MHS Newsletter

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

Monday 3 April Week 11 Term 1 2023

Principal's message

Mudgee High streams Year 7

At the last Executive Meeting – a meeting of all the head teachers and senior executive that occurs after school each Monday – a Head Teacher reported the following comment from the previous week's Year 7, 11 and 12 parent/teacher evening:

"Why doesn't Mudgee High stream Year 7?"

A fair question and one that has not been visited in these pages for a couple of years.

First, Mudgee High ***does*** *stream its Year 7 classes. It just doesn't stream them academically, and for good reason, as you will discover further down the page.*

Mudgee High's Year 7 classes are streamed ***socially***.

The Learning Support Team works closely with its colleagues in its primary partner schools to create cohesive Year 7 classes. Each class comprises a mix of students. Those cohesive groupings are largely put together by the teachers who have known the students best through their primary school years. Mudgee High's transition team works closely with its primary partner schools because the team members realise that the creation of cooperative, collegial classes provides the greatest chances of academic and wellbeing success for the greatest number of students.

The genesis of social streaming has a well-documented history at this school. At the end of 2019, Mudgee High's teachers considered a movement away from academic streaming to social streaming. The school's teachers were provided a number of academic research papers from a variety of sources. Each paper explored in some way the educational value of streaming based on academic performance.

Scholarly articles that compared the results achieved in standardised tests for streamed classes and mixed-ability classes were studied. The articles revealed that the growth results in writing between academically streamed students and students in mixed ability classes were so similar that no significant difference could be found between individual schools or classes for literacy. The findings made clear that grouping kids based on pre-existing skills sets was ineffective in lifting performance.

Mudgee High School is a member of the Cudgegong Learning Community

CLC

Next P&C meeting
Monday 24 April
7 pm in the Learning Centre
Entry via Douro Street

This issue

- Principal's message
- Ogden's Bus Service changes for Term 2
- House Championship tally
- Events calendar
- Aerospace Camp Mudgee - new dates
- Link news
- Sport news
- A trip down memory lane...
- NAIDOC 2023
- School vaccination program
- Paid advertisement
- Canteen volunteers needed
- Advertisements
- Sponsorship

NSW GOVERNMENT Education

An international study that included Australian data was also explored. That study examined the effect of streaming on non-academic measures… things like mental health and wellbeing. The researchers found ability grouping to be slightly beneficial for the comfort of students who were academically strong, but highly detrimental in impact to the wellbeing of students who were not.

A 2016 paper by Australian researchers Olivia Johnston and Helen Wildy found that most Australian schools practise some kind of academic streaming in at least one or more academic disciplines. Their research revealed strongly that such streaming had a negative impact on the academic outcomes of all students. Worse still, their research demonstrated that a students' social background directly linked to how their academic outcomes were affected by streaming. In a nutshell, the lower the socioeconomic status, the greater the negative impact of academic streaming. Academic streaming has the very real potential to cruel further the same kids who have already started at the back of the pack.

Prior to 2020, students entering Year 7 had been separated into an A stream group based on literacy and numeracy proficiency. Issues created by this model included an inability to include those students who may have demonstrated an ability in one domain but not the other. Another issue was the fact that students not included in this blended A stream group seldom had role models or "significant other" knowledgeable people in their classes, other than their teachers. A third issue was that often the social mix in some classes was problematic at best, toxic at worst. With few "forces for good" in some classes, the outcomes for all students in those classes outside A stream had the potential to be compromised.

The science was in. Several weeks after being first flagged, and after an invitation to supply any contrary research that pointed to the merits of academic streaming failed to produce anything, a secret ballot was held on the future of academic streaming in Year 7.

Considering that the young people at the centre of the decision were simultaneously making a transition to the secondary education and a biological transition to puberty, the idea that creating five or six socially well-adjusted, collaborative classes won the majority vote.

