

# MHS Newsletter

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



Monday  
2 December  
Week 8 Term 4  
2019

## Principal's Message

### 6 into 7

So good to see so many happy, smiling faces at last week's 6 into 7 transition day. Heartening when the common comment heard was along the lines of, "Wish I could start tomorrow."

It was also good to have so very many new and returning parents attend our information evening on Wednesday evening. Thanks to the staff who made it a very informative and successful evening, Ian Halbisch from the P&C who really did sell well the benefits of being involved with the P&C, and of course the parents and carers who attended.

As an aside, I note that people sometimes are sometimes a little wary of asking questions, afraid they may sound silly. As I pointed out to one mum afterwards, the only silly question is the one not asked.

If you are a first-time parent to Mudgee High and still have questions about 2020, please make contact with the school. We are happy to help and especially happy to put you at ease.

### MAD

If you have been under a rock, just a reminder that the MAD concert is on Thursday 5 December. 7pm kick-off. Some thirty acts. \$5 cover charge. A big thanks to Team CAPA and especially Mr Holleman for bringing all of us this opportunity to enjoy the creative arts talents of a great many of our students.

### All at Sea

I read an item last week in an education journal that reported that a great many Australian parents are feeling completely in the dark when it comes to how their children are being treated online.

The article made use of a study undertaken by cybersecurity solutions company Trend Micro. The company surveyed 1,000 Australian parents on their experiences and attitudes towards the digital world, cyberbullying, and their children's device usage patterns.

What did it find? By and large, parents do not speak to their kids about their online usage or the potential risks of being online.

More than three quarters of parents said the biggest challenge they faced was getting their kids to talk to them about online harassment... cyberbullying.

57.6% reported struggling with keeping up with the latest technology, while 48.2% reported they did not know how to deal with online issues when they arise.

62% of those parents surveyed felt that their kids spent too much time on devices, while 57% expressed a determination to limit the amount of time their kids were screen-gazing. 30% said they were even prepared to negotiate with their children rather than impose arbitrary limits that had the potential to escalate the potential for internecine warfare!

No problems so far if your kids are not accessing social media or creating an online presence, but the Australian Communication and Media Authority reported that in

*A Member of the  
Cudgong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- 12 December annual Presentation Assembly
- 13 December Gold reward activities
- 16 December Semester 2 reports handed out
- 16-18 December Year 11 bonding camp
- 18 December last day for students
- 28 January 2020 staff return
- 29 January 2020 Years 7, 11 and 12 return
- 30 January 2020 Years 8 to 10 return

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C and SRR Awards
- Writing Friday
- School calculator price change
- MAD Concert
- Bawamarra - Relate news, communicate
- End of Year Presentation
- Anti-Bullying Alliance Update
- The Learning Curve
- Cyber Safety
- Duke of Edinburgh's International Award
- Advertisements
- Sponsorship

2018, 48% of children aged 6-13 own or have access to a mobile phone.

The survey made clear that most parents are aware that the digital world comes with dangers; the problem is that many of them struggle with how to effectively approach difficult conversations with their kids around issues like cyberbullying (as victims AND as perpetrators), websites they should or shouldn't visit, and what information they can share online.

If you think you may be in this camp, you could do worse than visit a site like bCyberwise.

<https://www.lifeeducation.org.au/parents/>

The tools provided can assist parents to communicate better with their kids about their cyber presence, so as to promote positive online experiences.

Don't forget that next year, an online presence outside of class during school hours will be a thing of the past for students at MHS.

Until next week...

Wayne Eade

Principal



### MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 24 February 2020 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

## Week 7 Term 4 Awards

P&C Awards: Year 7 - Cooper Pyke; Year 8 - Kelly Constable; Year 9 - Hamish Wallace;  
Year 10 - Codie May; Year 11 - Justin Riley

SRR Award:

## Writing Friday

# What's the story?

This book has been found, tucked away in an old building. You open it. Inside is the most amazing, wonderful story. Write that story.



