MHS Newsletter Mudgee High School – Locked Bag 2004, MUDGEE NSW 2850 ABN: 18 246 198 266 Telephone: (02) 6372 1533 Facsimile: 6372 6321 Website: www.mudgee-h.schools.nsw.edu.au Email: mudgee-h.school@det.nsw.edu.au

# NON TIBE SCHOLME

Monday 18 February Week 4 Term 1 2019

#### Principal's Message

#### Parent Teacher Evenings

Assessment can be divided into two basic kinds; formative and summative.

Formative assessment refers to the variety of methods used by teachers to conduct evaluations of skills, abilities and academic progress of the students in their care during a unit of work or course. Summative assessment comes at the end of that unit of work or course, and is usually a score or rank set against some kind of benchmark of performance.

In other words, formative assessment is for learning, while summative assessment is of learning.

End of course or end of year reports are the most common types of summative assessments your children will earn at school.

Parent Teacher Evenings are very much an opportunity to find out what your children have been doing, as well as what they can do and how you can assist them to improve still further. They are very much in the formative assessment camp.

This year, we plan to roll out an on-line booking system that will allow you to select a time to see your child's teachers between 3.45pm and 7pm. It will not be in place for the first Parent Teacher Evening, but it is coming. Teachers have been asked to remain at school until fifteen minutes after their last booking or until 7pm; whichever comes first. They understand that sometimes people run a little late or get held up at previous interviews. But they are also professionals, and as a courtesy to them, I do not expect them to hang around for a meeting that may never occur. In the past, we have had parents and carers who have not made any bookings. They have simply turned up. While we welcome all parents and carers to our Parent Teacher Evenings, to avoid disappointment, bookings are the way to go.

Be aware that a booking system will be in place at each of our Parent Teacher Evenings to allow you to book an additional or catch up meeting with any or all of your child's teachers.

The first Parent Teacher Evening for Years 7, 11 and 12 will be held next week on Thursday 28 February.

The first Parent Teacher Evening for Years 8, 9 and 10 will be held on Thursday 14 March.

Come and see what your children are achieving and discover how you can be best positioned to assist them to move forward; the real power of formative assessment.

#### Parking

In our first newsletter for the year, I noted the new lines in Denison Street and the parking spot that was 1/3 inside the restricted parking area, a no parking area between 08:00-09:30 and 14:30-16:00, as it is used as a drop off and pick up zone respectively.

Senior Constable Angell, clearly an avid reader of the newsletter, made representations to the Mudgee command's Highway Sergeant and Mid Western Regional Council regarding the new lines in the drop off zone. The response she received was this: A Member of the Cudgegong Learning Community

PLEASE SEE OUR WEBSITE FOR THE COMPLETE CALENDAR OF EVENTS



#### COMING EVENTS

- 25 Feb P&C meeting
- 25 Feb Parent/teacher night
- for years 7, 11 and 12
- 5 March school photos
- 12 March Year 7 vaccinations
- 14 March Parent/teacher night for years 8, 9 and 10

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Award and SRR Award
- Writing Friday
- Uniforms HATS
- School photo days
- What do I do when?
- Year 10 shirts 2019
- Health care plans 2019
- NSW School Vaccination Program 2019
- School Community Charter
- Best Start Year 7 assessment
- Harmony Day poster competition
- Bawamarra news
- Advertisements
- Sponsorship

"(MWRC) said they would spray some bitumen over the line, so it will be back to normal for dropping off there."

I then had a call from MWRC on Monday to ask if that was what we wanted. As the lines in the drop off area had caused some confusion, the answer was an easy one: "Yes please."

... and council obliged.

Thanks to all – our local police and local council – for the speedy resolution, but especially Senior Constable Angell, who finished her message: "Hope this helps sort it out :-)"

It did indeed.

#### P&C

Just a gentle reminder that our first P&C meeting for the year is on Monday 25 February, in the Library and beginning at 7pm. Be aware that this is NOT the AGM, so you are unlikely to walk away with a job. It is an opportunity to come along and find out what is happening at your children's school, and maybe even ask a question or two that you have been wanting to ask for some time.

Until next week...

