

MHS Newsletter

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Monday
16 September
Week 9 Term 3
2019

Principal's Message

A day well spent...

Gold is such a great word. It conjures so very many positive responses.

It allows for dreams of opulence; fabulous wealth and a lifestyle of luxury.

Gold is chock full of symbolism. Human achievement is frequently rewarded with gold; medals, trophies and other decorations. Coming first in an Olympic event will earn you a gold medal. Nobel Prizes are gold. Academy Awards are gold. A Golden Globe award is, strange to relate... gold.

Aurora is also the shimmering colour of dawn, that time of day when, as the American poet Robert Frost put it, "Nature's first green is gold..." The periodic table symbol for gold is Au. The symbol comes from the Latin "aurum" which means gold. Aurum is the source word of Aurora and Aurora was the Roman goddess of dawn. There's the connection.

In life, there is always "the golden rule" and before growing older became unfashionable, the wisdom that comes with age occurred in one's "golden years".

Weddings are sealed with a ring of gold.

Those generous of spirit have a heart of gold.

A favoured son is "the golden boy"!

At Mudgee High, students who have applied themselves across a broad range of school and community activities, and who have a history of academic diligence, are at liberty to make application for the award of a Principal's Gold Medal.

Principal's Gold Medal hopefuls need to exhibit co-operation and positive effort in all that they do, and if they demonstrate these things through written submission, they are invited to interview.

Last week, Mrs Breadsell and I had the great pleasure of interviewing nine Year 12 Principal's Gold Medal candidates.

After many years of Gold Medal interviews, I can attest to the great and sometimes renewed sense of hope with which panellists are left. The young people we interviewed provided just that; a glimpse that the future of this nation will be in capable hands.

In Term 4, invitations will go out and interviews will be conducted to select Principal's Gold Medallists from the ranks of Year 7 – 12.

Singing one's praises is not a quality associated with Australian cultural norms, but I would encourage you to encourage the young people in your care to make application if they are:

- Involved in a significant and positive manner across a broad range of school activities.
- Committed to their studies, indicated by the fact that they have achieved their best possible results.
- Attending regularly and are safe, respectful and responsible in both behaviour and performance.

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 16-20 September Year 11 Exit examinations
- 20 September 6 into 7 Transition Treasure Hunt
- 23 September P&C meeting
- 24 September Rainbow Day
- 25 September staff vs students soccer match
- 26 September Year 12 Farewell Assembly

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- Year 12 Presentation Assembly
- Whooping Cough
- Western Cricket trials
- Careers News
- School calculator price change
- Pull-up banner design competition
- The Simpson Prize 2020
- Bawamarra
- UTS Business and Law Experiences
- Anti-bullying Alliance update
- The Learning Curve
- Cyber Safety
- Advertisements
- Sponsorship

- Making a positive contribution to the school.

You should really consider making application for a Principal's Gold Medal.

Until next week...

Wayne Eade

Principal



Amelia Sauerbier



Ethan Reinhard



Gabrielle Dziura



Grace Pearce



Lachlan Wall



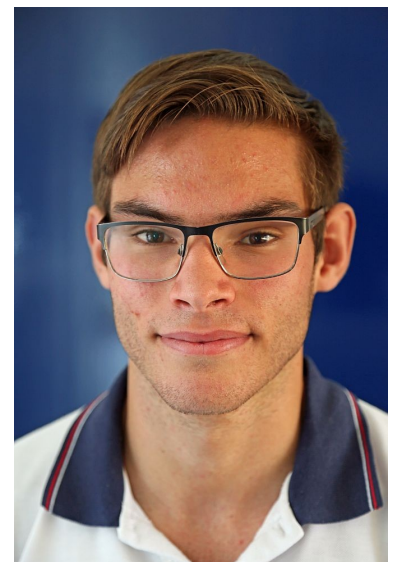
Laura Treverrow



Ninoska Birchall



Rachel Carrier



Ryan Staub

MUDGEE 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.

