

MHS Newsletter

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Monday
25 March 2019
Week 9 Term 1

Principal's Message

Movement at the station...

There has been some staff movement among our executive teachers this term.

Ms Parrotta, Head Teacher Support Unit, was successful in her application for the position of Deputy Principal at Coolah Central School.

Mrs Thommeny, one of our Deputy Principals who has been relieving Principal at Kandos High School since the beginning of the year, was successful in her application for that position.

Ending slavery

A quick quiz to start you off:

1. Your child receives a mark of 15/20 for an essay. Do you...
 - a. congratulate your child on her achievement
 - b. read the teacher's feedback that accompanied the mark and discuss how she may improve next time to potentially earn those extra five marks, or
 - c. hire an outside tutor to mark the work and then take the new mark of 16/20 to the school and demand that this new mark be substituted for the one awarded by the teacher?
2. Your child is placed on detention for failing to bring his sports uniform on sports day. Do you...
 - a. never find out about the detention because your child realises he has done the wrong thing and it would be pointless or worse if he told you
 - b. find out about the detention and tell him that he deserved it, or
 - c. contact the school and offer to do his detentions in future because you should have reminded him more often to take his sports uniform on sports days?

And finally...

3. Your child's bedroom is an absolute pigsty. Do you...
 - a. draw your child's attention to the fact that there is a direct link between the cleanliness and order you expect in your own home and their chances of being fed that night
 - b. shut the bedroom door and hope for the best, or
 - c. tidy the room diligently as your child does not need the added burden of domestic chores?

You know where this is going.

You know that if you've answered "c" for any – or *all* – of the questions above then in the words of Jim Lovell, the commander of Apollo 13, "... Houston, we have a problem." (OK, I know Lovell said, "Houston, we have had a problem" but it sounds better when rendered in the continuing past tense).

Some parents seek to shield their children from what



*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 27 May P&C meeting
- 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
- Writing Friday
- Open Girls Football report
- Naplan
- Careers News
- Bell Shakespeare
- Cross Country
- Athletics carnival
- Cultural diversity at MHS
- P&C Committee 2019
- Learning Curve newsletter
- Harmony Day poster competition
- Bawamarra news
- Advertisements
- Sponsorship

the majority of us would consider minor failures, or even garden variety challenges. The problem in doing just that is that it does nobody any good – least of all the children behind that parental shield.

Mr Browning, a former Deputy Principal of Mudgee High, used to talk about failing as a positive learning experience. He treated FAIL as an acronym: a First Attempt In Learning. He may not have invented the acronym, but he was certainly onto something in appropriating it. Most of us learn from our mistakes and even the vaguest usually get there.

Letting our kids fall over now and again – literally and figuratively – teaches them resilience and independence. Perhaps even better than that, it teaches them that we are their parents or their teachers, or both, but never their slaves.

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 27 May 2019 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

Week 8 Term 1 Awards

P&C AWARDS: Year 7: Ashon Behrens, Year 8: Nikolai Evanoff, Year 9: Sammi Atkinson, Year 10: Bianca Annetts, Year 11: Joshua Hills, Year 12: Jessica Cameron.

SRR AWARD: Samuel Roth

Writing Friday



Write a story set in Autumn.

- Use the word '*russet*' – an adjective describing a shade of reddish orange.
- Make a simile or metaphor comparing something to falling leaves.

Your goal:
200 words
20 minutes

Girls Open Football

On Monday 18 March, the Open Girls Football team travelled to Gilgandra to compete in round 2 of the CHS Knock Out Competition. It was a very one-sided game, with the Mudjee girls triumphing with a 17-0 win. The game was played in good spirit with Mudjee lending players for the final part of the game when Gilgandra ran out of subs. Gilgandra thoughtfully provided some refreshments at the end of the game.



A great passing game ensured many goals. Lucy Sebelic led the goal scoring with a total of 6 goals. Charli Hayes played well in defence and, during her turn in the mid field, contributed several goals. Other goal scorers included Maddie Smith, Abbey Lynch, Claire Finter, Stephanie Bartlett, Kasey Hayes, Imogen Roberts and Grace Woodgate.

The girls will now progress to play the winner between the Forbes and Narromine teams.