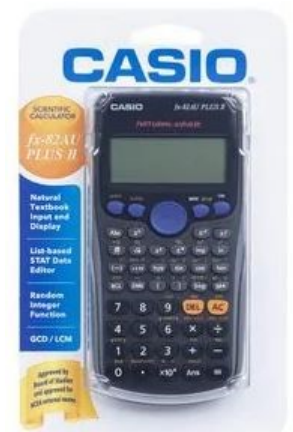
In your writing, use:

- \* Descriptive language
- \* A simile
- \* First person (I or we)
- \* The word '*petrify*' – it's a verb that means 'to terrify' or 'to turn to stone'

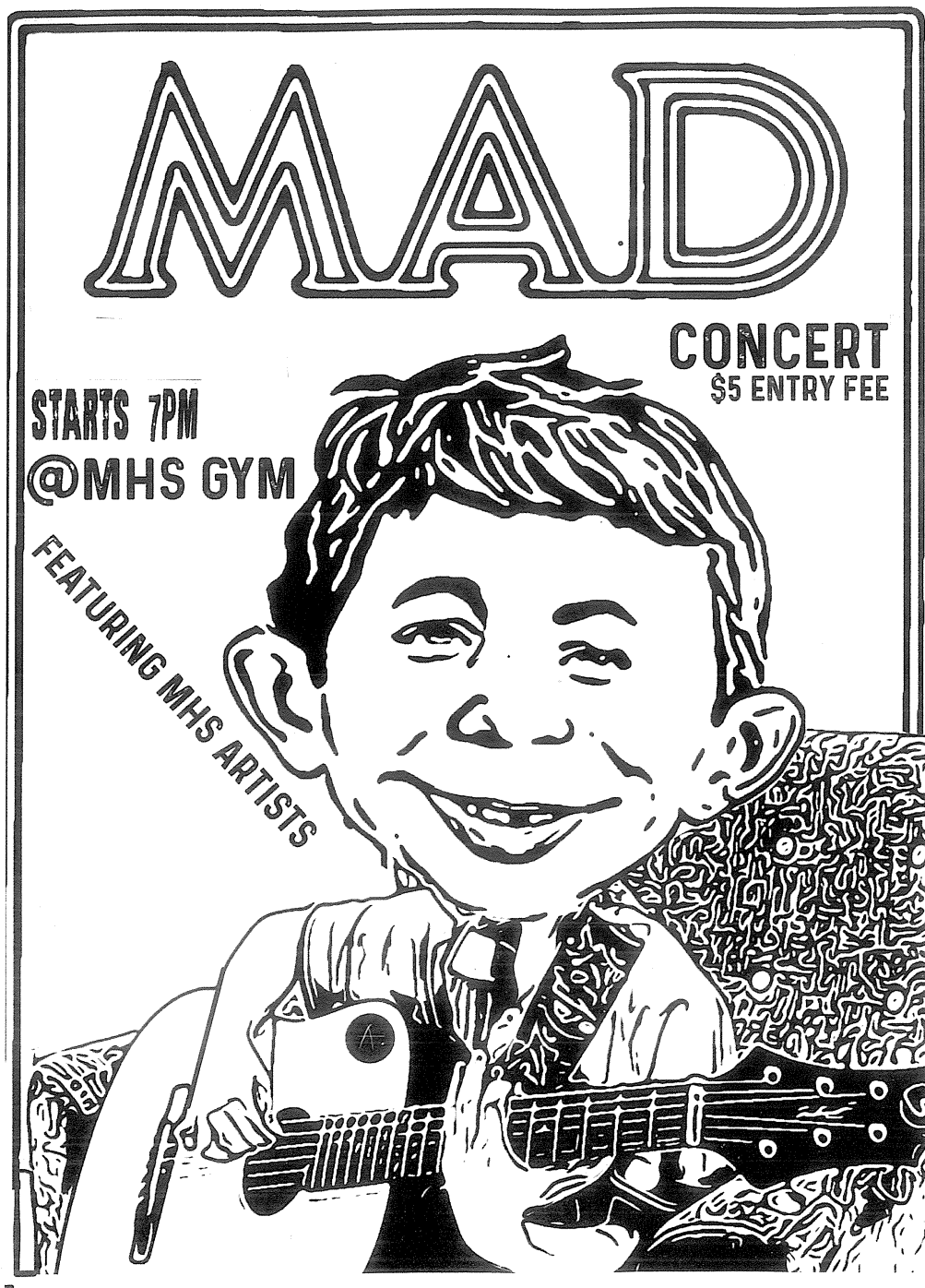
Your Goal:  
200 words  
20 minutes

## School calculator price change

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







Thursday 5 December - 7pm - School gymnasium



## Bawamarra

(Relate news, communicate)



### Wudhagaragarra Awards 2019

Wudhagaragarra is a Wiradjuri word meaning: to hear, to listen, to learn.

