

MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEE NSW 2850
ABN: 18 246 198 266 Telephone: (02) 6372 1533 Facsimile: 6372 6321
Website: www.mudgee-h.schools.nsw.edu.au
Email: mudgee-h.school@det.nsw.edu.au
<https://www.facebook.com/mudgeehighschool/>



Monday
3 August
Week 3 Term 3
2020

Principal's Message

Major Works

Welcome to Week 3 and welcome to EDUCATION WEEK!

These coming weeks are such an important time for our Year 12s. Trial HSC examinations begin on Thursday 13 August, the first examination being English Paper 1, and will run until Friday 21 August, then Japanese finishes off the week.

Those Year 12s who have taken on subjects that include production of a Major Work are also in the final days before submission is demanded. It is the ongoing work of some these students that features in these pages this week.

Finally, please be aware that we have been compelled by external circumstances to move Year 12's graduation assembly, an event that would normally take place on the final Friday of Term 3.

The new date is Thursday 12 November.

HSC examinations finish on Wednesday 11 November, so the following day would seem an appropriate time to farewell our departing Year 12s. Be aware that if the current COVID restrictions continue into Term 4, graduation as it has existed in the past will not be possible. We are planning for what an effective alternative may look like.

Parent/Teacher evenings

Junior reports are out and, in some cases, new courses for the new semester have begun.

It is that time of the year when we would normally host parent/teacher evenings, those great opportunities to touch base and either make or continue the supportive connections that permit some shared reflection on what has been and where to from here.

Unfortunately, current COVID restrictions have made parent/teacher events an impossibility.

This week, all students received notes to take home explaining the alternative the school is offering. We know that not all notes get home intact, so copies of those notes can be found in this newsletter.

We look forward to your contact and your continued support.

Year 10 into 11

It is also that time of the year when we ask our 15 and 16 year-old Year 10s to consider what they will do at the end of the year. For the great many of them, we also ask them to consider carefully what subjects they wish to study for the HSC.

To better ensure that their choices are the result of informed decision making, we would normally run a Subject Market.

COVID restrictions have unfortunately made our annual Subject Market an impossibility.

As a result, we have ramped up our presence in the cyber world. Mudgee High's

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- Friday 7 August Jeans for Genes Day
- Monday 24 August P&C meeting (via ZOOM)

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards
- Writing Friday
- Max Potential 2020
- HSIE senior Geography field work
- Commerce 12 Political Systems
- Years 11 and 12 parent/teacher interviews
- Years 7 to 10 parent/teacher interviews
- Year 10 into 11 subject selection information
- English - Tutoring Tuesday
- ABA - Why does bullying happen?
- The Learning Curve
- Advertisements
- Sponsorship

teachers have been working hard to create presentations for the subjects we offer, all of which will soon be available on our website. There is also a video presentation that has been put together to take the place of the more regular parent information evening that we would run at this time.

The personal touch may not be there this year, but the ability to return to presentations at any time of the day or night is an advantage of the move we have made. You should also be aware that we are more than happy to field your questions.

Reading

Reading this?

Well done, you!

As stated above, this week is Education Week – the official Education Week.* With that in mind, what better week than this one to talk about the importance of reading. While it is possible to read a film, body language or even a room, for the purposes of this reflection, the reading referenced will be the kind that makes use of written words.

So why is reading important?

Reading has the power to help us discover who we are. Books open up new worlds and have the capacity to throw our own world into stark contrast, causing us to at least reflect on what we think we know and maybe even challenge our perceptions. The connections we make with the events, experiences, emotions and people we encounter in our reading have the power to grow us as individuals; to discover new things about ourselves.

Truly good books are not the product of a day's writing. Some take years of gestation, borne on worldly experience, before they see the light of day. They are then ours to enjoy in a matter of days or weeks at most.

Reading does not always provide immediacy. It is an investment, requiring hours of connection to become revelatory. The internet may have revolutionised the speed and ease with which we access information but it has come at a cost. Instant gratification as a norm impacts individual capacity to focus on one thing for an extended period. Reading by way of contrast, has the capacity to develop within each of us greater capacity for sustained concentration, a skill necessary to achieving greatness.

Reading has the power to contribute to improved emotional health – enhancing our capacity for empathy and compassion.

Reading has the power to enhance memory. Keeping on top of a whole other world of characters, plot twists, sub-plots and places requires a not insubstantial aptitude for mental gymnastics.

