

# MHS Newsletter

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



Monday  
2 September  
Week 7 Term 3  
2019

## Principal's Message

### Feedback

Last Thursday night, we had the second of our new format parent/ teacher evenings. Despite the coolness of the weather, the turnout was very good and from the perspective of this observer, went well.

But in the spirit of “self-praise is no praise” combined with the more prescient, “what we don’t know, we don’t know,” we’re always happy to hear from you. Feedback is what keeps us on point and allows us to improve what we do where practical.

Some feedback already received has included an appreciation for the concierge desk, made obvious by the lectern and sign stating it was an information desk. It gave our parent and carer visitors a point of reference comfortable place to seek help when looking for particular teachers. Other positive comments centred on the simplicity of the new booking system and the “speed-dating” seven-minute bell that kept the whole thing flowing.

Our PDHPE and Creative Arts teachers have identified the winter draft at the door as an issue for further consideration, while the earlier hiccough of 15 minute interval bookings being changed to seven minute intervals – the first iteration was never going to fly – caused some understandable confusion for the vigilant early-birds.

All that said, if you do have any suggestions or observations – or even positive feedback – that you would like to share, feel free to ring it through or email it directly to the school at [Mudgee-h.school@det.nsw.edu.au](mailto:Mudgee-h.school@det.nsw.edu.au)

### Acceptance and respect

Last week I read a troubling report in a reputable educational journal. The item centred on a recent joint study by the Australian National University (ANU) and Western Sydney University. The study found that nearly a third of NSW and Victoria students in Years 5 – 9 from non-Anglo or non-European backgrounds had experienced racial discrimination.

The study, which surveyed 4,664 primary and secondary students across twenty-three schools in NSW and Victoria, makes clear that there is a racism problem in schools. What’s more, 60% of the participants reported seeing other students being racially discriminated against by their peers. The discrimination included being left out, teased, or treated with less respect by other students.

Naomi Priest, associate professor at ANU and the study’s lead author, said, “I think Aboriginal and Torres Strait Islander communities and ethnic minority communities have been telling us for a long time that racism is part of their everyday lived experience. What this survey gives us is some data on how common that is, and the burden it places on children and young people. We know racism and race discrimination are major issues and of course they effect children.”

The study has called on schools to do more to combat racism; a fair request.

Despite our universal of Respectful, we know that racism does occur in our community and that our school is a microcosm of the broader community.

We have two dedicated anti-racism contact officers (ARCOs) at Mudgee High; Ms Carr and Ms Windeyer. This Wednesday (4 September), Ms Windeyer will deliver a

*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

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

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- Weekly awards
- Writing Friday
- Year 12 Farewell Dinner
- Max Potential
- Ciao dall'Italia
- Year 8 Commerce
- Positive Behaviour for Learning
- Anti-bullying Alliance update
- The Learning Curve
- Cyber Safety
- Bawamarra
- Aboriginal banner competition
- Advertisements
- Sponsorship

message on assembly regarding the role of the ARCOs and the very real need for all of us to be accepting of difference if we are to live in an inclusive and respectful community.

Until next week...

Wayne Eade  
Principal



## T'anks, Matt!

Year 11's Matthew Adams poses with his laser cut and hand assembled Sherman tank. The model was produced over the course of eight weeks (6 x 38 minute periods per week) in Design and Technology (LS).

Well done, Matt!



## 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.

All welcome.

### Week 6 Term 3 Awards

P&C Awards: Year 7 - Beau Rohr; Year 8 - Layla Gaffney; Year 9 - Connor Van Reason;  
Year 10 - Reuben Mills; Year 11 - Bethany Lawrence; Year 12 - William Douglas

SRR Award: Harriet Attfield

### Writing Friday

## Should mobile phones be banned in schools?

Do you think mobile phones are good for learning? Do you use them to help you learn? How else are they used at school? Is this a good thing? Write your opinion.

In your writing, use:

- \* First person (I)
- \* Evidence to support your ideas
- \* Persuasive tone
- \* The word 'technology' - it's a noun that means 'practical application of scientific knowledge'

Your goal:  
200 words  
20 minutes



# 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.



## Max Potential

Congratulations to our students who participated in this years Max Potential program!



### Sarah Gatley

Promoting amateur musical performance in public places.

Max Potential has been such an amazing experience. What I learnt will help me immensely in my senior school years. I had a wonderful coach who was supportive and kind and who never gave up on me even if I gave up on myself at times.

I had a great time during my Community Service Project "Sunday Lunch Buskers" and had such positive feedback on the event. Max Potential was efficiently run and was an incredible couple of months. It was such an amazing program and well worth doing.



**Claire Finter**

Raising awareness about practical ways in which each of us can reduce our carbon footprints.

This year, I participated in Max Potential. During this twenty-two week program I had the opportunity to work closely with my coach Rusha to learn while constructing a community service project. My Community Service Project was a bike ride/walk to work or school day. It was mostly aimed at spreading awareness about climate change and the effects that coal has on our environment, especially when coal mines are very prominent in our small community. My project was a small success within Mudgee High and it opened students eyes to what our future may hold if we do not take even small steps now in an effort to stop climate change.



**Abigail Hamilton**

Making positive changes to Mudgee's off-leash dog exercise area at Glen Willow.

Over the twenty-two week program, I worked with my coach to come up with a community service project. With a passion for animals I went down to the dog park and installed some obstacles for them to enjoy. Throughout the program I learnt to "X" out the negatives and make things happen now instead of later.

I have learnt strategies to focus on school work and minimise procrastination. Although there were some bumps along the way, my project was a success and a lot of fun.



**Ashton Breadsell**

Working to improve the lives of retirees living in Pioneer House.

Max Potential has helped me in a lot of areas of my life. For example balancing school, work and social life. For my Community Service Project, I put together a movie night at Pioneer House showing *Platinum Blonde*. I also met all the residents. Doing Max Potential was a great experience.



Max Potential participants 2019

## Ciao dall'Italia

How lucky to be spending a whole year in another country! And Italy is truly a wonderful place!

Last year, Phoebe Smith saw a small ad in the school newsletter calling for interested students to apply to be part of the Rotary Youth Exchange Program. We contacted Rotary and attended one of their meetings. After this there were forms to fill out and interviews to attend. Before heading off overseas for the year Phoebe attended training weekends in Maitland with Rotary and the other Exchange Students who would be heading off from our district.

January 10, 2019 was the day Phoebe flew out from Sydney airport. She had an 11 hour flight to Singapore then a 14 hour flight to Milan, Italy, where she was greeted by her first host family. The town Phoebe is now living in is in the North of Italy and is called Grignasco, it is about an hour northwest of Milan.

Since January, Phoebe has attended High School in Italy.

Keeping up with Year 10 studies in a language you are just learning is quite difficult but many of her teachers have been helping her with her language skills. Phoebe is now attending an Italian Cooking School for the remainder of the year. As she loves cooking, this is a fantastic opportunity.

The Rotary District in Italy has organised some activities for the students throughout the year. The group had a cooking day where all the students cooked a favourite dish from their country. Phoebe cooked Lamingtons. There was also a South Italy tour. Students visited the famous Leaning Tower of Pisa and the ancient city of Pompeii in the shadow of Mt Vesuvius.

School excursions are also pretty amazing. Recently Phoebe attended a school camp that took the students to the fashion centre of the world, Milan. This excursion was through her Art class as the students were studying the History or Art and Architecture.

In Europe, students have three months off during the summer as their holidays. During this time Phoebe, has gone on EuroTour, volunteered for the Red Cross and travelled to Sardinia for a seaside holiday.

On EuroTour, Phoebe travelled to twelve different European countries with other Rotary exchange students from all over the world. Her favourite places were Amsterdam and Berlin but she also visited Geneva in Switzerland, Paris in France, Brussels in Belgium, Prague in the Czech Republic, Bratislava in Slovakia, Vienna in Austria, Budapest in Hungary and Venice in Italy.

Volunteering for the Red Cross has certainly been a highlight. For two weeks, Phoebe worked with children from less fortunate backgrounds in the foothills of the Alps in a special camp which is set up each year for this purpose. Each week saw a new group of students come in for support as well as a great time away. The volunteers were made up of both adults and teenagers and they participated in some great activities and were able to visit some very beautiful parts of the region on various hikes.

Phoebe is currently in Sardinia on a seaside holiday with her host family! To get to Sardinia, the family caught a ferry similar to the Spirit of Tasmania. The ferry journey from Italy across to Sardinia took fourteen hours. While in Sardinia, Phoebe's time has been spent relaxing and playing next to the Mediterranean Sea. She has been swimming, as well as attending various local carnivals and parades. It certainly has been an action packed holiday!

There is still so much to look forward to as Phoebe will not return to Australia until January 11, 2020. While she does miss her family and friends, she is certainly having the time of her life! Rotary Exchange is an AMAZING opportunity!

A HUGE thank you to our local Rotary Clubs who are sponsoring Phoebe whilst she is away! The volunteers in Mudgee and Mudgee Sunrise Rotary Groups are amazing people and it is fantastic that these opportunities are made available to Mudgee students! If your kids are interested, you could do worse than contact one of these great clubs to find out how they could be spending a year on exchange!

(Ed. Thanks to Liesel Meers, Phoebe's mum, for the lion's share of this report and keeping us up to date with what Phoebe's amazing exchange year has looked like to date).



## Year 8 Commerce

As a part of their 'Promoting and Selling' topic, Year 8 Commerce students created a playdough product which they attempted to sell to Year 7 students. The playdough had to match their target audience, brand name and aim. As part of the design of the playdough, students had to create their own packing and label that would draw the consumer's eye.

All students enjoyed creating their products and were excited to see the reactions of their customers.



## Positive Behaviour for Learning

This week, the focus is on respecting others and appropriate language. We encourage students to be Safe, Respectful and Responsible in all areas of the school and by doing this, we hope to create a positive learning for everyone.

Respect is very much a two way street. This week during roll call, we will be talking about positive ways to interact with each other and how personal language choice can affect this.



# Anti Bullying Alliance update

## How to be an Upstander.

Reach Out is “Australia’s leading online mental health organisation for young people and their parents.” They have a range of practical support, tools and tips to help with a wide range of issues. Bullying is one of the issues they address through their website.



We encourage you to have a look. <https://au.reachout.com/bullying>

Recently we shared with students information on how move from being a **Bystander** to being an **Upstander** when witnessing incidents of bullying.

Reach Out defines an **Upstander** as someone “who takes action against bullying behaviour. When an **Upstander** sees someone being bullied, they do something about it. They help to stop the bullying from happening, or they support the person who’s being bullied.”

Here is a summary of how an **Upstander** can help from the Reach Out page

<https://au.reachout.com/articles/how-to-be-an-upstander:>

1. **Be a mate to the person being bullied:** Let the person know that you have noticed the bullying and that you are there for them. They may be feeling lonely, so knowing someone is there to support them is a great help.
2. **Shift the focus away from the bullying situation:** Just diverting attention from the situation or asking the person who’s being bullied to sit with you, or that you need their help with an upcoming assessment is a great help. If you know the person who is bullying someone, you can divert their attention too.
3. **Call the person out on their bullying behaviour:** Speaking up can be scary, but it can make a huge difference. Be direct, calm and confident, and let them know that their behaviour is not okay. Only do this if you feel safe to do so. If not, follow step 4.
4. **Leave the situation, then act:** You don’t have to step in and call out a situation to help. Walking away can send the message that you don’t approve. This includes not participating in online bullying, not liking or sharing posts that are intended to cause harm. You can speak up later, to the bully in a calm manner, or report the bullying to a teacher.
5. **Ask for help:** Supporting the person being bullied includes encouraging them to ask for help. You can offer to go with them, or share anti-bullying resources with them. If the bullying is happening online, encourage them to take screen shots and then block and report the person who is bullying them. Online bullying should be reported to the eSafety Commissioner. <https://www.esafety.gov.au/>

The most important thing is to take some positive action when you witness bullying occurring.

Together, we can make a difference.







## SECONDARY

### Parent Newsletter

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The Learning Curve™

#### Wellbeing Builder:

Middle – SHOWING EMPATHY

Senior – EMPATHY AND CARING

#### Wellbeing Element:

RELATIONSHIPS AND OPTIMISM

#### Character Strength:

APPRECIATION OF BEAUTY AND EXCELLENCE

#### Strengths Booster:

STRENGTHS COLLAGE

#### Wellbeing Reflection Activities:

Middle – SHOWING EMPATHY,  
Senior – EMPATHY AND CARING (see website)

#### Parent Wellbeing:

A skill of social-emotional resilience is being able to regulate your emotions. Describe a time you have done this and how you could do it more often. *(Acknowledgement: Rievich and Shatte)*

Studies have shown that it is the frequency of positive emotions that builds student, parent and teacher wellbeing, not their intensity. Which in turn, creates feelings of optimism and hope for the future, which is a key resilience skill.

When students learn how to show empathy for the needs and feelings of others, it enables feelings of social connectedness in them, which is the greatest factor in building their wellbeing. Doing this indicates that students care and believe that others matter, and creates a belief in them that they can make a positive change in their own lives.

The best way to show empathy is in person, because reading body language reinforces the care being shown. Students will benefit a great deal from these types of interactions and also be able to practise using their strengths directly with others. Empathy can be the social glue which enables the building of respectful relationships.

When listening to others, seek first to understand how they feel, by focusing on their words attentively with your eyes, ears and heart. Beware of listening to your possible judgemental self-talk about their situation; it's not about you, it's about them.

Showing empathy is about listening and connecting, not about suggesting solutions. Your interest and positive attitudes are contagious and will rub off to empower them find their own solutions. When they are ready, they will ask for your thoughts on what they intend to do.

*“The great gift of human beings is that we all have the power of empathy.” Meryl Streep*



## FACTSHEET

[@ThinkUKnow\\_Aus](https://twitter.com/ThinkUKnow_Aus)

[facebook.com/ThinkUKnowAustralia](https://facebook.com/ThinkUKnowAustralia)

# Online grooming



This factsheet explains online grooming and includes tips for parents and carers about how to help their children avoid unwanted contact.

## What is online grooming?

Online grooming is when an adult makes online contact with someone under the age of 16 with the intention of establishing a sexual relationship. The offence occurs in the communication phase so no physical contact need ever occur for police to step in and investigate these offenders.

Offenders may create several online identities with some pretending to be another young person in order to build and maintain trust with a young person, while others are upfront about their age or intentions and manipulate the young person into thinking their relationship is okay.

## Where can it happen?

Online grooming can take place on instant messaging apps, social media, gaming sites, emails and in chat rooms. It's important to know that all websites, apps, games or pages have the potential to be misused or cause harm.

Many parents and carers may not be aware that chat functions appear on several popular online games, applications and social networking platforms.

Anonymous chat can provide a platform for online child sex offenders to target young people. There have been many instances where online predators have used 'in game' chat as a gateway to access children.

**Tip:** If you are unsure about the features in the games or apps your child is using, do some research, download it yourself and review, or better yet, sit down with your child and ask them to show you how it works.



Our partners



DATACOM

Microsoft

## Who is your child talking to? Be aware of the connections your children are making; not everyone online is who they say they are.



### HOW TO HELP MINIMISE UNWANTED CONTACT

- > Your child should not use their full name online; they should use a nickname or their first name only
- > They should not disclose their address or phone number to anyone online
- > They should not post or share photos of themselves that show their identity or location (such as a school logo on a shirt)
- > Keep communication open and encourage your child to talk to a trusted adult if they feel they cannot discuss something with you
- > Your child should never agree to meet someone they have met online unless they have your permission and are accompanied by yourself or a trusted adult
- > If something feels wrong then it probably is; your child should trust their instincts
- > Check your child's security settings on their online networking sites and have them set to protect their privacy as much as possible, review settings regularly, particularly after updates or changes to the site
- > Consider whether having the 'chat' function enabled on apps and games is necessary

Reassure your child that they can talk to you and you will support them even if they have shared something online that they are concerned about.



### WHAT CAN YOU DO IF YOU SUSPECT ONLINE GROOMING?

If you are concerned your child, or a child you know, is possibly at risk of online child sexual exploitation, report it to police.

Online child sexual exploitation can be reported to ThinkUKnow [thinkuknow.org.au/report](http://thinkuknow.org.au/report)

If a child is in immediate danger please contact 000.

ThinkUKnow and the Carly Ryan Foundation have developed a **Family Online Safety Contract** to help parents and carers start cyber safety discussions with their children. This is a resource for parents, carers and their children to refer to when agreeing on appropriate online behaviours and expectations held by both the parents and their children. A copy is available at [www.thinkuknow.org.au](http://www.thinkuknow.org.au)

### CONSIDER SEEKING ADVICE FROM SUPPORT SERVICES:



**Lifeline**  
13 11 14



**Kids Helpline**  
1800 55 1800



**Youth Beyond Blue**  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)



**ReachOut**  
[www.au.reachout.com](http://www.au.reachout.com)



**Bravehearts**  
[www.bravehearts.org.au](http://www.bravehearts.org.au)



**The Carly Ryan Foundation**  
[www.carlyryanfoundation.com](http://www.carlyryanfoundation.com)



## 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)



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.**



**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.'

## 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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# 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)

# TOWN HALL CINEMA

Showing September 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>

Tickets available online from Monday 26<sup>th</sup> of August

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



## The Keeper

Fri 6 <sup>th</sup> Sept	7:00pm
Sat 7 <sup>th</sup> Sept	7:30pm
Sun 8 <sup>th</sup> Sept	4:30pm



## Spider-Man: Far From Home

Sat 7 <sup>th</sup> Sept	4:30pm
Sun 8 <sup>th</sup> Sept	2:00pm



## The Secret Life of Pets 2

Sat 7 <sup>th</sup> Sept	11:00am
Sat 7 <sup>th</sup> Sept	2:00pm
Sun 8 <sup>th</sup> Sept	11:00am

\* 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

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

**For more information, contact:**

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

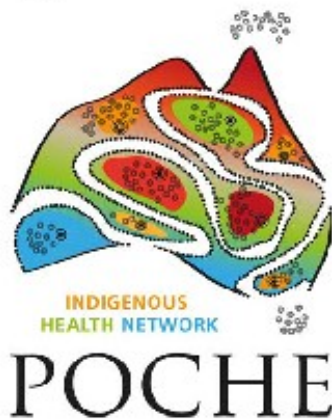
**Website:** [csu.edu.au/iap](https://csu.edu.au/iap)

**Phone:** (02) 6933 4020



**Charles Sturt  
University**





## KEY THINKERS FORUM

### Allied Health Careers – Pathways for Success



#### When

Monday, 9<sup>th</sup> 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](mailto:poche.admin@sydney.edu.au)  
02 9114 0829

#### Register

Information on how to register.  
[www.tinyurl.com/KTF-pathways](http://www.tinyurl.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

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