Thank you to the parents who assisted with transport and to Mrs Roberts for taking some great photos.



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 principal 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.

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](#).

Careers News

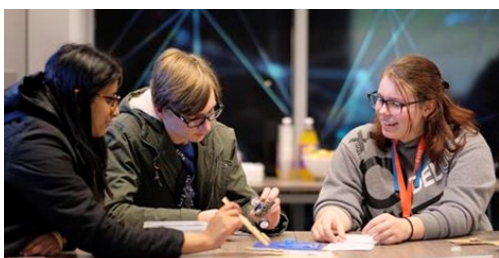
UTS Galuwa Engineering and IT Experience

Galuwa Experience is a fantastic opportunity for Aboriginal and Torres Strait Islander high school students in years 10 to 12 to gain first-hand university experience in this fully-funded engineering and IT program.

Galuwa means 'to climb' in the Gadigal language and at UTS, that's exactly what we want Aboriginal and Torres Strait Islander high school students to do.

Eligible students should apply as soon as possible. Limited places are available. **Application deadline: 2 June 2019**
For more information, contact [Jumbunna Institute for Indigenous Education and Research](#) on 1800 064 312 or atsievents@uts.edu.au

- **When:** July school holidays (15 – 19 July 2019)
- **Cost:** Free (includes all meals, transport and accommodation)
- **Where:** University of Technology Sydney and city locations.



Bell Shakespeare

Bell Shakespeare are coming to Mudgee!

The English Faculty are very excited to host this visit, wherein the Bell Shakespeare company will perform two sessions for our students on **Monday 27 May 2019**.

BELL SHAKESPEARE.

The first session is entitled **The Human Experience**.

This is being offered to all students in years 10, 11 and 12. Shakespeare understood the human condition and this is reflected in many of his plays. He explored our flaws and areas of expertise, as well as discussing the concepts of humanism and existentialism. The actors will be using key speeches from *The Merchant of Venice*, *The Tempest*, *Hamlet*, *Richard III*, *Othello*, *Henry IV Part One* and the *Refugee speech* from Sir Thomas More. This will assist students with their senior studies, especially for Advanced and Extension English. It will cost \$5 for your child to attend, so please pay this amount to the Front Office as soon as possible. There is no permission note required.

The second session is called **Words, Words, Words** and all students in years 9 and 10 are invited to attend. This is a humorous, entertaining and informative journey celebrating language and words. The actors will explore, interrogate and celebrate the literary techniques, language, as well as words and help students demystify scripts and stage performances. This will assist students with their English studies. It will cost your child \$5, payable to the Front Office as soon as possible. There is no permission note required.

Any questions can be directed to Ms Tetley, Head Teacher (Relieving) in the English Faculty.



In other English news, do not forget that Tutoring Tuesday continues to run.

Every Tuesday afternoon from 3.30 to 4.30pm your child can access English staff in K06. Staff are available to help your child with their work, answer questions or reassure them that their work is on the right track. This is a free service for our students.

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.

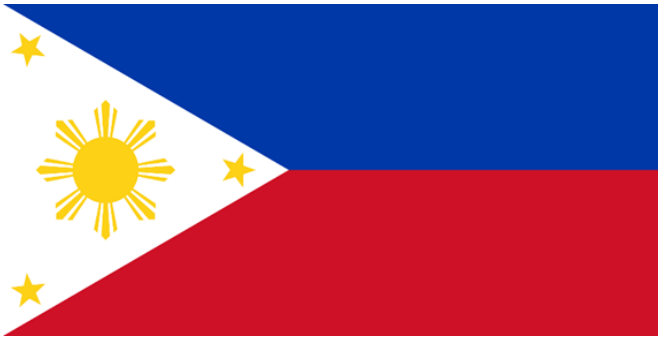


Cultural Diversity at Mudjee High School

Each week we profile one of the many cultures represented at Mudjee High School.

This week's culture to be profiled is that of the **Philippines**.

The Philippines' flag:



A horizontal flag bicolor with equal bands of royal blue and scarlet and a white, equilateral triangle at the hoist. In the centre of the triangle is a golden-yellow sun with eight primary rays, each representing a Philippine province. At each vertex of the triangle is a five-pointed, golden-yellow star, each of which represents one of the country's three main island groups - Luzon, Visayas, and Mindanao. The central star originally referred to Panay.