Reading has the power to broaden the imagination and fuel personal creativity.

Reading broadens the vocabulary – one's command of language – and as a result, an individual's capacity for enhanced communication.

Reading can make you a better person. It is almost impossible not to grow, to develop in some way, as the result of reading. Empathy and compassion, as mentioned above, and even a little humility are all but impossible to avoid side effects of wide reading. Discovering the ways in which others have endured the "slings and arrows of outrageous fortune" few escape at some point in their lives allows us for a moment to experience the experiences of others. Understanding the motivations and experiences of other people – even fictional other people – has the power to make us both gentler and kinder in our dealings with the real others in our lives.

I would wager that a little more tenderness in each of our lives has the capacity to deliver us much better emotional health.

Encouraging our kids to read and when they have finished to read some more has the power to provide them so very much.

Happy Education Week!

Until next week...

Wayne Eade
Principal

*It would be an easy case to make that there are 41 education weeks at school every calendar year. Given that we are all lifelong learners, whether any of us like it or not, it would be an equally easy case to make that every week is an educational one.



Bethany Lawrence - Textiles



Jenaya Maher - Textiles



Charli Hayes - Textiles



Emalee Van Bruchem - Visual Arts



Mia Swords - Textiles



Lucille Evanoff - Textiles



Ella Werth - Textiles



Stephanie Phillis - Visual Arts

MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held via ZOOM.

Link will be published on the MHS Facebook page.

All welcome.

Week 2 Term 3 Awards

P&C Awards: Year 7 - Zahli Gray; Year 8 - Bobbey Jones; Year 9 - John Douglas;
Year 10 - Zoya McCoullough; Year 11 - Ella Maynard; Year 12 - Tasmin Cox

Writing Friday

Informative Writing Task 1: Factual Description

Imagine you are a spy. You have chosen this site as the perfect place for a secret meeting with your partner. They need to know every detail about this place so that they can find it quickly and accurately.

Write a factual description of the location shown in this image. Your description should be a detailed and accurate depiction of this place. Your description should be able to be used by another person to find you.

Your partner has never been here before, so you will need to be very precise in your description. Think about: where is this place? What time of day and what season is it? What is shown in the picture?

Remember to use:

- Factual **Details**
- Powerful **adjectives**
- Include the five **senses**.

Look at the next slide for a scaffold to help you write a factual description.



Max Potential 2020

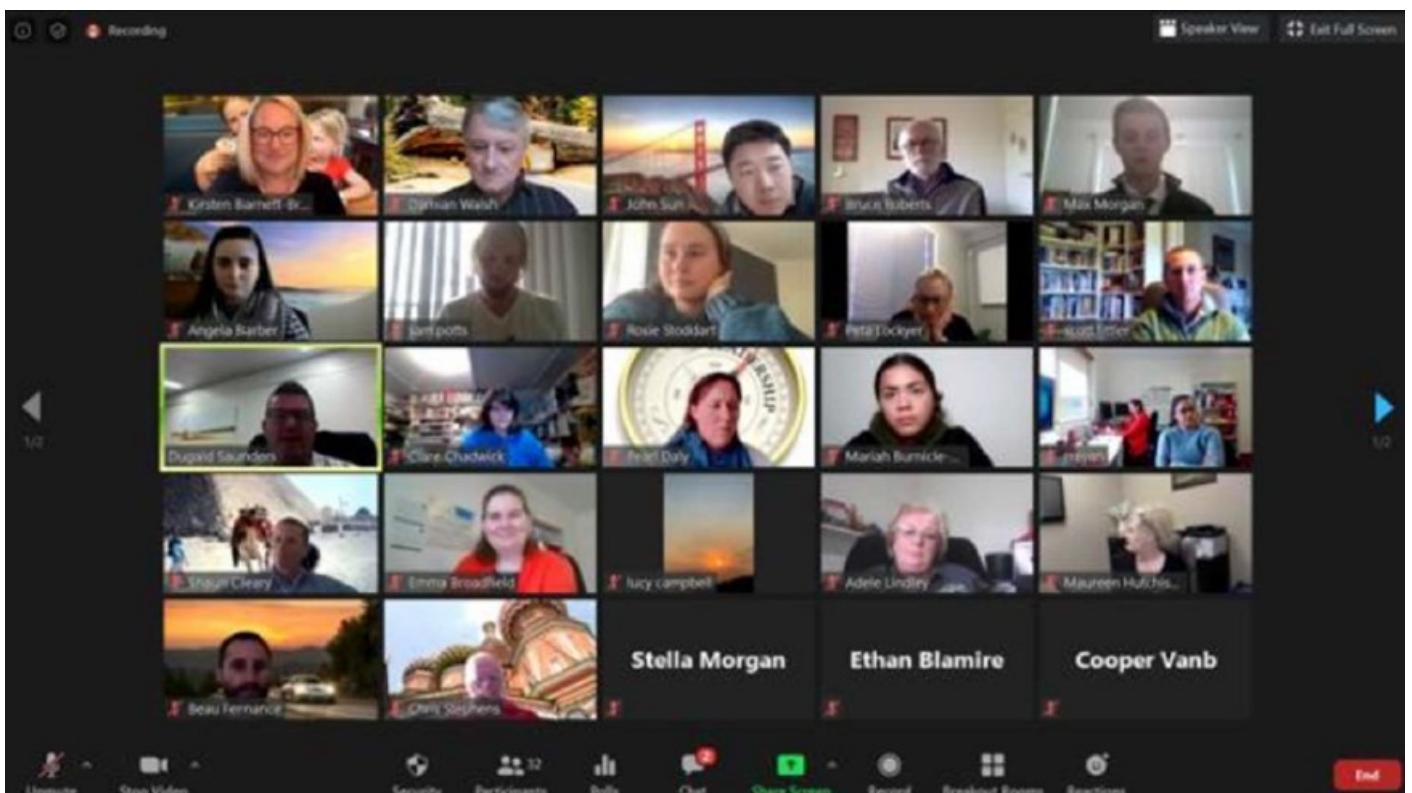
Excerpts from the *Mudgee Guardian* article "Max Potential set to celebrate conquering the challenges of 2020" 24/07/20.

As with so many things in 2020, the 14th year of the local leadership program has looked different to those in the past. The participants started out with face-to-face gatherings in February, then the impacts of COVID-19 required a rapid rethink of the program and a move to being fully online.

Program manager, Damian Walsh, was impressed by the willingness of the young adults and community coaches to quickly adapt to the online environment.

Mudgee High's Lucy Campbell was matched with community coach Chris Stephens. Lucy remarked, "The best part of Max Potential has been the new adjustments and learning experiences." Lucy and Chris were sponsored by Maas Properties in Dubbo. Lucy expressed her gratitude by saying, "I would like to say a massive thank you to Maas for supporting Chris and I on this crazy journey, It's great to know that the community is behind such a great program."

The Max Potential team acknowledged that the program would not be viable without the support of its sponsors: Club Mudgee; Maas Properties; Mid-Western Regional Council; Glencore; Peabody; Yancoal; and McGrath.



HSIE Senior Geography field work

The HSC Geography course requires students to complete field work for each of their main topics. At the end of 2019, the class went to Sydney for three days to complete the field work for Topics One and Two.

On Wednesday 29 July, the class went to Lowe Wines to complete the last piece of field work for the course. This topic establishes the links between physical geography and a productive activity. Mudgee High students study Viticulture. On this day, they spent a very productive two hours learning about biodynamics and soil productivity, the decisions farmers make around the choice between producing for quantity and producing for quality and price.

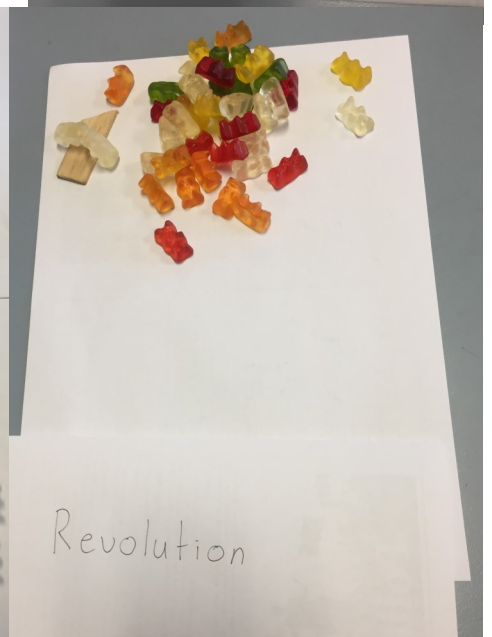
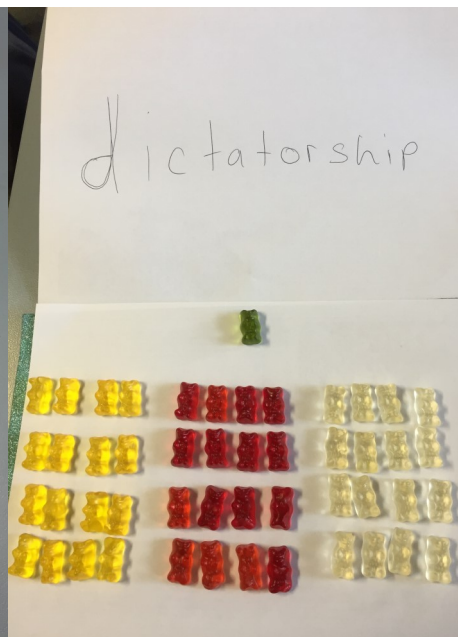
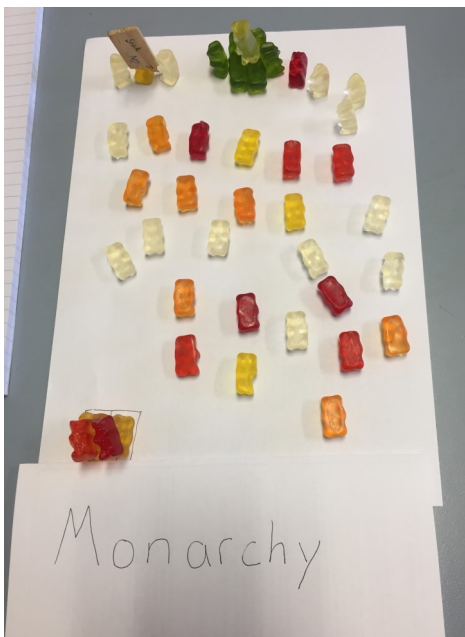
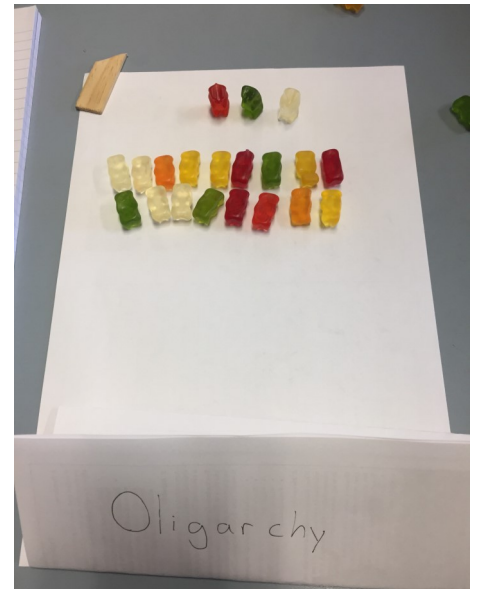
A highly educational experience.



Commerce 12 Political Systems

This term, Commerce 12 are studying Law, Society and Political Involvement. As part of their introduction to the topic, students were given a brief outline of a range of different political structures and a bag of gummie bears! Their task was to construct models of some of the systems using the gummie bears to demonstrate their knowledge and understanding of what these systems may look like on the surface.

Here is some of what they came up with....





MUDGEE HIGH SCHOOL
 Locked Bag 2004, MUDGEE, NSW 2850
 Ph: (02) 6372 1533 Fax: (02) 6372 6321
 ABN: 18 246 198 266



3 August 2020

SEMESTER 2 PARENT / TEACHER INTERVIEWS – YR 11 / 12

Dear Parents/Guardians,

Due to continuing COVID19 social distancing restrictions, it is not possible to host our Parent / Teacher Interview evening in its regular fashion.

Given the proximity to the conclusion of the Year 11 HSC and the Year 12 HSC Courses, now is the most opportune time to discuss any issues and concerns in order to be able to effectively address those concerns prior to NESA deadlines for course results.

If you would like to speak to your child’s teachers to discuss their progress for all or any subject in particular, please fill in the form below and have your child return it to the Front Office. This information will then be forwarded to the relevant teacher and they will contact you via phone to discuss your child’s progress or organise a more suitable time to call back later.

The time period for arranging call backs via this method will operate for the next two school weeks. Please ensure your child has returned this note to this office no later than Wednesday 12 August.

Yours sincerely,

Mr W Eade
 Principal

2020 Semester 2 Yrs 11 & 12 – Teacher Phone Interview Request

Student Name: _____ Academic Year: _____

Subject Interviews Requested (please tick)

- | | |
|------------------------------------|--|
| <input type="radio"/> English | <input type="radio"/> Line 6 _____ |
| <input type="radio"/> Mathematics | <input type="radio"/> Offline _____ |
| <input type="radio"/> Line 3 _____ | <input type="radio"/> Careers / University Entry |
| <input type="radio"/> Line 4 _____ | <input type="radio"/> Support Unit |
| <input type="radio"/> Line 5 _____ | |

Parent Name: _____ Signature: _____ Date: _____



MUDGEE HIGH SCHOOL
Locked Bag 2004, MUDGEE, NSW 2850
Ph: (02) 6372 1533 Fax: (02) 6372 6321
ABN: 18 246 198 266



3 August 2020

SEMESTER 1 PARENT / TEACHER INTERVIEWS

Dear Parents/Guardians,

Due to continuing COVID19 social distancing restrictions, it is not possible to host our Parent / Teacher Interview evening in its regular fashion.

Reports for Semester 1 were issued on 31 July. If you would like to speak to your child's teachers to discuss their report for all or any subject in particular, please fill in the form below and have your child return it to the Front Office. This information will then be forwarded to the relevant teacher and they will contact you via phone to discuss the report or organise a more suitable time to call back later.

The time period for arranging call backs via this method will operate for the next two school weeks. Please ensure your child has returned this note to this office no later than Wednesday 12 August.

Yours sincerely,

Mr W Eade
Principal

2020 Semester 1 Report – Teacher Phone Interview Request

Student Name: _____ Academic Year: _____

Subject Interviews Requested (please tick)

- | | |
|-----------------------------------|--|
| <input type="radio"/> English | <input type="radio"/> Support Unit |
| <input type="radio"/> Mathematics | <input type="radio"/> Geography / History |
| <input type="radio"/> Science | <input type="radio"/> Language (Japanese) |
| <input type="radio"/> PD / H / PE | <input type="radio"/> Technology (Mandatory) |
| <input type="radio"/> Music | <input type="radio"/> Visual Art |

Years 8, 9 & 10

Elective Line 1: _____

Elective Line 2 (Yr 9 & 10 Only): _____

Parent Name: _____ Signature: _____ Date: _____



MUDGEE HIGH SCHOOL

Locked Bag 2004, MUDGEE, NSW 2850
Ph: (02) 6372 1533 Fax: (02) 6372 6321



Year 10 into 11 2021 – Subject Selection

Dear Parent/Carers,

COVID-19 restrictions have impacted our 10 into 11 subject selection procedures for 2021 and, as a result, the process is being delivered online.

Year 10 students have been issued with their curriculum booklet. It contains general information as an introduction to senior courses and subject specific information, and is accessible through our website. In addition, we urge students and parents to view the range of information packages available on our school website, which can be accessed here: <https://mudgee-h.schools.nsw.gov.au>

Important dates for the subject selection process can be found on page 5 of the curriculum booklet. Reminders to students and parents will be made via our daily notice communications in Roll Call and also via our school Facebook page.

Staff are available to answer any questions. Parents are welcome to make contact with the school, and students are encouraged to see their teachers for additional assistance around course selections. Key staff include:

Deputy Principals – Ms Melissa Date and Mr Dayne Rosolen

Year Adviser – Mrs Katrina Gallen

Careers Adviser – Mr Bill Kempton

VET Co-ordinator – Mr Jason Nicholls

Head Teachers:

English – Ms Melissa Tetley

Maths – Ms Sue Robinson

Science – Mr David McLennan

HSIE – Ms Claire Windeyer

CAPA – Mrs Rebecca Goldsmith

PDHPE – Ms Rachel McCann

TAS – Mr Clayton Roberts

LANGUAGES – Mrs Cath McNeill

SUPPORT – Mrs Karen Quinn

Wellbeing – Mrs Robyn Burke

Mudgee High School looks forward to supporting Year 10 students and parents as they progress to their senior schooling. Please contact the school if you have further enquiries.

Mr Wayne Eade
Principal

English Tutoring Tuesday expansion

As you may be aware, the English Faculty run tutoring sessions on Tuesdays.

Currently this is in K06 from 3:30 to 4:30 pm. We are going to expand our services to have TWO rooms available each week.

- K06 – help, homework etc.
- K05 – specific targeted skills development.

Workshops in K05 include:

- Week 3 – Thesis statements and topic sentences
- Week 4 – Introductions
- Week 5 – Body Paragraphs
- Week 6 – Discursive Texts
- Week 7 – Show, don't tell
- Week 8 – Techniques, techniques, techniques
- Week 9 – Parts of speech to strengthen your writing
- Week 10 – Building your vocabulary

All students are invited to avail themselves of this service, which is free.

Anti-bullying Alliance

Why does bullying happen?

Bullying occurs within a social context. Students integrate the values and social norms from the school and wider community social contexts as they develop their personal relationships.

What we know

A student can bully another person because they:

- Don't like the person.
- Find bullying fun.
- Like to feel tough, strong and in control.
- Think it will make them popular.

Bullying can also happen because the student gets a reaction they like. Bullying can arise from distrust, fear, misunderstanding, lack of knowledge or jealousy—all factors that schools seek to address in positive and proactive ways.





SECONDARY

Parent Newsletter

The Learning Curve™

Wellbeing Reality:

Middle – FORGIVENESS AND APOLOGISING

Senior – SAYING SORRY AND FORGIVING

Wellbeing Element:

MEANING + PURPOSE

Character Strength:

HUMOUR

Wellbeing Fitness Challenge:

HIDDEN PEOPLE

Wellbeing Reality Activities:

Middle: FORGIVENESS AND APOLOGISING

Senior: SAYING SORRY AND FORGIVING (see website)

Parent Wellbeing:

Achieving something requires combining the following internal and external components: self-belief, intrinsic motivation, positive engagement, hope, character strengths and process praise. For each of these describe how effective you are.

To live a fulfilling and meaningful life, it is important for students to learn how to apologise to others they have upset or done the wrong thing by. Similarly, when the shoe is on the other foot, they need to be prepared to forgive others who have upset them. And, also it will benefit their own wellbeing when they forgive themselves for silly things they have done.

It is amazing how much emotional energy gets used up every day by people holding grudges. In some ways this situation is quite understandable, because it takes a considerable amount of courage to open our hearts to say sorry or forgive others who have upset us. The issue can be that others may not be prepared to accept our apology and forgive us, and that's where courage comes in. Making the effort to at least try, will lift a load off our shoulders.

And to do this, students will have to use strengths to their fullest. While many students know about and talk about their strengths, they don't often use them. Apologising and forgiving are ideal opportunities for students to consciously and deliberately practise using them, and from this comes personal growth.

Acknowledgement: Lyubomirsky and Diener

Wellbeing Measurement Tool:

Students, staff and parents can measure the state of their wellbeing by taking the free PERMAH survey at <https://permahsurvey.com>

Acknowledgement and thanks: Dr Peggy Kern & Michelle McQuaid

"It takes courage to apologise and forgive." MW

Advertisements

Mudgee High School Canteen – Price List 2020

Hot Food

Chicken and corn roll	2.00
Pizza rounds	3.00
Beef traveller pie	4.00
Curry chicken pie	4.50
Potato pie	4.50
Beef and gravy roll	5.00
Hot dog	3.50
Hot dog with cheese	4.00
Beef pie (gluten free) order only	4.50
Mayonnaise/sauce portions	0.30

Rolls and Sandwiches

Can be made on gluten free rolls by request – order only.

Ham and salad	5.00
Egg and salad	5.00
Cheese and salad	5.00
Chicken, mayo and shallots	5.00
Chicken Caesar	5.00
Sweet chilli chicken and avocado	5.00
Salami, cheese and tomato	5.00

Snack Food

Red Rock Deli chips	1.50
Grain Waves	1.50
Chip Roll	2.70
Choc Chip Muffin	1.50
Pear and raspberry bread	2.00
Blueberry Muffin	1.50
Watermelon tubs	2.50
Trail mix pots	2.50
Seasonal fruit	1.00

Milk and Dairy

300ml Big M flavoured milk	2.50
500ml Dairy Farmer's Classic flavoured milk	4.00
600ml plain milk	2.00
500ml Dare flavoured milk	4.00
375ml Nippy's flavoured milk	3.50
Yoghurt – thick and creamy	2.50

Cold Drinks

750ml Cool Ridge Spring Water	4.00
600ml Spring water	2.00
Assorted juice	3.50
600ml G2Gatorade (Citrus Blast or Raspberry)	4.00
600ml Pepsi Max	4.00
375ml Coke No Sugar	2.50
375ml Sprite No Sugar	2.50
500ml Chilli Aqua flavoured mineral water (no sugar)	4.00

Ice Creams

Paddle Pop (chocolate, banana, rainbow)	1.60
Bulla frozen yoghurt (mango, strawberry)	2.50
Twisted frozen yoghurt (choc/van, Straw/van, mango/watermelon)	2.50
Lemonade Twist	1.20
Quelch Icy Tubes	0.60
Mini Callipos	2.00

Salad of the Day

Availability varies day-to-day

Curried chicken potato salad	7.50
Mexican chicken and guacamole salad	7.50
Greek salad	6.00
Pasta salad	6.00
Sushi	5.00
Fresh fruit salad	5.00
Garden salad	6.00
Chicken Caesar salad	6.00
Buddha bowl	7.50

Nuts may be used in salads. If you have an allergy, check with canteen staff before ordering.

Everyday Daily Specials

Monday

Sweet chilli wrap (order only)	5.00
Garlic bread	2.00

Tuesday

Pizza sub	2.50
-----------	------

Wednesday

Oven baked spiced potato wedges	2.50
Sour cream/Sweet chilli sauce	0.50

Thursday

Chicken burger (gluten free available – order only)	4.00
---	------

Friday

Thai chicken roll/bowl (order only)	6.00
-------------------------------------	------

Nuts may be used in some specials. If you have an allergy, check with canteen staff before ordering.

Changing Daily Specials

Check our daily menu board or student notices for other specials which may include:

Soup – Pasta – Focaccia – Turkish melts – Curries – Sliders



FAST FORWARD PROGRAM

An early-offer to university for standout Year 11 students

At the University of Canberra, we believe being passionate about your community and going above and beyond in all aspects of life is what really sets you apart.

Fast Forward is UC's exclusive club designed for students who want to prepare for university life with a boost.

As a member you'll receive a range of benefits including UC gym membership, a study grant in your first year and an early unconditional offer to a UC degree of your choice.*
See how Fast Forward can benefit your future.

Canberra.edu.au/fastforward

*Degrees included in the Fast Forward Program early entry only.

Cool Kids – Taking Control

AN INTERNET DELIVERED PROGRAM FOR CHILDREN EXPERIENCING BULLYING AND ANXIETY (AGES 7-12 YRS)

Cool Kids - Taking Control is an online self-help program that is designed to help children who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids anxiety program developed at Macquarie University in Sydney. The efficacy of Cool Kids - Taking Control in reducing peer victimisation is currently being investigated by a team at Macquarie University.

WHAT IS THE COOL KIDS - TAKING CONTROL PROGRAM ABOUT?

Cool Kids - Taking Control is designed for parents to work through with their child at home.

The program is delivered over the internet and involves eight lessons delivered over ten weeks. It teaches children:

- About bullying and anxiety,
- How to be confident in social situations,
- How to better manage fears,
- Helpful ways to act if they are bullied, and
- How to cope with bullying.

Cool Kids – Taking Control includes instructions, examples, and videos for parents and their child. There are lots of practice exercises to help children master the skills.



WHO IS THE COOL KIDS - TAKING CONTROL STUDY DESIGNED FOR?

The Cool Kids - Taking Control program is suitable for your child if:

- They are between 7 and 12 years of age,
- They are being victimised by peers at school AND anxiety is significant affecting your child's day-to-day life,
- They are not accessing other psychological treatment (except medication*), and
- You and your child are proficient in English

*Please note, medication should be stable (same type and dose) before starting and during treatment.

The Cool Kids - Taking Control program is not suitable for your child if he or she is currently experiencing any of the following issues:

- Significant learning delays, developmental or intellectual disorders.
- Autism or related disorders.
- Significant unmanaged behavioural disorder.
- Considered at risk (i.e., due to abuse, neglect, suicidal ideation, self-harm or school refusal).
- Unmanaged psychotic symptoms.

These exclusions are in place to ensure that our treatment program is delivered to children who are most likely to benefit from it and for whom we are best equipped to offer services.

WILL I RECEIVE SUPPORT TO COMPLETE THE PROGRAM?

Absolutely. The program will be supported by a member of the research team who is trained in Cool Kids - Taking Control. Each parent will receive a short (10-15 minutes) weekly phone call after each lesson to discuss goals and to work through any difficulties with the program.

WHAT ARE THE BENEFITS OF THE COOL KIDS TAKING CONTROL PROGRAM?

- Allows families across Australia to receive access to the Cool Kids - Taking Control program.
- Families are able to complete treatment lessons at their own pace and at a convenient time each week.
- The interactive online format is engaging for children.
- Cool Kids - Taking Control is a research treatment study, so we are able to offer access at a reduced fee.

WHAT DOES THE STUDY INVOLVE?

- An initial assessment to determine if our program is likely to be suitable and beneficial for your child.
- A 10-week treatment program (immediately or 6 months after the treatment group have completed the online program) that you complete online at home with the help of a therapist over the phone.
- Two more assessments - 10 weeks after joining the study and then again six-months later.

WHAT DO THE ASSESSMENTS INVOLVE?

- Assessments are conducted before your family commences treatment as well as after treatment. All assessments involve you and your child being interviewed over the telephone by a psychologist and completing questionnaires about thoughts, feelings and behaviours.

- The purpose of the initial assessment is to determine if our program is suitable for your child. If the program is not considered to be suitable for your child, you will be provided with alternative referral options that would best suit your needs.

All assessments involve you and your child being interviewed over the telephone by a psychologist and completing online questionnaires about thoughts, feelings, and behaviours.

WHO DECIDES WHICH CONDITION WE ARE IN?

The condition to which you are allocated is decided randomly, like drawing names out of a hat.

HOW MUCH WILL IT COST?

- There is a required initial fee of \$100 which includes assessment and treatment for the Cool Kids - Taking Control study. (For your information, an initial clinical assessment would typically cost \$290. The face-to-face Cool Kids program at the CEH typically costs \$500).
- Once your final assessment has been completed, you will receive a \$100 reward if you paid the initial \$100 fee.
- If your family is unable to make this initial fee payment, contact us via email to discuss alternative options.

The Cool Kids - Taking Control study is funded by Australian Rotary Health.

HOW TO ACCESS THE PROGRAM?

If you would like your child assessed for the Cool Kids – Taking Control study, please complete the online registration form. We will then contact you to set up the initial assessment. You can access the registration form at www.coolkidstakingcontrol.com.au. For further information about the program please contact us at takingcontrol@mq.edu.au or find out more by visiting centreforemotionalth.com.au ***“As a Cool Kids – Taking Control coach, you have an important role in helping your child face their fears and build their confidence so that anxiety and bullying has less of an influence on their life.”***

This research has ethics approval from the Macquarie University Human Research Ethics Committee. All data collected is confidential, and is de-identified.



FIND OUT MORE

Cool Kids – Taking Control Online Study
Centre for Emotional Health
Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8715
takingcontrol@mq.edu.au
CRICOS Provider 00002J / ABN 90952801237



MACQUARIE
University

From anxious to...



A group for teenagers in Mudgee to help them learn how to deal with anxiety

Dates: Monday 4:30 – 5:30 starting 10 August for 7 weeks

Location: Mudgee Therapy Room corner of Denison and Lewis St

Refreshments will be provided.

Presenters: Joanne Cotterill, Accredited Mental Health Social Worker and Lone Ashlin, previous youth worker for Barnardos.

For more information contact: groups@chooseyourfuture.me

Phone: 0468343305

Register at: <https://counselling.chooseyourfuture.me/groups>

Cost: \$50 per session but a Medicare rebate for this group is possible. With a Medicare rebate the final cost is \$30 per session.

***Note that a discounted \$30 session is available for those with a health care card. With a Medicare rebate, the cost will be \$10 a session.*

Joanne Cotterill

[Accredited Mental Health Social Worker](#)

<http://chooseyourfuture.me/>

CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on careers@jossgroup.com.au



Check us out on Facebook [Joss Cleaning](#)

or visit our webpage
www.jossgroup.com.au



Sponsorship

Mudgee High School - LINK Program

Proudly supported by

GLENCORE

Ulan Coal Mine