

MHS Newsletter

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Monday
10 May
Week 4 Term 2
2021

Principal's Message

Winter is coming...

Winter is indeed coming. We had a taste of frost just before ANZAC Day, but the next week will see its return in earnest.

At Mudgee High, Winter often provides us the greatest challenges with regard to school uniform. In the colder months, the great majority of students come dressed in a school jumper, pullover or jacket. A small number will pull on another jumper that can be any colour in the rainbow over their school winter wear. An even smaller number will come in any piece of warm mufti handy with no attempt to be in uniform.

Long story short, there is no reason to be out of uniform.

Mudgee high has a number of retailers who provide uniform for all of the town's schools. For those experiencing financial hardship, the school is in a position to assist with the supply and in some cases purchase of uniform. Mudgee High has a good supply of new and laundered, pre-loved uniform items available through the learning centre.

For the record, the NSW Department of Education "requires that schools set local school uniform requirements."

Additionally:

The department supports the wearing of school uniform, which promotes a sense of belonging for students and creates a positive identity for the school community. School uniforms also contribute to the personal safety of students by allowing easier recognition of students inside the school and in the community.

Schools expect students to wear the uniform during school hours, while travelling to and from school, and when engaged in school activities out of school hours.

E-cigarettes II

In my absence, I noted that Mr Rosolen included a piece in the newsletter on a rather worrying national trend centred on the use of electronic cigarettes. If you missed it, be aware that electronic cigarettes, or e-cigarettes, are battery operated devices that heat a liquid, sometimes called an e-liquid, to produce a vapour that is then inhaled in a practice called "vaping."

*A Member of the
Cudgegong Learning
Community*

PLEASE SEE OUR WEBSITE
FOR THE COMPLETE
CALENDAR OF EVENTS



COMING EVENTS

- 11 to 21 May NAPLAN online
- Wednesday 12 May Cross Country
- Friday 21 May Athletics Carnival
- Monday 24 May P&C meeting

THIS ISSUE

- Principal's Message
- MHS P&C Meeting
- P&C Awards
- Backflips Against Bullying
- Mixed Opens Touch
- Open Girls Touch
- Open Girls Cricket
- Girls Football (Soccer) report
- Cross Country
- Athletics Carnival
- NAPLAN 2021
- UNE Experience Days
- Oorala/GRASS Experience Day
- House Championship tally
- Advertisements
- Sponsorship

Be aware that e-cigarettes come in many shapes and sizes and can be made to look like everyday items including highlighters, pens or USB memory sticks. E-liquid contains a range of chemicals or flavours, and often contains nicotine.

Be aware too that in NSW, the sale of e-cigarettes and e-liquids that contain nicotine is illegal. Selling tobacco or e-cigarettes to minors is also illegal. I read this week that NSW Health reports an increase in the sale of nicotine containing e-cigarettes, including to minors. In that same report, NSW Health made clear its position on non-compliance with tobacco and e-cigarette laws. Such matters are taken “seriously and NSW Health officers undertake inspections of retailers to ensure they are complying with the laws.”

The same report asked that if you think a retail store is selling e-cigarettes that contain nicotine, or selling any tobacco or e-cigarette products to minors, that you report those suspicions to NSW Health by completing the online reporting form that can be found here:

<https://www.health.nsw.gov.au/tobacco/Pages/let-us-know-reports-complaints.aspx>

You can also call the Tobacco Information Line on 1800 357 412 and make a report.

If you would like further information on e-cigarettes, it can be found here:

www.health.nsw.gov.au/tobacco/Pages/e-cigarette-young-people.aspx

**What do e-cigarettes
(vapes) look like?**



Farewell

This week is Mrs Jacqui Wakely's last week at Mudgee High. I know that Jacqui has already been farewelled at our whole school assembly last week, but I would like to take this opportunity to say a final farewell.

Jacqui has been an excellent canteen manager and operator, and has kept well satisfied twenty years' worth of adolescent and staff stomachs. I wish her well in her new role. She already knows that she will be missed.

Until next week...

