

# MHS Newsletter

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Monday  
9 December  
Week 9 Term 4  
2019

## Principal's Message

### Link

On Wednesday evening last week, the graduating Link class of 2019 was farewelled with a dinner. Link this year was in its eighth iteration. It is a program that has grown in strength every year since its inception.

A big thanks to Cath McNeill and David Payne for their tireless work in bringing it all together. Thanks too to the teaching staff out at Mudgee TAFE who bring so very much to the program, the employers who give of their time and resources to place our Link students in employment situations that allow them to mature and in many cases flourish, and of course a big thank you to the young people involved who took the opportunities made available... and ran with them!



### MADness

Last Friday evening, CAPA held its second MAD concert for the year. The second one is always the biggest by far and attracted no fewer than thirty-one successful acts. Additionally, there were the art displays that included drawings and paintings, as well as three dimensional works in a number of different mediums.

It was a great night, the acts punctuated by Connor McNeill and Ned Dickson jokes; an MC practice that is fast becoming a tradition.

A huge thanks to Team CAPA for bringing it all together, especially Mr Carl Holleman.

### No Pineapple on this PISA

Last week's news was full of PISA.

The Organization for Economic Cooperation and Development (OECD) Programme

*A Member of the  
Cudgegong 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
- 14 February 2020 swimming carnival

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C and SRR Awards
- Writing Friday
- School calculator price change
- Bawamarra - Relate news, communicate
- End of Year Presentation
- Year 7 Concert
- Anti-Bullying Alliance Update
- The Learning Curve
- Cyber Safety
- Duke of Edinburgh's International Award
- Advertisements
- Sponsorship

for International Student Assessment (PISA) 2018 report was released last Wednesday. It gauged the relative performance of more than 600 000 students in nearly eighty countries.

Australia's results revealed that Mathematics performance was down in all states and territories, with significant declines observed in South Australia, Tasmania, Western Australia and the ACT.

The smallest decline was recorded in Victoria.

The largest decline was recorded in... New South Wales.

In fact, Australia's 15-year-olds failed in 2018 to meet the OECD average in mathematics skills, a first for Australia in the assessment's history.

NSW also recorded the most significant drop of all the states in both reading and science since the PISA tests first began in the early 2000s, although it is worth noting that NSW has always been significantly ahead of the other states.

Armchair pundits within the media immediately sought to link the results to the NSW Teachers Federation industrial action planned for the next day, the obvious conclusion being why pay people more when the job they perform would, *prima facie*, seem to have dropped in standard.

Fair point?

Then there was the other PISA bombshell. To quote Wednesday's *Sydney Morning Herald*:

"Australian classrooms are among the least disciplined in the world, according to a global survey, with a high proportion of students saying their learning time is lost to noise and disorder and they cannot work well in class."

So it turns out that another area in which we are world beaters, but at the wrong end, is discipline. Australia ranked 70 out of the 77 participating nations in the Organisation for Economic Co-operation and Development's 2018 index of disciplinary climate. The only countries that performed worse than Australia were Belgium, the Philippines, Spain, Greece, France, Brazil and Argentina, putting Australia in Gold Medal territory among the English speaking nations.

The index is based on an international survey of 600,000 15-year-old students' views about the level of discipline that occurs within their classrooms. A lot of Australian students reported that their teachers are not listened to and it regularly takes a long time for their classes to settle.

Interestingly, the OECD report indicated that classroom discipline improved between 2009 and 2018 for most countries. The best performers were South Korea, followed by Kazakhstan, Albania, China and Japan.

By way of contrast, Australia was one of only a few countries where classroom discipline actually deteriorated in the same period.

UNSW's Associate Professor Jihyun Lee, a reported expert on large-scale assessments such as PISA, said the result suggests Australia needed to seriously address the issue of classroom discipline. She added that Asian countries rank highly on discipline, "... because that's what they think a school is for. A lot of rich countries are low on discipline."

Lee did caution that the OECD report made no direct link between Australia's poor ranking on the index of disciplinary climate and its slipping academic performance, but it is hard to imagine that making such a link would be a huge stretch.

The consistent pattern over the past ten years has been one of decline, putting today's 15-year-old students about one academic year behind where students of the same age were in 2000.

But it's not all doom and gloom.

Australia's results for reading and science were still above world average.