- The entire landmass of the Philippines is made up of islands, making it the second largest archipelago in the world. There are approximately 7 500 islands.
- There are about 175 languages spoken in the Philippines, with 171 of them considered "living". Four tribal dialects have no known living speakers. The country's official languages are Filipino (based on Tagalog) and English. Cebuano and Ilocano are also popular in some regions.
- The Philippines produces and exports more coconuts than any country in the world, shipping off about 19.5 million tons of the fruit (called "buko") every year.
- The Philippines is the only Asian nation that is predominantly Christian, with 90% practicing Christians.
- Filipinos are very social, spending as much time as possible with family and friends.
- Manila, the capital of the Philippines, ranks as the city with the highest population density in the world.
- The positioning of the Philippine flag's colours indicates a message. If it is flown with the red stripe on top, the nation is in a state of war. Otherwise, during peacetime, the blue is on top.

The number of MHS students born in the Philippines is two. A number of students have one or more parents who were born there.

P&C Committee 2019

The Mudjee High School P&C AGM was held on Monday 25 March.

At this meeting, the committee for 2019 was elected.

This committee will consist of:

- | | |
|----------------------------|--------------|
| • President | John Laidlaw |
| • Vice President (Canteen) | Open |
| • Vice President | Open |
| • Treasurer | Renae Hill |
| • Secretary | Ian Halbisch |

The Learning Curve

At the beginning of the year, all students were issued with a Student Planner. Each week we will publish a parent newsletter from The Learning Curve which provides information about the element students will be focusing on.



Wellbeing Builder:

Wellbeing Element:

Character Strength:

Strengths Booster:

Wellbeing Reflection Activities:

Parent Wellbeing:

Middle – ACTIVE CONSTRUCTIVE
RESPONDING

Senior – RESPONDING ENTHUSIASTICALLY

RELATIONSHIPS AND OPTIMISM

KINDNESS

MEDIA SEARCH

Middle – ACTIVE CONSTRUCTIVE RESPONDING,
Senior – RESPONDING ENTHUSIASTICALLY (see website)

Failing well, accepting that mistakes are part of life, forgiving yourself for making them and learning new approaches to correct them are valuable skills to develop. Describe a time you have done these to succeed.

There has been a significant decline in face to face conversations over the last decade due to much of society's obsession with electronic communication. As a consequence, people's skills in reading and sending appropriate body language messages have lessened, leading to a key social-emotional resilience skill, showing empathy, being adversely affected.

Showing empathy has been the social glue that has enabled communities to thrive and flourish for centuries and underpins respectful relationships.

To develop students' self-awareness of how to show empathy and build respectful relationships, they need to be provided with numerous opportunities to practise using active constructive responding in their face to face conversations with others. Simply asking another person to tell you more about a story they are sharing with fills both of you with uplifting spirals of positive emotions, which benefit your and their wellbeing. Another important aspect to emphasise with students is to aim to say five positives for every negative when having a conversation.

Other ways of listening and responding which don't build respectful relationships include:

- passive constructive: listening quietly, without any interest or enthusiasm
- passive destructive: showing little interest to learn about their story
- active destructive: dismissing their story with disrespectful body language and changing the subject.

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." John Quincy Adams

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: 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>



MUDGEE HIGH SCHOOL CANTEN 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 CANTEN 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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Advertisements



10–18 April 2019

NSW YOUTH WEEK
2019

Mid-Western Regional Youth Council is proud to present a range of activities and events across the region, as part of Youth Week 2019.

For more information visit midwestern.nsw.gov.au

Art and Flash Fiction Competitions Exhibition – Launch

Celebrate the talent of local youth artists and writers, and be among the first to see the exhibition at the official launch. The winners of each competition will be announced at the launch. Thanks to Orana Arts and Mudgee Readers' Festival for their judging assistance.