Wayne Eade
Principal



See next week's issue for Cross Country news



MUDGEES HIGH SCHOOL P&C

The next meeting of the Mudgee High School P&C will be held on Monday 24 May 2021 at 7pm in the Learning Centre.

Entry via Douro Street.

All welcome.

Week 3 Term 2 Awards

P&C Awards: Year 7 - Ivy Bridger; Year 8 - Alex Wojciechowski; Year 9 - Ella Healy;
Year 10 - Kiara Boyle; Year 11 - Chai Kondo; Year 12 - Emma Clulow

*Life isn't a matter
of milestones, but
of moments.*

ROSE KENNEDY



ENCOURAGING

Giving someone confidence or support to continue and keep trying.

TAKE ACTION:

- ✦ Let others know you believe in them by telling them
- ✦ Show interest in what others are doing
- ✦ Ensure your feedback is always constructive

SAY OUT LOUD

I enjoy encouraging others to succeed.



MHS PRESENTS

The Addams Family
THE BROADWAY MUSICAL

Term 2 Week 9

Backflips Against Bullying

The Anti-bullying Alliance is pleased to announce that Backflips Against Bullying is coming to Mudgee High on June 10. The Backflips Against Bullying program features three entertainers, who use their incredible acrobatic skills to captivate and engage students, earning their respect, and encouraging them to take control of their own lives and make changes at a social level within the school.

By addressing bullying at a social level, students can be empowered to hold each other accountable. Mudgee High is working to build a harassment-free school environment.



Mixed Opens Touch

On Friday 23 March, Mudgee High's mixed opens touch team travelled all the way to Paramatta to compete in the NSW Opens Mixed Touch carnival.

The competition was meant to be played late in Term 1 but due to wet weather, it was postponed. On the day, the team only had nine players (there are six players on the field) and some were as young as Year 9. Making the day even more challenging was the way the draw was conducted. The team started the day with four back-to-back games! They did manage big wins against Galston HS 7-0 and Muirfield 8-0, but also losses to Holy Cross/Marist Sisters (2-5) and St Francis Xavier (2-6).

Because of a strong for and against, the team managed to qualify for the semi-finals where they came up against Holy Cross/Marist Sisters once again. After a good break, the team started well and, at one stage, were up 3-2 before eventually running out of legs and losing 3-6.

A big thank you to all of the parents who made this excursion possible by providing transport for their children.

Team: Zac Halliday, Ella Callaghan, Logan Jones, Kain Munro, Maddy Rawlinson, Shauna Rawlinson, Guy Rohr and Bella Shearman.



Open Girls Touch

On Monday 26 May, the Open Girls touch team travelled to Bathurst along with the Open Boys team, for the Western Area carnival. It was a long day and an early start for the students (6:30AM to 6:30PM). With only ten players and a very young team (only two Year 12s and no Year 11s), the first game against Parkes was their toughest pool game. After a slow start the girls found themselves down 2-1 halfway through the game. Once they settled in, the team started to look dangerous and when the siren rang they had come up trumps 4-2.

The next two matches were comfortable wins against Conndoblin HS (8-0) and Wellington HS (9-1) where Andy Dowdy managed to cross for four tries!

This win meant the team topped their pool and qualified for the semis where they came up against Dubbo HS. Again they found themselves down early in the match despite looking the better side. Once again, however, they came home strong winning 3-2, with the youngest player, Rachel Shannon (Year 7), scoring a double.

They then went into the final, where they came up against a very talented Orange High. The Mudgee High team were beaten convincingly. Despite this, as runners up of the whole western area, they qualified for State Touch carnival next term. Additionally, Isabelle Hauville, Ella Callaghan and Maddy Rawlinson were chosen for the Opens Western team. Rachel Marshall and Shauna Rawlinson were also chosen as shadows for this team, capping off a very successful day.

A big thank you to Blake Coulthard for refereeing on the day.