More particularly, the results achieved at Mudgee High in both reading and mathematics, as gauged by NAPLAN results, indicate that your school is one that punches well above its weight in both areas. Just last week I met the Mudgee Director and looked at the most recent data. When measured against similar Family Occupation and Education Index (FOEI) schools, Mudgee High is a leader in achieving results. Better still, while there has been an overall decline in results in the past five years across all schools in New South Wales, Mudgee High's results have continued to trend upwards.

Part of that has to be the support we get from our parents and carers when issues related to discipline do arise. As the adults in the lives of the young people in our collective care, we need to be a united front. When kids know they

can play mum off against dad, or play school off against parents, there is the very real potential for ruin.

Being in your child's corner sometimes means delivering a little tough love; holding them accountable for all that they do, the good and the bad. By and large, at this school that is exactly what we get from our community. For that support you had better believe you are thanked.

By the way, another interesting observation made by the PISA people, more particularly Dr Sue Thomson, PISA National Project Manager, was that "... there is no (student performance) gap" between state and independent schools. She also noted that, "... private schools have actually gone down by as much, if not more than government schools..." in mathematics, science and reading.

You can read more here: <https://educationhq.com/news/pisa-results-reveal-school-sector-irrelevant-to-student-performance-70815/#>

It would seem that buying a federally-sponsored "private education" for little Trebuchet Ne'erdowell-Smythe isn't value for money; not Trebuchet nor Trebuchet's family... and certainly not for the taxpaying patsies who supplement this type of educational *choice*.

Until next week...

Wayne Eade  
Principal



**MAD Concert 2019**



More photos available on the school website.

## 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 8 Term 4 Awards

P&C Awards: Year 7 - Kahshya Hadfield; Year 8 - Sienna Boyton; Year 9 - Hayley Whittle-McGrath;  
Year 10 - Lewis Roth; Year 11 - Stephanie Phillis.

SRR Award Charlotte Boal

## Writing Friday



Your goal:  
200 words  
20 minutes

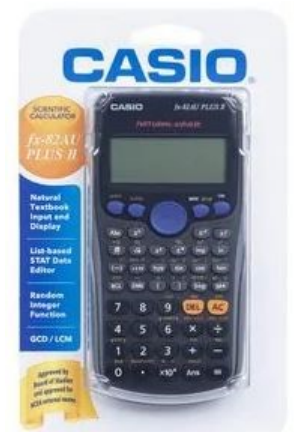
There was this tremendous noise. You realised there was nothing you could do. A giant fireball exploded in the tree in front of you. There were sparks everywhere.  
Write what happens next.

In your writing, use:

- First person (I or we)
- Powerful descriptions.
- The word 'ember' it's a noun. They are glowing or smouldering pieces of wood from a fire.

## School calculator price change

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





## Bawamarra

(Relate news, communicate)



### Wudhagaragarra Awards 2019

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

The Wudhagaragarra Awards celebrate and recognise 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



## Year 7 Concert

The annual Year 7 concert will be held in the Performance Centre on Monday 16 December at 12.30.

Parents and carers are welcome to watch the stars of tomorrow shine.

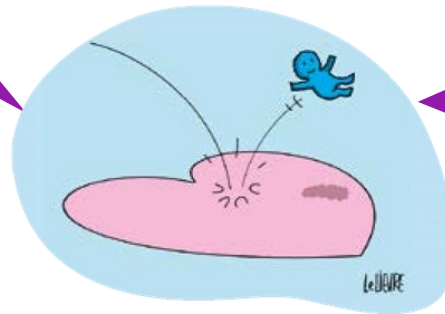


# Anti-Bullying Alliance Update

## Resilience: Share the love



Where can you go for help to support your child if he/she is regularly feeling anxious or sad?



How can you work with the school if your child is not wanting to go to school because of bullying behaviour?

## Coping skills, resilience and teenagers

**Resiliency is the ability to 'bounce back' from a difficult situation. A resilient person is able to:**

- withstand adversity
- learn from their experiences
- cope confidently with life's challenges.

**Psychologists have identified some of the factors that make someone resilient. These include:**

- having a positive attitude
- being optimistic
- having the ability to regulate emotions
- seeing failure as a form of helpful feedback.

**Resilient teenagers are able to control their emotions in the face of challenges such as:**

- physical illness
- change of schools
- transitioning from primary school to high school
- managing study workload and examinations
- change in family make-up (separation and divorce)
- change of friendship group
- conflict with peers
- conflict with family
- loss and grief.

