

# MHS Newsletter

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



Monday  
23 September  
Week 10 Term 3  
2019

## Principal's Message

### Streaming

What do you know about academic streaming?

Some feel that streaming of students with similar levels of current achievement for specific subjects – Maths, English, Science and the like – is an effective means to teaching the greatest number of students more effectively.

Prima facie that would seem to make perfect sense.

Academic research, however, suggests quite the opposite for the large majority of students.

In one study, results on standardised tests for streamed classes and mixed-ability classes were compared. Streamed class students used in the research had been selected on their literacy and numeracy skills. Growth results in writing were very similar between the two groups. In fact, no significant differences were found between individual schools or classes for literacy, making clear that grouping based on pre-existing skills sets was ineffective in lifting performance.

Another study, this one international but inclusive of Australian data, examined the effect of streaming on non-academic measures. The researchers found ability grouping to be slightly beneficial for the wellbeing of students who are academically strong. So far, so good. Conversely, such grouping had a very detrimental impact on the wellbeing of students who were not as academically strong.

Australian researchers Olivia Johnston and Helen Wildy, writing in 2016, found that while the majority of Australian schools practice some kind of academic streaming in at least one or more academic disciplines, streaming appears to have a negative impact on the academic outcomes of all students. Worse, students' social backgrounds are directly linked to how their academic outcomes are affected by streaming; the lower the socioeconomic status, the greater the negative impact of academic streaming on students. Those kids who start at the back of the pack can potentially be left even further behind.

At Mudgee High, we have traditionally attempted to separate an A stream group based on student literacy and numeracy proficiency. Issues we have had include the fact that if a student is strong in one area and not the other, they may miss a place; the fact that students not in this blended A stream group seldom have had role models or "significant other" knowledgeable people in their classes other than their teachers; the fact that the social mix in some of these other classes has been at times problematic at just that time when these young people are making the transition to a totally new learning environment – one where the one-two teacher model of primary school is traded for as many as nine teachers in the secondary school – and they are entering adolescence, the second biggest time of change in a young person's life after the first one from 0-5.

Maybe you now know a little more about streaming – at least a little more about its potential for negatively affecting the outcomes achieved by all students.

2020 at Mudgee High is going to be different.

Good different.

Stay tuned for more.

*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- 26 September Year 12 Farewell Assembly
- 27 September Year 12 Farewell Dinner
- 28 October P&C meeting

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Writing Friday
- Year 12 Presentation Assembly
- Western Area State Athletics
- Host Families
- Decade Day
- School calculator price change
- Pull-up banner design competition
- The Simpson Prize
- Bawamarra
- Anti-bullying Alliance update
- The Learning Curve
- Positive Behaviour for Learning
- Cyber Safety
- Advertisements
- Sponsorship



## Canteen

It would be fair to say that the canteen at Mudgee High is a brilliant asset. It is a healthy canteen – the food served is tasty, nutritious and conforms to the guidelines set down for healthy canteens. It is cost effective; what you get for what you pay daily makes for an extraordinarily good deal.

The problem is, fewer kids are using it. Time was when our P&C-run canteen was able to assist the school in funding extra items for school, including academic prizes, the school bus and a host of other things.

These days, it does well to break even.

What I would ask is that where you can, please support our canteen. Not necessarily every day, but where you can. Some parents and carers make deliveries of McDonalds and KFC. These drop-offs work actively against the whole notion of healthy eating and undermine our canteen, and I would ask that those who do cease.

The old adage of “use it or lose it” very much applies to our canteen at the moment. I look forward to your support in assisting to turn around this situation.

Until next term...

Wayne Eade

Principal





## MUDGEE HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 28 October 2019 at 7pm in the school library.

Entry via Horatio Street.

All welcome.

## Week 9 Term 3 Awards

P&C Awards: Year 7 - Ella Martin; Year 8 - Lily Nicholson; Year 10 - Lucy Sebelic;  
Year 11 - Reece Pooley; Year 12 - Taylah Ellis

SRR Award: Alexis Gaffney

## Writing Friday



This is Derek. He is about to become the most helpful robot on the face of the earth.

Write a story about what he is going to do and how he will do it.

In your response use:

- A simile
- 2 scientific or technical terms
- 3 interesting verbs

Your Goal:  
200 words  
20 minutes

## 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.

## Western Area Athletics

Congratulations to the following students who competed at CHS Athletics in early September.