All welcome.

Week 8 Term 3 Awards

P&C Awards: Year 7 - Ruby Redfern; Year 8 - Lauren Carrier; Year 9 - Dominic Lynn;
Year 10 - Jade Critcher; Year 11 - Louise Darcy; Year 12 - Callum Richardson

SRR Award: Eros Misa

Writing Friday



Year 12 Presentation Assembly

On Thursday 26 September, Mudgee High will formally farewell the Class of 2019 at the Year 12 Presentation Assembly.

The assembly will commence at 11.00am and conclude at approximately 12.45pm. Family and friends of the students should aim to be seated in the Gymnasium by 10.45am.

We look forward to seeing you there.

Stewart McNeill

Presentation Assemblies' Coordinator.

Whooping Cough

Pertussis (whooping cough) is back in Mudgee, with a confirmed case at Cudgegong Valley PS and potentially another case here at the high school.

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death.

Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at **school**.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.*
- The cough often continues for many weeks, despite antibiotics.



* Speaking to NSW Health today, the representative explained that the normal treatment is a course of antibiotics over a five day period, adding that the afflicted individual needs to remain isolated for the full five days (Ed.).

Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection and severe disease.

Whooping Cough (Pertussis)

Last updated: 3 June 2019

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

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How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.

- If your baby's vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

Immunisation for adults

Free vaccine is provided through GPs and hospital antenatal clinics for pregnant women during **each** pregnancy

- The whooping cough vaccine is usually given to pregnant women at 28 weeks of each pregnancy, but can be given at any time between 20 and 32 weeks
- for women identified as being at high risk of early delivery, the vaccine should be given as early as possible (from 20 weeks)
- if not received during pregnancy, the vaccine should be administered as soon as possible after birth

A booster for adults is recommended for:

- other adult household members, grandparents and carers of infants under 12 months of age.
- adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local public health unit. Public health unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect – Prevent

[NSW Health whooping cough campaign:](#)

<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>

For further information please call your local public health unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

Western Cricket Trials

On Wednesday 28 August, four Mudgee High School students made the journey to Cowra to trial for the Western Region Boys' Open Cricket team. This involved a three hour morning net session with both batting and bowling practice. Following the morning session, Lachlan Endacott was invited to a further full-field session to arrive at a final squad.

MHS is pleased to share that Lachlan was successful in gaining a place on the Western Region team for the third year in a row!

Lachlan will be an integral part of the team which will compete at the state carnival in early November. Mudgee High School wishes him well for this carnival and all future endeavours on the cricket field.

Careers News

Information to help students, teachers and families to explore post schools options and careers.

CAS
Careers Advisory Service

NSW GOVERNMENT | Education

Home About us Get the facts Explore options Contact us

Help with career ideas after your HSC?

- university
- college
- traineeship/apprenticeship
- TAFE
- work
- other ideas

Available all year round

www.careersadvisoryservice.com



School calculator price change

Please be advised that the cost of calculators purchased from the school office has risen to \$23.60

Pull-up banner design competition

An illustration at the top of the page shows a stack of books on the left and three drawing tools (a yellow pencil, a white marker, and a yellow highlighter) on the right, all set against a dark orange background.

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.'

The Simpson Prize

The HSIE faculty is promoting the Simpson Prize. See the flyer below for more details.

This opportunity is open to students in Years 9 and 10. It focuses on the significance of ANZAC Day and what it means to students. To enter, students are required to write a response to a set essay question.

Not only will students who enter have the opportunity to win an overseas trip to visit ANZAC sites, they will also gain invaluable practice in writing essays. This skill will be very useful as they progress through Stage 5 and onto their Stage 6 studies.

We have set up a Google Classroom with all the links and required information to support students who wish to participate. The entry code for this is: **4ffe1hj**

Please contact the HSIE faculty if you have any questions.

