

MHS Newsletter

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Monday
26 August
Week 6 Term 3
2019

Principal's Message

Quotas

Gender and gender roles have become quite indefinite things in more recent times. Gender roles – those social roles that encompass a range of behaviours and attitudes generally considered acceptable, appropriate, or desirable for people based on their actual or perceived sex – have become more flexible; more fluid.

Gender roles have traditionally and by-and-large continue for a great many to be centred on beliefs held regarding what constitutes masculinity and femininity. But there will always be variations and even exceptions, chiefly because these roles have a reasonable degree of indoctrination within them.

There is some debate as to what extent gender roles and their variations are biologically determined – are women naturally carers? Are men naturally providers? – and to what extent they are socially constructed; learned behaviours.

There are some who see a need to challenge aspects of the prevailing gender roles that they believe are oppressive or inaccurate.

And probably a fair thing too, when you consider ideas like equal pay for equal work, equality before the law, equality in representation – men in nursing and early childcare, women in engineering and politics. Challenging gendered stereotypes in these circumstances seems something that requires little or no mental effort.

On the issue of politics, there are 30 Federal Ministers in the Australian Federal Parliament.

Of these 30 Ministers, just eight are women:

- The Minister for Agriculture, Senator Bridget McKenzie
- The Minister for Foreign Affairs and Minister for Women, Senator Marise Payne,
- The Minister for Employment, Skills, Small and Family Business, Senator Michaelia Cash
- The Minister for Industry, Science and Technology, Karen Andrews MP
- The Minister for the Environment, Sussan Ley MP
- The Minister for Defence, Senator Linda Reynolds
- The Minister for Families and Social Services, Senator Anne Ruston, and
- The Minister for Defence Industry, Melissa Price MP.

That's 26.6%... little more than a quarter. This would seem a disproportionately low representation when women make up 50.5% of the population!

When considering the Australian Federal Parliament as a whole in 2019, women make up 29.8% of all of its members. While still proportionately low, it is the highest percentage in the 118 year history of the parliament and significantly more than the 0.0% recorded in 1972 (the last time there was no female representation in the Federal Parliament!)

Many pundits would suggest that our democracy is a meritocracy; those with the greatest merit rise to the top. Perhaps this is so... but maybe it is worth pondering who determines the merit list.

In recent weeks I have been reading a great deal of principal-generated

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 23 September P&C meeting
- 16-20 September Preliminary HSC exams
- 26 September Year 12 Farewell Assembly
- 27 September Year 12 Farewell Dinner

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- Year 12 Farewell Dinner
- Western Athletics report
- Library News
- Reading is my superpower
- Bawamarra
- Scholarships for future teachers
- Aboriginal Banner design competition
- Positive Behaviour for Learning
- Anti-bullying Alliance update
- The Learning Curve
- Cyber Safety
- UNICEF Drought Summit
- Advertisements
- Sponsorship

correspondence centred on how school captain positions are determined in many other government schools across NSW. It would seem that a great many schools have discarded gender quotas – the historical need to have a balance between the number of boys and girls in leadership roles – moving models where captains are elected on merit alone; centred squarely on demonstrated capacity to lead.

When considering the Mudgee High captains' elections, it may come as a surprise to know that each year, more girls nominate than boys.

It would seem that there are more girls prepared to step up; prepared to lead.

Make no mistake, the candidature each year is good. The question worth considering, however, is this; is there a valid argument for two girls and two boys elected to the four roles on offer if the most suitable candidates for leadership are, by way of example, three boys and one girl... or four girls and no boys.

There will be no changes to the way things are done for 2020, but as we head into the third decade of the first century of the third millennium, leadership free of gender quotas and based purely on merit is certainly worthy of consideration.

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 23 September 2019 at 7pm in the school library.