Alex Brennan, Kelly Constable, Lachlan Thyrd, Oliver Manners, William Buckley, Ella Murnane, Beau Rohr, Campbell Wall, Cooper Rowe, Mollie Blackman, Dominic Lynn, Ethan Harrison, Shauna Rawlinson. Many students achieved their personal best, which was great to hear and represented Mudgee High extremely well.

The top ten place getters were:

Ella Murnane placed fifth in the 800m, eighth in the 1500m and fourth in the 3000m.

Dominic Lynn placed fifth in the discus

Ethan Harrison placed ninth in discus and tenth in shot put and Mollie Blackman placed sixth in discus. These are some fabulous results against the top competitors in the State.



## Host Families

Both Mudgee Rotary Clubs sponsor incoming students from other countries for 12 months exchange. We also send students from Mudgee to overseas countries.

In Mudgee this year we have Philippe Leon from Italy in Year 11, as well as Alexandre Ulmer from France in Year 10.

We look for host families to have a student live with them for 3 months (or less) so they can experience Australian culture and your family will have new overseas friends and family. They live with you as your family.

If you think you may be able to help, please contact Des or Jenny Dowdy, 0427 724744.

We are in need of your help, or maybe you know someone who would like to host





## Decade Day

Friday 13 September, Periods 1 to 4, Year 10 students showcased their Popular Culture studies by participating in Decade Day. Students dress appropriately for their chosen decade and put together stalls displaying the music, entertainment, sport and fashions from their respective historical periods. Prizes were awarded for Best Dressed, Best Performance and Best Stall. Students then had the opportunity to exhibit and learn about other decades.

This year, the winning decade stall was that of Miss Windeyer and Mrs Croake's 1960s class. The winning performance was Sarah Gatley's 1990 song, *Ice Ice Baby*.

Fashion winners were:

Ava Sheridan from the '50s.

Lachlan Dowell and Bronte Comincioli from the '60s.

Nicholas Caughey, Harrison Kruger and Lara Stubbs from the '70s.

Cooper Treeve and Emma Clulow from the '80s.

Jayden Mallinson and Maree Ioane from the '90s.

The winning students will celebrate with a catered lunch in Term 4.



## 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



**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](http://www.simpsonprize.org) email: [admin@simpsonprize.org](mailto: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](https://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](mailto: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](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](mailto:Science.EDI@unsw.edu.au)



# Galuwa Business & Law Experience

UTS

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](http://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](http://jumbunna.uts.edu.au)



QUESTIONS

Email: [atsievents@uts.edu.au](mailto:atsievents@uts.edu.au)

Phone: 1800 064 312

[galuwa.uts.edu.au](http://galuwa.uts.edu.au)

## Anti Bullying Alliance update



It has been a productive term for the Anti-Bullying Alliance. There have been a number of cases reported and resolved through understanding and co-operation by the students. These solutions have been a credit to our school.

We have also been continuing to look at the efficacy of our anti-bullying approaches and what else the maturity of those involved and the processes put in place by the school create a culture that puts kindness first. One research paper from 2013 states that the best approaches include a wide range of strategies.

- Caring faculty
- Class-room management support
- Clear policies and procedures
- Consistency
- Input from all stakeholders
- Intervention program
- Parent and community involvement
- Proactive
- Raise student awareness
- Reporting system
- School system wide implementation
- Strong leadership
- Team approach
- Training and knowledge of bullying to all stakeholders
- Two-way communication with all stakeholders
- Understand family patterns/characteristics
- Whole school system involvement

From their extensive list, the ones we currently utilise are:

<https://files.eric.ed.gov/fulltext/EJ1053992.pdf>

We have developed a presence within our school community. Students are more inclined to report than suffer in silence. We consider this a great gain indeed. Next term, we are excited to be partnering with the SRC to bring to MHS a range of kindness initiatives.

The only way to create lasting change is to work together; students, staff, parents and the wider community. We can make a difference through reporting incidents of bullying, promoting understanding, applying the Method of Shared Concern and putting kindness first.

If you need something done about an issue, your first point of contact is the Bullying and Harassment form. This can be completed online, via the link below, or through a paper copy available from the office.

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

You can also contact a member of the ABA via email at [antibullying@mudgeehighschool.net](mailto:antibullying@mudgeehighschool.net) or phone and we will fill out a form on your behalf. This form gives us the necessary information to follow up the incident in a sensitive and effective manner.

Each member of the ABA receives an email with a copy of the report. The cases are then allocated to the teacher nominated, or the member of the ABA with the strongest rapport with the student/s involved. After this, we employ the Method of Shared Concern as soon as is practicable and update the parents/carers.