The Wudhagaragarra Awards celebrates and recognises innovation, excellence and achievement in Aboriginal Education in NSW Public Schools and School Communities. Awards are presented to selected high achieving Aboriginal students, Aboriginal and non-Aboriginal teachers, staff, community members and schools.

On Wednesday 6 November, the 2019 Wudhagaragarra Awards ceremony was held in Dubbo. The event was opened by Allan Hall. It was then coordinated by two students, Tiarnie McBride and Quincy Ross, both from Dubbo College Senior Campus.

Tara Sunderland, Year 7 Mudgee High School student, was awarded with an Encouragement Award. This award is presented to Aboriginal students to encourage them to continue with their studies. The award is intended to highlight Aboriginal students' achievements in the areas of excellent attendance, achieving academic potential, consistent effort and a positive attitude to school.

Claire Windeyer, teacher at Mudgee High School, was awarded with an Award for Outstanding Contribution to Educational Achievement by a non-Aboriginal Staff Member. This award is presented to a non-Aboriginal teacher or non-Aboriginal DoE employee who has demonstrated a strong commitment to improving educational outcomes for Aboriginal students and to working with Aboriginal community members.

Award recipients came from a wide range of schools within our district, including: Dubbo College Senior Campus, Dubbo South Public School, Narromine Public School, Dubbo North Public School, Gilgandra High School, Anson Street School, Nyngan Public School, Lightning Ridge Central School, Yeoval Central School, Broken Hill High School, Trangie Central School, Mudgee High School, Stuart Town Public School, Coomealla High School, Willyama High School, and Parkes High School. The presentation ceremony was an inspiring event displaying the wonderful achievements of our region's Aboriginal students, teachers and community members.



## 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)



## The end of year Presentation Assembly 2019

As the end of year approaches, we are preparing for the end of year **Presentation Assembly** where students will be presented with Academic Achievement Awards and other Special Awards for Semester 2.

**The End of Year Presentation Assembly will be held on Thursday 12 December at 7pm in the Gymnasium.**

After the awards have been finalised, lists of all students receiving awards will be advertised on each Year Adviser's Noticeboard, as well as through the MHS website and on the MHS Facebook site.

Students will only receive a letter home if they have earned a Special Award.

**On Monday 16 December, all students will be presented with:**

- Second Semester Reports and any Gold Awards.
- Sporting or Community service awards they have achieved in Semester 2.

Students must be present at school on this day to be able to collect their reports, unless prior arrangements have been made with their year advisor. If absent on Monday, reports can be collected at the school office from Tuesday 17 December onwards.

Parents and friends are welcome to attend the presentations at the following times:

- Period 2 (9.50am) - Year 9
- Period 4 (11.30) - Year 7
- Period 6 (12.50pm) - Year 10
- Period 8 (2.40pm) - Year 8



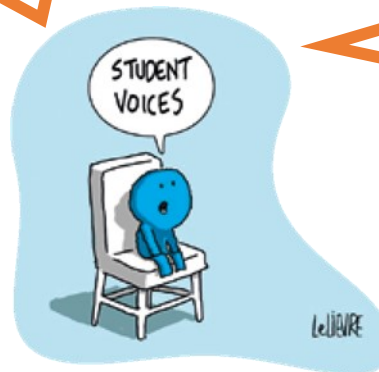


# Anti-Bullying Alliance Update

## Action: Student Voices



Children are sometimes reluctant to talk about school when they get home. What are your best tips for starting conversations about the school day?



How would you approach the school if you had an issue that needed to be addressed?

## Coping skills, resilience and teenagers

‘Coping’ describes any behaviour that is designed to manage the stresses and overwhelming feelings that come with tough situations. By learning and developing positive coping skills in their teenage years, young people will build resilience and wellbeing and are set up with an important skill for life. It’s also important to understand the difference between positive and negative coping skills, and how these strategies can have very different long-term impacts.