#### Wayne Eade

Principal



#### **MUDGEE 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.

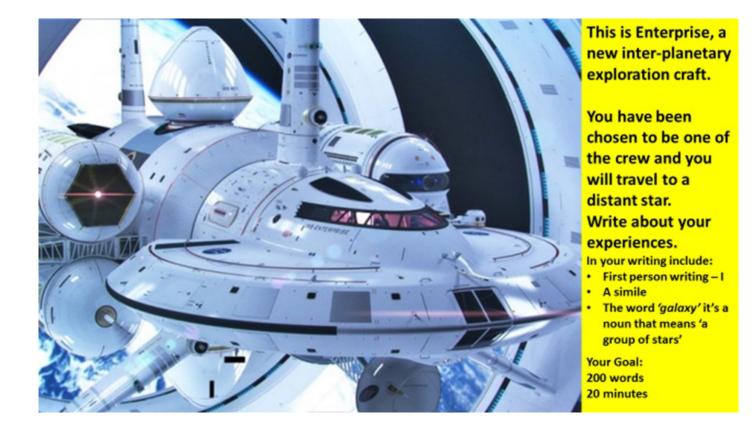
All welcome.

#### Week 3 Term 1 Awards

**P&C AWARDS:** Phoenix Jones Yr.7, Breanna Bourke Yr.8, William Darcy Yr.9, Shania Aylett Yr.10, Laurel Chamberlain Yr.11, Emily King Yr.12

SRR AWARD: Ryan Montgomery Yr.12

#### Writing Friday



#### 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 Embriodery 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 have their photo taken on Wednesday, as the photographers will conduct a catch up day.

Students should receive order forms and envelopes in the coming days. These are vital as they are individually barcoded 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.

#### WHAT DO I DO WHEN?

#### I wish to leave the class during lesson time.

This is allowed only in emergencies. Check with your teacher.

You must have a note if you are out of class.

#### I was absent from school because I was sick.

You must bring a note explaining why you were away (on the day you return to school) and put it in the Absence box located in the student foyer of the Front Office. Absence booklets are available at the front counter for parents to take home and fill in when needed.

Absences can also be recorded on the Mudgee High School Parent Portal.

#### I know I will be absent for a family reason.

Bring a note to the office. The Principal must approve all absences longer than 3 days.

Overseas holidays require a form to be filled out at the Front Office.

#### I am late for school.

After 9.10am, report to the front office. Unless you bring a note, you may be placed on detention. You must not go to class without a late note.



#### I want to leave school early or have an appointment during the day.

You must bring a note giving the reason for early departure and take it to the office before 9.00am. The note should indicate whether you will be returning and if so, when. Students are not permitted to leave school to just visit the shops. Students leaving school must be signed out.

(Printed leave booklets are available from the front office)

#### I am feeling sick at school.

If a student is sick during the day he/she must obtain a note from their classroom teacher or from a teacher on duty during breaks and report to the Front Office. Students must not come to the Front Office without a note unless it is an emergency. Students must not make their own phone calls or texts to parents or carers unless directed by staff. Front Office staff will make all efforts to contact a parent or carer to collect a student if they need to go home. Accurate contact details are essential for this process to run smoothly.

If warranted, an ambulance will be called. Please be aware that the cost of the ambulance is borne by the school.

#### Year 10 shirts 2019

Orders are currently being taken for Year 10 2019 shirts. The shirts will have navy blue trim on the sleeves and collar with the winning design by Maree loane (see right) and everyone's name on the back.

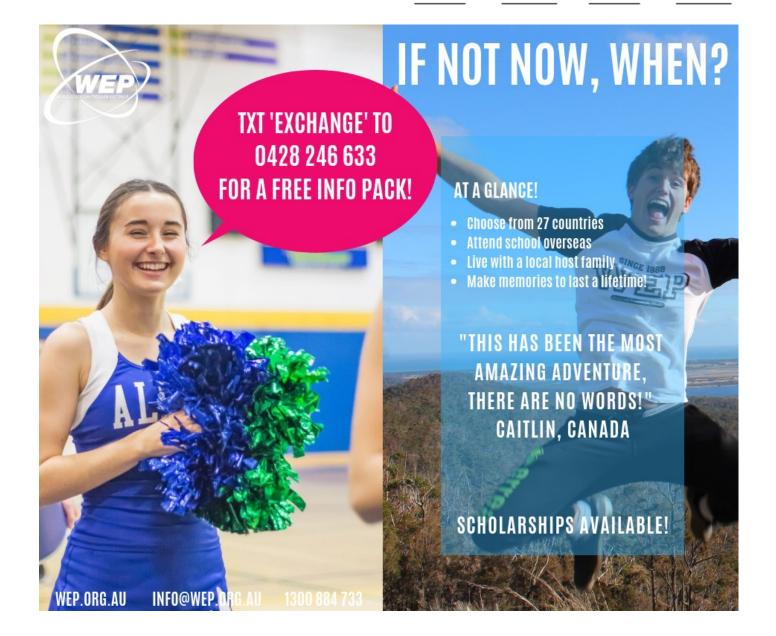
Shirts cost \$40 each and **orders close on Friday 8 March**. They can be paid off in multiple instalments but payments will not be accepted after this date.

