Until 25 November...

Wayne Eade  
Principal

### MUDGE 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 3 Term 4 Awards

P&C Awards: Year 7 - Sarah Cain; Year 8 - Grace Laidlaw; Year 9 - Lucy Campbell; Year 10 - Hope Miller; Year 11 - Hamish Saint

SRR Award: Isabella Shearman

## Writing Friday

A fantasy or a nightmare? A battle is underway here: What is happening? Who or what is this dragon? Why are these people fighting against him? Tell the story.



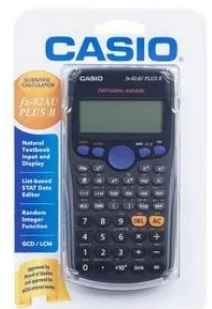
In your writing use:

- A simile
- 3 strong adjectives
- 2 good verbs
- The word 'strive' – it's a verb that means 'to try really hard'.

Your goal:  
200 words  
20 minutes

## School calculator price change

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



## Japanese News

### Year 7

Year 7 has been working through the topic on pets. Students seem to be enjoying this topic and are recalling a record number of vocabulary items. The assessment task will occur Week 4. It will have a focus on writing and listening.

### Year 8

Year 8 have just completed their first assessment. Collectively they achieved very pleasing results on questions relating to numbers. There is always room for improvement in regards to memorising Hiragana script though...

### VI

Years 9 and 10 have been working at a steady pace and insist that MHS make plans to take them to Japan...We shall see.

### Years 11 and 12

Year 11 have moved into their HSC studies and are coming to terms with the ever shrinking class... Hang in there.



## Jazz Ensemble News

New Saxophones have arrived!

This week, the Creative Arts faculty took delivery of two new saxophones, a tenor and a baritone. This means that all first parts in the ensemble are now complete. The Jazz Ensemble is always looking for new members, so please contact Mr Holleman if you are interested. There are loan instruments available for Trumpet, Trombone and Alto Saxophone.

The Jazz Ensemble consists of:

Vocalists: Lachlan Date, Sara Gatley, Stella Morgan

Trumpet: James Pegg, Callum Hopkins

Trombone: Dominic Lynn

Alto Sax: Daniel Pegg

Tenor Saxophone: Hamish Lynn

Baritone Saxophone: Lachlan Endacott

Bass Guitar: Aiden Hargraves

Electric Guitar: Grace Woodgate

Drums: Spencer Broom



Hamish Lyn and Lachlan Endacott with their new instruments.

## HSIE News

These last few weeks in HSIE have seen several events go by which have helped enrich the learning of our students. We have also been sending our best wishes to our recently left year 12 as they sit their HSC exams.

An overview of the items included in this installation of HSIE's newsletter can be found below:

History museum displays:

Year 8 students submitted their assignment for the Vikings in term 3 which involved creating a replica of a Viking artefact to be included in a display put together by their group.

Excursion to the Sydney Jewish museum:

Year 10 students finished off Term 3 with this trip, which helped students become immersed in the reality of the Holocaust. This had been their area of study for the previous weeks and exposure to items from this horrific period in history, as well as a talk from a survivor who lived through it, was a sobering experience which helped seal that disconnection many feel with events from the past.

Water Security talks:

Year 9 students were visited by a water management specialist from Dubbo City Council to talk about the future of water supply in the region. This was to further expose students to the realities of the importance of a sustainable future as part of our 'Sustainable Biomes' topic.

Classroom Transformation:

Mr Kable, with some help from students, has turned an entire wall in his classroom into a world map that can be used in an interactive fashion.

Threatened ecosystems and urban areas excursion:

Year 12 students completed the first part of their compulsory field study by traveling to Sydney to investigate the various factors at play in urban environments.



### Calendar

#### Week 4

6 November

- Remembrance Day assembly

#### Week 5

12-13 November

- Year 10 Love Bites

#### Week 7

27 November

- Year 6 orientation day

#### Week 8

3 December

- Year 12 Legal Studies Crime assignment due (in class component)
- Year 12 Ancient History assignment due (in class component)

5 December

- Akano Amuda - motivational speaker in the gym

#### Week 9

9 December

- Year 12 Business Studies assignment due (in class component)

10 December

- Year 11 Crossroads (Life Ready)

#### Week 10

16 - 18 December

- Year 11 Bonding Camp

**Human Society in all its complexities is, at its heart, deceptively simple. All of us wants to do our best, to leave a mark in the short time we are here. The HSIE faculty aims to equip young people with the skills and knowledge to determine in what way (s) they leave their mark, and how to make their legacies positive.**

## Sydney Jewish Museum Excursion 27 September

Packed tightly onto the bus early on Friday morning, twenty-two Year 10 and 11 students and two teachers, began their trip towards Sydney. They were off to visit the Sydney Jewish Museum in Darlinghurst as part of their History studies.