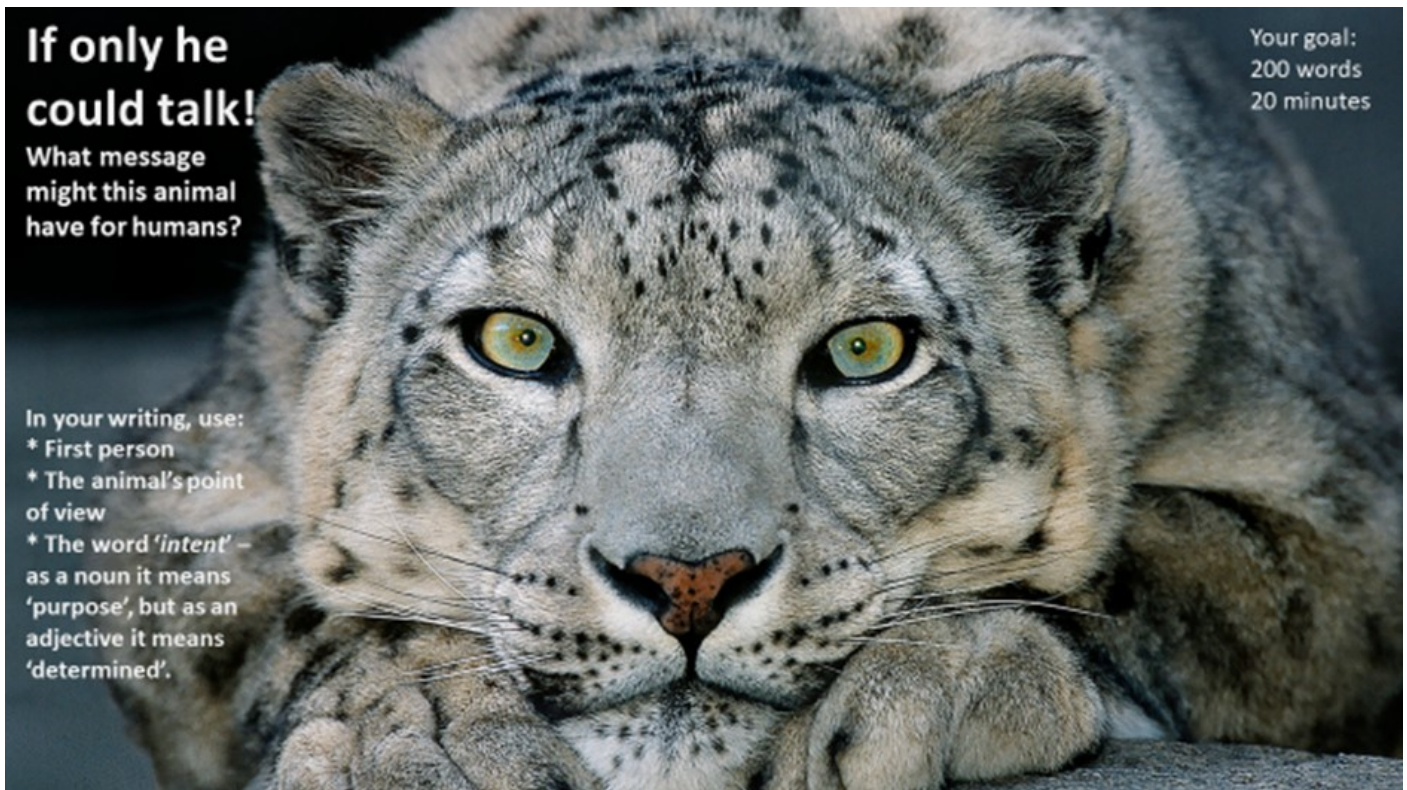
Entry via Horatio Street.

Week 5 Term 3 Awards

P&C Awards: Year 7 - Eva Hurrell; Year 8 - Ryder Dray; Year 9 - Darcy Robertson;
Year 11 - Montanna Clarke; Year 12 - Jayden Williams

SRR Award: Jemima James

Writing Friday



If only he could talk!
What message might this animal have for humans?

Your goal:
200 words
20 minutes

In your writing, use:
* First person
* The animal's point of view
* The word 'intent' – as a noun it means 'purpose', but as an adjective it means 'determined'.



Year 12 Farewell Dinner

Friday 27 September

Venue: Australian Rural Education Centre
Cassilis Road, Mudgee

Time: 7.00pm to 10.00pm
Doors close at 7.15pm

Cost: \$85 per ticket

Printed tickets will not be replaced if lost.

Tickets are available now from the school office or over the phone - no online payment.

Ticket sales close Thursday 5 September at 2.08pm.

Dress: Semi-formal. Gentlemen, please wear a tie.



Western Athletics report

On Friday 2 August, a large group of Mudgee High students travelled to Dubbo to compete in the Western Area Athletics Trials. The weather was fantastic and it is always a novelty for our kids to be able to use the modern facilities at Barden Park. The modern track was conducive to some excellent performances and although some did not make it through to the next level, they were able to improve on their previous performances.

