

MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEE NSW 2850
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Monday
11 February
Week 3 Term 1
2019

Principal's Message

Opportunity

We have three whole-school sporting events in any one calendar year. Those events are:

- The swimming carnival
- The athletics carnival
- The cross-country

For some of our students, these events are where they qualify for regional representation.

For the vast majority, however, each of these events present an opportunity. On Friday, the opportunity students will have involves getting out there with friends, taking a couple of calculated, well-supported risks, and attempting a couple of things they seldom do; maybe a crack at the 50m freestyle or a stab at backstroke.

Your kids do not have to be Leisel Jones or Ian Thorpe. They just have to be prepared to "take the plunge" and have a go!

Be aware too that Friday is a school day and an absence on that day will need to be explained either with a written note after the event or a written justification via the Sentral parent portal.

School Community Charter

Last year, you may have seen or heard in the news that the NSW Government was developing a charter for what constitutes collaborative, respectful communication within schools. The intent of the proposed charter was to make concrete the ground rules that underpin communication between school staff and the parents and carers of the children in their care.

Last Friday, the charter was released.

You will find a copy of the charter – just two pages long – in this newsletter.

If the figures are to be believed, and if all of our parents and carers were to read the charter, 96 percent of you would see it as a "no-brainer" simply because the expectations it makes clear appear so overwhelmingly obvious. So, apologies in advance if your response is a bit of a, "Well, d'ah!"

But that still leaves about 4 percent who may need the occasional reminder that some behaviours – whether demonstrated at school, the local hospital, an RBT station or in the queue at Coles – are unacceptable.

The only troubling point I would make about the new charter – and may just be me – is that the three graphics used to promote what 'collaborative', 'respectful' and 'communication' look like bear uncanny resemblances to boxing rings...

If you are up at the school, you will see the single page poster for the charter in the foyer, Principal and DP offices, and in our interview rooms.

Until next week...

Wayne Eade
Principal

A Member of the Cudgegong Learning Community

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 15 Feb Swimming carnival
- 25 Feb P&C meeting
- 5 March school photos

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Award and SRR Award
- Writing Friday
- Health care plans 2019
- Uniforms - HATS
- School photo days
- MHS swimming carnival
- Maths news
- Cultural diversity at MHS
- NSW School Vaccination Program 2019
- School Community Charter
- Best Start Year 7 assessment
- Harmony Day poster competition
- Bawamarra news
- HSIE Junior Assessment Program - Semester 1 2019
- Accessing Google classrooms
- Advertisements
- Sponsorship

MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 25 February 2019 at 7pm in the school library. Entry via Horatio Street.

