

MHS Newsletter

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Monday
18 March
Week 8 Term 1
2019

Principal's Message

Parent/ Teacher Night

What a great turn out we had last Thursday for the Year 8, 9 and 10 Parent/ Teacher evening.

A big thankyou to Mr Whittington for his work in getting the online bookings off the ground. I did not hear a single uncomplimentary comment about the new system, but I did hear a lot of praise. Some of that approval included observations like:

- I don't have to rely on my kids to make the bookings.
- My child cannot cherry-pick the teachers she wants me to see.
- My three kids cannot double or even triple book me for meetings.

There will be more nights like the last two in Term 3. That said, be aware that if you do need to see any of your child's teachers, you do not have to wait until then. Making a meeting time is easy; simply contact the school on 6372 1533.

ANZAC Day

This may seem a little premature but...

ANZAC Day falls on the second Thursday in the April school break this year.

Each year, about seventy students from Mudgee High School join the commemoration of this important date on the Australian calendar by taking part in the march and attending the service at the cenotaph in Robertson Park. Still more Mudgee High students will attend as members of the Army Cadets or Air League.

If your children wish to attend, they need only meet with the rest of us attending at the southwest corner of Perry and Mortimer Streets by 10:15 on the day. The march will begin at 10:30. Student attendees will need to be in full school uniform. Those students who have the privilege of wearing the medals of relatives who have served, a reminder that those medals need to be worn on the right side.

For those wishing to attend the Dawn Service, it will begin at 06:00.

Christchurch

What a terrible business last Friday was in Christchurch, New Zealand.

The whole thing was and continues to be a tragedy, marked by terrible loss, pockets of bravery and a welling of compassion.

It is also a story of despicable, ignorant cruelty; a kind of cruelty that is hard to fathom.

As parents and teachers, we need to be alert to the kinds of online content the young people for whom we care are exposed. I know that the increasing role that content makes in shaping their opinions and decisions has been on our collective radar for some time. Some online content is seldom considered for its terrible effects on the less discerning.

Self-proclaimed white nationalists – fascists – have built a subculture that often dresses up their hatred in slouch hats and flags. Online, they will call each other "cobber," like they've just stepped off Gallipoli in 1915, or the Kokoda Track in 1942. Their posts make use of weasel words and imagery, hiding behind mock irony, to

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 25 March P&C AGM and meeting
- 26 March Year 10 vaccinations plus Year 7 catchup
- 25 April ANZAC Day March
- 14, 15 and 16 May - NAPLAN testing
- 22 May Cross Country
- 31 May Athletics Carnival

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards and SRR Award
- P&C AGM
- Writing Friday
- Vaccinations
- Naplan
- Cross country
- Athletics carnival
- Peer Support Program
- Britannica School online
- History excursion
- Cultural diversity at MHS
- Harmony Day poster competition
- Bawamarra news
- Advertisements
- Sponsorship

actively promote bigotry.

Their posts are designed to fragment and marginalise.

As the most important adults in the lives of our children, we have a responsibility to promote understanding and acceptance.

It would be wise of all of us, especially those of us who live with impressionable young men, to keep an eye on the internet usage of our kids and the kinds of "information" to which they are exposed.

Finally, tragic events affect each of us differently. Please be aware that our well-being and counselling staff are always willing to assist the young people in our care to deal with the feelings tragic events can cause.

Until next week...

Wayne Eade
Principal



MUDGEE HIGH SCHOOL P&C

The next meeting of the Mudjee High School P&C will be held on Monday 25 March 2019 at 7pm in the school library and will include the AGM.

Entry via Horatio Street.

All welcome.

Week 7 Term 1 Awards

P&C AWARDS: Year 7: Seth May, Year 8: Grace Sievers, Year 9: Thomas Wheeler, Year 10: Max Berridge, Year 11: Tess Blamire, Year 12: Daniel Trevethian

SRR AWARD: Ella Wurth

P&C Annual General Meeting

The Mudjee High School P&C AGM will be held on Monday 25 March at 7pm in the school library.

At this meeting, the committee for 2019 will be elected.

This committee will consist of:

- President
- Vice President (Canteen)
- Vice President
- Treasurer
- Secretary.