Many students performed extremely well and it was pleasing to see how some individuals have progressed in their chosen events over the years.

The following students placed in the top two in their events and, as a result, will compete at the CHS Athletics Championship at Homebush in September.

Karen Aylett (1500m), Mollie Blackman (Discus, Shotput), William Buckley (800m), Ethan Harrison (Discus, Shotput), Dominic Lynn (Discus), Lorinda McEwan (Discus, Shotput), Ella Murnane (800, 1500, 3000m), Shauna Rawlinson (Javelin), Beau Rohr (800), Cooper Rowe (Triple Jump) and Campbell Wall (800, 1500, 3000).

The 15 years boys' relay team consisted of Oliver Manners, Lachlan Thyrd, Kelly Constable and Alex Brennan, also made it through.

Congratulations go to all of these students. The exemplary way in which all of the MHS athletes represented our school is also worthy of mention. They were a pleasure to take away. A big thank you to Mr Lynn for taking time to coach some of the athletes after school, and Mrs Kurtz for all her assistance.

Best of luck to all those competing at CHS and we look forward to hearing all about it.

Mrs Gallen



Library News

The end of books?

Libraries of every variety that support their respective communities, be it a school, town or National library, have changed significantly over the past 10 years. There is a valid argument that any library that has not 'moved with the times' to redesign its physical spaces to accommodate technology and how information is delivered and acquired has neglected its duty in catering for its clientele. However, there are always those that lament the past and remember 'fondly' row upon row of book cases, the thinking being the more books, the better the library!

About a year ago, an article appeared about a private school in Victoria that had invested seven million dollars in refurbishing its library. The article and accompanying professional photography (obviously to put in their school prospectus) evidenced a facility with intimate reading lounges with open fire places, re-charging hubs for personal devices, computer stations, informal discussion areas, conference facilities, a dedicated sixty-seat cinema and a coffee shop. I was so taken aback, I emailed the article to the staff here at MHS. Of the thousands of square metres dedicated to this facility, the surprising part was the notable absence of books and book shelving. The school had acknowledged and addressed change. Change in not only how students gain and disseminate information, but how teachers need to upskill and teach millennial students.

DoE funding for public school libraries does not extend to such grand designs (but then neither do our fees). Over the past three years our school library has undergone the same changes in reality. Rows of book shelving that contained thousands of titles not borrowed for twenty years or more have been removed. Large meeting spaces for staff and students have been opened up, computer labs installed, places to work in large or small groups provisioned and informal meeting areas established. As of this week, a new cart of Chromebook laptops has been rolled out for class use in our Central Library. The end result is a more functional learning space for everyone, accommodating more people within our school and broader education community. Unfortunately, there is no coffee shop!

So, what about the books?

Despite these changes, we still have a very healthy book collection. As of 26 August, we were just shy of six thousand titles. In weeding out the dead wood, our collection is more relevant, up to date and has allowed us to buy new books to add to our collection. Our rates of borrowing have not declined in the process. Books will always have a place in research tasks undertaken, a lesson taught, and for readers that love that tangible connection by holding printed words on paper. Books will remain our entry into the world of stories, early literacy development and remain some of our fondest childhood memories. I believe that there will never be an end to printed books. Generation after generation of avid readers have ensured that, despite the advent of digital book platforms for reading.

In a modern school library however, it would be irresponsible not to provide access to technology to open up the billions of up to date pages available on the internet. It would restrict opportunity not to provide thousands of videos offered through ClickView Online. It would not build our capacity for teaching and learning if we did not reorganise our library spaces for users. It would not show commitment to our students to not provide them with a free to them but quite expensive subscription to Britannica School online encyclopaedia so they have a quality reference resource at their fingertips both at school and at home. Thankfully, we have made that ongoing investment in our people. That is why a library consisting of row upon row of books can deny educational opportunity in the context of where the world is at.

Paul Proctor – Teacher/Librarian.



Reading is my superpower

From the 16 August to 23 August, Mudgee High celebrated Book Week. An exciting part of our celebrations involved a Door Competition. More than twenty rollcall groups participated by decorating their doors with the book week theme, their favourite text, or favourite characters.