Students will also need to see Mr Laurie with their receipt and register their required shirt size by this date.

Mr Laurie

Year 10 Adviser



#### **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
		2-doses at least 6 months apart
Year 7	Human papillomavirus (HPV) vaccine	
	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:

- <u>Diphtheria, tetanus & whooping cough</u> (Booster of dTpa is due in year 7)
- <u>Human Papillomavirus 9 (HPV9)</u> 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.





- 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.



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.

#### 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









## YEAR 10

## SCHOOL VACCINATION 2019 Meningococcal ACWY



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 <u>Meningococcal ACWY Vaccination (Nimenrix)</u> 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.





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 <u>blue or black pen</u>
- 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.



- 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.

#### 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**

## Sollaborative. 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.

We treat each other with **respect** 

#### 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 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.



#### 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: <u>education.nsw.gov.au/about-us/rights-and-accountability/</u> <u>complaints-compliments-and-suggestions/guide-for-parents-carers-and-students</u>

#### **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.

# COLLABORATIVE





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 <u>http://</u><u>movingforwardtogether.org.au/harmony-day-poster-competition/</u>



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

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









<u>Bawamarra</u>

(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:	Nambucca HS
Workshop:	Taree HS
Workshop:	Newcastle HS
Workshop:	Batemans Bay HS
Workshop:	Nowra
Workshop:	Sydney - Robyn Webster Sports Centre
Workshop:	Brewarrina CS
Workshop:	Wellington HS
Workshop:	Duval HS
Workshop:	Deniliquin HS
Workshop:	Leeton HS

Date: Wednesday 20 February 2019 Date: Thursday 21 February 2019 Date: Friday 22 February 2019 Date: Tuesday 12 March March 2019 Date: Wednesday 13 March 2019 Date: Friday 15 March 2019 Date: Tuesday 19 March 2019 Date: Wednesday 20 March 2019 Date: Friday 22 March 2019 Date: Tuesday 26 March 2019 Date: Wednesday 27 March 2019

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





Dear Principal,

The Young Endeavour Youth Scheme is pleased to announce that applications are always taken for young Australians aged 16-23 to join a voyage in the national sail training ship Young Endeavour.

A voyage in *Young Endeavour* is an exciting experience and a unique opportunity for youth to develop skills for life. Our internationally recognised development program builds self awareness, develops teamwork and leadership skills, and fosters a strong sense of community responsibility.

Since the ship was gifted to Australia in 1988 more than 13,000 young Australians have completed the Young Endeavour Youth Development Program. No sailing experience is required. *Young Endeavour* is operated by a professional Royal Australian Navy crew who ensure the highest standards of safety, and teach participants the skills to sail a square-rigged tall ship.

24 youth from across Australia will join each eleven day voyage during the 2019 program. As members of the crew they will keep watch and take the helm, handle lines on deck, cook in the galley, navigate using the ship's charts, and climb the 30 metre mast to set and furl the sails.

While at sea, they will be encouraged to pursue personal and team goals and challenges. By the end of each voyage they will have the skills and confidence to elect a leadership team and take command of the 44 metre brigantine, sailing *Young Endeavour* along the Australian coast.

Applications are open at <u>www.youngendeavour.gov.au</u>. Voyage fees and conditions will apply to successful applicants, who must be aged 16-23 year on the day of departure of their selected voyage/s. Potential applicants should apply now for the best chance of being drawn for a voyage.

I encourage you to provide this information to students and parents, and to support them in applying for the once in a lifetime opportunity to join a voyage aboard STS *Young Endeavour*. I hope the enclosed posters can be placed on noticeboards around your campus. If you would like to use something in an electronic format, please contact our office so we can help you right away.

Yours sincerely

on

Stephen Moss Executive Director 04 February 2019



TOLL FREE 1800 020 444 EMAIL mail@youngendeavour.gov.au www.youngendeavour.gov.au an an aire an a Tha aire an air