A UNIQUE LEARNING EXPERIENCE

The Simpson Prize 2020

2020 Essay Question

"Allied victory brought an end to war, suffering and challenges for Australia and its people." To what extent do experiences of 1919 support this view?



For full entry instructions and details please visit the Simpson Prize website

Closing date: 8 November 2019

The Simpson Prize is a national competition for Year 9 and 10 students that focuses on the significance of Anzac Day and what it means to them. One winner and one runner-up from each State and Territory will attend a briefing program in Canberra in early 2020. Winning students and teachers of the 2020 Simpson Prize will travel to key battlefields overseas.



web: www.simpsonprize.org email: admin@simpsonprize.org
phone: 02 6162 4460



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

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



Walanga Muru's Aboriginal and Torres Strait Islander Entry Pathway (ATSIEP)

An opportunity for Aboriginal and/or Torres Strait Islander students to gain entry to study an undergraduate level course at Macquarie University.

In 2019 they are hosting interviews in the 2nd week of each month from NOW to January 2020.

Walanga Muru's ATSIEP is a 2-stage process, comprising of an online application and an interview. Interviews will be held on campus to give students the opportunity to elaborate on their application in a casual setting and hopefully gain entry into any undergraduate degree here at Macquarie University in 2020 prior to the main round offers.

The on-campus interview days also gives students the chance to meet with other Aboriginal and Torres Strait Islander students currently studying at Macquarie University, learn more about our centre and the University campus, the events they run, and find out about any scholarships and accommodation options, and sporting opportunities etc. that you may be eligible for.

Each student that completes an online application (check out the link below for more info on the application) will be notified within 3 days of submitting an application whether their application is ready for an interview.

From the students interview date they will know within 2 weeks from the day they attend their interview whether they have been successful.

There are no prerequisites and students can apply if they:

- Would just like the peace of mind of an early offer.
- Are not going to receive an ATAR.
- Think that they may receive an ATAR score lower than is required for admission to their chosen degree.

APPLY NOW as applications are NOW OPEN

https://it-mqu.formstack.com/forms/aboriginal_and_torres_strait_islander_entry_pathway



Sydney University Indigenous Australian Engineering School

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.



Applications are now open for the UNSW Science & Engineering Pre-Program

Coordinated by Nura Gili, UNSW's Indigenous Programs Unit, the program is designed to provide support and training for Indigenous school leavers to better prepare them for study in the fields of Science and Engineering through an immersive experience at UNSW.

This program is for current year 12 students. Travel and accommodation costs are covered by Nura Gili. Successful completion of the Pre-Program may lead to entry into an undergraduate degree with UNSW Science or Engineering.

Apply here: <https://www.nuragili.unsw.edu.au/study/indigenous-preparatory-programs> or email any questions to Science.EDI@unsw.edu.au



Galuwa Business & Law Experience



Business School &
Faculty of Law



SIGN UP AND YOU WILL:

- Learn how Business and Law can be used to improve people's lives, help others and contribute to sustainable communities.
- Experience of university life first hand, including mini and adapted course-based activities.
- Find out what opportunities exist for people working in the business and law fields.
- Develop insights into everyday experiences that are interwoven with business and law ethics.
- Gather practical information about pathways, scholarships and opportunities at UTS in Business and Law, as well as STEM.
- Connect with like-minded students in an inclusive environment.

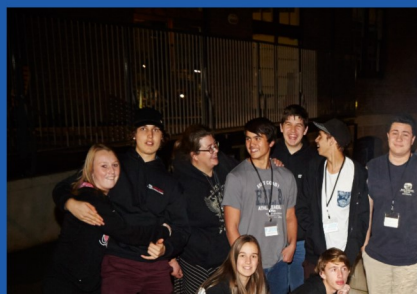
Are you...

- In Year 10, 11 or 12?
- Creative in finding solutions to problems and interested in Law or Business?

Free!

UTS organises all travel, food and accommodation for the week. There is no cost to you!

