

# MHS Newsletter

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



Monday  
21 September  
Week 10 Term 3  
2020

## Principal's Message

### Year 12 – Rainbow Day

This week, the current crop of Year 12s finish their face-to-face, regular lessons at Mudgee High and indeed their time at school; a journey they began in 2008!

As the good citizens they are, they will exit the school in a celebratory manner.

This year, Year 12 has focused on raising funds to support drought relief.

On Thursday 24 September between 08:00 and 09:15, they will staff Rainbow Day collection points at the regular places; the north side of Market Street between Cox and Douro Streets, the eastern side of Church Street between the Holyoake Bridge and Short Street (Lawson Park), and the western side of Church Street between Horatio and Denison Streets (tennis courts).

An extended lunch that same day will allow our Year 12s to turn the main quad and part of the school oval into a kind of carnival event. There will be face-painting, food stalls, guessing competitions, horizontal bungee jumping, pillow fighting and a host of other stands, all designed to separate Year 7 to 11 students from their coin and all for a good cause.

Thursday will conclude with a virtual assembly of pre-recorded Year 12 presentations, beamed directly into classroom, such are the current restrictions of school assemblies.

Friday would traditionally have been the day on which Year 12 were presented their graduation portfolios and made their ceremonial exit from the school. COVID restrictions being what they are, this assembly has been moved to Thursday 12 November in the hope that some of the current constraints will have eased.

Friday 25 September will see Year 12s come to school dressed as teachers – whatever that means... Personally, this writer feels safe in the knowledge that a great many of them will struggle to put on a tie. After lunch, Year 12 will challenge the staff to a game of soccer and that will round out the week and indeed the term.

An extraordinarily positive way in which to finish their regular school days after almost thirteen years of school education. Given stories this week of Year 12 "elite private school" boys planning events that

*A Member of the  
Cudgegong Learning  
Community*

PLEASE SEE OUR WEBSITE  
FOR THE COMPLETE  
CALENDAR OF EVENTS



#### COMING EVENTS

- 21 - 22 September Year 11 "Life Ready" course
- 24 September Rainbow Day
- 25 September Staff versus Year 12 soccer game
- 25 September Last day of Term 3
- 20 October to 11 November HSC exams at the Baptist Hall, 153 Bruce Road
- Monday 26 October P&C meeting

#### THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards
- Year 12 Formal 2020
- Year 9 History
- House Championship
- Red Hill EEC survey
- Anti-bullying Alliance
- The Learning Curve
- Advertisements
- Sponsorship

included spitting on homeless people, using alcohol to excess, attacking strangers, taking illegal drugs, and repellent acts of misogyny, what a starkly positive contrast the young people in our school and our community provide.

## Disturbing Content

Occasionally we may become aware either directly or via stories that appear in the mainstream media of people who use social media platforms to publish disturbing material.

Be aware that each of us is in a position to report such material so that it can be removed as quickly as possible, reducing the potential impact it may have on a wider and sometimes more vulnerable audience... like the young people in our collective care.

If you do encounter content, like a video or other material that you recognise has no place in a civilised society, you can report it to the relevant social media platform or to the eSafety Commissioner via [How to report illegal and harmful content](#).

Notoriously, social media platforms can be slow to respond or just plain unresponsive. The eSafety Commissioner's office is a whole lot more receptive to such calls.

## Thanks

A shout out to Daren Bonham (*Mid West Security Services*).

With the emphasis on resisting potentially unnecessary interaction with others COVID awareness has placed on all of us, Darren organised in an unsolicited manner a way in which the coins collected by our Year 12s at their various Rainbow events could be counted... and all while keeping people safe.

Darren approached the good folk at the Commonwealth Bank and they kindly agreed to put all of the Rainbow Day coinage collected through their Mudgee branch coin counter.

The second shout out goes, quite naturally, to the Mudgee branch of the CBA

Thank you all for your support of what is a community effort by our Year 12 students!

Until next term...

Wayne Eade  
Principal



**MUDGEES HIGH SCHOOL P&C**

**The next meeting of the Mudgee High School P&C will be held on Monday 26 October 2020 at 7pm via Zoom.**

**Link will be published on the MHS Facebook page.**

**All welcome.**

## **Week 9 Term 3 Awards**

**P&C Awards: Year 7 - Riley Taylor; Year 8 - Cody Robinson; Year 9 - Amelia Gudgeon;  
Year 10 - Sammi Atkinson; Year 11 - Lucy Sebellic; Year 12 - Lauren Reed**

## **Paid Advertisement**

**OVER THE FENCE**  
*Small Farm Support*



*School Holidays*  
**Farm skills**  
**Workshops**  
*For Teenagers*

**1st & 8th October 2020**



**FOR ENQUIRIES & BOOKINGS**  
**E: [katie@smallfarmsupport](mailto:katie@smallfarmsupport)**  
**Ph: 0457 133 094**  

# Year 12 Formal 2020

The Year 12 Formal Dinner will be held on **Friday 13 November** at the Australian Rural Education Centre (AREC), 267 Ulan Road.

The site provides space for social distancing. Tables will seat no more than 10 people.

Dress is semi-formal (gentlemen please wear a tie).

Time: 7 to 10 pm (doors close at 7.15 pm)

## Ticket sales

- Each student is initially allocated **4 tickets** - one student and three guest - at a cost of **\$85 per ticket**.
- Sale of the 4 tickets will commence **Monday 12 October**. Tickets must be purchased by **3.30 pm Thursday 22 October** from the school office or over the phone.
- Unsold tickets will be made available for purchase after 22 October on a first-come first-served basis.
- **Ticket sales close at 2.08 pm Thursday 29 October**. No tickets will be available after this date.

**Please note:** Part payments or deposits will not be accepted.

Tickets may be purchased one at a time.

Tickets are non-replaceable and non-refundable.

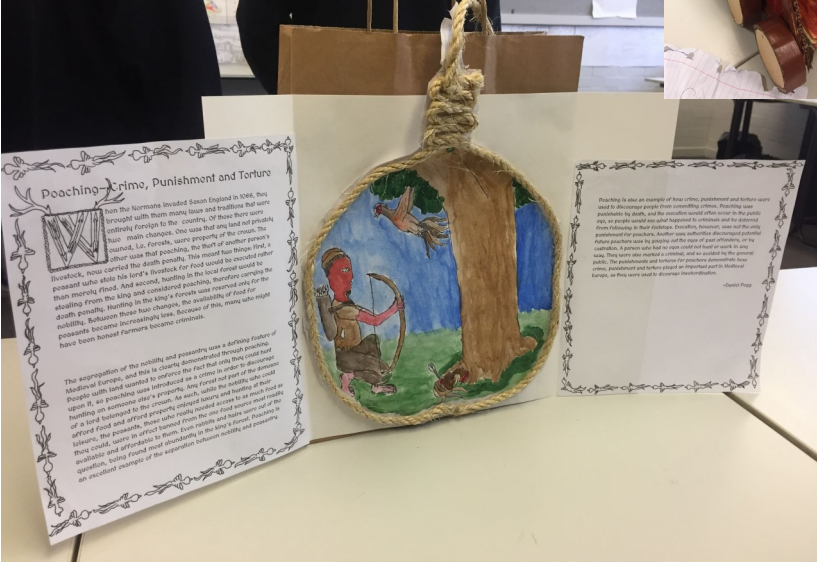
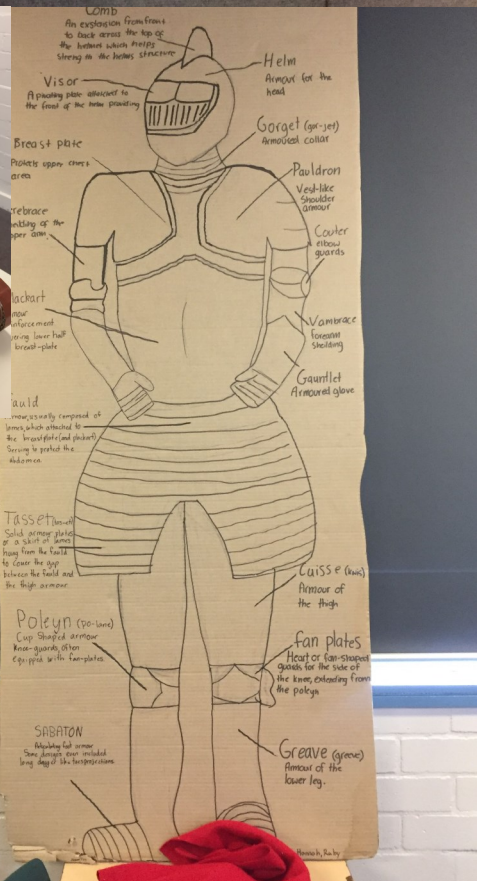
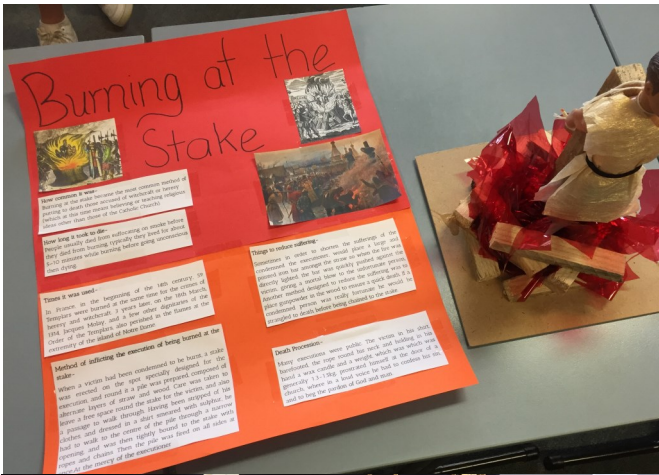
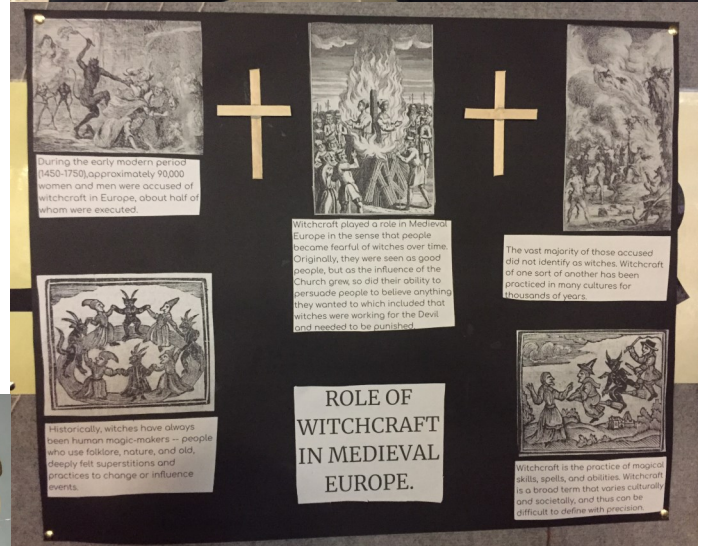
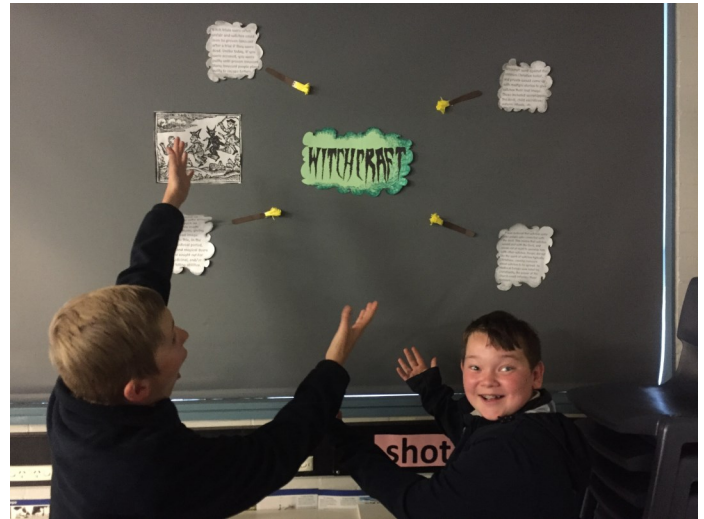


# Year 8 History go Medieval!

Year 8 has been powering through the History component of their Stage 4 HSIE studies this term. The depth study they have been exploring for most of the term has been Medieval Europe. Over the course of their studies, students have been transported back to the dark and unhygienic Middle Ages to better understand the experiences of people living during those times.

As a component of their assignment for Medieval Europe, students researched one aspect of medieval society within their respective classes. Each class took on a different aspect, designing a classroom display, before pairing up with another class to educate one another about their focus area. Topics included everyday life, witchcraft, crime and punishment and weapons/armour.

Below are some of the samples of work produced by the very talented and curious students of Year 8!



# House Championship 2020



Tally as at 21 September 2020  
Week 10 Term 3

**1st**                    **Cunningham**                    **124 261**

**2nd**                    **Blaxland**                    **122 817**

**3rd**                    **Lawson**                    **119 953**

**4th**                    **Wentworth**                    **117 696**

Blaxland:            Surnames A to D

Cunningham: Surnames E to K                    (Leading by 1444 points)

Lawson:             Surnames L to R

Wentworth:        Surnames S to Z







# Red Hill

## ENVIRONMENTAL EDUCATION CENTRE

Red Hill Environmental Education Centre (EEC) are currently **seeking feedback from STUDENTS and their PARENTS/CARERS!**

**We would love to know your thoughts and ideas about our Centre and what we can do for our community!**

To do so, we are asking both students and parents to please complete a short survey.

STUDENTS	PARENTS/CARERS
<p>Please visit the following website: <a href="https://forms.gle/e4Tz6cdmtsxxvHi4H6">https://forms.gle/e4Tz6cdmtsxxvHi4H6</a></p> <p>OR</p> <p>access the survey via this QR code:</p> 	<p>Please visit the following website: <a href="https://forms.gle/WQjkDwkF5fUGDpUj7">https://forms.gle/WQjkDwkF5fUGDpUj7</a></p> <p>OR</p> <p>access the survey via this QR code:</p> 

Alternatively, if you would like a paper copy, please contact the Centre on 02 6374 2558.

# Anti-bullying Alliance



## What is resilience?

Resilience is the ability to cope when things go wrong.

Resilience can also be described as:

- Bouncing back after difficult times.
- Dealing with challenges and still holding up your head.
- Giving things a go or trying your best.
- Being strong on the inside.
- Being able to cope with what life throws at you and shrug it off.
- Standing up for yourself.
- Getting back into shape after you have been bent or stretched.

## What helps develop resilience?

Some things that can help develop resilience are:

- Having a positive attitude.
- Finding good friends.
- Feeling good about yourself.
- Feeling like you belong.
- Having a supportive family.
- Helping others or 'giving back'.
- Being able to solve problems and overcome challenges.
- Communicating well with the people around you.

There are lots of things you can do to develop your own resilience.  
Here are some ideas:



Think positive thoughts



Look after yourself



Keep trying



Talk to someone



Learn from mistakes



Work towards your goals



Look for the positives in the situation



Accept that change happens all the time



Accept that negative things can happen



Improve your problem solving skills



Find things that help you feel calm



Get help when you need it





## SECONDARY

### Parent Newsletter

The Learning Curve™

#### Wellbeing Reality:

Middle – PLATINUM WELLBEING REALITY

Senior – GOLDEN AND PLATINUM

Wellbeing Element:

RELATIONSHIPS + EMPATHY

Character Strength:

JUDGEMENT

Strengths Booster:

STRENGTHS COLLAGE

Wellbeing Reality Activities:

Middle: PLATINUM WELLBEING REALITY

Senior: GOLDEN AND PLATINUM (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 & Shatte*

The *Golden Rule* has been shared by generations of parents with their children, namely, *treat other people the way that you like to be treated*. But what if others want to be treated in a different way to the way that you like to be treated? A key resilience skill is having and showing empathy for others needs and feelings, but the *Golden Rule* seems to be about your needs and feelings.

The *Platinum Rule* on the other hand is, *treat other people the way that they like to be treated*. It embraces the true meaning of showing empathy. Making the effort to discover and understand others' needs and feelings means that your levels of social connectedness are flourishing. As Stephen Covey once said, *seek first to understand, before seeking to be understood*.

With students, a great respectful relationships building activity, is to set them the task of discovering how each of the people in their family likes to be treated. Doing this will build their social-emotional resilience capabilities. Showing empathy is about students focusing on other people, not themselves. And it's funny how the more they focus of understanding others, the more they begin to understand themselves.

*Acknowledgement: Alessandra, Rath and Clifton*

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 and Michelle McQuaid*

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

## 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
Quech 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
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##### 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
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##### Friday

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



**Samaritans**

*Compassion Integrity Justice*

Permanency Support Program

# Respite Foster Carers NEEDED!

*We need you to help us make  
a difference...*



Samaritans Permanency support Program  
are looking for more Respite Foster Carers.

*Please turn over to see  
if this would suit you or!*

**Contact our  
Support team  
today!**

**Ph: 02 4014 9306**

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



## What is respite care?

Respite carers provide short stays for children in our foster care program. Respite carers aim to provide support and positive experiences for the child or young person, sometimes regularly or on an as-needed basis.

**Respite carers often provide care that suits their lifestyle, but generally:**

- On weekends
- During school holidays
- For short periods of time
- To toddlers, children or teenagers on their own or as a sibling group.

**To become a respite carer for Samaritans, you will need to:**

- Have space in your home for a child or young a person
- Be in good health
- Be authorised through the training and assessment process.
- Be over the age of 18

Samaritans carers are supported by Case Managers, a carer support team, and wrap-around supports in place for the child or young person. We have a 24/7 on call service to support you and your family whilst you are undertaking respite care. Samaritans also provide ongoing training to all carers.

**If this sounds like you, please  
contact our PSP team today!**

**For further information contact:**

**P:** 02 4014 9306

**E:** [psp@samaritans.org.au](mailto:psp@samaritans.org.au)

**W:** [www.samaritans.org.au/service/foster-care/](http://www.samaritans.org.au/service/foster-care/)



**Fostering Lifelong Relationships**

**Samaritans Permanency Support Program  
Fostering Lifelong Relationships**



FOR AGES 12-25

# Perfect Pizza Competition

## Create the perfect pizza topping and win

Tell us the ideal savoury or sweet pizza topping for the Nolans to put on the menu at The Shallows' Pizzeria (featured in *Deep Water*, the *One YA Book One Community* novel) and you could win.

Email your entry by midnight 8 October 2020 with your full name, age, and postal address to: [youthservices@midwestern.nsw.gov.au](mailto:youthservices@midwestern.nsw.gov.au)

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE
<i>Deep Water</i> pack from Sarah Epstein and <b>\$30</b> Mudgee Money Gift Card	<b>\$25</b> Mudgee Money Gift Card	<b>\$20</b> Mudgee Money Gift Card

**Terms and Conditions:** 1) All entries must be original work by the entrant. 2) Entrants must be aged 12 – 25, and live, study, or work in the Mid-Western Regional Council area. 3) Persons under the age of 18 should ask permission from their guardian before entering the competition. 4) Entrants can submit a maximum of two entries. 5) Employees of Mid-Western Regional Council are not eligible to enter this competition. 6) Entries may be displayed publicly and/or used for publicity purposes. 7) Entrants' likeness may be used for publicity purposes. 8) Entries must be submitted via email and be suitable for display on Mid-Western Regional Youth Council and/or Mid-Western Regional Council's social media pages. 9) Suitability of entries for publication on social media will be at the discretion of Mid-Western Regional Council staff, and discussion will not be entered into. 10) Entries will be judged by a panel of at least two persons, comprising at least one representative from Mid-Western Regional Council. 11) The judging panel reserves the right not to award a prize if the entries are not deemed of a suitable standard. 12) Prize winners will be announced via Mid-Western Regional Youth Council's social media channels, and winners contacted privately via email – prize distribution may be delayed due to social distancing requirements. 13) Mid-Western Regional Youth Council will take all reasonable care with entries, but will not accept responsibility for any entries not received due to technological failure, damage, distortion, or similar that may occur to entries. 14) Council will endeavour to display all entries, but may not be able to do so due to display area restrictions. 15) Prizes not claimed by 31 December 2020 will be forfeited by the winner.

**Privacy Policy:** To read the privacy policy visit: [midwestern.nsw.gov.au/Privacy-Statement](http://midwestern.nsw.gov.au/Privacy-Statement)

Proudly funded by



A Youth Council and Mid-Western Regional Council Library  
partnership initiative



FOR AGES 12-25

# Photography Competition

# SPRING

## What does SPRING mean to you?

Enter your spring-inspired photo into our competition for your chance to win. It can be anything related to spring with just one rule – no faces!

Take a photo and email your entry (not exceeding 10MB) by 1 October 2020 with the title of your entry, your full name, age, and postal address to: [youthservices@midwestern.nsw.gov.au](mailto:youthservices@midwestern.nsw.gov.au)

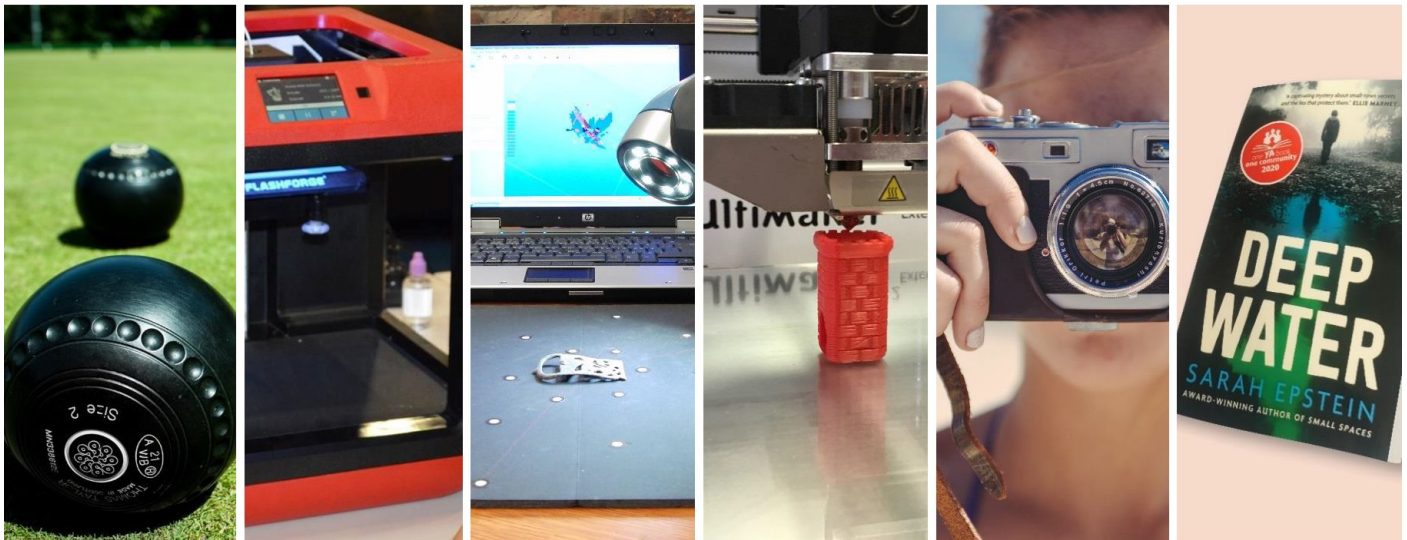
FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	PEOPLE'S CHOICE AWARD (Voting closes 14 October 2020)
<b>\$50</b>	<b>\$30</b>	<b>\$20</b>	<b>\$50</b>
Mudgee Money Gift Card	Mudgee Money Gift Card	Mudgee Money Gift Card	Mudgee Money Gift Card

**Terms and Conditions:** 1) All entries must be original work by the entrant. 2) Entrants must be aged 12 – 25, and live, study, or work in the Mid-Western Regional Council area. 3) Persons under the age of 18 should ask permission from their guardian before entering the competition. 4) Entrants can submit a maximum of two entries. 5) All entries must have titles. 6) Employees of Mid-Western Regional Council are not eligible to enter this competition. 7) Entries may be displayed publicly and/or used for publicity purposes. 8) Entrants' likeness may be used for publicity purposes. 9) Entries must be submitted via email and be suitable for display on Mid-Western Regional Youth Council and/or Mid-Western Regional Council's social media pages. 10) Suitability of entries for publication on social media will be at the discretion of Mid-Western Regional Council staff, and discussion will not be entered into. 11) Entries will be judged by a panel of at least two persons, comprising at least one representative from Mid-Western Regional Council. 12) The judging panel reserves the right not to award a prize if the entries are not deemed of a suitable standard. 13) The winner of the People's Choice Award will be by members of the public via a voting system on Facebook. 14) Winners of the People's Choice Award will be determined by the most 'likes' received per image/entry by 4:30pm on the date advertised. 15) Determination / awarding of prizes is final and no correspondence will be entered into. 16) Prize winners will be announced via Mid-Western Regional Youth Council's social media channels, and winners contacted privately via email – prize distribution may be delayed due to social distancing requirements. 17) Mid-Western Regional Youth Council will take all reasonable care with entries, but will not accept responsibility for any entries not received due to technological failure, damage, distortion, or similar that may occur to entries. 18) Council will endeavour to display all entries, but may not be able to do so due to display area restrictions. 19) Prizes not claimed by 31 December 2020 will be forfeited by the winner.

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Proudly funded by





## SPRING SCHOOL HOLIDAYS

26 September 2020 – 11 October 2020

**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.

**Please note:** bookings are essential, and activities are subject to change due to COVID-19 health orders.

### Barefoot Bowls

Throw off your shoes, enjoy a cold soft-drink, and challenge your friends to see who can hit the jack!

**WHEN** Monday 28 September 2020, 2:00pm – 3:30pm

**AGES** 12–18 years

**WHERE** Gulgong Bowling Club, 1 Tallawang Road, Gulgong

### 3D Printing With Andrew Christie

Learn how to create your own 3D printing file and watch it come to life in this hands-on workshop with professional artist and creator, Andrew Christie.

**WHEN** Wednesday 30 September 2020, 11:00am – 1:30pm

**AGES** 12–20 years

**WHERE** Rylstone Memorial Hall, 73 Louee Street, Rylstone

### 3D Printing With Andrew Christie

Learn how to create your own 3D printing file and watch it come to life in this hands-on workshop with professional artist and creator, Andrew Christie.

**WHEN** Tuesday 29 September 2020, 10:00am – 12:00pm

**AGES** 12–20 years

**WHERE** The Stables, 84 Market Street, Mudgee

### Spring Photo Competition

Today's the last day to enter your spring-inspired photo into the competition for your chance to win up to \$50 in Mudgee Money. See the event flyer for more details.

**CLOSES** Thursday 1 October 2020, 5:00pm

**AGES** 12–25 years

**SUBMIT** Email entries to [youthservices@midwestern.nsw.gov.au](mailto:youthservices@midwestern.nsw.gov.au)

### 3D Design and Scanning Introduction

Learn how to use photogrammetry and laser scanning to turn real objects, even people, into 3D models. Your scans can be 3D printed and the files are yours to keep and use in 3D modelling, animation and anything else you can imagine!

**WHEN** Tuesday 29 September 2020, 1:30pm – 4:30pm

**AGES** 15–20 years

**WHERE** The Stables, 84 Market Street, Mudgee

### One YA Book One Community – Author Chat

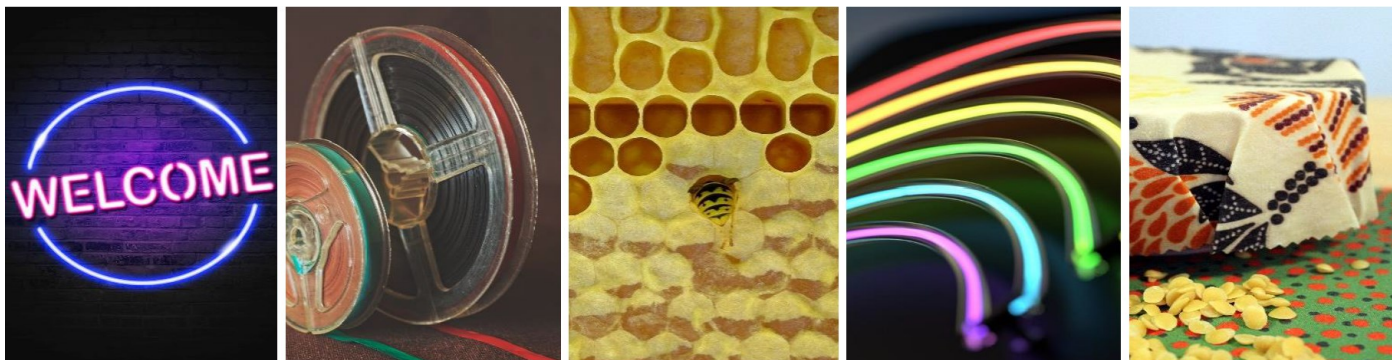
Author Sarah Epstein will answer all your questions about the One YA Book One Community novel *Deep Water*. Tune into the screening on Youth Council's Facebook page. Pick up a copy of the novel from any Mid-Western Regional Council Library branch across the region.

**WHEN** Friday 2 October 2020, 12:00pm

**FOR** Anyone who has read the book

**WHERE** Online, hosted on Youth Council's Facebook page

[> MORE EVENTS OVER THE PAGE](#)



**Please note:** bookings are essential, and activities are subject to change due to COVID-19 health orders.

### Neon Signs Workshop

Light up your afternoon by learning how to create a neon-look sign using your bright ideas and EL wire.

**WHEN** Tuesday 6 October 2020, 2:00pm – 4:00pm

**AGES** 12–25 years

**WHERE** The Stables, 84 Market Street, Mudgee

### Neon Signs Workshop

Light up your afternoon by learning how to create a neon-look sign using your bright ideas and EL wire.

**WHEN** Thursday 8 October 2020, 2:00pm – 4:00pm

**AGES** 12–25 years

**WHERE** Gulgong Library, 109 Herbert Street, Gulgong

### Reel Teens

Nab a comfy cushion, and enjoy some snacks while watching this cult classic dance-off movie.

**WHEN** Wednesday 7 October 2020, 10:30am – 12:30pm

**AGES** 12–20 years

**WHERE** Event Zone, Mudgee Library, 64 Market Street, Mudgee

### Beeswax Wraps Workshop

Be guided through everything you need to know to make environmentally friendly, reusable beeswax. You shouldn't need to buy plastic wrap again!

**WHEN** Friday 9 October 2020, 2:00pm – 3:30pm

**AGES** 12–25 years

**WHERE** The Stables, 84 Market Street, Mudgee

### Beeswax Wraps Workshop

Be guided through everything you need to know to make environmentally friendly, reusable beeswax wraps. You shouldn't need to buy plastic wrap again!

**WHEN** Wednesday 7 October 2020, 2:00pm – 3:30pm

**AGES** 12–25 years

**WHERE** Kandos Community Hall, Angus Avenue, Kandos

These sessions are being delivered in accordance with COVID-19 health orders and may be subject to change should those orders be revised. If you are attending, please follow physical distancing measures in place.

Proudly funded by



**NOTE: ALL EVENTS ARE FREE. SPOTS ARE LIMITED AND BOOKINGS ARE ESSENTIAL TO COMPLY WITH COVID-19 HEALTH ORDERS.**

To book, visit [mwrcoyouth.eventbrite.com](http://mwrcoyouth.eventbrite.com)



# LIVING WELL PHOTOGRAPHY COMPETITION



## 2020

1st Prize \$300  
2nd Prize \$200  
3rd Prize \$100

## THEME: SERENITY IN UNCERTAINTY

Our lives during the COVID-19 (Coronavirus) pandemic have changed in so many ways. Social distancing, health screening, hand hygiene have become the new norm. Socialisation is a key essence that makes us human beings. Internal and external spaces have become re-defined as we express our creativity. We are seeking photographs that portray your lifestyle changes during this time. You might be spending more quality time with your friends and family, rearranged your house, or started a hobby. How have you unleashed your creativity and curiosity? Along with your photograph we want you to tell us, in a maximum 100 words, the thoughts and feelings behind your photograph.

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  
**30.09.2020**





# 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](mailto:careers@jossgroup.com.au)



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

or visit our webpage  
[www.jossgroup.com.au](http://www.jossgroup.com.au)



## Sponsorship

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