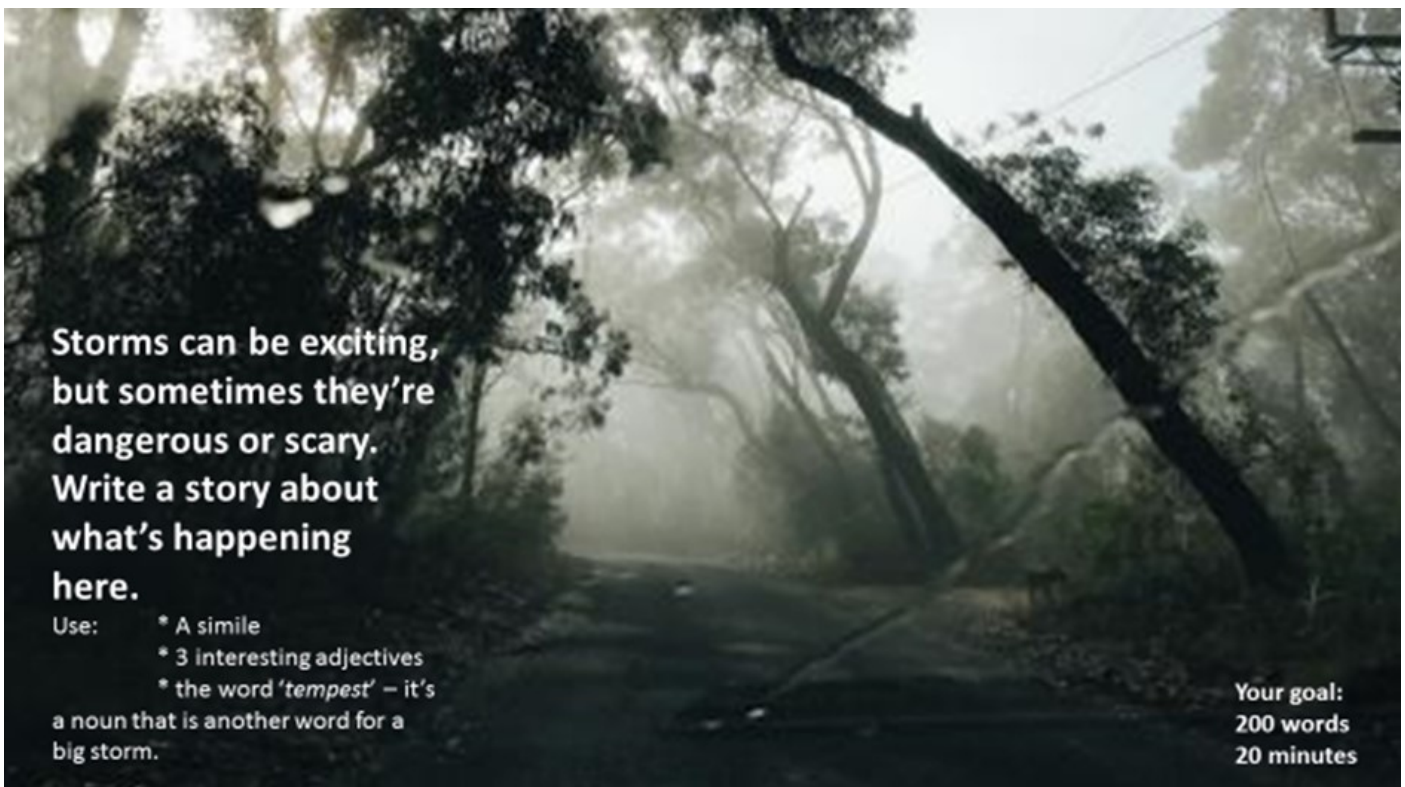
All welcome.

Week 3 Term 1 Awards

P&C AWARDS: Edana England Year 7, Jacob Leven Year 8, Bailey Gould Year 9, Alanah Wyles Year 10, Alison Ninness Year 11, Robert Westwood Year 12

SRR AWARD: Emily Knott Year 10

Writing Friday



Storms can be exciting,
but sometimes they're
dangerous or scary.
Write a story about
what's happening
here.

Use:

- * A simile
- * 3 interesting adjectives
- * the word 'tempest' – it's
a noun that is another word for a
big storm.

Your goal:
200 words
20 minutes

Health Care Plans 2019

Mudgee High School works closely with students and parents to ensure that all health concerns are managed well at school. Late last year, students with health care plans were sent documents for signing and revising. If you are still to return those documents, please do so at your earliest convenience. This will allow us to make sure records are as up to date as they can be. If your child has developed a health concern or has had changes to their health concerns/ medications, please inform the school in writing at your earliest convenience.

Uniforms

Exciting news! Mudgee High School hats are coming to Mudgee Embroidery and Uniforms. See Mark and his team to select your preferred style at \$15 each. A great way to look cool and be cool while at school.



School Photo days

On Tuesday 5 March, Mudgee High School students and staff will have their school photos taken. Apart from an attractive keepsake this process also involves generating important ID cards for new students. All students must have their photo taken **in full school uniform** in the designated periods on Tuesday. If any student is absent on Tuesday, they may be able to get their photo taken on Wednesday, as the photographers will have a catch up day.

Students should receive order forms and envelopes in the coming days. These are vital as they are individually bar-coded for each student. New students may not have their own barcode and will be given further information closer to the event. Payment can be made on the day with the correct cash/cheque/money order. There is also an ONLINE payment option which is increasing in popularity. Instructions for this method of payment will come with the envelopes when they arrive.