Apply now for this week-long experience
galuwa.uts.edu.au



The Galuwa program is an initiative of the UTS Business School & The UTS Faculty of Law in collaboration with the UTS Jumbunna Institute for Indigenous Education and Research.

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

Meet Jack, Galuwa grad

As a high school student in the town of Grenfell NSW, Jack Cooper was known for his keen interest in engineering and technology. Unsure if university and a career path in his chosen field was within reach, he decided to apply for the UTS Galuwa program. Jack's now studying a Bachelor of Science in Games Development at UTS.

“ Galuwa helps you see that there's lots of support out there to help you get into uni and that you can have a career in engineering and technology. You'll have a good time exploring Sydney and UTS and meet great people – I recommend you give it a go! ”



*Times Higher Education WUR Top 200 under 50 Rankings 2016–2017 and QS Top 50 Under 50 2018–2019



Over 300 Indigenous students currently studying at UTS



Jumbunna Institute for Indigenous Education and Research

At Jumbunna, we believe our students are the future.

There are many pathways for Aboriginal and Torres Strait Islander people to study at UTS. We're here to help you find one that's right for you.

Everyone is welcome at Jumbunna. Everyone is important. No matter what their background is – every student is accepted.

jumbunna.uts.edu.au



QUESTIONS

Email: atsievents@uts.edu.au

Phone: 1800 064 312

galuwa.uts.edu.au

Anti Bullying Alliance update

Last week, we continued our focus on helping students be an effective bystander.

The website <https://bullyingnoway.gov.au/> has a range of videos about how to become an effective bystander. The following link takes you to the animation we played at assembly.

<https://bullyingnoway.gov.au/resources/videos/pages/videoplayer.aspx?VideoID=173>

This is also on our Facebook page.

The aim of helping people become effective bystanders is to create a whole school culture that does not accept bullying in any form.

We know the advice of our friends can be powerful. If they tell us what we are doing is 'not cool', we may be more inclined to change our behaviour.

Effective bystanders are an asset to any community. People who pitch in and help people in the workplace, at home and at school.

If you have any questions regarding our anti-bullying approaches, please do not hesitate to contact us via antibullying@mudgeehighschool.net or submit a Bullying and Harassment Report via the link below:

<https://mudgee-h.schools.nsw.gov.au/supporting-our-students/student-health-and-safety/anti-bullying.html>



Wellbeing Builder:

Middle – HEALTHY BODY, HEALTHY MIND

Senior – HEALTHIER LIVING

Wellbeing Element:

EXERCISE AND VITALITY

Character Strength:

FAIRNESS

Strengths Booster:

SONG STRENGTHS

Wellbeing Reflection Activities:Middle – HEALTHY BODY, HEALTHY MIND,
Senior – HEALTHIER LIVING (see website)**Parent Wellbeing:**Having hope relies on: goals, which guide your actions, pathways which are ways to achieve your goals and motivation, which activates your pathways. Describe how you are developing each of these hope components. *(Acknowledgement: Synder)*

Many students need our support and guidance on how they can adopt healthier lifestyles. They may not think so, but the reality is that there is an increasing proportion of them who are not exercising their bodies or minds enough, eating a diet high in processed and takeaway foods, contracting diabetes at an early age, becoming obese and looking on the darker side of life. These are real and unwelcome outcomes for our future generations should we not act decisively now.

Firstly, it is a must for them to actively exercise physically and mentally for an hour every day. There are numerous pulse lifting activities they can participate in with family, friends or on their own and there are also plenty of non-electronic brain exercises such as crosswords and scrabble which work well.

Secondly, it is important for students to use their strengths to think positively, looking for the good things fills them with optimism and hope for the future to become solution focused.

Thirdly, as adults it is our responsibility to provide students with healthy, fresh and unprocessed foods. Even more importantly, it is for us to role model exercising, eating healthy and thinking positively about lives; they have never failed to imitate us.