WHEN Tuesday 9 April, 6:30pm – 7:30pm
WHERE Mudgee Library, 64 Market Street Mudgee
FOR All ages
COST FREE | NO BOOKINGS REQUIRED

Art and Flash Fiction Competitions Exhibition

Check out the Art and Flash Fiction talent of local youth. Thanks to Orana Arts and Mudgee Readers' Festival for judging. Get in on the award action by voting in the People's Choice Award for the Art Competition; voting open till 17 April, and the winner announced on 18 April.

WHEN Monday – Friday 10:00am–6:00pm, Saturday 9:30am–12:30pm
WHERE Mudgee Library, 64 Market Street Mudgee
FOR All ages
COST FREE | NO BOOKINGS REQUIRED

Captain Marvel Screening

In conjunction with the Town Hall Cinema, we're screening the latest Marvel film – *Captain Marvel* across the weekend.

WHEN Friday 12 April, 7:00pm (Saturday and Sunday 2:00pm)
WHERE Mudgee Town Hall Theatre, 64 Market Street Mudgee
FOR All ages (Please note Captain Marvel is rated M)
COST Concession ticket \$10 (prices vary for other ticket types)

Tie Dye

Bring along a light coloured cotton t-shirt or bag, and give it a permanent dose of your own artistic flair.

WHEN Monday 15 April, 2:00pm – 3:30pm
WHERE Kandos Library, Angus Avenue, Kandos
FOR Ages 12 – 20 years
COST FREE | BOOKINGS REQUIRED

Netball Clinic

Coaches from Pivot Netball Academy will run you through a skills and drills session, followed by a fun game of netball to incorporate the new skills you will learn. This session is suitable for beginners to expert players. **Note:** Enclosed shoes must be worn at all times.

WHEN Tuesday 16 April, 10:00am – 1:00pm
WHERE Netball Courts, Billy Dunn Oval, Nandoura Street Gulgong
FOR Ages 12–18 years
COST FREE | BOOKINGS REQUIRED

Millennium Trivia

Test your knowledge on a range of topics from the year 2000 to now, or get a team of 4-8 friends and see if you can take out the winner's trophy, or the prize for team name that makes the Youth Council chuckle the most. There is a wildcard entry team for those whose friends are away.

WHEN Wednesday 17 April, 5:00pm – 7:30pm
WHERE Mudgee Town Hall Theatre, 64 Market Street Mudgee
FOR Ages 12 – 25 years | **COST** FREE
COST FREE | BOOKINGS REQUIRED: Tables of 4-8 players

Level Up

Gamers wanted! We're super-excited to be launching our new monthly game club as part of Youth Week. Various tabletop games and role-playing games will be available.

WHEN Thursday 18 April, 3:45pm – 5:45pm
WHERE Mudgee Library, 64 Market Street Mudgee
FOR Ages 12 – 25 years
COST FREE | BOOKINGS REQUIRED

Skateboard Workshop

An international skateboard competitor will show you the fundamentals, how to get the most out of your board, and master some new tricks on street and transition. Suitable for beginners to expert skaters. **Note:** Enclosed shoes and helmet to be worn at all times, and a waiver signed to participate.

WHEN Tuesday 23 April, 1:30pm – 3:30pm
WHERE Mudgee Skate Park, Cnr Horatio & Perry Street Mudgee
FOR Ages 12 – 20 years
COST FREE | BOOKINGS REQUIRED

To book into one of these events, visit www.mwrcyouth.eventbrite.com

Create your future now

Apprenticeships and Traineeships in NSW

Training Services NSW Information Session



Did you know you could start an apprenticeship while still at school?

- School Based Apprenticeship and Traineeships (SBATs) are available to all Year 10, 11 and 12 high school students in NSW
- SBATs allow students to commence an apprenticeship or complete a traineeship while at school
- SBATs combines paid work, training and school
- Get an industry recognised national qualification
- Credit towards the HSC and in some cases ATAR
- Kick start your career



So you want to become an Apprentice or Trainee?

Everything you need to know about apprenticeships or traineeships

See you on

Date: WEDNESDAY 3rd April 2019

Time: 5:30 pm

Venue: Winning Post Motor Inn, Church St, Mudgee

RSVP: 1st April 2019 eventbrite.com.au/e/59146478710





MUDGE
PERFORMING
ARTS SOCIETY

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



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!

WEP.ORG.AU

INFO@WEP.ORG.AU

1300 884 733

Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine



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