### Positive coping skills will help if:

- Your child doesn’t cope well with stress.
- Your child often feels overwhelmed.
- Your child’s health and wellbeing are negatively impacted by stressful events and difficult emotions.

### Why is it important to build coping skills?

Being young isn’t easy. The teenage years are accompanied by a number of stressors and significant life stages. Throw into the mix the hormonal changes that accompany puberty and an increasing need to fit in with peers, and it’s no wonder that young people often find their adolescent years stressful and overwhelming. To tackle the difficulties that come with being a young person, it’s crucial to encourage young people to develop positive coping strategies.

### What is positive coping?

Positive coping strategies increase long-term resilience and wellbeing. In contrast, negative coping strategies usually only produce a helpful distraction in the short term. For example, using drugs and alcohol may provide temporary relief from difficult emotions, but reliance on this strategy can lead to substance dependency and abuse. This is why a focus on positive coping skills is crucial in maintaining long-term wellbeing or resilience.

If you need something done about an issue related to bullying or harassment, 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](mailto:antibullying@mudgeehighschool.net) or phone and we will fill out a form on your behalf. This form gives us the necessary information to follow up the incident in a sensitive, timely and effective manner.

A NSW Government initiative: [antibullying.nsw.gov.au](http://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

The Learning Curve™

#### Wellbeing Builder:

Middle – PLAGIARISM

Senior – PLAGIARISM

Wellbeing Element:

SKILLS AND ACHIEVEMENT

Character Strength:

HONESTY

Wellbeing Fitness Challenge:

COURAGE JOURNAL

Wellbeing Reflection Activities:

Middle – PLAGIARISM,  
Senior – PLAGIARISM (see website)

Parent Wellbeing:

A skill of social-emotional resilience is having empathy for others' needs and feelings. Describe a time you have done this and how you could do it more often. *(Acknowledgement: Rievich and Shatte)*

When someone creates original materials, they are called their *Intellectual Property (IP)*. These include writings, artistic works, musical compositions, inventions, designs, images, symbols, names and computer generated images students use to add meaning and colour to their work. When students use others' *IP* in their work they must acknowledge and reference who created it. They do this by citing materials they used in a bibliography. (see index)

Plagiarism is using others' intellectual property without acknowledging that is someone else's. Pretending that they created it is both unethical and unfair. Students need to be aware that this includes using chunks of information from the internet and that it is a simple process to check for plagiarism by doing a google search.

It will benefit students' progress and wellbeing to teach them ways to avoid plagiarising which include:

- *paraphrasing* – using different words to express the meaning of the author and listing his/her name
- *citing* – listing other authors' names and publication years of sources used
- *quoting* – using the exact author's words in quotation marks and listing his/her name
- *referencing* – under the heading references, describe in alphabetical order each source used and the authors' names
- *summarising* – using your own words to describe main points listing author's name.

*"If I try to be like him, who will be like me?"* Yiddish Proverb





# The Duke of Edinburgh's International Award

Did you know that The Duke of Edinburgh's International Award is available through Mudgee High School?

MHS is an Award Unit, meaning that students can achieve the award as they progress through school. Typically, the Bronze level is best attempted by students (both boys and girls) in Year 9 (as students need to be at least 14 years to start). However, any older student can always start the Award at a later stage.

The Duke of Edinburgh's International Award is a challenging program for students. They must participate in three separate activities for a minimum of three months (at the Bronze level), plus, go on two adventurous journeys such as a hiking or kayaking trip. Many employers and universities recognise the value of the Duke of Edinburgh Award and having completed the award is a valuable addition to any student's resume.

This year, Lewis Roth (Year 10) achieved his Bronze award. His activities included volunteering in the Rural Fire Service, improving his running and learning new material for the guitar. Lewis also undertook two hiking trips. One around the Hawkesbury area and the other through the Kangaroo Valley. Lewis is now well on his way to achieving his Silver award.

Mr Manwaring (Science) coordinates the Duke of Edinburgh's award unit. For more information, refer to the following pages which outline the award program and/or visit the website (<https://dukeofed.com.au/>). Please get in touch if you need any further information or enrolment details. Students are able to start the award at any time of the year.