Any questions relating to school photos should be directed to the Maths staff.

Mudgee High School Swimming Carnival

The swimming carnival will be held this **Friday 15 February**.

It is **compulsory for ALL students at Mudgee High School** to attend the carnival. Students can be dropped off at the pool from 8.20am onwards or if they catch the bus, they can get off at St. Matthews School and walk to the pool supervised by staff members. The roll will be marked as students enter the pool. The carnival starts at 9am and students are expected to be there before this time.

As always, the spirit of the carnival is for students to have fun and participate. **ALL** students are expected to participate in at least 2 events. If your son/daughter is not a strong swimmer, there will be assistance available to enable them to swim and get valuable House points.

The house colours are:

Cunningham	Yellow
Blaxland	Red
Lawson	Blue
Wentworth	Green



Students are encouraged to get into the spirit of the carnival and dress in their house colours. Please remember to bring sunscreen and a hat.

Canteen facilities are available and Yr 12 will be running activities throughout the day, so bring some money to support their fundraising.

If students are interested in representing Mudgee High in swimming, they need to see Mr Smith in the Computer Pod.

It would be great to see students attend and get into the school spirit.

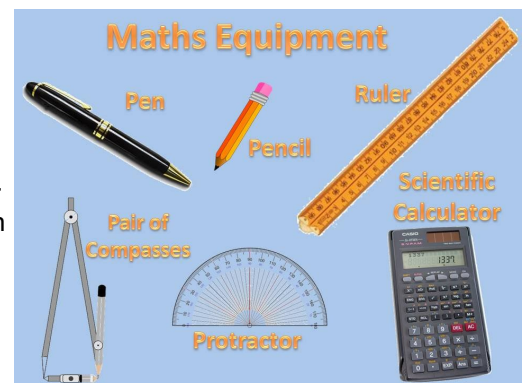
If students have any questions please see Miss Shearman in the PDHPE staffroom.

Maths News

The Mathematics faculty would like to welcome all students back to school. A reminder that students are required to bring the correct equipment to each and every Mathematics lesson. Workbooks, textbooks, calculator, geometric set (when required) and writing equipment, including a ruler are all essential items when taking part in a Mathematics lesson. Without the required equipment students may find it difficult to fully participate in the learning opportunities available. Calculators which have been chosen to best meet the needs of students for their high school years are available for purchase at the front office at a competitive price of \$20.

It is a busy time for our senior students. Year 12 students studying Standard 1 and Standard 2 Mathematics commenced study on the new syllabuses last year and will continue with this new course to complete the HSC requirements this year. All Year 11 students, including those at the Advanced and Extension levels, are studying courses based on the new syllabuses.

Monday afternoon tutoring has already started with a good turn out from Senior students. This additional support, provided by teachers in the Mathematics faculty for all students Years 7 to 12, starts straight after school and students can work until 4.30pm. If students wish to attend, they are encouraged to come up to the classrooms near the Mathematics Staffroom with some work and/or questions to work on with the teachers.



Cultural Diversity at Mudgee High School

Each week we will be profiling one of the many cultures represented at Mudgee High School.

This week's culture to be profiled is China.



China is the most populous country in the world and has the second largest land area. Its cultural influence is felt throughout the Asian region and has impacted the world on a large scale through the arts, sciences, cuisine, production and trade. Chinese culture has undergone a rapid and intense transformation over the past 50 years and continues to adapt to the modern world. Due to the country's massive size and long, complex history, it is difficult to summarise the society without running the risk of oversimplifying the culture. The immense geographic and demographic size of the nation accommodates many different ethnic groups which have distinctive dialects, customs and traditions. It is important to recognise this diversity, as the West has a tendency to perceive the Chinese as a homogeneous people.

In light of China's history and recent fundamental change, one must appreciate that the people have been receptive or "open" to the outside world for only the past 40 years. Since this radical transformation, cities have commercialised and corporatised. The Chinese people now enjoy the freedom to travel, get an overseas education and learn other languages. Though behaviour remains tightly regulated and the culture still echoes the country's feudal past, China has become more internationally exposed. Contemporary Chinese culture is heavily influenced by a unique combination of its embedded traditions and this recent, rapid modernisation.

Today, a clear divide in social attitudes is visible in the different mindsets between the young and old, as well as urban and rural dwellers. The older generation and rural Chinese tend to value traditional culture and try to preserve and uphold it, while on the other hand, Chinese youths and city dwellers tend to be more accepting and enthusiastic about progressive ideals. There are also different opinions throughout the population regarding the importance of cultural preservation and modernisation.

Nevertheless, the country maintains a fundamental understanding of what it means to be Chinese. The Chinese cultural identity has been developed through centuries of shared history and customs (such as Confucianism, 'filial piety', 'guanxi' and the government's involvement in individuals' lives). As such, the current mindset of the Chinese people is a combination of their modern aspirations and traditional origins. The emerging Chinese culture is being defined by its innovation, preservation and recent cultural and economic evolutions.

Population: 1,373,541,278 [July 2016 est.]

Languages: Mandarin (official); Cantonese; Shanghainese; Plus other dialects.

Religion: No Religion (52.5%); Folk Religion (21.9%); Buddhism (18.2%); Christianity (5.1%); Islam (1.8%); [2010 est.] Note: China is officially atheist.

Ethnicities: Han Chinese (91.6%); Zhuang (1.3%); Other (7.1%); [2010 est.] Note: The Chinese Government officially recognises 56 ethnic groups including Hui, Manchu, Uighur, Miao, Yi, Tujia, Tibetan, Mongol, Dong, Buyei, Yao, Bai, Korean, Hani, Li, Kazakh, Dai and other nationalities.

Australians with Chinese ancestry: 1,213,903 [2016 census]

Chinese in Australia: 509,555 [2016 census] This figure refers to the number of Australian residents that were born in China, excluding Hong Kong and Taiwan

At Mudgee High School the percentage of the school population that is Chinese: 0.1% Chinese population

Source: <https://culturalatlas.sbs.com.au/chinese-culture/chinese-culture-core-concepts#chinese-culture-core-concepts>

NSW School Vaccination Program 2019

Each year NSW Health works with schools to offer the vaccines recommended for adolescents by the National Health and Medical Research Council (NHMRC).

In 2019, the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7		2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Year 10	Meningococcal ACWY vaccine	Single dose

Parental/guardian consent is required for students to be vaccinated. Parents/guardians who wish to withdraw their consent for any reason may do so by writing or calling the school or contacting the Public Health Unit directly on 1300 066 055.





YEAR 7

SCHOOL

VACCINATIONS

for

2019



Vaccination provides protection against serious diseases.

In 2019 the following vaccines will be offered to

ALL Year 7 students:

- **Diphtheria, tetanus & whooping cough**
(Booster of dTpa is due in year 7)
- **Human Papillomavirus 9 (HPV9)** - Girls & Boys!
(helps to prevent cervical cancer, oral & genital cancers and warts)
HPV9 vaccine requires only **2 doses** to be effective, so the school vaccination clinics are spread over the year, at least 6 months apart

► Parents / Carers

- Ask your child for the Consent Pack when it is sent home from school or get it from the office.
- Read information in **Parent/Carer Information Kit**
- Complete and sign consent form in **blue or black pen**
- Consent must be signed by **LEGAL GUARDIAN**, not a teacher, or family friend or year adviser or SLSO.
- Give completed consent to child to hand in at school office.



Any questions?

Please call your local Public Health Unit

1300 066 055

**Dubbo Public Health Unit
Bathurst Public Health Unit
Broken Hill Public Health Unit**

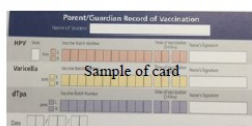
Devised by WNSWLHD Immunisation Unit
Dubbo PHU—August 2012
Revised August 2018

Acknowledgement to:
Sydney South West Public Health Unit



► Students

- Give your parent/carer the Consent Pack, have a look at it together so you have an understanding as well.
- Hand in your completed consent form at school **ASAP**
- **Eat a good breakfast** the morning of vaccination clinic
- Give parent/carer your completed vaccination record card, this is your record of vaccination to keep.



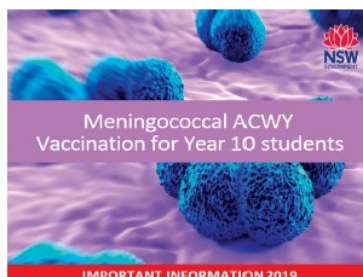
► Clinics

Qualified Registered Nurse Immunisers attend the school to provide vaccinations for students as per the NSW Immunisation Program strict guidelines, as well as an Aboriginal Immunisation Healthcare Worker.





YEAR 10 SCHOOL VACCINATION 2019 Meningococcal ACWY



► Parents / Carers

- Ask your child for the Consent Pack sent home from school or get one from the school office.
- Read information in Parent Information Kit
- Complete and sign consent form in blue or black pen
- Give completed consent/s to child to hand in at school
- Give a copy of vaccination record to your GP, or keep recorded in your child's personal health records.

► Students

- Give your parent/carer the Consent Pack
- Hand in your completed consent form at school ASAP
- Eat a good breakfast on morning of Vaccination clinic
- Give parents your completed vaccination record card to keep for your health records.

Each year NSW Ministry of Health in conjunction with NSW Department of Education and Training, offers vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the NSW School Vaccination Program.

In 2019 all year 10 students in NSW will be offered **Meningococcal ACWY Vaccination (Nimenrix)**

This vaccine provided immunisation for 4 Meningococcal serogroups A,C,W,Y.

Risk Factors for Meningococcal Disease

- *Late teenage group
- *Winter & early Spring
- *Intimate kissing and/or multiple kissing partners.
- *Smoking or exposure to smokers.



Any questions?

Please call your local Public Health Unit

1300 066 055

Dubbo Public Health Unit

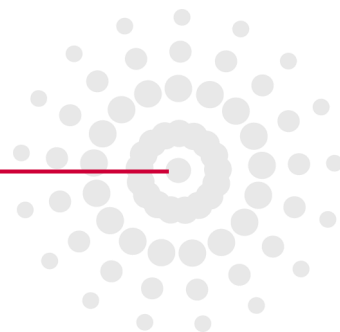
Bathurst Public Health Unit

Broken Hill Public Health Unit

Devised by WNSWLHD Immunisation Unit
Dubbo PHU—August 2018

Acknowledgement to:
Sydney South West Public Health Unit, NSW





Best Start Year 7 Assessment 2019 Information for parents and carers

Dear parents and carers

Best Start Year 7 is a new online assessment for students that helps provide information for teachers on the literacy and numeracy skills of students at the beginning of Year 7.

The Best Start Year 7 will take place at our school in **Term 1 2019**.

The assessment, covers key literacy and numeracy skills that are important to a student's success in all subjects in high school. Students come to high school with a range of experiences, skills and abilities in literacy and numeracy. It is important that teachers have current information about their students so that they can plan programs and lessons that best support the learning needs of every student.

The Best Start Year 7 Assessment will be completed at school during class time.

No preparation is needed for this assessment. Its purpose is to provide our teachers with additional information to best support the teaching of your child.

Please contact the school if you have any questions regarding the Best Start Year 7 assessment.

Telephone Interpreter Service

If you need an interpreter to assist you to contact the school, please call the Telephone Interpreter Service on **13 14 50** and ask for an interpreter in your language. The interpreter will call the school and will stay on the line to assist with the conversation. You will not be charged for this service.

Robyn Burke
Mudgee High School

School Community Charter



Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We treat each other with **respect**

We **prioritise** the wellbeing of all students and staff

Unsafe behaviour is not acceptable in our schools

We work **together** with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.



We create
collaborative
learning
environments

We
all play
a part

We work
in partnership
to promote
student
learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

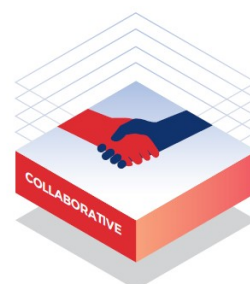
Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.



Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.
Respectful.
Communication.**

School Community Charter

education.nsw.gov.au

Harmony Day Poster Competition

2019 Competition

Each year, the Harmony Day Poster Competition attracts thousands of entries and brings out the creativity and passion of school students motivated by a desire for a peaceful and inclusive society.

The competition is open to all primary and secondary students across NSW and the ACT.

Theme

Students are encouraged to visually articulate their interpretation of the 2019 theme:

‘Harmony – it’s up to us’.

Closing date

The closing date for entries is Friday 12 April 2019.

Prizes

Prizes are awarded in two categories – Senior (Year 7 – Year 12) and Junior (K -Year 6).

In each category the following prizes are awarded:

State Winner \$500

Regional Winner \$150

State Winner’s School \$500

Winners will be decided in May 2019 and a prize giving function is scheduled to be held at the

NSW Parliament in June 2019



For more information and to download the entry form and the entry rules, go to <http://movingforwardtogether.org.au/harmony-day-poster-competition/>



There is also a **Song Writing Competition** for those of you with a lyrical prowess!! Go to <http://movingforwardtogether.org.au/harmony-day-song-writing-competition/> for more details on this one.

For more information about any of this, see Miss Windeyer in the HSIE staffroom.





Bawamarra

(Relate news, Communicate)



2019 Arts Initiatives

NSW Public Schools

Secondary Aboriginal Dance Workshops

Presented by the Arts Unit in partnership with

Bangarra Dance Theatre's Youth Program



Aboriginal students from NSW Public Schools are invited to participate in these one day workshops run by the Department of Education in collaboration with the internationally renowned Bangarra Dance Theatre. These workshops cater for both experienced and inexperienced Aboriginal and Torres Strait Islander dancers. Aboriginal and Torres Strait Islander boys and girls from Years 7-12 are invited to attend. Students with exceptional talent and potential will be identified from these workshops and shortlisted to be invited to join the 2019 NSW Public Schools Aboriginal Dance Company. In 2018, the Aboriginal Dance Company and Schools Spectacular Aboriginal Dance Ensemble performed to great acclaim at a range of high profile and televised events.

The cost for each full day workshop is \$33.00 per student including GST
All workshops will run from 9.15am - 2.30pm

Applications are now open for the following 2019 workshops:

Workshop: Byron Bay HS	Date: Tuesday 19 February 2019
Workshop: Nambucca HS	Date: Wednesday 20 February 2019
Workshop: Taree HS	Date: Thursday 21 February 2019
Workshop: Newcastle HS	Date: Friday 22 February 2019
Workshop: Batemans Bay HS	Date: Tuesday 12 March 2019
Workshop: Nowra	Date: Wednesday 13 March 2019
Workshop: Sydney - Robyn Webster Sports Centre	Date: Friday 15 March 2019
Workshop: Brewarrina CS	Date: Tuesday 19 March 2019
Workshop: Wellington HS	Date: Wednesday 20 March 2019
Workshop: Duval HS	Date: Friday 22 March 2019
Workshop: Deniliquin HS	Date: Tuesday 26 March 2019
Workshop: Leeton HS	Date: Wednesday 27 March 2019

Download the information package and apply for workshops here: <https://www.artsunit.nsw.edu.au/events-initiatives/secondary-aboriginal-dance-workshops>



HSIE ~ Junior Assessment Program ~ Semester 1 2019

Students in Year 7 are studying Stage 4 Geography for the whole year. Students in Year 8 are studying Stage 4 History for the whole year. Year 9 are studying History in Semester One. Year 10 are studying Geography in Semester One. Some students in Years 8, 9 and 10 have elected to study either Commerce 11, Commerce 12, and/or Elective History.

The following assessment schedule is a guideline. There may be some minor variations, however, students will be adequately notified of any changes to due dates.