“There is no chance, only choice.” MW





Fact sheet

INSTAGRAM (For parents)



Follow us: @ThinkUKnow_Aus

facebook.com/ThinkUKnowAustralia



What is Instagram?

Instagram is a photo-sharing app which allows users to take photos and videos, apply filters and share these with either followers or the general public. Users are able to 'like' and comment on photos as well as send these images directly to individuals through a private messaging option. Private messaging is accessed by the inbox symbol at the top right corner of the home page.

What is the age classification for Instagram?

Instagram users must be 13 years or older. This service is owned by Facebook and usually links to a Facebook account where a user's age can also be verified. There may be content on Instagram, which is confronting, graphic or not appropriate for children and younger teens.

How are young people using Instagram?

Instagram is being used by young people to share photos, occasions and situations with their friends. The ability to like and comment on photos provides a useful communication function for young people as they explore and express their personality.

Should I be worried if my child is using Instagram?

Any application when used incorrectly, has the potential to cause harm. It is important that you openly communicate with your child about how they may be using an application and the legal and ethical ramifications of inappropriate use. They also need to be aware the dangers of communicating with people they don't know via any mobile application.

Who can see my child's photos on Instagram?

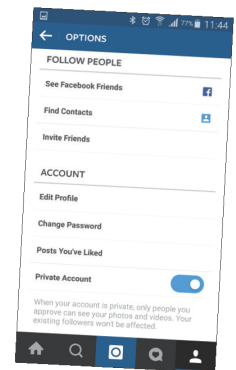
An Instagram account can be made visible to the public, or to approved followers only. Account settings can be changed through the Instagram app on a mobile device



by selecting the 'Profile' option on the lower right-hand side of the screen. Click 'Options' (signified by three dots), under 'Account' ensure 'Private Account' is in the 'On' position. It is important to note that even if an account is private, content shared on Instagram can easily be posted to a linked Facebook account which means Facebook friends can also see the post.

What could be revealed through an image?

There is a lot of information which can be revealed through a photo when it is shared online, in particular your location. This is revealed through a process called 'geotagging'. Geotagging is when the GPS coordinates of where an image was taken or a post was made, are stored within that post. This means that people may be able to find out location specifics such as where your child lives, works, or goes to school.



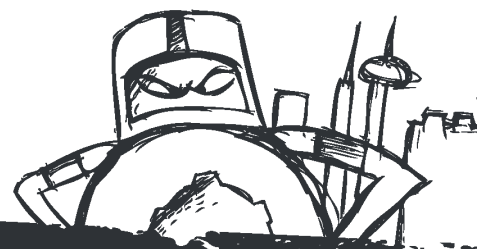
How to limit sharing location information?

It is important to turn off the location function for the camera on your child's mobile device, especially if they are using social media apps such as Instagram. For most devices, you can find where to do this in the 'Settings' menu. If you are unsure how to do this on your child's device, you can look up the device's user guide online.

It is also best to avoid using the Photo Map function on Instagram as this will pinpoint where photos have been taken on a map, potentially showing others the locations where your child spends much of their time. It is important to maintain open lines of communication between yourself and your child and discuss safe privacy settings.

What are the potential problems with Instagram?

Potential problems faced when using Instagram include the sharing of private information through photos, such as a home address or where a child goes to school. Your child may post a photo and receive negative comments





Fact sheet

INSTAGRAM (For parents)



Follow us:



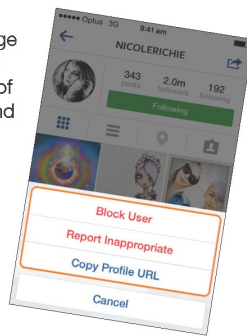
@ThinkUKnow_Aus



facebook.com/ThinkUKnowAustralia

from other users or have their images shared without their permission. They may also be exposed to photos which are rude, offensive or upsetting to them. It's important you and your child know how to block and report inappropriate users on Instagram.