Open Girls Cricket

On Thursday 22 April, the Open Girls Cricket Team played against Dubbo combined campuses in the Marie Cornish CHS Knock Out Competition. Dubbo won the toss and elected to bat. Dubbo settled into some good batting throughout the innings and wickets were few and far between. Eventually, after some good catches and persistent effort with bowling, Mudgee were able to dismiss the strong batters who played in the Western Area School side, for 79 runs and 62 runs. Emma Thyrd made a valuable contribution with some steady bowling. Jasmine Lane took three good catches and Sarah Cain was on a hat trick in the last over which made for an exciting finish to the 40 overs. Unfortunately, too many sundries made a substantial addition to the large total Dubbo achieved, presenting the girls with a daunting total of 242 runs.

Mudgee made a few promising starts while batting, but were outclassed by some fine bowling from Dubbo's skilled left hand medium pace bowler who took key wickets.

For many of the girls, this was their first ever proper 40 over match. So despite the score line, they made lots of improvements and learned a lot about the game and where they need to make improvements. They maintained a positive attitude throughout the game and are commended on their behaviour while representing the school and our community.

The team consisted of Sarah Cain, Jasmine Lane, Montana Rheinberger, Mollie Blackman (absent), Mara Lucic, Emma Thyrd, Chelsea Mottershead, Cathy Mottershead, Amy Ioane, Jessie Orth, Macy Dowler and Abbey Wright.

Training will continue in Term 4 for Juniors when the next rounds of the Lisa Keightley Competition recommence.



Girls Football (Soccer) report

On Monday 3 May, the Open Girls Soccer team played against Canowindra in the CHS Knock Out competition. An early goal by Lucy Sebelic in the first two minutes gave the appearance of Mudgee easily securing a win. However, Canowindra hung in there and looked dangerous at times, despite Mudgee controlling the play in the opposition half. Just before halftime, Mudgee's Kasey Hayes scored a much needed second goal but the team entered the half-time break knowing that their work was not yet done.

In the second half, Canowindra continued to make breaks in play and scored twice, levelling the game. Towards the end of the game, Canowindra took the lead. Mudgee had a major set back, with Captain, Lucy Sebelic, retiring injured. This was a disappointing end to Lucy's last game for Mudgee High School. She has been an integral part of the junior and senior teams over several years.

With a bit of luck and persistent scoring attempts, Mudgee was awarded a penalty shot in the dying moments of the game. Kasey Hayes was composed and slotted the ball away putting the game into extra time. With 10 minutes each way to go, the Mudgee girls worked hard on a hot autumn day and, despite a few very close chances, failed to score in the first half of extra time. With only three minutes left, some great defence saved a goal but unfortunately gave Canowindra a good opportunity to take the win off a corner. The ball landed in the goal box and with some scrambling, Canowindra put the winning goal away.

The Mudgee team, though disappointed to come away with a loss, were able to hold their heads high. They played very well across the park. The back line of Bek Lowe and Lily Nicholson performed outstandingly to save many shots. Some good, upcoming 'young guns' didn't stop either, like Rachel Channon and Alexxia Wake. Hopefully we will have more success in next year's competition.

The team included:

Lucy Sebelic, Kasey Hayes, Imogen Roberts, Elizabeth Jupp, Jade Devenish, Rachel Channon, Breeanna Burke, Chelsea Mottershead, Grace Laidlaw, Rebekah Lowe, Lily Nicholson, Mara Lucic, Alexxia Wake, Holly Consadine, Emma Thyrd



Cross Country 2021

The Cross Country will take place on Wednesday 12 May (Week 4). This event is compulsory for students in Years 7 to 10. It is not compulsory for our senior students, however, their participation is strongly encouraged.

Students must participate in this event to be eligible for Western Area trials selection.

The course will start and finish at Walkers Oval and run along the walking track to Lawson Park. Maps of the course have been placed around the school. The short course is 3km.

Students will walk, under teacher supervision, to Walkers Oval at the end of lunch and return to school in time for the end of school bell. Bell times will be adjusted to allow for the running of this event.



Athletics Carnival 2021

It is very exciting to see the return of our annual Athletics Carnival. This year's event will be held on Friday 21 May (Week 5) at Walkers Oval. The carnival is considered a normal school day and attendance is expected. Students will need to bring their ID card to swipe in by 9am.