Careful application of the Method of Shared Concern, consists of follow up over a number of weeks. The necessary co-operation of the students allows the process to be successful in the majority of cases. It is not an overnight process, but as we know from our definition of bullying, the issues themselves develop over time. If there is a lack of co-operation, discipline system strategies may be employed. It is important to note, however, that non-punitive measures are the most effective way forward according to evidence-based practice.

Here is a list of useful holiday reading:

The ESafety Commissioner:

<https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying>

Anti-Bullying: <https://antibullying.nsw.gov.au/>

Reach Out: <https://au.reachout.com/>

Bullying. No Way!: <https://bullyingnoway.gov.au/>





## SECONDARY

### Parent Newsletter

The Learning Curve™

#### Wellbeing Builder:

Middle – KIND THINKING AND ACTIONS

Senior – SELFLESS ACTS OF KINDNESS

Wellbeing Element:

MEANING AND PURPOSE

Character Strength:

HUMILITY

Wellbeing Fitness Challenge:

DISCOVERY LEARNING

Wellbeing Reflection Activities:

Middle – KIND THINKING AND ACTIONS,  
Senior – SELFLESS ACTS OF KINDNESS (see website)

Parent Wellbeing:

Who are the *hidden* people who give of themselves to help you have a good life. Thank each of them individually, telling them you appreciate their efforts.

Studies have shown that it is the frequency of positive emotions, not their intensity, which builds students' and our wellbeing most effectively, especially when it is through in person social connection. This effect is multiplied when it involves doing good for others to feel good, and feeling good to do good. These actions are called *acts of kindness*, and they show a willingness to reach out for social connectedness, a key skill of social-emotional resilience.

The most important point for us to impress upon students is that acts of kindness don't have to be big things, but rather regular little positive actions to lift others' spirits and wellbeing. Actions such as, a smile, making an effort to say good morning, a wink and asking how they are feeling, all generate positive emotions in others and ourselves.

We all have millions of mirror neurons which copy the expressions and moods of those around us. We can all remember being inspired by others positivity and unfortunately, also being pulled down by others negativity.

Asking students to write down in their planners/journals what they felt or what they did, will build the resilience skill, self regulation, to be on the lookout for opportunities to be kind.

*"The smallest act of kindness is worth more than the grandest intention."* Oscar Wilde

## Positive Behaviour for Learning

This week, our school focus will be the Quad Area. The Quad is a space which includes both active and passive areas. There are a large number of students who play handball at lunch and recess and at the moment among some very smelly flowering trees!

When students are in the Quad, our expectations are that everyone will behave in a Safe, Respectful and Responsible manner. All areas within the quad are also sign posted so students know what activities should be done where. For example, transit areas, passive areas and active areas.

In other news, our Year 12 and staff had a little bit of fun where Year 12 dressed like teachers and staff dressed like students. Our Year 12 group only have 1 week left of school, so throughout the week you may see our students out and about for Rainbow Day. Please dig deep and donate if you see them, as all money will be going towards their charity of choice, the Rural Fire Service.



Fact sheet

## askfm (For parents)



Follow us:



@ThinkUKnow\_Aus



facebook.com/ThinkUKnowAustralia

### What is ASKfm?

ASKfm is a social Q&A website which promotes itself as offering the ability to ask anonymous questions to an individual's 'profile'. The website was launched in 2010 and is based in Latvia. ASKfm is increasingly being associated with cyberbullying behaviour worldwide due to the perceived anonymity of users who post and answer questions.

### What is the age classification for ASKfm?

The age classification for ASKfm is 13-years-old, although much of the content may be inappropriate for that age group. It is important to note that this classification is set by the website's creator and is not overseen by an independent body.

### How can my child stay safe on ASKfm?

It is important to monitor your child's behaviour online and identify changes in behaviour around technology use. ASKfm has been associated with cyberbullying incidents due to users' perceived anonymity when asking questions.

### Who can ask my child a question?

All ASKfm profiles are public and anyone can ask a question. Preventing anonymous questions from being asked on your child's profile could minimise their risk of being exposed to cyberbullying or inappropriate questions. This can be done by selecting **Settings > Profile**, uncheck the box next to **Allow anonymous questions** and click **Save**.

### Am I really anonymous on ASKfm?

It is important to make children and young people aware that they are never truly anonymous online and that their online actions can have offline consequences. The privacy policy on ASKfm states that any information collected by the website, such as username, email or IP address, may be shared to "investigate, prevent or prosecute illegal activities, suspected fraud, and violations to the Terms and Conditions".