Mr Laidlaw's roll group were the winners with their version of *Charlotte's Web*. This included an appeal to the senses; cooking bacon; straw to touch; differing textures and varying images. The judge, Mrs Davies, was very impressed with their efforts. She mentioned that there were so many lovely efforts and that she hoped to see many more rollcall groups participating next year.

Second place went to Ms Eslick's group whose theme was *The Lorax*.

Third place went to Mrs Cini's *Magic Faraway Tree*.

It was rewarding to see the excitement of students and staff as they participated in the competition.





Bawamarra

(Relate news, communicate)



Applications for CSU 2019 programs are now open

The Indigenous Access Program is a 5 day testing and assessment program offered to Indigenous participants wanting to study at Charles Sturt University.

Successful completion of this program will gain you entry into a range of CSU Bachelor courses.

(<https://study.csu.edu.au/get-support/indigenous>)

All travel, meals and accommodation are covered for eligible participants.

Places are filling fast! Visit our website today: [csu.edu.au/iap](https://www.csu.edu.au/iap)

Alternatively if you have any questions please feel free to contact the team on (02) 6933 4020 or email afb@csu.edu.au



We invite your students to apply for the 2019 Wingara Mura – Bunga Barrabugu Summer Program, to be held on Monday 9 December – Friday 13 December 2019 at The University of Sydney. This program is open to Aboriginal and Torres Strait Islander students currently in Years 9, 10 and 11, who will be commencing Years 10, 11 and 12 in 2020.

The Wingara Mura – Bunga Barrabugu Summer Program (<http://sydney.edu.au/wpo/indigenous/summer-program/index.shtml>) is a residential program that brings together Aboriginal and Torres Strait Islander high school students from across the country to experience and explore university life. Students have the opportunity to connect with each other, learn about university life, future careers and opportunities for scholarships and support.

Please refer to the 2019 Summer Program brochure (http://sydney.edu.au/wpo/documents/2018/WMBB_Summer%20Program_2019_WEB.PDF) for more information about the program and faculty streams.

The University of Sydney will cover all costs for successful applicants including travel, accommodation and meals. The Program is extremely popular so it is essential that your students complete an application by the due date to avoid disappointment.

Applications open: Monday 12 August 2019

Apply here: https://wpo.sydney.edu.au/app/wmbb_landing

Applications close: Monday 2 September 2019

Students should begin collecting the following documentation:

- Their most recent school report.
- A letter of support from their principal, teacher or careers advisor (template attached to application form).

From **12-18 January 2020**, the Faculty of Engineering and Information Technologies at the University of Sydney will host the Indigenous Australian Engineering School (IAES), funded by Engineering Aid Australia.

The IAES Program gives 25 Indigenous high school students from across Australia, who are entering years 10, 11 and 12 in 2020, the opportunity to come to Sydney and explore the possibilities of studying and working within various fields of engineering.

The IAES Program is fully sponsored with all activities, accommodation, flights and meals covered by Engineering Aid Australia and the University of Sydney.

The week-long program will involve site visits to key Sydney locations, curriculum exercises and participation in cultural activities. Further highlights include networking opportunities with engineering industry representatives and recreational activities on Sydney Harbour.

If you are an Indigenous student with a high aptitude for mathematics and science and are interested in engineering, you are strongly encouraged to apply.

Application closing date: **18 October 2019**.

See Miss Windeyer in HSIE for application forms and details.



Scholarships for future teachers



The NSW Department of Education is offering a range of scholarship opportunities for high achieving students entering teacher education degrees after their HSC. Applications are now open for 2020 scholarships for future teachers.

The scholarship programs for future teachers offer a range of benefits, including financial support whilst studying and a guaranteed permanent teaching position in a NSW public school on successful completion of studies.

The scholarship programs for future teachers include:

[Teacher Education Scholarships](#)

[Teacher Education Scholarships - Aboriginal](#)

[teach.Rural Scholarships](#)

teach.MathsNOW Scholarships are now open

Parents and carers, this is for you. Do you know an industry professional or current university student in a career area requiring tertiary studies in mathematics - for example, in engineering, accounting, finance or IT - who would make a great secondary mathematics teacher? The [teach.MathsNOW Scholarship](#) offers an opportunity to change career path and retrain as a mathematics teacher in a NSW public school.

teach.MathsNOW scholars will receive up to \$50,000 in equivalent upfront course contribution fees, paid part-time employment during studies and a guaranteed permanent teaching position in a NSW public school on successful completion.

