**MHS Newsletter** 

Mudgee High School – Locked Bag 2004, Mudgee NS. (285) ABN: 18 246 198 266 Telephone: (02) 6372 1533

Website: <u>www.mudgee-h.schools.nsw.edu.au</u> Email: mudgee-h.school@det.nsw.edu.au https://www.facebook.com/mudgeehighschool/



Week
commencing
Monday
12 December
Week 10 Term 4

#### Principal's message

#### **Total MADness to miss it**

A traditional year would see this great school host two celebrations of the musical ability, hands-on artistic skills and dramatic flair possessed by a good number of our students. Unavoidable restrictions on public gatherings at various times have meant that while we have been able to squeeze in a couple of mid-year mini-MAD concerts, there has not been a full-sized MAD concert for THREE years... until last Tuesday evening.

If you missed it, then you really have missed something special. Loads of talent on display. Plenty of young people stepping up and in many cases stepping out to take up the mike, the guitar, the violin, the drumsticks... or working behind the scenes on lighting, camera, sound... or both.

The photographs included here are not exhaustive and don't really capture some of the passion on display.

A big shout out of "Well done!" to the CAPA faculty – the driving force behind MAD – and especially Mr Holleman as the night's fervent impresario.

MAD concert ... you would have to be mad to miss the next one.

Jarrah-Banjo Leary, Riley Hargraves, Patrick Holleman and Grady Vitnell

Mudgee High School is a member of the Cudgegong Learning Community



Next P&C meeting

Monday 27 February

7 pm in the Learning
Centre

Entry via Douro Street

#### This issue

- Principal's message
- House Championship tally
- Events calendar
- Weekly P&C awards
- English Faculty news
- Wellbeing Team
- Link round-up
- Canteen volunteers needed
- Advertisements
- Sponsorship



#### **Holidays**

Some advice for the young people who call your home their home and who may be at a loose end until January concludes:

Be proactive! Be prepared. Plan!

- Media use use of technology and setting boundaries at home. What a sad holiday it would be if you came to the end of it and suddenly realised you had spent most of it glued to a screen.
- Related to the last one, report any issues regarding negative interactions on those social media platforms.
- Rest and sleep. Also related to the first point. The holidays present a great opportunity to 'recharge the batteries', so take some time to switch off.
- Diet. Christmas is a killer, but once that hurdle has been cleared, make sure you are eating well.
- Sleep is important... and so too is exercise. Take a walk. If you have a dog, perhaps he –
  or she could be invited along.
- Wind down but don't switch off, particularly if you're in Year 12 in 2023.

Regarding this last point, the class of 2023 had its last true break from school at the end of Year 10... a full twelve months ago. The HSC began on 10 October. Part of this break should be spent holidaying. A good part of it should be spent consolidating course content knowledge and practising the skills that will allow them to perform their best in their final year of schooling.

In a nutshell, don't come back on day 1 of next term an empty vessel. Cerebral stimulation is as important as physical activity. They should be actively encouraged to keep those brains limber and use them through the break!

Encourage your kids to read through the break. If you're not reading, you're not exercising. As alluded to above, your brain, like your muscles, requires use to be at peak form.

Your kids should have a holiday... rest and relaxation are good things. None of us are machines. We require both rest and relaxation. In embracing both, your kids will be well prepared for next year.

#### **School Returns**

Years 11 and 12 return on Tuesday 31 January, arriving alongside the new Year 7s. Years 8 to 10 return on Wednesday 1 February.

In all that you do over the break, do your best to be respectable, be responsible and be safe.

Until 2023...

