

# MHS Newsletter

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<https://www.facebook.com/mudgeehighschool/>



Monday  
3 June  
Week 6 Term 2  
2019

## Principal's Message

### Despair... or seek to make a difference

At last week's assembly, I talked to the kids about despair. An essential tool in combating despair is resilience – something you can read more about in the ABA piece further along in this newsletter. Finding things within your own sphere of influence that make a difference with the potential to improve the world in which we live is also a great way to combat despair. This week's editorial is as good a place as any to share with you some of what our kids heard last week.

*Despair is a terrible thing.*

*To lose all hope that things will ever be better or at least improve is debilitating; it sucks the joy out of being alive.*

*Yet despair is a part of the human experience.*

*All of us either have or will feel despair during difficult periods in our lives.*

*People occasionally despair about their jobs, love life, family or finances. World events – thing over which few of us have any control – can also cause us to despair.*

*Typically, despair dissipates with the passage of time, and life goes on... until at least the next crisis.*

*For an unfortunate few, despair simply deepens. It takes control and becomes chronic, diminishing quality of life, impairing function, and keeping those so afflicted from achieving their goals.*

*It almost certainly doesn't help that the media – both mainstream and social – is now a 24/7 thing and that for the most part, all news is bad news because good news is no news.*

*When bad news is all pervasive – universal and inescapable – hopelessness, helplessness, powerlessness and pessimism about life and the future can also become all pervasive.*

*Floods, fires, droughts, starving millions, war, disease, the destruction of the environment, climate change and the prospect of a biosphere laid waste – a planet made unliveable – are all enough to make the happiest camper despair.*

*The challenge for each of us is to find meaning, fulfilment and happiness in the daily circle that is our lives. The challenge is to see beyond the things that cause us*



*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- 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
- 1 August Australian Mathematics Competition

#### THIS ISSUE

- Principal's Message
- Seussical
- MHS P&C Meeting
- Writing Friday
- School hats
- Year 7 2020 Information Evening
- Mathematics News
- Cross Country
- Try-a-Trade
- WWI Living History presentation
- Bawamarra
- Positive Behaviour for Learning
- Seussical rehearsals
- Anti-bullying Alliance update
- The Learning Curve
- Advertisements
- Sponsorship

*despair by doing what we can in our own spheres of influence.*

*Take shorter showers; turn off the light as you leave the room; put your waste in a bin; recycle; insist on walking when a drive would be unnecessary; put voice to your concerns... do what you can do within your sphere of influence.*

*"Days for Girls" is one such thing that allows people to do what they can within their sphere of influence to redress a situation that otherwise could be a prime source of empathetic despair.*

*The notion that girls can be excluded from an education simply because they are menstruating – a physical cycle as natural as breathing and essential if our species is to have any future – is just crazy. And yet it occurs in so very many countries around the world.*

*You could despair this situation.*

*Despair... or look for a solution.*

*Look for a solution over which you have control.*

*Those dozens of young people from within this school – from Years 7 through to 12 – who have joined Mrs Bailey's "Days for Girls" club have basically signed up to be part of a solution. In their lunch times, they are making sanitary care packages that will allow girls in faraway countries the opportunity that is education.*

*And it is the educated who have always been at the forefront of solving so many other issues that plague planet Earth.*

*The "Days for Girls" club does not despair.*

*The "Days for Girls" club is making a difference.*

*Until next week...*

Wayne Eade  
Principal







**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**



## 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 5 Term 2 Awards

P&C Awards: Year 7 - Claire Bodiam; Year 8 - Wenonah Illy; Year 9 - Harrison Ward; Year 10 - Jaiden Fry; Year 11 - Fiona Logronio; Year 12 - Ryan Staub

SRR Award: Melodi O'Brien

## Writing Friday

Communication and ideas are really important. Write about a good idea that's been shared with you...



In your writing, use:  
First person  
Excited tone  
The word '*splendid*' – it's an adjective that means 'excellent or wonderful'.

Your goal  
200 words  
20 minutes

## 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!





## Year 7 2020 Information Evening

Mudgee High School will stage an information evening for the parents/carers of Year 6 students interested in enrolling at Mudgee High in 2020. The evening will be held on **Wednesday 19 June**, starting with a tour of the school at 6pm and a presentation in the Performance Centre at 6.30pm.