To find out more about these and other great opportunities, please visit the [teach.NSW website](#) and follow the teach.NSW social channels ([Facebook](#), [Instagram](#), [Twitter](#)).





ABORIGINAL BANNER

PULL-UP BANNER DESIGN COMPETITION

Submit a design for Mudgee High Schools pull up banner and win a \$10 canteen voucher!

**SUBMISSION MUST BE BROUGHT TO
THE HSIE STAFFROOM BY 27TH
SEPTEMBER 2019**

Must include this acknowledgement 'Mudgee High School would like to respectfully Acknowledge the Wiradjuri people who are the Traditional Custodians and First Peoples of the land on which we stand.'

Positive Behaviour for Learning

This week our PB4L focus is mobile phones. Whilst students are in class, mobile phones should be turned off and in bags. During recess, 10 minute and lunch breaks, students can use their phones for internet searching. Any phone calls need to be made through the front office.

Our school has recently updated our mobile phone policy. If you would like further information regarding this, please contact the school.



Anti Bullying Alliance update

New Resource for Anti-bullying released

The Department of Education has released a new resource to help students, parents/ carers, community members and schools combat bullying.

On the website <https://antibullying.nsw.gov.au/> there is a new resource called *Powerful Conversations*. This resource is aimed at helping “to generate great conversations among teachers, students, and families to help prevent and address student bullying behaviour.”

<https://antibullying.nsw.gov.au/latest-news/powerful-conversations-resources>

These resources include posters, videos as well and lesson plans for use at school. It also has discussion questions and resources aimed to help families. We will be exploring the content and videos from this resource in our presentations at assemblies, the Facebook page and in the newsletters in the coming weeks.

The Powerful Conversations strategy gives practical advice under four headings: Prevention, Action, Resilience and Staying Safe Online.

Under the heading *Prevention* the bullying strategy talks about the necessity of ‘The Four R’s’

- Respect
- Resilience
- Responsibility
- Reasoning

Our universal Positive Behaviour for Learning (PB4L) expectations already integrate respect and responsibility into our school culture. We all know that showing respect for others and taking responsibility for our actions help cultivate a positive school culture.

The focus questions for families under this heading are:

- What do these words have to do with getting on with other people, particularly online?
- What are some ways we can practice them at home?
- How do you build positive relationships with the school to support your child?

Here are some online resources to explore from the website.

- Online safety <https://antibullying.nsw.gov.au/parents-and-carers/Keeping-my-child-safe-online>
- Defining bullying: <https://antibullying.nsw.gov.au/parents-and-carers/Defining-bullying>
- Parents and carers tips fact sheet: <https://schoolsequella.det.nsw.edu.au/file/f4784224-9837-4af8-a23d-56bb6ed37194/1/antibullying-fs-english.pdf>

We recognise at MHS, that positive relationships with parents/carers and the community enhances all students’ chance to connect, succeed and thrive. The Anti-Bullying Alliance welcomes you to phone, email or connect with us via a Bullying and Harassment Report if you have any questions or concerns.

Email: antibullying@mudgeehighschool.net

Bullying and Harassment Form and Anti-Bullying Alliance Information: <https://mudgee-h.schools.nsw.gov.au/supporting-our-students/student-health-and-safety/anti-bullying.html>





SECONDARY

Parent Newsletter

The Learning Curve™

Wellbeing Builder:

Middle – LEARNING FROM FEEDBACK

Senior – FEEDBACK AND GROWTH

Wellbeing Element:

POSITIVE ENGAGEMENT

Character Strength:

PERSPECTIVE

Wellbeing Fitness Challenge:

EMOTIONS SPOTTING

Wellbeing Reflection Activities:

Middle – LEARNING FROM FEEDBACK,
Senior – FEEDBACK AND GROWTH (see website)

Parent Wellbeing:

Grit is your long-term passion, persistence and self-regulation to achieve something you set out to do. It is more important than intelligence and natural talent. Describe times you have shown grit to accomplish something. *(Acknowledgement: Angela Duckworth)*

Learning how to give and receive feedback is an essential lifelong skill for students to develop. They don't know what they don't know and developmental feedback enables them to consider other perspectives. Quality feedback builds social connectedness by others feeling they matter, and broadens and builds students' engagement with others and themselves.