It is worth noting that at the end of the first year of social streaming, the school was contacted by Dubbo District Office. Number crunchers poring over the school's suspension data thought they had found a mistake. Mudgee High's Year 7 suspensions had more than halved when compared with the five years previous. Dubbo was concerned that data was missing in action.

There was no missing data, just a piece of the jigsaw that they did not have. We had moved to social streaming and that year's Year 7 students were the beneficiaries. They had had an extraordinarily settled year that was the result of far more than coincidence.

Comparing cohorts with cohorts is not without some potential peril, but the trend data has continued for three years. Since the switch to social streaming, there has been a marked reduction in discipline issues with Mudgee High's newest recruits.

Social streaming is a flexible thing at Mudgee High. Coming from several primary schools, many of our new Year 7 students are strangers to each other when they begin. Unanticipated social dynamics can manifest that demonstrate that the placements made will need a rethink. Some Year 7 students are moved classes during any given year as better social fits are explored.

Why doesn't Mudgee High academically stream its Year 7 classes?

Given the evidence, why would it?

Some short term shifts

I will be on leave for the first few weeks of next term. Mr Rosolen will step up as relieving Principal, while Mrs Burke will step into the role of relieving Deputy Principal for Years 8, 10 and 12.

Until later in Term 2…

Wayne Eade
Principal

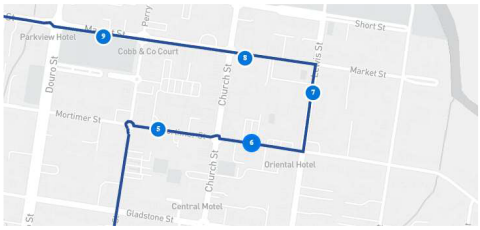
Term 2 2023 School Bus Service Changes

From Monday 24 April 2023 there will be minor changes to some School Bus Services in the Mudgee area.
Services not listed below will not change.

Piambong Bus

The Piambong bus will no longer service Saleyards Ln in the morning or afternoon and operate direct via the Castlereagh Hwy. It will also commence and operate past all stops 2 mins earlier in the mornings.

In the afternoons, the Piambong bus will no longer stop at Mudgee Preschool Perry St or the PCYC on Market St. It will drop on Mortimer St (2 stops), St Mary's Catholic Church and Robertson Park, Market St.



Yarrabin Bus

The Yarrabin bus will commence and operate past all stops 10 mins earlier in the mornings. It will also service Saleyards Ln, passing the intersection of Castlereagh Hwy and Saleyards Ln at 08:24 (6 mins earlier than current). Drop off times in the afternoon will be similar to current.

Ulan and Cooks Gap Buses

The Ulan and Cooks Gap buses will operate past all stops between Cooks Gap Fire Shed and Mudgee town 5 mins earlier than current in the mornings.

House Championship Tally 2023

Cunningham	Blaxland	Lawson	Wentworth
32542	31652	30765	31194

Events calendar

- 31 March to 6 April - **Year 12 half-yearly examinations**
- Thursday 6 April - **Last day of Term 1**
- Friday 7 April - **Good Friday**

Term 2

- Wednesday 26 April - **First day of Term 2 for all students.**
- Thursday 27 April - **Parent/teacher interviews Years 8, 9, and 10**
- Friday May 12 - **Australian Geography Competition**
- Wednesday 10 May - **Cross Country**
- Tuesday 23 May - **Try-a-Trade**
- Friday 26 May - **Athletics carnival**
- Wednesday 28 June - **NAIDOC Day**

A note from the office…

COVID is still circulating in Mudgee. Rapid Antigen Tests (RATs) are available for students to collect from the front office if they are needed.

Aerospace Camp Mudgee

JUNE 18TH - JUNE 21ST

Aerospace Camp is a free STEM and aerospace camp open to students between the ages of 12 to 14 in the Mid-Western Regional Council Local Government Area

The camp includes activities such as:

- Astronomy
- Virtual Reality
- Talking to space experts
- Flight simulators
- Designing galactic habitats
- Using robotics
- Drone flying
- STEM Careers Expo
- Rocket launching

and much more!