We would also like to extend the invitation to any parents/carers of year 5 students who are thinking of their child's high school placement for 2021. This would be a great opportunity to see what Mudgee High School has to offer.





## Mathematics News

### Australian Mathematics Competition

The Australian Mathematics Competition is on early next term, Thursday 1 August (Week 2 Term 3), and is open to all students. Those students who are mathematically gifted, or enjoy a challenge with mathematics, should consider entering this competition. The competition involves thirty questions to be attempted in a double period, most of which are multiple choice. Participation costs \$6, which is payable to the front office by the 14 June. If students have any questions about this competition, or wish to view past papers, they should contact Mr Lynn in the Mathematics staffroom.

The Mathematics Competition has a variety of questions to be answered without the use of a calculator. Most of the questions are multiple choice. The following sample question comes from the Intermediate (Y9/10) paper in 2014.

If  $\frac{5}{6}$  of a number is 30, what is  $\frac{3}{4}$  of the number?

- A. 22.5   B. 24   C. 25   D. 27   E. 40

### Mathematics staff 2019



Back row from left: Mrs J Cini, Mrs T Best, Mrs M Purcell, Mr A Laurie

Front row from left: Mrs C Bennett, Mr G Lynn, Mrs S Robinson (Head Teacher)



## Cross Country results

MHS annual Cross Country was held Wednesday 22 May, a lovely, sunny afternoon.

Students participated in the 3 kilometre race, tabloid games and, all in all, had a great afternoon. They represented Mudgee High very well in our community.

Congratulations to all the students listed below, each of whom won their respective age groups.

Students who came in the top six qualify for **Western Area Cross Country** which will be held at **Geurie racecourse on Wednesday 12 June**. Students have been given **permission notes**, which will need to be **returned by 6 June**.

Please contact Mrs Gallen for more information.

2019 Cross Country winners	
Name	Age
Will Buckley	12 boys
Claire Bodiam	12 girls
Beau Rohr	13 boys
Ella Murnane	13 girls
Jesse Bodiam	14 boys
Rebecca Lowe	14 girls
Thomas Lowe	15 boys
Lucy Sebelic	15 girls
Lewis Roth	16 boys
Claire Finter	16 girls
Campbell Wall	Opens
Laura Treverrow	Opens





## Try-a-Trade

On Thursday 21 May, the annual Try-a-Trade event occurred at Mudgee High School. Students were exposed to a range of trades to find out, in a practical way, what trade occupations involve. Being a 'hands-on' activity, Try-a-Trade enabled students to obtain first-hand experience of a variety of crafts and occupations. Students were also able to discuss career opportunities with the representatives from the various trades.

Trades and traineeships available on the day included horticulture, welding, brick laying, mining, drone technology, information technology, mechanics, floristry, carpentry, beauty therapy, house painting, catering, TAFE courses, the Police, SES, Rural Fire Service, and VRA.

Students who attended should now be in a better position to assess whether a trade career may be an option for them upon leaving school.

Thanks are owed to all the exhibitors and sponsors who made this year's Try-a-Trade a great success.





## 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.”

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

This variation to routine will be on Thursday 13 June 2019. The session goes for 2 periods.

**We ask that your child brings in a gold coin to contribute towards the cost of the variation to routine. Students are encouraged to bring their coin in 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





## 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



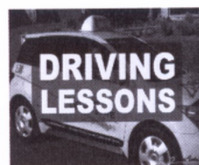
SAMSUNG GALAXY MOBILE PHONE



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

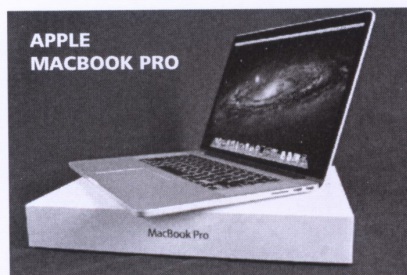


**Lance Franklin**  
Indigenous AFL Player

## PRIZES



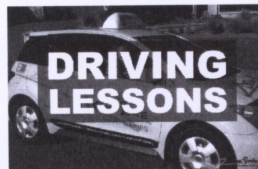
SAMSUNG GALAXY MOBILE PHONE



APPLE MACBOOK PRO



DIGITAL CAMERA



SAFE DRIVING LESSONS

## SPONSORS



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## Positive Behaviour for Learning

Every week we have a focus which is aimed at addressing a behaviour concern that has arisen from our data analysis. Last week we looked at the playground survey conducted by staff. The results were very pleasing. By far the number one behaviour that occurred on the playground was positive interaction between students and staff.