When giving or receiving feedback, students are forced to slow down their thinking, to be in the moment and think hard to consider, compare, evaluate and analyse what is being said.

Positive learning and teaching communities rely on feedback to build open, trusting and respectful communication lines, which in turn strengthen the wellbeing of everyone. The key is to welcome feedback as positive encouragement rather than negative criticism, even if it is advice we don't want to hear.

The purposes of feedback include listening to ideas and concerns to improve a situation, suggesting alternative approaches and strategies, monitoring attitudes, behaviours and performance.

When having conversations, it is apparent when others aren't listening with their eyes, their ears and their hearts. Is it that they are not interested or that they have never been taught how to mindfully listen? Empathetic and attentive listening needs to be role modelled; respectful relationships rely on it.

"A wise person hears one word and understands two." Proverb



Managing your digital shadow

i This factsheet explains how you can manage your online reputation.

“ What you do online today could impact you into the future. What does your digital shadow say about you?

When you post or send something online, you can lose control over who sees it and what they do with it. You may never be able to permanently delete an image or text, so it is important that before you send something, think about what you are sending and where it might end up.



Here are a few things to consider before pressing send:



DO YOU KNOW WHO YOU ARE SENDING IT TO?

You might be tricked into thinking you are communicating with a friend, but can you ever be sure that it is only them? Not everyone online is who they say there are.



DO YOU KNOW WHAT THEY WILL DO WITH IT?

Even if you are sure who is on the other end, can you really trust them? Relationships can breakdown over time, so while you might be happy for someone to have your image or video today, tomorrow might be a different story.





CAN IT BE DELETED?

Once you have shared something online, it can easily be shared around to others.

Distribution might start with just your school, but it can quickly spread to your community and beyond. Content can be copied or stored by others, so can be difficult to ensure content is ever deleted.

Settings

Remember that, depending on the privacy settings your friends use, whatever your friends share about you can also affect your digital shadow.



SO WHAT DOES THE LAW SAY?

Content of someone under the age of 18 in little or no clothing, a sexualised pose or engaged in a sexual act may be considered child abuse material.

Even if it's an image or video of you, and you consent, you can still be breaking the law!

Non-consensual image sharing

If someone has created this material of you without your permission, you need to tell a trusted adult and they can assist you in reporting it to police. This is a serious matter and should not be ignored.



HOW WILL IT AFFECT YOUR FUTURE?

A future employer, university or sporting organisation might research you online. What they find may influence their decision on whether to offer you an opportunity.



HAVE YOU BEEN PART OF THE PROBLEM?

By storing or helping to distribute this type of material, you are contributing to this serious issue. Distributing these images maliciously is viewed even more seriously, and you may be committing an offence.



WHAT SHOULD YOU DO IF YOU HAVE RECEIVED AN EXPLICIT IMAGE?

If you have received this type of material, delete it without forwarding it. Tell the person who sent it to you that you are not interested in being a part of this. If you know who the person in the image is, let them know what is going on. They wouldn't want to be the last to know.

SO WHAT CAN YOU DO ABOUT IT?

You can change your digital shadow — if you don't like what is out there, take ownership and have it removed or balance it with positive content.

Research yourself online and see what's out there about you. Regularly search for your name, username, email address and phone number in online search engines.

You can also use meta search engines for a deeper search.

Tip: Deactivate any old social media accounts that you may no longer use.

Remember:

Your online reputation is your responsibility so take control of what your digital shadow says about you!

UNICEF Youth Drought Summit

UNICEF Australia, with support from the NSW Government, is hosting a state-wide youth Summit. Young people have been instrumental in its design and implementation. At the Summit, children and young people will come together with decision-makers and one another to discuss the challenges they face living with drought in NSW and how responses can be improved. The Summit will explore the ways decision-makers can best support children and young people to build resilience and become better prepared to reduce the negative impacts of ongoing and future drought. The Summit also presents an opportunity for young people living with drought to have a break from the land, work with their peers who are going through similar struggles, and have an opportunity to **connect, engage and reflect**, surrounded by beautiful Lake Macquarie (see image below).

The Summit objectives have been developed in partnership with a Youth Steering Committee.

The Summit will provide an opportunity for children and young people living with drought to identify actions that are needed to more effectively support you, your families and communities.