## What is The Duke of Ed?

The Duke of Edinburgh's International Award is a global framework for non-formal education, which challenges young people find their purpose, passion and place in the world. The Award is open to young people aged 14 to 24, and is run in over 130 countries.

SECTION	WHAT IT'S ABOUT FOR PARTICIPANTS
<b>Skills</b>	Unleashing talents and broadening abilities and interests - anything from refereeing, to digital production, learning an instrument, to jewellery making.
<b>Voluntary Service</b>	Connecting with the community and providing service to others - activities such as youth work, environmental and charity work.
<b>Physical Recreation</b>	Improving physical fitness and wellbeing by getting active - team sports, individual pursuits or getting creative and working up a sweat.
<b>Adventurous Journey</b>	Team building inspired through adventure and discovery journeying in unfamiliar and challenging environments - building resilience and teamwork skills along the way.
<b>Gold Residential Project</b>	Broadening horizons and challenging views of the world - in Australia or anywhere around the globe

Participants design their own program and set their goals according to the minimum requirements summarised below. Refer to the **Award Handbook** at [www.dukeofed.com.au](http://www.dukeofed.com.au)

Sections	BRONZE	SILVER	GOLD
<b>Skills</b>	3 months*	6 months*	12 months*
<b>Voluntary Service</b>	3 months*	6 months*	12 months*
<b>Physical Recreation</b>	3 months*	6 months*	12 months*
<b>Major Section</b>	All Participants must complete an additional 3 months in either Skills, Voluntary Service or Physical Recreation	Participants who have not achieved a Bronze Award must complete an additional 6 months in either Skills, Voluntary Service or Physical Recreation	Participants who have not achieved a Silver Award must complete an additional 6 months in either Skills, Voluntary Service or Physical Recreation
<b>Adventurous Journey</b> Includes: Preparation & Training; at least one Practice Journey; & a Qualifying Journey	2 days + 1 night	3 days + 2 nights	4 days + 3 nights
<b>Gold Residential Project</b>	N/A	N/A	5 days + 4 nights
<b>Minimum age to start</b>	14 years #	15 years or after completing Bronze	16 years
<b>Minimum duration to finish an Award</b>	6 months	Bronze Awardees: 6 months Direct entrants: 12 months	Silver Awardees: 12 months Direct entrants: 18 months
<b>Maximum age to finish</b>	Before 25 <sup>th</sup> birthday	Before 25 <sup>th</sup> birthday	Before 25 <sup>th</sup> birthday

\* These are minimum time requirements and are expressed in whole months, during which there must be regular time commitment. Regular time commitment is based on a minimum of one (1) hour per week. However, the Award Leader has discretion to allow activities that are best completed in a larger block of time, such as two (2 hours) per two week period or four (4) hours per four week period.

#At Bronze level, if a person is aged 13 but part of a school year /peer group where the majority are 14 years or older that young person can start their Bronze Award with the rest of the group upon the approval of the Award Leader

### HOW DO I START OR GET INVOLVED?

Visit [dukeofed.com.au](http://dukeofed.com.au) to find out more!

Call us on 1300 438 537 or Email [admin@dukeofed.com.au](mailto:admin@dukeofed.com.au)

Doc Reg NAA\_PE\_2016\_2018



## Some Surprising Facts

The Duke of Edinburgh's International Award is a leading youth development program, enabling and empowering young people to realise their full potential and build a brighter future. As one of Australia's largest and most recognised complementary youth education program (core life skills), the Award is highly inclusive and has a rich and successful history since commencing in Australia in 1959.