A General Meeting will be held after the AGM.

Writing Friday



Use:
* Third person
* Three interesting adjectives
* The word 'canter'*

Write a story with a horse as its hero.

*Canter is a verb. It describes movement faster than a trot, but slower than a gallop

Vaccinations

The second clinic is Tuesday 26 March for Year 10 and catch-up for Year 7.

Naplan

During May 2019, students at our school in Years 7 and 9 will sit the NAPLAN paper assessments. The schedule for tests is as follows:

Tuesday 14 May	Wednesday 15 May	Thursday 16 May
Language Conventions test (spelling, grammar and punctuation) Writing Test	Reading Test	Numeracy Test

On Friday 17 May, a 'catch-up' day is scheduled for students who missed a test.

Students may be exempt from the NAPLAN tests if they:

- Are newly arrived in Australia (less than one year before the test) and with a language background other than English.
- Have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests.

Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, braille, coloured paper versions and electronic tests are also available to meet the needs of individual students. Access to disability adjustments or exemption from the tests must be discussed with the school NAPLAN coordinator, Mrs Burke, and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer after consultation with the school principal. To withdraw your child from NAPLAN, a parent or carer consent form must be signed. Please contact the school if you need to discuss your child's participation in NAPLAN.

If you have any questions? Contact the NAPLAN team on 1300 119 556 or naplan.nsw@nesa.nsw.edu.au. For further information about NAPLAN, visit the [NESA website](#).

Mudgee High Cross Country 2019

The Cross Country will take place on **Wednesday 22 May** (Week 4 Term 2). It is compulsory for students in years 7, 8, 9 and 10. Students in years 11 and 12 may nominate if they wish to participate and are encouraged to do so. Students must participate in the school event to be eligible for Western Area Trials selection.

The course will start and finish at Walkers Oval and run along the walking track to Lawson Park.

Students will walk under teacher supervision to Walkers Oval at the beginning of Period 3 and will be brought back to school by lunch time.

Students will need to listen to the announcements in roll call and on assembly for further information.



Athletics Carnival 2019

The athletics carnival is on **Friday 31 May** (Week 5 Term 2) at Walkers Field.

This is a normal school day and attendance is expected. Students will need to bring their ID card to swipe in at the beginning of the day and events will start at 9am. Bus companies will be diverted to Walkers Oval and students will need to be at the carnival by 8.55am.

The events held on the day will include 100m, 200m, long jump, high jump, discus, shotput, javelin and novelties. The 400m and 3000m will be held at 8:30am before the main carnival.

The athletics carnival is about participation, having fun and supporting your house. As well as competitive events there will be a number of non-competitive, fun events involving year groups and staff. Students are encouraged to participate in all events and be dressed up in sporting house colours.

The school canteen will be running on the day and Year 12 will, once again, be providing goodies for their fundraising.

The longer events will be held prior to the carnival and students will be informed of this date in the daily messages during roll call. This includes the 800m, 1500m, 3000m and triple jump. Students must nominate to attend. They can do this by coming to the PE staffroom.



Any parent helpers are greatly appreciated and if you would like to help, please contact the school on 63721533.

Peer Support Program



What is the Peer Support Program?

Implemented as part of the school curriculum, the Peer Support Program teaches young people practical life skills that help both themselves and their friends through times of change and adversity. The program provides a fun and thought provoking environment in which to address issues such as bullying, relationships and self-image. The modules are designed to equip young people with skills to deal positively and proactively with life experiences, develop a sense of self-worth and belonging, and to encourage taking responsibility for decisions and actions.

How does the program work?

Over the course of Term 1, Year 7 students have been involved in the Peer Support Program. Each week, a group of approximately 15 students have been working with their 2 leaders from Year 10 through a range of activities which focus on values, how to respect themselves and others, as well as recognise the importance of integrity. They also discuss ways of serving their school community.

Students commenced their sessions in Week 4 where they were able to meet their leaders and get involved in numerous activities. These activities focused on developing personal qualities as well as what values they need to work together as an affective team. Over the last few weeks, sessions have focused on some of the concepts listed below. Parents are encouraged to have discussions with their children around these ideas to help reinforce the messages presented through the Peer Support program.