### How can ASKfm use the information that my child posts?

By submitting content through the ASKfm service (by asking or answering questions, uploading photos or videos), you grant ASKfm a license to use, copy, reproduce, process, adapt, modify, publish, transmit, display and distribute such content in any and all media or distribution methods. In other words, all information that your child posts on ASKfm can be used by ASKfm for any reason they see fit.

### Who can see the answers that are posted on my child's ASKfm profile?

ASKfm profiles have no privacy settings - anything posted is publicly viewable (answers, images, videos, etc.). It is important that you speak with your child about what they may be posting on their profiles and how this might affect their reputation and relationships.

### How can my child delete an answer on their profile?

Select **x** to the right of an answer and click **OK**.

### How can I report something on ASKfm?

On ASKfm profiles, questions and answers can all be reported. Inappropriate questions can be reported from your inbox by **swiping left** on the question, **clicking on the flag**, and then selecting **Report**.

Report specific answers by clicking **Report** on the drop down box to the right of an answer and selecting the appropriate reason for reporting. Click **OK**. You can also report all answers on a particular profile by clicking **Report**, next to 'answers' and selecting the appropriate reason for reporting. Click **OK**.

**Note:** You can report even if you do not have an ASKfm account.





Fact sheet

# askfm (For parents)



Follow us:



@ThinkUKnow\_Aus



facebook.com/ThinkUKnowAustralia

## How can my child block someone that is asking inappropriate questions?

You can block users from sending you questions, anonymous or not, by visiting their profile and clicking the 'More' button represented by three dots, then clicking the [Block](#) button.

You can also block a user from your inbox. Once you get a question from a person harassing you, [swipe left](#) on the question and [click on the flag](#), then select [Block User](#).

You can see who you have blocked, and also un-block users, by viewing your [Blocked](#) list in your [Profile Settings](#).

## How can I delete my child's account?

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

To delete a profile on ASKfm select [Settings](#) > [Disable Account](#), enter your password and select [Disable Account](#).

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.

## More information

The ASKfm Safety Center ([safety.ASKfm](#)) contains further information on the service and links to additional resources and support options.



[thinkuknow.org.au](http://thinkuknow.org.au)



NSW CHILDREN'S WEEK 2019

# creative story competition



18 and under living in NSW



entries close Sunday 6 October 2019



chance to win a \$200 gift card

Do you enjoy writing and telling stories? This is your opportunity to write a creative story about an issue that is important to you and to other children and young people in 2019.

The Office of the Advocate for Children and Young People is inviting entries for the NSW Children's Week 2019 Creative Story Competition. The competition is open to all children and young people up to the age of 18 living in NSW.

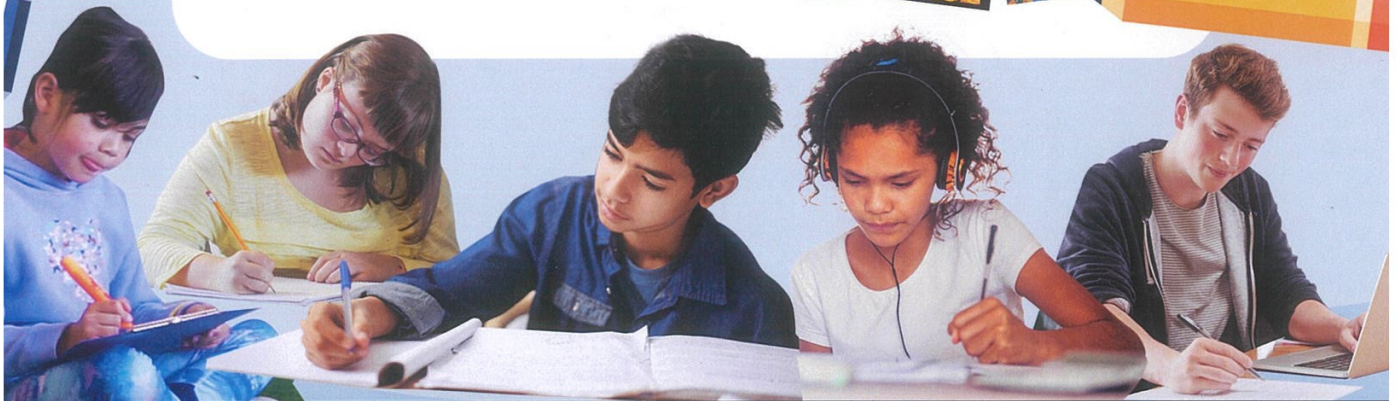
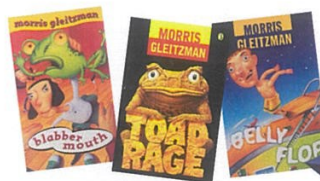
#### How to enter:

1. Use your imagination  
Write a creative story (200 to 500 words) about an issue that is important to you and to other children and young people in 2019
- 2.
3. Type your story in the online entry form via the link below

Three winners (one winner for each age group: 0-5, 6-11, 12-18) will receive an award and a \$200 gift card at a special Children's Week event.

