

MHS Newsletter

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Monday
27 May
Week 5 Term 2
2019

Principal's Message

X-Country

What a pleasure it was to be out on Wednesday for X-Country. Well done Mrs Gallen and her team of staff who made it the success it was.

A few kids called their home rapid extraction teams to have themselves lifted out of the school prior to the event. A smaller number of parents complied with these disappointing requests.

Resilience, the capacity for tolerating or recovering from experiences that challenge, is an aptitude worthy of possession. One mum I spoke to said that her boy feared boredom and that was why she had come to collect him. She said that she wished he was more resilient. On learning that in his down time at Walkers Oval – the time his cohort would not be running – he and his friends would be engaged in various games like tug-o-war, kick tennis, tunnel ball and the like, his mum decided to leave him at school. An excellent outcome if we are all serious about developing resilience in the next generation.



Controversial Issues in Schools II

I regularly field questions from the public, many of whom having little connection to the school. Frequently those questions relate to topical issues that have sparked some often unhelpful tribalism.

By way of example, last December I fielded questions from several members of the public regarding student climate strikes. Students in major metropolitan centres, and quite a few rural towns and cities across Australia and indeed around the planet took strike action designed to draw attention to what those taking part see as a failure of governments globally in putting in place a collective and effective response to climate change.

Several of the callers wanted to tell me what terrible people teachers are, brainwashing kids with their <<insert pejorative, see below*>> mantras. My response to each was measured and well guided by Departmental policy, especially that regarding the management of controversial issues. I also provided a synopsis of what that management looks like in our newsletter at the time, and have provided an abridged precis below.

Last week, several students from Mudgee High joined with students both nationally and internationally and took their own strike action.

Let me make this clear; student strike action is not condoned by the NSW Department of Education.

Let me also make this clear; teachers are bound by a Code of Conduct and that Code demands that employees of the DoE, while having the “right to participate in political and community activities and to pursue personal interests”, must manage those interests. This management must “ensure that (their) involvement in any

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 31 May Athletics Carnival
- 5 June Geography competition
- 7 June Year 12 reports issued
- 13 June WWI Living History sessions
- 13, 14, 15 June - Seussical the Musical
- 24 June P&C meeting

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- School hats
- HSC and Careers Expo
- Days for Girls
- WW1 Living History presentation
- Let's Mummify!
- Cultural Diversity at Mudgee High School
- Bawamarra
- Positive Behaviour for Learning
- Anti-bullying Alliance update
- Athletics Carnival
- The Learning Curve
- Advertisements
- Sponsorship

political party, industrial organisation, or community and personal activity is understood to represent (their) view or those of the organisation (they) represent, and not those of the Department.”

Teachers are professionals. They understand that the classroom is no place for partisan politics. They are required by the Code to “not participate in private political activities in the work environment”. This includes discussion with students about personal political views. Of course, kids are curious. I have been an educator for thirty years and can safely tell you that adolescent students are often very curious about their teachers’ political views, especially around election time. The response they receive is always the same, “That’s between me and the ballot box” or words to that effect.

By the way, school staff undertake Code of Conduct training annually to make sure all of us are up to speed.

With regard to the management of controversial issues in schools, the Department of Education has a policy covering that management.

The “study of controversial issues is acceptable for educational purposes consistent with the delivery of curriculum and provision of school programs and activities.”

On the ground, it looks like this:

Teachers are obliged to, “manage controversial issues that may arise... (including the) views expressed by or the actions of... external providers and visitors (including speakers and officials), audio-visual materials or live performances.”

Schools are required to be neutral places for rational discourse and objective study. The discussion of controversial issues in schools, “... should allow students to explore a range of viewpoints and not advance the interest of any particular group.”

This last point has the potential to rattle because it will likely involve thoughtful scrutiny of what can be entrenched opinions.

Professor Brian Cox, the English physicist, has been quoted as saying, “... everyone has the right to an opinion, but crucially, that opinion can be roundly ignored and even made fun of, particularly if it is demonstrably nonsense!”