**Resiliency can be taught through practising positive coping skills.**

'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 6372 1533. A member of the ABA will fill out a form on your behalf. This form provides the necessary information to follow up the incident in a sensitive, effective and timely 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

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The Learning Curve™

#### Wellbeing Builder:

Middle – MINDFULNESS MOMENTS

Senior – YOU AND THE MOMENT

#### Wellbeing Element:

EXERCISE AND VITALITY

#### Character Strength:

SPIRITUALITY

#### Strengths Booster:

CLASH STRENGTHS

#### Wellbeing Reflection Activities:

Middle – MINDFULNESS MOMENTS,  
Senior – YOU AND THE MOMENT (see website)

#### Parent Wellbeing:

To notice the changing feelings in your face and the messages your face is sending to others, look into a mirror and move different facial muscles, eyebrows, cheeks, mouth, jaw.

As Gandhi so wisely once said, “There is more to life than increasing speed.” Yet, the opposite is precisely the expectation people in the 21st century seem to have for themselves; the human race is what many have become, instead of human being. It is often good to just be.

Many feel that they have to go twice as fast to stay in the same place; called the Red Queen Effect from Alice in Wonderland. They are encouraged to take the fast lane in everything they do, especially with processed and takeaway foods, and as a consequence, their health and quality of life suffers. How often do you taste and savour what you eat, or take time to enjoy time away the pressures of life? For most, not often enough.

Beneficial strategies to introduce to students that will make their journeys far more satisfying and enjoyable, include taking three

or four five-minute timeouts every day to stop, breathe deeply and stretch, use flight mode or turn off their phones for an hour or dream of places they want visit. They could also watch mother nature shine, do neck, hip, ankle, arm and shoulder rotations or do a Mindfulness Activity from the website.

*“Life isn’t a matter of milestones, but of moments.”* Saying





# 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) co-ordinates 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)

## Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



### 1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.



### 2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.



### 3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The [Raising Children Network](#) provides some useful tools and advice.

#### 4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access

#### 5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

#### 6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with [Google Family Link](#) for Android devices or [parental controls](#) and [Screen Time](#) for iPhone/iPad.

#### 7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.



# 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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# Summer Writing Club For Kids

35 BOREDOM BUSTING creative  
writing challenges over summer!



- Beat boredom and become a better writer
- Sign up anytime
- 1st challenge available from December 16th
- New challenges unlocked daily
- Access challenges online anywhere, anytime
- Improve creative writing skills while having FUN
- Awesome Christmas Gift idea
- Sign up at [www.juniorwritersclub.com.au](http://www.juniorwritersclub.com.au)
- Use Codeword **SUMMER19** to claim your discount

[www.juniorwritersclub.com.au](http://www.juniorwritersclub.com.au)

# World Education Program

World Education Program (WEP) is an Australian **not-for-profit** student exchange organisation. In 2019, we sent over 200 high schoolers on exchange to countries including Austria, China, Denmark, France, Italy, Norway, Spain and our newest destination, South Korea!



**Annie Taylor**  
Communications

## World Education Program Australia Limited

479 Hampton Street, Hampton 3188, Melbourne, Victoria  
[PO Box 260, Black Rock 3193, Melbourne Victoria]

P +61 (0) 3 9598 4733 In Australia only 1300 884 733

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S <https://www.facebook.com/wepaustralia> / <https://instagram.com/wepaustralia>

[www.wep.org.au](http://www.wep.org.au) / [www.volunteerabroad.com.au](http://www.volunteerabroad.com.au)

**WEP**  
WORLD EDUCATION PROGRAM AUSTRALIA

**TXT 'EXCHANGE' TO  
0428 246 633  
FOR A FREE INFO PACK!**

# WEP STUDENT EXCHANGE

**AT A GLANCE:**

- Choose from over 25 countries
- Attend school overseas
- Live with a local host family
- Learn about yourself and the world around you
- Make international friendships
- Learn a language
- Make memories to last a lifetime!

**"THIS HAS BEEN THE MOST AMAZING ADVENTURE, THERE ARE NO WORDS!" CAITLIN, CANADA**

WEP.ORG.AU INFO@WEP.ORG.AU 1300 884 733



BreastScreen  
NSW



The mobile van is  
coming to MUDGEE

**Mudgee Railway Station Carpark**

Inglis Street  
Mudgee NSW 2850

From 7<sup>th</sup> to 23<sup>rd</sup> January 2020



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20 minutes every 2 years  
could save your life

For women aged 50-74 years  
[breastscreen.nsw.gov.au](http://breastscreen.nsw.gov.au)



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

**For more information, contact:**

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

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

**Phone:** (02) 6933 4020



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](http://www.cancercouncil.org.au/mudgeerelay)

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



# 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**

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