Four days & three nights stay at Mudgee Valley Park

Camp is free to attend!

NSW GOVERNMENT

ONE GIANT Leap Australia Foundation

To apply, go to:

www.onegiantleapfoundation.com.au/aerospace-camp

Link news

Regional Industry Education Partnerships - Civil Construction continued

The guest speaker was Chris Pilley, co -owner and General Manager of A1 Earthworx Mudgee.

Chris attended Mudgee High School and finished in Year 10 to pursue a trade.

A big thank you to Chris for his contribution and the positive feedback regarding the Link students' interest on the day, especially the interest shown by Jake Muller, who also demonstrated impeccable manners and gratitude.

Sport report

Opens Rugby League

On Thursday 23 March, Mudgee High went up against Kandos High with a dominant display in their opening game of the University Shield Competition.

This year's opens rugby league team is a great mix of students from Years 10 to 12. The boys have been training before school two days a week and it really showed against Kandos High. The team cohesion and structures were the telling difference against a tough Kandos outfit.

Congratulations to all the students involved in what was a 46-0 victory. The next game will be a gala day in Dubbo on 11 May, where the top 8 schools in Western will compete.

Team members: Joe Ashton, Andy Box, Mack Codrington, Kelly Constable, Rickie Constable, Blake Coulthart, Kurtis Cunningham, Aaron Drent, Harry Gallen, Caiden Horton, Jacob Leven, Freddy May, Jay O'Brien, Bobby Pascoe, Jackson Pascoe, Beau Rohr, Riley Taylor and Max van der Bruggen.

Mr Trainor

SRR SAFE RESPECTFUL RESPONSIBLE

Buckley Shield rugby league

On Thursday 23 March, Mudgee High's under 14s rugby league team hosted Kandos HS in the first round of the Buckley Shield. Due to a lack of players on the Kandos side, three of our players were loaned to Kandos to help them out. As both sides were then left short of subs, the game was changed to three 15 minute thirds. The match was played in good spirit with Mudgee prevailing 24-6.

Our captain, Logan Faucett, was at times unstoppable, making plenty of barnstorming runs. Darcy Roberts and Hunter Bain-Galea also played very well, picking up two tries each. Eli Turner, who filled in for the Kandos side, was another stand-out.

Team members: Hunter Bain-Galea, Cooper Clayton, Logan Faucett, Mal Gail, Charlie Gallen, Chase Horton, Will Lumsden, Lachlan Masling, Harry McFarlane, Mac Reynolds, Darcy Roberts, Joel Said, Felix Smith, Nate Taylor, Tyler Tomlinson, Eli Turner and Will van der Bruggen.

A big thank you to Adam Sutherland for taking time out from his job to referee.

Mudgee's next game will be early next term against the winner of Wellington HS and Narromine HS.

Mr Laurie

SRR SAFE RESPECTFUL RESPONSIBLE

A trip down memory lane…

Look what you find when you're cleaning out cupboards. An article from the Mudgee Guardian, January 8 1999, showcasing Mudgee High's top students in the 1998 HSC, including our Ms McCann from PDHPE.

Top marks surprise for HSC toilers

By Nick Walshaw

HE may be more comfortable on a rugby league field than in a classroom, but Mark Fitzgerald has emerged as one of the success stories of the 1998 Higher School Certificate (HSC).

Fitzgerald, who plays first grade with the Mudgee Dragons, was one of 12 students at Mudgee High School to score a University Admission Index (UAI) - which replaces the TER - of 90 or above.

Fitzgerald scored in the top 10 per cent of the State in four of his six subjects - physical education, maths, computers and industrial technology (woodwork).

And with a score of exactly 90, the teenager who admits "always leaving things to the last minute" is now quickly making preparations to apply for a teaching course (Physical Education) at Newcastle University.

"Before the exams I thought I might just get 60 but then after the exams I thought I'd get about 30," Fitzgerald said.

"But when I found out . . . I was stoked."