At school, we will seldom make fun of an opinion. The silliest claims can be educational, especially if the focus of the lesson is the important analytical skill of ‘considering the source.’

In the school context, consideration of controversial issues, which may include challenging some of the more unreasonable ones, must be age appropriate, sensitive to student needs, and relevant to the curriculum.

Challenging kids to think rather than regurgitate long lists of information – something Siri and Google do infinitely better than any of us – is what it is all about.

Climate change is something that features in a variety of disciplines, not least the sciences and geography.

As for brainwashing... I cannot convince all students to wear a hat when out in the blazing sun, so what chance any of us recruiting them to causes nefarious or otherwise?

Until next week...

Wayne Eade
Principal

*socialist, communist, leftie, hippy, fascist, Nazi, stupid... so many choices!



MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 24 June 2019 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

Week 4 Term 2 Awards

P&C Awards: Year 7 - Trinity Elvy; Year 8 - Sophie Johanson; Year 9 - Jessica Taylor;
Year 10 - Bronte Comincioli; Year 11 - Tara Sandry; Year 12 - Haylee Schneider

SRR Award: Lachlan Endacott

Writing Friday



Your goal:
200 words
20 minutes

What happened here?

Tell the story of this house...
Who lived here? Why is it so badly damaged?

In your writing, use:
* Third person
* A simile
* The word 'desolate' – it's an adjective that means 'deserted or bleak or without hope'.

School hats

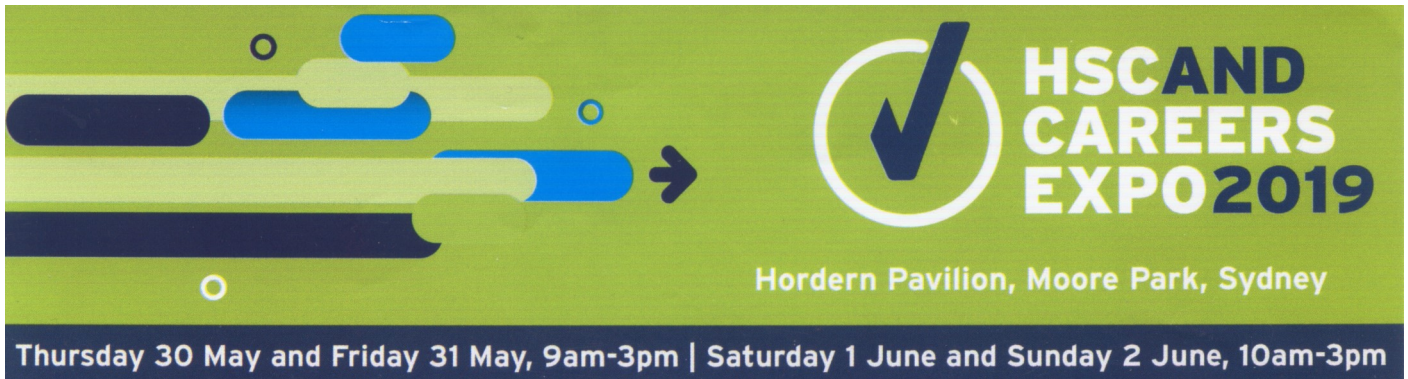
Great News!

Mudgee High School hats are available for purchase from the school. Your choice of cap or bucket style are here to keep you warm and protected from the elements. Payments of \$15 can be made at the office, then present your receipt to the staff in the library to collect your hat.

Help support this MHS incentive to protect our staff and students!



HSC and Careers Expo



The HSC and Careers Expo is an important event for Years 10, 11 and 12 students, their parents and teachers. The HSC and careers expo brings together over 140 exhibitors providing HSC, tertiary course, career, study skills and gap year information and resources. Exhibitors include Australia's major universities. The expo also features seminars on HSC subjects including English and Maths, tertiary courses and career and study advice. General admission is \$10 (online) or \$25 for families of up to four people including, at least, one parent (online). Children 14 and under are free. Admission includes all seminars and is valid for all four days of the Expo. For more details visit: hscandcareers.com.au

The HSC and Careers Expo

Thursday 30 May and Friday 31 May, 9am-3pm

Saturday 1 June and Sunday 2 June, 10am-3pm

Hordern Pavillion, Moore Park, Sydney



Days for Girls

Days for Girls is a charity project initiated and supervised by Mrs Bailey at Mudgee High School.