Values – these are our personal beliefs. They guide our decisions and behaviour. They influence our interactions and relationships with others. Our values define who we are and are reflected in our thoughts, words and actions.

Respect – this is showing care and consideration for yourself and others. There are many ways to show respect. When we do this, we help others to feel valued and accepted.

Responsibility – this means doing our best to meet commitments. We have many responsibilities in our lives which will increase as we get older.

Diversity – we are all different individuals and we have a variety of experiences and background within our school and local community. When we embrace diversity, we improve the quality of our relationships.

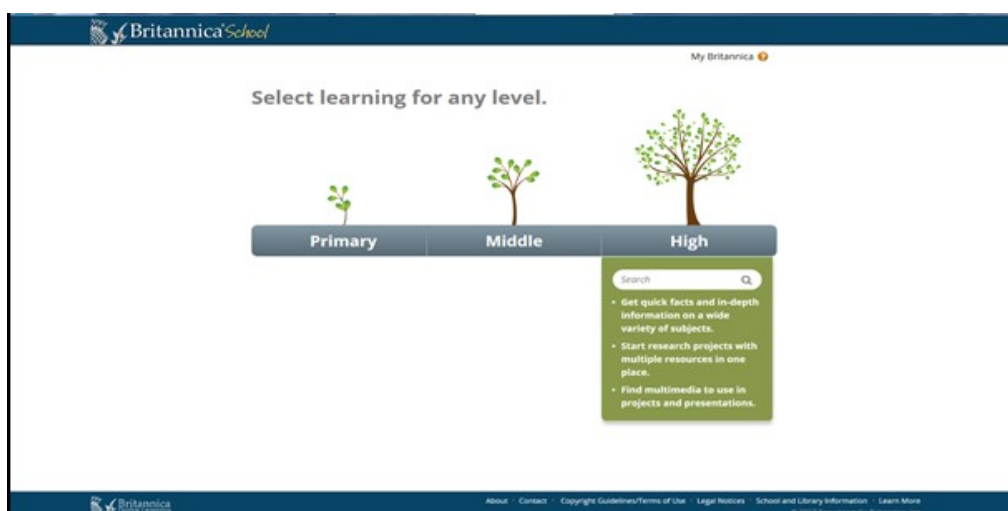
Britannica School Online for Year 7

With over 4 billion pages of information on the internet, plus 'entertain news' and 'fake news' disguised as real news spread through social media like Facebook, sourcing information can become a minefield in both excess and validity.

Wikipedia has its place and Google certainly has become the information highway of the digital age. However, sourcing and providing quality information is the challenge faced by young people in their learning 'journey'.

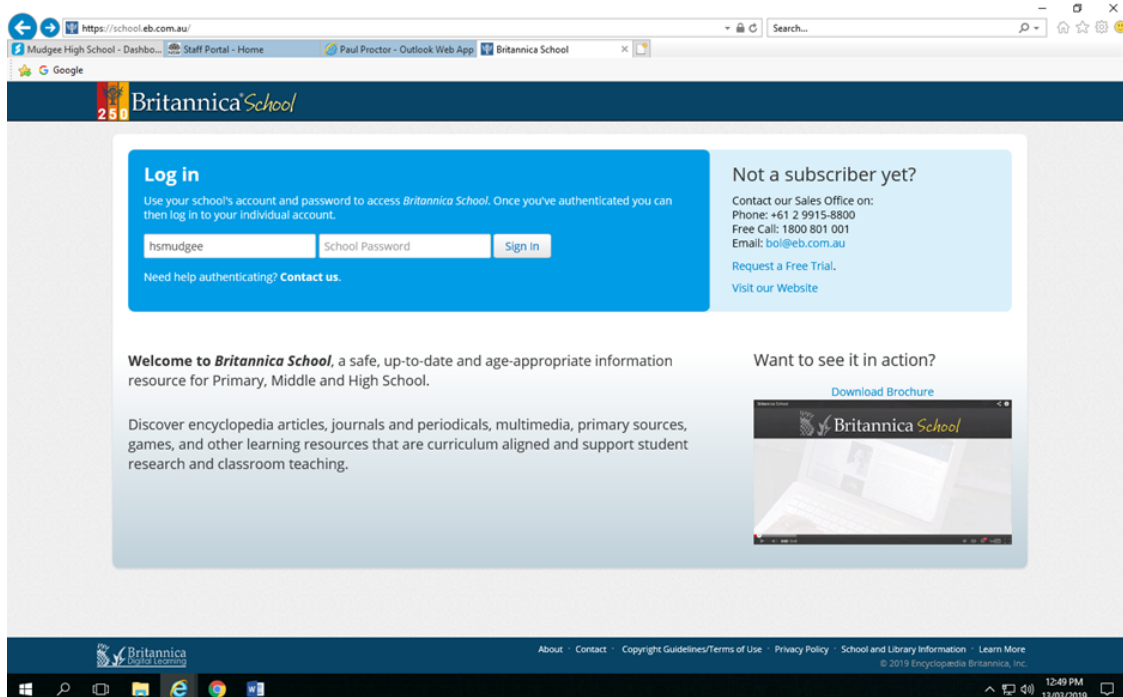
To assist our students to access and utilise quality information for class and assignment work, Mudgee High School subscribes to a digital version of 'Britannica School Online' for our school community. This is available for use at school and at home to all students (7-12) at no cost. This is an investment in our digital citizens for the future.