You can block users via the Instagram app on your mobile device. Open the profile page of the offensive user and select the **Further Options** icon on the upper right-hand side of the screen. Select the **Block User** option and when prompted by the dialog box, select **Yes, I'm sure**.



If your child experiences cyberbullying report it to the social media platform in first instance. If it hasn't been removed in 48 hours, you can report it on the Office of the Children's e-safety Commissioner's eSafety hotline (eSafety.gov.au).

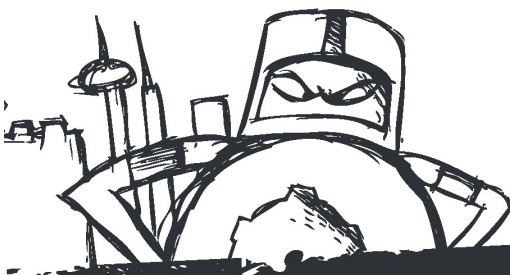
How can I delete my child's account?

If after talking with your child about the ethical use of Instagram and your family's rules around technology, you may think it's appropriate to delete the Instagram account.

To delete an Instagram account log into the account at instagram.com, click the account username in the top right and select **Edit Profile**, click **I'd like to delete my account** in the bottom right.

Note: Accounts can not be reactivated and photos may be lost.

Open and supportive discussions around technology usage are vital in ensuring your child understands their responsibilities when using technology. Simply removing the technology is not the best response as it could potentially make your child hide their usage where there are fewer opportunities for you to support them.



thinkuknow.org.au



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	

LIVING WELL PHOTOGRAPHY COMPETITION 2019



1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



Health
Sydney
Local Health District

Submission By
30.09.2019

TOWN HALL CINEMA

Showing October 4th, 5th & 6th

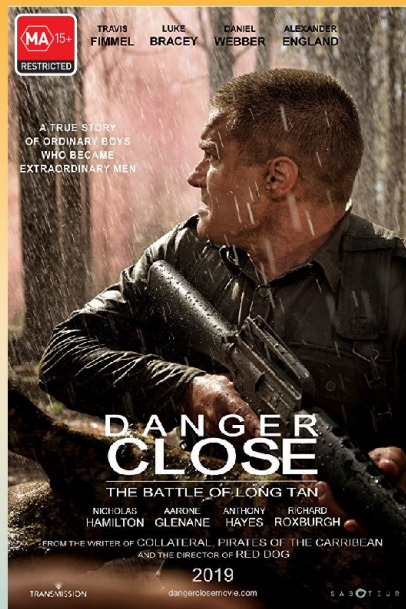
Tickets available online from Monday 23rd of September

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



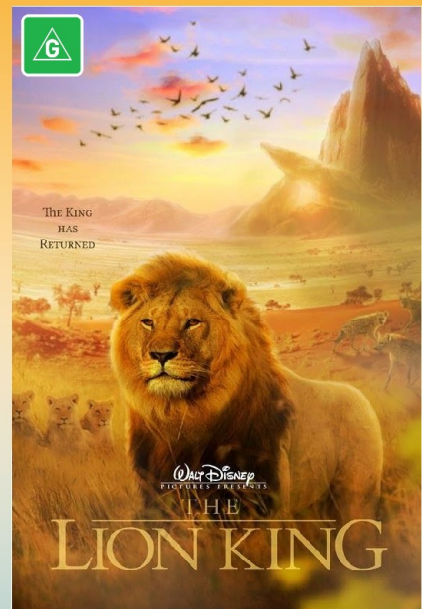
Palm Beach

Sat 5 th Oct	7:30pm
Sun 6 th Oct	4:30pm



Danger Close: The Battle of Long Tan

Fri 4 th Oct	7:00pm
Sat 5 th Oct	4:30pm



The Lion King

Sat 5 th Oct	11:00am
Sat 5 th Oct	2:00pm
Sun 6 th Oct	11:00am
Sun 6 th Oct	2:00pm

* 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



SPRING SCHOOL HOLIDAYS

30 September – 11 October 2019

Mid-Western Regional Youth Council is proud to present a range of youth activities and events across the region, as part of the spring school holidays.