Wayne Eade Principal



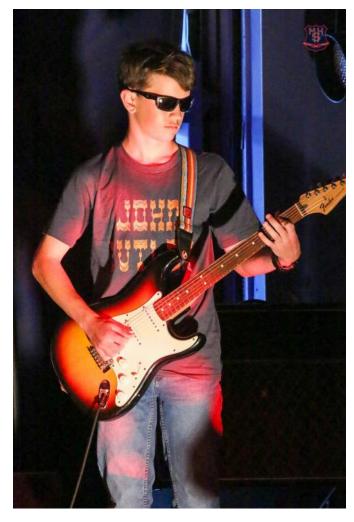
Bronte Meers - MAD concert



Emily Stone and Thomas Baggett - MAD concert



Charlotte Coward - MAD concert



Grady Vitnell - MAD concert



# Dominic Perrottet MP Premier of New South Wales



Dear Parents,

As the 2022 school year draws to a close, I wanted to thank you and all parents, students and teachers for your extraordinary efforts this year.

I also want to let you know about a new program that will ease pressure on household budgets by helping to pay for your children's school supplies at the start of the next school year.

From 12 December 2022, NSW parents can access a <u>\$150 Premier's Back to School NSW Voucher</u> for each child in primary school, secondary school or home-schooling in 2023.

Vouchers can go towards the cost of school uniforms, shoes, bags, textbooks, or stationery purchased from registered businesses. You can apply for the vouchers via the Service NSW app, and for more information, visit service.nsw.gov.au, call 13 77 88 or attend a Service NSW Centre.

This new program is part of our plan to give families a more secure financial start to the year.

It has been fantastic to see so many students back in the classroom and thriving in 2022 after so many disruptions, and 2023 is shaping up to be an even bigger year for education in NSW.

We're rolling out a new, back-to-basics curriculum; making changes so students are even better prepared for employment and further education; doing more to recognise and reward our best teachers; and making it easier for parents to connect with your children's education.

It's all about taking those important steps to make NSW education the best it can be, so we can set up our children for future success.

Thank you again for all your efforts this year. I wish you and your family a safe and happy summer - and don't forget to download your Premier's Back to School NSW Voucher from 12 December.

Yours sincerely.

Dominic Perrottet MP

Premier

School magazine available to purchase from the front office in 2023



Limited copies. Don't miss out!

# **House Championship Tally 2022**









# **Events calendar**

- Thursday 15 December Annual presentation assembly
- Friday 16 December Year 12 barbecue
- Friday 16 December last day of Term 4 for students
- Tuesday 31 January 2023 first day for Years 7, 11 and
   12
- Wednesday 1 February 2023 first day for Years 8, 9 and 10 - all students back at school.



#### Week 9 Term 4 P&C awards



Jayden Allen

Year 7

For being an increasingly safe, respectful and responsible student.





**Summer Hensley** 

Year 8

For her kindness and assistance with clean up.



**Harry Gallen** 

Year 9

For stepping up and taking advantage of leadership opportunities.



**Ricky Constable** 

Year 10

For great participation in Decade Day.



**Lachlan Staples** 

Year 11

For being a safe, respectful and responsible student.



#### **English Faculty news**

At the end of this term, we bid farewell to Ms Lee, who is jetting off to Canada. We will miss her and wish her the very best for the ensuing year.

We also have a new syllabus that the English staff will be delving into over the next year. It is for English Years 7 to 10 and was only released on Thursday 8 December. We have a year to draft our changes in order to implement it in 2024. Lots of reading and strategising will occur over this time to ensure that we are ready to begin teaching it.

If you are planning resources for next year, below are the requirements for English students:

- black pens
- red pen
- lead pencils
- sharpener
- eraser
- 30 cm rule
- pencil case
- coloured pencils/textas
- coloured highlighters
- glue stick
- scissors

1 x A4 124-page exercise book dedicated to English only (for Years 7 to 10)

OR an A4 folder with dividers, loose-leaf paper and plastic sleeves (for Years 11 to 12)



10B studied Asian Poetry this year. What follows are some work examples from the students in the class who were asked to think about how they would have felt in the same situation as one of the poets.

#### All of Us

We saw it coming. All of us, Everywhere. We promised we would help That we would not leave it until The last minute. Until It was too late.