- The Award was founded in 1956 in the UK by His Royal Highness, The Duke of Edinburgh; Dr Kurt Hahn, educationalist; and Sir John (later Lord) Hunt, the leader of the first British team to conquer Mt Everest.
- The Award has engaged over 8 million young people globally, and can be found today in over 130 countries and territories. It is highly recognised by employers and by the tertiary sector.
- As a charity, we rely on the generous support of our Award Ambassadors, sponsors and like-minded organisations to enable us to continue our work of empowering more young people throughout Australia, including remote communities, high need, and those living with a disability.
- Over 40,000 young people participate in our program annually, supported by a network of over 60,000 adult volunteers acting as Award Leaders, Assessors and Supervisors. Over 775,000 young Australians have undertaken the Award.
- The Duke of Edinburgh's International Award can be found in over 1,200 Award Units across Australia, in cities, rural and remote areas, through Government and independent schools, universities, Indigenous communities, refugee support programs, prisons and youth training centres, community organisations (such as Surf Life Saving, PCYC), disability groups and other youth programs.
- The activity selection for each Section is very flexible and there are no set standards outside of Participants setting individual goals, minimum regular effort and a minimum overall duration for each Award.
- In Australia, we are currently growing our engagement with disadvantaged youth including remote communities, high need, and those living with a disability or have a special need.
- The Award also has a generous financial support policy assisting disadvantaged youth with the registration cost, activity costs and other special needs eg carer and transport costs.
- *Donations to the Award are tax deductible. 100% of your donation goes direct to supporting young people.*

**The Award instills in young people skills, behaviours and attitudes to succeed in life and work.**



The Founder: **HRH Prince Philip**, Duke of Edinburgh KG KT  
Chair of the Trustees: **HRH Prince Edward**, Earl of Wessex KG GCVO  
Australia - National Chair: **Hon Gary Nairn** AO  
National CEO: **Peter Kaye** AM

For more information: [www.dukeofed.com.au](http://www.dukeofed.com.au) or Call 1300 4 DUKES (1300 438 537)

# Cyber Safety

## Privacy and your child

Accessed from the e-safety commissioner website: <https://www.esafety.gov.au/parents/skills-advice/privacy-child>

You can help your child to stay in control of their personal information, online photos and social media identity.

### What are the risks?

When your child shares information like their phone number, personal email address, the name of their school, or home address online, there is a risk it could be used in ways they may not have thought about.

Personal information gathered online can be misused and result in things like spam, scams, fraud, unwanted contact and grooming or even identity theft.

Photos of your child that are posted online or shared through social networks might end up travelling more widely than intended or they could be 'harvested' from social media or other websites and used for unintended purposes.

It is important that your child is aware of where and how information that identifies them is available online. They should also think about who can access it, what others may be doing with their information and the impression they are leaving for others to find.



### How can I protect my child's privacy when they are online?

1. Advise them not to share personal information unnecessarily

Explain why they should avoid putting personal information on their social media profiles. This includes their phone number, date of birth, personal email address, passwords, home address, the name or address of their school, and photos of identifying landmarks.

Help them understand that when online games, competitions, prizes and rewards require users to register and provide personal information like email address, interests, age and gender, this information is often used by marketers to promote products and services.

Make sure your child is aware of the advice about protecting personal information for kids and young people.

2. Encourage good password habits

Remind them to select passwords carefully and not to share these with friends.

Strong passwords are truly random and they are long. Avoid using words and numbers that could be easily associated with them (like a pet's name or a birth date). Longer passwords are harder to crack, so help them choose a random combination of numbers, letters and punctuation, and consider using a password manager. For more information see protect your personal information, which includes tips on how to set strong passwords.

Ensure your child's mobile devices have pin locks or passcodes, so their personal information is safer if they lose their device.

3. Remind them about their digital reputation

Like everyone who uses the internet, over time your child is building a digital or online reputation based on all the things they say and do online. Help them understand that this digital footprint can last forever.

Remind them to take care of their digital reputation as well as the reputations of others. They should not post images of others without their permission and should take care when making comments about others.

Make sure your child is aware of the advice about digital reputation for young people.

4. Encourage them to think before they post or share

Even if their profile is set to private, they cannot control what their friends will do with the information that they post online or share via text or SMS. Ask how they would feel if their photo or information was shared with strangers.

Talk to your child about the consequences of posting offensive or inappropriate material of themselves or others online. Explain that it may affect their social life, academic results or job prospects. There may also be legal effects.



Ask them, how they would feel if they could not get a job they really wanted because of something they posted online? For more information on how to start the chat, see [the hard to have conversations](#).

Make sure your child is aware of the advice about consent and sharing photos for [kids](#) and [young people](#).

5. Be aware of online advertising

Companies can build a profile of your child by compiling data of their online behaviour. You can [control cookies](#) and use [add-ons](#) and [adblockers](#) to help manage the amount of information companies can collect.