Smartphone photography and collage

Get some tips on ways to improve your phone photography skills, on a brief walk around the library garden. Bring your smartphone and upload cord, and turn your printed photos into an individual collage. **Please note you need to provide your own smartphone and upload cord for this session.**

WHEN Monday 30 September, 2:00pm – 4:30pm

AGES 12–20 years

WHERE Gulgong Library, 109 Herbert Street, Gulgong

Tie Dye

Bring along 2 or 3 light coloured cotton items (like t-shirts or bags), and give them a permanent dose of your own artistic flair.

Please note we recommend wearing old clothes to this session.

WHEN Tuesday 1 October, 2:00pm – 3:30pm

AGES 12–20 years

WHERE Gulgong Memorial Hall, 112 Herbert Street, Gulgong

Zombie special effects makeup

Learn how to apply special effects makeup in this hands-on interactive workshop with an experienced SFX makeup artist. When the zombie apocalypse happens you'll be safe, because of your ability to blend in.

Please note we recommend wearing old clothes to this session.

WHEN Wednesday 2 October, 2:00pm – 4:00pm

AGES 12–18 years

WHERE Mudgee Town Hall Theatre, 64 Market Street, Mudgee

Escape room

Little Giggles is haunted. Can your team free the trapped soul in an hour, or will you be doomed to the same fate?

Please note each session requires a minimum of 3 people to proceed.

WHEN Thursday 3 October, 10:30am – 11:40am, 1:00pm – 2:10pm, 2:20pm – 3:30pm, 3:40pm – 4:50pm

AGES 12–25 years

WHERE The Stables, 84 Market Street, Mudgee

Dodge Ball

Join us at the Rylstone and Kandos Family Fun Day, and get your blood pumping with some dodgeball fun. Grab your friends, form a team, and try to be the last person standing. **Please note appropriate enclosed flat footwear must be worn by all players.**

WHEN Wednesday 9 October, 10:15am – 11:00am, 11:15am – 12:00pm, 12:15pm – 1:00pm

AGES 12–20 years

WHERE Rylstone Showground, 20 Cudgegong Street, Rylstone

Stage fighting and stunt workshop

Watch a live demonstration from professional stunt people, before learning how to perform some of the moves yourself. This hands-on workshop is sure to get you moving.

WHEN Thursday 10 October, 9:00am – 10:30am, 10:45am – 12:15pm

AGES 12–18 years

WHERE The Stables, 84 Market Street, Mudgee

NOTE: ALL EVENTS ARE FREE. BOOKINGS HIGHLY RECOMMENDED AS PLACES ARE LIMITED

To book, visit www.mwrcyouth.eventbrite.com

FREE COUNSELLING

Relationships Australia.
NEW SOUTH WALES

Let's have a chat.
It's that simple.

With 70 years of experience in relationship support, we offer information and services to help Australians get through tough times related to individual and family matters.



Free Counselling

We know this big dry is hard to bear at the moment, if you would like to chat with someone to discuss your daily struggles, call us to arrange a free chat.

We understand that you may not want to burden family or friends with your issues, we are here to help.

Relationships Australia, Bathurst Centre, is offering **FREE** telephone counselling to individuals who are doing it tough during this drought.

This service is available wherever you are located, meaning support can be accessed without even needing to leave your property. If you can get to Bathurst, you can meet face to face with a counsellor in our centre.

Remember to mention you are drought effected when you call to book.

We can support you with:

- Stress & anxiety
- Relationship difficulties
- Dealing with depression

Contact details

Relationships Australia, Bathurst Centre
91 Seymour Street, Bathurst, NSW 2795
(Monday-Friday)

Email: bathurstfrc@ransw.org.au
Phone Bathurst Centre: 02 6333 8888

For judgement free support contact us today
relationshipsnsw.org.au

Are you prepared for an emergency?