Events held on the day will include 100m, 200m, long jump, high jump, discus, shotput, javelin and various novelty events. The 400m will be held at 8:30am, before the main carnival begins. Mudgee High's carnival is all about participation, trying your best, having fun and getting involved in House spirit. Students are encouraged to participate in all events and dress up in House colours: Blaxland - red; Cunningham - yellow; Lawson - blue, and; Wentworth - green.

A small canteen will operate on the day and Year 12 will also run a barbecue and food stall as part of their fundraising efforts for Mudgee Hospital. Bus companies will divert to Walkers Oval and students will need to be at the carnival by 8.55am.

The following events will be held the Wednesday 26 May, after the carnival. The 800m, 1500m, 3000m and triple jump. Students will be required to nominate for these events by coming to the PDHPE staffroom. Students will be taken during class time and more information will be come regarding this prior to the day. It is very important that students listen to announcements during roll call and assembly as this is our main mode of communication with students regarding sporting events.

Parent helpers would be greatly appreciated. If you would like to help, please contact the school before the event on 6372 1533.

NAPLAN Online 2021

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

Mudgee High will be participating in NAPLAN Online between **11 and 21 May 2021**.

Excessive preparation for NAPLAN Online is not recommended. Students can use the [public demonstration site](https://www.nap.edu.au/online-assessment/public-demonstration-site) (<https://www.nap.edu.au/online-assessment/public-demonstration-site>) to familiarise themselves with the types of questions and tools available in the NAPLAN Online tests.

Students with a significant intellectual and/or functional disability may be exempt from participating in NAPLAN. All other students are expected to participate and disability adjustments may be made to support individual students.

If you have any questions about NAPLAN Online, please contact the school.

NAPLAN Online

Information for students in Years 7 and 9

How can I get ready for NAPLAN Online?

Use the demonstration tests to practise the types of questions and tools available in the NAPLAN Online tests.

Access the demonstration tests here:

www.nap.edu.au/online-assessment/public-demonstration-site

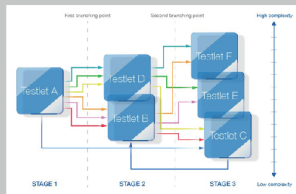


Can I use my own calculator for the numeracy test?

No. The online numeracy test will have an on screen calculator. Try out the NAPLAN Online calculator in the numeracy demonstration tests on the public demonstration site.

Do I need to touch type?

No. You do not need to be able to touch type to complete the tests.



What is tailored testing?

The test changes depending on your performance in the test. Questions will adapt to get easier (or harder) based on the answers you provide.

Changes for 2021

Conventions of language test - a message will appear on your device to let you know you have finished the grammar and punctuation section.

Check your answers before selecting Next.

When you select Next the spelling section will start and you will not be able to go back to the grammar and punctuation section of the test.



You have finished this section of the test.

After you click **Next**, you will **NOT** be able to view or change your answers.

To check your answers now, click **Back**.

To start the next section, click **Next**.

Questions? Speak with your teacher or visit www.nap.edu.au/online-assessment



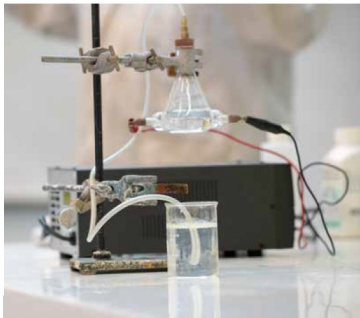
NSW Education Standards Authority

Aboriginal and Torres Strait Islander High School Students 2021 UNE Experience Day

Oorala Aboriginal Centre, UNE

Throughout 2021, Oorala Aboriginal Centre facilitates UNE experience days to assist Aboriginal and Torres Strait Islander students in Years 10–12 to find out what university life and study is like.

Experience Days provide an opportunity for students to be exposed to life on campus, focusing on academic preparation, careers and hands-on experiences in a variety of discipline areas including Science, Business, Law, Sports Science, Education, Theatre Studies, Health and Environmental and Rural Science.