The museum's "architecture invites visitors to engage in a multi-sensory way with the Museum and its permanent exhibitions. Within three major exhibition spaces, visitors are able to confront historical artefacts, video footage, new digital technologies and personal stories." (SJM website).

After a quick stop at Lithgow's Macca's, the group continued their journey towards Sydney.

Upon arriving at the museum, the students and teachers were welcomed by Simon and taken to the lecture hall to meet Jacqueline Dale (nee Feldman). For the next hour they listened to Simon guide Jacqueline through her experience as a Holocaust survivor.

Jacqueline was born in 1931 to her Polish parents while they lived in Paris. It was during this time that the Nazis took control of the northern parts of France. Jacqueline's father was sent to Auschwitz after being deported in 1941.

Jacqueline (aged 11), her brother Charles (aged 5) and her mother fled to the south of France, near the Spanish border when they knew they could no longer live safely in their Parisian apartment. Her mother picked up work on a farm while Jacqueline and Charles were sent to separate catholic orphanages. Eventually, they ended up in the same orphanage where they had to present themselves as catholic to prevent being caught. During this time, they made friends, friendships that they still have today, and went through many drills to be ready in case they needed to leave quickly. Jacqueline and her brother stayed until the liberation of France in 1945.

After returning to Paris, Jacqueline became a seamstress in an effort to support her mother and brother after the war. The decision was then made for her to move to Australia with family. It was after moving here she married and started a family.

The students were drawn into Jacqueline's experiences, asking questions when she had finished. They were surprised to discover that Jacqueline, for a long period of time, did not consider herself to be a survivor as she did not end up in a concentration camp. She now shares her story to provide people an insight into what it was like for Jewish people who were child survivors of the Holocaust.

Students were then split into two groups and were taken around the Holocaust exhibitions by two volunteers. As each group moved to view different artefacts or view maps, they were informed of personal connections to items and the impact before, during and after WWII and the Holocaust. One section that was of particular interest was the one that displayed the birthday cards Jacqueline received while she was in the orphanage.

Everyone then went off to find some lunch, which was eaten while sitting in the park across the road. There were a few close calls with incoming pigeons, and an ibis or two, before everyone returned to the museum for the final hour.

It was during this time that students and staff were able to wander freely through each exhibition the museum had to offer. Students spent most of this time on the upper levels looking at the Holocaust exhibitions.

Finally, after thanking the staff for their hospitality, everyone moved back to the bus for the long trip home.



Comments from students about their experience on this excursion:

- “It was very eye opening to hear Jacqueline Dale tell her story. When we were listening to Jacqueline talk it all started to feel very real. although some parts were confronting, it’s good to know about these historical events.” Jonty Hayton (Year 10)
- “Having a real live person in the room with you sharing their story is so different from watching a video of someone sharing their story.” Elizabeth Young (Year 10)



Photo of JD: “The wooden passenger ship that Jacqueline holds was carved by her father while he was being held in the Pithiviers internment camp in France, 1941/42. This object is on display at the Museum alongside Jacqueline’s story.” (Photo caption from SJM site)



## 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](https://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](mailto:afb@csu.edu.au)



### 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](https://it-mqu.formstack.com/forms/aboriginal_and_torres_strait_islander_entry_pathway)



## 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.



THE UNIVERSITY OF  
SYDNEY

An initiative of



Engineering Aid Australia  
*Building futures*

## 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](mailto: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.**

**Forms and details:** [www.acn.edu.au/phmss](http://www.acn.edu.au/phmss)

**Further information:** 1800 688 628 or email: [scholarships@acn.edu.au](mailto:scholarships@acn.edu.au)



## Positive Behaviour for Learning

This week the PB4I Focus will be on hallways and stair areas.

As you can imagine we have a large number of students using these areas after each class. We have created a number of expectations to ensure the smooth flow of students changing classrooms.

This includes:

- Keeping to the left.
- Waiting against the wall in two lines at your classroom.
- Moving quickly and quietly between lessons.
- Allowing other people to pass where necessary.

## Anti Bullying Alliance update



## SECONDARY

### Parent Newsletter

The Learning Curve™

<b>Wellbeing Builder:</b>	Middle – GRIT AND LEADERSHIP Senior – GRIT
<b>Wellbeing Element:</b>	MEANING AND PURPOSE
<b>Character Strength:</b>	HUMOUR
<b>Wellbeing Fitness Challenge:</b>	EVEN BETTER
<b>Wellbeing Reflection Activities:</b>	Middle – GRIT AND LEADERSHIP, Senior – GRIT (see website)
<b>Parent Wellbeing:</b>	Think of three things which consistently push your emotional buttons. For each, come up with two off ramps to reduce the intensity of your emotions.