Britannica School Online works like a 'search engine' for finding information and provides that information as text, videos and images. It also allows students to choose between three different levels of information (Primary, Middle and High), that will cater to just about any academic level. It is much more than just an encyclopaedia but based in its origins and reputation as one of the most reputable encyclopaedias in the world since 1768.



Britannica School Online can be accessed by students at home through a link on our school website www.mudgee-h.schools.nsw.edu.au/ or by accessing it directly at <http://school.eb.com.au/>.

Once on the site, students will be prompted for a username (logon) and password. These can be obtained from MHS Library staff at any time.



History Extension visit to Gulgong Pioneers Museum

On the afternoon of Wednesday 27 February, Mrs Lang and the Year 12 History Extension class visited the Gulgong Pioneers Museum. The visit was a great accompaniment to a unit the class have been investigating, namely, how Australia's past has been represented in various forms. The topic forms part of the 'Constructing History' investigation in the Extension course, where students study a number of historians and historical issues that have been raised in terms of the purpose of history, as well as how the past has been constructed and represented over time.

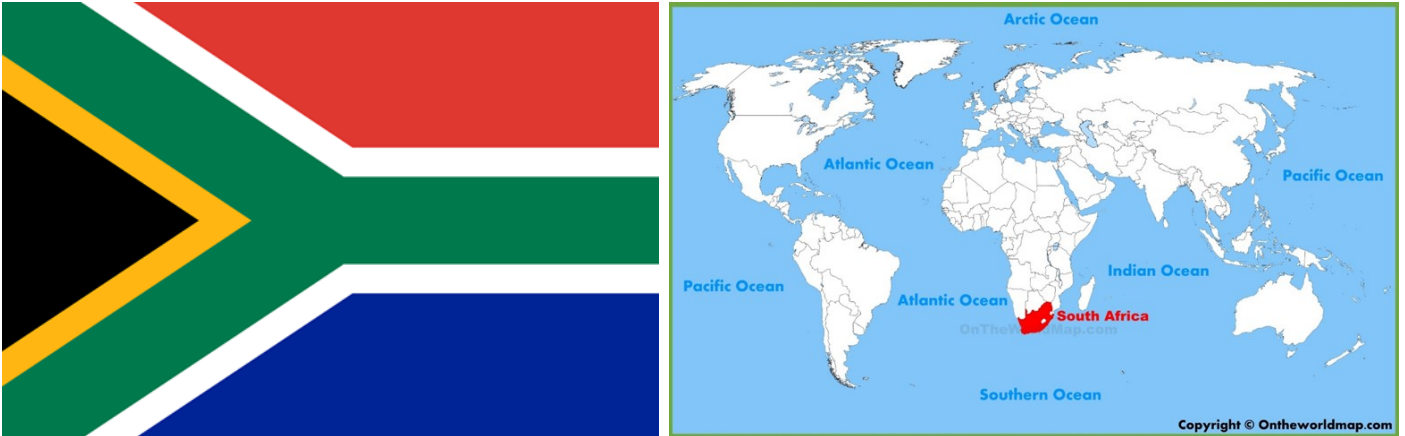
The visit to the museum was an eye-opening example of how the past can be displayed through physical objects such as cameras, early editions of television sets, household items and uniforms just to name a few. The class had a tremendous time discussing implications for the way Australia's national story has been represented.