What to expect

- Visits to undergraduate lectures;
- Hands-on tutorials, presentations, demonstrations and practical sessions;
- Opportunities to speak to university students about what university life is like;
- Targeted workshops providing participants with information on a nominated range of degree options and pathways.
- Lunch and morning tea included
- Students must be accompanied by a staff member



For further information contact:

Lynda Lynch
Schools & Community Engagement
Programs Coordinator
P. (02) 6773 4318
M. 0413 084 567
E. oralacamps@une.edu.au



Aboriginal and Torres Strait Islander High School Students 2021 UNE Experience Day

Thursday 29 April: Meat Science / Environmental and Rural Science

- **Meat Science:** Students will watch a butcher turn a beef carcass into food, discuss what muscles are the most tender and which ones are the toughest and why, how to ensure food is safe to eat and finally make and cook our own burgers for lunch!
- **Environmental and Rural Science:** Students will be taken on an informative tour of the Centre for Animal Research and Teaching. They will see where the sheep, cattle and poultry are housed.



Wednesday 12 May: Theatre Studies

- Hands-on workshops and practical sessions on drama skills, play building and the work of Indigenous playwrights;
- Opportunities to speak to university students about what university life is like;
- Targeted workshops providing participants with information on a nominated range of degree options in theatre studies, history and drama teaching and pathways therein.
- Visit to Theatre studies and the Arts Theatre



Wednesday 26 May: Poultry Hub/Bio-Medical Science

- **Poultry Hub:** Quick overview of the poultry industry outlining the difference between the egg and chicken meat industries and birds. Explore hands on what to look for in egg quality. Activity and understand what constitutes a chicken diet and then mill/grind the ingredients to make chicken pellets.
- **Bio-Medical Science:** Students will discuss the digestive process and the important role microbes play in it. Examine the consequences of different food choices on digestion and microbial diversity and have a visual demonstration of the digestive system using ultrasound.



Monday 7 June: Growing Regional & Agricultural Students in Science - GRASS

- **Archaeology:** Students will be presented with insights into the Gostwyck Grinding Grooves discovery, learn about career study pathways for a career in Archaeology and go on to learn about how to make grooves and stone axes.
- **Zoology:** Students will have a hands on experience with skulls from various wild canids, studying their dentition and morphology to determine their most likely sources of prey.
- Tour of UNE Campus including SportUNE NB: A longer Experience Day 8:30 - 5pm



General program

9.00am	Students arrive at the Oorala Aboriginal Centre
9.30– 10.00am	Welcome and introduction to the day; morning tea and Quiz part 1
10.15 – 11:30am	Visit to Academic Session 1
11:45 – 12.30pm	Lunch
12.40 – 2.00pm	Visit to Academic Session 2
2.10 – 2:45pm	Quiz part 2, Wrap up and afternoon tea at Oorala

This project is sponsored by 2021 UNE HEPPP funding

culture • community • partnership





Aboriginal & Torres Strait Islander High School Students

2021 Oorala/GRASS Experience Day

Growing Regional & Agricultural Students in Science - GRASS

Monday 7 June

Oorala Aboriginal Centre, UNE

The Oorala Aboriginal Centre runs Experience Days at UNE to assist Aboriginal & Torres Strait Islander students in Years 10-12 to find out what university life and study is like.

The Experience Days provide an opportunity for students to be exposed to life on campus, focusing on academic preparation, careers and hands-on experiences in a variety of discipline areas.

Oorala has partnered with GRASS UNE to create a unique focus on Indigenous Science, Archaeology and careers in Environmental and Rural Science.



What to expect

- Visits to undergraduate lectures;
- Hands-on tutorials, presentations, demonstrations and practical sessions;
- Opportunities to speak to university students about what university life is like;
- Targeted workshops providing participants with information on a nominated range of degree options and pathways.
- Lunch and morning tea included
- Students must be accompanied by a staff member

For further information contact:

Schools and Community Engagement
Programs Team
P. (02) 6773 3462
E. oralacamps@une.edu.au



GRASS
Growing Regional
and Agricultural
Students in Science

UNE School of Humanities, Arts & Social Science / Archaeology



Presenter: Colin Ahoy Jr

Colin Ahoy Jr is from Armidale in the New England Tablelands. His father is an Anaiwan man and his mother is Biripi woman from Taree. He is a ... year archaeology student at UNE. While conducting an Indigenous heritage survey for a solar farm east of Uralla, Colin and his cousin Steve Ahoy found a grinding grove site. The site tells a story about the Aboriginal peoples' occupation of the area. Colin will share insight to the Gostwick Grinding Grooves, his career and studies at UNE

Visiting Guest Presenter



Presenter: Dave Harrington

Dave Harrington is an academic, educator, enthusiastic bushcraft practitioner and scientist with 20 years' experience working with Aboriginal communities around Australia. His background includes ecological, botanical and biological field research, the development of mathematical models for irrigation scheduling, ethnobotanical and ethnopharmacological research, archaeology and the development of cultural and scientific education programs with schools, universities and Aboriginal communities.

UNE School of Environmental and Rural Science



Presenter: Brooke Kennedy

Brooke Kennedy is a Gomeri (Kamilaroi) woman from Tamworth.. Brooke has studied at UNE for a number of years. Brooke entered UNE through Oorala's ISP program and studied a Bachelor of Zoology from 2011 - 2013. Brooke is now in her final year of her PhD where she works with a remote Island community in the NT to improve animal management strategies through community participation and engagement. Brooke also works as an academic in the School of Environmental and Rural Science.

Program

9.00– 9.30am	Welcome and Yarning circle
9.30– 10.00am	Colin Ahoy Jr: Students will be presented with insights into the Gostwyck Grinding Grooves discovery, Colins career and his studies in Archaeology at UNE.
10.00 – 10:30am	Morning Tea and Quiz Part 1
10:30 – 12.30pm	Dave Harrington: Students will learn about and make grooves and stone axes.....
12:30 – 1.30pm	Lunch & Walk to AEB Lab
1.30 – 3.30pm	Brooke Kennedy Students will have a hands on experience with skulls from various wild canids, studying their dentition and morphology to determine their most likely sources of prey.
3.300 – 5.00pm	Tour of UNE Campus, sport union, Quiz part 2, Chatting and reflecting on day around a campfire

This project is sponsored by 2021 UNE HEPPP funding

House Championship 2021



Tally as at 5 May
Week 3 Term 2

1st **Cunningham** **63 369**

2nd **Blaxland** **61 921**

3rd **Wentworth** **61 617**

4th **Lawson** **59 952**

Blaxland: Surnames A to D

Cunningham: Surnames E to K (Leading by 1448 points)

Lawson: Surnames L to R

Wentworth: Surnames S to Z





Work to upgrade school zone signs across New South Wales. Start of work on Perry Street, Mudgee from week commencing 16 May 2021

The NSW Government is funding an upgrade to school zone signs, at Mudgee Public School and Mudgee High School as part of the Transport for NSW School Zone Flashing Lights program to improve the safety for students in the area.

Transport for NSW is upgrading school zone signs at 70 schools across the state. This includes removing obsolete equipment and upgrading the sites.

Transport for NSW currently manage over 6800 school zones flashing signs that keep school children safe across NSW. Installing flashing lights signage in school zones has led to improved driver awareness of driving at a lower speed to ensure the safety of children and people coming and going from the school area.

Our work schedule

We will be on site for one or two shifts from week commencing 16 May 2021

Our work hours will be between 7am and 6pm from Monday to Saturday. Weather permitting.

Contact

If you have any questions, please contact our Project Manager, Arthur Manganas on 9794 4823 or FlashingLights@transport.nsw.gov.au

For more information on our projects, visit transport.nsw.gov.au.

Thank you for your patience during this important work.

How will the work affect you?

The work will be carried out so that it does not impact the operations of existing school zone flashing signs around the school.

Advertisements

Canteen – Price List as at 15 March 2021

Hot Food

Chicken and corn roll	2.50
Pizza rounds	3.50
Beef traveller pie	4.50
Potato pie	5.00
Beef and gravy roll	5.50
Hot dog	4.00
Hot dog with cheese	4.50
Beef pie (gluten free) order only	5.00
Mayonnaise/sauce portions	0.40

Rolls and Sandwiches

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

Ham and salad	6.00
Egg and salad	6.00
Cheese and salad	6.00
Chicken, mayo and shallots	6.00
Chicken Caesar	6.00
Sweet chilli chicken and avocado	6.00

Snack Food

Red Rock Deli chips	1.50
Grain Waves	1.50
Chip Roll	2.70
Blueberry Muffin	1.50
Watermelon tubs	3.00
Trail mix pots	3.00
Fruit salad	5.00
Seasonal fruit	1.00

Milk and Dairy

300ml Big M flavoured milk	3.00
500ml Dairy Farmer's Classic flavoured milk	4.50
600ml plain milk	2.50
500ml Dare flavoured milk	4.50
375ml Nippy's flavoured milk	3.50
Yoghurt – thick and creamy	3.00

Cold Drinks

750ml Cool Ridge Spring Water	4.00
600ml Spring water	2.00
Assorted juice	3.50
Berri Pop Tops	2.00
375ml Coke No Sugar	2.50
375ml Sprite No Sugar	2.50

Ice Creams

Paddle Pop (chocolate, banana, rainbow)	1.60
Twisted frozen yoghurt (choc/van, Straw/van, mango/watermelon)	2.50
Quelch Icy Tubes	0.60

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	3.00
Sour cream/Sweet chilli sauce	0.50

Thursday

Chicken burger (gluten free available – order only)	4.50
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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

Fire and Rescue NSW Open Day

Winter is just around the corner, so it's a great time to catch up with some of your local NSW Fire and Rescue firefighters and learn more about keeping your family fire safe during the cooler months.

In an effort to educate the community about fire prevention and safety, Fire and Rescue NSW is hosting its annual Open Day on Saturday 15 May 2021 between 10.00am and 2.00pm at Mudgee, Kandos and Gulgong fire stations. We will also be hosting a virtual Open Day on Thursday 13 May and Friday 14 May 2021. You can keep up with these events on the Fire and Rescue NSW Facebook page.

You and your family are invited to head down to your local fire station for home fire safety tips, activities and demonstrations. Chat with firefighters to learn more about what we do every day and the type of fire and rescue emergencies we attend.

Our virtual Open Day will include scenarios, activities, and competitions, so don't forget to tune in online.

For more information on your local station, visit www.fire.nsw.gov.au/openday and follow us on Facebook www.facebook.com/frnsw.

Make sure you mark it in your diary and come and join us in person, online, or both.





AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

AVCAT Scholarships

Tertiary scholarships for the children
and grandchildren of Australian
ex-serving veterans

Up to \$4000 per year, for three years

Check your eligibility at avcat.org.au

Apply online August 18 - October 31
avcat.org.au



SRR

*SAFE
RESPECTFUL
RESPONSIBLE*

creative KIDS

Claim your \$100 voucher today.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each school-enrolled child and young person aged 4.5-18 years.

The voucher may be used with an approved Creative Kids provider for registration, participation and tuition costs for performing arts, visual arts, coding, languages, literature, music and other eligible creative and cultural activities.

Vouchers are valid from **January until December** each year.

HOW TO CLAIM YOUR VOUCHER

1



Visit service.nsw.gov.au and login to your MyServiceNSW Account

2



Click on the Creative Kids icon found in your **SERVICE** tab

3

Fill out the requested information (you will need your current Medicare card)

4



Print a copy of the voucher or email it to yourself*

HOW TO USE YOUR VOUCHER

1



Find a provider by visiting our website: service.nsw.gov.au/creativekids

2



Once you have chosen an activity give the voucher number to your activity provider when you book.

- Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab
- Visit service.nsw.gov.au/creativekids for terms and conditions and FAQs



CLAIM TWO \$100 ACTIVE KIDS VOUCHERS



All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers** each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS



Active Kids

Mary Sm



- 1 Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2 Click on the Active Kids icon found in your SERVICE tab
- 3 Fill out the requested information (you will need your current Medicare card)
- 4 Print a copy of each voucher or email it to yourself

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

- 1 Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab



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



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Mudgee High School - LINK Program

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