6. Help them understand about sexual images and the law

Explain that they may be committing a criminal offence when taking and/or sharing sexual images of themselves or others who are under the age of 18.

As an adult, be very cautious if you have intercepted any content that may constitute child sexual abuse material. Do not interact with the information, forward or share it in any way. Immediately seek guidance from local police.



# 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
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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	\$ 5.00
WRAP (ORDER ONLY)	

#### 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	\$ 6.00
ORDER ONLY	

# 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 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**

**Mark Woodhead 0411 435 756 or**

**Thomas McAdam 0421 794 065**

**Email: [mandiwoodhead@optusnet.com.au](mailto:mandiwoodhead@optusnet.com.au) or [oc.georgecampbell@airleague.com.au](mailto:oc.georgecampbell@airleague.com.au)**

**[www.airleague.com.au](http://www.airleague.com.au) Email: [info@airleague.com.au](mailto:info@airleague.com.au)**

**Free Call: 1800 502 175**



# 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**



F5680 Charles Sturt University CRICOS 00005E

## Mudgee Relay For Life registrations are now open!

Please join us for the Mudgee Relay For Life in April 2020 as we come together to celebrate survivorship, remember loved ones lost and fight back against cancer.

### Event details

**Date:** 4 – 5 April 2020

**Place:** Victoria Park, Mudgee

To register, please visit [www.cancercouncil.org.au/mudgeerelay](https://www.cancercouncil.org.au/mudgeerelay)

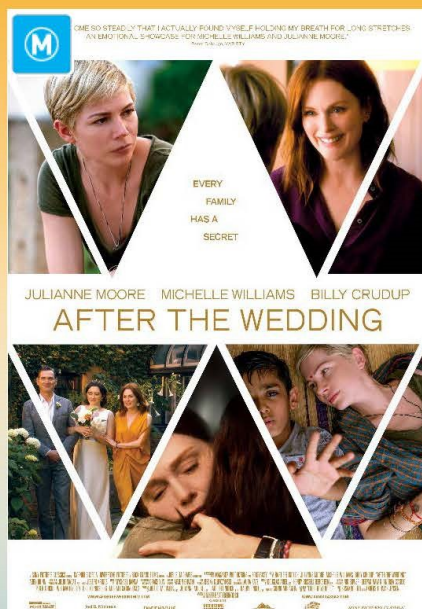
For more information, please like our Facebook page '[Mudgee & District Relay For Life](#)' for updates.

# TOWN HALL CINEMA

Showing December 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>

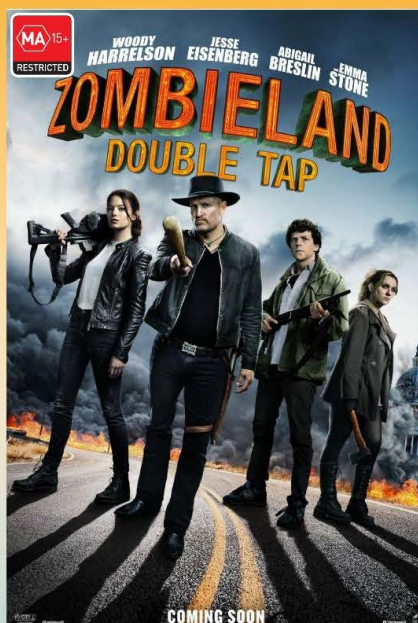
Tickets available online from Monday 25<sup>th</sup> of November

Visit [trybooking.com](http://trybooking.com) and search 'Mudgee Town Hall Cinema'.



## After the Wedding

Sat 7 <sup>th</sup> Dec	7:30pm
Sun 8 <sup>th</sup> Dec	4:30pm



## Zombieland: Double Tap

Fri 6 <sup>th</sup> Dec	7:00pm
Sat 7 <sup>th</sup> Dec	4:30pm



## The Angry Birds 2 Movie

Sat 7 <sup>th</sup> Dec	11:00am
Sat 7 <sup>th</sup> Dec	2:00pm
Sun 8 <sup>th</sup> Dec	11:00am
Sun 8 <sup>th</sup> Dec	2:00pm

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

For more information visit [midwestern.nsw.gov.au](http://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



Combined Rotary Clubs of Mudgee



# 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**

**Proudly supported by**

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