Cultural Diversity at Mudjee High School

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

*This week's culture to be profiled is **South Africa**.*



Adopted on April 27, 1994, the flag of South Africa was designed to symbolise unity. The red, white and blue colours are taken from the colours of the Boer Republics. The yellow, black and green are taken from the African National Congress (ANC) flag.

Source: <https://www.worldatlas.com/webimage/flags/countrys/africa/soafrica.htm>

- The official name of South Africa is the Republic of South Africa.
- In 2011 the population of South Africa was around 52 million.
- South Africa has three capital cities, Cape Town, Bloemfontein and Pretoria.
- The largest city in South Africa is Johannesburg. Other major cities include Soweto and Durban.
- South Africa has 11 official languages, including Zulu, Afrikaans, Xhosa and English.
- South Africa has the largest economy of any African country.
- South Africa has had an unsettled history, with apartheid policies made by the National Party enforcing a system of segregation from 1948 until 1994. Nelson Mandela was elected president in 1994 after South Africa's first universal elections.
- South Africa's coastline stretches over 2500 kilometres.
- South Africa is home to a wide variety of animals including giraffes, hippopotamus, leopards and lions.
- Conservation is an important issue in South Africa. It has lost many natural habitats due to deforestation and overpopulation.

Source: <http://www.sciencekids.co.nz/sciencefacts/countries/southafrica.html>

The population of South African students at Mudjee High School: 0.5%, or 4 students.

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: Brewarrina CS
Workshop: Wellington HS
Workshop: Duval HS
Workshop: Deniliquin HS
Workshop: Leeton HS

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: <https://www.artsunit.nsw.edu.au/events-initiatives/secondary-aboriginal-dance-workshops>



MUDGEE HIGH SCHOOL CANTEEN MENU 2019

HOT FOOD AVAILABLE EVERY DAY

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

ROLLS & SANDWICHES

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

ALL ROLLS CAN BE MADE ON GLUTEN FREE ROLLS

PLAIN BREAD ROLL	\$ 1.20
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SALADS

GARDEN SALAD	GF	\$ 6.00
CHICKEN CAESAR SALAD		\$ 6.00
FRESH FRUIT SALAD		\$ 4.00
SEASONAL FRUIT		\$ 1.00

CHECK AVAILABILITY OF THESE SALADS

BUDDHA BOWLS	\$ 7.50
POTATO SALAD WITH CURRIED	
CHICKEN	\$ 7.50
MEXICAN CHICKEN WITH GUACAMOLE	

BROWN RICE & JALAPENO SALAD	\$ 7.50
GREEK SALAD	\$ 6.00
COUS COUS SALAD	\$ 5.00
PASTA SALAD	\$ 6.00

SUSHI	\$ 5.00
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SNACKFOOD

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

CHECK OUR DAILY MENU BOARD FOR OTHER SPECIALS INCLUDING HOMEMADE SOUPS, PASTAS, FOCCACIAS, TURKISH MELTS, CURRIES, BURGERS AND SALADS

PLEASE NOTE: PINENUTS ARE USED IN PESTO, CASHEWS, ALMONDS & WALNUTS MAY BE USED IN SOME SPECIALS. IF YOU HAVE NUT ALLERGIES PLEASE CHECK WITH CANTEEN LADIES

Please note these prices are subject to change throughout the year due to the increase in wholesale prices

*** GLUTEN FREE LUNCHES...ALL DAILY SPECIALS CAN BE ADAPTED TO GLUTEN FREE PLEASE ENQUIRE AND THESE WOULD NEED TO BE PRE ORDERED**

MILK AND DAIRY

MOOVE 300ML	\$ 2.50
MOOVE 500ML	\$ 4.00
PLAIN MILK	\$ 2.00
THICK& CREAMY YOGHURT	\$ 2.50
DARE 500ML	\$ 4.00
NIPPY'S MILK 375ML	\$ 3.50
CUSTARD 600ML	\$ 3.50