Perhaps Those high school lectures on Procrastination Would have served us well Had we taken heed.

We saw the signs In the early years. "The good times" As we say. The times when action Was tedious:

A chore. And every year Had us looking back On when we had more.

They convinced us

Fiction

And empty Promises.

That progress would come Tomorrow. And we forgot That famous proverb: That tomorrow Never comes. Only now, it has: That alternate timeline That exists only in

Their empty promises. And we sit here, Cursing their

**Flaws** 

And we believe them. Daniel P.

In the name of Hypocrates While the world falls Around us And they say they "Did the best they could."

#### Grief

We couldn't stop it.

Though we tried.
pushing it
to the backs of our minds
steering clear of conversation
topics just a little too close

We tried. tears held stubbornly in misty eyes hands clenched as we argued

We tried. searching for another option begging

for a second chance

We tried. losing hope

eyes releasing captive tears

crumpled uncertain

We tried to stop it.
We tried.
But failed nonetheless.

Miriam H.

#### Goodbye

A moment. One single moment changes the direction of a world. In a single moment, everything can seem pointless. When you rely on the day in and day out and it all so suddenly stops. The universe plays with my heart as a string quartet hums a pitiful symphony.

When safety gets ripped away by a villain of the night and life gets halted. All I seem to do these days is wait. But time, the foul beast is here to wake me up. I must survive past this.

The wind pulls at me. Forcing me open calling for my secrets. As I lie within the moss and grass being consumed by mother earth, one pitiful thought resonates through my skull.

...goodbye my love

Darcy E.

The fire comes near
Nowhere to go
Can't go out the front
Can't go out the rear
I feel the heat on my face
I have lost the race
Against time.
I am stuck in a box
I feel just like a mime

The embers sizzle
Against the hot metal
I hear the siren in the distance
They're too far away to hear my screams
I only wish this was a dream
But this was a nightmare brought to life

The sirens grow louder They're getting closer I am no longer a dreamer I am now a believer

Stuck in flames

By Hemo

Laying in my bed All the thoughts in my head The end is coming soon While gazing at the moon

I wake up from my illusion Releasing I'm in a delusion I must find a solution Otherwise, this is my conclusion

I get out my bed Throwing my life away Thinking there must be something else instead Even though we don't see the next day

I get to my feet, walk to the mirror Witnessing the end coming nearer Facing my deepest fear Before pointing a blicky to my ear.

By Allen

Finally, we wish you a fantastic festive season and a happy, safe, relaxing break with your loved ones.

See you next year!

The English Faculty.



#### **Wellbeing Team**

#### **Transition Support - Year 7 2023**

On Wednesday 30 November, we welcomed our Year 7 2023 students to Mudgee High for Orientation Day. This was a great opportunity for our incoming Year 7 cohort to get a 'taster' of Mudgee High School and meet other peers and teachers.

Following on from Orientation Day was our Mudgee High School Showcase afternoon. This afternoon allowed families to take a self-guided tour of the wonderful facilities Mudgee High has to offer. Families, future students and some community members took the opportunity to meet with staff and see different faculties and subjects in action. It was great to see a good number of people attend this afternoon and we are looking

forward to staging a similar event early in 2023.

#### **Peer Mentoring Program**

Over the last two terms, a selection of Year 9 students have been participating in the Peer Mentoring Program, supporting Years 5 and 6 students at Mudgee Public School. The aim of this program is to help primary students in their transition to secondary school and build relationships with their current and future peers. It is a mutually beneficial program for our Year 9 students as they build their leadership and communication skills through this program.

We plan to continue this initiative in 2023 with Mudgee Public School as we continue to support the transition of students to Mudgee High School. We had our last Peer Mentoring catch up in Week 9. The photos featured are of our last activities this year.





#### Link round-up

#### 2022 Link dinner

On Thursday 8 December, the 2022 Link students, parents and carers came together with Mudgee High staff and work experience employers at Augustines to celebrate their many successes. Thank you to the students, their parents and carers for attending, engaging, and showing great support and commitment through the year. It was great to see the students' employers join us. Thanks go to them for the support and encouragement they have provided over the years and will provide into the future.

Many thanks also to Lucy Stuart and Robbie Mills for representing Glencore, our major sponsor of the program for the past 10 years.

Darren Vine, 2021 Link student, joined us as a guest to say a few words about his Link experience and what he has since accomplished. Darren proved an amazing advocate, and we are very proud of him and his achievements.

The Link team wishes you all the very best for 2023. Have a wonderful break and a Merry Christmas.



Darren Vine - guest speaker





# Glencore environmental and rehabilitation tour - Link 2022 (plus 6 Year 11 students)

Lucy Stuart and her colleagues at Glencore's Ulan site provided us with some interesting information about the rehabilitation and agricultural work that takes place around mining areas during the pre-mining phase, mining and mine closure to ensure flora and fauna are reintroduced and thriving.

Mrs McNeill and I had a great day with the students. Information on apprenticeships from Glencore's Human Resources team was made available and a sausage sizzle and refreshments were provided at the end of the tour.

Thank you, Glencore!

S. Hayton Community Mentor

Visit <u>www.glencore.com.au</u> for a 2023 apprenticeship update.







**GLENCORE** 





# Interested in space or a career in STEM?









One Giant Leap Australia Foundation is offering a space themed, whole day, practical workshop

- designing rovers
- completing robot challenges
- learning about space exploration.

Includes morning tea and lunch.



Mudgee
Mudgee High School
41 Douro St,
Mudgee NSW 2850









# YEAR 12

WHEN YOU LEAVE SCHOOL YOU HAVE

# 188 DAYS

... before you lose access to:

- Your school email account
- Your Google Drive contents
- Your Microsoft OneDrive contents
- Any Google Classrooms you were joined to
- O Any Microsoft **Teams** you were a member of

Check your stuff in these school-provided services.

Download anything you want to keep.

(There's no need to delete anything: it'll disappear in 180 days.)

#### Canteen volunteers needed

Mudgee High School canteen provides healthy food for students and staff.

The canteen is managed by the P&C and all profits are used to fund school improvements and initiatives.

The canteen relies on assistance from volunteers to help with food preparation.

If you would like to volunteer some of your time, please contact the Canteen Manager, Michelle, on 0407 131 950 or Mr Holleman at carl.holleman@det.nsw.edu.au.

Any amount of time you can spare to be available would be greatly appreciated.





#### Second-hand school uniform

Mudgee High would be very grateful for the donation of any second-hand school uniform.

If you have any superfluous school clothing that is still in usable condition, please drop it off to the school office. It will be gratefully received and used to assist students and families who may be struggling to supply their own.

# **Advertisements**

# Canteen price list as of April 2022

H-4 F J	-		
Hot Food		Ice Creams	
Chicken and corn roll	2.50	Paddle Pop	
Pizza rounds	3.50	(chocolate, banana, rainbow)	2.00
Beef traveller pie	5.00	Twisted frozen yoghurt	
Potato pie	5.00	(choc/van, straw/van, mango/watermelon)	2.50
Beef and gravy roll	6.50	Quelch Icy Tubes	0.60
Hot dog	4.00		
Hot dog with cheese	4.50	Salad of the Day	
Beef pie (gluten free) order only	5.00	Salua of the Day	
Mayonnaise/sauce portions	0.40	Availability varies day-to-day	
Wraps and Sandwiches	6.00	Curried chicken potato salad Mexican chicken and guacamole salad	7.50 7.50
<b>.</b>		Greek salad	6.00
Rolls	6.50	Pasta salad	6.00
Can be made on gluten free rolls b	v request –	Sushi	5.00
order only.	,	Garden salad	6.00
Ham and salad		Chicken Caesar salad	6.00
Chicken and salad		Buddha bowl	7.50
Egg and lettuce			
Cheese and salad		Nuts may be used in salads. If you have a	n allergy,
Chicken, mayo and shallots		check with canteen staff before ordering.	
Chicken Caesar		Everyday Daily Specials	
Sweet chilli chicken and avocado		Monday	
Snack Food		Sweet chilli wrap (order only)	6.00
Dad Dook Dali ahina	1.50	Garlic bread	2.00
Red Rock Deli chips Grain Waves	1.50	Mades	
=	2.70	Wednesday	4.00
Chip Roll Blueberry Muffin	1.50	Oven baked spiced potato wedges	4.00
Watermelon tubs	3.00	Sour cream/Sweet chilli sauce	0.50
	3.00	Thursday	
Trail mix pots Fruit salad	5.00	Chicken burger	5.50
Jelly cups	3.00	(gluten-free available – order only)	0.00
Seasonal fruit	1.00	(grater in the divalidation of the county)	
	1.00	Friday	
Milk		Garlic bread	2.00
300ml flavoured milk	3.00		
500ml flavoured milk	4.50	Terms 2 and 3	
600ml plain milk	2.50	Hot Milo	2.50
1 litre plain milk	3.50	HOL MIIIO	2.30
375ml Nippy's flavoured milk	3.50		
Cold Drinks		Nuts may be used in some specials. If you allergy, check with canteen staff before or	
750ml Cool Ridge Spring Water	4.00		
600ml Spring water	2.00	Changing Daily Specials	
Juice Bombs	2.50	Check our daily menu board or student notice	es for
Berri Pop Tops	2.00	other specials which may include:	
Lipton's Peach iced tea	4.50	Caus Doeto Facesia Curries Clidere	
375ml Coke No Sugar	2.50	Soup – Pasta – Focaccia – Curries – Sliders	
375ml Sprite No Sugar	2.50	Please note the new	
. •		_	
		'Weekly Specials' menu	J























































# Mudgee Triathlon Club

# 2022/2023 Season Club Race Day Sunday 18 December

Long Course - 8.00am
Big Devils - 9.25am
Little Devils - 9.45am
Super Sprint - 10am

For full details, visit our website www.mudgeetriclub.hwy.com.au





# **Christmas Craft for Youth**

Get in the festive mood with some Christmas themed craft.

#### Novelty Christmas Stockings

Have the materials and instructions needed to make your own novelty felt Christmas stocking mailed to you.

**Your Own Home – Mail Out Kit** Monday 5 to Wednesday 21 December

#### Christmas Craft

Learn how to use a "Cricut" to make personalised cards, gift tags and more for your gift giving this year.

#### **Mudgee Library**

Wednesday 7 December, 3:45-5.15pm

#### **Christmas Baubles**

Personalise the tree by decorating your very own one-of-a-kind ceramic baubles.

#### **Mudgee Library**

Tuesday 13 December, 4-5pm

#### **Kandos Library**

Wednesday 14 December, 3:45-4:45pm

#### **Gulgong Library**

Tuesday 20 December, 3:45-4:45pm

#### Mudgee Library

Thursday 22 December, 10:30-11:30am

Bookings required mwrcyouth.eventbrite.com





## **SUMMER SCHOOL HOLIDAYS**

21 December 2022 - 29 January 2023

**Mid-Western Regional Youth Council** is proud to present a range of youth activities and events across the region, as part of the summer school holidays.

#### Mail out kits

Can't make it to one of our in person activities these holidays? We'll organise to mail you the materials to weave your own rope basket or create a tinkling wind chime for your garden. Get in fast – kits and designs are limited.

WHEN	Wednesday 21 December - Sunday 29 January	
AGES	12–25 years	
WHERE	At your home – mail out kit	

#### Anime Marathon

Relax on comfy cushions with snacks and pizza, and settle in for more than three hours of continuous anime goodness. It may provide some excellent inspiration for the Manga Illustration workshop – so why not book into that too!

WHEN	Wednesday 4 January, 12:00 – 3:30pm	
AGES	12-20 years	
WHERE	Mudgee Library, 64 Market Street, Mudgee	

#### Manga Illustration

Join a fun, hands-on, step-by-step anime / manga character drawing workshop with professional illustrator Matt Lin. Get instruction on techniques to draw faces, chibi fusion characters, action poses and maybe tips on drawing hands and feet. Great for beginners and intermediates.

WHEN	Monday 9 January, 1:30pm – 4pm		
AGES	S 12–20 years		
WHERE	WHERE Mudgee Arts Precinct, 90 Market Street, Mudgee		

#### Floral Wreath Workshop

Floral wreaths make great gifts and look awesome on doors, tables, almost anywhere! Learn the skills needed to make a dry floral wreath from a professional florist. Use these skills to continue creating at home. You'll get to take your wreath home with you.

WHEN	Tuesday 10 January, 2.00 – 4.00pm	
AGES	12–25 years	
WHERE	Mudgee Library, 64 Market Street, Mudgee	

#### Wellington Caves Excursion

Join us on a road trip to Wellington Caves to explore the awesome limestone caves & formations, with lunch provided. **Note:** the cave tour includes a number of steps and it is recommended to have a reasonable level of fitness. Enclosed flat footwear is essential for this trip.

WHEN	Wednesday 11 January, 9.00am - 4.00pm	
AGES	12–18 years	
WHERE	The Stables, 84 Market Street, Mudgee (pick-up from Gulgong also available)	

#### Tie Dye

Brighten up your look with your very own tie dye creations. Feel free to bring a white cotton t-shirt in your size, but we will also provide items for you. We recommend you wear old clothes!

WHEN	Thursday 12 January, 2.00pm – 3.00pm	
AGES	AGES 12–20 years	
WHERE	E Rylstone Memorial Hall, 73 Louee Street, Rylstone	



#### **Dragon Boating**

Join the Mudgee MudDragons on the Cudgegong River to try out this fun team activity. Dragon boating is a great participation sport for anyone, so pick up a paddle and enjoy the view.

WHEN	Monday 16 January, 10am - 12.00pm	
AGES	12–20 years	
WHERE	Lawson Park Mudgee (meet near the playground equipment)	

#### Basic First Aid

Need a First Aid certificate to help you gain employment or just want to learn how to help someone in need if the time comes? This free course will cover all the basics and you'll come away with a qualification. Some pre-course work is required.

WHEN	Tuesday 17 January, 12.30pm – 4pm		
AGES	15–25 years		
WHERE	NSW First Aid, Unit 1/5 Industrial Avenue, Mudgee		

#### Bathurst Aqua Park Excursion

Slip, slop, slap and join us for an awesome day at the giant inflatable course at Chifley Dam. It will be a huge day of fun in the sun (and lunch is included).

WHEN	Wednesday 18 January, 9am - 5pm		
AGES	12–18 years		
WHERE The Stables, 84 Market Street, Mudgee (pick-up from Lue, Rylstone and Kandos also a			

#### 3D Printing and Scanning

Join professional 3D artist Andrew Christie, to learn how to scan a person in 3D – you will then use your new-found skills to print a mini 3D version of your head to take home.

WHEN	Thursday 19 January, 10am - 1pm	
AGES	12–18 years	
WHERE	Gulgong Memorial Hall, 112 Herbert Street, Gulgong	

#### Forensics Session - Mudgee & Gulgong

Attempt to solve the 'murder' of entomologist Sir Henry in this interactive session with professional scientists. Collect clues using scientific forensic techniques including, fingerprinting, microscopy, paper chromatography, and more, then collate the evidence to determine the motive, method and who committed the crime.

WHEN	Monday 23 January, 10.30am – 12pm	Monday 23 January, 2pm – 3.30pm
AGES	12–20 years	12-20 years
WHERE	Mudgee Library 64 Market Street	Gulgong Memorial Hall 112 Herbert Street

#### Wearable Art Costume Workshop (2 days)

Are you into costume design, art, sculpture, film, theatre or model making? Learn how to take a concept to a final product creating costumes using sustainable materials. This workshop runs over two days.

WHEN	Tuesday 24 and Wednesday 25 January 10am – 1pm
AGES	12-20 years
WHERE	WAYOUT Artspace, 71 Angus Avenue, Kandos

#### Summer Photography Competition

Today's the last day to enter your HEAT-themed photo into the competition, for your chance to win Mudgee Money. Don't forget to ask people to vote for your entries in the People's Choice Award when it goes live too. See the competition flyer for more details.

WHEN	Wednesday 25 January, 4pm
	12–25 years
SUBMIT	Email entries to

NOTE: ALL EVENTS ARE FREE. BOOKINGS HIGHLY RECOMMENDED AS PLACES ARE LIMITED

Mid-Western Youth Council



# Calling all anime, manga and cosplay fans ...

The final 2022 session of MAAS occurs during the school holidays, so we're changing it up a bit and running an extended session! We'll watch a heap more anime than usual, and possibly do some crafting. Best of all there will be a bunch of different Asian-style foods and drinks to sample and enjoy throughout the session. Join us for this free event to meet fellow enthusiasts; we welcome all from casuals to Otakus.

WHEN	Wednesday, 21 December 2022	
TIME	1.30 – 5pm	
LOCATION	Mudgee Library, 64 Market Street, Mudgee	LIMITED SPACES,
AGES	12–20 years	SO SECURE
COST	Free	YOUR PLACE BY
BOOKINGS	www.mrwcyouth.eventbrite.com	BOOKING TODAY





# Participate in our HEAT Photography Competition

Photo subjects should relate to the theme of HEAT, but contain no recognisable human faces (this is to do with publishing permissions).

Email your entry (not exceeding 10MB) by 4pm 25 January 2023 with the title of your entry, your full name, age, and postal address to: youth.services@midwestern.nsw.gov.au

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	PEOPLE'S CHOICE AWARD (Voting closes 1 February 2023)
\$50	\$40	\$30	\$50
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) All entries must be original work by the person submitting the image and not displayed or entered into other competitions previously. 8) Entries may be displayed publicly and/or used for publicity purposes. 9) Entrants' likeness may be used for publicity purposes. 10) 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. 11) 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. 12) Entries will be judged by a panel of at least two persons, comprising at least one representative from Mid-Western Regional Council. 13) The judging panel reserves the right not to award a prize if the entries are not deemed of a suitable standard. 14) The winner of the People's Choice Award will be by members of the public via a voting system on Facebook. 15) Winners of the People's Choice Award will be determined by the most 'likes' received per image/entry by 4:00pm on the date advertised. 16) Determination / awarding of prizes is final and no correspondence will be entered into. 17) 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. 18) 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,



### **Samaritans**

**Permanency Support Program** 

# Respite Foster Carers NEEDED!

WE NEED YOU TO HELP US MAKE A DIFFERENCE.



Samaritans Permanency Support Program (PSP) is looking for more Respite Foster Carers.

Please turn over to find out more about respite foster care.

# Contact our Support Team today!

Ph: 02 6370 9900

www.samaritans.org.au Samaritans

Permanency Support Program Fostering Relationships

#### What is respite care?

Respite carers provide short term 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 in a sibling group.

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

- Have space in your home for a child or young 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 6370 9900

E: oohcmudgee@samaritans.org.au

Samaritans

Permanency Support Program Fostering Relationships

#### **Parent Line**

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW. Call **1300 1300 52** to talk with a trained, professional counsellors available 9 am to 9 pm Monday to Friday and 4 pm to 9 pm on weekends.

Some of the top concerns parents and carers with school-age children call us about are:

- Transitioning to primary school
- Building resilience
- · Technology use
- · Coping with emotions
- · Anxiety in kids
- · Discipline and positive parenting.







# 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
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