The winning stories will be decided by famous author and Children's Laureate Morris Gleitzman, together with the NSW Advocate for Children and Young People, the NSW Youth Advisory Council and the NSW Children's Week Committee. Entries close Sunday 6 October 2019.

author and Children's Laureate



For more information and to enter visit:

[www.acyp.nsw.gov.au](http://www.acyp.nsw.gov.au)

Go directly to the entry page via: [bit.ly/CW19CS](http://bit.ly/CW19CS)





## 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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# TOWN HALL CINEMA

Showing October 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>

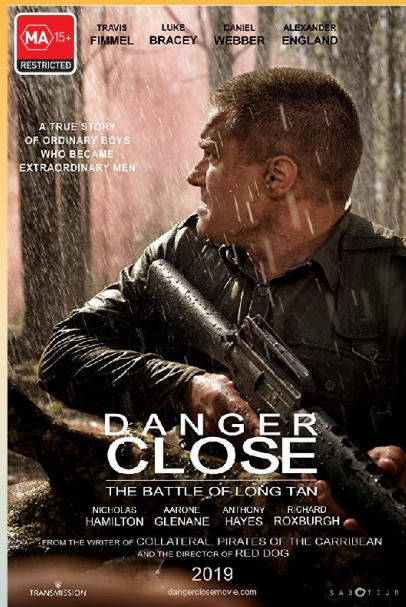
Tickets available online from Monday 23<sup>rd</sup> of September

Visit [trybooking.com](http://trybooking.com) and search 'Mudgee Town Hall Cinema'.



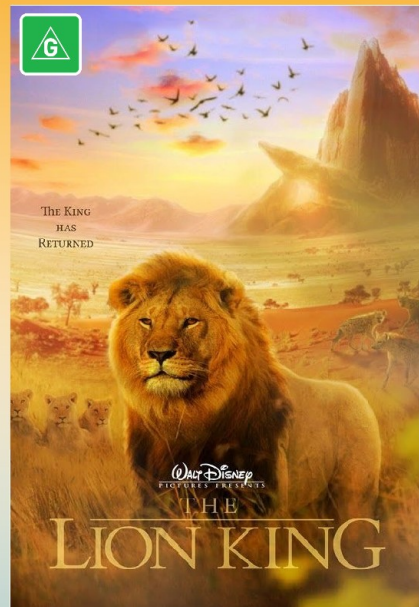
## Palm Beach

Sat 5 <sup>th</sup> Oct	7:30pm
Sun 6 <sup>th</sup> Oct	4:30pm



## Danger Close: The Battle of Long Tan

Fri 4 <sup>th</sup> Oct	7:00pm
Sat 5 <sup>th</sup> Oct	4:30pm



## The Lion King

Sat 5 <sup>th</sup> Oct	11:00am
Sat 5 <sup>th</sup> Oct	2:00pm
Sun 6 <sup>th</sup> Oct	11:00am
Sun 6 <sup>th</sup> Oct	2:00pm

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

For more information visit [midwestern.nsw.gov.au](http://midwestern.nsw.gov.au) or Mudgee Town Hall Cinema on Facebook

## Ticket prices

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

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Combined Rotary Clubs of Mudgee



# 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**



## 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](http://www.mwrcyouth.eventbrite.com)



FREE COUNSELLING

Relationships Australia.  
NEW SOUTH WALES



## 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](mailto:bathurstfrc@ransw.org.au)

Phone Bathurst Centre: 02 6333 8888

For judgement free support contact us today  
[relationshipsnsw.org.au](http://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](mailto:soundofmusiccts@gmail.com)

Phone: John Vickery (Assistant Director) 0439 107 666

Emma Mason (Director) 0413 999 328

# 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](https://csu.edu.au/iap)**

## For more information, contact:

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

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

**Phone:** (02) 6933 4020



Charles Sturt  
University





# 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](http://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](mailto:di.clifford15@gmail.com)

## Sponsorship

**Mudgee High School - LINK Program**

**Proudly supported by**

**GLENCORE**

**Ulan Coal Mine**