This opportunity is for **young people aged 14-24 years**, who are **impacted by drought in NSW, Australia**. UNICEF Australia is looking for applicants from diverse backgrounds, who bring personal experiences to the conversation. If you fit these two categories, you can apply! We encourage applications from diverse backgrounds including Aboriginal and Torres Strait Islanders, young people living with disability and young people from newly arrived or migrant backgrounds.

The 3-day Summit is a chance for young people to come together to discuss the challenges and action needed for young people to better cope with the realities of drought and be better prepared for future droughts.

Applications are open for any young person (**aged 14-24**) who is **impacted by drought**.

Deadline for applications is: **30 August 2019**.

You can apply:

Online (preferred):	www.unicef.org.au/droughtsummit
By email:	droughtsummit@unicef.org.au
By post:	UNICEF Australia, Att: Sue-Ellen Simic, Project Support Officer, PO Box 488, Queen Victoria Building, Sydney NSW 1230
By phone:	Contact us to make arrangements on 02 8917 3261

It is important to stress that Return travel from a regional town (locations TBD) to the venue, accommodation, and meal costs will be fully covered by UNICEF Australia.

We really hope your students will apply to attend this Summit – it's a chance to work with others like you to improve the lives of children and young people living with drought in NSW by informing decision-making. It will also be a chance for you to take a much-needed break from the daily struggles of drought and get to know others going through the same struggles.

For enquiries, please go to our website (www.unicef.org.au/droughtsummit) or contact:

Sue-Ellen Simic, Project Support Officer
droughtsummit@unicef.org.au
02 8917 3261



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	

TOWN HALL CINEMA

Showing September 6th, 7th & 8th

Tickets available online from Monday 26th of August

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



The Keeper

Fri 6 th Sept	7:00pm
Sat 7 th Sept	7:30pm
Sun 8 th Sept	4:30pm



Spider-Man: Far From Home

Sat 7 th Sept	4:30pm
Sun 8 th Sept	2:00pm



The Secret Life of Pets 2

Sat 7 th Sept	11:00am
Sat 7 th Sept	2:00pm
Sun 8 th Sept	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

Proudly supported by



Combined Rotary Clubs of Mudgee



Communities for Children
presents

Angry Anderson

talking about

“The importance of men in the family”



Wellington RSL

75 Arthur Street, Wellington

Wednesday 4th September 2019

10:30am - 12:30pm

Light refreshments provided

Please register your interest

Phone 6883 4600 or email

cfc@ccwf.org.au



CatholicCare
Wilcannia-Forbes



BreastScreen
NSW



The mobile van is
coming to MUDGEE

NEW LOCATION

Mudgee Railway Station Carpark
Inglis Street
Mudgee NSW 2850

From 10th September to end October 2019



Call 13 20 50 to book
your **free** screening
mammogram

13 20 50

20 minutes every 2 years
could save your life

For women aged 50-74 years
breastscreen.nsw.gov.au

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

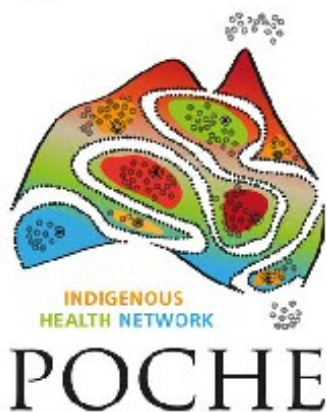
Website: csu.edu.au/iap

Phone: (02) 6933 4020



Charles Sturt
University





KEY THINKERS FORUM

Allied Health Careers – Pathways for Success



When

Monday, 9th September 2019
11:45 – 15:15
Lunch will be provided

Where

Tangney Alcove
Parliament House
Parliament Drive
Canberra
ACT, 2600

More information

poche.admin@sydney.edu.au
02 9114 0829

Register

Information on how to register.
www.tinurl.com/KTF-pathways

We know that an Aboriginal and/or Torres Strait Islander health local workforce is vital for the success of Closing the Gap in health disparity in Australia. We also know that allied health is vital for overall health. Allied health career pathways for Aboriginal and/or Torres Strait Islander people provide a culturally appropriate 'scaffold' for health service delivery to our Aboriginal and/or Torres Strait Islander population.

Panel Members

- Prof. Michelle Lincoln
- Nicole Turner
- Prof. Pat Dudgeon
- Paul Talbot
- Facilitated by Prof. Tom Calma (AO)

Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine