

MHS Newsletter

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Monday
24 June
Week 9 Term 2
2019

Principal's Message

Beanies for Brains

It was good – and timely, given the run of cold weather we had last week – to see so many of our kids get behind Beanies for Brain Cancer Day. Kids and staff collectively raised \$500 for what is a very worthy cause.

Thanks to all who risked a “bad hair day” and got behind this drive!

Food, (not so) Glorious Food!

A few years back, the mainstream media filled with questions that revolved around what schools were doing to help Australia curb the increasing incidence of obesity in youth. At the time, some educators became quite defensive, perhaps even rightly so. English, Mathematics, Science and the array of other subjects explored at school are a teacher's bread and butter... not bread and butter, unless we are talking about nutrition in PDHPE! Questions swarmed. Where does parental responsibility kick in? Is an obese kid a reason to refer a family to Community Services, citing neglect? Where does a school's responsibility end?

In the spirit of “it takes a village to raise a child” (in this case, read “community”), you can rest assured that as a school, Mudgee High does its part to raise awareness around what healthy eating looks like, not least in PDHPE. We have a healthy canteen that serves some of the best canteen food I have ever sampled. We have a sports program, PDHPE programs, and now offer the wellbeing initiative “For Fitness Sake” every Thursday lunchtime in the gymnasium.

Achieving good outcomes for the children in our “village” is a partnership. In partnership, we can do much to ensure the children in our lives are eating well.

Researchers at South Australia's Flinders University have found that promoting substitution is the answer to turn around children's excessive consumption of nutrient-poor foods and beverages. The result of this substitution is nutritional benefits that are even better than reducing intake of these discretionary food and drink choices.

Additionally, their research has shown that 81% of Australian children are not meeting physical activity guidelines. Remaining inert and consuming loads of processed food serves only to compound the issue of childhood obesity.

A couple of weeks ago, at the annual Secondary Principals' conference in Sydney, I heard Professors Adrian Piccoli and Pasi Sahlberg, both from Sydney University, talk about the three main determinants of student and indeed human success; nutrition, sleep and physical activity. There was no hierarchy. All are needed in amounts sufficient to keep an individual functioning their best.

... but back to nutrition and what we can achieve in partnership to ensure the children in our lives are eating well.

Another survey found that 57.6% of parents are concerned children may struggle to maintain a healthy weight in life and be at risk of serious disease as a result of poor food choices. The solution seems too easy: get proactive!

From the research, it appears Australians are good at consuming energy-laden foods, but nutrient intake is the significant dietary loser, particularly in those aged 2-18.

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 28 June “Quad Jam” at lunchtime
- 2 July Mini MAD Concert
- 3 July NAIDOC Day
- 5 July presentation of reports and awards
- 22 July P&C meeting
- 1 August Australian Mathematics Competition

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- School hats
- Library News
- Sport News
- Cross Country age champions
- MHS caught being great!
- Bawamarra
- Winter wellbeing activities for students
- Positive Behaviour for Learning
- Anti-bullying Alliance update
- The Learning Curve
- Advertisements
- Sponsorship

Substitution, replacing fast-food choices with healthy foods, and moderation, a reduction in discretionary choices, achieves the greatest differences in energy, added sugars and sodium intake, and only a mild impact on the intake of protein, fibre and micronutrients readings. All good things and hardly rocket science.

By way of contrast, reformulation, finding discretionary foods with reduced saturated fats, added sugars and sodium, was found to be the least effective means of changing excessive intakes. It's not ineffective; it's just less effective in changing children's diet choices. They did note that with further food science adaptations, the potential for significant benefits may yet be realised, but you will need to crystal ball to determine when that may happen.

The report's co-author, Associate Professor Rebecca Golley, an internationally recognised expert in childhood obesity and nutrition promotion, said: "The message is to replace discretionary choices with foods such as vegetables, whole grains and dairy. This will achieve similar benefits to moderation but will have the additional benefits of improving diet quality and micronutrient intake."

I love that word "dairy." Butter – so long the devil – is now OK!

Substitution shows the best promise for achieving meaningful reductions in energy intake and, by extension, curbing obesity trends in Australian children.

It is sobering to reflect on the fact that almost one in four Australian children is overweight or has obesity by the time they start school, often leading to a lifelong trajectory of obesity, poor health and reduced achievement.

Choice came out this week, bagging food labelling in Australia. Their particular target was breakfast cereals. Their particular concern was added sugars... high in energy and low in nutrients.

So here's a tip: if you want your kids to eat well, you can always send them to our canteen. The school canteen will soon offer eftpos, so you will be able to see what your kids buy and, more tellingly, where they buy (McDonalds and KFC are just a little too close a set of temptations on the way to and from school).

I can confirm that as educators, we have little room to manoeuvre when it comes to telling you what to feed your children. This point was made clear to me a few years back when one young bloke's carer daily dropped off rotating offerings of fried chicken, burgers, chips and pizza. My teachers, aware of the healthy schools and healthy canteens policies of the DoE, asked me if I could stop the carer from daily delivering so many suspect spreads. I contacted the DoE's legal services branch. The legal adviser with whom I spoke asked me this: "Are you really going to attempt to stop a parent from feeding their child?" Point taken.

We will continue to do our bit – educating and providing through our P&C a healthy canteen – and a big thank you to those very many of you doing your bit. And if you have not really considered this issue before, I trust this week's editorial has provided some food for thought.

Until next week...

Wayne Eade
Principal



MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 22 July 2019 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

Week 8 Term 2 Awards

P&C Awards: Year 7 - Bridget Rae; Year 8 - Safara Niven; Year 9 Thomas Lowe; Year 10 - Alex Treay; Year 11 - Morgan Hurrell; Year 12 - Liam Bowden

SRR Award: Chelsea Smith

Writing Friday



Just chilling...
What's your favourite way to relax?

Your goal:
200 words
20 minutes

In your writing, use:
* First person (I)
* An Onomatopoeic word
* The word 'laze' – it's a verb that means 'not doing much'

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!



Library News

Term Two has been a very busy time in our Library. There has been much happening as a result of Mudgee High School's efforts to support teachers and students.

Our library learning spaces are being utilised to near capacity on a lesson by lesson basis each day. It is not uncommon, of late, to have our three computer labs in action as well as our Central Library area accommodating a class and various students and teachers engaged in 'one on one' learning activities. Simultaneously, Year 12 students have been making use of the Community Room for private study. By the end of this term, our cart of 30 Chromebooks will be rolled out into our Central Library for teacher booking and use. In effect, by the start of Term Three, there will be a 'wireless' fourth computer lab operating within our library walls.

Stage 6 Distance Education students are well into their assessment period for various courses. Of note are some excellent results returning to the school via Industrial Technology Multimedia students in Years 11 and 12. It is not an exaggeration to state that students from MHS are at or near the top of their cohorts in this subject studied via Sydney Distance Education. Further to this, our three Year 12 Language students sat examinations last week as part of their HSC assessment in writing, listening and speaking.

Students being mentored through the Max Potential program are also booking our meeting spaces weekly to work with their mentors on individual projects being developed to showcase young ingenuity, determination and talented thinking.

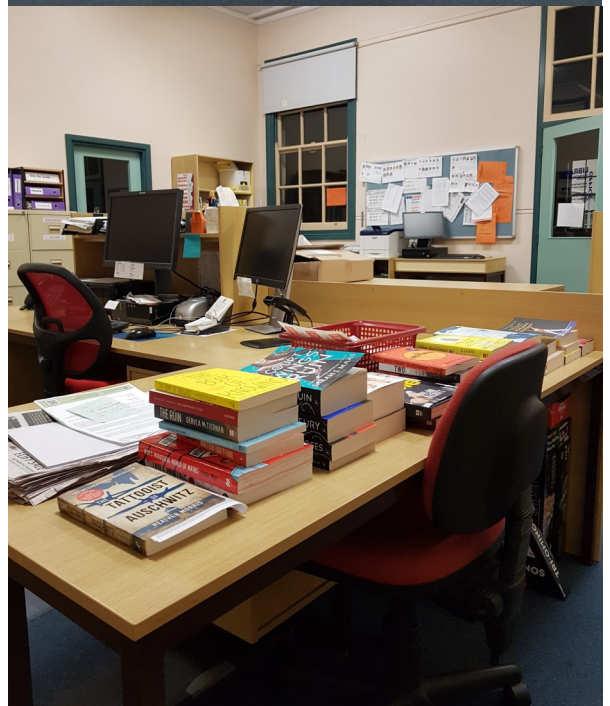
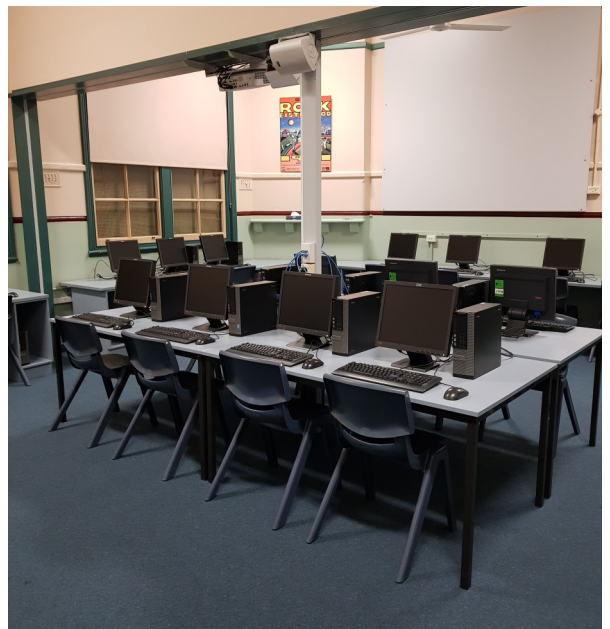
New fiction novels and board games have recently been purchased from library funds and will be in circulation shortly. It is hoped students will use recess and lunchtimes to come in from the 'winter chill' and engage in reading something brand new, challenge themselves to a 3D puzzle, become a UNO 'master' or 'clean up' on the board game circuit.

It is also a timely reminder for Year 12 that timetabled 'study periods' in the Library are the perfect opportunity to utilise school periods to get things done. Making the most of these 'windows' will alleviate assessment deadlines and workload stress associated with the HSC. Study periods are a great way to begin assessment research, print assignments, complete homework and undertake extra revision. This will alleviate the impact on free time at home for family, friends, work and other pastimes.

We have also hosted several external Professional Learning conferences this term. Ongoing training for SASS staff from our local schools network has taken place. Another three day course will be hosted by us in week nine of this term. Also, we welcomed a conference of regional Principals to our school early in the term who utilised our library spaces for two days.

In other news, the Library has undergone several maintenance and renewal projects of late. Repair and painting of rooms has occurred. New carpet was laid in the Library Office and Lib Lab. Subsequently, office work spaces were redesigned and moved to make them more efficient and the Lib Lab was completely recabled, cleaned and given a makeover. Electrical work was gratefully funded by the school but it was the efforts of staff who gave up their lunchtimes, afternoons and weekends to make this happen in a timely manner that must be acknowledged. Also this week, wireless access point upgrades are being installed in library spaces as part of a school-wide program.

It is a good time to be a part of Mudgee High School where efforts are ongoing to maximise learning and social interaction opportunities for our students.



Sport News

NSW all-schools Touch final 9-10

Congratulations to our Mudgee High School 9-10 Touch team who represented our region at the NSW All Schools National State Title on Friday 14 June in Sydney. The girls played four games on the day. Unfortunately, they had no wins but the close score lines were an indication of how well they defended (1-0, 2-0, 6-1, 2-1).

The girls showed determination and great sportsmanship both on and off the field. A huge thanks to the parents and carers who assisted transporting the girls to Sydney and supporting them during the day.

Team members included: Natalie Hibberd, Isabella Shearman, Isabella Hauville, Ella Maynard, Eloise Boland, Sarah Marshall, Kasey Hayes, Charlotte Roberts, Maddie Smith, Ella Meyers, Maddie Rawlinson, Ella Murnane, Shauna Rawlinson.
Coaching staff: Grace Quinn, Ruby Forrest and Karen Quinn



Under 14 girls Rugby

Mudgee High School 14 girls Rugby side had a great day in Dubbo competing in the seven-a-side Waratahs Cup. It was the girls' first time playing Rugby and they all gave it their best. They exhibited great sportsmanship and skill, and came away with two wins and two close losses.

Team: Karley Lane, Emily-Wilson Tuckey, Alice Godfrey, Tilly Uryszek, Charlee Barnes, Tara Sunderland, Cobie Bodiam, Claire Bodiam, Audrey Walker, Ally Stott
Coach: Miss Messner



Cross Country age champions 2019

The Cross Country was held during Week 4 and we were blessed with fantastic weather. Student participation was excellent, and it was great to see everyone getting into the spirit of the event and trying their best, having a lovely afternoon with their school friends and teachers.

Students, in their Year Groups, were able to participate in tabloid games whilst they were waiting for their respective races. This helps develop House Spirit and most thoroughly enjoyed this.

Congratulations to the following students who were placed first and second in their Age Groups. The top 6 runners in each age were selected to run at the Western Area Carnival in Week 7 at Geurie Racecourse.

Age	Champion	Runner Up
12	William Buckley	Logan Wrage
12	Claire Bodiam	Cobie Bodiam
13	Beau Rohr	Ewan Skinner
13	Ella Murnane	Madeline Rawlinson
14	Jesse Bodiam	Sam Roth
14	Rebekah Lowe	Leticia Peterson
15	Thomas Lowe	John Wiseman
15	Lucy Sebelic	Sarah Marshall
16	Campbell Wall	Lewis Roth
16	Claire Finter	Isabelle Hauville
Opens	Lachlan Endacott	Lachlan Wall
Opens	Laura Treverrow	Lauren Reed

We had many students place in the top 6 at Western Area, which means they have now qualified to represent Western Area at the State Cross Country Trials in Sydney early next term.

They are: Karen Aylett (1st) Beau Rohr (1st) Lewis Roth(1st) Ella Murnane (1st) Claire Bodiam (1st) William Buckley (2nd) Campbell Wall (2nd) Jesse Bodiam (2nd) Jett Bodiam (3rd) Daniel Lowe (3rd) Sam Roth (4th).

Well done to all.

Students that have qualified for State need to ensure that they get their packages to the Western Office by the due date.

The results for the athletics carnival are as follows:

Lawson	1510
Wentworth	1296
Blaxland	1182
Cunningham	973





Australian Council of State School Organisations Limited

One voice for every child in public education



Mudgee High student volunteering for school project - making sanitary packs for the Days for Girls Charity and tackling the often taboo subject of Periods.

**CAUGHT
YOU BEING
GREAT!**

#CaughtYouBeingGreat



Dear Mudgee High,

Congratulations on being an example of schools and communities doing great things in our new campaign 'Caught You Being Great'. Your story was highlighted in our ACSSO social media pages, please feel free to share in your community.

Dianne Giblin
Chief Executive Officer
Australian Council of State School Organisations Ltd

<https://www.facebook.com/277213898976193/photos/a.283718888325694/2636414829722743/?type=3&theater>

ACSSO Website: www.acsso.org.au



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.

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.

Winter wellbeing activities for students

"Crafternoon"

Available in the Learning Centre, Tuesdays at lunch time.

Come join the staff and keep warm in the Learning Centre. Bring some ideas, friends and a bit of joy.

For Fitness Sake

Thursdays at lunch time in the gymnasium.

Want to have some fun?

Want to be fit and active?