This year Mudgee High School students scored in the top 10 per cent of the State in 54 subjects with Rachel Leven achieving the best local score of 96.2.

Two other students, Cassie Goodwin and Telleisha Odgers, made the State's Merit List for scoring marks of 90 or more in English (3 unit) and General Studies respectively.

Claire Cato scored the highest individual score in a subject with a mark of 95 per cent in 2 Unit Legal Studies.

Mudgee High School's Senior Studies Adviser, Steve Jones said the class of 1998 had achieved consistently high results throughout the entire grade.

"What gets lost sometimes when you only look at the top results is that there might be kids getting 75 or 80 who did really well, worked hard, and for them it is a good result," Mr Jones said.

"Lots of kids who might've expected to score 60 scored 70 so there were good scores throughout a range of abilities."

Top student Rachel Leven said she was happy with her mark 96.2 and hoped to do speech pathology at Sydney University.

"I was in Melbourne when the results came out and, although I intended to wait for them in the mail, I rang on the phone for my results," she said.

"I thought I would scrape into speech pathology which is 87.5.

"I was excited when I saw my mark, but I wasn't planning on telling anyone my score."

Year Adviser, Sue Robinson has been with the students since year 7 and said she was proud of what they had achieved.

"To see the students aim at something then go through and achieve what they want, it's fabulous," she said.

TOP MARKS . . . Achieving scores of 90 or more in the 1998 Higher School Certificate were Mudgee High School students (back l-r) Ursula Hunt, Rachel Leven, Pat Macpherson, (middle l-r) Cassandra Goodwin, Kristen Egan, Mark Fitzgerald, (front l-r) Claire Cato and Rachel McCann. (absent) Lauren Jones, Julia Smith, Helen Baker and Tom Tilley.

NAIDOC 2023 ‘For our Elders’

Mudgee High School will be celebrating NAIDOC Week in Week 10 of Term 2.

As part of this celebration, orders for NAIDOC themed items can be placed with the school office up until Wednesday 26 April 2023 (the first week back of Term 2). A bulk order will then be placed by the school.

Students are permitted to wear NAIDOC themed shirts on the school’s NAIDOC Day - Wednesday 28 June.

Please go to the Dezigna website to see the range of NAIDOC 2023 products available.

When placing an order with the front office, you will need to provide:

- the name of the item to be purchased as it appears on the website
- shirt/top size
- payment for all items ordered.

If you have any questions, please contact the school (6372 1533) and ask to speak to Ms Windeyer (Head Teacher, HSIE).

School vaccination program

School vaccination program (Mudgee High School vaccination clinic date to be confirmed).

Keeping your child up to date with routine vaccinations helps to protect them from serious preventable diseases such as meningococcal, whooping cough, tetanus, and cancers that are caused by HPV (human papillomavirus).

As part of the NSW School vaccination program, students in Year 7 are offered free vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

Parental consent is required for your child to receive routine vaccinations at school. If your child is in Year 7 or Year 10 this year, you can now provide this consent online (see below).

From February 2023, children in Year 7 will now only need one dose of HPV vaccination. This change has been endorsed by the Australian Technical Advisory Group on Immunisation (ATAGI) based on evidence showing that one dose provides the same level of protection against HPV as two doses.

If you have already consented to your child receiving two doses of HPV vaccine, they will only receive one dose.

If your child previously missed their second dose of HPV vaccine, they are now considered fully vaccinated and do not require a second dose.

A small number of students who are immunocompromised are still recommended to receive a three-dose course of HPV vaccine. If your child is immunocompromised, it is important to discuss their immunisation needs with their GP.

If your child misses a school vaccination clinic, you can speak to a GP or pharmacist about catching up on vaccination.

For more information on school vaccination visit: health.nsw.gov.au/schoolvaccination or if you have any questions, please contact your local Public Health Unit on **1300 066 055**.

ONLINE CONSENT FORMS FOR THE SCHOOL VACCINATION PROGRAM

If your child is in Year 7 or Year 10 this year, you can now provide online consent for their routine school vaccinations.

In Year 7, students are offered free vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

Vaccination will only be provided at school if consent has been received.

How to provide consent:

To complete online consent for your child's school vaccinations, visit:

https://nswhealth.service-now.com/school

Follow the steps to log in to your existing Service NSW account. This is the same account you may already use to renew your driver's licence. If you don't have a Service NSW account, refer to Service NSW to create one.

Update or confirm your personal details in Service NSW as required.

Complete the School Vaccination Consent Form for your child/ren. You will need to:

a. Enter your child's personal details.

b. Provide the Medicare card details for you and your child.

c. Read the linked Parent Information Sheet and privacy statement

d. Provide consent.

If you or your child do not have a Medicare card, consent can still be provided by requesting a paper-based consent form directly from your child's school.

The benefits of providing consent online:

- easily update your child's details
- receive SMS and/or email notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR).

For more information on routine school vaccinations, please visit:

www.health.nsw.gov.au/schoolvaccination.

If you require information in your language, please visit:

www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx

Paid advertisement

(Paid advertisements do not carry the endorsement of Mudgee High)

MENTAL HEALTH FIRST AID® Australia
Licensed Instructor

Youth Mental Health First Aid

TRISKELE MINDS

The **Youth Mental Health First Aid** course will teach you how to assist adolescents who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based Action Plan.

The course is based on guidelines developed through the expert consensus of people who have experience with mental health problems and mental health professionals.

Mental health problems covered include:

Depression and anxiety • Eating disorders • Psychosis • Substance abuse problems.

Mental health crises covered include:

Suicidal thoughts and behaviours • Non-suicidal self-injury • Panic attacks • Traumatic events • Severe psychotic states • Severe effects from alcohol or other drug use • Aggressive behaviours.

Please note: This course is not a therapy or a support group.

Who can attend this course? Any adult can attend. The course is not appropriate for adolescents to attend.

What is the format? This is a 14-hour course which is usually delivered as a 2-day training package (7 hours per day).

Please contact Sonia Hayton for more information regarding costing and future dates available.

MHFA.com.au or soniahayton3@gmail.com

SRR SAFE RESPECTFUL RESPONSIBLE

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

Hot Food

Chicken and corn roll	2.50
Pizza rounds	3.50
Beef traveller pie	5.00
Potato pie	5.00
Beef and gravy roll	6.50
Hot dog	4.00
Hot dog with cheese	4.50
Beef pie (gluten free) order only	5.00
Mayonnaise/sauce portions	0.40

Wraps and Sandwiches 6.00

Rolls 6.50

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

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

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
Jelly cups	3.00
Seasonal fruit	1.00

Milk

300ml flavoured milk	3.00
500ml flavoured milk	4.50
600ml plain milk	2.50
1 litre plain milk	3.50
375ml Nippy's flavoured milk	3.50

Cold Drinks

750ml Cool Ridge Spring Water	4.00
600ml Spring water	2.00
Juice Bombs	2.50
Berri Pop Tops	2.00
Lipton's Peach iced tea	4.50
375ml Coke No Sugar	2.50
375ml Sprite No Sugar	2.50

Ice Creams

Paddle Pop (chocolate, banana, rainbow)	2.00
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
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)	6.00
Garlic bread	2.00

Wednesday

Oven baked spiced potato wedges	4.00
Sour cream/Sweet chilli sauce	0.50

Thursday

Chicken burger (gluten-free available – order only)	5.50

Friday

Garlic bread	2.00

Terms 2 and 3

Hot Milo	2.50

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 – Curries – Sliders

Please note the new 'Weekly Specials' menu

FOR AGES 12-24

Celebrate

PHOTOGRAPHY COMPETITION

The official theme for Youth Week 2023 is

"Connect. Participate. Celebrate."

So why not do all three through a photo competition!

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

Email your entry (not exceeding 10MB) by 4pm 24 April 2023 with the title of your entry, your full name, age, and postal address to*: youth.services@midwestern.nsw.gov.au*

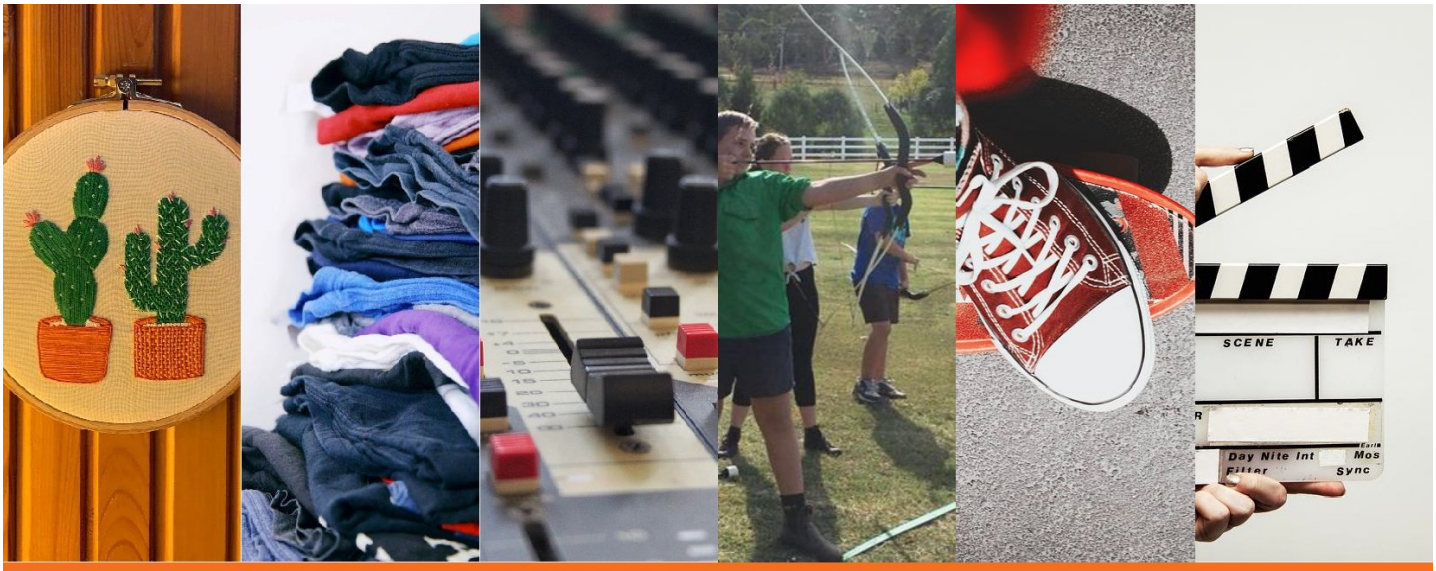
FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	PEOPLE'S CHOICE AWARD (Voting closes 28 April 2023)
$50 Mudgee Money Gift Card	**$40** Mudgee Money Gift Card	**$30** Mudgee Money Gift Card	**$50** Mudgee Money Gift Card

For Terms and Conditions of entry
Visit Council's website

midwestern.nsw.gov.au/Community/Youth/Youth-activities/Youth-Activities-Terms-and-Conditions

NSW YOUTH WEEK

Mid-Western Youth Council



AUTUMN SCHOOL HOLIDAYS / YOUTH WEEK

7 April – 30 April 2023

Mid-Western Regional Youth Council is proud to present a range of youth activities and events across the region, as part of the autumn school holidays and Youth Week 2023.

Long Stitch 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 make your own fun long stitch design. Enjoy the simple pleasure of needlepoint which is a great way to practise mindfulness techniques. No embroidery or sewing experience is necessary. Get in fast – kits and designs are limited.

WHEN	Friday 7 April – Monday 24 April
AGES	12–24 years
WHERE	At your home – mail out kit

Waste 2 Art Weaving – Kandos & Mudgee

Explore this year's Waste 2 Art Competition theme, **Textiles and Fast Fashion**, in these free workshops. You will use recycled materials to create a DIY loom and wall hanging and may even want to enter your creation in the Waste 2 Art Competition! Bookings requested but not essential.

WHEN	Friday 14 April, 11.30am – 1.30pm	Monday 17 April, 1.30pm – 3.30pm
AGES	12–24 years	12-24 years
WHERE	Kandos Community Hall 44 Angus Avenue	Mudgee Arts Precinct Workshops, 2-6 Douro St

Introduction to Audio Engineering

Join Real FM to learn the basics of audio engineering to create, capture, mix and reproduce sound. You will be introduced to the basic equipment used to record your own professional music or podcasts. Bookings required via Eventbrite.

WHEN	Thursday 13 April, 1.30-3.30pm
AGES	12–20 years
WHERE	Mudgee Arts Precinct Workshops, 2-6 Douro St, Mudgee

Archery Tag

Team up with your mates, strategically move between inflatable bunkers and aim to tag out opponents – like paintball without the pain! Players do not need any prior archery skills; it's simple, safe and fun. Bookings required via Eventbrite.

WHEN	Tuesday 18 April, 1.00 – 3.00pm
AGES	12–24 years
WHERE	Billy Dunn Oval, Nandoura Street, Gulgong

To book, visit **www.mwrcyouth.eventbrite.com**

> MORE EVENTS OVER THE PAGE

NSW YOUTH WEEK

Skate Workshops and Community Jam

Join pro-riders from Totem Collective for *learn to skate* workshops (beginner and intermediate), followed by a community jam which gives you the chance to show off your skills and win prizes. Mudgee Lions will also be there providing a free BBQ.

Registrations essential via totemskateboarding.com or QR Code below

WHEN	Wednesday 19 April, 10.15am (beg), 11.30am (int), 12.15pm (comp)
AGES	10–24 years
WHERE	Mudgee Skatepark

Scan to book your spot in the skate workshop:

Stop Motion Workshop

Create your own stop motion animated sequence with this hands on workshop. Bring a USB so you can take your creation home and share it with friends and family. Bookings required via Eventbrite.

WHEN	Thursday 20 April, 1.30-4.00pm
AGES	12–20 years
WHERE	Mudgee Arts Precinct Workshops, 2-6 Douro St, Mudgee

Youth Week Photography Competition

Today's the last day to enter your CELEBRATE-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. Go to bit.ly/42CSb84 for full terms and conditions.

WHEN	Monday 24 April, 4.00pm
AGES	12–24 years
SUBMIT	Email entries to youth.services@midwestern.nsw.gov.au

Celebrate
PHOTOGRAPHY COMPETITION

NSW YOUTH WEEK

NOTE: ALL EVENTS ARE FREE. BOOKINGS REQUIRED FOR MOST EVENTS AS PLACES ARE LIMITED

To book, visit **www.mwrcyouth.eventbrite.com**

Mid-Western Youth Council

HEALTH4ME

Supporting young people to eat healthy and be physically active, tackling the issues important to YOU!

The Health4Me research study provides support through text messages about physical activity, nutrition and wellbeing. We want to find out if this program can help to improve your health. If you're between the ages of 12-18 and have an active mobile phone, consider joining our study!

All participants will receive a gift voucher for their time completing each of the study activities.

THE UNIVERSITY OF SYDNEY

This study has received ethics approval from The University of Sydney HREC (approval number 2022/402)

CONTACT US

health4me.study@sydney.edu.au

0468 684 450

health4mestudy.com

Joss
Facility Management

CLEANERS REQUIRED

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

PPE, Training and Uniforms provided.

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

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

Check us out on Facebook **Joss Cleaning**

or visit our webpage
www.jossgroup.com.au

Sponsorship

Mudgee High School - Link Program

Proudly supported by

GLENCORE

Ulan Coal Mine