BEVERAGES

COOLRIDGE WATER 750ML	\$ 4.00
WATER 600ML	\$ 2.00
GATORADE G2	\$ 4.00
HOT MILO (Winter only)	\$ 2.00
PEPSI MAX 600ML	\$ 4.00
COKE ZERO	\$ 2.50
SPRITE ZERO	\$ 2.50
KYNETON MINERAL WATER	\$ 3.00
BERRI FRUIT JUICE 350ML	\$ 3.00

ICECREAMS

SHAKY SHAKE	\$2.00
PADDLEPOPS	\$ 1.60
Bulla FROZEN YOGHURT	\$ 2.50
Twisted FROZEN YOGHURT	\$ 2.50
MILO SCOOP	\$ 3.50
CYCLONE	\$ 2.00
RASPBERRY ICY POLE	\$ 1.30
LEMONADE TWIST	\$ 1.00

DAILY SPECIALS

MONDAY

SWEET CHILLI CHICKEN	\$ 5.00
WRAP (ORDER ONLY)	

TUESDAY

PIZZA SUB	\$ 2.50
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WEDNESDAY

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

THURSDAY

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

FRIDAY

THAI CHICKEN ROLL OR BOWL	\$ 6.00
ORDER ONLY	

Advertisements



presents...



MPAS' much awaited 2019 pantomime production of "Cinderella" opens March 29 at Mudgee's iconic Town Hall Theatre!

Cheer the sweet heroine! Boo the Evil Baroness! Join in the wonderful songs! Gasp at the amazing magical effects!

Dates: **March 29, 30 and 31, April 5, 6 and 7.** Matinees available.

Cost: Adults \$25, Conc. \$15 (high school student, senior), Child \$10 (primary and preschool) Family \$60 (2 adults and 2 primary aged children).

Tickets: Online at mpas.org.au or drop in to our pop-up box office every Saturday morning at Mudgee Library. Please book early – it's assigned seating and our pantos usually sell out.

Info: 0458 017 527 or visit mpas.org.au

Mudgee/Gulgong Wolves Soccer

Soccer season begins this year on **Saturday 27 April.**

Registrations are open and must be done by parents online.

For registration links to both mini-roos (3-4 year olds) and regular soccer go to our website or Facebook page.

For those needing assistance or wanting to make payments in person, we will be having registration assistance days at our clubhouse at Glen Willow as follows:

Saturday 16, 23 and 30 March from 10am to 2pm.

We will also have merchandise available for purchase. We accept cash, cheque or EFTPOS.



INFORMATION REGARDING APPLICATIONS FOR THE NATIONAL YOUTH SCIENCE FORUM - NYSF 2020 YEAR 12 PROGRAM

Rotary Club of Mudgee Sunrise and [Mudgee Rotary Club](#)

Our Clubs will support year 11 students who approach seeking endorsement for their applications to attend the National Youth Science Forum (NYSF) Year 12 Program in January 2020 – Australia's only science and technology outreach program that reaches into communities all over the country, thanks to our relationship with Rotary.

In 2020, there will again be 600 places on offer. Attending NYSF is a unique opportunity for Australian students interested in Science, Technology, Engineering and Maths (STEM) and related disciplines. Applications are open from 1 March to 31 May to students currently in year 11. While at the program, the participants will experience 12 days of STEM related activities, designed to encourage them to continue to study in these fields, and move on to careers that are so important for Australia's future.

In 2020, the program will run at the following dates and locations:

- Session A – Wed 1 - Sun 12 Jan 2020 – The Australian National University, Canberra
- Session B – Wed 8 - Sun 19 Jan 2020 – The University of Queensland, Brisbane
- Session C – Wed 15 - Sun 26 Jan 2020 – The Australian National University, Canberra

Application Process

Students must apply through the NYSF website www.nysf.edu.au. There is a \$60 application fee, which covers the administrative cost of the NYSF selection process. **This non-refundable fee is payable upon application submission.** Students must submit their application by 31 May 2019, so please endorse *all* applicants in a timely manner – there is no limit on the number of applicants your club can endorse. There is **no obligation** to provide funding along with endorsement to successful applicants.