Building students' leadership capabilities will assist them to stay focused on the job at hand and ignore distractions. Using the strengths leadership, bravery, self-regulation and perspective will connect them with the moment, enabling them to do the right thing and do the thing right. It's about developing grit = passion + long term persistence + self-regulation.

Teaching students the difference between activity and action will benefit them. Activity is being involved in things with little meaning and purpose. Action is being decisive with things that matter and following through with meaning and purpose. Leaders know that difference and show it in their every thought, word and action.

Key ingredients which make up leadership are believing that other people matter and having a higher purpose in life to make a positive difference. Leaders understand that the right thing to do is nearly always the hard thing to do and then being prepared to do it. They welcome challenges and overcome them by using their strengths and growth mindsets to learn new and try approaches to build their brain's abilities.

Leaders know the way and show the way. Leadership for Relationships Week is a perfect opportunity to practise showing leadership and grit.

*"To handle yourself, use your head; to handle others, use your heart."* Eleanor Roosevelt



# Personal image sharing



This factsheet explains personal image sharing (sexting or sending nudes) and includes tips for parents and carers.



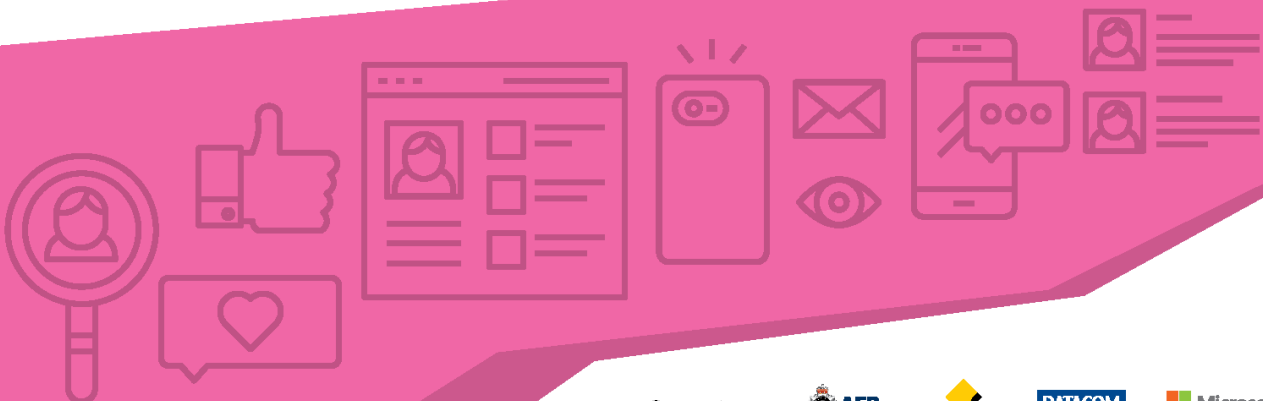
Sharing personal sexual content or 'sexting' refers to the sharing of sexually explicit photos, messages or videos.



**SEXTING MAY INCLUDE SENDING OR RECEIVING:**

- > Nude or sexualised photos or selfies
- > Videos showing nudity or sexual acts
- > Messages of a sexual nature

Sharing this type of content can have serious social and legal consequences for the people involved.





### WHAT YOU NEED TO KNOW

Each State and Territory may manage these cases differently.

However, under Commonwealth law, an image of someone under the age of 18 in which they are naked, in a sexualised pose or engaged in a sexual act may be considered child abuse material.

Once you hit 'send', you never know where your personal images may end up. It can be difficult to delete an image or video once it is sent.

It is a common scenario where an image has been sent and then shown or sent to others or posted on the internet. This can be embarrassing and hurtful.

Using apps with disappearing media (such as Snapchat), where photos, videos or messages, are meant to disappear after a few seconds, can be saved and stored without you knowing.

Ghost, decoy or vault apps can be used to hide images on smartphones.



### HOW CAN YOU HELP YOUR CHILD?

- > Encourage open discussions with your children about what content they might be sharing.
- > Talk about some tactics they could use if they feel pressured to send images.
- > Try to avoid judgement and labelling.
- > Consider seeking advice from support services.

If your child comes to you for help, the most important thing you can do is support them.



### REPORT IT

If you become aware of sexual or naked videos or photos of your child online, report them to the platform they are posted on to get them removed.