Year and Subject	Assessment Task	Due Date Please note that the due date for the task falls within the listed week. The exact due date for each task will vary within that week depending on which day the student has that class.
Year 7 Geography	Landscapes and Landforms topic test Geomorphic Hazards research assignment Place and Liveability topic test	Week 6 Term 1 Week 10 Term 1 Week 4 Term 2
Year 8 History	Investigating the Ancient Past Topic Test Mediterranean World Research Task Mediterranean World Extended Response Task	Week 5 Term 1 Week 11 Term 1 Week 3 Term 2
Year 9 History	Industrial Revolution assignment Movement of Peoples assignment Australians at War topic test	Week 5 Term 1 Week 10 Term 1 Week 3 Term 2
Year 10 Geography	Environmental Change Topic Test Environmental Change Assignment Environmental Management Report Human Wellbeing and Development Topic Test	Week 4 Term 1 Week 6 Term 1 Week 9 Term 1 Week 3 Term 2
Commerce 11	Consumer Choice and Protection Research Task Consumer Choice and Protection online test Towards Independence Assignment Towards Independence online test Financial Markets research task (Counts towards Semester 2 grades)	Week 4 Term 1 Week 5 Term 1 Week 10 Term 1 Week 11 Term 1 Week 9 Term 2
Commerce 12	Political Involvement assignment due Law and Society in class writing tasks Law and Society topic test	Week 7 Term 1 Week 11 Term 1 Week 3 Term 2
Elective History	Azaria Chamberlain Extended Response task Jack the Ripper Source Study Historical Investigation presentations	Week 5 Term 1 Week 10 Term 1 Week 3 Term 2

Assignments may be handed in either hand-written or typed. If students wish to submit their work digitally, this MUST be done through Google Classroom "Turn In" function. This is the preference for digital submissions. Work may be handed in on paper. Please do not assume that everything has to be digital!!

If your child is unable to meet the due date for an assessment task, they will need to complete an application for Special Consideration. These forms can be collected from the HSIE staffroom. It is the responsibility of the student to collect this form, complete it and return it to the head teacher of HSIE or their classroom teacher.

Accessing Google Classrooms

Students should be making the most of the Google Classroom facility for their HSIE studies. To access these classrooms they will need the following entry codes:

Subject	Entry Code
Year 7 Geography	8446kj0
Year 8 History	dg1xf4
Year 9 History	g1c04j5
Year 10 Geography	10d0phl
Elective History	jh7xeen
Commerce 11	1gwpizq
Commerce 12	yojupq

WEP
WORLD EDUCATION PROGRAM AUSTRALIA

IF NOT NOW, WHEN?

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FOR A FREE INFO PACK!**

AT A GLANCE!

- Choose from 27 countries
- Attend school overseas
- Live with a local host family
- Make memories to last a lifetime!

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AMAZING ADVENTURE,
THERE ARE NO WORDS!"
CAITLIN, CANADA**

SCHOLARSHIPS AVAILABLE!

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

MUDGEE HIGH SCHOOL CANTEEN MENU 2019

HOT FOOD AVAILABLE EVERY DAY

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

ROLLS & SANDWICHES

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

ALL ROLLS CAN BE MADE ON GLUTEN FREE ROLLS

PLAIN BREAD ROLL	\$ 1.20
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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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HOW TO ADULT

HELPING YOU ON THE ROAD TO BECOMING AN ADULT



Need help
with your job
seeking skills?



Looking for tips
on how to budget
and manage
your finances?



Seeking
information
about mental
health?



Want help with
scholarship
applications?

Then this free monthly program is for you.

FEBRUARY'S TOPIC

Scholarships

Interested in applying for an academic scholarship? Don't know where to find information, or what a good application should look like?

Find out what you need to know to be a successful applicant at one of this month's sessions. Experts from Charles Sturt University, as well as local students who have been awarded scholarships will guide you through the process.

DATE	Thursday 14 February 2019	Monday 18 February 2019	Tuesday 19 February 2019
TIME	4:30pm	4:30pm	5:00pm
VENUE	Mudgee Library 64 Market Street	Kandos Library 40 Angus Avenue	Gulgong Library 109 Herbert Street
CONTACT	Youth Services Officer  02 6378 2850		

Bookings essential: www.mwrcyouth.eventbrite.com

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Know your captains



From left to right:

Vice Captain: Keely Croft

Vice Captain: Ethan Reinhard

Captain: Lachlan Wall

Captain: Georgia Christofis