Days for Girls is a not-for-profit organisation with a network of teams and chapters around the world. The organisation raises funds to make washable, reusable sanitary care kits for girls and women in need. Reproductive and hygiene education is provided with the distribution of the kits.

Internationally, Days for Girls has provided kits for over one million women and girls in more than 116 countries. For these girls and women, it means dignity, health and opportunity that would otherwise be lost without sustainable hygiene solutions.

Early last year, after a discussion with a friend who was involved with Days for Girls, Mrs Bailey put forward the idea of forming a lunch time Days for Girls club at Mudgee High. Mrs Bailey contacted the Australian arm of the international organisation. By the end of March 2018, Mudgee High had become a registered club. The first high school in NSW, and possibly Australia, to have done so.

The next step was to learn how to make each component of the kit. Construction standards are high and each kit must provide reliable menstruation protection for three years. With the help of two keen students, Emma Clulow and Anneleis Galvin, Mrs Bailey spent many lunch times breaking the tasks into steps and learning to make the shields, liners and carry bags. When the products were perfected, a sample was sent off to be assessed and approved. On the 6 November 2018, Mrs Bailey received approval and she began to recruit volunteers to help construct the kits.



Days for Girls club runs every Thursday and Friday at lunch time.

Approximately twenty Year 7 and 8 students make up the Thursday group and a group of senior students participate on Friday. Some students are so keen they have offered to give up every lunch break for the project! Mrs Bailey has been overwhelmed by the response from both male and female students, their keenness to participate, their willingness to give up their own time for the project, and their maturity and empathy for such a sensitive topic.

The project has been such a success it has drawn media attention. On Saturday 25 May, a story by Jennifer Browning was aired on the 7pm ABC News. Mrs Bailey invited Patsy Lucas, the Days for Girls NSW public relations officer, and Nancy Weiss, a sewing specialist, to attend the news event. The story featured film of the students at work making the kits. The project has also featured on ABC radio and will soon feature in the Mudgee Guardian.

Mudgee High is very proud of Mrs Bailey and all the students involved in this worthwhile project.

More photos are available on the Mudgee High School web page.



World War 1 Living History presentation

Year 9 History, Year 11 and 12 Modern History and Special Education students have an opportunity to participate in the World War 1 Living History presentation. This variation to routine will bring into the school displays of World War 1 equipment, weaponry, uniforms, and a range of other elements related to World War 1 history. These displays will be accompanied by a talk and an interactive learning opportunity for students.

The variation to routine directly relates to the Stage 5 History syllabus – “The Difficulties of Trench Warfare” and “The Use of Chemical Weapons.” There is also a connection to the Stage 6 Modern History syllabus “The Shaping of the Modern World – World War 1.”

Thursday 13 June 2019	
Period	Classes attending presentation
Periods 1 and 2	09HisB Windeyer 09HisM Vidaic
Periods 3 and 4	09HisD Lang 114MH Eslick 125MH Lang
Periods 5 and 6	09HisG Spinner 09HisN Kable
Period 7 and 8	Special Ed classes

Each session goes for two periods.

We ask that your child brings a gold coin to contribute towards the cost of the variation to routine. Students are encouraged to give their coin to their teacher as soon as possible. Their name will be ticked off the list as paid.

If you have any concerns regarding this event, please contact the school.

Ms Windeyer
Head Teacher HSIE



Let's Mummify!

Students in Year 8 have been learning about Ancient Egypt over a number of weeks in their History classes. Students completed an assignment on the many wonders of Ancient Egypt last term and came back to school in Term 2 covering topics such as mummification and Ancient Egyptian beliefs in the afterlife.

Some classes grew creative in demonstrating the process of mummification with group re-enactments of the steps involved. Select students proceeded through each step as a demonstration in front of the class, ensuring that things like putting the right organs in the correct Canopic jars were being done properly! The role play culminated with wrapping a team member in toilet paper to reflect this step of the process once bodies were left to dry out for a period of approximately 40 days, a period considerably reduced for the purposes of this exercise.

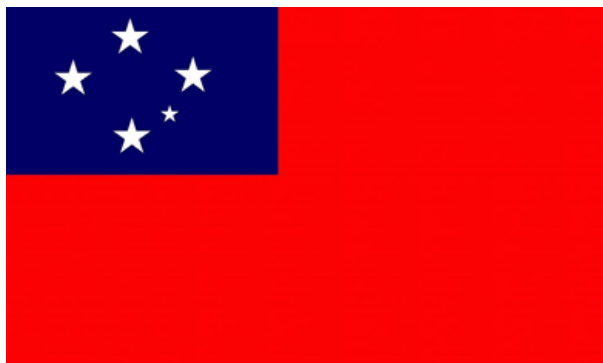
Students had a great time with this hands on activity and found that it assisted them with their final writing task for the topic. There are many more wonderful topics coming up for students in Year 8 History, more opportunities to get creative with!



Cultural Diversity at Mudgee High School

Correction to last weeks article

Regularly we will be profiling one of the many cultures represented at Mudgee High School. This week's culture is **Samoa** or *Malo Sa'oloto Tuto'atasi o Sāmoa*



The flag of Samoa was officially adopted on January 1 1962. The symbolic flag displays the white stars of the Southern Cross. The blue is said to represent freedom; red is representative of courage, as well as being a traditional Samoan color.

Samoa, or better known as the Independent State of Samoa, is a small series of islands. There are two main islands, Savai'i and Upolu, and four smaller islands. Apia is the capital city, on the Upolu island. The island was discovered and settled over 3,500 years ago by the Lapita people. They created the unique Samoan language and cultural identity. The population sits at approximately 196 000. Samoans make up around 0.03% of the Australian population.

Although officially a Christian country, the Samoans maintain strong ties to their cultural spiritual values. For example, some still have ties to their Samoan mythology, like the well-known story of Sina and the Eel which explains the origins of the first coconut tree.

An example of the Samoan language is the motto of the independent state, "***Fa'avae ile Atua Samoa***", meaning "Samoa is founded on God." This is found on the coat of arms. Despite years of European influence on the nation, it keeps strong ties with its traditional cultural ways.

Fun Facts:

- Samoans have their own version of cricket
- Dwayne "The Rock" Johnson is Samoan
- Traditionally known as Tatau, tattooing represents the spiritual and cultural heritage of Samoa.
- It's perfectly okay for men to wear skirts, known as the lavalava (sarong),
- Men do the cooking, well, at least the traditional meals...





Bawamarra

(Relate news, communicate)



Naidoc is coming...

This year's NAIDOC theme is "Voice. Treaty. Truth. Let's work together."

Mudgee High School will celebrate NAIDOC on Wednesday 3 July. More details will be advertised in the coming weeks about what will be happening on the day. To begin the preparations, student are invited to participate in the following opportunities:

NAIDOC Writing Competitions – There are two writing competitions. The Creative Writing Competition is open to students in Years 7 to 9. The Essay Writing Competition is open to students in Years 7 to 12. There are a range of prizes available for outstanding entries. See the following articles for further details on the questions, the stimulus material and the prizes. **All entries for this must be received by 25 June.**

NAIDOC Paraphernalia – Students are invited to purchase items ready for NAIDOC Day. See the following page with all the items which can be purchased and the associated prices. If students would like to purchase something they may do so by seeing Miss Windeyer in the HSIE staffroom. They will need to bring with them the correct cash. **All orders must be received by Miss Windeyer no later than 1 June** so the goods can arrive on time.

See the following articles for more details on these opportunities.

See Miss Windeyer if you have any questions about any of this.

Keep an eye out for more details on our school's NAIDOC Day.

2019 NAIDOC SHIRTS \$15.50 EACH

NAIDOC RESPECT BANDS \$2 EACH

NAIDOC BUNTING \$40 10 METRES

NAIDOC WRIST WATCH \$4 EACH

NAIDOC MINI FOOTBALLS \$2.50 EACH

CHEER STICKS INFLATABLE \$2.50 SET

NAIDOC LAPEL PINS \$2.50 EACH

LET'S MAKE 2019 A REALLY SPECIAL YEAR

NAIDOC BEANIES \$3.50 EACH

NAIDOC PENCIL CASE \$2.50 EACH



NAIDOC Week Celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander Peoples

Creative Writing Competition

Entry is open to all students in Years 7-9

WRITE AN EDITORIAL FOR A NEWSPAPER:

“How has Australia progressed through the reconciliation process between Indigenous and non-Indigenous.”

1000 words or less.

Entry must be typed and on A4 paper. Please ensure name and grade are clearly included on both your work and on the official NAIDOC School Initiatives entry form.

Indigenous Australians to Aspire to



Jessica Mauboy
Indigenous Recording Artist



Lance Franklin
Indigenous AFL Player

PRIZES



BLU RAY PLAYER



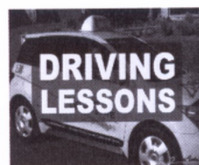
SAMSUNG GALAXY MOBILE PHONE



DIGITAL CAMERA



XBOX ONE S AND GAMES



SAFE DRIVING LESSONS

SPONSORS



Name _____ Age _____ School _____ Year _____

All competitions: Entries must be received by close of business on Tuesday 25th June 2019 at the co-ordination centre, GPO Box 454, Sydney NSW 2001. Judging will take place on Friday 28th June 2019. Winners will be notified through principals, presentations will take place at school assemblies with your local Mayor, Elders and other dignitaries.



NAIDOC Week Celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander Peoples

Essay Writing Competition

Entry is open to all students in Years 7-12

“Explain the importance of reconciliation and detail the progress that has been made, and how best to achieve reconciliation.”

Maximum of 1500 words

(entries will be judged on knowledge of subject and quality of essay)

**Please ensure name grade are clearly included on both your work and on the official NAIDOC School Initiatives entry form.

Indigenous Australians to Aspire to



Jessica Mauboy
Indigenous Recording Artist

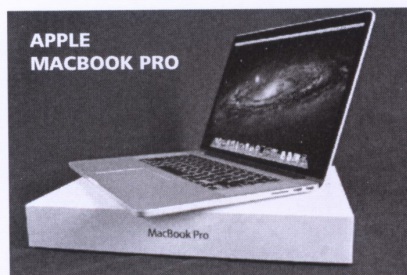


Lance Franklin
Indigenous AFL Player

PRIZES



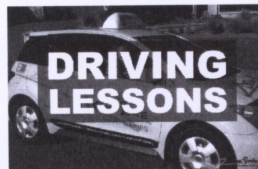
SAMSUNG GALAXY MOBILE PHONE



APPLE MACBOOK PRO



DIGITAL CAMERA



SAFE DRIVING LESSONS

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Positive Behaviour for Learning

Positive Behaviour for Learning helps students to develop community minded, productive and positive behaviours by teaching words and phrases that represent the behaviours we are trying to instil. Safe, Respectful and Responsible are an example of how a word can represent a set of behaviours. Students understand what is meant by being Safe, Respectful and Responsible in a range of settings across the school.

In the classroom, we currently have two phrases that help students both begin and end the lesson positively and with ease.

“Get Ready!” is our beginning phrase. All students know what this means and are thus able to begin the listen swiftly and quietly. Page 9 of the Student Planner “Get Ready!” outlines the expectations of students.

Be a Safe, Respectful and Responsible learner
and

“Get ready!”



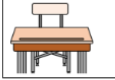

- Orderly and quiet entry
 - Sit down
 - Equipment out
 - Hats off
- Bags placed away appropriately
 - Phone and earbuds away
- Quietly wait for your teacher’s instructions

- Teacher arrives in a timely manner - Expectations are articulated at each lesson

“Wrap it Up!” is our end of lesson initiative. Students are expected to pack up, tidy up the learning space, record any homework in their Student Planner and reflect on their approach to the lesson. Students are asked to reflect whether they did their best during the lesson.

Towards the end of your lesson, your teacher will ask you to

“Wrap it up!”

- Record homework in your Student Planner 
- The bell is for the teacher 
- Leave the learning space neat and tidy 
- Reflect: Have you done your best? 

These key phrases are now known throughout the school and taught to Year 7 during Term 1 each year. Our Safe, Respectful and Responsible learners know how to make our lessons great for everyone by practicing “Get Ready!” and “Wrap it Up!”.

Anti Bullying Alliance update

At a recent assembly, students listened to a talk about the expectations we have of the behaviour of staff and students. They heard about the expectations that the Department of Education lists in the Behaviour Code for students. The Behaviour Code for students is available to help NSW public schools fulfil their aim of "providing safe, supportive and responsive learning environments for everyone." This document outlines the expectations for student's behaviour under the categories of Respect, Safety and Engagement. The Behaviour Code for Students is available via a link on our Mudgee High School website.

Two expectations that relate, both directly and indirectly, to the phenomenon of bullying are:

- Respect all members of the school community and show courtesy to all students, teachers and community members.
- Not bully, harass, intimidate or discriminate against anyone in our schools.

The Code is there to help create a shared vision within the school, with the aim that our behaviour is guided by respect. It also highlights that students are part of a school community. A community to which they can belong.

In this talk, students were challenged to uphold these expectations. An ideal world was discussed where we are free of bullying. If all students were to embrace these principles of respect and courtesy, then bullying would be a thing of the past.

While this ideal world does not exist and unfortunately, we live in a culture where conflict is the norm in our media and entertainment. Students can strive and challenge themselves to find assertive and positive ways to combat the bullying that may occur. This may be by showing kindness, peaceful resolution of conflict, being an effective bystander and encouraging others to be respectful by example of their own respectful behaviour.

While it may not be realistic to aim to make bullying disappear altogether, every student can do their part to help make school a safe and supportive environment for everyone.

Athletics Carnival 2019

The athletics carnival is on **Friday 31 May** 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.

Wellbeing Builder:

Middle – BUST BULLYING

Senior – NOT ENGAGING WITH BULLIES

Wellbeing Element:

STRENGTHS AND EMOTIONS

Character Strength:

FORGIVENESS

Strengths Booster:

STRUGGLE STRENGTHS

Wellbeing Reflection Activities:Middle – BUST BULLYING,
Senior – NOT ENGAGING WITH BULLIES (see website)**Parent Wellbeing:**A skill of social-emotional resilience is seeking help when you need it by reaching out to the right people. Describe a time you have done this and how you could do it more often. *(Acknowledgement: Rieivich and Shatte)*

Students know what bullying is, they understand the power bullies can have over them, they know what to do to not engage with them, but many of them still do. Why? It is their addiction with Fear Of Missing Out (FOMO). They open every single electronic communication they receive, including the cruel ones, and then the damage is done. In person bullying, while still severe harassment, is much easier for students to overcome or not engage with than electronic bullying.

Following are a number of proactive approaches which will assist students in not engaging with bullies:

- Make up ten assertive language statements with the body language to match. The structure is, *say what concerns them, how they feel and what they want to happen.*
- Listening to and giving others time is the greatest respect they can give a person. They don't respect bullies, so switch off and don't give them any attention.
- Think about what are five strengths bullies overuse, underuse or misuse and what do they do.
- Make up ten positive *I can* and *I will* self-talk statements to stop them engaging with bullies.
- For each of their top strengths, write down one thought, one word and one action they could use not to engage.

"I've got two reasons for my success; I'm standing on both of them." Betty Grable



Advertisements

MUDGE HIGH SCHOOL CANTEEN MENU 2019

HOT FOOD AVAILABLE EVERY DAY

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

MAYO/SAUCE PORTIONS	\$ 0.30
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ROLLS & SANDWICHES

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

ALL ROLLS CAN BE MADE ON GLUTEN FREE ROLLS

PLAIN BREAD ROLL	\$ 1.20
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SALADS

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

CHECK AVAILABILITY OF THESE SALADS

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

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

SUSHI	\$ 5.00
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SNACKFOOD

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

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

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

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

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

MILK AND DAIRY

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

BEVERAGES

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

ICECREAMS

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

DAILY SPECIALS

MONDAY

SWEET CHILLI CHICKEN WRAP (ORDER ONLY)	\$ 5.00
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TUESDAY

PIZZA SUB	\$ 2.50
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WEDNESDAY

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

THURSDAY

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

FRIDAY

THAI CHICKEN ROLL OR BOWL	\$ 6.00
ORDER ONLY	

Wyangala Bonfire & Fireworks Spectacular

Sunday of this
June Long Weekend

Matt Morrison Oval,
Sixth Avenue, Wyangala

Gold coin donations most welcome

9:30 Mufti Bowls - \$5 to play
Lunch available
Licenced venue

for

10am 9-hole 3person Ambrose
golf tournament
\$5 greens fees

1pm

Morgan Insurance
Nearest the Pin Shootout
4th hole Gold coin / ball

12pm Wyangala Bistro
opens - eat in or take
away

4pm Live and loud
Josh Maynard &
Josie Laver
on the Jumping Castle
Coffee Fix by Larz
Sausage sizzle
Hot dogs Popcorn
oval Soft drinks
Hot soup, toasties
& beef rolls

4:30pm Bonfire lit

6:30pm Fireworks Display

Live entertainment to follow at Wyangala Country Club
Courtesy bus drop-offs from 8pm



LOWES

Let's tackle **BRAIN CANCER**

Warm up this winter while raising
awareness and funds for brain cancer.

COMING
SOON!



\$25
EACH

Mark Hughes Foundation -
Beanies for Brain Cancer
On sale June 1ST. Whilst stocks last.



AVAILABLE INSTORE & ONLINE JUNE 1ST

WWW.LOWES.COM.AU

GLENCORE
**HUNTER
SCHOOLS**



6 & 7 June 2019



RIDERS HUT
18 Allan St Derby
TASMANIA

REGISTRATION: www.hunterschoolsmtb.com

Friday Categories:
u15, u17, u19
and School Team Race

Thursday Categories:
u9, u11, u13 and
School Team Race



Win a new
bike or
Derby
holiday

Tier 1
National Series
MTBA
Event

Non-schol
age
categories
race from 4pm
Thursday

Mountain Bike
**XCO
CHAMPIONSHIPS**
Glenrock Mountain Bike Park, Gun Club Rd, Adamstown Hts



MUDGEE CLUB OF ROTARY SUNRISE & ROTARY CLUB OF MUDGEE: ROTARY YOUTH EXCHANGE INBOUND STUDENTS TO MUDGEE.

URGENTLY LOOKING FOR HOST FAMILIES FOR OUR TWO NEW OVERSEAS MALE STUDENTS ARRIVING IN MUDGEE SOMETIME IN JULY THIS YEAR. THEY WILL BE ATTENDING MUDGEE HIGH SCHOOL FOR 12 MONTHS.

PHILIPPE IS FROM ITALY AND IS 17. OUR OTHER STUDENT, ALEXANDRE, IS FRENCH AND IS 15.

IT IS A WONDERFUL EXPERIENCE FOR YOUR FAMILY AND FOR THE STUDENT.

CURRENTLY WE HAVE TWO STUDENTS AT MUDGEE HIGH, HENRIK FROM NORWAY AND KIELO FROM FINLAND. THEY WILL BE GOING BACK HOME BY JULY. THEY HAVE HAD THE MOST FANTASTIC HOST FAMILIES AND HAVE MADE MANY FRIENDS.

IF YOU THINK YOU MAY BE INTERESTED OR WOULD LOVE TO KNOW MORE PLEASE PHONE OR EMAIL

– Jenny Dowdy 0429 658 915 or email: jenniferdowdy2@gmail.com



SHOOSH FOR KIDS



Shoosh for Kids is a collaborative effort between the Office of Sport and State Sporting Organisations to promote positive behaviour to members, clubs and associations.

The general rule is if you haven't got anything nice to say, not to say anything at all.

Visit the Office of Sport website to find out more and show spectators and members where you stand on poor spectator behaviour during awareness week, **20 – 26 May**. Let's keep kids coming back to junior sport!



[f](#) [t](#) #shooshforkids | sport.nsw.gov.au

Shoosh for Kids is proudly supported by:



Some tips for adults at kids sport:

- Keep it fun - don't take it too seriously
- Be enthusiastic - but don't scream and shout instructions from the sideline
- Emphasise trying hard - not winning
- Cheer and acknowledge good play from all sides and teams
- Accept decisions from officials. They're human - they make mistakes.
- Let coaches do the coaching.
- Always remember - volunteers run kids sport.
- Understand, uphold and support your club's code of conduct.
- Allow your child to play for themselves. Let kids make decisions, on and off the field.
- Think before you speak - your words may harm others.

SHOOSH
FOR KIDS



#shooshforkids | sport.nsw.gov.au



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE: Wednesday 5 June 6 – 8pm	VENUE: Horatio Motor Inn Mudgee	BOOK NOW ON: Jenny Short m. 0447 831 413
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**Helping learner drivers
become safe drivers**



Helping Learner Drivers Become Safer Drivers

Free 2-hour workshop for Mudgee

Parents and supervisors of local learner drivers are encouraged to attend a free workshop which will be held at the Horatio Motor Inn on Wednesday 5 June, commencing at 6pm.

The free two hour workshop, Helping Learner Drivers Become Safer Drivers, will offer parents and supervisors hands-on advice on how to provide the most effective driving practice for learner drivers.

The workshop will also offer practical advice to parents and supervisors on how to help learner drivers become safer drivers.

The workshop covers the licensing system, how to use the Learner Driver Logbook including the use of digital logbooks, license conditions for Learner and P-plate drivers, the benefits of on-road driving sessions, tips on supervising a learner driver and more. Parents and supervisors who have attended this workshop in the past have found that it boosted their confidence, helped them better plan driving sessions and allowed them to share their experiences with other parents and supervisors.

Light refreshments will be available during the workshop.

Bookings are essential and can be made by calling Jenny Short on 0447 831 413.

INDIGENOUS ACCESS PROGRAM

MAKE TRACKS AND GET STARTED ON YOUR PATHWAY TODAY...



Are you curious about university, but not sure if you'd get in?

You're not alone. Which is why Charles Sturt University has developed the Indigenous Access Program.

It's a five-day alternative entry program for Australian Aboriginal and Torres Strait Islander people, of all ages, wanting to study at Charles Sturt.

How does it work?

You will undertake a range of testing and assessments which will determine your suitability for study. It's a chance to work out what you want to do and see if your chosen course is a good fit. Together we'll create a personalised plan for your academic future. You'll also get to try out uni life and discover all the different services available at Charles Sturt.

If you're successful, you'll be guaranteed a place in a host of Charles Sturt undergraduate courses.

Where and when?

Dubbo Campus

8-12 July 2019

Wagga Wagga Campus

18-22 November 2019

Port Macquarie Campus

2-6 December 2019

Bathurst Campus

3-7 February 2020

For eligible participants we'll even provide your travel, accommodation and meals for the week.

Hurry – places are limited.

Apply today at csu.edu.au/iap

For more information, contact:

Email: afb@csu.edu.au

Website: csu.edu.au/iap

Phone: (02) 6933 4020



Charles Sturt
University



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.

Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine



Mudgee High School Presents

Seussical the Musical

Where? Town Hall Theatre
When? 13, 14 and 15 June
Time? 7pm, 2pm matinee Saturday 15
Cost? \$20 adult, \$15 conc., \$10 Child (School age and under)

Tickets available from the school office from 30 May