Program Fee

The NYSF 2020 Year 12 Program attendance fee is \$3,150. Responding to advice from Rotary District Chairs (DC) at the NYSF DC Conference, some districts will accept applications directly from students who require no Rotary funding. Benefits to clubs include resources directed to students in genuine need, and minimising clubs' workload in processing applications. These students will not require Rotary club endorsement and will proceed directly to District Selections. Nevertheless, all students will be assessed against the same criteria once at selections. Please note that fewer students may contact your club for endorsement.

Please promptly advise students seeking endorsement of the level of funding your club can provide, so all parties (including parents) are aware of any financial obligations incurred by participating in the program. Any assistance your club can provide to successful applicants will be well-received.

Funding Assistance

NYSF has established an Equity Scholarship Fund, with contribution from Bayer, to provide at least forty (40) scholarships in 2020 valued at \$1,000 each. The Scholarship is awarded as a reduction in the Program Fee, rather than being paid directly to the successful candidate or club. We encourage you to promote this scholarship too. This is a separate application that also closes on 31 May 2019. Further details can be [found on our website](#).

Additional funding may be available through the [“Inspiring Australia–Science Engagement Programme”](#). Applications for this funding are currently *closed*. Should they open again, successful NYSF applicants *may* apply. This funding is not available to individuals only organisations, such as Rotary. Please direct any questions about this funding to the relevant government department.

If you have limited funds to support all applicants that approach your club please contact your District Chair to discuss alternative funding avenues.

Payment of Fees

Once district selections have been completed, the NYSF will send an invoice to each endorsing Rotary club, seeking payment for their successful student/s. It is the club’s responsibility to pay the invoice to the NYSF. If more than one applicant from your club is selected for the NYSF, your District may be able to transfer applicants to other clubs—please discuss this option with your NYSF District Chair, who is:

Howard Bridgman, habrotary@gmail.com, 0425 281 387

NYSF Contacting your Club

We again urge clubs to advise us of your Club’s current generic email address. We are always willing to send out hard copies of brochures, but we aim to move all other communication to email. All invoices will be sent to this email address. Please advise us if this is not the best email for us to contact you by emailing nysf@nysf.edu.au. We’d also like to check your Rotary Club’s mailing address that we have on file. If the following is not correct, please advise us at nysf@nysf.edu.au

Rotary Club of Mudgee Sunrise, PO Box 643 , Mudgee, NSW, 2850

The NYSF values Rotary’s generous support and promotion in local communities. Over the past five years, 43% of NYSF participants have come from remote and regional Australia, no doubt thanks to the unique relationship that the NYSF holds with Rotary clubs across the country. We look forward to continuing to work with you and welcoming students from your area.

If you have any questions please contact the NYSF office on 02 6125 2777 or nysf@nysf.edu.au. You can read more about NYSF activities [on our website](#).

Yours sincerely,

Dr Damien Pearce



THE 39TH GULGONG



PRINCE OF WALES EISTEDDFOD 2019

COMMENCES: (SUBJECT TO No. OF ENTRANTS)

DANCE: 5th – 11th MAY 2019

SPEECH: 23rd – 27th MAY 2019

MUSIC: 29th – 31st MAY 2019

Gala Concert Friday 31st May 7pm

The Eisteddfod is open to **ALL** and is a wonderful opportunity to participate in a range of arts alongside others of your same age or ability, **including beginners!**

ALL ENTRIES CLOSE

DANCE/SPEECH/MUSIC:

31st March 2019, 11:59pm

(NOTE: Late entries will not be accepted)

Further Information:

Copies of the 2019 Syllabus and the Entry Form are available on the website:

www.gulgongeisteddfod.com.

Preferred entry is via:

<http://www.stardom.com.au>

where the 2019 Syllabus can also be accessed.

Blue Healers is coming to Mudgee

a program to help people manage mild to moderate

Depression, Stress & Anxiety

and develop learning strategies for coping

***FREE**

Register today for the Blue Healer Education Program

Do you feel:

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

Finding it hard to:

- 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



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

IF NOT NOW, WHEN?

AT A GLANCE!

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

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

SCHOLARSHIPS AVAILABLE!

Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine



**Coming to Mudgee High School
Mid-June 2019**