#### MUDGEE HIGH SCHOOL CANTEEN MENU 2019

CHICKEN & CORN ROLL    \$ 1.70    MOOVE 300ML    \$ 2.50      PIZZA ROUNDA    \$ 3.00    MOOVE 500ML    \$ 4.00      BEEF TRAVELLER PIE    \$ 4.00    PLAIN MILK    \$ 2.00      CURRY CHICKEN PIE    \$ 4.50    THICK& CREAMY YOGHURT    \$ 2.50      POTATO PIE    \$ 4.50    DARE 500ML    \$ 4.00      CHILLI BEEF SAUSAGE ROLL    \$ 3.50    NIPPY'S MILK 375ML    \$ 3.50      SAUSAGE ROLL    \$ 3.00    CUSTARD 600ML    \$ 3.50      BEEF & GRAVY ROLL    \$ 5.00    \$ 3.50    \$ 3.50      HOT DOG WITH CHEESE    \$ 4.50    EEVERAGES    \$ 4.00      HOT DOG    \$ 3.50    \$ 2.00    \$ 4.00      MAYO/SAUCE PORTIONS    \$ 4.50    COOLRIDGE WATER 750ML    \$ 4.00      MAYO/SAUCE PORTIONS    \$ 0.30    GATORADE G2    \$ 4.00      ROLLS & SANDWICHES    \$ 0.30    PEPSI MAX 600ML    \$ 2.00      ROLLS & SANDWICHES    \$ 4.00    PEPSI MAX 600ML    \$ 4.00
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HAM SALAD      \$ 5.00      COKE ZERO      \$ 2.50
EGG SALAD \$ 5.00 SPRITE ZERO \$ 2.50
CHEESE SALAD \$ 5.00 KYNETON MINERAL WATER \$ 3.00
CHICKEN MAYO & SHALLOTS \$ 5.00 BERRI FRUIT JUICE 350ML \$ 3.00
CHICKEN CAESAR \$ 5.00 <u>ICECREAMS</u>
SWEET CHILLI CHICK/AVOCADO\$ 5.00SHAKY SHAKE\$2.00
PADDLEPOPS \$ 1.60
ALL ROLLS CAN BE MADE ON GLUTEN FREE ROLLSBulla FROZEN YOGHURT\$ 2.50
PLAIN BREAD ROLL \$ 1.20 Twisted FROZEN YOGHURT \$ 2.50
SALADS MILO SCOOP \$ 3.50
GARDEN SALADGF\$ 6.00CYCLONE\$ 2.00
CHICKEN CAESAR SALAD \$ 6.00 RASPBERRY ICY POLE \$ 1.30
FRESH FRUIT SALAD\$ 4.00LEMONADE TWIST\$ 1.00
SEASONAL FRUIT \$ 1.00 DAILY SPECIALS
CHECK AVAILABILITY OF THESE SALADS MONDAY
BUDDHA BOWLS\$ 7.50SWEET CHILLI CHICKEN\$ 5.00
POTATO SALAD WITH CURRIED WRAP (ORDER ONLY)
CHICKEN \$ 7.50 <u>TUESDAY</u>
MEXICAN CHICKEN WITH GUACAMOLE PIZZA SUB \$ 2.50
BROWN RICE & JALAPENO SALAD \$ 7.50 WEDNESDAY
GREEK SALAD \$ 6.00 WEDGES \$ 2.50
COUS COUS SALAD\$ 5.00sour cream/sweet chilli sauce\$ 0.50
PASTA SALAD \$ 6.00 THURSDAY
CHICKEN BURGERS \$ 4.00
SUSHI \$ 5.00 GF CHICKEN BURGER \$ 4.00
<b>SNACKFOOD</b> GF Order only
RED ROCK DELI CHIPS \$ 1.00 FRIDAY
JJ SNACKS \$ 1.50 THAI CHICKEN ROLL OR BOWL \$ 6.00
GRAIN WAVES \$ 1.00 ORDER ONLY
CHECK OUR DAILY MENU BOARD FOR OTHER SPECIALS INCLUDING HOMEMADE

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 Advertisements

## **Blue Healers** is coming to Mudgee

a program to help people manage mild to moderate

## **Depression, Stress & Anxiety**

and develop learning strategies for coping

## **Register today for the Blue Healer**

## **Education Program** Finding it hard to:

#### Do you feel:

- Worthless
- Tired and Irritable
- Hopeless & Angry
- Suicidal

- Sleep Eat Regularly
- Concentrate
- Enjoy things you used to

The NALAG Centre will be holding the Blue Healers Depression, Stress and Anxiety in Mudgee

#### Friday 29 March 6-9pm Saturday 30 March 9-4pm

For more information please contact Phone: 6882 9222 email: shelleycarolan@nalag.org.au to register today!

\* Free to all suitable applicants

NALAG Centre for Loss & Grief

#### **Mudgee District Netball Association**

Netball team nominations are now open.

Gather the girls and contact one of the local clubs before the 24th of February.

Nomination forms are available at <a href="http://mudgeena.nsw.netball.com.au/files/39208/files/Registration%20Forms/team%20noms%2019.pdf">http://mudgeena.nsw.netball.com.au/files/39208/files/Registration%20Forms/team%20noms%2019.pdf</a>

Club contact details can be found on our website. http://mudgeena.nsw.netball.com.au/



Sponsorship

Mudgee High School - LINK Program Proudly supported by GLENCORE Ulan Coal Mine



### Coming soon to Mudgee High School

### Mid June 2019

Stay tuned!