During playground duty, teachers are engaging in a process known as Active Supervision. This is where the focus is on strengthening relationships between students and staff. This method really enhances the tone of the playground through positive and friendly interactions. As a result, there are fewer difficulties.

The second most common behaviour concern was swearing. Last week we reminded students of the need to refrain from swearing through our morning announcements. It was the focus for handing out 'tick-its' to reinforce and encourage positive behaviour in students.

While swearing can be part of a person's informal speech, at school we prepare students for the working world where formal language is expected. Language patterns are habitual. School is an ideal time for students to develop positive habits ready for the working world.

PB4L helps students become safe, respectful and responsible citizens.

If you have any questions or queries, please contact the PB4L team at the school.

## Seussical rehearsals

Don't miss out on this musical extravaganza!

Tickets on sale at the school office now.



**Town Hall Theatre**

**13, 14 and 15 June**

**7pm, 2pm matinee Saturday**

**\$20 adult, \$15 concession, \$10 child**





## Anti Bullying Alliance update

We are so fortunate that bullying is now an issue that is addressed by major health and educational organisations across Australia. Last week, the ABA worked in concert with the Learning and Support Team and the Positive Behaviour for Learning team. The latter pointed students to page 60 of the Student Planner in their morning sessions. This page talked about resilience in the face of bullying.

Here is some information from the Royal Children's Hospital of Melbourne that reinforces this message.

### Resilience

Resilience is the ability to cope with life's ups and downs, being able to cope with and move on from an event that has a negative effect on your life. Resilience is an important area to develop, not just so you can deal with bullies, but so you can deal with other setbacks in your life, whether it is about dealing with a relationship breakup, or not getting into the course you wanted.

### Becoming Resilient

Many things can help you to become more resilient over time. These include:

- A caring and supportive family.
- Supportive friends you can trust.
- Trying new things.
- Setting yourself realistic goals and achieving them.
- Being confident in yourself and your abilities.
- The ability to communicate with others.
- Using problem-solving skills successfully.
- Managing your feelings.

### Building Resilience

Whether or not you have any of the things mentioned previously, you can build your own resilience by:

- Connecting with people, teams, clubs and organisations. Getting to know different people, talking with them about what is happening with you, and letting them suggest ideas that might help.
- Accepting that change is part of life and is often good. It is unsettling when change first occurs but being willing to give it a chance and use it as an opportunity to learn about doing things differently in your life is a positive move.
- Make and achieve realistic goals
- Face your problems. Think about overcoming them and how you can go about it rather than wishing they would just go away.
- Not giving up. Everyone deals with a crisis from time to time. Work your way through it and slowly it will get easier.
- Learn from the bad times. After you have gone through a crisis, you will have learnt new skills, possibly made new friends and grown to know yourself better. Take this knowledge and use it for future reference.
- Trust yourself. Develop your skills and instincts and then develop confidence in using them.
- Don't turn mole hills into mountains! Sometimes things seem bigger than they are. Break the problem down, talk it through and you may start to feel it is more manageable
- Be nice to yourself!
- Practice positive thoughts!
- Get to know who you are!"



**Wellbeing Builder:**

Middle – MINDFUL COPING STRATEGIES

Senior – PATHWAYS TO COPE

**Wellbeing Element:**

POSITIVE ENGAGEMENT

**Character Strength:**

TEAMWORK

**Wellbeing Fitness Challenge:**

MATTER VIDEOS

**Wellbeing Reflection Activities:**Middle – MINDFUL COPING STRATEGIES,  
Senior – PATHWAYS TO COPE (see website)**Parent Wellbeing:**

When you are not paying attention when listening to others, there can be little wonder and enjoyment in learning new things. Describe what you could do to pay more attention when listening.

There are many stressors which trigger negative emotions in students which cause anxiety in them about their capabilities to cope with peer issues and study demands. Unfortunately, often they only speak up about not coping when they are about to implode and give up. Having a number of positive coping strategies to reduce these anxious feelings is essential for their wellbeing.