If you believe the incident is malicious or may be a result of grooming, contact your local police or report to ThinkUKnow [thinkuknow.org.au/report](http://thinkuknow.org.au/report).

Image based abuse can be reported to the Office of the eSafety Commissioner [www.esafety.gov.au](http://www.esafety.gov.au)

## Where can I get help?

### CONSIDER SEEKING ADVICE FROM SUPPORT SERVICES:



**Lifeline**  
13 11 14



**Kids Helpline**  
1800 55 1800



**Youth Beyond Blue**  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)



**ReachOut**  
[www.au.reachout.com](http://www.au.reachout.com)



**Office of the eSafety Commissioner**  
[www.esafety.gov.au](http://www.esafety.gov.au)

If you believe a child is in immediate danger call Triple Zero (000). For Police non-urgent help call 131 444 or your local police station.

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

### MUDGE 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
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#### 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
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#### 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
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#### SNACKFOOD

RED ROCK DELI CHIPS	\$ 1.00
JJ SNACKS	\$ 1.50
GRAIN WAVES	\$ 1.00

**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**

#### 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
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##### TUESDAY

PIZZA SUB	\$ 2.50
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##### WEDNESDAY

WEDGES	\$ 2.50
sour cream/sweet chilli sauce	\$ 0.50

##### THURSDAY

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

##### FRIDAY

THAI CHICKEN ROLL OR BOWL ORDER ONLY	\$ 6.00
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# SHOOSH FOR KIDS

11 - 17 November 2019  
[sport.nsw.gov.au/shooshforkids](http://sport.nsw.gov.au/shooshforkids)

Join the Office of Sport, Sport NSW, State Sporting Organisations and grassroots clubs across the state for Shoosh for Kids, the initiative promoting positive spectator behaviour at junior sport. Visit our website to sign up, gain access to posters, social media posts and more and let your members know where you stand on poor spectator behaviour.



Let's keep kids coming back to junior sport!

Shoosh for Kids is proudly supported by:

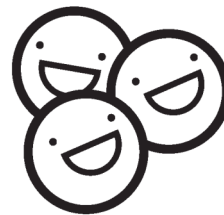


# What is SHOOSH FOR KIDS all about?



Shoosh for Kids isn't about staying **completely silent** as a spectator.

In fact, **positive** spectator behaviour is encouraged. Cheering on both sides of the competition is encouraged.



Shoosh for Kids is about trying to make sure the environment at junior sport remains positive - so that kids keep coming back to sport and stay happy and healthy.

Find out more at or join the initiative  
[sport.nsw.gov.au/shooshforkids](http://sport.nsw.gov.au/shooshforkids)

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 Childrens Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of 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**  
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Free Call: 1800 502 175



## YOUTH FOR UNDERSTANDING Student Exchange Programs

YFU Student Exchange is a not for profit, volunteer supported organisation that operates in more than 50 countries worldwide. We have students arriving in Australia in 2020 and they need host families!

Phone: +61 2 9659 2420

Free Call: 1800 654 947 (Australia) Free Call: 0800 833 624 (New Zealand)

Websites: [www.yfu.com.au](http://www.yfu.com.au) [www.yfu.co.nz](http://www.yfu.co.nz)

**YOUTH FOR UNDERSTANDING**  
Student Exchange Programs

### BECOME A HOST FAMILY

Give your family a global perspective without leaving home.  
To find out more about hosting an international exchange student visit [yfu.com.au/about-hosting](http://yfu.com.au/about-hosting)

NEW STUDENTS ARRIVING SOON

open minds and hearts 

**SCHOOLS SPECTACULAR 2019**

**TICKETEK** **QUDOS BANK ARENA FRI 22 & SAT 23 NOVEMBER**

The Schools Spectacular is an iconic cultural event, unequalled in the world.

With a 2700 voice choir, 2300 diverse dancers, an 80-piece symphony orchestra, a world-class stage band and a vast number of outstanding solo performers, the Schools Spectacular is unparalleled in the world in terms of sheer size, scale and scope.

In fact, this world-class performance is a Guinness World Record holder! Showcasing incredible talent of all ages from public schools in all regions of NSW, this is a not-to-be-missed event.

Tickets are selling fast and time is running out so grab your tickets today.



# 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](https://csu.edu.au/iap)**

**For more information, contact:**

**Email:** [afb@csu.edu.au](mailto:afb@csu.edu.au)

**Website:** [csu.edu.au/iap](https://csu.edu.au/iap)

**Phone:** (02) 6933 4020



**Charles Sturt  
University**





# 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](http://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](mailto:di.clifford15@gmail.com)

## Sponsorship

**Mudgee High School - LINK Program**

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**GLENCORE**

**Ulan Coal Mine**