Red Cross wants everyone in our school community to be prepared for any emergency, large or small. It has been an early start to the summer disaster season, but there are simple ways your family can be prepared.

Three simple tools to help your family get prepared:

1. [Create an emergency plan](#)
2. [Download the 'Get Prepared' app](#)
3. [Prepare your emergency survival kit](#)



You can't always prevent an emergency, but by being prepared families can reduce their stress and cope better afterwards .



Children's Auditions

In 2020, the Carillion Theatrical Society (CTS) will present “*The Sound of Music*”.

We need children between the ages of 6 and 18 who are able to **sing, dance** and **act**.

The show will be performed at the Bathurst Memorial Entertainment Centre (BMEC) in and around the middle of May 2020 with up to 9 shows to be performed.

Children's auditions will be held from 8am till 6pm on Saturday 12 and Sunday 13 October 2019 at “Milltown”, 28 Bant Street, Bathurst, NSW.

Please prepare a song either from the show or one you are confident singing, and bring shoes you can dance in. Wear comfortable, loose clothing.

We will be video recording all auditions to help us remember each person who auditioned.

Call backs will take place on 26 and 27 October 2019. Times are yet to be confirmed.

For information on receiving audition packs and to book a time, please contact CTS:

Email: soundofmusiccts@gmail.com

Phone: John Vickery (Assistant Director) 0439 107 666

Emma Mason (Director) 0413 999 328

Gulgong Folk Festival

After some re-planning and juggling of Committee roles, Gulgong Folk Club Inc. now has a new Festival Director, and it is FULL STEAM AHEAD for the 34th annual Gulgong Folk Festival:

29-31 December 2019.

Sponsors still have time to jump on board.

Accommodation choices are varied, and will be eagerly sought.

The **Bushwackers Bush Band** has top billing.

On offer will be concerts, jam sessions and 'blackboard concerts (walk-ups), relaxed /informative workshops for instruments and voice.

Poets' Breakfasts, too. And, Buskers' Corner for morning music on Mayne Street.

*Special news for songwriters ... **two (2) song writing competitions.**

- a) A new comp for any freshly penned folk song, with age categories up to 21 years/ over 21.
- b) The established and respected John Dengate political parody songwriting competition.

* It is obvious that there is plenty of material around for folk songs and, especially, parodies!!

The main Festival venues have efficient air-con.

A Gulgong Treat:

Pianists are welcome to display their talents on the Steinway in the Prince of Wales Opera House in the Open Recital.

Do check out some details at www.gulgongfolkfestival.net.au and like us on Facebook.

TryBooking is our online ticket sales contact of choice, with an impressive 'early bird' offer.

Children under 12 years of age gain FREE entry for the Festival.

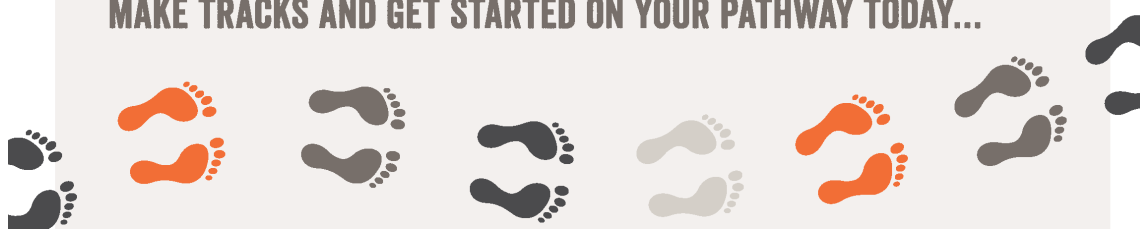
Volunteers devoting 8-9 hours of Festival duty will earn a free 3-day Season Ticket.

Queries:

Please contact Di Clifford:- 0458 032 150 e:- di.clifford15@gmail.com

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



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Sponsorship

Mudgee High School - LINK Program

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