Introducing students to new coping pathways provides them with opportunities to adopt growth mindsets to create their own strategies. The TED talk by Rita Pierson, 'Every kid needs a champion', provides great stimulation to do the above.

Adolescents on the whole are not comfortable in immediately asking for help from adults, therefore, it is important for us to take the initiative and raise the issue, by explaining that positive coping strategies are little positive actions which relieve pressure and they vary from student to student.

Positive coping strategies fall into four main categories:

- Exercise – anything that lifts the heart rate.
- Positive self-talk – personal assertive I can and I will statements, which work for the individual.
- Personal support – a trusted adult; their champion who will stick with them.
- Meditation – mindfully focusing on their breathing and their thoughts; see Why Self-Calming Strategies?

*"Wisdom is not knowing what to do now, but what to do next."* Proverb





## 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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Offering one apprenticeship at Mudgee branch.

For further information interested students can refer to our website <https://www.komatsu.com.au/company/careers-with-komatsu/apprentice-program>



### Trades we offer:

Plant Mechanic | Mechanical Fitter | Boilermaker | Electrician | Auto – Electrician | Electronics

Our Apprenticeship Program provides you with the best possible start to your career with Komatsu. As an Apprentice, you will be engaged as a permanent employee while you complete your 4-year trade program.

Receive on and off the job Komatsu training and TAFE learning modules, including:

- » **Induction and Safety**
- » **Permits to Work**
- » **Life Skills**
- » **IT Applications**
- » **First Aid Certificate**
- » **Technical Skills**
- » **Business Skills**
- » **Presentation Skills**

If you want a job that gets you outside or away from a desk, are keen to learn and believe in a safety-first culture – this could be your dream job opportunity. Whether you are a school leaver or already in the workforce and wanting a new career pathway, we want to hear from you!

To find out more, visit [Komatsu.com.au/careers](https://www.komatsu.com.au/careers) or call **1300 566 287**



1300 566 287 | [komatsu.com.au](https://www.komatsu.com.au)

**KOMATSU**  
*Driven by your success*



# 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 1<sup>ST</sup>. Whilst stocks last.



**AVAILABLE INSTORE & ONLINE JUNE 1<sup>ST</sup>**

[WWW.LOWES.COM.AU](http://WWW.LOWES.COM.AU)

**GLENCORE  
HUNTER  
SCHOOLS**



6 & 7 June 2019



RIDERS HUT  
18 Allan St Derby  
TASMANIA

REGISTRATION: [www.hunterschoolsmtb.com](http://www.hunterschoolsmtb.com)

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

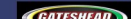
Thursday Categories:  
u9, u11, u13 and  
School Team Race

**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](mailto: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](http://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



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# 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: <b>Wednesday 5 June 6 – 8pm</b>	VENUE: <b>Horatio Motor Inn Mudgee</b>	BOOK NOW ON: <b>Jenny Short m. 0447 831 413</b>
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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.

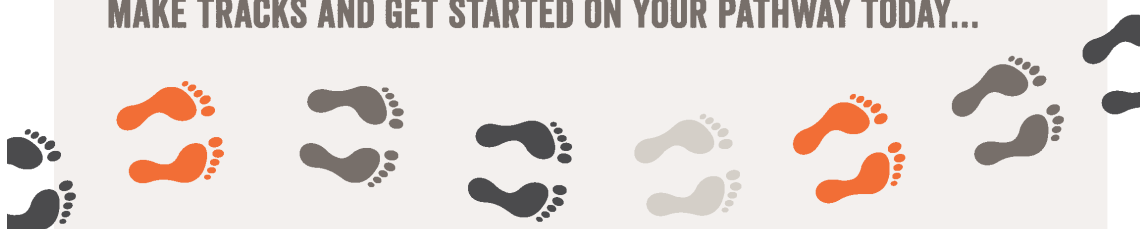
The workshop covers the licensing system, how to use the Learner Driver Logbook including the use of digital logbooks, license conditions for Learner and P-plate drivers, the benefits of on-road driving sessions, tips on supervising a learner driver and more. Parents and supervisors who have attended 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](http://csu.edu.au/iap)**

For more information, contact:

**Email:** [afb@csu.edu.au](mailto:afb@csu.edu.au)

**Website:** [csu.edu.au/iap](http://csu.edu.au/iap)

**Phone:** (02) 6933 4020



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## Sponsorship

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