Come along and meet Bec from For Fitness Sake. Each week there will be different fun and exciting activities.

Don't forget to bring a friend or two.



Positive Behaviour for Learning

Focus on feedback

A wide range of research reveals that providing feedback that focuses on increasing student self-regulation facilitates an increase in academic achievement. Students perform better when they are made aware of what they need to do next in order to improve.

Positive behaviour for learning applies this knowledge to students' behaviour in school. Throughout the day, students are given explicit feedback as to the effectiveness of their behaviour.

Feedback helps to redirect or refocus teacher and student actions so that the "student can align effort and activity with a clear outcome" In this case the outcomes are engaging in co-operative behaviours that have a positive impact on the school community.

Our Universal expectations are our touchstones for positive behaviour. Our feedback relates to these universals within all settings of the school.

Feedback can be positive such as: "You are being very respectful by listening while others are talking." It can also address problematic behaviour: "You can improve your level of respect by using appropriate language in the classroom."

This is something that can be applied at home. Quality feedback has the following features:

- It provides detail about what has happened. "Putting your dirty washing in the basket really helps me get them clean in time, thanks!"
- It is framed in a way that encourages and supports further effort. The use of positive language helps here; focusing on what they have to do, not what they didn't do.
- It provides specific guidance on how to improve, not just telling them they are wrong. For example, "If you put your dirty washing in the basket straight away instead of leaving it on the floor, I will be able to have them clean on time."

The most interesting aspect of this type of feedback is that it is not emotional. Negative behaviours are frustrating. This frustration clouds the message we are trying to give and often makes the receiver less receptive to hearing it. Positive behaviour for learning in general and the process of giving effective feedback takes the emotion out of the interaction. We simply redirect and refocus effort on the task at hand, whether the task is about making a positive contribution to a household, or a school.

If you have any questions about PB4L, we welcome you contacting the school.

PB4L Team

<https://www.cese.nsw.gov.au//images/stories/PDF/What-works-best-audio-transcript.pdf>



Anti Bullying Alliance update

The Challenge of the Bystander Effect

The phenomenon of bullying is a challenging one to try and overcome for any workplace or school. One of the reasons it is so challenging is an aspect of human psychology called the *bystander effect*. Our wonderful online resource *Britannica School* states that the bystander effect is the “inhibiting influence of the presence of others on a person’s unwillingness to help someone in need.” The more people that stand by and do nothing to help a person in need, the less likely they are to get any help at all.



This begs the question: In the case of a school culture and the phenomenon of bullying, how do we empower our bystanders to lend a hand?

Britannica School states that “social influence plays a significant role”. In general, “positive moods, such as happiness and contentment, encourage bystanders to notice emergencies and provide assistance.” Here our PB4L team comes into play. The cultivation of a positive school culture is incredibly helpful, as well as making school a lovely place in which to learn.

Britannica School also states that “where the need for help is unclear” the bystanders will “look to others for clues as to how they should behave.” For example, a student sitting alone looking sad could be feeling this way for a range of reasons. In this case, the Method of Shared Concern encourages our students to take a proactive approach when it comes to interacting with each other on a case by case basis. They are encouraged to empathise and consider the wellbeing of the other. They are invited to consciously make a positive impact on each other’s lives.

The final consideration that may assist us in combating the challenge of the *bystander effect* is a phenomenon called “normative social influence”. This is a complex way of saying that what is expected within the social context will guide people’s behaviour. The ABA is reinforcing school wide expectations that people will be positive and proactive when it comes to each other’s wellbeing. This term the ABA has had a strong presence at assembly, delivering thought provoking videos comparing the impact of both bullying and kindness on individuals and groups. We have also talked to Year Groups, stating that they are expected to consider each other’s wellbeing and treat each other well.

It is hoped that these approaches will, over time, facilitate a social context of caring amongst the student body. While we cannot change human nature and challenges are a part of life, we can encourage each other to be positive, be empathetic and contribute to a caring school culture.

The Anti-Bullying Alliance welcomes input, enquiries, and bullying and harassment reports from parents and carers. You can contact us at antibullying@mudgeehighschool.net

“Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.”
Henry James





SECONDARY

Parent Newsletter

The Learning Curve™

Wellbeing Builder:

Middle – TEAMS OF LEARNERS

Senior – TEAM LEARNING POWER

Wellbeing Element:

RELATIONSHIPS AND OPTIMISM

Character Strength:

FAIRNESS

Strengths Booster:

FRIENDS' STRENGTH

Wellbeing Reflection Activities:

Middle – TEAMS OF LEARNERS,
Senior – TEAM LEARNING POWER (see website)

Parent Wellbeing:

Buy a packet of M+Ms and describe which emotions each colour reminds you of, when you last experienced it and what your thoughts, feelings and actions were. Don't eat them all.

When students practise using their top strengths doing the Wellbeing Fitness Challenges, Strengths Boosters and Weekly Character Strengths, they build their confidence and capabilities to share and combine their strengths with other students and teachers. This develops their resilience through social connectedness with those around them.

Group learning is an effective way to harness students' strengths by combining a wide range of abilities, points of view and attitudes to issues. Peer learning enables students to have input, be valued for their ideas and perspectives and learn how to cultivate collaborative and interdependent habits through mindful and empathetic listening.

Learning in teams also goes a long way to removing the perceived stigma of asking for help from their teachers. When students teach each other, they remember over 90% of the processes involved, and they are actively participating in real learning, not just filling the bucket.

Keys to a well functioning group include a valuing, tolerance and acceptance of individual differences and a clear set of agreed expectations for the group to operate by. To avoid having groups of similar thinking clones, set the expectation that they have two ears and one mouth and as such should listen twice as much as they talk.

"Alone we can do so little, together we can do so much." Helen Keller



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 ORDER ONLY	\$ 6.00
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Women's Health Clinic

The Western NSW Local Health District Women's Health Service provides **free** and **confidential** health care for women, with a focus on early detection, illness prevention and health screening. We can discuss contraception advice, menstruation, puberty, continence, menopause and more....

The service is run by trained Women's Health Nurses (Annie & Wendy) who can assist females from puberty to menopause and beyond. For a **free** comprehensive women's health check and/or Cervical Screening Test (Pap Smear), make an appointment at the next Women's Health Clinic.

Venue: Mudgee Community Health

Date: 27th June, 11th July, 22nd July 2019

Time: 8am-4pm

Phone 63786236 for an appointment

Appointments also available in Gulgong, Coolah, Dunedoo & Rylstone



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



TOWN HALL CINEMA

Showing July 5th , 6th & 7th

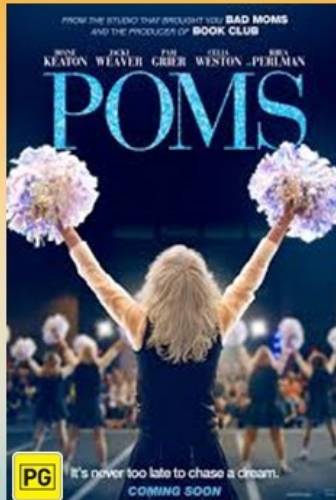
Tickets available online from Monday 24th of June

Visit trybooking.com and search 'Mudgee Town Hall Cinema'.



Rocketman

Fri 5 th July	7:00pm
Sat 6 th July	7:30pm
Sun 7 th July	2:00pm



Poms

Sat 6 th July	4:30pm
Sun 7 th July	4:30pm



Aladdin

Sat 6 th July	11:00am
Sat 6 th July	2:00pm
Sun 7 th July	11:00am

* Tickets also available at the door (if not sold out prior).

For more information visit
midwestern.nsw.gov.au
or Mudgee Town Hall Cinema
on Facebook

Ticket prices

Adults \$15
Children/Concession \$10
(Seniors card not accepted)
Children under 5 years Free

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Combined
Rotary Clubs of
Mudgee

Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine